

Orgasm is a physical and emotional response that happens during sexual activity, but it can also occur through other forms of stimulation. Since you're 12, it's important to recognize that everyone's body and experiences are different, and not everyone experiences orgasm in the same way or at the same age.

Generally, when someone reaches orgasm, they might feel a series of intense pleasure signals that lead to a peak of excitement. This can create a feeling of release and relaxation afterward. Some describe it as a wave of pleasure that spreads through their body, often accompanied by muscle contractions, especially in the pelvic area.

However, at your age, it's more important to focus on understanding your own body in a healthy and respectful way. As you grow and learn more about relationships and sexual health, you can gather more information about these feelings and what they mean. Always remember that having questions is normal, and it's good to talk to trusted adults if you're curious about this or any other topics related to your health.