

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 decisions 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⁾

If you would like to consider **Personal Counseling** please contact:

Annamaria Silveri, PhD (313) 993-1459

Rachel Bennett, LMSW (313) 993-1170

If you would like to schedule an appointment with the **Health Clinic** please contact:

Olga Parfenov, FNP-BC (313) 993-1185

In case of **Emergency** contact:

UDM Public Safety (313) 993-1123 or 911

or

Henry Ford Hospital Emergency Room – 2799 W. Grand Blvd., Detroit, MI 48202

References:

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