



SEXUAL PLEASURE

Excessive drinking will not enhance sexual enjoyment. The old Shakespeare quote is still applicable today: **“alcohol provokes the desire, but takes away the performance.”**

‘Brewers droop’ in males and difficulty in achieving orgasm in females is not uncommon whilst drunk.

ADDITIONAL INFO FOR WOMEN:

- If you're drunk you're less likely to stop and ensure a condom is being used and that it is being used properly.
- When having a night out, look after your friends and don't leave them alone, especially with someone unknown to you.
- Avoid leaving drinks unattended.

USEFUL NUMBERS

Sexwise: 0800 28 29 30 (7am - midnight)

Family Planning Association: 0141 576 5088
www.fpa.org.uk

British Pregnancy Advisory Service
National Action Line: 0845 730 40 30

- (1) Rhodes and Cork, 1995
- (2) Health Education Authority
- (3) Wight, 2000
- (4) Durex, 1999
- (5) Royal College of Physicians

If you're concerned about your own or someone else's drinking, contact **Alcohol Focus Scotland** for further information or information on the alcohol advice agency nearest to you.

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Alcohol Focus Scotland

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Alcohol and sexual health



www.alcohol-focus-scotland.org.uk

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Research has shown that, after drinking, some people have unprotected sex or sex with someone which they later regret. Alcohol is a risk factor in relation to sexual health.

Alcohol enters your bloodstream and circulates to other parts of your body, including your brain. It's a potent drug - the more you drink the more it affects you. The effect of alcohol on the brain reduces your level of inhibition and may make you more likely to say or do things that you could later regret. This doesn't mean that the alcohol is to blame - alcohol often provides a reason and excuse for engaging in unsafe sexual behaviour⁽¹⁾.

STAGGERING FACTS

A study by HEA⁽²⁾ of 16-24 year olds shows that after drinking:

- 1 in 7 had unsafe sex.
- 1 in 5 had sex which they later regretted.
- 1 in 10 were unable to remember whether they had sex the night before.
- 40% thought they were more likely to have casual sex.

Other research shows:

- 40% of 13 & 14 year olds were 'drunk or stoned' when they first experienced sexual intercourse.⁽³⁾
- 1 in 5 adult men and 1 in 6 adult women admitted to having unsafe sex after drinking too much.⁽⁴⁾
- 37% of 16-19 year olds said they had regular sexual intercourse. Of those, 64% said they had sex after drinking and only 37% always used condoms.⁽⁵⁾

The system of measuring drinks in units was devised over 20 years ago. Since then we have seen many developments in the strength and variety of alcoholic products. It is no longer accurate to say one glass of wine = 1 unit. This is only true of a glass of wine at 8%ABV in a 125ml glass. A glass of wine at 13% in a 175ml glass = 2.3 units.

Being responsible is important - having unprotected sex can lead to pregnancy or sexually transmitted infections, including HIV and AIDS.

- The contraceptive pill will protect against pregnancy, but you're not protected from other sexually transmitted infections without a condom.
- Being drunk also means you're more likely to forget to take the pill.
- Remember, if a woman drinks too much and is sick, the contraceptive pill may not work and thus there is a risk of pregnancy.

**BE AWARE,
BE RESPONSIBLE,
STAY SAFE!**

USEFUL TIPS - SEXUAL HEALTH

- Know how to use a condom and practice when sober.
- Carry a supply of condoms and check the expiry dates regularly. Don't use a condom if it's out of date or the foil wrapper appears to be damaged.
- Never use a condom more than once!
- Find out where your local sexual health service is located.

It is important to know the strength of drink(%ABV) and volume/ amount of liquid, to know how many units a drink contains.

Wine at 13%ABV in a 175ml glass = 2.3 units

Here's how to work it out:

Multiply the volume of drink by % ABV, then divide by 1000.
For example: $175 \times 13 = 2,275 \div 1000 = 2.275$ (2.3 units).

EMERGENCY CONTRACEPTION

Emergency contraceptive pills can be taken up to 72 hours after sex when you haven't used contraception or if you've used a condom and it comes off or splits. They will help prevent a possible pregnancy. The sooner you take emergency contraceptive pills the better.

Alternatively, an emergency IUD (coil) may be fitted within 5 days of unprotected sex. Emergency contraception is available free of charge from G.P.s or local sexual health services. Emergency contraception (pills only) is now available over-the-counter in pharmacies and costs approximately £20.

USEFUL TIPS - ALCOHOL

- Eat before you drink - food helps to slow the absorption of alcohol into the bloodstream.
- Alcohol & drugs don't mix - avoid trying it!
- Reduce your risk of a hangover - have a soft drink for every alcoholic drink or at least drink water before going to bed.
- Watch out for yourself and your friends - don't lose control!
- Respect the decision of others. Some people choose not to drink for all sorts of reasons, e.g. they don't like to feel out of control or simply don't like the taste.

