What You Should Know About Sex & Alcohol

Research shows alcohol plays a role in the following campus problems: (1)
- Vandalism
- Fighting
- Fatal and non-fatal injuries and accidents
- Sexually transmitted diseases (STDs)
- Unplanned pregnancies
- Acquaintance rape/date rape

Why Does Alcohol Affect Sexual Behavior? (6)
- Men and women both are more likely to engaged in casual sexual behavior when there is alcohol involved
- Alcohol lowers inhibitions about engaging in sexual behaviors
- Alcohol increases perceptions of attractiveness for both men and women, further promoting the possibility of engaging in casual sexual behaviors
- 65% reported alcohol or drugs being involved in their more recent casual sex encounter

How Does Alcohol Affect Sexual Performance and Pleasure? (9)
- For men, alcohol use before sex results in DECREASED
  - penis engorgement (hardness)
  - orgasmic intensity
  - overall satisfaction and pleasure
- For women, alcohol use before sex results in DECREASED
  - ability to orgasm (and some women may not be able to orgasm at all)
  - orgasmic intensity
  - overall satisfaction and pleasure

Sex and Alcohol on Spring Break: Some Statistics (3)
- 26% of males and nearly 36% of females failed to use a condom during sex with someone they met on spring break
- Nearly 50% of the males and 41% of the females reported having consumed alcohol just prior to sex
- When asked about their alcohol use in connection with their sexual activities, 49% of men and 38% of women reported having sex as a direct result of drinking
- 75% of all students reported never or rarely using a condom on spring break
- Students reported their decision were negatively influenced by alcohol or drug use just prior to sexual activity
- 74% of males and nearly 88% of females reported never or rarely worrying about STDs/HIV, even though they were at risk
- About 48% of men and women who had sex under the influence regretted the experience.

STDs and Alcohol (8, 9)
- Several risk factors for STDs are common when alcohol influences sexual behavior:
  - multiple sex partners
  - engaging in unprotected sex (in other words, sex without a condom)
  - combining substance use with sexual activity
- Young adults who used alcohol were seven times more likely to have unprotected sex
- About 23% of sexually active teens and young adults say they have had UNPROTECTED sex because they were using alcohol or drugs at the time
- Only 28% of young adults said they were concerned about STDs or pregnancy because of sexual intercourse they had while using alcohol or drugs, even though they were at increased risk
- Oral sex under the influence of alcohol tends to involve less discussion of safe sex practices than without alcohol, thus increasing risk for STD transmission (5)
- Young adults who used alcohol were twice as likely to have multiple sex partners, a HIGH risk factor for contracting STDs
- Substance use can cause biological alterations that place a person physically more at risk for an STD infection because alcohol can impair a person’s immune system and the ability to fight off an STD
Sexual Assault: How Is It Related to Alcohol? (2)

- 20-25% of college women reported some kind of rape (attempted or completed) (4)
- At least 50% of college students' sexual assaults are associated with alcohol use
- 47% of the sexual assaults reported by college men involved alcohol consumption
- In 81% of the alcohol-related sexual assaults both victim and the perpetrator had consumed alcohol
- When alcohol is involved, survivors are less likely to name the experience “rape” (7)

Can We Help? All Inquiries are Confidential

Alcohol and Other Drug Office (AODO): For information or to make an appointment, call ................. 333-7557
Counseling Center: One-to-one counseling and referral for alcohol-related problems, call ................. 333-3704
McKinley Health Center (Dial-A-Nurse): To make an appointment for any health problem, call .................... 333-2700
Health Education: To make an appointment with the Sexual Health Educator, call .................... 333-2714

References:

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: Dial-A-Nurse at 333-2700

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: http://www.mckinley.illinois.edu