



THE LANTERN TRIBE

orgasms

& pleasure

Edition 9



Nothing is more serious than pleasure. The whole world runs behind the tabic question of having an orgasm that blows our freaking' minds, every time. The traditional definition may pertain orgasm to the fact it being extraordinary feeling of pleasure achieved before the state of ejaculation or simulated by the sudden rush of neurohormones like oxytocin and prolactin in the body is subject to various alterations and lacking the phenomenon stands to be highly misinterpreted addressable to countless myths and Taboo.

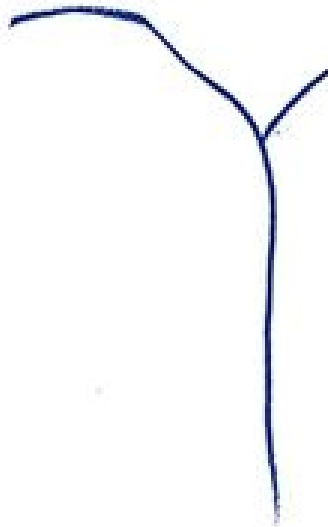
The Lantern Tribe brings to you the 9th Edition, on **Orgasms and Pleasure**, which has got you all covered.

contents

1.It's about orgasms & pleasure1
2.Female and male Orgasms5
3.Sex Education- What is it and how important is it?18
4.Masturbation & Pleasure22
5.Pornography and How it affects the Brain31
6.Myths around Masturbation and Sex35
7.Ways of giving pleasure41
8.Psychological and physical effects of having a good sexual life45
9.How uncommon are these topics in society?51



Orgasm generally means intense or attack excitement, especially the speedy enjoyable unharness of fiber bundle tensions at the peak of arousal that's typically in the midst of the ejaculation of humor within the male and by canal contractions within the feminine.



Pleasure may be a feeling of enjoyment or satisfaction, usually related to a positive and pleasurable experience. Pleasure has been delineated as a physical or psychological satisfaction and also pleasure as something that comes from erotic experiences.

Starting from what these two words mean, in this edition we will discuss the difference between Male and Female Orgasms, and will also look to answer questions such as, 'What is sex education and how is it important? How pornography is affecting the human brain? What is Masturbation, Pleasure? What are various myths regarding masturbation? How can one give pleasure and various psychological and physical effects of having a good sexual life?' Moving through this, we conclude on the most important topic of this edition, which is, ***'How uncommon are these topics in society?'***

We are aware of what is meant by the terms *Orgasms and Pleasure*. We should know about the difference between Male and Female Orgasms. The difference between both of these is that the climax when it comes to that of females, can be psychologically interrupted easily as compared to the male's response. Not gender specific, the brain stimulates blood flow to the genitals and the rate of breathing and heartbeat increases. Further, PET Scans have shown various differences in the brain regions at the time of arousal, though brain activity during the orgasm is the same for men as well as women.

Moving ahead, you will receive 'Sex Education'. Isn't this the term which we all have heard about but just some of us can talk about freely? Yes!!

Sex education is defined as high-quality teaching and learning about numerous topics related to sex and sexuality. This aims to make us explore skills that are needed to strengthen relationships with self, partner, or even the community, and society. This also helps people to find ways to manage their sexual health. Since, we live in a society where people have lots of misconceptions about sex and related issues, being

sexually educated from a younger age is important.

‘Pornography’ or ‘Porn movies’ is something that is not unknown to any of us. But, someone once said 'Excess of everything is bad'. Watching porn has become an addiction among today's generation. People are so emotionally dependent on porn, that it is affecting their daily life, good relationships, and their ability to function properly. It has been stated that mental health, as well as the sex life of the majority audience, are suffering serious catastrophic effects. From creating and intensifying the condition of depression among young people to erectile dysfunction, porn movies hijack our brains in many ways.

"People who are in relationships do not masturbate."

"People only masturbate when they feel alone."

"Masturbation is not at all a normal thing."

Have you ever heard these facts at least once in your life? These can't be called 'Facts', but as myths related to masturbation, which is misleading people from the reality which the term 'Masturbation' holds.

The further pages of this edition discusses in detail, all these. Have you ever wondered about what amazing things sex can do for your mind? Here are some:

- It lowers blood pressure
- It promotes a better immune system
- It also help in improving self esteem
- Increases quantity to libido
- Gives good sleep
- Physiological and emotional sex reduction
- It can help with mental well being



-
- Improved heart health
 - It reduces prostate cancer risk
 - Helps with having better bonds with your partner

And many more...

Many people feel hesitant to talk about sex. It is often shown as an extremely sensitive and awkward topic. Unfortunately, it's the lack of sex education, because of which many of us do not even have the general information. Majority are not even comfortable to talk about this with their partner as they fear that it might lead them to the feeling of humiliation or would end up hurting the feelings of both the people involved.

Society has made us believe that sex is something very natural and we should be automatically good at it, which is not at all true. In reality, having sex is an extremely sensitive act, we can often feel uneasy and that is why, having proper education is important.

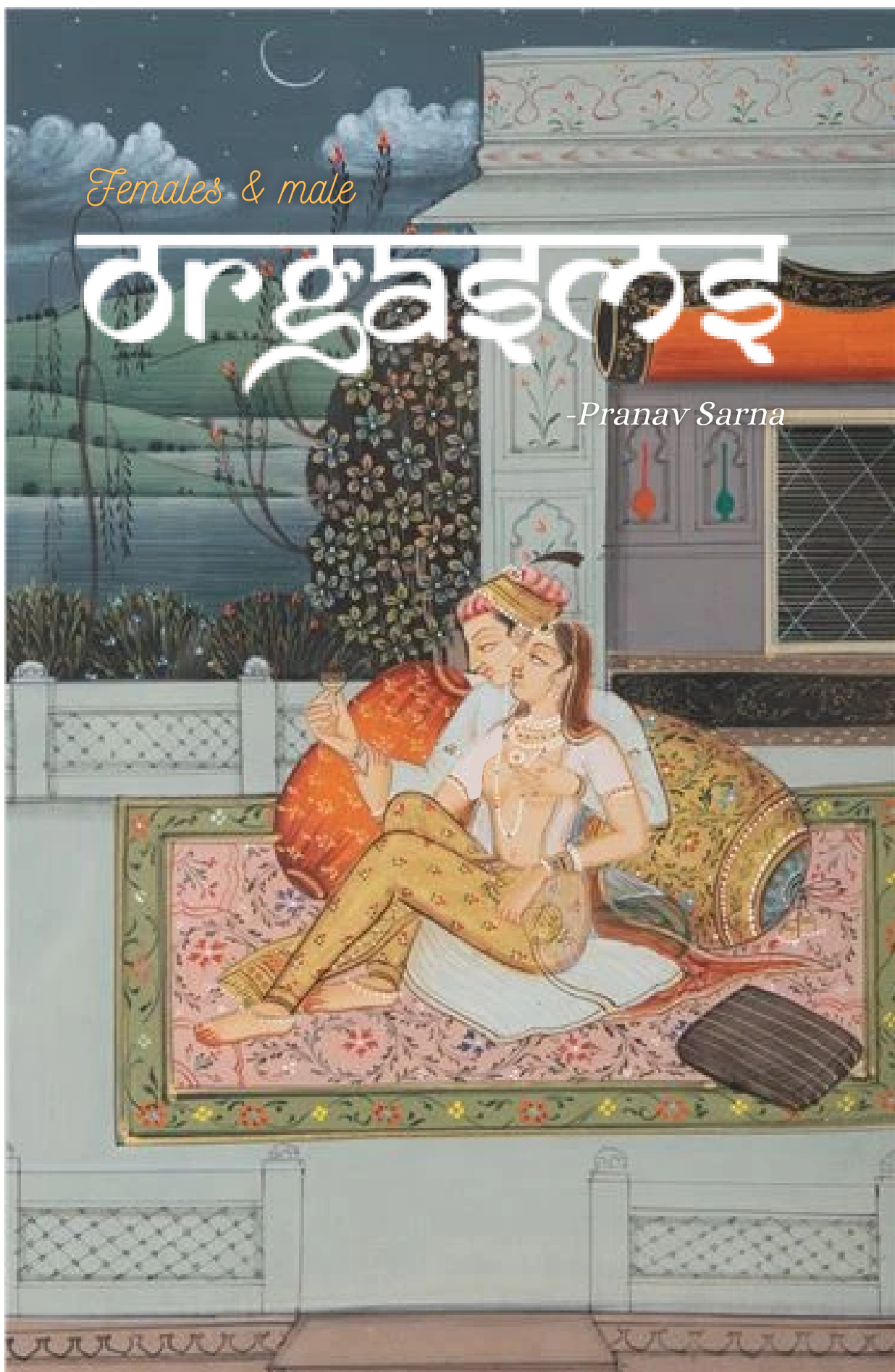
We should educate ourselves, through books, magazines and other such sources. Most importantly, we should not feel any kind of humiliation while talking about these topics in our day to day life. It's high time that we start normalising things like sex, sexual health, reproductive health, contraceptives, the concept of safe sex and its importance, etc.

Moving on this approach, this edition has made various attempts to highlight the much needed topics of the society.

Females & male

वर्गवर्ण

-Pranav Sarna



What is an orgasm?

An orgasm is what usually happens when you reach the height of sexual arousal. It usually feels really good. When you have an orgasm — aka cum or climax — sexual tension increases until it reaches a peak, and pressure in your body and genitals is released. Every person's body is different, but there are a few physical signs of an orgasm. The most noticeable sign is a very intense, pleasurable feeling in your genitals, and throughout your body. The muscles in your vagina or penis, as well as your anus, contract (squeeze) about once per second, 5-8 times. Your heart rate and breathing levels also go up.

In case of males

During an orgasm, your penis usually squirts a small amount (1-2 tablespoons) of semen (cum) — this is called **ejaculation**. It's possible to have an orgasm without ejaculating or to ejaculate without having an orgasm, but they usually happen together.

In case of females

It's common for your vagina to get really wet before and during an orgasm. It's also possible for a different fluid to squirt or dribble out of your vulva before or during an orgasm (this is sometimes called female ejaculation, or squirting). This fluid isn't pee. Ejaculation from a vulva is less common than ejaculation from a penis — some people do it and some people don't — either is totally normal.

Right after an orgasm, the clitoris or the glans (head) of your penis can feel very sensitive or uncomfortable to touch. You may have "**sex flush**" — your chest, neck, and face change colour for a short amount of time.

Orgasms release endorphins (feel-good hormones), so you might feel sleepy, relaxed, and happy afterwards — this is why some people orgasm to relieve pain, stress, or help them go to sleep.

Orgasms don't feel the same for every person, or every time you have one — some are very intense, some are very mild, and some are in-between. They vary for a number of reasons, including how comfortable you are, how sexually excited you are, and how much sexual tension you built up before you had your orgasm.


How do you know how to orgasm?

When you or a partner stimulates (touches or rubs) your genitals during masturbation or sex (such as oral, anal, or vaginal sex), most orgasms occur. Orgasms are usually caused by stimulation of the clitoris, vagina, and/or anus in people with vulvas. Penises typically cause orgasms by stimulating the penis, testicles, and/or anus. Others, such as nipple stimulation or simply thinking sexy thoughts, can cause orgasms in a few people.

Hormones, emotions, past experiences, beliefs, lifestyle, relationships, physical or mental health, taking certain medications, and using alcohol or drugs are all factors that can influence your ability to have an orgasm.

Some people experience orgasms quickly and easily, while others require more time and effort. Depending on who you're with or what you're doing, you might be able to have an orgasm in some situations but not others. Everyone's body is unique, and there is no one "correct" way to have an orgasm.

To have an orgasm, some people must have specific parts of their body stimulated in a specific way or with specific objects (such as vibrators). Many people with vulvas have orgasms by stimulating their clitorises, but not by penetrating their vaginas — in fact, some can't have an orgasm at all. All of these variations are normal. Learning how to have an orgasm



Some people experience orgasms quickly and easily, while others require more time and effort. Depending on who you're with or what you're doing, you might be able to have an orgasm in some situations but not others. Everyone's body is unique, and there is no one "correct" way to have an orgasm.

may take some time and practice. Experimenting with what feels good can help you learn more about your body and what works best for you.

Facts about male orgasm

- Orgasm is achieved by men through a series of steps involving the cooperation of several organs, hormones, blood vessels, and nerves. Strong muscle contractions usually result in the ejaculation of fluid containing sperm.
- According to Michael Ingber, MD, a physician in urology and female pelvic medicine and reconstructive surgery at the Atlantic Health System in New Jersey and a fellow of the International Society for the Study of Women's Sexual Health, testosterone is the primary factor that drives sexual desire. This sexual desire, or libido, is critical in initiating the process that leads to orgasm. If a man lacks sex drive, such as if he has clinically low testosterone or is depressed, his body may not respond to sexual stimuli and he may be unable to experience orgasm.

Steps to a male orgasm

Arousal

- The man notices something or someone that piques his sexual interest. The brain responds to this perception by sending a signal down the spinal cord to the sex organs, resulting in an erection. Blood fills spongy tissue inside the shaft of the penis, brought in by arteries that have expanded to allow **blood to race in at up to 50 times its normal speed**. The veins in the penis that normally drain blood out close, allowing more blood to remain inside and produce a firm erection. The scrotum pulls toward the body, and muscles all over the body tense up.

Plateau

- During this phase, the male body prepares for orgasm, which can last anywhere from 30 seconds to 2 minutes. Muscle tension rises even higher, and involuntary movements, particularly in the pelvis, take over. **According to Dr. Ingber**, the man's heart rate rises to between 150 and 175 beats per minute. The urethra may begin to leak clear fluid. This pre-ejaculatory fluid is intended to alter the pH balance of the urethra in order to improve sperm survival.

Orgasm

- The orgasm itself is divided into two stages: emission and ejaculation. In emission, the man reaches the **"point of no return"** for ejaculatory inevitability. Semen is deposited near the urethra's top, ready for ejaculation. Ejaculation is accomplished through a series of rapid-fire

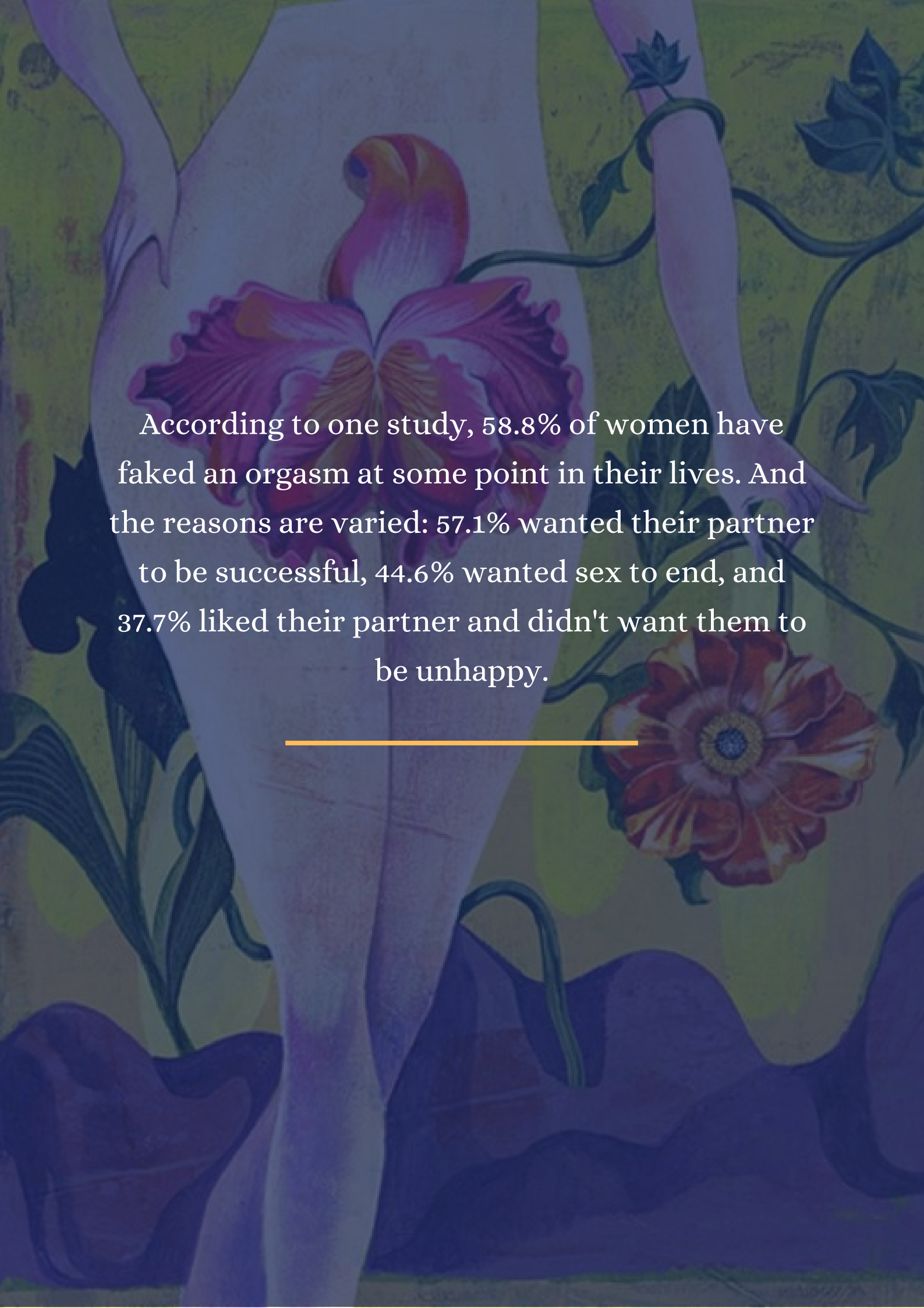
contractions of the penile muscles and the area around the base of the anus. Involuntary pelvic thrusting is also possible. The nerves that cause muscle contractions send pleasure signals to the man's brain.

Resolution & Refraction

- The penis begins to lose its erection after ejaculation. Half of the erection is lost immediately, and the remainder fades quickly. According to Ingber, muscle tension fades and the man may feel relaxed or drowsy. Men are usually required to go through a refractory period, or recovery phase, during which they are unable to achieve another erection. According to Ingber, this period varies in men. This usually takes less than 15 minutes for an 18-year-old. It can range from 10 to 20 hours in elderly men. **The average refractory period is about 30 minutes.** Men differ from women in that they are usually satisfied after just one orgasm.

Problems that can occur in orgasm

- Some men may have difficulty achieving orgasm. These are usually the result of psychological factors; for example, they are still affected by a traumatic event or a restrictive upbringing, or they have developed masturbation patterns that have conditioned the body to take longer to orgasm. **According to Beverly Whipple, PhD, RN,** professor emerita at Rutgers University in Newark, New Jersey, and past president of the American Association of Sex Educators, Counsellors, and Therapists, the problem can also be caused by certain medications, a neurological or cardiovascular disease, or having surgery where nerves are cut.
- A short-term solution to orgasm problems is to stimulate the penis with a vibrator or another type of sex toy. However, in order to make



According to one study, 58.8% of women have faked an orgasm at some point in their lives. And the reasons are varied: 57.1% wanted their partner to be successful, 44.6% wanted sex to end, and 37.7% liked their partner and didn't want them to be unhappy.

lasting changes, a man may need to engage in some form of sex therapy. Typically, therapy entails "homework," in which a couple engages in sexual activities that reduce performance pressure and focus on pleasure.

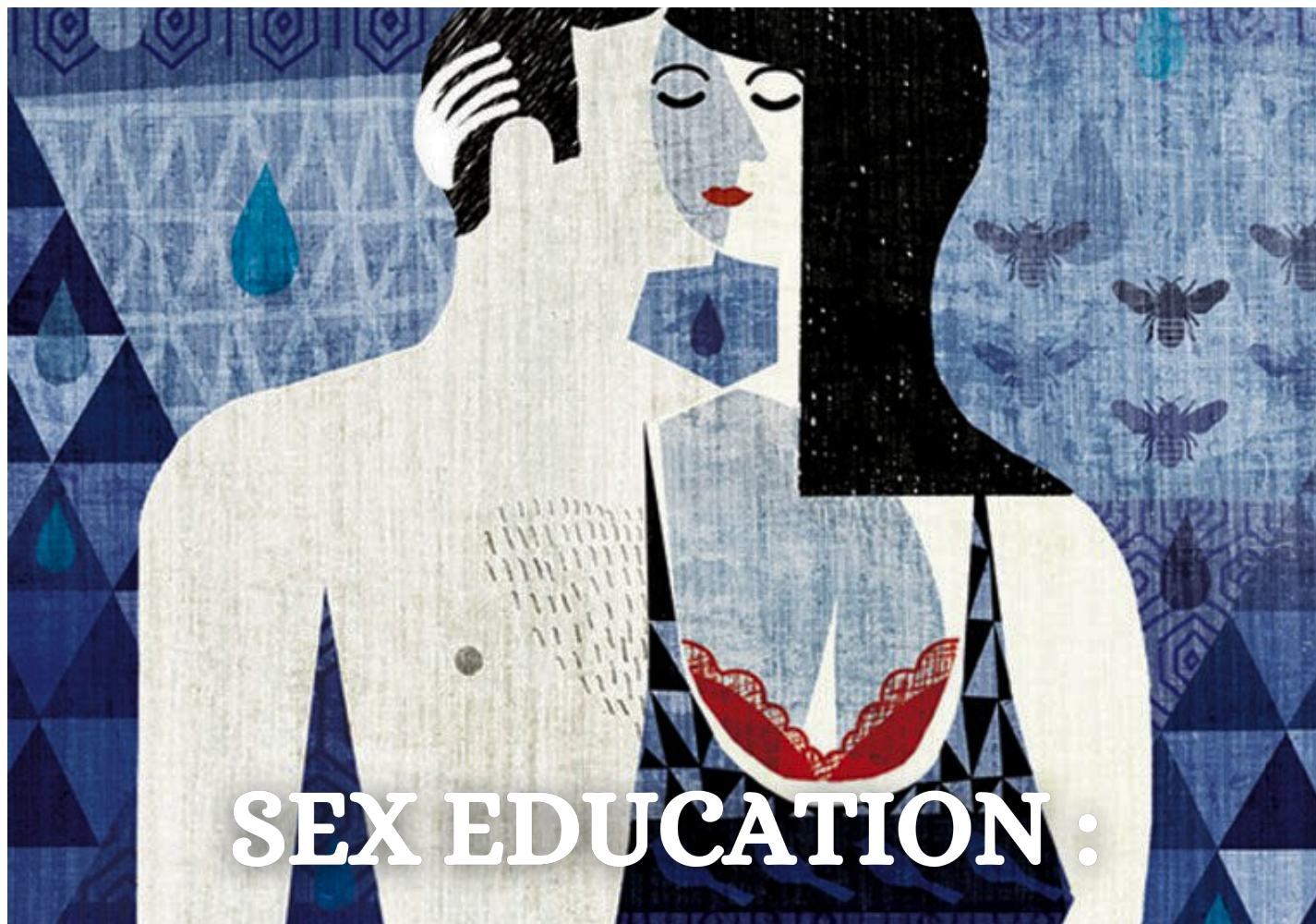
- Contact your doctor if you are consistently experiencing orgasm and ejaculation issues. A thorough medical examination and history may reveal why.

Facts about female orgasm

- According to a 2018 study, **10%-40% of women have difficulty or are unable to achieve orgasm.** So, your inability to reach your climax is more common than you realize. The problem is that there are so many reasons why a person may be unable to orgasm, that pinpointing your exact cause is difficult. According to the study, the reasons range from stress and anxiety to medical issues and past trauma. Another study discovered that age, arousal difficulty, and lubrication were the most common reasons why women couldn't orgasm. Whatever the reason, it's a good idea to consult with your doctor to rule out any other underlying issues, whether physical or emotional.
- **"The G-spot is a contentious topic,"** Dr. Jodie Horton, MD, a Love Wellness advisor, says. A study published in 2012 concluded that the G-spot was real and consisted of an upper pole (or head) and a lower pole (tail). It also claimed

to have a sac with walls that resembled erectile tissue. A dissection of 13 female cadavers in 2017 found no such structure. Regardless, according to one study, more than half of women believe in the existence of the G-spot. A dissection of 13 female cadavers in 2017 found no such structure. Regardless, according to one study, more than half of women believe in the existence of the G-spot.

- According to Stern, many women take longer to climax than their male partners, which is perfectly normal. To climax, most women need at least 13 minutes of sexual activity. "If you find that your partner frequently reaches orgasm before you," she says, "there are ways to help him slow down, such as applying firm pressure around the base of the penis." If premature ejaculation is a concern, Stern suggests consulting with a primary care physician or urologist to learn about alternative treatment options.
- Many women pretend to have orgasms. **According to one study, 58.8% of women have faked an orgasm at some point in their lives.** And the reasons are varied: 57.1% wanted their partner to be successful, 44.6% wanted sex to end, and 37.7% liked their partner and didn't want them to be unhappy. "Expressing our sexual needs has become taboo, particularly for women," says Dr. Horton. "In today's society, there is a lot of pressure on women to have an orgasm, which can lead to performance anxiety and guilt."
- "Some women have long, cascading orgasms, where they have strong rhythmic pelvic contractions for a long time," Dr. Streicher says. "And then there are orgasms, where you have that over-satisfied sensation that stops and then starts again with more stimulation."



SEX EDUCATION :

What is it and how important is it?

Sex education, often referred to as sexual education, has been a taboo in India since its beginning of time. What is sex education? It's a process of communicating information of sexual techniques, practices, and sexual health so that when a human is involved in sexual practices, he or she can take appropriate precautions to prevent sexually transmitted diseases, infection, and most importantly, unwanted pregnancy.

Sex education can be communicated in various ways, through schooling, parenting, or even a friend telling another friend about how to use protection or contraception. Largely in the USA, sex education is given between middle classes in schools. But in India, the topic is far away to be discussed openly yet alone be taught in schools.

There are different types of sex education, for example:

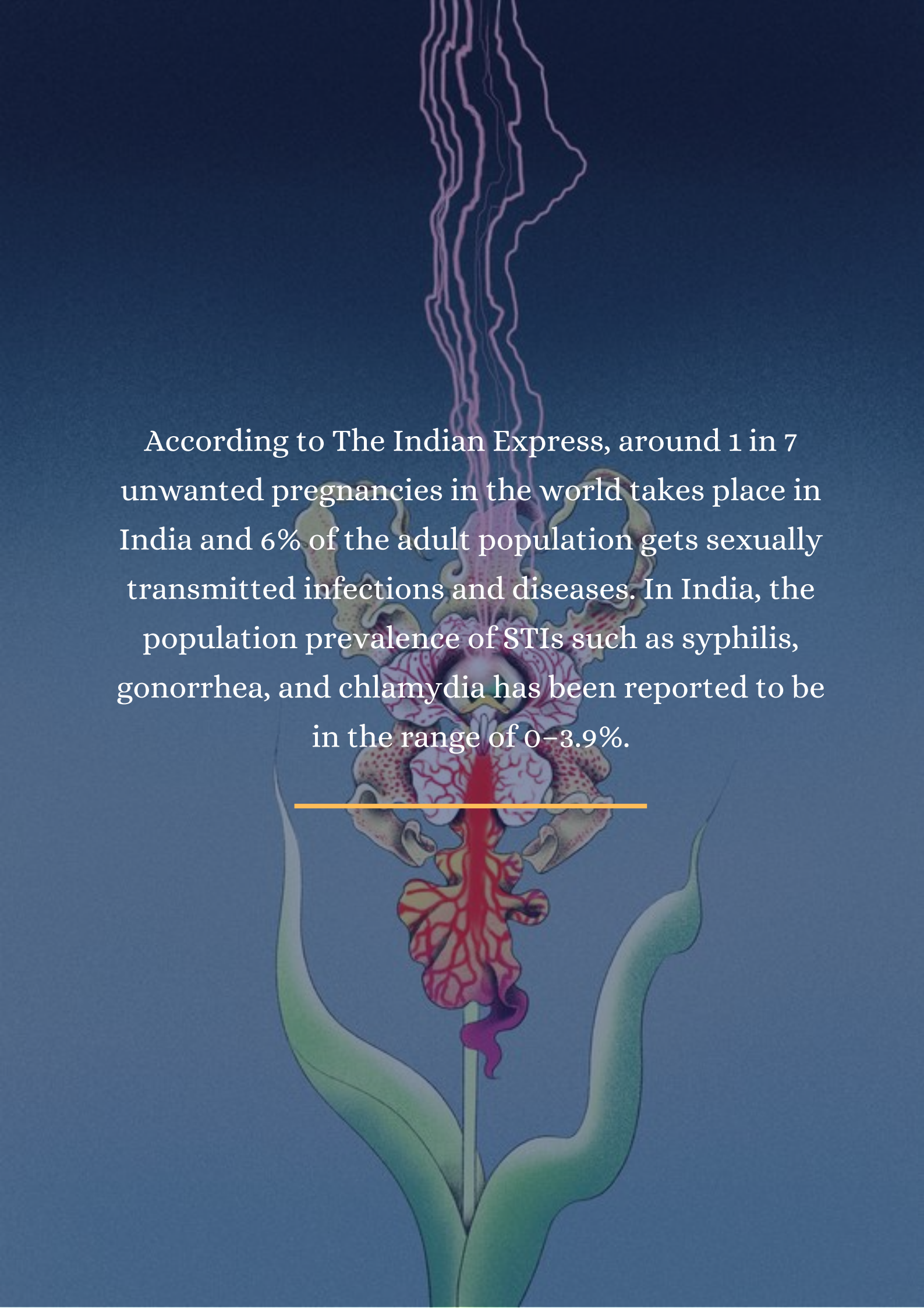
- **Abstinence-only sex education** communicates to the students to wait until they turn to adults or get married before they indulge in sexual practices and only talks about basic sex mechanics but not about protection from diseases or infections and birth control.
- **Health and safety-oriented sex education** teaches students about proper sex mechanics and also covers other topics like how to prevent sexually transmitted diseases, infections and how to practice healthy sex or physical well-being. It also talks about sexual consent which is important for its other reasons.
- **Comprehensive sex education** imparts the students with a deep knowledge of both safety and emotional aspects of sex, for example - students will learn about how to please their partner and might learn that many women require clitoral stimulation to have an orgasm. It will address diverse sexual orientations as well; it has shown the highest success rates in the prevention of STIs and unwanted pregnancy but is a very controversial topic amongst various countries.

Why is Sex Education important?

According to The Indian Express, **around 1 in 7 unwanted pregnancies in the world takes place in India and 6% of the adult population gets sexually transmitted infections and diseases.** In India, the population prevalence of STIs such as syphilis, gonorrhoea, and chlamydia has been reported to be in the range of 0–3.9%.

What is the cause behind such rates?

It's clearly the lack of comprehensive sex education in young people that are transferring into adults having sexual encounters, lack of correct



According to The Indian Express, around 1 in 7 unwanted pregnancies in the world takes place in India and 6% of the adult population gets sexually transmitted infections and diseases. In India, the population prevalence of STIs such as syphilis, gonorrhoea, and chlamydia has been reported to be in the range of 0–3.9%.

knowledge about safe sexual practices, sexual orientations, emotional bend of sex, and consent will lead to a population where a certain percentage of people will practice unhealthy sexual activities and a crime against different genders will increase due to lack of consent-taking knowledge.

In an article in “The Print”, they gave a headline that stated, **“There is only one way to tackle India’s sexual violence epidemic”** and that is - “Sex Education”. It highlighted the importance of consent and particularly in the male-dominated culture of India, the reason why comprehensive sex education is important is that it can help increase awareness of consent-based sex and help young people learn consent and respect each other’s personal space and safety and parents should be involved in this process.

In a nutshell, **the topic of sex education remains taboo in India**, the importance of sex education can not only help curb a lot of life-threatening sexual diseases and violence but help create a mind that is devoted to healthy sexual practices, which is essential in the long run. How do we remove the taboo? We can empower and create NGOs and organizations that are focused on spreading the importance of sex education in every corner of the country, if the schools and colleges are not ready to include it in their curriculum, we can publish a comprehensive guide to sex education and create awareness in parents to impart right sexual knowledge in their kids through the medically approved guide and nurture them about it in the right way.

The importance of sexual education is at its peak right now and demands a lot of open-minded attention from people.



*Masturbation
& Pleasure*

-Bhavishyata

The belief that masturbating is in some way unhealthy for your health is still widely promoted through many myths and misconceptions. However, there may be several health advantages to masturbation.

It's up to each individual whether or not they choose to masturbate. Masturbation, however, may have several advantageous consequences, such as enhancing hormones and chemicals that support uplifting moods, sentiments, and sensations.

The majority of the detrimental impacts of masturbation, however, have more to do with how one thinks about the act than with the effects it has on the body.

Potential health benefits of masturbation

According to research, masturbation and other sexual acts that cause an orgasm or feelings of pleasure cause the brain's pleasure-reward region to produce hormones and chemicals. These consist of:

- **Dopamine** is a crucial neurotransmitter involved in motivation, movement, and reward-seeking. It is also referred to as the "happy" hormone.
- The "love" hormone is **oxytocin**. Oxytocin has a wide range of physiological and behavioral consequences, including boosting happy sexual, social, and parental activities. The hormone also supports growth, healing, and in creating healthy social connections.
- **Serotonin** is a neurotransmitter that aids in the mediation of happiness, optimism, and fulfillment. Additionally, there is a connection between elevated serotonin levels and improved mood.
- **Endorphins**: Known as "feel-good" molecules, endorphins are better at numbing pain than morphine. They are in charge of the



According to research, masturbation and other sexual acts that cause an orgasm or feelings of pleasure cause the brain's pleasure-reward region to produce hormones and chemicals

exhilarating rush or high that comes with the activity.

- **Prolactin** is a hormone that supports physiological reactions to reproduction, stress reduction, and emotional control.
- **Endocannabinoids:** These neurotransmitters are essential for pleasurable activities including eating, socializing, and exercise. Additionally, they support the control of processes like anxiety, depression, addiction, and learning and memory as well as pain, inflammation, metabolism, and cardiovascular function.
- **Norepinephrine** is a stimulant neurotransmitter that boosts and controls the transmission of dopamine, a chemical associated with feelings of euphoria.
- **Adrenaline:** Adrenaline helps control heart rate, blood vessel and airway diameters, and components of metabolism, which reduces stress.

The following health advantages can consequently result from the release of these distinct hormones:

- **Less anxiety and stress**

Oxytocin appears to be released during sexual activity, which appears to reduce stress hormones like cortisol while increasing relaxation. Additionally, prolactin aids in controlling stress reactions.

- **Enhanced sleep**

In addition to lowering blood pressure and stress levels, masturbation also promotes relaxation, which may make it easier to fall asleep.

According to a 2019 study that polled 778 adults, orgasm was clearly related with better sleep outcomes. Many respondents believed that

masturbating shortened the time it takes to fall asleep and enhanced the quality of their sleep.

- **Decreased pain**

The body's natural painkillers are called endorphins. It is also known that endocannabinoids can control the processes of pain and inflammation. These herbal analgesics may also lessen menstruation pain (2013 research). According to a Reliable Source, some cluster headaches and migraines can be partially or completely relieved by sexual activity.

- **Enhanced immunological response**

Prolactin and endocannabinoids, which aid in immune system regulation, are increased during masturbation. Additionally, it increases the neurotransmitters and chemicals that reduce stress.

Enhanced mood

Masturbation may raise hormone levels of dopamine, oxytocin, and endorphins, which are related to a good mood.

- **Enhanced thinking**

In reaction to stress, prolactin has a neuroprotective effect that lessens brain damage. Dopamine also appears to support sound cognition. Sexual activity improved recollection and number sequencing in older males and older females aged 50 to 89, according to a 2016 study Trusted Source.

- **Lowers blood pressure**

Endocannabinoids and oxytocin may also lower blood pressure.



Some harmful effects of masturbation

While the majority of persons who masturbate report pleasant outcomes, this isn't always the case. Some people may be morally or religiously against masturbation and feel guilty or humiliated for doing it or simply considering it.

Excessive masturbation can sometimes result in medical issues including cramping, swollen genitalia, horrified, or broken skin.

Some people find it challenging to positively engage in masturbation, particularly those with sexual dysfunction or a history of abuse. Masturbation may be extremely uncomfortable or even distressing for these folks.

Masturbation Addiction/Dependency

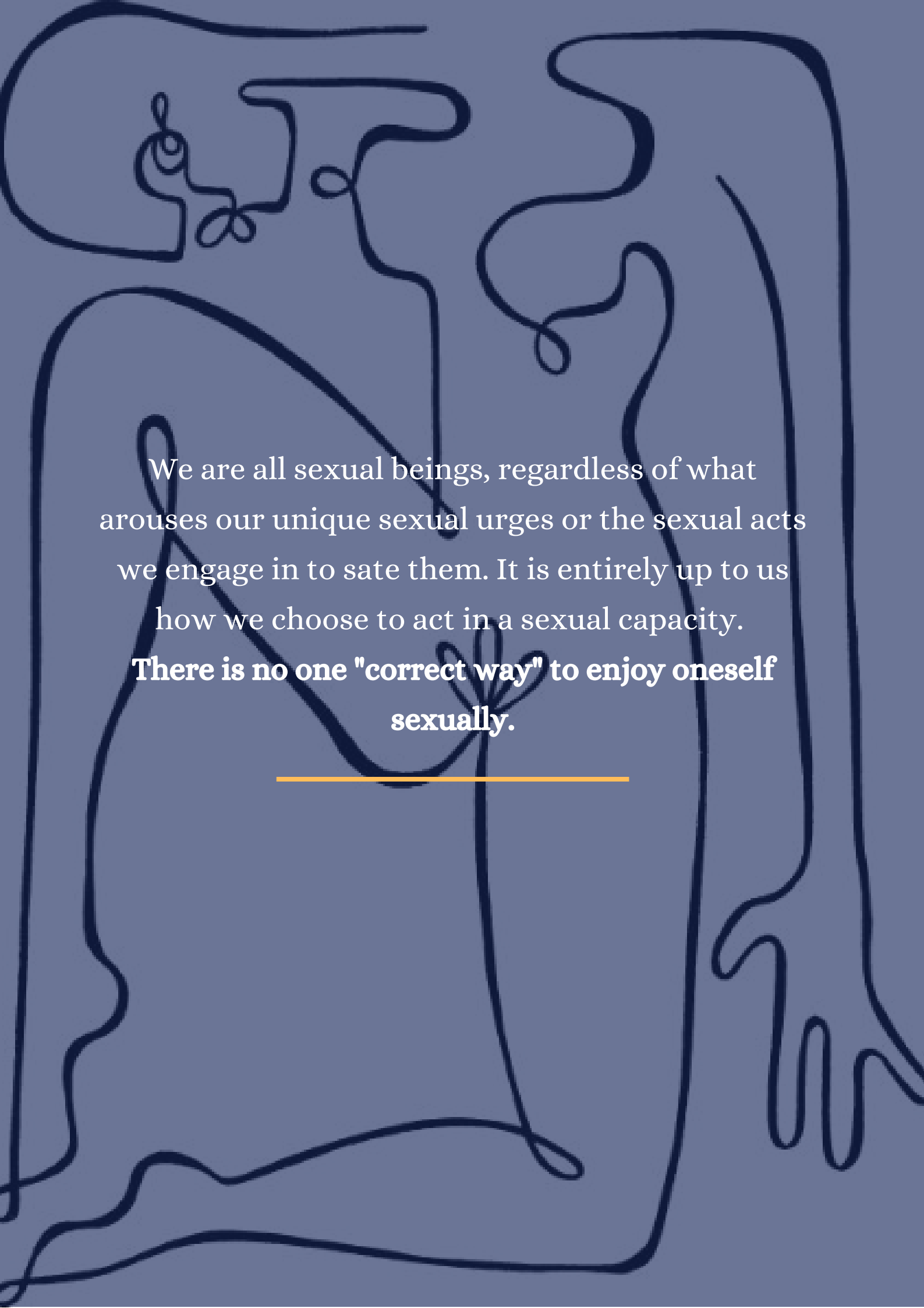
Masturbation and sex addiction are not currently recognised as mental health conditions by the American Psychological Association. Instead, the majority of medical professionals categories excessive masturbation as compulsive sexual behaviour (CSB) or uncontrollable sexual activity.

There isn't enough data, according to the American Association of Sexuality Educators, Counsellors, and Therapists, to classify sex or porn addiction as a mental health issue.

Some tips for Masturbation :

A fantastic method to get to know your body is through masturbation. The majority of people masturbate at some point in their lives, therefore it's completely healthy and typical.

Numerous urban legends try to convince you that masturbating is wrong or harmful. In actuality, it's completely secure. You won't become blind, insane, or foolish if you masturbate. It won't create breakouts, impair your growth, or harm your genitalia. It doesn't ruin other forms of sex or exhaust all of your orgasms.



We are all sexual beings, regardless of what arouses our unique sexual urges or the sexual acts we engage in to sate them. It is entirely up to us how we choose to act in a sexual capacity.

There is no one "correct way" to enjoy oneself sexually.

Here is some advice on masturbation :

- Wash your hands before touching your penis, vulva, vagina, or anus.
- Use a good lubricant. It lowers friction, which helps prevent small tears in your skin and makes things more comfortable.
- Clean your sex toys. Otherwise, bacteria can build up and cause an infection. The best way to protect sex toys is with a condom that you change whenever the toy is passed from partner to partner or from one body opening to another — mouth, anus, or vagina. If you don't use condoms, clean sex toys before and after every use. Read the instructions on the package for how to clean your toy.
- Don't share sex toys with multiple partners without cleaning/using new condoms every time. They can pass along STDs.

Are Pleasure and Masturbation related?

The fact is that by comprehending our own sexual urges and reactions, we may learn how to enjoy sexual pleasure for its own sake, regardless of whether we are attracted to people of the same gender, people of the opposite gender, or both.

Each of us enjoys different sexual acts and practices to varying degrees. We are all sexual beings, regardless of what arouses our unique sexual urges or the sexual acts we engage in to sate them. It is entirely up to us how we choose to act in a sexual capacity.

There is no one "correct way" to enjoy oneself sexually. Start by creating a vivid dream life in your head. If you're with someone, they might like it just as much as you do! Together with your partner, discuss it. Recognize that enjoying oneself sexually is something that both parties want. Keep in mind that consenting adults are free to pursue any level of sexual

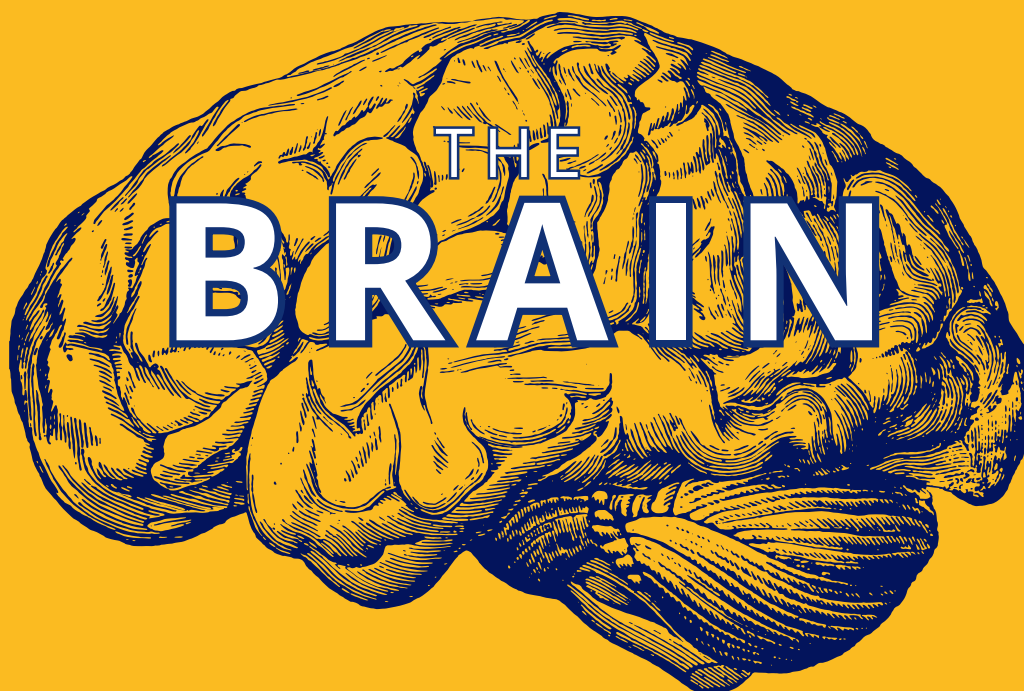
adventure they choose. Also keep in mind that your partner probably has a completely distinct set of preferred stimuli.

It is about YOU!

Not everyone has a romantic partner. Some people don't desire a partner. Some individuals are single. The truth is that you can have wonderful sex without a partner.

It's OK, even beneficial, to regularly masturbate. Not only does orgasm reduce stress, but it also strengthens the immune system and burns calories! Whichever solitary sexual activities give you the greatest pleasure, indulge in them. You get to decide if or how you experience orgasm. As long as there is no risk to you or anybody else, there are no rules and no "correct ways" to have sexual pleasure. Understanding our own sexual wants and responsibilities is the first step to having a good sex life. We are ultimately in charge of our own sexual pleasure. Then, we can take into account the requirements and obligations of our partners.

Pornography and How it affects



Pornography is a big industry with an *estimated worth of \$97 billion*. One of the earliest forms of mass media, it is a multi-billion dollar industry that has been around for decades, and it doesn't show any signs of slowing down anytime soon. Pornography is a type of media that is designed to sexually arouse the viewer. It can be in the form of pictures, videos, or written words. It has been around for centuries and has evolved over time.

The word “pornography” comes from the Greek words pornographia meaning “**writing about prostitutes**” and porneia meaning “**illicit sexual intercourse**”. The first pornographic images date back to the ancient Greeks and Romans. They would often use statues to depict sexual acts and then draw on them with paint or other materials. The term was **coined around 1857 by the French author Émile Gautier** in his novel *Mademoiselle de Maupin* and the **first pornographic film** was made in 1894 by Louis Le Prince who filmed a woman having sex with a man without her knowledge or consent. The film was called *Le Coucher de la Mariée* which translates to “*The Bedtime of the Bride.*”

In modern times, pornography is more accessible than ever before due to the internet and smartphones. It's estimated that there are over **4 million pornographic websites on the internet today.**

It has only been recently that we are starting to understand its effects on the human brain. The human brain is wired to seek out pleasure and avoid pain. Pornography takes advantage of this by providing images that are sexually stimulating and releasing dopamine into the user's brain. When the brain releases dopamine, it is rewarded with a sense of happiness, which causes them to crave more porn. This can lead to desensitization, where they need more and more explicit content to get the same feeling they used to get from less explicit content. We know that pornography triggers the same reward pathways in the brain as drugs and alcohol.

Pornography can affect a person's life in many ways. It can lead to addiction, which often causes people to neglect their relationships and responsibilities to watch sexually explicit content or look for other sexual partners outside of their marriage. It can also lead to erectile dysfunction or difficulty achieving orgasm with a partner, which can damage intimacy in a relationship. It can cause mental health issues such as depression, reasons for which include feeling shame about one's sexual desires, feeling inadequate because the porn stars look better than oneself, or feeling guilty about watching porn.

Porn can also lead to eating disorders and body image issues in people. It is a major influence on body image and self-esteem, and as it is often the first place where people learn about sex, it can have a lasting impact on how they think about their bodies. Men and Women are being equally affected by the unrealistic expectations of what their bodies should look like.

Pornography also affects our attitudes toward sex and sexuality in general. It has been shown that people who watch porn are more likely to have permissive attitudes towards sex and sexual violence than those who do not watch it or watch it less often.

It was found that viewing pornography increased the likelihood of a man

It's estimated that there are **over 4 million** pornographic websites on the internet today. It has only been recently that we are starting to understand its effects on the human brain.



believing that women wanted to engage in sex with someone they just met, and made it seem like there was no risk of sexually transmitted diseases.

A study published in the **Journal of Sexual Medicine** made the observation that men who watched porn were more likely to believe that sex was a casual activity. This was especially true for younger men who were more likely to be influenced by porn. Another study found that the majority of rapists who were interviewed claimed that they'd been influenced by pornography.

The statistics on negative effects of pornography are alarming, but porn can also serve many useful purposes. Watching pornography can be used as a form of sexual education, it can help people explore their sexuality, it can also be used to help people with sexual problems such as erectile dysfunction or premature ejaculation. Other than that, it has been found that pornography can also be used in therapy to help people who have been sexually abused or assaulted heal from their trauma.

Pornography is something most people feel very strongly about and have conflicting opinions over its morality, but its glaring presence in our society cannot be denied, and its effects cannot be ignored. It impacts our brains on a very primal level, and as a consequence, has a tremendous power over human minds. We must learn to be wary of this whenever we engage with such content, and act responsibly.



MYTHS AROUND MASTURBATION AND SEX



.....

We are in the 21st century, the era of the internet and billions & trillions of terabytes of information. It is such a boon for us. Whatever the topic of interest, we are only a few clicks away from the desired results. It makes us feel smarter and more aware. However, with so many ideas in random motion in the realm of information from people with a wide range of knowledge and intelligence, there also arises misinformation and myths.

Sex and Masturbation are two of the primary ways to orgasmic pleasure. It's very natural to indulge in the two. Also, they are very important functions of our bodies. However, as we are aware of the fact that our world is full of information and thus a lot of myths, it's also very important to talk about some of the myths related to masturbation and sex. There are cases of these myths or bizarre claims, that have led people to guilt & depression lowering their confidence and self-esteem. These myths can play around with people's minds:

Should I masturbate? Is it a sin?

Does it have long-term complications?

Will it make me go blind?!... Yes! you read that correctly! Blind!

Here in the article, we look into some of the most common, and trust me, bizarre myths about Masturbation and Sex and bust them!

So here we begin:

- *Masturbation*

- People in relationships do not masturbate

People feel that one only masturbates alone. It is untrue. It is very normal for one in a relationship to masturbate when they are temporarily not together. Many couples indulge in masturbating together as well. The misconception is that if a person is masturbating in a relationship it means that they are not happy in a relationship and thus not indulging

.....

into sexual acts. However, according to a survey, 92% men and 62% women in relationships masturbate.

- Masturbation leads to hair fall

Then why aren't most of us bald already!? This is an absurd myth. There is no scientific evidence or study establishing a relationship between masturbation and hairfall.

- It can cause erectile dysfunction

It refers to a condition where a person is not able to get or maintain his penis erection during intercourse. Masturbation does not feature in the causation list of erectile dysfunction. In fact, what can really happen is that over-masturbation can lead to a person becoming used to self sensations which can then affect the ability to have orgasms with your partner.

- Masturbation can make you go blind

This is a very common myth. However, many studies conducted haven't been able to find a link between masturbation and blindness. Research has shown that people masturbating as frequently as 4 times a day for years haven't been found to suffer from any disease related to masturbation, blindness included.

- One can't masturbate too much

There is no specific limit to it. But at the same time, it is normal as long as it does start to affect day to day routines of individuals. It should not be affecting a person's mental or physical health in any way. And that limit is different for every person.



There are cases of these myths or bizarre claims, that have led people to guilt & depression lowering their confidence and self-esteem.

- *Sex*

- Sex is only good if it ends in orgasm

Sex is much more than ejaculation and orgasm. A sexual act that lifts the mood, gives pleasure, and keeps one confident is as good as orgasmic sex. Orgasm can also be achieved via oral sex or masturbation. It's the feel of bodies intimately playing around that matters the most.

- Real-life sex is like pornography

One needs to understand that porn actors are paid for what they do and how they portray an orgasm. The clean and smooth bodies of porn stars are hardly a reality. But watching porn regularly may trick a person to believe that what is being shown is true and then may start to expect the same from their partners.

- Pre-cum cannot get a girl pregnant

This is another myth about sex. The pre-cum may also contain sperms which can lead to fertility. A study suggests that the success rate of pre-cum in pregnancy is 4% and for a condom is 2%. Thus, the condom is the better choice here again.

- Menstruation is the ultimate baby barrier

A lot of people believe it to be true that copulation cannot lead to pregnancy while the woman is menstruating. Although it is highly unlikely, still there is a good chance of getting pregnant.

- You can get HIV only through anal sex

You can get HIV through a variety of sexual acts. Be it vaginal, oral, or anal. Any case where there is an exchange of reproductive fluids can lead to HIV or any other Sexually Transmitted Diseases.



These are some of the major myths about masturbation and sex. The list can go on, but we restrict ourselves here. **It's important that after reading this article, one should make a conscious effort to read about Sex Education.** It's as important a topic as any other topic out here.

WAYS OF GIVING *pleasure*

People fantasize about having an intercourse as demonstrated in porn movies. They believe that it'll give them pleasure, but they are not even close to being right.



They pressure themselves instead of pleasuring. *The pressure of performance reduces their sex drive and instead of desired pleasure one becomes stressed out.* If things get monotonous, one may take inspiration from the internet, without minding the internet is often deceptive.

Intercourse is overrated. **“Outercourse is just as important as intercourse,” experts say.** But this is not often given the importance it deserves. One must explore and find out what feels pleasurable on their partner’s body. Try massaging your partner to explore the things that excite them.


An expert says to *observe one’s partner masturbate.* It’ll give one insight into how to please their partner. Pay attention to the type of touch, pressure, and position that are the most pleasurable for them and learn from it. Discern various spots and techniques that your partner feels aroused with and keep them in mind while foreplay.

Get intimate with your partner not just physically but mentally as well as spiritually. **Connect with them even outside the bedroom by spending quality time with them.** Try understanding their desires by engaging in meaningful conversations with them.

One must become selfless to pleasure their partner. *One must make their partner’s pleasure a priority.* Reciprocation follows selflessness. When one puts their partner’s needs first, one’s partner reciprocates. This builds a healthy sexual relationship.

Make your sexual space a safe space. Ensure that your partner feels safe and secure in your company. **Have protected sex.** Don’t go inside in haste. Use protection and prevent yourself as well as your partner from the nightmare of sexually transmitted infections. Saving yourself from the horror of STDs is easier than running to hospitals after getting one STD, just wear a condom! Condoms make the process safe medically as well as psychologically. In addition, ribbed condoms make sex even more appealing.

Be expressive. Praise your partner’s body as well as express your feelings for your partner. Being expressive helps in opening up and creates a

A stylized illustration in shades of blue and white. It depicts two women sitting on the floor, facing each other in conversation. The woman on the left is shown from a three-quarter rear view, with her hair in a bun and her hands resting on her lap. The woman on the right is shown from a three-quarter front view, also with her hair in a bun. The background is a solid, light blue color. The overall style is minimalist and artistic.

Explore within the limits of your comfort zone.
Be yourself and have fun.

comfortable environment. Comfort is the key to having a sexually pleasurable time. If one is not comfortable, one can't give or receive pleasure. Ensure you and your partner mingle and get cozy to have a gratifying experience.

Embracing your partner's flaws and making them feel special and on top of the world is essential while in the process of creating a sensual ambiance. One can try lighting scented candles or dimming the lights if one prefers. Preparing a sex playlist with your partner and playing music that turns you and your partner on, is another way to go about creating a sensual mood. It also helps create a strong relationship which is healthy in creating a sexual atmosphere.

Preparing a nice snack before sex preferably aphrodisiacs like strawberries and dark chocolates, truffles, champagne, red wine, baked apple, cinnamon buns, etc., can up your sexual experience, besides, who doesn't love a snack?!

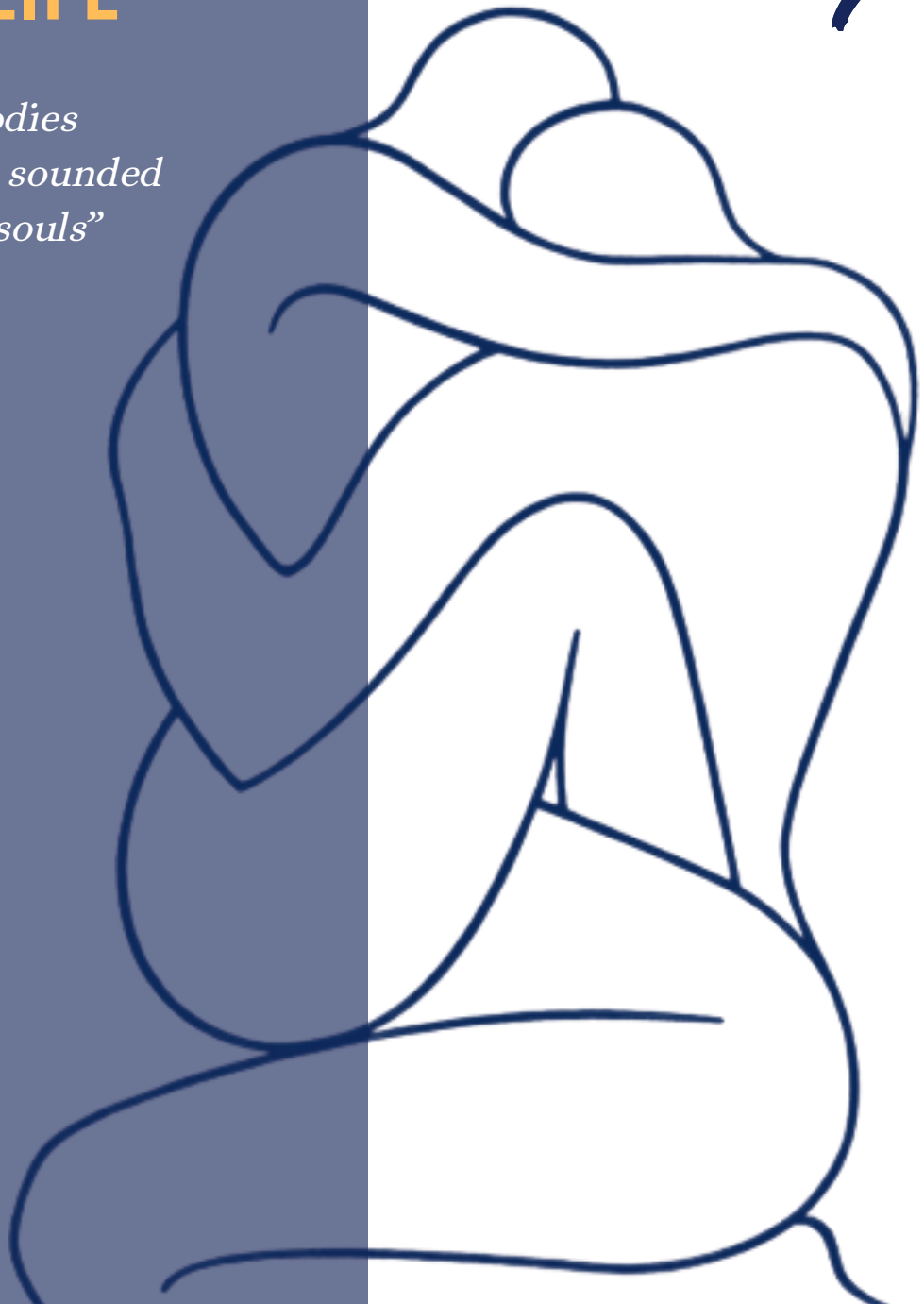
Don't be vulnerable or uptight! Instead, accept new ideas. Try being flexible and open to your partner bringing in props. Toys and props are not everyone's cup of tea, however, exploring in search of a better sexual experience is the way to go! Introduce toys yourself, mix things up in bed, try something new, have trust in each other as partners, and feeling safe with each other is the key.

Finally, **consent.** *Mutual consent is essential.* For a pleasant sexual experience, make sure you ask for consent every part of the way. From minor moves like changing lights, lighting candles, changing positions, using toys, and before every other move you make, don't forget to ASK FOR CONSENT!

One thing may work for someone, the other thing may work for someone else, do not overdo or pressure yourself into inculcating everything in your routine. Explore within the limits of your comfort zone. *Be yourself and have fun.*

**PSYCHOLOGICAL
AND PHYSICAL
EFFECTS OF
HAVING A GOOD
SEXUAL LIFE**

*“The chaos our bodies
made yesternight sounded
like music to our souls”
~ Kiersten White*



Along with being an excellent catalyst to a relationship, sex is also an element of health and positivity. Sexual intercourse is something which results in several effects on a relationship as well as on the individual's brain and body. While pleasure is borne in the bedroom, the perks can go beyond its territory. Here are some surprising and satisfying effects of physical engagement as known as sex :

Physical effects

- **Improves immunity:** Sex proves to be a fantastic activity for improving our immune system. Published researches show that participating in sexual acts with your partner leads to an increased percentage of IgA, which is a type of antibody that depicts the strength of the immune system. The increase in IgA of sexually active people results in the improvement of immunity and better protection against cold and flu.
- **Burns calories:** A known fact by most of us is that, sex results in the burning of calories. This activity counts as a type of workout that engages the heart and several other muscles. Technically, sex uses five calories per minute which is a big deal for the doers depending on the time frequency and consistency.
- **Cardiovascular benefits:** Good sex keeps the heart healthy. Studies show that sex being a kind of workout, helps in increasing the heart rate which keeps the organ well in function and healthy.
- **Lowers blood pressure:** Researchers have stated that sexual activity successfully lowers blood pressure (BP). People who regularly take part in having sex are less likely to have hypertension. A high blood pressure leads to an increase in risk of heart attack, stroke and even erectile dysfunction.

-
- **Boosts brain power:** Frequent sex leads to an improvement in women's memory. Apparently sexual activity stimulates that part of the brain which is majorly involved in learning and memory. This part is called the Hippocampus.
 - **Increases lifespan:** Surprisingly, a tracking report found that the risk of death was 50 percent lower in men who frequently had orgasms than men who didn't. Researchers report that sexual activity relates to longevity. A good proportion of satisfaction, happiness, and a sense of doing something for your partner naturally leaves you filled with joy and a zeal to live longer.
 - **Relieves pain naturally:** Studies show that sexual activity helps in relief from several types of aches, especially headaches usually caused by migraines as well as cluster headaches. Sexual Intercourse triggers the release of endorphins which are known to relieve any bodily pain naturally. In some cases, intercourse also increases the pain tolerance threshold.
 - **Improves sleep:** Having regular sex has been scientifically proven to improve sleep patterns. The aftermath of sex leaves the body to release hormones like oxytocin, dopamine, and endorphins, which lead the body to feel sleepy. A sense of satisfaction and indirect productivity to satisfy or love your partner also leads to a relieved sleep.
 - **Glowing Skin:** As a result of the release of several hormones in sexual engagement, it leads to a visible glow on the face. Studies have found that orgasms lead to an increase in the rate of blood flow which carries oxygen. The increase leads to the absorption of oxygen faster and with a better frequency. The dilation of blood vessels due to this gives our face a wrinkle-free look and a glowing face.



Sexual intercourse is something which results in several effects on a relationship as well as on the individual's brain and body.

Mental/Psychological effects

- **Enhances intimacy:**

Sex plays a major role in a romantic relationship. The increase in physical engagement is directly proportional to an increase in the mental engagement of a couple. For partners, sex is usually linked with showing affection. A desire to have sex depicts a way of affection and vice versa. This keeps the zeal and passion in a relationship high and helps the relationship to sustain in health.

- **Lets you feel biologically whole:**

Sex being a part of human life plays an important role in letting a person feel successful in a relationship or personal life in one aspect. Lacking sexual activity leads to a sense of disappointment in oneself for the inability to go under a pleasure-giving act of life. Having regular sex with your romantic partner keeps you away from the distraction of the feeling of being physiologically incomplete.

- **Cognitive capacity :**

Studies state that cognitive function is associated with several activities including sexual intercourse. The frequency of sex has proven to be proportionate with better cognitive capacity in older age. The two specific cognitive functions such as number sequencing and word recall, were seen to improve in men more than women.

- **Boosts serotonin :**

Serotonin chemical helps in the regulation of mood, social behaviors, emotions, digestion as well as appetite. Sex raises the levels of this chemical in our body which is healthy for the physical and mental health of humans. A good amount of serotonin is known to be one of the most effective depression treatments. The overall health of the human body and mind is enhanced by the release of hormone-balancing chemicals, which are a result of regular and wilful sex.

- **Reduces stress and anxiety :**

Physical closeness with your partner leads to a major effect on stress levels and anxiety. Sex soothes stress. Sexual arousal provides us with the 'feel-good' chemical which instantly boosts our mood and makes us relaxed and happy. Happiness creates a feeling of relaxation and confidence in the brain which decreases stress.

- **Boosts self-esteem :**

Our perception of life changes when we feel joyous and satisfied with something. The sexual activity provides us with a pleasure that helps us be more self-confident about ourselves. Engaging physically with your partner helps to increase self-esteem in a very positive manner.

Do not hesitate to immerse yourself in good and regular sex. Communicate with your partner about the benefits for body and mind and inculcate the ways to upgrade them in your daily life, one of them being sex. The appropriate amount of sex completely depends on the mutual choice of partners, and note that no amount leads to any side effects. Though you can always magnify the results by increasing the frequency.



HOW
UNCOMMON
ARE **THESE**
TOPICS IN
SOCIETY?

Talking about sex is still largely frowned upon in our country. It is anticipated that the taboo surrounding sex will disappear as it gradually gains acceptance in popular culture. It's acceptable that we can still talk about sex, but we must acknowledge some unavoidable societal truths. Masturbation or self-love is viewed as taboo, and people find it difficult to accept that it is entirely acceptable. They ignore those who are honest about it and even describe it as dishonorable. **Masturbation stereotypes can be traced back to the Jewish and Catholic religions of 1975**, which viewed this behavior as shameful. Because it had no bearing on reproduction, this topic was ignored. Since that time, a lot has changed. Masturbation is no longer viewed negatively or as a dangerous act by scientific minds, but a sizable portion of the population still regards it as unethical and shameful.

The main reason why adults don't freely discuss their sexual preferences or health in adults is due to society's assumption that discussing sex is such a repulsive activity. The cultural culture views having sex before marriage as immoral and a disgrace to the community, and views it as a way for married people to have children. When discussing marriage, it is pure and sacred, but in extreme circumstances, it is considered cheap and vulgar. Such hypocrisy comes from lone, closed-minded individuals who attempt to impose their ideals and views upon others. Not only is there a subject of sex education, but also one of self-pleasure. These kinds of problems are obscured and are viewed as an unusual activity or something. One of the researchers even said that sex education does not teach you about self-pleasure. **The topic of self-pleasure is entirely different. This is quite a delicate topic to talk about.** Whenever a girl gets her first period, she is given the sex talk but not the masturbation talk. Self-pleasure and orgasms are something that adolescents are not taught or educated about. The main problem arises in the houses. Not only in society but even in homes, parents do not teach their children about these topics. They label these questions awkward, and thus the child has a lack of knowledge about the topic.



The main reason why adults don't freely discuss their sexual preferences or health in adults is due to society's assumption that discussing sex is such a repulsive activity.

On this subject, gender inequality is largely ignored. *Negative preconceptions about what constitutes a pleasurable experience for women are pervasive.* Because of this, studies generally show that women experience fewer orgasms than men. The focus of Katherine Rowland's latest book, *The Pleasure Gap*, is how external influences, including social messaging, extended monogamy, financial difficulties, and gendered violence, affect sexual happiness. In her book, Rowland—a public health researcher who also studies the sexual pleasure gap—examines how and why it persists despite progress in gender equality. In her quest to understand society's unproductive connection with women, Rowland spoke with 120 women as well as other health experts and scholars. In one of the stories, it was written that masturbation was considered taboo for girls, whereas it was completely normal for boys. Normalizing one's desire or self-pleasure is what is needed.

In one of the articles by Teen Vogue, while researching this topic, I came across some encouraging and accepting stories by women.

"My mom is a sex therapist, and the day I got my period, I didn't get the sex talk. I got the masturbation talk. I'll never forget it because it was humiliating. She told me that my pleasure is my right and that if I have urges, I shouldn't be ashamed of them. It's natural and healthy for you. She told me I shouldn't have sex until I know exactly what my body likes; otherwise, I'd be dependent on other people to figure it out, which isn't fair for anyone since we're all different." - Sarah.

"I'm not going to lie: I was a bit of a late bloomer in the sex department. I didn't really know how to give myself an orgasm, and it was actually my mother who bought my first vibrator. I didn't ask for it, for the record. I had already moved out and was living in my own apartment, and she sent one over from Amazon. She told me to be on the lookout for something coming in the mail, and we never spoke of it again. It's kind of mortifying, but I also appreciate that she ordered a sex toy so that I could get more comfortable with my body and sexual pleasure." - Nicole.

These stories prove how normal these topics are and give us an insight into the progressive world. Self-pleasure is something not to be ashamed of nor is it a topic that needs to be hushed upon. Being open about topics like these to your parents and society is the utmost important thing to do.



contributors

Bhavesh

WRITER

Bhavishyata

WRITER

Daksh

WRITER

Deepa Raghavan

WRITER

Harshita Ahuja

WRITER

Hasrat

WRITER

Kartik

WRITER

Pragati Khanna

WRITER

Pranav Sarna

WRITER

Soha Sharma

DESIGN & LAYOUT

Sreya

EDITOR

Suhani

EDITOR



THE
LANTERN
TRIBE

WE THE BEARERS

REFERENCES

- <https://steal.sbs/178110-male-orgasm-understanding-the-male-climax-everyday-health>
- Leonhardt ND, Willoughby BJ, Busby DM, et al. The Significance of the Female Orgasm: A Nationally Representative, Dyadic Study of Newlyweds' Orgasm Experience. *J Sex Med* 2018;15:1140–1148.
- <https://theprint.in/features/theres-only-one-way-to-tackle-indias-sexual-violence-epidemic-sex-education/236690/?amp>
- Lastella M, O'Mullan C, Paterson JL, Reynolds AC. Sex and Sleep: Perceptions of Sex as a Sleep Promoting Behavior in the General Adult Population. *Front Public Health*. 2019 Mar 4;7:33. doi: 10.3389/fpubh.2019.00033. PMID: 30886838; PMCID: PMC6409294.
- Sayin, Umit & Schenck, Carlos. (2019). ••• Sayin HÜ, Schenck CH Desire-Pleasure-Orgasm ••• A Multidisciplinary Academic Journal Published Quarterly by CİSEATED-ASEHERT • Original Review *SexuS Journal* 4 (11): 907-946 MARCH Part-2 Neuroanatomy and Neurochemistry of Sexual Desire, Pleasure, Love and Orgasm Introduction. 4. 907-946.

- Ahmed, Faraz. "www.cse.msu.edu." *University of Michigan, International Conference on Distributed Computing*, https://www.cse.msu.edu/~farazah/adult_icdcs16.pdf.
- "Doctor's advice." <http://librate.com>. Accessed 20 November 2022.
- Flo - ovulation calendar, period tracker, and pregnancy app, <http://flo.health>. Accessed 21 November 2022.
- Health: Trusted and Empathetic Health and Wellness Information, <http://health.com>. Accessed 21 November 2022.
- https://www.researchgate.net/publication/8491305_Sexual_frequency_and_immunoglobulin_A_IgA
- <https://www.webmd.com/hypertension-high-blood-pressure/guide/high-blood-pressure-erectile-dysfunction>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4708348/#:~:text=Sexual%20activity%20and%20orgasm%20releases,extend%20our%20life%20by%20years.>
- https://www.researchgate.net/publication/8491305_Sexual_frequency_and_immunoglobulin_A_IgA
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4708348/#:~:text=Sexual%20activity%20and%20orgasm%20releases,extend%20our%20life%20by%20years.>

The background of the entire page is a repeating pattern of blue floral and scrollwork designs on a light cream background. The pattern includes stylized flowers, leaves, and swirling vines. In the center, there is a dark blue rounded rectangle with a white border. Inside this rectangle, the text is white.

IMAGE REFERENCES

- Behance
- Google
- Pinterest