Dispelling some of the more common myths and incorrect fanfic tropes!

## Squirting

Disclaimer: This topic is exclusive to vagina owners, however not everyone that owns a vagina is a women & I will do my very best to use neutral terms eg, AFAB when talking about this
Disclaimer the second: I am not a sex expert (despite repeated attempts to pass the exams), this is for entertainment/fictional writing purposes only and is not intended to replace actual medical advice. If you have concerns about your intimate health, contact a professional doctor!
Points to hit:

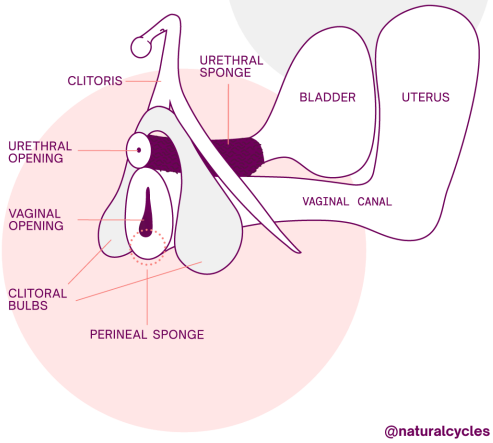
- What does it mean to 'squirt'
    - "Squirting, a sexual phenomenon where someone expels liquid from their genitals during pleasure"
- **(S)**The Big One: Is it urine
    - Maybe?
    - Various lab tests have been done with some saying it's 100% urine, some saying it's urine & other fluids, some saying no urine present.
    - Seems like it really depends on the person in question
    - Studies done show even if the bladder is completely emptied before sexual activity, by the point of orgasm it has refilled again & is empty after the orgasm.
- **What about porn**
    - I'd say 99% of 'squirting' you see in porn is straight up urine.
    - Squirting doesn't have that kind of pressure behind it, nor does it last that long.
    - TLDR: squirting in porn is actors consciously peeing.
- **(S)**Is it really the female version of male ejaculation
    - So there are schools of thought that say squirting & female ejaculation are 2 different things.
    - Dr. Adrienne Lara breaks it down thusly:
        - Fluid from Skene's gland = female ejaculation

            - The female ejaculate has creatine, urea concentration and contains prostate-specific antigen (PSA) that serve to protect the urethra
            - a small amount of milky white fluid
        - Fluid from Skene's gland + urine = squirting
            - a much larger amount of fluid – enough to make it look like they've wet the bed.
        - Urination during intercourse = coital incontinence
- <u>What is the Skene's gland (it's named after a man btw)</u>
    - Skene's glands consist of two small ducts located along both sides of the urethra, in the front part of the vaginal wall.
    - Also known as the "female prostate," these glands aren't actually the same prostate glands in male anatomy. However, the nickname prevails due to similarities with the male prostate gland, including the ability to drain fluids into the urethra.
    - It's also suspected that Skene's glands influence or make up a portion of the female G-spot. They're also composed of the same tissues as the clitoris.
    - Skene's glands play important roles in both urinary and sexual health.
    - First, the glands release fluids into the urethra, helping to lubricate it. The urethra itself is a tube that's an important part of the urinary system, as it's responsible for moving urine out of the bladder.
    - It's also thought that Skene's glands contain antimicrobial substances. When released, these may help prevent urinary tract infections (UTIs).
    - Like the male prostate gland, Skene's glands also play a role in sexual health. When aroused, the Skene's glands and the clitoris become swollen due to increased blood flow to the area.
    - As the Skene's glands become stimulated, they secrete mucus-containing fluids, which help with lubrication during vaginal intercourse. Researchers also believe that fluid excretions from these glands may account for female ejaculation.

- **(S)**Why is it such a big deal
    - What does it stimulate for the female
        - It's a more intense orgasm for the receiver
    - Does she literally black out
        - LOL, no. Not anymore that people normally black out after an orgasm lol
    - Why does Dean always feel like he's getting a gold star when he does it
        - I'd guess since it's harder to achieve, not every person can squirt (between 10-54%), it feels like a mark of achievement
- **(S)**How does one make it happen
    - It differs from person to person.
    - Some people need internal g-spot stimulation
    - Other can do it with clitoral/external g-spot stimulation
    - Best advice is to google & just test some stuff out.
- The clitoris/g-spot thing!
    - Reference pic below & actual anatomy
- **(D)**Is there a different feel between non-squirting and squirting orgasms?
    - In my experience, a squirting orgasm peaks & fades very quickly
    - Where as a 'traditional' orgasm has tingles & aftershocks that last a bit longer
    - I can't say I notice any difference in pleasure/intensity though.
- **(D)**Can you tell when an orgasm is going to include squirting or not?
    - Sometimes yes, sometimes no
    - The first orgasm of a 'session' (lol) tends to be traditional. After that, all bets are off.
    - However, if there has been lots of build up/g-spot stimulation, it can be squirting from the get go
    - Yes you can have multiple orgasms & squirt each time
- **(S)**How does one prepared their body for the possibility

    - Relax!
    - Nothing will happen if you're tense/stressed about it
    - Try different things, use your google knowledge & your knowledge of your own body
    - Try internal AND external stimulation
    - A lot of sources say it feels like you're gonna pee which leads into my next point…
- **(S)**How does one get over the squeamishness/mess aspect
    - TOWELS.
    - Fuckin' loads of em
    - Cover the bed in towels.
    - Or anything absorbent. Puppy training pads, waterproof undersheet, whatever
    - Basically cover up/remove anything you don't want getting wet or don't wanna have to change
    - This will help in the relaxing as well as the 'gonna pee' feeling
    - Alternatively, try in the bath (don't forget your lube!) or somewhere that's easy to clean up.
- **(S)**How long does one have to try to do it before giving up on the "Squirting Badge"?
    - How long is a piece of string lol, I'd say that entirely depends on the person haha
- Links/References:
    - https://hauteliving.com/hautebeauty/653238/women-its-time-to-understand-what-squirting-means/ - Dr Adrienne Lana article
    - https://www.insider.com/is-squirting-pee-and-why-does-it-happen-researchers-explain-2022-9 - Is Squirting Pee?
    - https://www.healthline.com/health/skene-gland - Skene Gland info
    - https://www.newscientist.com/article/dn26772-female-ejaculation-comes-in-two-forms-scientists-find/ - Squirting vs female ejaculation

# The Clitoris-Urethra-Vagina (CUV) Complex




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