

# **“Wasted Sex” Conversation on the Drunk Hook-Up Outline**

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- I. Introductions (5 min)
  - a. Who are you & Why are you here?
  - b. Introduce ourselves
    - i. We recognize that not everyone drinks
    - ii. We recognize that not everyone is sexually active
    - iii. We recognize that not everyone who does drink and is sexually active, combines these two activities
  - c. Create groundrules
- II. Good sex (15 min)
  - a. Split room into two groups. Provide each group with markers and easel paper.
  - b. Introduce this activity as a competition. The winner is the group that has the best/most ways to complete this sentence: “Good sex is...”
  - c. Good sex is... (in case the group has difficulty getting started, here are some possibilities)
    - i. Love
    - ii. Fun
    - iii. Passion
    - iv. Emotions
    - v. Pleasure
    - vi. Safe
    - vii. Consensual
    - viii. Erotic
    - ix. Stimulating
    - x. Comfortable
    - xi. Respectful
    - xii. Spontaneous
    - xiii. Intensive
    - xiv. Makes you feel valued
    - xv. Mutual
    - xvi. You can laugh
    - xvii. Stress relieving
  - d. Ask a representative from each group to present their list.
  - e. Processing questions
    - i. What do you notice about these lists?
    - ii. What was it like to brainstorm this list together?
    - iii. Is this the kind of sex that your peers are having? If not, why is this the list we came up with?
      1. Ask group to consider the reasons they may have created a list that may not be representative of their behaviors, experiences, or even desires.
    - iv. How can we achieve good sex?
      1. Respect

2. Comfortable
  3. Trust
  4. New stage
  5. Relationship
  - v. Where do we learn about what “good sex” is?
    1. Media
    2. Peers
    3. Practice
    4. Family
  - vi. What are the difficulties in achieving this?
    1. Awkward
    2. May just want to get to the “end” or goal (orgasm)
- III. Transition: Beer goggles & condoms (5 min)
- a. Note: When we facilitated this, we were able to secure both “beer goggles” – goggles that create the visual sensation of being drunk – and a phallus/condoms. In the absence of those props, you may wish to create an alternate transition from “Good sex” to the “Drunk Hook-Up”
  - b. Ask for two volunteers to come to the front of the room.
  - c. Tell them that you would like one person to wear the “beer goggles” and the other person to hold the phallus. Give the goggled participant a condom and ask him/her to put a condom on the phallus.
  - d. If either individual seems uncomfortable, they do not have to do this activity. Pay close attention to their cues.
  - e. Ask audience to applaud the participants for volunteering
  - f. Processing questions
    - i. What did you see go on there?
    - ii. Was it awkward? (Ask participants if they are comfortable sharing what their experience was of the activity)
    - iii. Did both people help out, or was one person doing most of the activity? Was there explicit consent?
- IV. Drunken Hook-Up
- a. Transition: This activity gives us an opportunity to examine one of the potential influences on “good sex” – alcohol.
  - b. Write on board/easel “Drunk Hook-Up.” Split board in half and write “Rewards” on left, “Challenges” on the right.
  - c. As a large group, brainstorm what they identify as the rewards or challenges to having sex while drinking.
  - d. Rewards
    - i. Pleasure
    - ii. Rush
    - iii. Feels good
    - iv. Confidence
    - v. Uninhibited or less inhibited
    - vi. Have stories to tell the next day, helps to fit in with peers
    - vii. Expectation
    - viii. Culture of drinking

- e. Challenges
  - i. Might be a way to avoid acknowledging what is happening, consequences
  - ii. Risk of STI's and pregnancy (Research suggests that men are much less likely to use a condom when drinking than when sober.)
  - iii. Desire for intimacy unmet
  - iv. Reputation (for women, given the double-bind)
  - v. Walk of Shame
    - 1. Encourage group to consider why women get a "reputation" but men get points for being sexual.
  - vi. Rumors
  - vii. Trust
  - viii. Lack of memory of the experience
  - ix. Decreased pleasure
  - x. Self-esteem
  - xi. Regret
  - xii. Sexual violence
    - 1. Often the group does not come up with this, you may need to introduce it.
    - 2. Clarify the responsibility of the individual initiating sex, not on the survivor for drinking.
- V. Ask participants "Why do people hook up when they're drunk? (or Why alcohol & sex?)"
  - a. Lowers inhibitions (& standards)
  - b. Easier to express awkward feelings, be vulnerable
  - c. Makes someone "wild"
    - i. Some research has shown that individuals who are drinking seltzer water and told it has alcohol will behave in more sexual ways.
    - ii. Alcohol is not just the actual drug's effect itself, but also the ways we *expect* to be affected.
    - iii. For men, this may allow them to excuse their vulnerability and desires as being about the alcohol.
    - iv. For women, this may allow them to excuse their sexual desires as being created by the alcohol, rather than an internal feeling.
  - d. Get someone relaxed, in bed
    - i. May impact the ways conversations around consent occur
  - e. Stress relief/reward
  - f. Avoid dating
  - g. Bravery
  - h. Anonymity, no connection
- VI. Media's pros & cons
  - a. Alcohol is an excuse
  - b. Alcohol & sex shouldn't mix
  - c. Sex & alcohol is supposed to create value & intimacy
- VII. Consent - we didn't talk about consent in condom demo
  - a. How does alcohol affect consent & communication around sex?
  - b. How does communication around alcohol happen?

- c. Can someone give consent when they're drunk?
    - i. When is it sexual assault?
    - ii. Is sexual assault about a miscommunication when alcohol is involved?
    - iii. Who is responsible?
    - iv. Legally & morally, if someone can't understand what they're consenting to, they're not giving consent. How do we know when that line has been crossed?
      - 1. Define sexual assault
  - d. Targeting people with alcohol
    - i. Why do men buy women free drinks?
    - ii. What is the intent behind that?
    - iii. Why is this behavior seen as acceptable?
- VIII. How can we work towards "good sex"?
- a. For ourselves?
    - i. Knowing what we want, increasing our ability to talk about our sexual desires
    - ii. Paying attention to how and why we may use alcohol, and deciding how we might want to use it to have "better sex"
  - b. For our partners?
    - i. Have conversations with each other – outside of a sexual situation – about desires, ways to have "enthusiastic consent"
  - c. For our community?
    - i. "Good sex" and safety are a community responsibility
    - ii. The ways we promote healthy sexual conversations with our friends, families, not just our partners, help promote "good sex" for our community
    - iii. Also means intervening when we see someone using alcohol to take advantage of another person.
- IX. Writing reflection exercise (Can be provided as a handout)
- a. Take a moment and write. These are just for you, no one else.
    - i. Two things you can do to increase healthy sexuality
    - ii. Two things you can do to decrease sexual violence
  - b. Discuss these as a large group. Any insights?
  - c. Empower the group to be responsible and conscientious of their role to promote this in their community.
- X. Resources
- a. Include local rape crisis hotline, sexual health resources, alcohol and addition resources.
  - b. Include ways to get involved with comprehensive sex education, sexual violence prevention education.
  - c. Include personal contact information for specific questions.