# Sex myths debunked... including the one about the 'gay cure'



Sexual myths have permeated society for generations, blending folklore with ignorance to create stereotypes and unfounded beliefs. From perceived personal health hazards to societal impressions, these myths often paint misleading pictures that can impact personal perceptions and societal norms.

A historical tale warns against the dangers of masturbation, claiming it leads to blindness, impotence, and general health deterioration. This notion, resurfacing from the beliefs of Ancient Greek and Roman athletes, still trickles into today's dialogues. The modern-day phenomenon of No Nut November suggests abstinence improves sperm quality, reduces stress, and strengthens mental acuity. However, experts like Dr Justin Lehmiller from the Kinsey Institute have debunked these claims, citing a lack of scientific evidence to support any health benefits from abstaining. Contrary to fears, there are potential health benefits associated with masturbation, and none of the claims associated with abstinence hold substantial academic backing.

Sex work is often cloaked in stereotypes, such as the perception that clients are unattractive or socially inept individuals. However, studies suggest that men who visit sex workers come from diverse backgrounds and various motivations. Whether seeking companionship, exploration, or fulfilment of unmet desires, their reasons are as varied as their demographics.

The belief that circumcision is essential for hygiene persists, often due to misconceptions about cleanliness. Yet, hygiene practices such as proper washing can ensure cleanliness without circumcision. While some argue circumcision affects sensation, research offers mixed conclusions, with many circumcised men reporting no loss of sensitivity.

Pornography's role in relationships is frequently misunderstood, with many assuming it damages trust and cultivates addiction. However, comprehensive studies reveal that most men use pornography as entertainment without it affecting their relationships negatively. In fact, couples that engage with pornography together may experience higher sexual satisfaction.

One of the most harmful myths—the belief that homosexuality can be 'cured'—continues to exist despite overwhelming evidence to the contrary. Reputable psychological and psychiatric organisations have consistently debunked conversion therapy as both ineffective and harmful, associating it with emotional distress including depression and anxiety. LGBTQ+ individuals' sexual orientation is now widely acknowledged as influenced by a blend of genetics and environmental factors rather than a condition needing cure.

The discussion surrounding these long-standing myths highlights the need for continued education and awareness to replace misconceptions with facts, allowing individuals to form informed opinions based on proven information. And so say all of us...

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.thesource.org/post/10-myths-we-believed-about-sex> - Corroborates the myth that pregnancy cannot occur during menstruation, explaining that sperm can survive up to five days and conception can occur if ovulation happens shortly after the period ends.
* <https://www.bu.edu/articles/2024/sexual-health-myths-debunked/> - Debunks the myth that pregnancy cannot occur during menstruation and discusses the ineffectiveness of the 'pull out' method, aligning with the contraceptive misunderstandings section.
* <https://cycles.app/articles/sex-relationships/the-most-common-sex-myths> - Supports the fact that pregnancy can occur during menstruation due to sperm survival and ovulation timing, and also addresses other common sex myths.
* <https://trihealthclinic.com/common-sexual-myths-debunking-misconceptions-for-a-healthier-sex-life/> - Debunks various sexual myths, including those related to orgasm, technique, and the spontaneity of sex, which align with the broader discussion on sexual misconceptions.
* <https://www.resiliencepsychotherapy.com/blog/debunking-common-myths-about-sex> - Addresses myths about spontaneous sex, the importance of communication in sexual relationships, and the diversity of what constitutes sex, challenging common stereotypes.
* <https://www.bu.edu/articles/2024/sexual-health-myths-debunked/> - Discusses the harm and ineffectiveness of conversion therapy, aligning with the section on debunking conversion therapy.
* <https://www.thesource.org/post/10-myths-we-believed-about-sex> - Debunks the myth that certain sex positions can prevent pregnancy, supporting the idea that any sex where a penis enters the vagina can lead to pregnancy.
* <https://cycles.app/articles/sex-relationships/the-most-common-sex-myths> - Clarifies that certain sex positions do not prevent pregnancy and that good sex is not solely defined by duration or technique.
* <https://trihealthclinic.com/common-sexual-myths-debunking-misconceptions-for-a-healthier-sex-life/> - Provides insights into the myths surrounding vaginal orgasms and the importance of clitoral stimulation, debunking the idea that women should orgasm easily and every time.
* <https://www.resiliencepsychotherapy.com/blog/debunking-common-myths-about-sex> - Challenges the myth that 'hot' sex is only for the young, highlighting that sexual satisfaction can be achieved at any age with the right mindset and relationship dynamics.