SEXUAL HEALTH AND ATTITUDES, GALWAY

# REPORT

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# FOREWORD

A Joint Foreword from Director of Student Services and Vice-President for the Student Experience

We welcome the Sexual Health and Attitudes Galway Report.

This report presents findings from a survey that was the first of its kind undertaken in Ireland. As such, we now have a reference point of key factors related to sexual behaviour and a greater understanding of these in an Irish context.

We commend and congratulate the researchers involved in the survey and preparation of the Report, and also the student participants who gave their time, to provide such insights into their sexual behaviour, attitudes and perspectives.

We at NUI, Galway are committed to supporting and enhancing the holistic development of students attending our institution. These data will contribute to informing further development of policies and services in the area of Sexual Health on our campus.

*Dr. Pat Morgan*Vice-President for the Student Experience

John Hannon
Director of Student Services

Behaviours, attitudes, and discourse on sexual health has changed in Ireland. The new, sex positive movement among students has paved a way forward for the creation of new initiatives to further develop these conversations.

The importance of highlighting healthy consensual relationships, and perceptions of such, is imperative in enhancing the ongoing work in NUI Galway, and for supporting students across the island of Ireland.

Findings around sexual behaviour involving alcohol consumption, attitudes to sexual activity, and the prevalence and incidence of sexual assault, will advance the way in which we analyse sexual health in 3rd level education.

For the first time there is comprehensive data to support the work around sexual health. The quantitative and qualitative data from such in-depth questions will be essential in drafting policy to support students' needs, addressing the reality of sexual health among students head on.

The SHAG Report demonstrates the necessity of such vital information, and will form the backbone of initiatives that will be rolled out in our 3rd level institutions. In turn, this will enable the enrichment of student health, wellbeing and their welfare in college settings.

The Union of Students in Ireland is delighted to welcome the release of the SHAG Report, which highlights many aspects of sexual health and attitudes around sexual relationships among students. The Report is a real testament to the ongoing work of Dr. Padraig MacNeela and Elaine Byrnes.

Niamh Murtagh Vice President Welfare 2017/18 Union of Students in Ireland



### INTRODUCTION

The SHAG (Sexual Health and Attitudes, Galway) Survey was the first of its kind undertaken in Ireland, to comprehensively gather information on sexual behaviour in an emerging adulthood college population (aged 18-29). It was carried out via an online survey among students of the National University of Ireland, Galway during 2015.

Prior to this, there has been little data collected on the sexual behaviour and attitudes of emerging adults in Ireland, with a few notable exceptions. The CLAN Report (2005) surveyed college student health generally, and this included items on sexual health; the Layte Report (2006) was a general population survey of sexual health. More recently, a national study by the Union of Students in Ireland —Say Something (2013) — reports on student experiences of unwanted sexual contact, physical mistreatment, harassment, obsessive behaviour, and information available to students on campus. Some of the key findings from this report included that 16% of respondents experienced some form of unwanted sexual experience while at their current educational institution. One in five women surveyed experienced some form of unwanted sexual experience, with 11% reporting unwanted sexual contact. The largest proportion of these identified perpetrators as being acquaintances. Furthermore, just 3% of respondents who had an unwanted sexual experience, report this to the Gardaí. Rape Crisis Network Ireland (RCNI) and independent Rape Crisis Centres produce data annually related to sexual abuse and violence. Healthy Ireland (HI), commissioned by the Department of Health, has also reported on health behaviours including sexual behaviour with individuals aged 15 and over.

2016/17 figures from the Department of Education and Skills show that there are 180,610 students enrolled in full-time third level education at HEA-funded institutions (DES, 2017). Of these, 52% are female and 48% male. The majority (89%) of these students are aged between 18 and 29 years. Numbers progressing from second to third level education have remained stable in recent years; the most recent statistics available from the Department of Education and Skills show it to be 63.8% and unlikely to change significantly in the future.

The purpose of this report is to provide a baseline understanding of college students' sexual health, behaviour and attitudes; from satisfaction with their sex lives, to how drugs such as alcohol influence decisions to have sex, and experiences of unwanted sexual activity.

It was undertaken as part of the first author's PhD research that focusses on investigating the inter-relationship of alcohol use, decision-making regarding sexual activity - specifically consent to sexual activity - and expectations for cultural and gender norms in a university student population.

This report presents a reference point of key variables that have been measured in international studies to show how these factors occur in an Irish context; as an international contribution this is the first time that many of these measures have been used outside the U.S., and the first time they have been reported on in an Irish context.



# REPORT HIGHLIGHTS

### **Demographics**

- 68% of respondents are female, 32% male
- 53% are single, 46% are in a relationship, 1% are married or divorced
- 89% are Irish Nationals, 11% Non-National
- 23% live in a college residence, 55% live in shared and rented accommodation, 22% live with their parents/partner/family
- Within NUI Galway, 36% are in the College of Arts, Social Sciences and Celtic Studies, 12% in the College of Business, Public Policy and Law, 10% in the College of Engineering and Informatics, 18% in the College of Medicine, Nursing and Health Sciences and 24% in the College of Science
- 28% are in their first year of study, 29% in second year and 43% are in third year+ (i.e. third, fourth, fifth and sixth year)

### **Sexual History**

- 88% of participants identify as heterosexual, 7% bisexual, 2% gay man, 2% other (e.g. pansexual, demi-sexual, questioning), 1% asexual, and 0.5% as lesbian
- 45% of all females and 41% of all males report their first intercourse at age 17 or earlier
- 73% of males and 70% of females were sexually active within the past month
- 7.5% of females and 10% of males engaged in oral sex with 6+ partners in the past 12 months
- 9% of females and 10% of males engaged in sexual intercourse with 6+ partners in the past 12 months.
- 63% of females and 67% of males used protection at last sexual intercourse
- 5% (3% of females and 2% of males) have been diagnosed with a STI

### **Alcohol Use and Sex – Related Consequences**

- 67% of females and 70% of males consumed alcohol in the past week
- 31% of females and 38.5% of males binge drink (more than six standard drinks on one occasion) weekly
- 76% of females and 69% of males agree they are less nervous about sex after drinking
- 35% of females and 58% of males agree they have sex with people with whom they wouldn't sober
- 31.5% of females and 57% of males find it harder to say "no" to sexual advances after drinking
- 27% of females and 17.5% of males agree they are a better lover after drinking

### Hooking Up (Casual Sexual) Behaviour

- 58% of females and 69% of males agree that hooking up is part of the college experience
- 13% of females and 29% of males agree that hooking up is part of their social lives
- 63% of single females are comfortable with hooking up and 89% perceive that other females are
- 75% of single males are comfortable with hooking up and 91% perceive that other males are
- In the past 12 months 20% of single females and 19% of single males hooked up 1-2 times; 24% of single females and 18% of single males hooked up 3-4 times; 38% of single females and 41% of single males hooked up five or more times; 18% of single females and 22% of single males did not hook up with anyone in the past 12 months

### **Communication of Consent**

- To communicate consent to sexual intercourse, 50% of females and 58% of males agree/ strongly agree that they would just keep moving forward in sexual behaviours or actions unless their partner stopped them
- 89.5% of females and 90% of males agree/strongly agree that they would give permission to engage in sex with a partner
- 90% of females and 86% of males agree/strongly agree they would use body language or signals to indicate their consent to sex
- 43% of females and 64% of males agree/strongly agree that they would not say "no" to communicate consent to sex
- 73% of females and 77.5% of males agree/strongly agree that they would ask a partner if he/she wanted to go back to their place to communicate consent to sex

### **Report Highlights**

### Prevalence and Incidence of Sexual Assault

- 12.5% of females and 2.5% of males report ever having experienced sexual contact where physical force or threats to physically harm them were used
- 20% of females and 5% of males report ever having experienced sexual contact being attempted using physical force, or threatening to cause physical harm that was not successful
- In the past 12 months, 8% of females and 3% of males were certain someone had sexual contact with them where they were unable to provide consent or stop what was happening because they were passed out, drugged, drunk, incapacitated or asleep and are certain this happened
- In the past 12 months, 8% of females and 4% of males were uncertain but suspected sexual contact where they were unable to provide consent or stop what was happening because they were passed out, drugged, drunk, incapacitated or asleep

### **Understanding of Myths Related to Rape**

- 23% of females and 37% of males agree with the statement "If a girl acts like a slut, eventually she is going to get into trouble"
- 27% of females and 35% of males agree with the statement "Guys don't usually intend to force sex on a girl, but sometimes they get too sexually carried away"
- 21% of females and 24% of males agree with the statement "There are a lot of false reports to the Gardaí"
- 7% of females and 19% of males agree with the statement "Once a rape is report to Gardaí there is a good chance the rapist will go to prison"

### **Bystander Behaviour and Attitudes**

- 70% of females and 35% of males are extremely/very likely to check in with a friend who looks drunk when she/he goes to a room with someone at a party
- 62% of females and 56% of males are extremely/very likely to decide not to have sex with a partner if she/he is drunk
- 65% of females and 41% of males are extremely/very likely to say something to their friend who is taking a drunk person back to his/her room at a party
- 75% of females and 55.5% of males are extremely/very likely to confront a friend who
  plans to give someone alcohol to get sex



# STUDY RATIONALE AND INFORMING THEORY

The primary research objective of this study was to provide information on sexual health, behaviour and attitudes in an emerging adult demographic, using key variables that have been measured in international studies to show how these factors occur in an Irish context. It also examines the inter-relationship of alcohol use, decision-making regarding sexual activity - specifically the communication of consent to sexual activity - and expectations for cultural and gender norms among a university student population.

It further aims to:

- Explain the gendered nature of the 'hooking up' script in an Irish context
- Identify the mediating influence of alcohol in sexual decision-making, from reliance on drinking to engage in sexual activity, through to participation in the hooking up script
- Describe how consent is negotiated in an emerging adulthood student population, particularly when the decision to engage in sexual activity is mediated by alcohol

Three psychological theories inform this research:

### 1.1 Emerging Adulthood

The Theory of Emerging Adulthood, proposed by Arnett (2000) focusses on personal development and risk taking, particularly between the ages of 18-29. The emerging adulthood concept conveys the sense that adolescence has finished but an individual has not assumed the responsibilities to do with career, marriage, and family that are traditionally associated with adulthood. Arnett (2000) has also highlighted the health and well-being implications of the exploration undertaken in emerging adulthood, such as binge drinking, unprotected sex and substance abuse. Sexual relationships in this developmental stage, are also influenced by a number of factors. These include beliefs about different sexual behaviours such as pre-marital sex, that differ from previous generations, and attitudes to permissiveness.

Arnett acknowledges the contribution of both Erikson (1950, 1968) and Levinson (1978), but argues that the nature of this developmental period has altered considerably. It may now be considered a period of significant change and instability. Arnett (2000) identified three areas that make this developmental stage distinct – demographics, subjectivity and identity formation. Demographic status is diverse and unpredictable at this stage, with many emerging adults moving away from home for the first time, to live with others in similar circumstances. This enormous adjustment is a reflection of the change and exploration typical of the period. Subjectively, Arnett (2000) notes that those in this developmental stage regard the most important markers of achieving adulthood as accepting responsibility for one's self and making independent

decisions. This differs from demographic markers such as marriage, career and family as evidence of attainment of adulthood. The focus on identity issues in emerging adulthood are reflected in three main areas of identity formation, namely love, work and world views.

Notably, Arnett (2011) asserts that the theory of emerging adulthood is distinctively applicable to cultures that form the Organisation for Economic Co-Operation and Development (OECD), those that are economically advanced and industrialised with significantly longer life expectancy, higher household incomes and educational achievement, and significantly lower rates of illness and disease.

### 1.2 Sexual Script Theory

Over 40 years ago William Simon and John Gagnon (1969) proposed script theory to better explain psychosexual development into adulthood. It has since become an acknowledged constructionist perspective on sexual behaviour, referred to as sexual scripts. They argued that sexual behaviour, in the context of sexuality, is a social process; this challenged conventional views that sexual behaviour was essentially a biological process. Whilst Simon and Gagnon acknowledged that sexuality has its roots in "...biological processes, capacities and possibly even needs" (Simon & Gagnon, 1971, p. 68) they argued that – particularly regarding sexual conduct - biology is superseded by socio-cultural influences. Sexual behaviours are played out according to a set of social scripts that organise sexual encounters into understandable conventions (Simon & Gagnon, 1986). These social scripts then are communicated through the examples displayed by members of the culture who have already adopted the scripts, as well as through mass media representations of how people act and react in particular situations.

Scripts are ingrained in the structures and institutions of society that contribute to their formation. Societally, sexual scripts specify the appropriate objects, aims and desirable qualities of sexual interaction. They also provide individuals with instruction as to the appropriate times, places, sequences and so on, regarding sexual activity. At an individual level, social scripts reduce anxiety by decreasing uncertainty (Wiederman, 2005). The learning of sexual scripts, gender roles and identity development associated with this, takes place over the life course. Biological differences between males and females influence sexual experiences and have implications for societal expectations and for messages received during development. Traditional sexual scripts use a gender binary framework with differences for males and females, thus influencing their dichotomous development. Accepted gender differences in roles continue to be inflexible and persistent, not just in the general Western population, but in media portrayals too. Individuals may speak about sexual experience and sexuality in a way that corresponds to traditional gendered scenarios, but individual experiences are not necessarily compatible with these expectations (McCabe, Tanner & Heiman, 2010 as cited in Sakaluk, Todd, Milhausen, Lachowsky, URGiS, 2013).

Male roles are the focus of the most broadly developed and endorsed sexual scripts in a heterosexual relationship model (Kim et al., 2007; Tolman, 2006; Ward, 1995). The conventional "dating script" is well established and highly gendered with both men and women understanding it to be the man "taking control" of the date. Whilst recent literature reflects an emergence of more egalitarian scripts in which, for example, women initiate sex, established heterosexual scripts still tend to adhere to long-established gender roles. Sex has traditionally been represented as central to male identity, in which there is a stereotypical inclination for casual sexual encounters that are actively driven by males. This may explain links between casual sexual encouters and more positive associations among men. Women's sexual scripts in this context are contrasted in the dominant role of "gatekeepers", representing a boundary that men are required to overcome (Wiederman, 2005). This further underlines that sexual behaviour scripts are gendered with underlying sexual messages and roles differing for each gender. In the context of emerging adulthood, and particularly amongst college students, one sexual script that is thought to be gaining increasing prominence is that of "hooking up". The meaning of the generic term "hooking up" is closer in its sexual overtones to sexual behaviours other than intercourse, although Paul and Hayes (2002) found it is frequently used to cover a spectrum of intimacy behaviours. More recently, it has been taken to refer to "no strings" encounters between two individuals who do not intend to develop a relationship outside of the encounter. Thus, it encompasses sexual behaviour that is non-relational and recreational in nature. The widespread diffusion of this new term suggests a change in culture. The term "hooking-up" has become accepted in the vernacular of the popular media and also more current research in which it is asserted that it is a widespread phenomenon (along with the related phenomenon of "friends with benefits") that has supplemented traditional dating as the sexual script currently on college campuses (Monto & Carey, 2014). However, some researchers argue that this change may have been taking place for decades (England & Thomas, 2006; Bogle, 2008;) with Armstrong, Hamilton & England (2010) arguing that it has been more recent; a "recent change" (Kalish & Kimmel, 2011). It has further been identified as a "trend" (Stinson, 2010).

Conflict can also arise if there are differing expectations for emotional investment in casual sexual encounters. Sakaluk et al. (2013) found that there are a number of distinct and often related sexual scripts guiding and informing the sexual conduct of heterosexual emerging adults. These include the notion that, while the traditional romantic script is still present, and strongly so, it is also competing with more novel available scripts, such as engaging in sex based solely on desire or satisfying the curiosity in seeking new experiences for females (Suvivou, Tossavainen & Kontula, 2010).

But, in fact, the two genders occupy different roles in sexual scripts and in stereotypes for roles played in sexual encounters generally. These differences can be explained using evolutionary psychology through sexual strategies theory (Buss, 1998; Buss & Schmidt, 1993). This suggests that a woman's focus is to ensure the survival of her offspring, and so the capacity to provide resources for the family is an important consideration when choosing a mate. Men, on the other hand, historically desired numerous short-term sexual partners in the hope that these

unions would result in children to pass on their genes. The theory proposes that a desire for multiple partners and frequent intercourse evolved for men, which might account for present day differences in sexual strategies.

Men are also encouraged in the sexual double standard to be more permissive and to have more sexual relationships than women. This sexual double standard continues to be supported, in that there are negative connotations for women who engage in sexual behaviours deemed permissive, such as casual sex and having multiple sexual partners. But men are not castigated for the same behaviours (Bogle, 2008; Crawford & Popp, 2003). Research suggests that while many people do not endorse such a sexual double standard, it is still perceived to exist. Furthermore, the sexual double standard is more complex than had been previously suggested, operating at both explicit and implicit levels that are different for men and women (Sakulak & Milhausen, 2011).

### 1.3 Social Norms Theory

Social norms may be defined as beliefs within a social group as to how common and/or acceptable particular attitudes and behaviours are among peers. These beliefs are then used to guide individual choices and behaviours. In general, people feel pressure to fit in with a social group, particularly if the group is significant to their identity (Levine & Thompson, 2004). Two types of norms are considered in guiding behaviour. Descriptive norms describe beliefs about the prevalence of behaviours exhibited by a group in a given social situation. Injunctive norms refer to the degree of social approval or disapproval for those behaviours.

The influence of peers on behaviour is the focus of interventions based on Social Norms Theory, as this is thought to have a greater effect on individual behaviour than other influences including biology, dispositional factors, family, faith or culture (Berkowitz & Perkins, 1986; Borsari & Carey, 2003; Kandel, 1985; Perkins, 2002). An extensive body of literature points to the significance of peer influences and normative beliefs on health behaviours of emerging adults. Research findings also propose that the influence of peers is based more on what we think others believe and do (perceived norm), than on what they actually believe and do (actual norm). The differential between 'perceived' and 'actual' then is a misperception. The effect of such a misperception, and its influence on behaviour forms the basis for the social norms approach. It is hypothesised that presenting information about actual peer group norms in a way that is credible and relevant reduces perceived peer pressure, thereby increasing the likelihood that internalised attitudes and beliefs that are health promoting will be engaged. Arguably, the most important element of the social norms approach is providing feedback on normative behaviour that is intended to correct misperceptions of norms. (Berkowitz, 2004). A number of health risks have been considered with reference to social norms, including alcohol use and sexual behaviour (Martens et al., 2006).

### **Study Rationale and Informing Theory**

There is some debate about the influence of friends and peers who actually approve of, or engage themselves in the behaviour in question, and the extent to which the role of personal agency or individual differences in personality plays a part in an individual's behaviour. Furthermore, social motives for consuming alcohol in a college population and the cultural context in which this occurs has received relatively limited consideration in behavioural change interventions (Van Damme et al., 2013). However, perceptions of the group norm may influence behaviour regardless of the accuracy of perceptions with regard to actual prevalence or approval. The perception of injunctive norms, or attitudinal support for a behaviour, has a stronger effect on an individual's behaviour than descriptive norm (Borsari & Carey, 2003). Conversely, Larimer et al. (2004) report both types of norms were important predictors of drinking behaviour. Relatively few studies have examined the relation to normative beliefs to sexual activity, and less is known about students' normative peer perceptions of hooking up and how these may in turn influence hook up behaviours. It can be concluded that perceived injunctive norms are relevant in understanding hooking up behaviours, as these have the potential to indirectly influence individual behaviour, through personal attitudes (Napper, Kennedy & LaBrie, 2015).

Pluralistic ignorance has also been shown to influence hook up behaviour and is characterised by individuals behaving in accordance with the belief (usually incorrect) attributed to their peer group regardless of their own beliefs. Barriger and Velez-Blasini (2013), replicating Lambert, Kahn and Apple (2003), found that emerging adults habitually believe that others are more comfortable with various sexual behaviours than they themselves are.

Social attitudes concerning rape myths and bystander myths are further influences on decision-making that arise from peer and societal factors. As reported by "Not Alone", the 2014 White House Task Force on Sexual Violence strategy for protecting students from sexual assault, social norms research has revealed that men often misperceive what other men think about sexual violence and bystander intervention. They tend to overestimate peer acceptance of sexual assault and underestimate other men's willingness to intervene when a woman is in trouble (Berkowitz, 2010). Edwards and Vogel (2015) report a significant interaction between young men's perceptions of the sexual intentions of women, and exposure to norms regarding the acceptability of sexual coercion.



# 2——2 METHODOLOGY

This research involved a cohort-based cross-sectional survey of college students. It provided a baseline, including data on demographics, general health, sexual history, hooking up behaviours, the mediating influence of alcohol, strategies for communicating consent and agreement with rape and bystander myths. Approval for the survey was granted by the NUI Galway Research Ethics Committee.

13,674 undergraduate students at NUI, Galway were invited by e-mail to participate in the survey in February and May 2015. A total of 2,330 of these participated via a Survey Monkey web-link; a response rate of 17%. This was an incentivised survey, with those who completed having the option to be entered in a prize draw. Participants were assured that the e-mail address they submitted to enter the draw could not be connected to any of the responses given, as a Gmail account was created for this purpose. The Gmail address was provided on the final page of the survey.

When participants who fell outside the age criteria (18-29 years old) and non-responders (those who did not complete beyond demographic and general sexual health items) were removed, the analysis sample was 1,691. Data were exported from Survey Monkey, and analysed using SPSS version 23. Information was combined from all survey responses to get an overview of student's experiences. No responses from individual participants were analysed.

**Note:** Data from 1,691 participants were analysed for this report. It should also be noted that there was no requirement for participants to complete each section of the survey before moving to the next. As a result, there are variances in participant numbers being reported on throughout. Where scales were used as measurement tools, there were also minor variances in responses for some individual scale items. In these instances, the reported number of students is an average of total responses for the items.

The number of students who responded are reported for individual items where it is appropriate to do so; otherwise the overall number is reported. For analyses by gender, the n value is reported first, followed by female (F) and male (M). When further analysis is being reported by gender and relationship status, the n value is reported first, followed by in a relationship (R) and single (S), and also (FR, MR) for those in a relationship and single (FS, MS), where appropriate.

Additionally, some of the report findings focus on specific groups within the sample. For example, further analysis was undertaken for hooking up comfort and perceived comfort with participants who report themselves to be single and further analysis for satisfaction with sex life focuses on responses from those who were in a relationship and those who were single, etc. Additional analysis was also undertaken by drinking status where relevant to do so.

Throughout the report, percentages were rounded. As a result, some percentages may not add to 100% precisely.



# DEMOGRAPHICS

Participants were asked a number of questions to build a profile of respondent characteristics.

### 3.1 Personal

- 68% of respondents are female, 32% male \*
- 89% are Irish Nationals, 11% Non-National
- 96% are aged 18-25, with the remaining 4% aged 25-29 years
- 53% are single, 46% in a relationship and 1% married/divorced

### 3.2 Living Arrangements

23% live in a college residence, 55% in shared and rented accommodation, and 22% with their parents/partner/family

### 3.3 Family Background

20% identified as Professional; 23% Managerial/Technical; 11% Non-Manual; 26% Skilled Manual; 8% Unskilled; 8% Farmers; 4% State-Dependent

### 3.4 College of Study

36% of the students are in the College of Arts, Social Sciences and Celtic Studies; 12% the College of Business, Public Policy and Law; 10% the College of Engineering and Informatics; 18% the College of Medicine, Nursing and Health Sciences, and 24% the College of Science

### 3.5 Year of Study

28% are in their first year of college; 29% in their second year and 43% in third year + (i.e. third, fourth, fifth and sixth year)

<sup>\*</sup> A number of participants identified as gender other than male or female. However, as this figure was less than 1% of the total, it was decided to exclude them from analysis in this report to protect their anonymity.



4

## SEXUAL HISTORY

Participants were asked several questions regarding their sexual history - including sexual orientation, age at first intercourse, number of sexual partners (in their lifetime and in the past 12 months). They were also asked who their most recent sexual encounter was with and if they used protection.

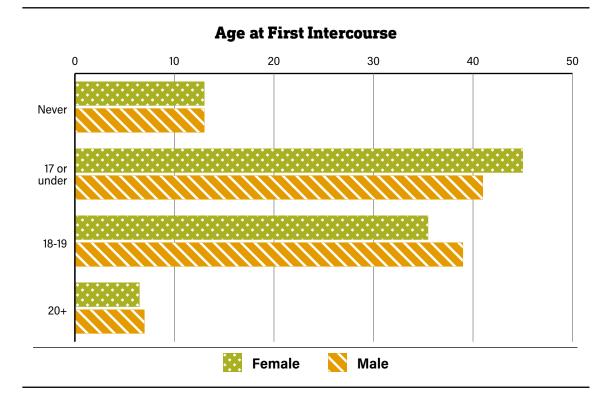
### 4.1 Sexual Orientation

88% of participants identify as heterosexual, 7% bisexual, 2% gay man, 2% other (e.g. pan-sexual, demi-sexual, questioning), 1% a-sexual, and 0.5% lesbian.

(n=1685; 1149, F; 536, M).

### 4.2 Age at First Intercourse

13% of females and 13% of males report never having had sexual intercourse
45% of all females and 41% of all males report their first intercourse at age 17 or earlier
35.5% of all females and 39% of all males report their first intercourse aged between 18 and 19
6.5% of all females and 7% of all males report their first intercourse at 20 or older (n=1691; 1152, F; 539, M).



<sup>\*</sup> not included in this report

### 4.3 Most Recent Sexual Experience Partner Type

70% of females and 73% of males report being sexually active within the past month.

Participants were asked about their most recent sexual experience (sexual intercourse/oral/anal/penetrative sex) and with whom.

From the presented options, the responses were:

A steady partner of more than 3 months: 48% of females and 43% of males

A steady partner of less than 3 months: 6% of females and 7% of males

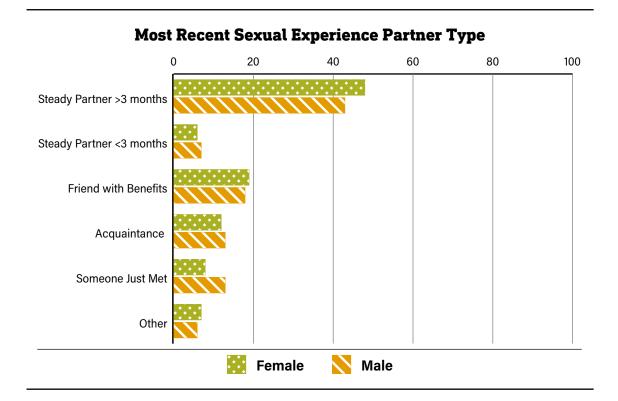
Friend with benefits: 19% of females and 18% of males

Acquaintance: 11.5% of females and 13 % of males

Someone they had just met: 8% of females and 13% of males

7% of females and 6% of males responded "other" as their most recent sexual partner type; an ex-boyfriend or ex-girlfriend was the most common response, followed by someone the participant is seeing, but the relationship is not considered to be exclusive.

(n=1196; 805, F; 391,M)



### 4.4 Number of Partners in Past 12 Months by Sexual Activity

Descriptions were given of sexual behaviours (see below), and participants were asked about the number of partners with whom they had engaged in sexual activity for each behaviour, both in their lifetime, and in the past 12 months.

**Oral Sex:** someone's mouth or tongue making contact with your genitals, or your mouth or tongue making contact with someone else's genitals.

**Anal Sex:** someone's penis being put in your anus, or you putting your penis in someone's anus.

Penetrative Sex: someone putting their finger or an object in your vagina or anus.

**Sexual Intercourse:** someone's penis being put in your vagina, or putting your penis in someone's vagina.

Responses were aggregated as 0 (zero), 1-2, 3-5 and 6+ sexual partners in the past 12 months for each sexual behaviour. Data were initially analysed by gender, finding:

12.5% of females and 12% of males did not engage in oral sex with anyone in the past 12 months; 66% of females and 58% of males had 1-2 partners; 14% of females and 20% of males had 3-5 partners; 7.5% of females and 10% of males engaged in oral sex with 6+ partners in the past 12 months.

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(n=1607; 1098, F; 509, M)
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73.5% of females and 72% of males did not engage in anal sex with anyone in the past 12 months; 25% of females and 25% of males had 1-2 partners; 1% of females and 2% of males had 3-5 partners; no females and 1% of males engaged in anal sex with 6+ partners in the past 12 months.

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(n=1455; 996, F; 459, M)
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12% of females and 36.5% of males did not engage in penetrative sex with anyone in the past 12 months; 60% of females and 45% of males had 1-2 partners; 17% of females and 11% of males had 3-5 partners; 11% of females and 7% of males engaged in penetrative sex with 6+ partners in the past 12 months.

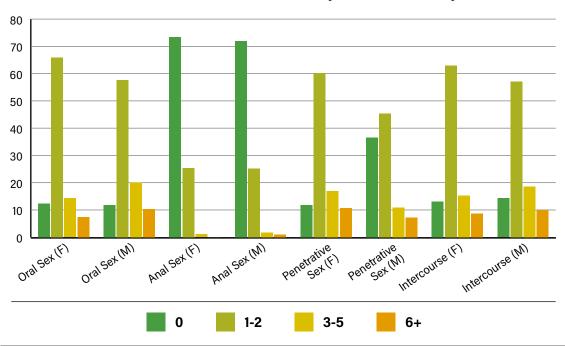
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(n=1548; 1080, F; 468, M)
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13% of females and 14% of males did not engage in sexual intercourse with anyone in the past 12 months; 63% of females and 57% of males had 1-2 partners; 15% of females and 19% of males had 3-5 partners; 9% of females and 10% of males engaged in sexual intercourse with 6+ partners in the past 12 months.

(n=1600; 1098, F; 502, M)

<sup>\*</sup> not included in this report





Data were further analysed by two of the relationship status responses, in a relationship and single.

**Note:** For those in a relationship who report having more than one partner in the past 12 months this may reflect the relationship having begun during that time, or that participants were in a relationship that ended during the 12 month period.

# 4.5 Number of Partners in Past 12 Months by Relationship Status – Female

21% of single females did not have oral sex with anyone in the past 12 months compared to 3% of females in a relationship; 45% of single females had 1-2 partners compared to 88% of females in a relationship; 21% of single females had 3-5 partners compared to 7% of females in a relationship with 13% of single females reporting oral sex with 6+ partners in the past 12 months compared to 2% of females in a relationship.

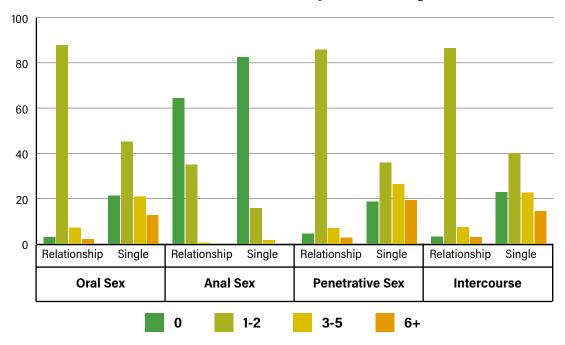
82% of single females did not have anal sex with anyone in the past 12 months compared to 64.5% of females in a relationship; 16% of single females had 1-2 partners compared to 35% of females in a relationship; 2% of single females had 3-5 partners compared to less than 1% of females in a relationship with no female (single or in a relationship) reporting anal sex with 6+ partners in the past 12 months.

19% of single females did not have penetrative sex with anyone in the past 12 months compared to 4.5% of females in a relationship; 36% of single females had 1-2 partners compared to 85.5% of females in a relationship; 26% had 3-5 partners compared to 7% of females in a relationship with 19% of single females having penetrative sex with 6+ partners in the past 12 months compared to 3% of females in a relationship.

23% of single females did not have sexual intercourse with anyone in the past 12 months, compared to 3% of females in a relationship. 40% of single females had 1-2 partners compared to 86% of females in a relationship; 23% of single females had 3-5 partners, compared to 7.5% of females in a relationship, with 14% of single females having sexual intercourse with 6+ partners in the past 12 months compared to 3% of females in a relationship.

(n=1054; 508 R; 546 S)

### Number of Partners in Past 12 Months by Relationship Status – Female



## 4.6 Number of Partners in Past 12 Months by Relationship Status – Male

19% of single males did not have oral sex with anyone in the past 12 months compared to 3% of males in a relationship; 40% of single males had oral sex with 1-2 partners compared to 78% of males in a relationship; 27% of single males had 3-5 partners compared to 12% of males in a relationship with 14% of single males having had oral sex with 6+ partners in the past 12 months compared to 6% of males in a relationship.

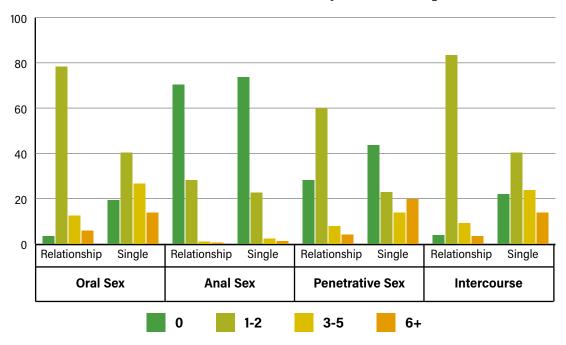
74% of single males did not have anal sex with anyone in the past 12 months compared to 70% of males in a relationship; 23% of single males had anal sex with 1-2 partners compared to 28% of males in a relationship; 2% of single males had 3-5 partners compared to 1% of males in a relationship with 1% of single males having had anal sex with 6+ partners in the past 12 months compared to less than 1% of males in a relationship.

44% of single males did not have penetrative sex with anyone in the past 12 months, compared to 28% of males in a relationship; 23% of single males had 1-2 partners compared to 60% of males in a relationship; 13% of single males had 3-5 partners compared to 8% of males in a relationship with 20% of single males having had penetrative sex with 6+ partners in the past 12 months compared to 4% of males in a relationship.

22% of single males did not have sexual intercourse with anyone in the past 12 months compared to 4% of males in a relationship; 40% of single males had 1-2 partners compared to 83.5% of males in a relationship; 24% of single males had 3-5 partners compared to 9% of males in a relationship with 14% of single males having sexual intercourse with 6+ partners in the past 12 months compared to 3.5% of males in a relationship.

(n=480; 224, R; 256, S)

### Number of Partners in Past 12 Months by Relationship Status – Male



### 4.7 Use of Protection at Last Sexual Activity

Participants were asked if they used a condom or dental dam during their most recent sexual activity for each of the behaviours – sexual intercourse, oral sex, anal sex and penetrative sex.

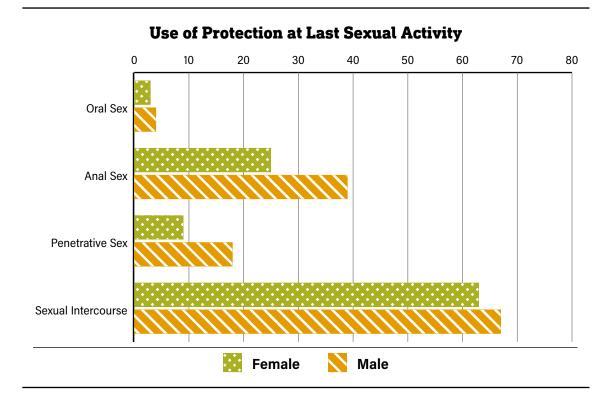
63% of females and 67% of males report using a condom or dental dam at last sexual intercourse (n=1440; 995, F; 445, M).

3% of females and 4% of males report using a condom or dental dam at last oral sex (n=1465; 990, F; 475, M).

25% of females and 39% of males report using a condom or dental dam the last time they had anal sex

(n=529; 335, F; 194, M).

9% of females and 18% of males report using a condom or dental dam at last penetrative sex (n=1270; 952, F; 318, M)



### 4.8 Diagnosis with STI

5% of participants report being diagnosed with an STI. Of these 3% were female, 2% male. (n=1680; 1144, F; 536, M)

### 4.9 General Satisfaction with Sex Life

Participants indicated their level of agreement with five statements from the Satisfaction with Sex Life Scale (Neto, 2012) to assess satisfaction with their sex lives. These were rated on a 7 point Likert scale, adapted and collapsed to give four satisfaction ratings – not applicable (N/A), low, neither satisfied nor dissatisfied (neutral) and high.

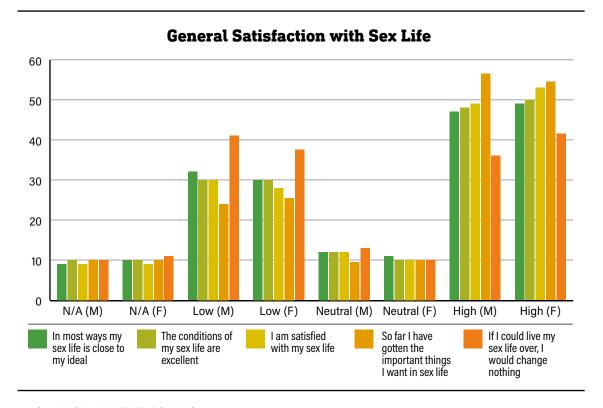
When data were analysed by gender, 49% of females and 47% of males report their sex life as close to ideal.

50% of females and 48% of males report the conditions in their sex life to be excellent.

53% of females and 49% of males are satisfied with their sex life.

54.5% of females and 56.5% of males have got the important things they want in a sex life.

41.5% of females and 36% of males agreed that if they could live their life over would change nothing.

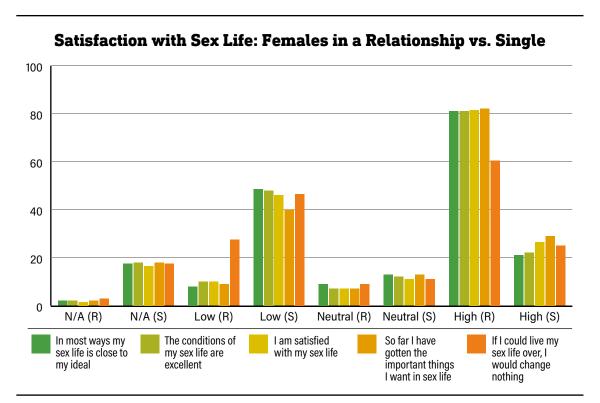


(n=1681; 1145, F; 536, M)

However, when responses were further analysed by two of the relationship status responses - in a relationship and single - there were differences in reported satisfaction, for each scale item and between the two genders.

# 4.10 Satisfaction with Sex Life by Relationship Status - Females

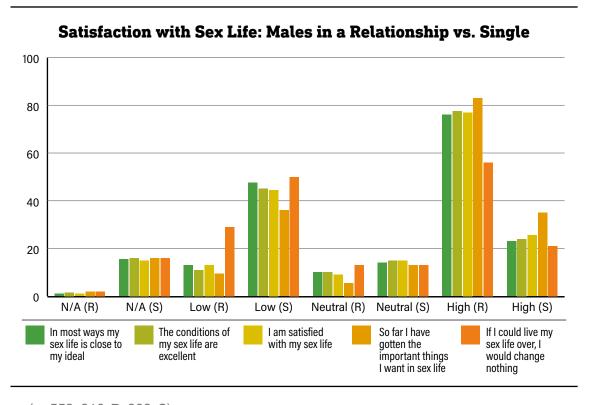
81% of females in a relationship agreed that in most ways their sex life is close to their ideal, compared to 21% of single females. 81% of females in a relationship also agreed the conditions of their sex life to be excellent, compared to 22% of single females. 81.5% of those in a relationship agreed they were satisfied with their sex life compared to 26.5% of single females. 82% of those in a relationship agreed they had gotten the important things they want in a sex life compared to 29% of single females. 61% of females in a relationship agreed if they could live their sex live over, would change nothing, compared with 25% of single females.



(n= 1133; 533, R; 600, S)

### 4.11 Satisfaction with Sex Life by Relationship Status - Males

76% of males in a relationship agreed that in most ways their sex life is close to their ideal, compared to 23% of single males. 77.5% of males in a relationship considered the conditions of their sex life to be excellent compared to 24% of single males. 77% of males in a relationship agreed they were satisfied with their sex life compared to 25.5% of those who were single. 83% had gotten the important things they want in a sex life compared to 35% of single males. And, 56% of males in a relationship agreed if they could live their sex live over, would change nothing, compared with 21% of single males.



(n=552; 260, R; 292, S)

**Note:** for those who chose the option "N/A" this may reflect that they are not currently sexually active, and don't regard evaluating their satisfaction with sex life as applicable to them.

#### 4.12 Attitudes to Sex

Two dimensions of attitudes to sex were assessed using sub-scales from the Brief Sexual Attitudes Scale (Hendrick et al., 2006), namely Permissiveness and Communion. The items were rated on a 5 point Likert scale from strongly disagree to strongly agree. These were collapsed to give three ratings – agree, neutral and disagree.

Permissiveness in sexual encounters is regarded as acceptance of several sexual partners and agreement that broad sexual experience is acceptable.

Communion in sexual encounters reflects the sharing of thoughts or feelings with another person.

#### 4.12.1 Attitudes to Sex - Permissiveness

With the exception of one item, there were substantial gender differences in general attitudes to sex when assessing permissiveness.

Agreement with four of the scale items have been selected to illustrate these differences:

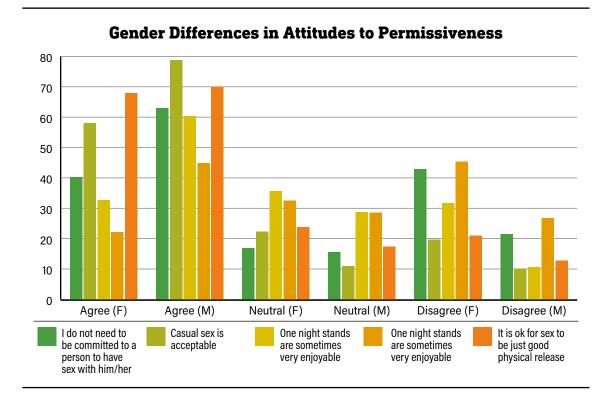
40% of females and 63% of males agree it is not necessary to be committed to someone to have sex with them

58% of females and 79% of males agree that casual sex is acceptable

33% of females and 60% of males agree that one-night stands are sometimes very enjoyable

22% of females and 45% of males agree that life would have fewer problems if people could have sex more freely

The one item for which there was broad concurrence between both genders is that 68% of females and 70% of males agree it is acceptable for sex to just be a physical release (n=1294; 924, F; 370, M).



#### 4.12.2 Attitudes to Sex - Communion

There was general agreement between the genders when assessing attitudes to sex from a communion dimension.

41% of both females and males agree that sex is the closest form of communication between two people

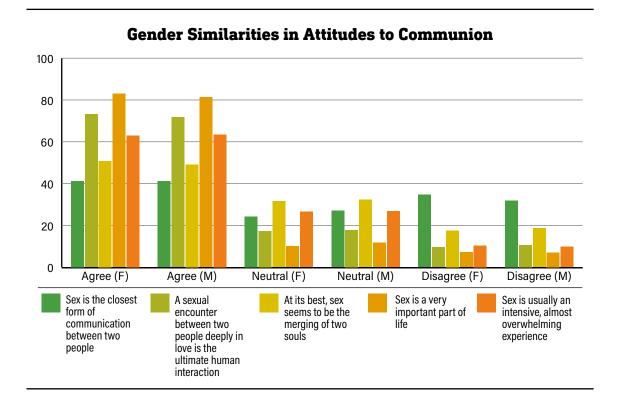
73% of females and 72% of males agree that a sexual encounter between two people deeply in love is the ultimate human interaction

51% of females and 49% of males agree that at its best, sex seems to be the merging of two souls

83% of females and 81% agree that sex is a very important part of life

63% of females and 63.5% of males agree that sex is usually an intensive, almost overwhelming experience

(n: 1296; 925, F; 371, M)



#### SUMMARY:

These findings provide insight into the sexual health and activities of a university population at a number of levels.

13% of all females and 14% of all males report never having had sexual intercourse. Of those who have, 70% of females and 73% of males report being sexually active within the past month.

Most recent sexual activity was with a steady partner of more than 3 months for 48% of females and 43% of males. However, 14% of single females and 14% of single males engaged in sexual intercourse with 6+partners in the past 12 months.

Use of protection at last sexual activity is reasonably high where 63% of females and 67% of males report using a condom or dental dam. This may be reflective of relationship status, where those in a relationship choose to rely on other forms of contraception.

When analysed by relationship status, there are gender similarities in satisfaction with sex life where 81.5% of females and 77% of males in a relationship who agree they are satisfied with their sex life. This contrasts with those who are single where 26.5% of single females and 25.5% of single males agree they are satisfied.

There are gender differences in attitudes to permissiveness, with 58% of females and 79% of males agreeing that casual sex is acceptable, contrasting with gender similarities in attitudes to communion with 73% of females and 72% of males agreeing that a sexual encounter between two people deeply in love is the ultimate human interaction.



## 5

### ALCOHOL USE AND SEX-RELATED CONSEQUENCES

#### **5.1 Patterns of Alcohol Consumption**

Participants were asked to indicate when they consumed their last alcoholic drink with the following response options:

- · During the last week
- · During the last month, but not in the last week
- Within the last 3 months, but not in the last month
- Within the last 12 months, but not in the last 3 months
- More than 12 months ago
- Never had alcohol except for sips and tastes

67% of females and 70% of males consumed an alcoholic drink in the past week

23% of females and 19% of males consumed an alcoholic drink in the past month, but not in the past week

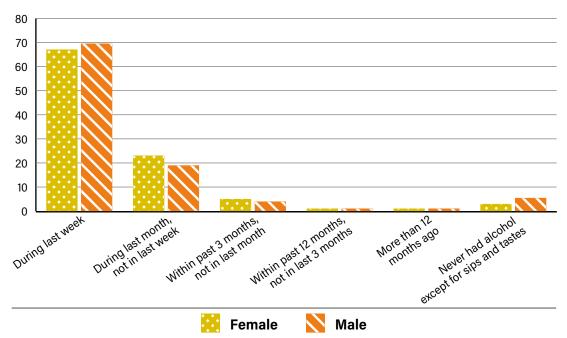
5% of females and 4% of males consumed an alcoholic drink in the past 3 months but not in the past month

1% of both females and males consumed an alcoholic drink in the past 12 months but not the past 3 months

1% of both females and males last consumed an alcoholic drink more than 12 months ago

3% of females and 5% of males have never consumed alcohol except for sips and tastes (n=1412; 994,F;418 M)

#### **Most Recent Alcoholic Drink**



#### 5.2 RAPS 4 (Rapid Alcohol Problems Screen)

The RAPS4 (Cherpitel, 2000) is a four item test, developed to provide a method for medical professionals to determine who may have a drinking problem. The acronym reflects the questions it poses in order, which relate to remorse (R), amnesia (A), performance (P), and starter drinking behaviour (S).

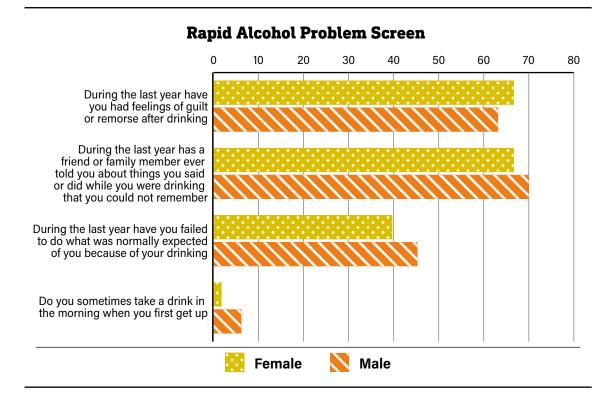
Participants were asked to choose the most appropriate answer, for each of the four statements, with response options "Yes" or "No".

In the last year 67% of females and 64% of males had feelings of guilt or remorse after drinking (R)

In the last year 67% of females and 70% of males have had a friend or family member tell them about things they said or did while drinking which they did not remember (A)

In the last year 40% of females and 45% of males have failed to do what was normally expected of them because of their drinking (P)

2% of females and 6% of males sometimes have a drink first thing in the morning (S) (n=1386; 983, F; 403, M)



#### 5.3 Experience of Binge Drinking

An item from the Audit C Questionnaire (Bush et al., 1998) was used to assess how often participants consumed six or more drinks on one occasion, defined by the World Health Organisation (WHO) as heavy episodic drinking (commonly referred to as *binge drinking*, and this is the term that will be used here). This is a pattern of alcohol consumption, defined as 60 or more grams of pure alcohol on at least one single occasion, at least monthly (WHO, 2014).

As a guide the following information was provided:

Examples of a single standard drink being: half a pint of beer, a small glass of wine or 35.5ml of spirits. A "standard" drink contains 10g of alcohol.

Binge drinking is equal to consuming more than 60g of alcohol in one sitting.

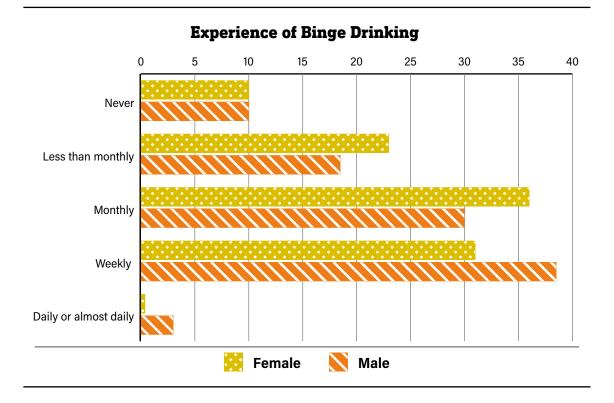
10% of both females and males report never consuming more than six drinks on one occasion

23% of females and 18.5% of males do less than monthly

36% of females and 30% of males do on a monthly basis

31% of females and 38.5% of males do on a weekly basis

Less than 1% of females and 3% of males do on a daily basis



#### 5.4 Sexual Experiences After Drinking by Gender

The Sex-Related Alcohol Expectancies Scale (Derman & Cooper, 1994) was used to better understand the relationship between alcohol and sex. Items on this scale represent three domains: enhancement of sexual experience (i.e., being less nervous about sex), increased sexual risk taking (i.e., less likely to [ask a partner] to use a condom) and disinhibition of sexual behaviour (i.e. finding it harder to say "no" to sexual advances). This was assessed on a 5 point Likert scale from strongly disagree to strongly agree, with a N/A option. The agreement responses were collapsed to give three ratings - disagree, neither agree nor disagree (neutral) and agree. A selection of item responses is report on here.

76% of females and 69% of males agree they are less nervous about sex after drinking

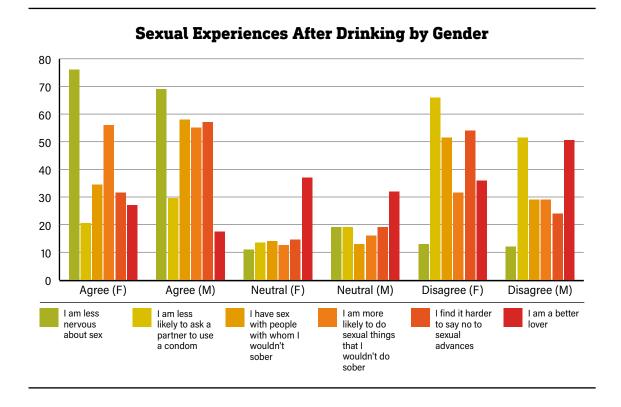
20.5% of females and 29.5% of males agree they are less likely (to ask a partner) to use a condom after drinking

34.5% of females and 58% of males agree they have had sex with people with whom they wouldn't if sober

56% of females and 55% of males agree they are more likely to do sexual things that they wouldn't do if sober

31.5% of females and 57% of males and agree they find it harder to say "no" to sexual advances

27% of females and 17.5% of males agree they are better lovers after drinking` (n=1398; 990, F; 408, M)



#### 5.5 Sexual Experiences After Drinking by Binge Drinking Status

Level of agreement (agree/strongly agree) with these statements is further analysed by participant binge drinking status. For analysis purposes, frequent binge drinkers are defined as those who binge drink once per week. Infrequent binge drinkers are defined as those who binge drink once per month. Rare binge drinkers are defined as those who binge drink less than monthly. Those who report they never binge drink are also included in this analysis.

For frequent binge drinkers, 77% of females and 75% of males agree/strongly agree that they are less nervous about sex after drinking. For infrequent binge drinkers this level of agreement is 74% of females and 70% of males. For rare binge drinkers, 58.5% of females and 39.5% of males agree/strongly agree. Of those who report never binge drinking, 22% of females and 8% of males agree/strongly agree that they are less nervous about sex after drinking.

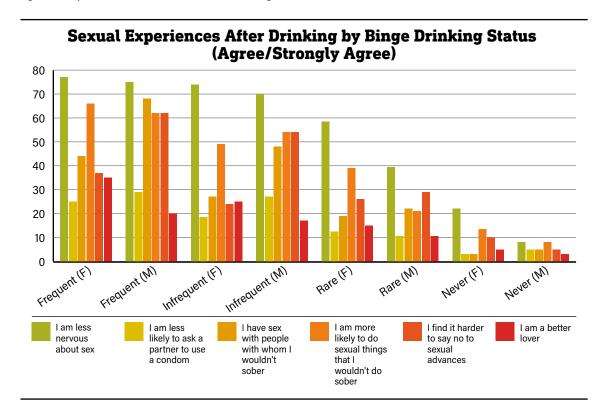
25% of female and 29% of male frequent binge drinkers agree/strongly agree they would be less likely to (ask a partner) to use a condom; 18.5% of female and 27% of male infrequent binge drinkers agree/strongly agree, with 12.5% of female and 10.5% of male binge drinkers who agree/strongly agree. Of those who report never binge drinking 3% of females and 5% of males agree/strongly agree that they would be less likely to (ask a partner) to use a condom after drinking.

44% of female and 68% of male frequent binge drinkers agree/strongly agree they have sex with people with whom they would not when sober; 27% of female and 48% of male infrequent binge drinkers and a further 19% of female and 22% of male rare binge drinkers agree/strongly agree with this statement. Of those who report never binge drinking 3% of females and 5% of males agree/strongly agree they have sex with people with whom they would not when sober.

66% of female and 62% of male frequent binge drinkers agree/strongly agree that they are more likely to do sexual things that they would not do sober; this reduces to 49% of female and 54% of male infrequent binge drinkers; 39% of female and 21% of male rare binge drinkers agree/strongly agree with this statement. Of those who report never binge drinking 13.5% of females and 8% of males agree/strongly agree they are more likely to do sexual things they would not do when sober.

Results show that 37% of female and 62% of male frequent binge drinkers agree/strongly agree that they found it harder to say "no" to sexual advances; this reduces to 24% of female and 54% of male infrequent binge drinkers. For females who are rare binge drinkers, agreement increases slightly to 26% with 29% of males who agree/strongly agree. Of those who report never binge drinking, 10% of females and 5% of males agree/strongly agree they found it harder to say to "no" to sexual advances after they have been drinking.

35% of female and 20% of male frequent binge drinkers agree/strongly agree that they are a better lover after drinking; this reduces to 25% of female and 17% of male infrequent binge drinkers and further for rare binge drinkers with 15% of females and 10.5% of males who agree/strongly agree. Of those who report never binge drinking, 5% of females and 3% of males agree/strongly agree they are better lovers after drinking.



### 5.6 Sex-Related Alcohol Consequences in Past 12 Months by Gender

Participants were asked five questions related to the consequences of alcohol consumption on sexual behaviour, for the specified past 12 month time period. There were three response options; "Yes", "No" and "Not sure".

In the past 12 months drinking alcohol resulted in:

Regretted sexual experiences for 26% of females and 28% of males

Neglecting to use contraception for 25% of females and 25.5% of males

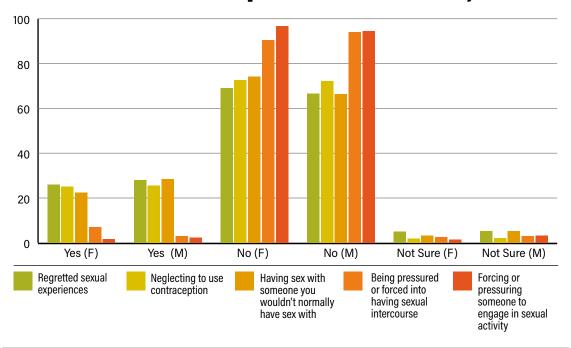
Having sex with someone they wouldn't normally have sex with for 25.5% of females and 28.5% of males

Being pressured or forced into having sex for 7% of females and 3% of males

Forcing or pressuring someone into sexual activity for 2% of both females and males (1.5% of females and 3% of males report they are not sure if they have done this).

(n: 1388; 984, F; 404, M)

#### Sex Related Alcohol Consequences in Past 12 Months by Gender



<sup>\*</sup> There was a similar item in the previous Sex Related Alcohol Expectancies Scale (Derman and Cooper, 1994) in which 34.5% of females and 58% of males agreed that they have sex with people with whom they wouldn't if sober. However, this assessed levels of agreement with the statements in general, whereas the five items reported on here relates to the specified past 12 month period.

### 5.7 Sex-Related Alcohol Consequences in Past 12 Months by Binge Drinking Status

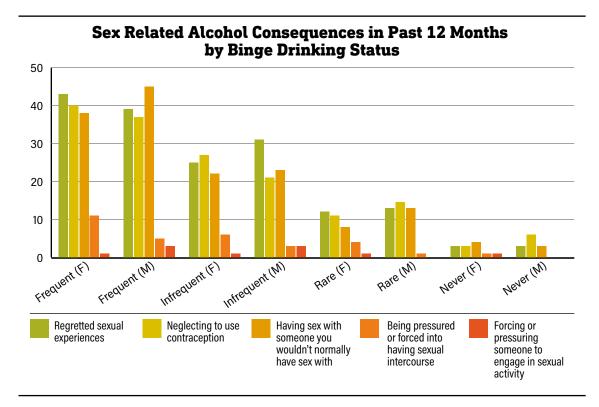
"Yes" responses were further analysed by binge drinking status, in which 43% of female and 39% of male frequent binge drinkers report regretted sexual experiences; this reduces to 25% of female and 31% of male infrequent binge drinkers, further reducing to 12% of female and 13% of male rare binge drinkers, and for those who never binge drink 3% of both females and males report regretted sexual experiences after drinking in the past 12 months.

Of those surveyed, 40% of female and 37% of male frequent binge drinkers report not using contraception; this reduces to 27% of female and 21% of male infrequent binge drinkers, further reducing to 11% of female and 14.5% of male rare binge drinkers, and for those who never binge drink 3% of females and 6% of males report neglecting to use contraception after drinking in the past 12 months.

38% of female and 45% of male frequent binge drinkers report having sex with someone they would not normally have sex with; this reduces to 22% of female and 23% of male infrequent binge drinkers, further reducing to 8% of female and 13% of male rare binge drinkers, and for those who never binge drink 4% of females and 3% of males report having sex with someone they would not normally have sex with after drinking in the past 12 months.

11% of female and 5% of male frequent binge drinkers report being pressured or forced into having sexual intercourse; reducing to 6% of female and 3% of male infrequent binge drinkers; this further reduces to 4% of female and 1% of male rare binge drinkers. For those who never binge drink 1% of females and none of the males report being forced or pressured to have sexual intercourse in the past 12 months.

In the past 12 months, 1% of female and 3% of male frequent binge drinkers report forcing or pressuring someone to engage in sexual activity; 1% of female and 3% of male infrequent binge drinkers also report this. 1% of female and none of the male rare binge drinkers report forcing or pressuring someone to engage in sexual activity. Of those who stated they never binge drink 1% of females and none of the males report forcing or pressuring someone to engage in sexual activity in the past 12 months.



#### 5.8 Alcohol-Related Sexual Activity in Past 12 Months by Gender

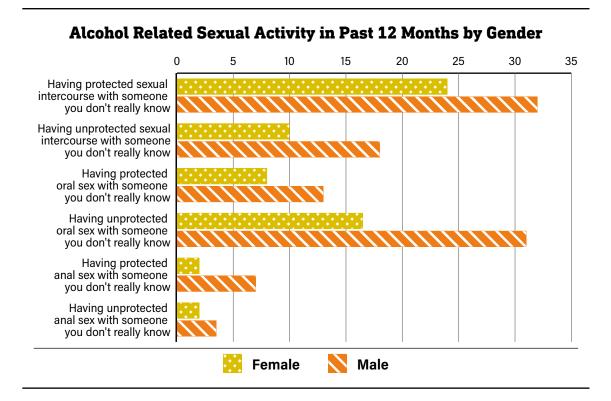
Participants were asked about specific sexual practices (oral sex, anal sex, and sexual intercourse) that they engaged in after drinking in the past 12 months, with response options of "Yes" or "No".

24% of females and 32% of males report having protected sexual intercourse with someone they did not really know, while 10% of females and 18% of males report having unprotected sex with someone they did not really know.

5% of females and 13% of males report having protected oral sex with someone they did not really know, while 16.5% of females and 31% of males report having unprotected oral sex with someone they did not really know.

2% of females and 7% of males report having protected anal sex with someone they did not really know, while 2% of females and 3.5% of males report having unprotected anal sex with someone they did not really know.

(n: 1388; 984, F; 404, M)



### 5.9 Alcohol Related Sexual Activity in Past 12 Months by Binge Drinking Status

When these data were further analysed, cross referencing binge drinking status, in the past 12 months, 40% of female and 50% of male frequent binge drinkers report having protected sexual intercourse with someone they did not really know; this reduces to 24% of female and 28% of male infrequent binge drinkers; reducing further to 8.5% of female and 16% of male rare binge drinkers. Of those who never binge drink 2% of females and none of the males report having protected sexual intercourse with someone they did not really know in the past 12 months.

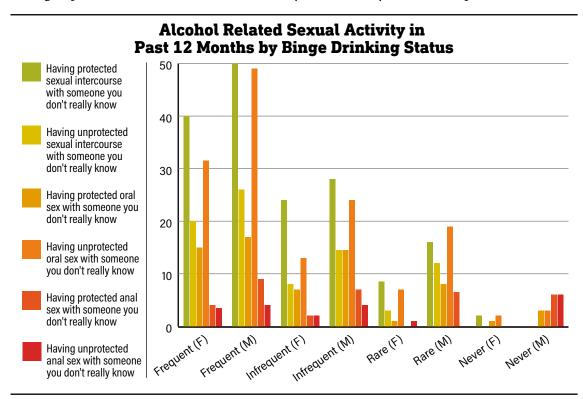
Additionally, it was found that, in the past 12 months, 20% of female and 26% of male frequent binge drinkers report having unprotected sexual intercourse with someone they did not really know; this reduces to 8% of female and 14.5% of male infrequent binge drinkers; reducing to 3% of female and 12% of male rare binge drinkers. None of the females or males who never binge drink report having unprotected sexual intercourse with someone they did not really know in the past 12 months.

Analysis also shows that, in the past 12 months, 15% of female and 17% of male frequent binge drinkers report having protected oral sex with someone they did not really know; this reduces to 7% of female and 14.5% of male infrequent binge drinkers; reducing to 1% of female and 8% of male rare binge drinkers. 3% of females and 1% of males who never binge drink report having protected oral sex with someone they did not really know in the past 12 months.

Of those who are classified as frequent binge drinkers, 31.5% of females and 49% of males report having unprotected oral sex with someone they did not really know in the past 12 months; this reduces to 13% of female and 24% of male infrequent binge drinkers, and 7% of female and 19% of male rare binge drinkers. 3% of females and 2% of males who never binge drink report having unprotected oral sex with someone they did not really know in the past 12 months.

Furthermore, 4% of female and 9% of male frequent binge drinkers report having protected anal sex with someone they did not really know in the past 12 months; this reduces to 2% of female and 7% of male infrequent binge drinkers; with none of the female and 6.5% of male rare binge drinkers reporting protected anal sex with someone they did not really know in the past 12 months. None of the females and 6% of males who never binge drink had protected anal sex with someone they did not really know in the past 12 months.

Finally, 3.5% of female and 4% of male frequent binge drinkers report having unprotected anal sex with someone they did not really know, in the past 12 months; this reduces to 2% of female and 4% of male infrequent binge drinkers; reducing further to 1% of female and none of the male rare binge drinkers. None of the females and 6% of males who never binge drink report having unprotected anal sex with someone they did not really know in the past 12 months.



**Note:** Personal Alcohol-Related Consequences and Consequences Related to Other's Drinking were also assessed, with response options of "Yes" or "No". These items focussed on alcohol related experiences more generally, and are not being reported here, with the exception of one item.

When participants were asked if, in the past 12 months, they had experienced "unwanted physical/sexual advances without your consent (e.g. being kissed, groped, grabbed, touched)", 51% of females and 23% of males report that they had.

#### SUMMARY =

Overall, 96% of females and 94% of males consumed alcohol in the past 12 months. Findings also confirm incidence of binge drinking is relatively high amongst a university population with 31% of females and 38.5% of males binge drinking on a weekly basis, with 36% of females and 30% of males who report binge drinking monthly. Responses to the RAPS 4, suggest that between 40% and 70% of participants report "yes" to at least one of three of the questions (remorse, amnesia, and performance). In clinical settings a positive response to just one of the questions indicates potential problem drinking in a respondent. For all of the responses more males than females report agreement with the RAPS 4 questions.

When alcohol is considered in relation to sexual activity and analysed by binge drinking status it is found that agreement with all of the items' reduces. Frequent binge drinkers of both genders reported higher agreement with sexual experiences items after drinking than those who are infrequent and rare binge drinkers. Those who report never binge drinking score lowest in agreement for all items related to sexual experiences after drinking.

Similarly, when consequences of alcohol consumption on sexual behaviour in the defined past 12 months period were analysed, frequent binge drinkers of both genders report more regretted sexual experiences, neglecting to use contraception, having sex with someone they wouldn't normally have sex with and being pressured or forced into having sexual intercourse. The only exception to this is where 1% of female and 3% of male frequent and infrequent binge drinkers report forcing or pressuring someone to engage in sexual activity with 1% of rare female binge drinkers and 1% of females who never binge drink reporting forcing or pressuring someone to engage in sexual activity. None of the male rare binge drinkers or males who report never binge drinking report having done this.

For sexual behaviours (oral sex, anal sex and sexual intercourse) in the past 12 months with someone they didn't really know frequency reduces for each behaviour by binge drinking status. Frequent binge drinkers reported more protected and unprotected sexual experiences than infrequent and rare binge drinkers. Those who report never binge drinking report lowest levels of sexual encounters both protected and unprotected than binge drinkers.

<sup>\*</sup> For one item there is a slight increase in agreement between the four statuses of binge drinking where more female rare binge drinkers agree (26%) they find it harder to say "no" to sexual advances than those who are infrequent binge drinkers (24%).



### HOOKING UP BEHAVIOURS

The casual sex involved in hooking up – generally understood as brief, uncommitted sexual encounters among individuals who are not romantic or dating partners – reflects a shift in prioritisation of traditional forms of dating and pursuing romantic relationships to more casual 'hook ups' (Bogle, 2008). U.S. research has suggested that hook ups have become more acceptable among heterosexual emerging adults of both sexes. Operational definitions of hook ups differ among researchers. In their seminal paper on hooking up in a U.S. context, Paul and Hayes (2002) found it is frequently used to cover a spectrum of behaviours, especially 'no strings' encounters between individuals who do not intend to form a relationship. As such, it encompasses behaviour that is non-relational and recreational in nature. Most of the existing body of literature on the hook up culture emanates from the U.S., in which data suggest that 60-80% of university students have had some sort of hooking up experience (Garcia et al., 2012). Hooking up culture is also consistent with the concept of exploration in emerging adulthood.

From an Irish perspective, there was no corresponding data on how this culture of recreational sexual expression manifests itself, and to what extent, in an emerging adulthood college population. Adapting scales developed by Barriger and Velez-Blasini (2013), participants were asked to assess their level of comfort with hooking up in general, and then with a range of behaviours that included passionate kissing, non-genital touching, genital touching, receiving oral sex, giving oral sex, and sexual intercourse. Four of these items are being reported on, including hooking up, receiving oral sex, giving oral sex, and sexual intercourse. A 7 point Likert scale ranging from 'very uncomfortable' to 'very comfortable' was used. This was collapsed in the analysis to give three ratings – comfortable, neither comfortable nor uncomfortable (neutral) and uncomfortable.

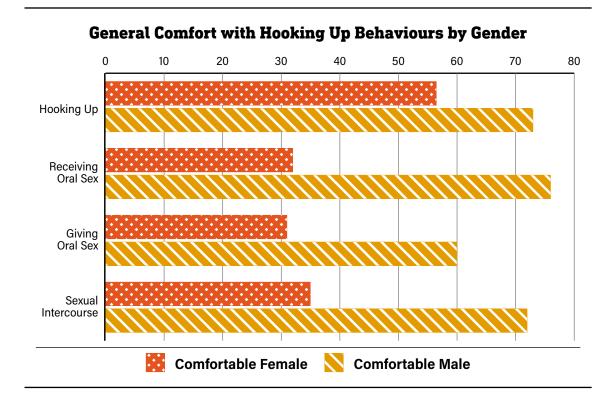
Participants were asked to assess their comfort with a range of hooking up behaviours, and also how comfortable they perceived other students (of their gender) to be with the same behaviours. There were two levels of analysis. Firstly, data were analysed by gender to measure gender differences in reported comfort and perceived comfort with hooking up behaviours, assess comfort and perceived comfort with hooking up behaviours generally. Then, data pertaining to single participants *only* were analysed with levels of comfort solely being reported on here. Finally, data pertaining to single participants *only* were analysed by binge drinking status to assess differences in reported comfort and perceived comfort with hooking up behaviours. Again, levels of comfort only are being reported on here.

Measures for frequency of hooking up encounters, both personal and perceived, were confined to experiences in the past 12 months. Data from single participants *only* are being reported on here. Firstly, data were analysed by gender to assess frequency and perceived frequency of hooking up behaviours in the past 12 months. This was further analysed by binge drinking status to measure reported frequency and perceived frequency of hooking up in the past 12 months.

#### 6.1 General Comfort with Hooking Up Behaviours by Gender

When comfort with hooking up behaviours was analysed generally (i.e., regardless of relationship status or binge drinking status), 73% of males and 56.5% of females are comfortable with hooking up. When asked about specific sexual behaviours during a hook up encounter, 60% of males and 31% of females are comfortable giving oral sex, with 76% of males and 32% of females comfortable receiving oral sex. 72% of males and 35% of females are comfortable with sexual intercourse during a hook up encounter.

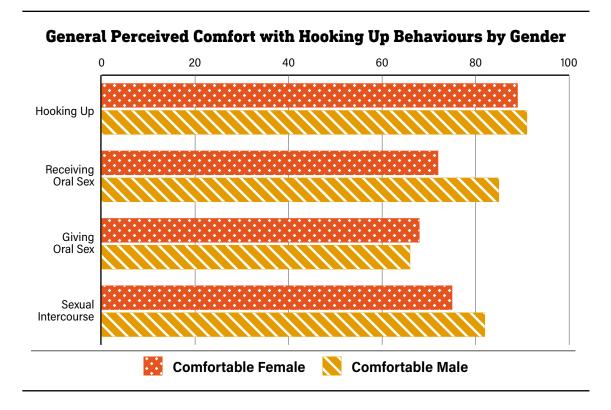
(n: 1592; 1102, F; 490, M).



### 6.2 General Perceived Comfort with Hooking Up Behaviours by Gender

When asked how comfortable they perceive other students of their gender to be with hooking up behaviours generally, 89% of females and 91% of males perceive others of their gender are comfortable with hooking up. When asked about specific sexual behaviours during a hook up encounter, 72% of females and 85% of males perceive others of their gender are comfortable receiving oral sex. By comparison, 68% of females and 66% of males perceive others of their gender are comfortable giving oral sex, while 75% of females and 82% of males perceive that others of their gender are comfortable with sexual intercourse during a hook up encounter.

(n: 1589; 1103, F; 486, M)

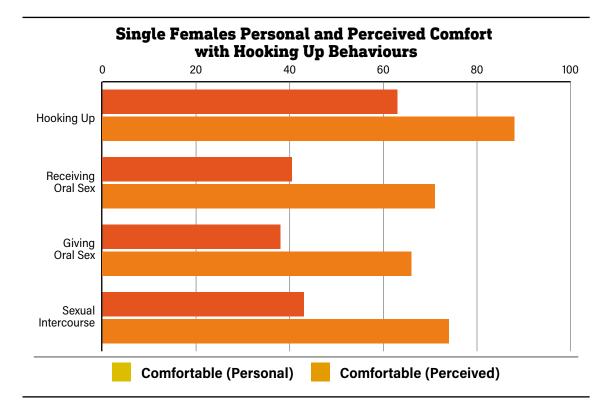


### 6.3 Single Females Personal and Perceived Comfort with Hooking Up Behaviours

To better understand comfort and perceived comfort with hooking up behaviours amongst participants not in a relationship (and therefore more likely to have the opportunity to engage in hooking up experiences), further analysis of this group was carried out. This shows that 63% of females are comfortable with hooking up, but 88% perceive that other females are comfortable with hooking up. It also shows that 40.5% of single females are comfortable receiving oral sex during a hook up and 71% perceive other single females are. It further illustrates that 38% of single females are comfortable giving oral sex during a hook up and 66% perceive that other single females are comfortable. During a hook up 43% of single females are comfortable with sexual intercourse and 74% perceive that other single females are also comfortable.

This pattern demonstrates a social norms misperception, that the comfort of others to engage in hooking up behaviours is perceived to be noticeably greater than their own reported comfort. For each of the behaviours females perceive other females to be *more* comfortable than they themselves are. They also perceive other females to be *less* uncomfortable than they themselves are. Relating these findings to Social Norms Theory, such discrepancies between reported personal behaviour and perceived behaviour of others is relevant, as people may change their behaviour to meet the misperceived norm, and this is particularly relevant to risky health behaviours such as engaging in casual and unprotected sex.

(n=575)



### 6.4 Single Females' Personal and Perceived Comfort with Hooking Up Behaviours by Binge Drinking Status

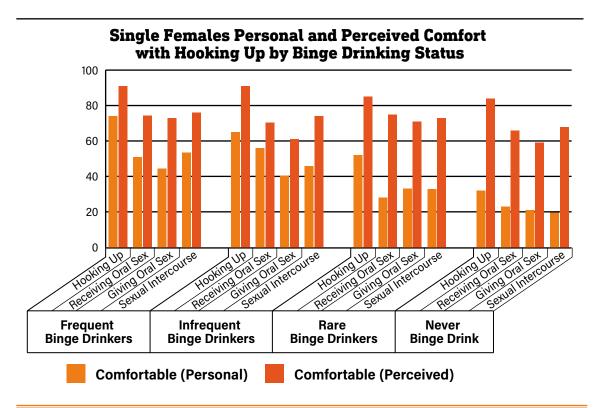
Personal comfort with hooking up behaviours and perceived comfort of other females with hooking up behaviours were further analysed by binge drinking status. Levels of comfort only are being reported on here.

**Hooking Up:** Of female frequent binge drinkers, 74% are comfortable hooking up and 91% perceive that other females are. For female infrequent binge drinkers, 65% are comfortable hooking up and 91% perceive that other females are also comfortable hooking up. This reduces further to 52% of rare binge drinkers who are comfortable hooking up and 85% perceive that other females are. Of single females who never binge drink, 32% are comfortable hooking up and 84% perceive that other females are.

**Receiving Oral Sex:** For female frequent binge drinkers, 51.5% are comfortable receiving oral sex during a hook up and 74.5% perceive that other females are comfortable. Of female infrequent binge drinkers, 42% are comfortable receiving oral sex during a hook up and 70.5% perceive that other females are comfortable. This reduces further to 28% of female rare binge drinkers who are comfortable receiving oral sex during a hook up with 75% who perceive that other females are. Of those who never binge drink, 23% are comfortable receiving oral sex during a hook up and 66% perceive that other females are comfortable too.

**Giving Oral Sex:** For female frequent binge drinkers, 44.5% are comfortable giving oral sex during a hook up and 73% perceive that other females are comfortable. Of female infrequent binge drinkers, 40.5% are comfortable giving oral sex during a hook up and 61% perceive that other females are. This reduces further to 33% of female rare binge drinkers who are comfortable giving oral sex during a hook up and 71% perceive that other females are. Of those who never binge drink, 21.5% are comfortable giving oral sex during a hook up and 59% perceive that other females are comfortable too.

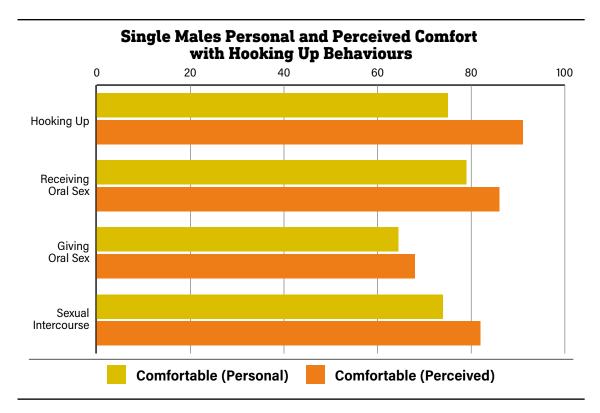
**Sexual Intercourse:** Of female frequent binge drinkers, 53.5% are comfortable with sexual intercourse during a hook up and 76% perceive that other females are. For female infrequent binge drinkers, 46% are comfortable with sexual intercourse during a hook up and 74% perceive that other females are. This reduces further to 33% of female rare binge drinkers who are comfortable with sexual intercourse during a hook up and 73% perceive that other females are comfortable with this. Of those who never binge drink, 19.5% are comfortable with sexual intercourse during a hook up and 68% perceive that other females are comfortable with this.



### 6.5 Single Males' Personal and Perceived Comfort with Hooking Up Behaviours

Differences between personal and perceived comfort with hooking up behaviours were present amongst single males, but were less pronounced than for single females.

For single males, 75% are comfortable with hooking up and 91% perceive that other single males are comfortable too. During a hook up, 79% of single males are comfortable receiving oral sex and 85% perceive that other single males are. Personal comfort giving oral sex during a hook up is reported by 64.5% of single males, while 68% perceive that other single males are comfortable. During a hook up, 74% of single males are comfortable with sexual intercourse and 82% perceive that other single males are also comfortable.



(n=265)

### 6.6 Single Males' Personal and Perceived Comfort with Hooking Up Behaviours by Binge Drinking Status

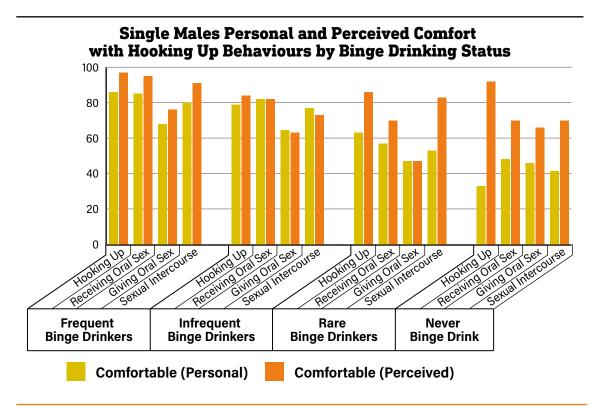
Personal comfort with hooking up behaviours and perceived comfort with hooking up behaviours of other males were further analysed by binge drinking status.

**Hooking Up:** Of male frequent binge drinkers, 86% are comfortable hooking up and 93% perceive that other males are. For male infrequent binge drinkers, 79% are comfortable hooking up and 84% perceive that other males are also comfortable hooking up. This reduces further to 63% of rare binge drinkers who are comfortable hooking up while 86% perceive that other males are. Of single males who never binge drink, 33% are comfortable hooking up and 92% perceive that other males are.

**Receiving Oral Sex:** For male frequent binge drinkers, 85% are comfortable receiving oral sex during a hook up and 95% perceive that other males are. Of male infrequent binge drinkers, 82% are comfortable receiving oral sex during a hook up and 82% perceive that other males are. This reduces further to 57% of male rare binge drinkers who are comfortable receiving oral sex during a hook up and 70% perceive that other males are. Of those who never binge drink, 48% are comfortable receiving oral sex during a hook up and 70% perceive that other males are comfortable with this too.

**Giving Oral Sex:** Of male frequent binge drinkers, 68% are comfortable giving oral sex during a hook up and 76% perceive that other males are. Of male infrequent binge drinkers, 64.5% are comfortable giving oral sex during a hook up and 63% perceive that other males are. This reduces further to 47% of male rare binge drinkers who are comfortable giving oral sex during a hook up, and 50% perceive that other males are. Of those who never binge drink, 46% are comfortable giving oral sex during a hook up and 66% perceive that other males are comfortable.

**Sexual Intercourse:** For male frequent binge drinkers, 80% are comfortable with sexual intercourse during a hook up and 91% perceive that other males are. Of male infrequent binge drinkers, 77% are comfortable with sexual intercourse during a hook up and 73% perceive that other males are. This reduces further to 53% of male rare binge drinkers who are comfortable with sexual intercourse during a hook up, and 83% perceive that other males are. Of those who never binge drink, 41.5% are comfortable with sexual intercourse during a hook up and 70% perceive that other males are.



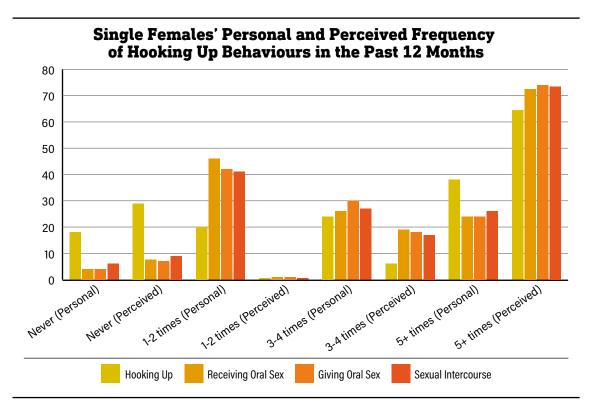
### 6.7 Single Females' Personal and Perceived Frequency of Hooking Up Behaviours in Past 12 Months

**Hooking Up:** In the past 12 months, 18% of females report never hooking up and 29% perceive that other females did not. 20% report hooking up 1-2 times, while less than 1% of perceive that other females had; 24% report hooking up 3-4 times and 6% perceive that other females had. 38% report hooking up five or more times in the past 12 months and 65% perceive other females to have done the same.

**Receiving Oral Sex:** In the past 12 months, 4% of females report never receiving oral sex during a hook up and 7.5% perceive that other females did not. 46% report receiving oral sex during 1-2 hook ups in the past year and 1% perceive that other females had. 26% report receiving oral sex during 3-4 hook ups and 19% perceive that other females had. 24% report receiving oral sex during five or more hook ups in the past 12 months and 72.5% perceive that other females had.

**Giving Oral Sex:** In the past 12 months, 4% of females report never giving oral sex during a hook up and 7% perceive that other females did not. 42% report giving oral sex during 1-2 hook ups and 1% perceive that other females had. 30% report giving oral sex during 3-4 hook ups in the past 12 months and 18% perceive that other females had. 24% report giving oral sex during five or more hook ups and 74% perceive that other females had.

**Sexual Intercourse:** In the past 12 months, 6% of females report never having sexual intercourse during a hook up and 9% perceive that other females did not. 41% report having sexual intercourse during 1-2 hook ups and less than 1% perceive that other females did. 27% report having sexual intercourse during 3-4 hook ups and 17% perceive other females also did. 26% report having sexual intercourse with five or more hook up partners in the past 12 months and 73.5% perceive that other females also did.



## 6.8 Single Females' Personal and Perceived Frequency of Hooking Up Behaviours in Past 12 Months by Binge Drinking Status

Personal frequency of hooking up behaviours and perceived frequency of hooking up behaviours were further analysed by binge drinking status.

**Hooking Up:** In the past 12 months, 25% of female frequent binge drinkers report never hooking up and 35% perceive that other females did not hook up. 6.5% hooked up 1-2 times and none perceive other females had; 21% hooked up 3-4 times and 3.5% perceive that other females had. 47.5% hooked up five or more times in the past 12 months and 61.5% perceive other females to have done the same.

In the past 12 months, 20% of female infrequent binge drinkers report never hooking up and 30% perceive that other females did not hook up. 14% report hooking up 1-2 times and 1% perceive that other females had. 27% report hooking up 3-4 times and 6% perceive that other females had. 39% report hooking up five or more times in the past 12 months and 63% perceive other females to have done the same.

In the past 12 months, 6% of female rare binge drinkers report never hooking up and 24% perceive that other females did not hook up. 37% report hooking up 1-2 times and none perceive that no other females had. 27% report hooking up 3-4 times and 11% perceive that other females had. 30% report having hooked up five or more times in the past 12 months and 65% perceive other females to have done the same.

In the past 12 months, 4% of females who never binge drink report never hooking up in the past 12 months and 14% perceive that other females did not hook up. 64% report hooking up 1-2 times and none perceive other females had. 20% report hooking up 3-4 times and 9% perceive that other females had. 12% report hooking up five times or more in the past 12 months and 77% perceive that other females had.

**Receiving Oral Sex:** In the past 12 months 5% of female frequent binge drinkers report never receiving oral sex during a hook up and 9% perceive that other females also did not. During 1-2 hook ups 24.5% report receiving oral sex and none perceive that other females had. 33% report receiving oral sex during 3-4 hook ups and 11% perceive that other females had. 37.5% report receiving oral sex during five or more hook ups in the past 12 months and 80% perceive that other females had.

In the past 12 months, 4% of female infrequent binge drinkers report never receiving oral sex during a hook up and 8% perceive that other females also did not. 43% report receiving oral sex during 1-2 hook ups and 1% perceive that other females had. 29% report receiving oral sex during 3-4 hook ups and 22% perceive that other females had. 24% report receiving oral sex during five or more hook ups in the past 12 months and 69% perceive that other females had.

In the past 12 months, 4% of female rare binge drinkers report never receiving oral sex during a hook up and 5% perceive that other females also did not. 75% report receiving oral sex during 1-2 hook ups and none perceive that other females had. 14% report receiving oral sex during 3-4 hook ups and 25% perceive that other females had. 7% report receiving oral sex during five or more hook ups in the past 12 months and 70% perceive that other females had.

None of the females who stated they never binge drink report never receiving oral sex during a hook up in the past 12 months and 5% perceive that other females also did not. 86% report receiving oral sex during 1-2 hook ups and 5% perceived that other females had. 7% report receiving oral sex during 3-4 hook ups and 38% perceive that other females had. 7% report receiving oral sex during five or more hook ups in the past 12 months and 52% perceive that other females had.

**Giving Oral Sex:** In the past 12 months, 5% of female frequent binge drinkers report never giving oral sex during a hook up and 8.5% perceive that other females did not. 25% report giving oral sex during 1-2 hook ups and none perceive that other females had. 34% report giving oral sex during 3-4 hook ups and 11% perceive that other females had. 36% report giving oral sex during five or more hook ups in the past 12 months and 80.5% perceive that other females had.

In the past 12 months, 5% of female infrequent binge drinkers report never giving oral sex during a hook up and 9% perceive that other females did not. 37% report giving oral sex during 1-2 hook ups and 1% perceive that other females had. 35% report giving oral sex during 3-4 hook ups and 19% perceive that other females had. 23% report giving oral sex during five or more hook ups in the past 12 months and 71% perceive that other females had.

In the past 12 months, 4% of female rare binge drinkers report never giving oral sex during a hook up and 4% also perceive that other females did not. 68% report giving oral sex during 1-2 hook ups and none perceive that other females had. 21% report giving oral sex during 3-4 hook ups and 24% perceive that other females had. 7% report giving oral sex during five or more hook ups and 72% perceive that other females had.

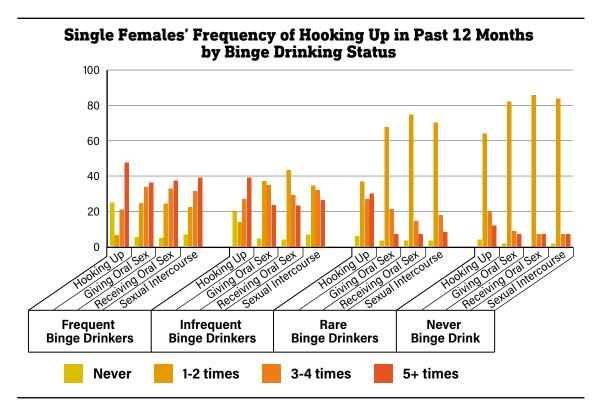
In the past 12 months, females who stated they never binge drink, 2% report never giving oral sex during a hook up and 5% perceive that other females did not. 82% report giving oral sex during 1-2 hook ups and 4% perceive that other females had. 9% report giving oral sex during 3-4 hook ups and 37.5% perceive that other females had. 7% report giving oral sex during five or more hook ups in the past 12 months and 53.5% perceive that other females had.

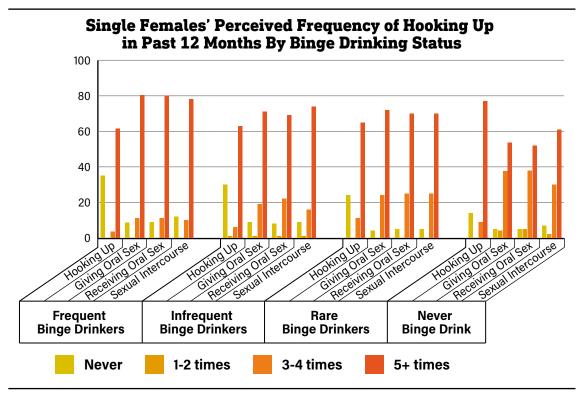
**Sexual Intercourse:** In the past 12 months, 7% of female frequent binge drinkers report never having sexual intercourse during a hook up and 12% perceive that other females also did not. 22.5% report having sexual intercourse during 1-2 hook ups and none perceive that other females did. 31.5% report having sexual intercourse during 3-4 hook ups and 10% perceive that other females did. 39% report having sexual intercourse with five or more hook up partners in the past 12 months and 78% perceive that other females did.

In the past 12 months, 7% of female infrequent binge drinkers report never having sexual intercourse during a hook up and 9% perceive that other females did not. 34.5% report having sexual intercourse during 1-2 hook ups and 1% perceive that other females did. 32% report having sexual intercourse during 3-4 hook ups and 16% perceive other females did. 26.5% report having sexual intercourse with five or more hook up partners in the past 12 months and 74% perceive that other females did.

In the past 12 months, 4% of female rare binge drinkers report never having sexual intercourse during a hook up and 5% perceive that other females did not. 70% report having sexual intercourse during 1-2 hook ups and none perceive that other females did. 18% report having sexual intercourse during 3-4 hook ups and 25% perceive that other females did. 8% report having sexual intercourse with five or more hook up partners in the past 12 months and 70% perceive that other females did.

In the past 12 months, 2% of females who stated they never binge drink report never having sexual intercourse during a hook up and 7% perceive that other females also did not. 84% report having sexual intercourse during 1-2 hook ups and 2% perceive that other females did. 7% report having sexual intercourse during 3-4 hook ups and 30% perceive that other females did. 7% report having sexual intercourse with five or more hook up partners in the past 12 months and 61% perceive that other females did.





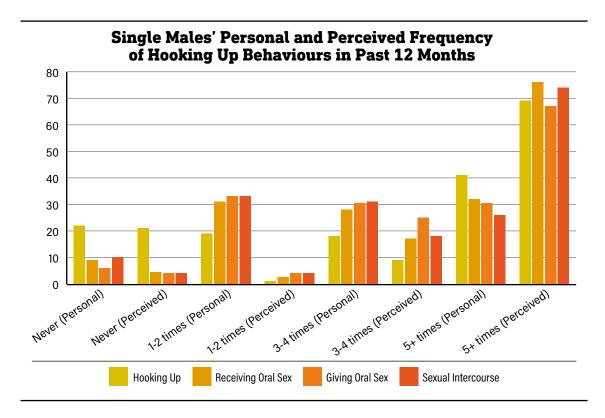
### 6.9 Single Males' Personal and Perceived Frequency of Hooking Up Behaviours in Past 12 Months

**Hooking Up:** In the past 12 months, 22% of males report never hooking up and 21% perceive that other males had not. 19% report hooking up 1-2 times and 1% perceive that other males had. 18% report hooking up 3-4 times and 9% perceive that other males had. 41% report hooking up five times or more and 69% perceive that other males also hooked up five or more times in the past 12 months.

**Receiving Oral Sex:** In the past 12 months, 9% of males report never receiving oral sex during a hook up and 4.5% perceive that other males did not. 31% report receiving oral sex during 1-2 hook ups and 2.5% perceive that other males had. 28% report receiving oral sex during 3-4 hook ups and 17% perceive that other males had. 32% report receiving oral sex during five or more hook ups and 76% perceive that other males had.

**Giving Oral Sex:** In the past 12 months, 6% of males report never giving oral sex during a hook up and 4% perceive that other males had not. 33% report giving oral sex during 1-2 hook ups and 4% perceive that other males had. 30.5% report giving oral sex during 3-4 hook ups and 25% perceive that other males had. 30.5% report giving oral sex during five or more hook up encounters in the past 12 months and 67% perceive that other males had.

**Sexual Intercourse:** In the past 12 months, 10% of males report never having sexual intercourse during a hook up and 4% perceive that other males had not. 33% report having sexual intercourse during 1-2 hook ups and 4% also perceive that other males had. 31% report having sexual intercourse during 3-4 hook ups and 18% perceive that other males had. 26% report having sexual intercourse during five or more hook ups in the past 12 months and 74% perceive that other males had.



#### 6.10 Single Males' Personal and Perceived Frequency of Hooking Up Behaviours in Past 12 Months by Binge Drinking Status

Personal frequency of hooking up behaviours and perceived frequency of hooking up behaviours were further analysed by binge drinking status.

**Hooking Up:** In the past 12 months, 30% of male frequent binge drinkers report never having hooked up and 26% perceive that other males did not hook up. 7% report hooking up 1-2 times and 7% perceive that other males also had; 12% report hooking up 3-4 times and 19% perceive that other males had. 51% report hooking up five or more times in the past 12 months and 48% perceive other males to have done the same.

In the past 12 months, 16% of male infrequent binge drinkers report never having hooked and 19% perceive that other males did not hook up. 14.5% report hooking up 1-2 times and none perceive that other males had. 21% report hooking up 3-4 times and 10% perceive that other males had. 48.5% report hooking up five or more times in the past 12 months and 71% perceive other males have done the same.

In the past 12 months, 7% of male rare binge drinkers report never having hooked up and 10% perceive that other males did not hook up. 37% report hooking up 1-2 times and 3% perceive that other males had. 27% report hooking up 3-4 times and 13% perceive that other males had. 29% report hooking up five or more times in the past 12 months and 74% perceive other males to have done the same.

In the past 12 months, 8% of males who stated they never binge drink report never hooking up and 4% perceive that other males did not hook up. 58% report hooking up 1-2 times and 4% perceive that other males had. 17% report hooking up 3-4 times and 12.5% perceive other males had. 17% report hooking up five times or more in the past 12 months and 79.5% perceive that other males had.

**Receiving Oral Sex:** In the past 12 months, 11% of male frequent binge drinkers report never receiving oral sex during a hook up and 6% perceive that other males also did not. 18% report receiving oral sex during 1-2 hook ups and 3% perceive that other males had. 26% report receiving oral sex during 3-4 hook ups and 12% perceive that other males had. 45% report receiving oral sex during five or more hook ups in the past 12 months and 79% perceive that other males had.

In the past 12 months, 11% of male infrequent binge drinkers report never receiving oral sex during a hook up and 5% perceive that other males also did not. 32% report receiving oral sex during 1-2 hook ups in the past year and 2% perceive that other males had. 31% report receiving oral sex during 3-4 hook ups and 21% perceive that other males had. 26% report receiving oral sex during five or more hook ups in the past 12 months and 72% perceive that other males had.

In the past 12 months, 3% of male rare binge drinkers report never receiving oral sex during a hook up and 3% perceive that other males also did not. 47% report receiving oral sex during 1-2 hook ups and 3% perceive that other males had. 33% report receiving oral sex during 3-4 hook ups and 24% perceive that other males had. 17% report receiving oral sex during five or more hook ups in the past 12 months and 70% perceive that other males had.

In the past 12 months, 4% of the males who stated they never binge drink report never receiving oral sex during a hook up and 4% perceive that other males also did not. 71% report receiving oral sex during 1-2 hook ups in the past year and 4% perceive that other males had. 12.5% report

receiving oral sex during 3-4 hook ups and 29% perceive that other males had. 12.5% report receiving oral sex during five or more hook ups in the past 12 months and 63% perceive that other males had.

**Giving Oral Sex:** In the past 12 months, 7% of male frequent binge drinkers report never giving oral sex during a hook up and 4% perceive that other males did not. 21% report giving oral sex during 1-2 hook ups and 5% perceive that other males had. 32% report giving oral sex during 3-4 hook ups and 22% perceive that other males had. 40% report giving oral sex during five or more hook ups in the past 12 months and 69% perceive that other males had.

In the past 12 months, 8% of male infrequent binge drinkers report never giving oral sex during a hook up and 5% perceive that other males did not. 31% report giving oral sex during 1-2 hook ups and 5% perceive that other males had. 34% report giving oral sex during 3-4 hook ups and 26% perceive that other males had. 27% report giving oral sex during five or more hook ups in the past 12 months and 64% perceive that other males had.

In the past 12 months, none of the male rare binge drinkers report never giving oral sex during a hook up and 3% perceive that other males did not. 45% report giving oral sex during 1-2 hook ups and 3% perceive that other males had. 38% report giving oral sex during 3-4 hook ups and 37% perceive that other males had. 17% report giving oral sex during five or more hook ups and 57% perceive that other males had.

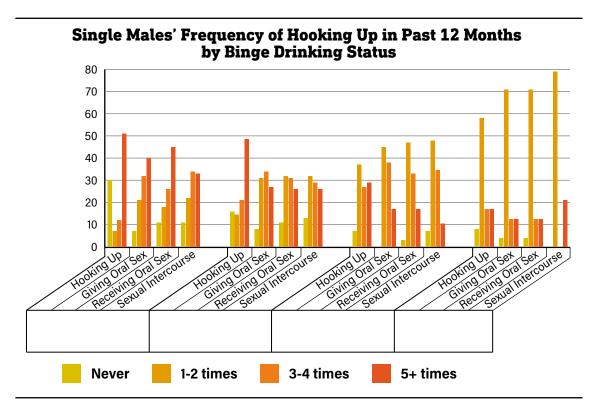
In the past 12 months, 4% of males who stated they never binge drink report never giving oral sex during a hook up and 4% perceive that other males also did not. 71% report giving oral sex during 1-2 hook ups and 8% perceive that other males had. 12.5% report giving oral sex during 3-4 hook ups and 25% perceive that other males had. 12.5% report giving oral sex during five or more hook ups and 63% perceive that other males had.

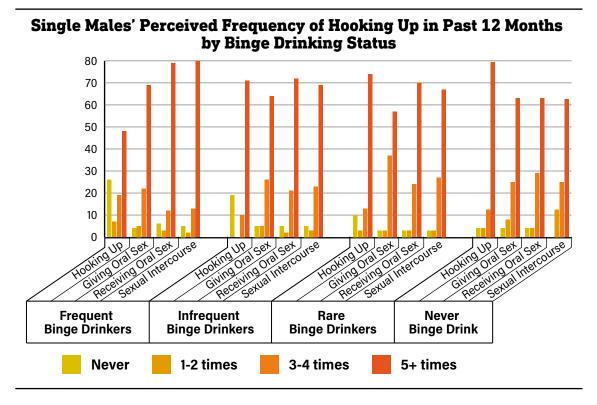
**Sexual Intercourse:** In the past 12 months, 11% of male frequent binge drinkers report never having sexual intercourse during a hook up and 5% perceive that other males also did not. 22% report having sexual intercourse during 1-2 hook ups and 2% perceive that other males did. 34% report having sexual intercourse during 3-4 hook ups and 13% perceive that other males did. 33% report having sexual intercourse with five or more hook up partners in the past 12 months and 80% perceive that other males did.

In the past 12 months, 13% of male infrequent binge drinkers report never having sexual intercourse during a hook up and 5% perceive that other males also did not. 32% report having sexual intercourse during 1-2 hook ups and 3% perceive that other males did. 29% report having sexual intercourse during 3-4 hook ups and 23% perceive that other males did. 26% report having sexual intercourse with five or more hook up partners in the past 12 months and 69% perceive that other males did.

In the past 12 months, 7% of male rare binge drinkers report never having sexual intercourse during a hook up and 3% perceive that other males also did not. 48% report having sexual intercourse during 1-2 hook ups and 3% perceive that other males did. 34.5% report having sexual intercourse during 3-4 hook ups and 27% perceive that other males did. 10.5% report having sexual intercourse with five or more hook up partners in the past 12 months and 67% perceive that other males did.

In the past 12 months, none of those who stated they never binge drink report never having sexual intercourse during a hook up in the past 12 months and perceive the same for other males. 79% report having sexual intercourse during 1-2 hook ups and 12.5% perceive that other males did. None report having sexual intercourse during 3-4 hook ups but 25% perceive that other males did. 21% report having sexual intercourse with five or more hook up partners in the past 12 months and 62.5% perceive that other males did.





#### 6.11 Attitudes to Hooking Up

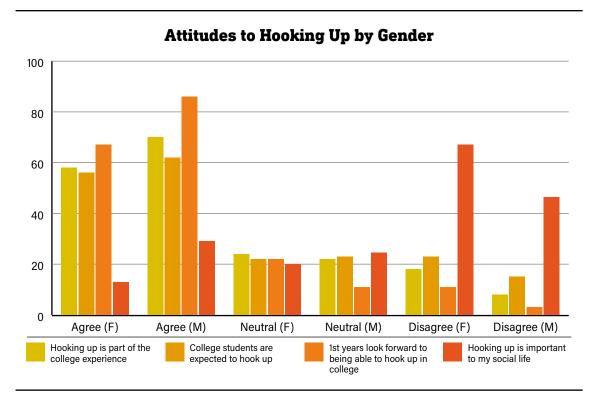
Attitudes to hooking up in a college context were measured by adapting four items from a study on predictors of sexual hook ups in college women (Fielder, Walsh, Carey & Carey, 2013). The four items were assessed on a 5 point Likert scale ranging from strongly disagree to strongly agree. These were collapsed to give three ratings: agree, neutral, disagree.

58% of females and 69% of males agree that hooking up is part of the college experience

56% of females and 62% of males agree that college students are expected to hook up

67% of females and 86% of males agree that college students look forward to being able to hook up in college

13% of females and 29% of males agree that hooking up is part of their social lives



(n=1515; 1057, F; 458, M)

#### SUMMARY =

Findings on comfort and frequency of hooking up provide an insight into casual sexual behaviour and attitudes for the first time in an Irish university population. 56% of females and 69% of males agree that hooking up is part of the college experience, but only 13% of females and 29% of males agree that it is part of their social lives.

For single female students there are significant differences between their own personal comfort with sexual behaviours in a hook up and how comfortable they believe other females to be with the same behaviours. They perceive other females to be more comfortable with all of the behaviours than they report they are themselves. For example, 63% of single females are comfortable with hooking up but 88% perceive that other females are comfortable. This contrasts with single males, of whom 75% report that they are comfortable with hooking up and 91% perceive other single males to be comfortable.

For all of the sexual behaviours during a hook up, single males are more comfortable than single females. Males are most comfortable receiving oral sex during a hook up (79%) compared to females (40.5%). Conversely, 38% of females are comfortable giving oral sex during a hook up with 64.5% of males comfortable to do so. 74% of males are comfortable with sexual intercourse during a hook up compared to 43% of females.

The frequency of hooking up reduces as a function of binge drinking status among both females and males. For frequent binge drinkers, 47.5% of females and 51% of males have hooked up five or more times in the past 12 months, compared with 39% of females and 48.5% of males among the infrequent binge drinking category, and reducing further among rare binge drinkers to 30% of females and 29% of males. Of those who report never binge drinking 12% of females and 17% of males have hooked up five times or more in the past 12 months.

Equally, frequent binge drinkers reported engaging in each sexual behaviour during hook ups (receiving oral sex, giving oral sex and sexual intercourse) more often than infrequent binge drinkers, across both genders. Rare binge drinkers and those who never do reported the least number of hook up partners in the past 12 months. Also, more female rare binge drinkers and those who never do report fewer hook up partners than males who rarely or never binge drink.

Furthermore, perception of the frequency of hooking up behaviours by others is stronger in those who never binge drink, or are rare binge drinkers. Of those who never binge drink, 77% of females perceived that other females hooked up five or more times in the past 12 months, and 79.5% of males perceived that other males have done so. Among rare binge drinkers, 65% of females perceived that other females hooked up five or more times in the past 12 months, with 74% of males perceiving that other males have done so; a similar pattern was found among infrequent binge drinkers (63% of females perceived that other females hooked up five or more times in the past 12 months, 71% of males perceived that other males have done so). Of frequent binge drinkers, 61.5% of females perceive other females hooked up five or more times in the past 12 months, and 48% of males perceived that other males have done so.



## 7

# COMMUNICATION OF CONSENT

While not a new issue, that of consent – or more specifically non-consent – has exploded as a topic of interest in mainstream media over the past three years. This was sparked in the U.S. with the 2014 launch of a White House Task Force Initiative, led by President Obama, entitled "Not Alone" to tackle campus sexual assaults. Social attitudes concerning rape myths and bystander myths are further influences on decision-making that arise from peer and societal factors. As reported by "Not Alone", social norms research has revealed that men often misperceive what other men think about sexual violence and bystander intervention. They tend to overestimate peer acceptance of sexual assault and underestimate other men's willingness to intervene when a woman is in trouble (Berkowitz, 2010). In the UK, the NUS (National Union of Students) also published a number of assault related reports in 2013 (focusing on "Lad Culture") and 2014 (focusing on female experiences of sexual harassment on campus). In an Irish context, the national study by the Union of Students in Ireland - Say Something Survey (2013) - report on student experiences of unwanted sexual experience, physical mistreatment, harassment, obsessive behaviour and information on campus.

Sexual assault is inextricably linked to sexual consent, as assault is frequently defined as sexual activity without consent. However, research on sexual consent per se is limited. The definition of sexual assault and related terms is in itself contentious as there are no universally accepted definitions for it, rape, or sexual harassment (or sexual battery as it is referred in the US). Legal definitions, where they are present, differ across jurisdictions; in the literature, the operational definitions used by researchers differ too (Muehlenhard et al., 1992, as cited in Muehlenhard et al., 2016). From a research perspective, the most widely used definition of consent is that it is "the freely given verbal or non-verbal communication of a feeling of willingness to engage in sexual activity" (Hickman & Muehlenhard, 1999 p.259).

In an Irish context, inclusion of new provisions on sexual consent in the Criminal Law (Sexual Offences) Act 2017 came into effect in March 2017. These provisions define a range of scenarios in which a person does not consent to sexual activity, including if "he or she is asleep or unconscious", if "he or she is incapable of consenting because of the effect of alcohol or some other drug", and if "he or she permits the act to take place or submits to it because of the application of force to him or her or to some other person, or because of the threat of the application of force to him or her or to some other person..." The Amendment further states that the circumstances in which it "may be established that a person did not consent to a sexual act" are not limited to those detailed. It legally defines that a person consents to a sexual act if he or she "freely and voluntarily agrees to engage in that act"; and that consent to a sexual act may be "withdrawn at any time before the act begins, or in the case of a continuing act, while the act is taking place".

Much of the existing body of literature pertaining to consent is U.S.-based with considerable focus on the incidence of sexual assault among college students, with a particular focus on females. There is both a scientific and pragmatic justification for this approach. Although sexual assault occurs to women throughout the lifespan, it is most common in late adolescence and early adulthood. Statistics aimed at defining the extent of the problem with non-consenting encounters are also a source of debate.

The Perceptions of Consent to Sex Scale (Jozkowski, 2014) was used to assess strategies used in the communication of consent to sexual intercourse. This scale has five sub-scales with statements describing behaviours, grouped as Initiator, Verbal, Non-Verbal, Passive, and Removal. Participants indicate their agreement with each statement on a 4 point Likert scale from "strongly disagree" to "strongly agree".

A brief description of each group of sub-scale statements is as follows:

*Initiator Behaviours* are cues to initiate sexual behaviour with a partner by making it obvious through their actions that they are interested in, and consenting to sexual activity. These include behaviours such as moving their partner's hands to their pants or lower body, or seeing if sexual behaviour was reciprocated on initiation.

*Verbal Behaviours* are cues including telling a partner what types of sexual behaviour the person wants to engage in and verbally communicating their interest in sexual activity.

*Non-verbal Behaviours* are cues including engaging in foreplay with a partner or showing them through actions that they are comfortable with the activity.

*Passive Behaviours* are cues including letting a partner start sexual behaviour and not telling him/her to stop, and not resisting a partner's attempts for sexual activity.

**Removal Behaviours** are cues that involve taking a partner from a public to a more private or secluded setting thereby facilitating the initiation of sex.

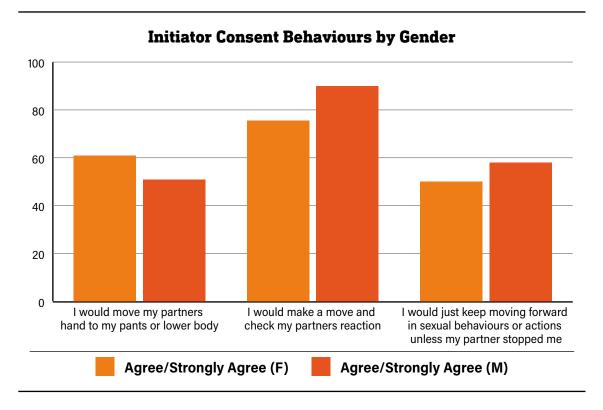
Three items from each sub-scale have been selected to illustrate gender differences in the communication of consent to sexual intercourse.

Note: Participants were not presented with the sub-scale groupings in the survey. Agreement responses (Agree/Strongly Agree) for selected scale items are being reported here.

#### 7.1 Initiator Consent Behaviours by Gender

When assessing their level of agreement with behaviours in which initiator strategies are used 61% of females and 51% of males agree/strongly agree that they would move a partner's hand to their pants or lower body.

75.5% of females and 90% of males agree/strongly agree that they would make a move and check their partners reaction to communicate consent.



50% of females and 58% of males agree/strongly agree that they would just keep moving forward in sexual behaviours or actions unless their partner stopped them

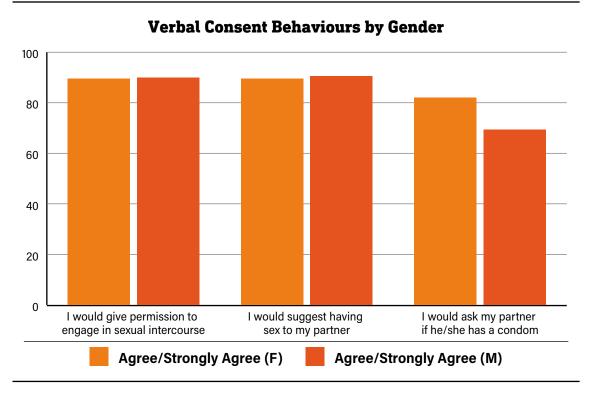
(n=1267; 906, F; 361, M)

#### 7.2 Verbal Consent Behaviours by Gender

89.5% of females and 90% of males agree/strongly agree they would give permission to engage in sexual activity.

67% of females and 79% of males agree/strongly agree that they would suggest having sex to their partner to communicate consent.

82% of females and 69.5% of males agree/strongly agree that they would ask a partner if he/she had a condom to communicate consent.



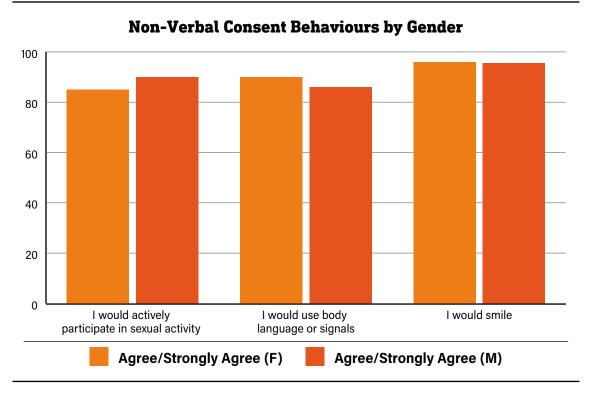
(n=1266; 906, F; 360, M)

#### 7.3 Non-Verbal Consent Behaviours by Gender

89.5% of females and 93% of males agree/strongly agree that they would actively participate in sexual activity to communicate consent.

90% of females and 86% of males strongly agreed/strongly agreed that they would use body language or signals to indicate their consent to sexual activity.

96% of females and 95.5% of males agree/strongly agree that they would smile to indicate their consent.



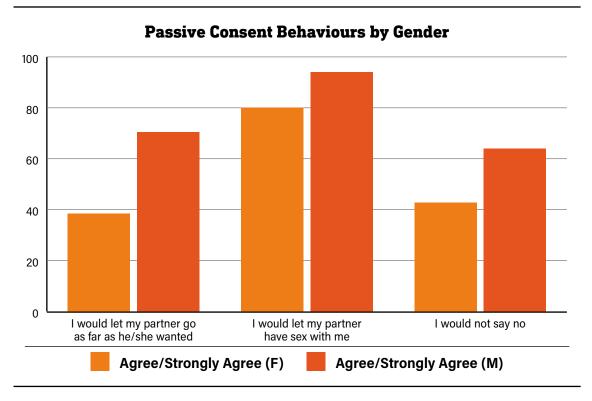
(n=1312; 932, F; 380, M)

#### 7.4 Passive Consent Behaviours by Gender

38% of females and 70% of males agree/strongly agree they would let a partner go as far as he/she wanted to communicate their consent.

80% of females and 94% of males agree/strongly agree that they would let their partner have sex with them.

43% of females and 64% of males agreed/strongly agreed that they would not say "no" to indicate consent to sexual activity.

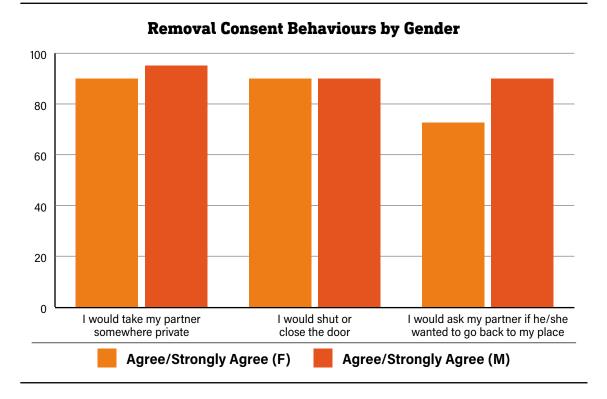


(n=1303; 928, F; 375, M)

#### 7.5 Removal Consent Behaviours by Gender

91% of females and 95% of males agree/strongly agree they would take their partner somewhere private to communicate consent.

90.5% of females and 90% of males agree/strongly agree they would shut or close the door to communicate consent.



73% of females and 77.5% of males agree/strongly agree that they would ask a partner if he/she wanted to go back to their place.

(n=1269; 909, F; 360, M)

When further analysed by relationship status, there were some differences in the communication of consent between those who are in a relationship compared to those who are single.

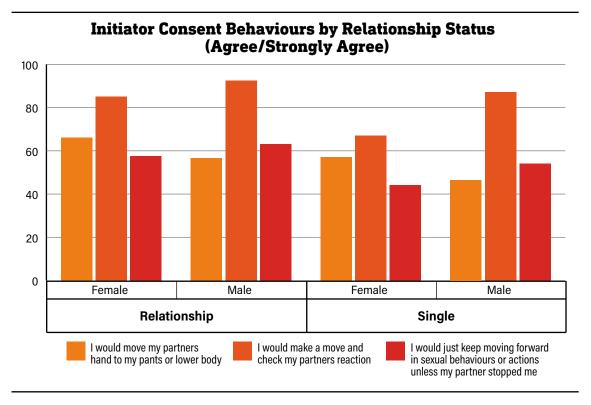
**Note:** The following series of graphs (7.6 - 7.10) illustrate responses for females in a relationship (FR), males in a relationship (MR), single females (FS) and single males (MS).

#### 7.6 Initiator Consent Behaviours by Relationship Status

66% of females and 56.5% of males in a relationship agree/strongly agree they would move their partner's hand to their pants or lower body to communicate consent, compared to 57% of single females and 46.5% of single males.

85% of females and 92.5% of males in a relationship agree/strongly agree they would make a move and check their partner's reaction, compared to 67% of single females and 87% of single males who agree/strongly agree they would make a move and check their partner's reaction.

57.5% of females and 63% of males in a relationship agree/strongly agree they would keep moving forward in sexual behaviours or actions unless their partner stopped them, compared to 44% of single females and 54% of single males who agree/strongly agree that they would keep moving forward in sexual behaviours or actions unless their partner stopped them to communicate consent.



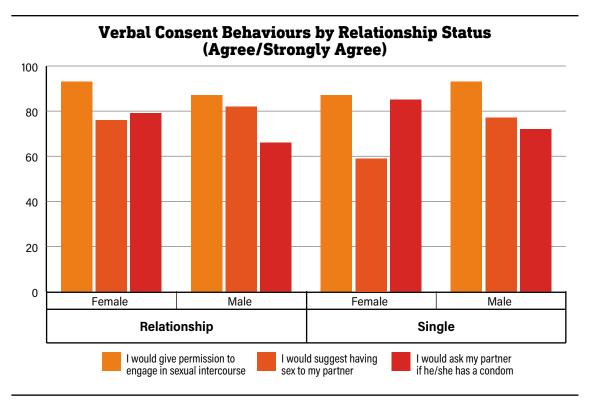
(n= 1254; 419,FR; 478, FS; 160, MR; 197,MS)

#### 7.7 Verbal Consent Behaviours by Relationship Status

93% of females and 87% of males in a relationship agree/strongly agree they would give permission to engage in sexual intercourse, compared to 87% of single females and 93% of single males who would give permission to engage in sexual intercourse to communicate consent.

76% of females and 82% of males in a relationship agree/strongly agree they would suggest having sex to their partner, compared to 59% of single females and 77% of single males who agree/strongly agree they would suggest having sex to their partner to communicate consent.

79% of females and 66% of males in a relationship agree/strongly agree they would ask their partner if he/she had a condom, compared to 85% of single females and 72% of single males who agree/strongly agree that they would ask their partner if he/she had a condom to communicate consent.



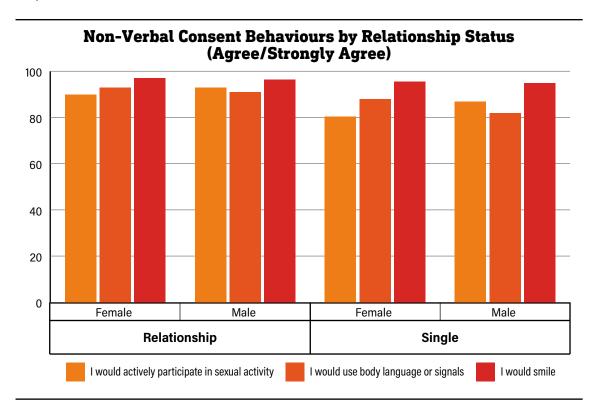
(n=1254; 420, FR; 478, FS; 160, MR; 196, MS)

#### 7.8 Non-Verbal Consent Behaviours by Relationship Status

89.5% of females and 93% of males in a relationship agree/strongly agree they would show consent by actively participating in sexual activity, compared to 80.5% of single females and 87% of single males who agree/strongly agree that they would actively participate in sexual activity.

93% of females and 91% of males in a relationship agree/strongly agree they would use body language or signals to communicate consent, compared to 88% of single females and 82% of single males who agree/strongly agree that they would use body language or signals to communicate consent.

97% of females and 96.5% of males in a relationship agree they would smile to communicate consent compared to 95.5% of single females and 95% of single males who agree/strongly agree they would communicate consent with a smile.



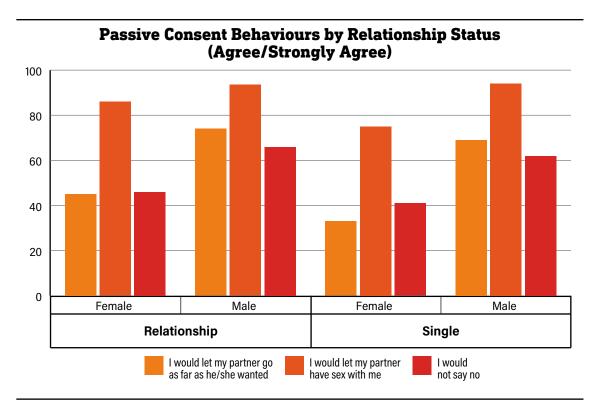
(n=1299; 433, FR; 489, FS; 172, MR; 205, MS)

#### 7.9 Passive Consent Behaviours by Relationship Status

55% of females and 74% of males in a relationship agree/strongly agree they would let their partner go as far as he/she wanted, in order to communicate consent, compared to 67% of single males and 33% of single females who agree/strongly agree they would let their partner go as far as he/she wanted to communicate consent.

86% of females and 93.5% of males in a relationship agree/strongly agree they would let their partner have sex with them, compared to 94% of single females and 75% of single males who agree/strongly agree they would let their partner have sex with them to communicate consent.

66% of males and 46% of females in a relationship agree/strongly agree they would not say no to communicate consent to sexual activity, compared to 62% of single males and 41% of single females.



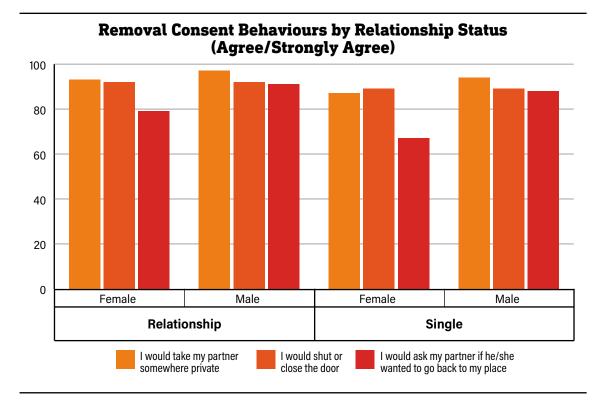
(n=1294; 432, FR; 488, FS; 171, MR; 203, MS)

#### 7.10 Removal Consent Behaviours by Relationship Status

93% of females and 97% of males in a relationship agree/strongly agree they would take their partner somewhere private, in order to communicate consent, compared to 87% of single females and 94% of single males.

92% of both females and males in a relationship agree they would shut or close the door to communicate consent, compared to 89% of both single females and single males.

79% of females and 91% of males in a relationship agree/strongly agree they would ask their partner if they wanted to go back to their place to communicate consent, compared to 67% of single females and 88% of single males.



(n=1258; 421, FR; 479, FS; 161, MR; 197, MS)

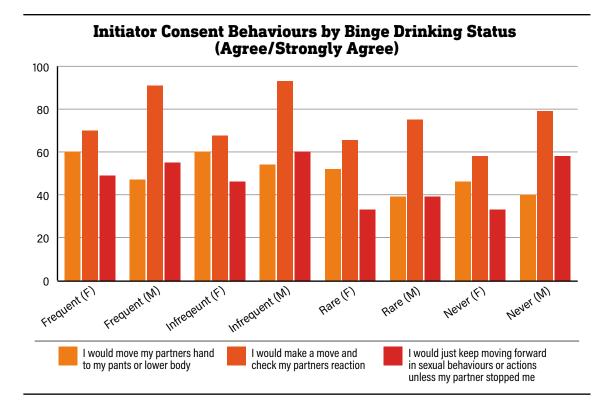
Note: Differences in n values for behaviours by gender and relationship status reflect those who report their gender but did not indicate a relationship status.

Consent behaviours of single male and female participants *only* were further analysed by binge drinking status.

## 7.11 Initiator Consent Behaviours of Single Males and Females by Binge Drinking Status

60% of female and 47% of male frequent binge drinkers agree/strongly agree they would move their partner's hand to their pants or lower body to communicate their consent to sexual intercourse. 60% of female and 54% of male infrequent binge drinkers agree/strongly agree they would communicate consent in this way, compared to 52% of female and 39% of male rare binge drinkers. 46% of females and 40% of males who never binge drink agree/strongly agree they would do this to communicate consent.

70% of female and 91% of male frequent binge drinkers agree/strongly agree they would make a move and check their partner's reaction to communicate consent. 67.5% of female and 93% of male infrequent binge drinkers agree/strongly agree they would communicate consent in this way, compared to 65.5% of female and 75% of male rare binge drinkers. 58% of females and 79% of males who never binge drink agree/strongly agree they would do this to communicate consent.

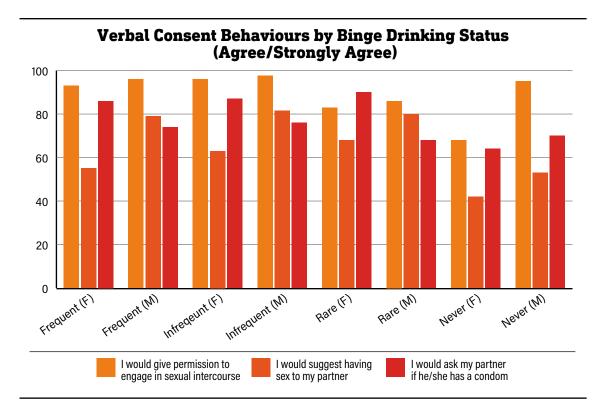


49% of female and 55% of male frequent binge drinkers agree/strongly agree they would just keep moving forward in sexual behaviours or actions unless their partner stopped them, in order to communicate consent. 46% of female and 60% of male infrequent binge drinkers agree/strongly agree they would communicate consent in this way, compared to 33% of female and 39% of male rare binge drinkers. 33% of females and 58% of males who never binge drink agree/strongly agree they would do this to communicate consent.

## 7.12 Verbal Consent Behaviours of Single Males and Females by Binge Drinking Status

93% of female and 96% of male frequent binge drinkers agree/strongly agree they would give permission to engage in sexual intercourse. 96% of female and 97.5% of male infrequent binge drinkers agree/strongly agree they would communicate consent in this way, compared to 83% of female and 86% of male rare binge drinkers. 68% of females and 95% of males who never binge drink agree/strongly agree they would do this to communicate consent.

55% of female and 79% of male frequent binge drinkers agree/strongly agree they would suggest having sex to their partner to communicate their consent to sexual intercourse. 63% of female and 81.5% of male infrequent binge drinkers agree/strongly agree they would communicate their consent in this way, compared to 68% of female and 80% of male rare binge drinkers. 42% of females and 53% of males who never binge drink agree/strongly agree they would do this to communicate consent.

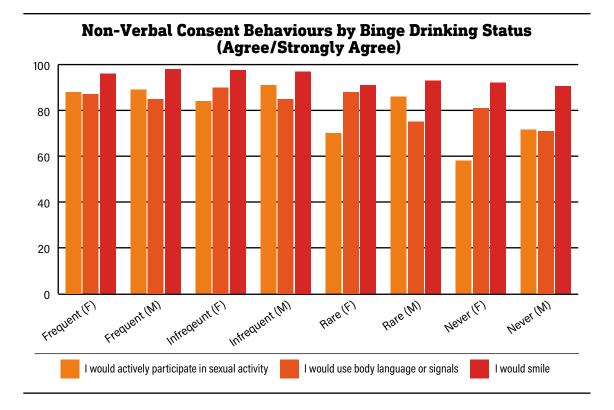


86% of female and 74% of male frequent binge drinkers agree/strongly agree they would ask their partner if (s)he had a condom to communicate consent. 63% of female and 81.5% of male infrequent binge drinkers agree/strongly agree they would communicate consent in this way, compared to 68% of female and 80% of male rare binge drinkers. 42% of females and 53% of males who never binge drink agree/strongly agree they would do this to communicate consent.

## 7.13 Non-verbal Consent Behaviours of Single Males and Females by Binge Drinking Status

88% of female and 89% of male frequent binge drinkers agree/strongly agree they would actively participate in sexual activity. 84% of female and 91% of male infrequent binge drinkers agree/strongly agree they would communicate their consent in this way, compared to 70% of female and 86% of male rare binge drinkers. 58% of females and 71.5% of males who never binge drink agree/strongly agree they would do this to communicate their consent to sexual intercourse.

87% of female and 85% of male frequent binge drinkers agree/strongly agree they would use body language or signals to communicate their consent to sexual intercourse. 90% of female and 85% of male infrequent binge drinkers agree/strongly agree they would communicate their consent in this way, compared to 88% of female and 75% of male rare binge drinkers. 81% of females and 71% of males who never binge drink agree/strongly agree they would do this to communicate their consent to sexual intercourse.

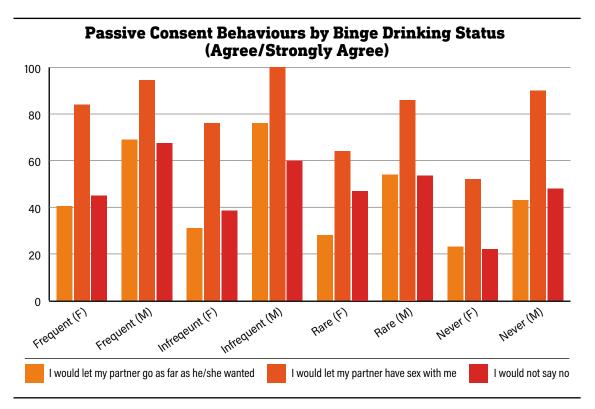


96% of female and 98% of male frequent binge drinkers agree/strongly agree they would smile to communicate their consent to sexual intercourse. 97.5% of female and 97% of male infrequent binge drinkers agree/strongly agree they would communicate their consent in this way, compared to 91% of female and 93% of male rare binge drinkers. 92% of females and 90.5% of males who never binge drink agree/strongly agree they would do this to communicate their consent to sexual intercourse.

## 7.14 Passive Consent Behaviours of Single Males and Females by Binge Drinking Status

40.5% of female and 69% of male frequent binge drinkers agree/strongly agree they would let their partner go as far as he/she wanted to communicate their consent to sexual intercourse. 31% of female and 76% of male infrequent binge drinkers agree/strongly agree they would communicate their consent in this way, compared to 28% of female and 54% of male rare binge drinkers. 23% of females and 43% of males who never binge drink agree/strongly agree they would let their partner go as far as he/she to communicate their consent to sexual intercourse.

84% of female and 94.5% of male frequent binge drinkers agree/strongly agree they would let their partner have sex with them to communicate their consent to sexual intercourse. 76% of female and 100% of male infrequent binge drinkers agree/strongly agree they would communicate their consent in this way, compared to 64% of female and 86% of male rare binge drinkers. 52% of females and 90% of males who never binge drink agree/strongly agree they would let their partner have sex with them to communicate their consent to sexual intercourse.

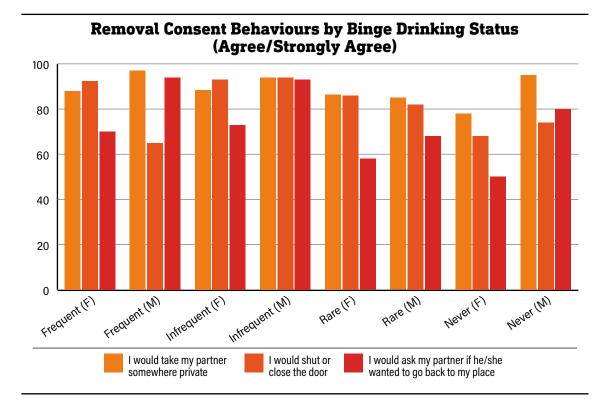


45% of female and 67.5% of male frequent binge drinkers agree/strongly agree they would not say "no" to communicate their consent to sexual intercourse. 38.5% of female and 60% of male infrequent binge drinkers agree/strongly agree they would communicate their consent in this way, compared to 47% of female and 53.5% of male rare binge drinkers. 22% of females and 48% of males who never binge drink agree/strongly agree they would not say "no" to communicate their consent to sexual intercourse.

## 7.15 Removal Consent Behaviours of Single Males and Females by Binge Drinking Status

88% of female and 97% of male frequent binge drinkers agree/strongly agree they would take their partner somewhere private in order to communicate their consent to sexual intercourse. 88.5% of female and 94% of male infrequent binge drinkers agree/strongly agree they would communicate their consent in this way, compared to 86.5% of female and 85% of male rare binge drinkers. 78% of females and 95% of males who never binge drink agree/strongly agree they would let their partner go as far as he/she to communicate their consent to sexual intercourse.

92.5% of female and 65% of male frequent binge drinkers agree/strongly agree they would shut or close the door to communicate their consent to sexual intercourse. 93% of female and 94% of male infrequent binge drinkers agree/strongly agree they would communicate their consent in this way, compared to 86% of female and 82% of male rare binge drinkers. 68% of females and 74% of males who never binge drink agree/strongly agree they would shut or close the door to communicate their consent to sexual intercourse.



70% of female and 94% of male frequent binge drinkers agree/strongly agree they would ask their partner if they wanted to go back to their place, in order to communicate their consent to sexual intercourse. 73% of female and 93% of male infrequent binge drinkers agree/strongly agree they would communicate their consent in this way, compared to 58% of female and 68% of male rare binge drinkers. 50% of females and 80% of males who never binge drink agree/strongly agree they would communicate their consent to intercourse by asking their partner if they wanted to go back to their place.

#### SUMMARY =

When analysed by gender, there were higher levels of agreement among females that they would use Initator behaviours to communicate consent to sex. When analysed by relationship status, males in a relationship tended to agree with the two more active items that reflect the dominant heterosexual script (92.5% agree/strongly agree "I would make a move and check my partner's reaction" vs. 85% of females; 63% agree/strongly agree "I would keep just keep moving forward in sexual behaviours or actions unless my partner stopped me" vs. 57.5% of females). However, for those who are single, agreement is strongest for the statement "I would make a move and check my partner's reaction", and stronger among males (87% agreement) than among females (67% agreement). When further analysed by binge drinking status, males tended to agree more strongly than females that they would use these behaviours to communicate their consent. Females agree more strongly than males for all three levels of analysis that they would "move my partner's hands to my pants or lower body" to initiate sexual behaviour and their consent to it.

For Verbal behaviours, regardless of gender, relationship status or binge drinking status, both males and females strongly agree that they would give permission to engage in sexual intercourse with the highest agreement from infrequent male binge drinkers at 97.5% and the lowest females who never binge drink at 68%. Males, regardless of relationship status or binge drinking status more strongly agree that they would suggest having sex to their partner, with highest agreement from males in a relationship at 82% and again, lowest agreement from females who never binge drink at 42%. Females' agreement that they would ask a partner if they have a condom, is highest for frequent binge drinkers at 86% and lowest for those who never binge drink at 42%.

With regard to Non-verbal behaviours, there is strong agreement regardless of gender, relationship status or binge drinking status with actively participating in sexual activity to communicate consent. However, agreement is lowest in those who never binge drink with 71.5% of males and 58% of females who agree/strongly agree compared to an average of 88% of male and 80% of female frequent, infrequent and rare binge drinkers.

There is strong agreement regardless of gender, relationship status and binge drinking status that participants would use body language or signals to communicate consent to sex, with highest agreement in female frequent binge drinkers at 90% and the lowest among males who never binge drink (71%). There is also very strong agreement regardless of gender, relationship status and binge drinking status for using a smile to communicate consent to sex. This is highest in male frequent binge drinkers at 98% and lowest in males who never binge drink at 90.5%. These two behaviours in particular are potentially problematic, especially in hooking up scenarios, as the people involved may not necessarily know each other well, if at all, nor understand the nuances of each other's non-verbal communication style. Of course, it is possible that these behaviours would be used in conjunction with other behaviours that are considered to be more active and affirmative.

For Passive behaviours – males in a relationship and single males who frequently binge drink most strongly agree with all three reported behaviours to communicate consent – that they would let a partner go as far as he/she wanted; that they would let a partner have sex with them and they would not say no. Notably, 94% of single females agree/strongly agree they would let a partner have sex with them in order to show consent. Agreement with this statement is also high amongst single female frequent binge drinker at 84% and infrequent female binge drinkers at 76%, and lowest for females who never binge drink at 52%.

Finally, for Removal behaviours there is strong agreement, regardless of gender, relationship status and binge drinking status with taking a partner somewhere private, and also that they would shut or close the door to indicate consent to sex. As students tend to live in shared accommodation or at home with their families, this is to be expected. However, agreement is also strong for asking a partner back to his/her place as a strategy to communicate consent to sex, notably amongst those who are single and binge drink frequently (70% of females: 94% of males) and binge drink infrequently (73% of females; 93% of males). This reduces for rare binge drinkers (58% of females; 68% of males) and further again for those who never binge drink (50% of females; 80% of males) who agree/strongly agree they would ask a partner back to their place as a means of communicating consent to sex.



# 8

# PREVALENCE AND INCIDENCE OF SEXUAL ASSAULT

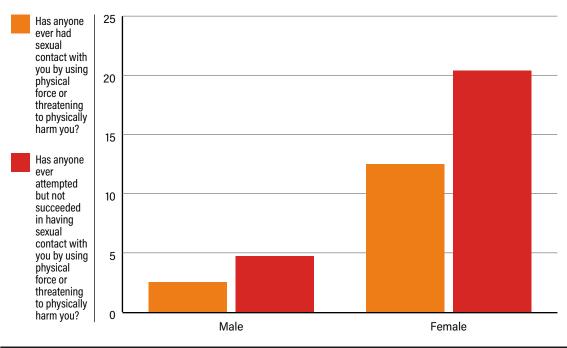
Two items from the Campus Sexual Assault (CSA) Study (Krebs et al., 2007) were adapted to measure experiences of sexual assault. This was from two perspectives – prevalence and incidence. When measuring experiences of sexual assault it is relevant to distinguish between "prevalence" and "incidence".

- Prevalence measures how many people have experienced sexual assault in their lifetime
- Incidence measures experiences report during a *given period of time* usually 12 months (this is the time period used in this research)

(National Institute of Justice, 2008)

#### 8.1 Prevalence of Sexual Assault

#### **Prevalence of Sexual Assault**

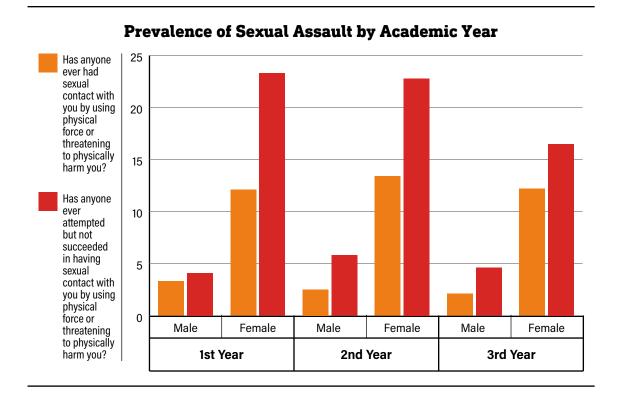


When analysed by gender, 12.5% of females and 2.5% of males report ever experiencing sexual contact where physical force or threats to physically harm them were used (n=1487; 1042,F; 445,M). 20% of females and 5% of males report sexual contact being attempted using physical force, or threatening to cause physical harm that was not successful (n=1485; 1039, F; 446, M).

#### 8.2 Prevalence of Sexual Assault by Academic Year

When prevalence of sexual assault was further analysed by academic year\*, 12% of females and 3% of males in their first academic year report someone ever having sexual contact with them by using physical force or threatening to physically harm them, with 13% of females and 2.5% of males in their second academic year and 12% of females and 2% of males in their third academic year and beyond.

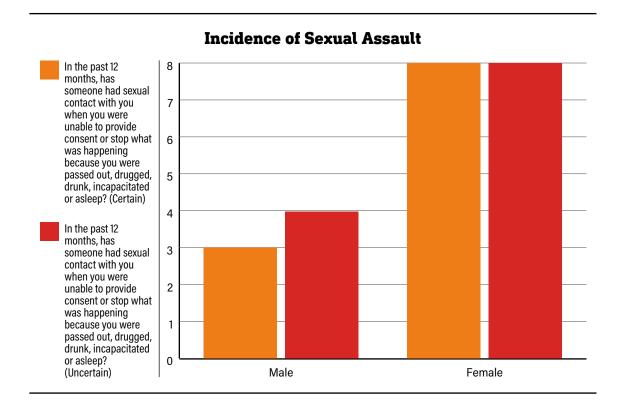
23% of females and 4% of males in their first academic year report someone ever attempting but not succeeding in having sexual contact with them by using or threatening to use physical force against them, with 23% of females and 6% of males in their second academic year and 16.5% of females and 5% of males in their third year and beyond.



<sup>\*</sup> Data were analysed from participants in 1st year, 2nd year and 3rd year+ (i.e. those in 3rd, 4th, 5th year combined) groups.

#### 8.3 Incidence of Sexual Assault

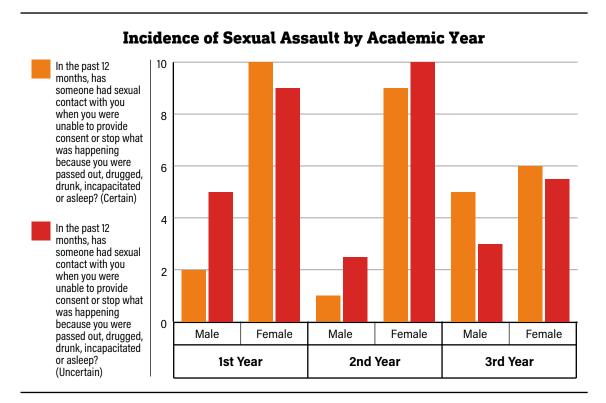
When asked about experiences of sexual contact in the past 12 months, where they were unable to provide consent or stop what was happening because they were passed out, drugged, drunk, incapacitated or asleep, 8% of females and 3% of males were certain this had happened (n=1480; 1036, F;444, M) 8% of females and 4% of males were uncertain but suspected it had happened (n=1477; 1033, F; 444, M).



#### 8.4 Incidence of Sexual Assault by Academic Year

When incidence of sexual assault was further analysed by academic year\*, in the past 12 months 10% of females and 2% of males in their first academic year were certain that someone had sexual contact with them when they were unable to provide consent or stop what was happening because they were passed out, drugged, drunk, incapacitated or asleep, with 9% of females and 1% of males in their second academic year and 6% of females and 5% of males in their third academic year +.

In the past 12 months, 9% of females and 5% of males in their first academic year were uncertain, but suspected, that someone had sexual contact with them when they were unable to provide consent or stop what was happening because they were passed out, drugged, drunk, incapacitated or asleep. By comparison,10% of females and 2.5% of males in their second academic year and 5.5% of females and 3% of males in their third academic year and beyond.



<sup>\*</sup> Data were analysed from participants in 1st year, 2nd year and 3rd year+ (i.e. those in 3rd, 4th, 5th year and beyond combined) groups.

#### 8.5 Unable to Consent and Certain – Experience by Gender

Those who report they are certain someone had sexual contact with them when they were unable to provide consent, or stop what was happening in the past 12 months, were asked to specify what they experienced, from a list of options. *Participants could check as many items as applied to them.* 

Of those who indicated what had happened to them, experiences are reported on by gender:

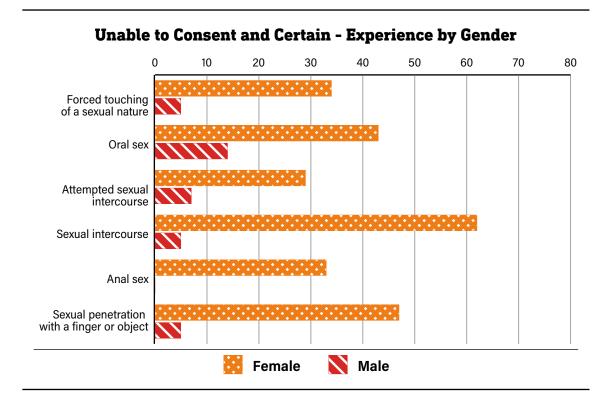
Forced touching of a sexual nature is reported by 34% of females and 5% of males

Oral sex is reported by 43% of females and 14% of males

Attempted sexual intercourse is reported by 29% of females and 7% of males

Sexual intercourse is reported by 62% of females and 5% of males

Anal sex is reported by 33% of females and none of the males



Sexual penetration with a finger or object is reported by 47% of females and 5% of males

#### 8.6 Unable to Consent and Uncertain – Experience by Gender

Those who report they are uncertain, but suspect someone had sexual contact with them when they were unable to provide consent, or stop what was happening in the past 12 months, were asked to specify what they experienced, from a list of options. *Participants could check as many items as applied to them.* 

Of those who indicated what had happened to them, experiences are reported on by gender:

Forced touching of a sexual nature is reported by 56.5% of females and 9% of males

Oral sex is reported by 33% of females and 13% of males

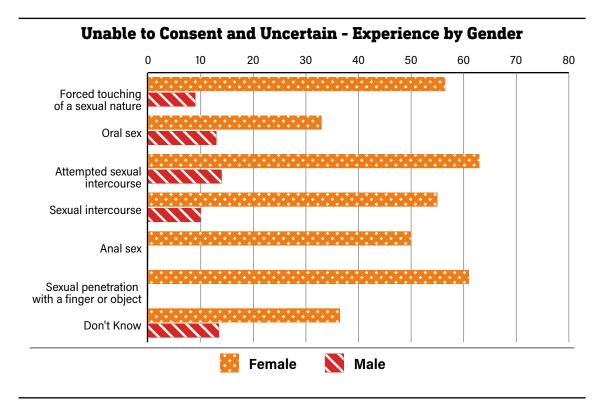
Attempted sexual intercourse is reported by 63% of females and 14% of males

Sexual intercourse is reported by 55% of females and 10% of males

Anal sex is reported by 50% of females and none of the males

Sexual penetration with a finger or object is reported by 61% of females and none of the males

36.5% of females and 13.5% of males who report experiences where they are uncertain, but suspect someone had sexual contact with them when they were unable to provide consent, do not know what happened to them.



#### 8.7 Who the Unwanted Experience Was With

From a list of available options, participants indicated who was involved in the unwanted sexual behaviour(s) experienced in the past 12 months. The following was reported:

6.4% stranger (88% female, 12% male)

4% acquaintance (86% female, 14% male)

3% non-romantic friend (91% female, 9% male)

1% casual or first date (76.5% female, 23.5% male)

Less than 1% indicated a current romantic partner (80% female, 20% male)

2% ex-romantic partner (87% female, 13% male)

A free text "other" option was also provided and availed of by 1% of respondents (all female) with responses including: "a classmate", "taxi driver", "dating partner", friend", "two male friends on a night out".

#### SUMMARY =

As prevalence represents how many people have experienced sexual assault in their lifetime, this incorporates occasions when the experience occurred before they came to college. 12.5% of females and 2.5% of males report sexual contact where physical force or threats to physically harm them in their lives. When asked if someone attempted but did not succeed in having sexual contact with them by using or threatening to use physical force in their lifetime, 20% of females and 5% of males report this experience.

Incidence of sexual assault relates to a precise timeframe, with 12 months specified in this survey item. Also, this item explicitly stated experiences of sexual contact where they were unable to provide consent or stop what was happening because they were passed out, drugged, incapacitated or asleep. 8% of females and 3% of males are certain this happened to them, with 8% of females and 4% of males uncertain.

Further analysis of incidence of sexual assault, shows that 10% of females and 2% of males in their first academic year are certain of sexual contact when they were unable to provide their consent in the past 12 months, while 9% of females and 5% of males are uncertain but suspect this has happened. 9% of females and 1% of males in their second academic year are certain of sexual contact where they were unable to provide their consent in the past 12 months, while 10% of females and 2.5% of males are uncertain but suspect this has happened. 6% of females and 5% of males in their third academic year+ are certain of sexual contact without their consent in the past 12 months while 5.5% of females and 3% of males in their third academic year+ are uncertain but suspect this has happened. This suggests that, for females, risk reduces over time; however, for males, whilst numbers of those reporting sexual contact without their consent is comparatively lower, more experiences are reported by those in their third academic year+ than for those in their first or second academic year.

For those who were certain that, in the past 12 months, someone has had sexual contact with them when they were unable to provide consent or stop what was happening, sexual intercourse is reported by 62% of the females and 5% of males; attempted sexual intercourse by 29% of females and 7% of males; oral sex by 43% of females and 14% of males and forced touching of a sexual nature by 34% of females and 5% of males.

Similarly, for those are uncertain but suspect that, in the past 12 months, someone has had sexual contact with them when they were unable to provide consent or stop what was happening, sexual intercourse is reported by 55% of females and 10% of males; attempted sexual intercourse by 63% of females and 10% of males; oral sex by 33% of females and 13% of males and forced touching of a sexual nature by 56.5% of females and 9% of males. Additionally, 36.5% of females and 13.5% of males who are uncertain but suspect someone has had sexual contact with them when they were unable to provide consent or stop what was happening to them do not know what happened to them.

# 9

# UNDERSTANDING OF MYTHS RELATED TO RAPE

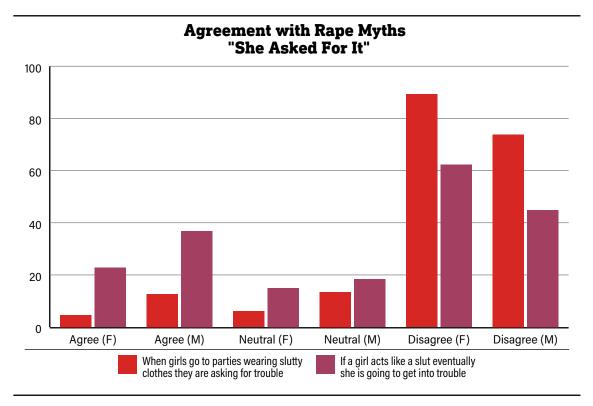
Drawing on gendered stereotypes, beliefs about the context in which sexual assault and rape occurs were assessed. Items selected from the Updated Illinois Rape Myth Scale (McMahon & Farmer, 2011) were used to assess rape myth acceptance on four sub-scales: "She asked for it" (AI); "He didn't mean to" (DM); "It wasn't really rape" (WR); "She lied" (SL). Four further items (provided by Galway Rape Crisis Centre, GRCC) are reported on from an Irish context and displayed separately. All items were presented randomly (i.e., not including sub-scale headings, nor were they grouped according to sub-scale) as statements. Participants indicated their agreement on a 5 point Likert scale, from 'strongly disagree' to 'strongly agree', that was then collapsed into agree, neutral, disagree.

A selection of the statements and ratings for agreement by respondents are reported here. (n=1359; 967, F; 392, M)

#### 9.1 Agreement with Rape Myths

#### **She Asked For It (AI)**

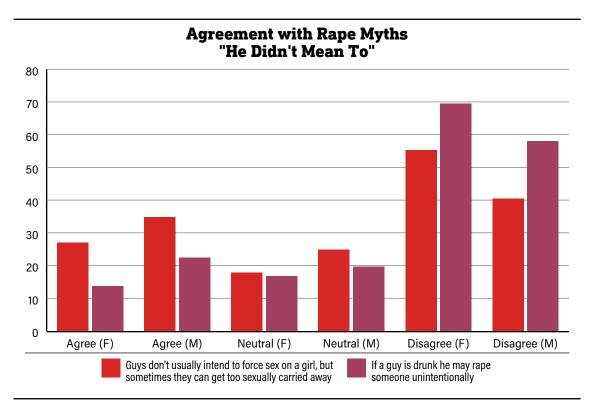
5% of females and 13% of males agree with the statement "when girls go to parties wearing slutty clothes they are asking for trouble". 89% of females and 74% of males disagree, with 6% of females and 13% of males neutral.



23% of females and 37% of males agree with the statement "if a girl acts like a slut eventually she is going to get into trouble". 62% of females and 45% of males disagree, with 15% of females and 18% of males neutral.

#### He Didn't Mean To (DM)

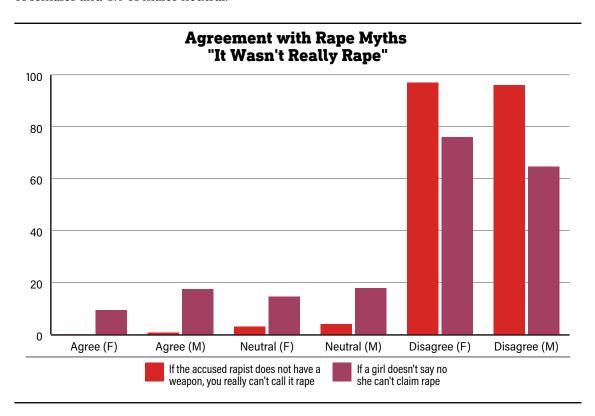
27% of females and 35% of males agree with the statement "guys don't usually intend to force sex on a girl, but sometimes they get too sexually carried away". 55% of females and 40% of males disagree, with 25% of males and 18% of females neutral.



14% of females and 22% of males agree with the statement "if a guy is drunk he may rape someone unintentionally". 65.5% of females and 58% of males disagree, with 17% of females and 20% of males neutral.

#### It Wasn't Really Rape (WR)

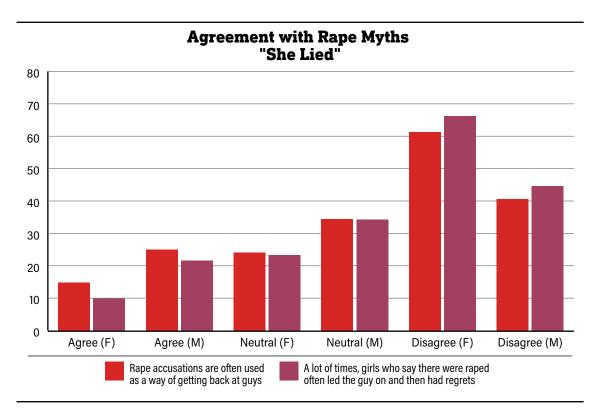
No female and less than 1% of males agree with the statement "if the accused "rapist" does not have a weapon, you really can't call it rape". 97% of females and 96% of males disagree, with 3% of females and 4% of males neutral.



9% of females and 17% of males agree with the statement "if a girl doesn't say "no" she can't claim rape". 76.5% of females and 65% of males disagree, with 14.5% of females and 18% of males neutral.

#### She Lied (SL)

15% of females and 25% of males agree with the statement "rape accusations are often used as a way of getting back at guys". 61% of females and 41% of males disagree, with 24% of females and 34% of males neutral.



10% of females and 22% of males agree with the statement "a lot of times, girls who say they were raped often led the guy on and then had regrets". 66% of females and 44.5% of males disagree, with 23% of females and 34% of males neutral.

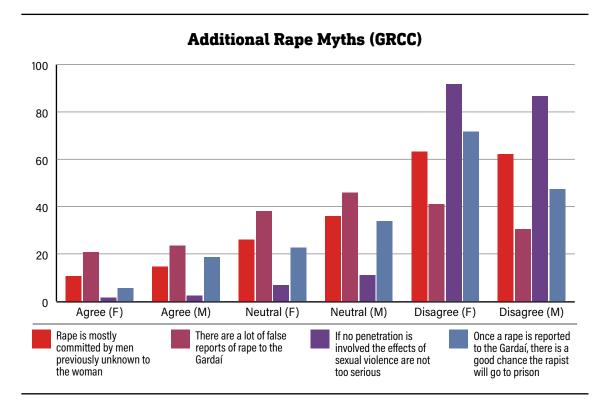
#### 9.2 Additional Rape Myths

Four additional statements were adapted from *Galway Rape Crisis Centre Disclosure Training* materials designed to further assess acceptance of commonly held myths regarding sexual assault perpetration.

11% of females and 15% of males agree with the statement "rape is mostly committed by men previously unknown to the woman". 62% of males and 63% of females disagree, with 26% of females and 36% of males neutral.

21% of females and 24% of males agree with the statement "there are a lot of false reports to the Gardaí". 41% of females and 30.5% of males disagree, with 38% of females and 46% of males neutral.

2% of both males and females agree with the statement "if no penetration is involved the effects of sexual violence are not too serious". 92% of females and 87% of males disagree, with 7% of females and 11% of males neutral.



7% of females and 19% of males agree with the statement "once a rape is report to the Gardaí there is a good chance the rapist will go to prison". 72% of females and 47% of males disagree with 34% of males and 23% of females neutral.

#### $_{=}$ SUMMARY =

There are some noticeable gender similarities in agreement with rape myths, as well as differences between the genders.

For the sub-scale "She Asked For It" 5% of females and 13% of males agree with the statement "when girls go to parties wearing slutty clothes they are asking for trouble". This suggests that, regardless of gender, there is low agreement that how female dresses insinuates that she is inviting unwanted sexual contact. However, 23% of females and 37% of males agree with the statement "if a girl acts like a slut eventually she is going to get into trouble". This level of agreement is notably higher than with the previous item, and suggests some openness to the idea that female expression of sexuality will lead to sexual violence.

For the sub-scale "He Didn't Mean To", 27% of females and 35% of males agree with the statement "guys don't usually intend to force sex on a girl, but sometimes they get too sexually carried away". This level of agreement is relatively high, considering that the word "force" is explicit in the statement. 14% of females and 22% of males agree with the statement "if a guy is drunk he may rape someone unintentionally". Again, the level of agreement is relatively high with excusing rape in situations where the male is drunk and the assault is perceived to be inadvertent.

For the sub-scale, "It Wasn't Really Rape" none of the females and just 1% of males agree with the statement "if the accused "rapist" does not have a weapon, you can't call it rape". However, 9% of females and 17% of males agree with the statement "if a girl doesn't say "no" she can't claim rape", suggesting that the onus of responsibility

is on the female to verbally stop what is happening. It is a cause of concern when considered in conjunction with agreement with the myth that "if a guy is drunk he may rape someone unintentionally".

For the sub-scale "She Lied", 15% of females and 25% of males agree with the statement "rape accusations are often used as a way of getting back at guys". Similarly, 10% of females and 22% of males agree with the statement "a lot of the times, girls who say they were raped often led the guy on and then had regrets", effectively absolving the perpetrator of responsibility for their behaviour.

Of the additional Rape Myths used by GRCC in their disclosure training materials, 21% of females and 24% of males agree with the statement "there are a lot of false reports to the Gardaí". Moreover, 7% of females and 19% of males agree that "once a rape is reported to the Gardaí there is a good chance the rapist will go to prison". This reflects a gender difference in the belief in the likelihood of conviction. Although there are no available statistics to repudiate these myths in an Irish context, anecdotal evidence from the RCC sector suggests that, taking into consideration the complexity involved in cases related to sexual assault, as well as the potential distress taking such a case would cause that it is unlikely that there are a "lot of false reports" being made to the Gardaí. 11% of females and 15% of males agree with the statement that "rape is mostly committed by men previously unknown to the woman". The reality is that, according to the most recently available statistical data, 85% of people who commit sexual assaults are known to their victims (Rape Crisis Network Ireland National Statistics, 2015).



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The Bystander Attitude Scale Revised (BAS-R, McMahon, 2010) was used to measure participants' likelihood to intervene before, during, or after witnessing a sexual assault or a situation in which there is a risk of an assault happening. This was assessed on a 5 point Likert scale ranging from 'not likely' to 'extremely likely'. The two points 'extremely' and 'very likely' have been collapsed to give one rating. Ten of the scale items related to sexual behaviour specifically are reported on here. These refer to both personal behaviours and likelihood to intervene in a situation involving others.

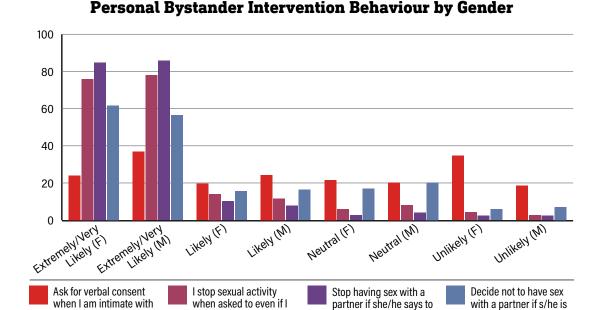
#### 10.1 Bystander Intervention - Personal Behaviours

24% of females and 37% of males are extremely/very likely to "ask for verbal consent when I am intimate with my partner even if we are in a long-term relationship". 20% of females and 24% of males are likely to do this, while 35% of females and 18.5% of males are unlikely to. 22% of females and 20% of males are neutral.

76% of females and 78% of males are extremely/very likely to "stop sexual activity when asked to even if I am already sexually aroused". 14% of females and 12% of males are likely to do this, while 4% of females and 3% of males are unlikely to. 6% of females and 7% of males are neutral.

85% of females and 86% of males are extremely/very likely to "stop having sex with a partner if she/he says to stop even if it started consensually". 10% of females and 8% of males are likely to do this, while 2% of females and males are unlikely to .3% of females and 4% of males are neutral.

62% of females and 56% of males are extremely/very likely to "decide not to have sex with a partner if she/he is drunk". 15.5% of females and 16% of males are likely to do this, with 6% of females and 7% of males unlikely to. 17% of females and 20% of males are neutral.



stop even if it started

consensually

am already sexually

aroused

my partner even if we

are in a long term

relationship

#### 10.2 Bystander Intervention - Behaviour of Others

The following six items asked how likely participants are to intervene in a sexual situation where the behaviour of another person could lead to a non-consensual sexual encounter (and one item reporting a friend who has committed rape).

70% of females and 35% of males are extremely/very likely to "check in with my friend who looks drunk when she/he goes to a room with someone else at a party". 17% of females and 19% of males are likely to do so, with 5% of females and 19% of males unlikely to. 8% of females and 27% of males are neutral.

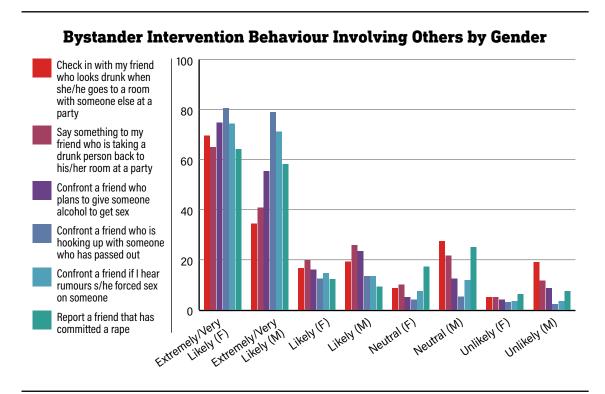
65% of females and 41% of males are extremely/very likely to "say something to my friend who is taking a drunk person back to his/her room at a party". 20% of females and 25% of males are likely to do so, with 5% of females and 12% of males unlikely to. 10% of females and 22% of males are neutral.

75% of females and 55.5% of males are extremely/very likely to "confront a friend who plans to give someone alcohol to get sex". 16% of females and 23% of males are likely to do so, with 4% of females and 9% of males are unlikely to. 5% of females and 12% of males are neutral.

80.5% of females and 79% of males are extremely/very likely to "confront a friend who is hooking up with someone who has passed out". 12.5% of females and 13.5% of males are likely to do so, with 3% of females and 2% of males unlikely to. 4% of females and 5% of males are neutral.

74% of females and 71% of males are extremely/very likely to "confront a friend if I hear rumours that s/he forced sex on someone". 15% of females and 13% of males are likely to do so, with 3.5% of both females and males unlikely to. 7.5% of females and 12% of males are neutral.

64% of females and 58% of males are extremely/very likely to "report a friend that committed a rape". 12% of females and 9% of males are likely to do so, with 6% of females and 7.5% of males unlikely to. 18% of females and 25% of males are neutral.



#### SUMMARY =

The participants' responses to the personal sexual related behaviours assessed on the Bystander Attitudes Scale agreement are generally positive across the scale items reported on here. It is relevant to note that these items reflect attitude and intention rather than self-reported behaviour (as was measured with the Perceptions of the Consent to Sex Scale, Jozkowski, 2014), in that participants are assessing what they would be *likely to do* if they found themselves in a particular situation.

When the three likelihood scores are summarised into one level of agreement:

44% of females and 61% of males are likely to "ask for verbal consent when I am intimate with my partner even if we are in a long-term relationship". This item has the lowest level of agreement for both females and males. It may be reflective of the different strategies that can be used to communicate consent - particularly for those who are in a relationship - that do not involve specifically verbalising, but indicating their enthusiastic, active and affirmative consent in other ways.

90% of both females and males are likely to "stop sexual activity when asked to even if I am already sexually aroused".

95% of females and 94% of males are likely to "stop having sex with a partner if she/he says to stop even if it started consensually".

77% of females and 72% of males are likely to "decide not to have sex with a partner if she/he is drunk".

However, when likelihood to intervene in sexual situations involving the behaviour of others was analysed there are significant gender differences in attitude to such interventions.

87% of females and 54% of males are likely to "check in with my friend who looks drunk when she/he goes to a room with someone else at a party". 27% of males are neutral compared to just 8% of females, with 19% of males and 5% of females unlikely to intervene. This suggests female camaraderie to be strong, whereas some males are less likely to, as they see it, "interfere" regardless of what the implications may be for their drunk friend.

85% of females and 66% of males are likely to "say something to my friend who is taking a drunk person back to his/her room at a party". Almost a quarter of males (22%) report that they are neutral compared to 10% of females, with 5% of females and 12% of males unlikely to intervene. Again, female inclination towards intervention is stronger than males; however, in this instance where the friend is taking a drunk person back to their room (there is no indication as to the level of drunkenness of the friend) there is a higher level of agreement from male that they would intervene.

91% of females and 78.5% of males agree they are likely to "confront a friend who plans to give someone alcohol to get sex". 5% of females and 12% of males are neutral with 4% of females and 9% of males unlikely to intervene. This is concerning, as the statement is explicit in that the intention is to ply someone with alcohol and potentially render them incapacitated to have sex with them, thereby negating their capacity to give consent.

Of most concern is those who are likely to "report a friend that committed rape". The statement is unambiguous in that the friend has committed the assault, yet there is relatively low agreement with 76% of females and 67% of males likely to report their friend. 17% of females and 25% of males are neutral with 6% of females and 7.5% of males unlikely to report a crime of rape.



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