

Trojan/SIECCAN Sexual Health of Canadian University Students Study: Report on Modern Sex Trends (Porn, Cannabis, Alcohol, and Tinder/Grinder Use)

Sex Information and Education Council of Canada (SIECCAN)
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This report is based on the February 2019 Trojan/SIECCAN study of the sexual health of 1,500 Canadian university students who completed a 64-item online survey administered by the Leger polling firm. In the following analyses we compare different groups, looking at the percentages of people who responded in a certain way (e.g., the percentage of people who said “yes” or “no” when asked if they had an orgasm at their last sexual encounter) and whether those people differ depending on another variable (e.g., whether they consumed cannabis prior to having sex). To do this, we used chi-square analyses to determine whether there were significant differences at the $p < .05$ level. In the text below, when we report that one group was “more/less likely” to report a behaviour or outcome, that groups “did/did not differ”, or that there was “an association” we are referring to statistically significant differences and associations. Statistics which may be of particular interest are bolded. At the end of each section, potential key messages arising from the data are presented.

Porn Use

For these analyses, “regular porn use” was defined as viewing porn online “once a week or more” compared to people who viewed it less frequently (e.g., once a month, a few times in the past month, a few times in the past year, or did not view it at all in the past year).

Overall Use

- **Overall, about 34% of the sample indicated that they viewed porn once a week or more**
- **Men were more likely than women to report viewing porn once a week or more: 55.8% of men vs. 22.2% of women**
- People who were single (i.e., not dating anyone or dating casually) were more likely to use porn once a week or more (38.6%) compared to people that were living together/engaged/married (29%)
- Approximately 35% of people who were “seriously dating” said they viewed porn once a week or more
- Men who were living with/engaged/married to their partner (44.6%) were less likely to use porn once a week or more compared to men who were seriously dating their partner (64.4%).

- Approximately 56% of men who were single/casually dating reported that they viewed porn once a week or more
- Women's porn viewing frequency was not associated with their relationship status

Orgasm

- **For people whose last sexual encounter was with a committed partner: people who watched porn once a week or more were more likely to have an orgasm during their last sexual encounter (75%) compared to people who did not watch porn as often (62.4%).**
- For people whose last sexual encounter was with a casual partner: there was no difference in the percentage of people who had an orgasm during the last sexual encounter based on how often they watched porn.

Communication about Sexual Preferences

- **People who watched porn more often (i.e., once a week or more) were more likely to report that they communicated about their sexual preferences with their partner(s) on a frequent basis; (53% of people who viewed porn regularly vs. 42.7% who did not regularly view porn)**

Pleasure

- Porn use frequency was not associated with whether or not participants reported their last sexual encounter (i.e., penis/vagina sex, anal sex, receiving oral sex) to be "very pleasurable" for either women or men.

Happiness with Sexual Life

- Women who viewed porn more regularly did not differ from women who viewed porn less regularly: 24.6% of women who viewed porn once a week or more and 27.4% of women who viewed porn less regularly said that they were "very happy" with the sexual part of their lives
- **There was a difference for men: Men who viewed porn more often were less likely to report that they were "very happy" with the sexual aspect of their lives (21.2%) compared to men who viewed porn less often (37.2%).**

Sexual Satisfaction in Relationships

- **There was no difference in the percentage of people said that their primary relationship was "very sexually satisfying" based on how often they viewed porn**

Emotional Satisfaction in Relationships

- Gender
 - Men who viewed porn regularly did not differ from men who viewed porn less regularly: 50% of men who viewed porn once a week or more and 53.5% of men who viewed porn less regularly said that their primary relationship was "very emotionally satisfying"

- **There was a significant difference for women: Women who viewed porn more often were less likely to report that their primary relationship was “very emotionally satisfying” (41.2%) compared to women who viewed porn less often (54.1%).**

Condom Use

- Penis/Vagina Sex
 - **Men who viewed porn more often (i.e., once a week or more) were less likely to report using a condom during their last penis/vagina sexual encounter (48%) compared to men who viewed porn less often (75%).**
 - Women who viewed porn more regularly did not differ significantly from women who viewed porn less regularly in whether or not they used a condom during their last penis/vagina sexual encounter (42.1% of women who watched porn regularly vs. 47.7% who did not regularly watch porn said that they used a condom)
- Anal Sex
 - There was no difference in the percentage of people who said they used a condom during their most recent sexual experience based on whether they viewed porn once a week or more (58.4%) compared to people who viewed it less often (51.9%).

KEY MESSAGES: PORN USE

About one third of people in our study watched porn once a week or more. In our view, the data suggest that in general, watching porn on a regular basis (i.e., once a week or more) does not appear to have a substantial negative impact on people’s lives. In fact, there appears to be some possible benefits to watching porn in that porn users are more likely to communicate their likes/dislikes and that committed partners who watch porn on a regular basis were more likely to have an orgasm at their most recent sexual encounter.

- Approximately one third of participants viewed porn once a week or more.
- Men were more likely to say that they viewed porn once a week or more.
- People who were single/casually dating were more likely to say that they viewed porn once a week or more.
- For women, viewing porn regularly was not associated with condom/barrier use during their last sexual encounter (i.e., penis/vagina or anal sex). However, men who viewed porn more regularly were less likely to say that they used a condom the last time they had penis/vagina sex.
- Frequency of porn viewing was not associated with whether or not people found their last sexual encounter to be “very pleasurable.”
- Viewing porn more frequently was associated with communication of sexual preferences: people who viewed porn once a week or more were more likely to say that they communicated with their partner about their sexual preferences on a frequent basis.
- People who reported that their last sexual encounter was with a committed partner (e.g., living with them, engaged and married) were more likely to have an orgasm during

that encounter if they viewed porn regularly compared to people who viewed it less often.

- There was no association between the frequency of porn viewing and sexual satisfaction in a primary relationship. However, men who viewed porn regularly were less likely to be “very happy” with their sexual lives overall. Women who viewed porn regularly (i.e., once a week or more) were less likely to say that their relationship was “very emotionally satisfying” but there was no effect of viewing porn on sexual satisfaction for women.

Cannabis Use

Overall Use

- **Of the participants who reported that they had sex at least once in the previous year, 15.7% of indicated that they had consumed cannabis/marijuana in any form in the two hours before their most recent sexual encounter.**
- Men (22%) were significantly more likely than women (11.6%) to report consuming cannabis/marijuana in any form in the two hours before their most recent sexual encounter.
- People who were single/casually dating were more likely to report using cannabis/marijuana in the two hours before their most recent sexual encounter compared to people who were seriously dating (18.6% vs. 11.3% respectively)
- 16.6% of people who were living with/engaged/married to their partner said that they used cannabis/marijuana in any form in the two hours before their most recent sexual encounter.

Orgasm & Pleasure

- Consuming cannabis/marijuana in the two hours prior to the last sexual encounter was not associated with whether or not participants reported their sexual encounter (i.e., penis/vagina sex, anal sex, receiving oral sex) to be “very pleasurable”.
- There was no difference in whether men reported an orgasm during their last sexual encounter based on whether or not they consumed cannabis in the two hours before.
- **Women who consumed cannabis/marijuana in the two hours before their last sexual encounter were significantly more likely to report having an orgasm compared to women who did not consume cannabis (68.2% vs. 52.5% respectively)**

Happiness with Sexual Life

- **People who reported using cannabis/marijuana prior to their last sexual encounter were more likely to say that they were “very happy” with their sexual life (35.7%) compared to people who did not use cannabis/marijuana (27.5%).**

Condom Use

- **Cannabis/marijuana use was not associated with condom use at last penis-vagina sexual encounter**
- People who used cannabis/marijuana prior to their last sexual encounter were more likely to use a condom for anal sex compared to people who did not use cannabis/marijuana (81.8% vs. 40.8% respectively).

KEY MESSAGES: CANNABIS USE

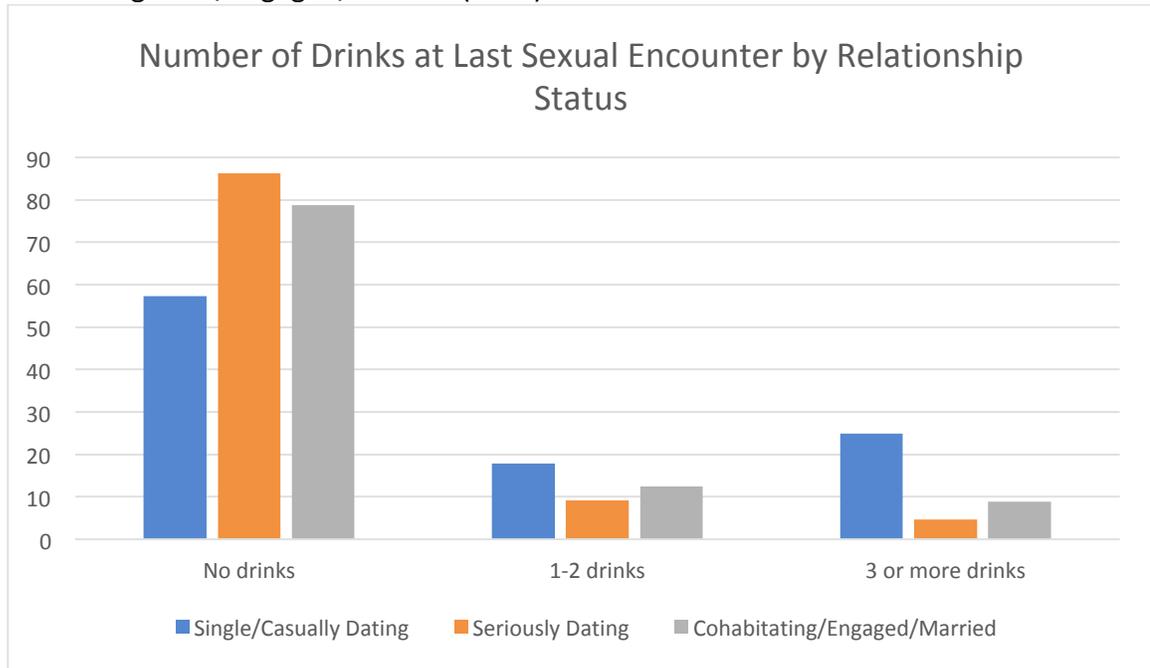
Of the participants who were recently sexually active (i.e., had sex within the past year), about 15% said that they used cannabis/marijuana in the two hours prior to their last sexual encounter. Overall, cannabis use was not associated with pleasure but was linked to a greater likelihood of having an orgasm at last sexual encounter for women. Cannabis use does not appear to be associated with lower rates of condom use. In fact, people who used cannabis were more likely to report using a condom/barrier during anal sex.

- Men were more likely to say that they consumed cannabis prior to their last sexual experience.
- People who were single/casually dating were more likely to use cannabis prior to their last sexual experience.
- Consuming cannabis two hours before sex was not associated with pleasure. However, women who consumed cannabis were more likely to say that they had an orgasm during sex compared to women who did not consume cannabis.
- People who used cannabis prior to their last sexual encounter were more likely to say that they were “very happy” with their sexual lives overall.
- People who used cannabis prior to their last sexual encounter were more likely to use a condom/barrier during anal sex compared to people who didn’t consume cannabis.

Alcohol Use

- Of the participants who reported that they had sex at least once in the previous year, 72% indicated that they did not drink any alcohol during their last sexual encounter. Approximately 14% had 1-2 drinks while another 14% had 3 or more drinks during their last sexual encounter.
- Women were more likely to report that they had no alcohol prior to their last sexual encounter compared to men (76.8% vs. 65% respectively).
- Men were more likely to report having 1-2 drinks (17.3%) compared to women (11.6%); men were more likely to report having 3 or more drinks (17.8%) compared to women (11.6%) during their last sexual encounter.
- People were more likely to consume alcohol prior to sex if their recent sexual encounter was with a casual partner.
 - People who were single/casually dating were more likely to have 1-2 drinks (17.8%) compared to people who were seriously dating (9%) and living together/engaged/married (12.4%)

- People who were single/casually dating were more likely to have 3 or more drinks (25%) compared to people who were seriously dating (4.6%) and living together/engaged/married (8.8%)



Orgasms

- Women:
 - **Women who had 3 or more drinks were less likely to say that they had an orgasm during their last sexual encounter (38.5%) compared to women who had nothing to drink (55.1%) and women who had 1-2 drinks (64.7%).**
 - Women who had nothing to drink did not differ from women who had 1-2 drinks in whether they had an orgasm during their last sexual encounter (55.1% vs. 64.7% respectively).
- Men:
 - Men who had nothing to drink during their last sexual encounter were more likely to report having an orgasm (83.6%) compared to men who had 1-2 drinks (65.1%) and men who had 3 or more drinks (69.6%).
 - Men who had 1-2 drinks and men 3 or more drinks did not differ in their orgasm rates during the last sexual encounter (65.1% vs. 69.6%).

Pleasure

- Penis/Vagina Sex
 - Women:
 - **Women who had 3 or more drinks were significantly less likely to say that their most recent penis-vagina sexual encounter was “very pleasurable” (31%) compared to women who had nothing to drink (53%) and women who had 1-2 drinks (55%).**
 - Men:

- **Men who had nothing to drink during their last sexual encounter were significantly more likely to report that penis-vagina sex was “very pleasurable” (75.5%) compared to men who had 3 or more drinks (50%).**
- Oral Sex
 - Women who had consumed 3 or more drinks were significantly less likely to say that receiving oral sex was “very pleasurable” (30.8%) compared to women who had 1-2 drinks (70.7%) or no drinks (71.2%).
 - Men who had no alcohol were more likely to say that receiving oral sex was “very pleasurable” (81%) compared to men who had 1-2 drinks (56%) and men who had 3 or more drinks (56.8%).

Sexual Satisfaction

- There was no association between alcohol use at last sexual encounter and whether women found their primary relationship to be “very sexually satisfying”.
- Men who had nothing to drink prior to their last sexual encounter were more likely to report that their primary relationship was “very sexually satisfying” (55.7%) compared to men who had 3 or more drinks (34.5%).

Emotional Satisfaction

- Men
 - Men who had nothing to drink prior to their last sexual encounter were more likely to say that their primary relationship was “very emotionally satisfying” (59.3%) compared to men who had consumed any alcohol (35.3% for men who had 1-2 drinks; 37% for men who had 3 or more drinks).
- Women
 - Women who had nothing to drink prior to their last sexual encounter were more likely to say that their primary relationship was “very emotionally satisfying” (56%) compared to women who had consumed any alcohol (37% for women who had 1-2 drinks; 33.3% for women who had 3 or more drinks).

Condom Use

- Penis/Vagina Sex
 - Men
 - **Men who had 1-2 drinks (78.7%) and men who had 3 or more drinks (78.4%) were more likely to report using a condom compared to men that did not have alcohol (51%).**
 - Women
 - **Women who consumed 3 or more drinks were more likely to report using a condom (62.1%) compared to women who had no alcohol (42.4%).**
- Anal Sex

- People who consumed alcohol prior to their last sexual encounter were more likely to report using a condom during anal sex:
 - People who had 1-2 drinks (64.4%) and those who had 3 or more drinks (79.5%) were more likely to say that they used a condom compared to people who did not consume any alcohol (45.2%).

KEY MESSAGES: ALCOHOL USE

The majority of participants did not drink alcohol during their most recent sexual encounter. Though small amounts of alcohol (i.e., 1-2 drinks) do not appear to be linked to women's sexual pleasure and orgasm, having a larger amount (i.e., 3 or more drinks) was associated with less pleasure and lower orgasm rates. For men, having any alcohol was linked to fewer orgasms and less pleasure. Contrary to popular ideas about alcohol consumption and condom use, university students who consumed alcohol prior to their last sexual encounter were more likely to report using a condom during penis/vagina and anal sex.

- Most participants said they were not drinking during their last sexual encounter.
- Men were more likely to report that they had anything to drink during their last sexual encounter and generally people were more likely to drink alcohol when their most recent sexual experience was with a casual partner.
- Consuming alcohol prior to having sex was associated with pleasure and orgasm during the sexual encounter.
 - Women who had no alcohol or had only 1-2 drinks were more likely to have an orgasm and report their last sexual experience (i.e., penis/vagina, oral sex) as "very pleasurable" compared to women who had 3 or more drinks.
 - Men who had no alcohol were more likely to report having an orgasm compared to men who had anything to drink. Men who had no alcohol were also more likely to say that their last penis/vagina sex was "very pleasurable" compared to men who had 3 or more drinks. Men were also more likely to report that receiving oral sex was "very pleasurable" when they had no alcohol compared to men who had anything to drink.
- Alcohol use was associated with sexual and relationship satisfaction for men: men who had nothing to drink prior to their last sexual encounter were more likely to say that their primary relationship was "very sexually satisfying" and "very emotionally satisfying".
- Among women, alcohol use was only associated with emotional satisfaction in that women who did not drink anything prior to their last sexual encounter were more likely to say that their primary relationship was "very emotionally satisfying."
- Overall, consuming alcohol prior to the last sexual encounter was associated with higher rates of condom use during the most recent penis/vagina sex and anal sex experience.

Tinder and Grinder

Note: these comparisons are not necessarily between “Tinder/Grinder users” and “Non-users”. The survey asks if a respondent connected with their most recent sexual partner using Tinder/Grinder. It is possible that the people who did not connect with their most recent partner using this type of app are still using these apps, but just did not meet their most recent sexual partner in this way.

Overall use

- **Of the participants who had sex the past year, about 21% said they used an app like Tinder or Grinder to connect with their most recent sexual partner.**
- Men were more likely to report that they used Tinder/Grinder to connect with their most recent sexual partner compared to women (25.6% and 17.8% respectively).
- People who used Tinder/Grinder to connect with their most recent sexual partner were more likely to say that it was with a casual partner (e.g., one-time sexual encounter, friends with benefits; 68.1%) compared to a committed partner (e.g., committed dating, living together, married; 31.9%)

Orgasm

- There was no significant difference in the percentage of people who reported having an orgasm during their last sexual encounter depending on whether or not they connected with their partner via Tinder/Grinder (65.1% for Tinder/Grinder users, 63.5% for people who did not use app)

Pleasure

- Penis/Vagina Sex
 - Men who connected with their recent sex partner via Tinder/Grinder were less likely to report that their last penis-vagina sex experience was “very pleasurable” (59.1%) compared to men who did not connect with their last sex partner via Tinder/Grinder (72.1%).
 - There was no difference in reported penis-vagina sex pleasure for women (during their last sexual encounter) depending on Tinder/Grinder use.
 - There was no difference in reported penis-vagina sex pleasure for people with a casual partner or people with a committed partner.
- Anal Sex
 - There was no significant difference in the percentage of people who reported that their last anal sex experience was “very pleasurable” when they connected with their partner via Tinder/Grinder (47.5%) or connected in another way (44.8%).
- Oral Sex
 - Giving oral sex:
 - There was no difference in reported pleasure for women when giving oral sex (during their last sexual encounter) depending on Tinder/Grinder use
 - Men who connected with their partner via Tinder/Grinder were less likely to report that giving oral sex was very pleasurable (51.3%) compared to men who did not connect with their partner via Tinder/Grinder (67.2%).

- Receiving oral sex:
 - There was no difference in reported pleasure for women when receiving oral sex (during their last sexual encounter) depending on Tinder/Grinder use
 - Men who connected with their partner via Tinder/Grinder were less likely to report that receiving oral sex was very pleasurable (57.5%) compared to men who did not connect with their partner via Tinder/Grinder (79.7%).

Happy with Sexual Aspect of Life

- **People who met their most recent sexual partner on Tinder/Grinder were no more or less likely to report that they were “very happy” with the sexual aspect of their life compared to people who did not meet their most recent partner using an app (29.3% and 28.1% respectively).**

Sexual Satisfaction

- People who met their most recent sexual partner on Tinder/Grinder were no more or less likely to report that they were “very sexually satisfied” with their primary partner (44.7% and 49.1% respectively) compared to people who did not meet their most recent partner using an app.

Emotional Satisfaction

- Women:
 - Women who connected with their most recent sex partner on Tinder (38.8%) were less likely to say that their primary relationship was “very emotionally satisfying” compared to women who did not meet their most recent sex partner on Tinder (54.7%).
- Men:
 - Men who connected with their most recent sex partner on Tinder/Grinder (38.4%) were also less likely to say that their primary relationship was “very emotionally satisfying” compared to men who did not meet their most recent sex partner on Tinder/Grinder (55.7%).
- There was no difference in emotional satisfaction based on whether the last sexual partner was casual or committed and whether they were connected via Tinder/Grinder or not.

Condom Use

- Penis/Vagina sex:
 - **Women who connected with their partner on Tinder were more likely to say that they used a condom during their last penis-vagina sex experience (61.4%) compared to women who did not connect with their partner via Tinder (43.2%).**

- **Men who connected with their partner on Tinder/Grinder were more likely to use a condom during their last penis-vagina sex experience (78.5%) compared to men who did not connect with their partner via Tinder/Grinder (55.3%).**
- Anal Sex:
 - People who connected with their most recent sex partner via Tinder/Grinder were more likely to report using a condom during their last anal sex experience (77.5%) compared to people who did not connect with their partner via Tinder/Grinder (44.1%).
 - Similar patterns were identified for women and men

KEY MESSAGES: Tinder and Grinder

Approximately 1 in 5 sexually active undergraduate students in our study said that they connected with their most recent sexual partner on an app such as Tinder/Grinder. Many of these interactions occurred with a casual partner versus a committed partner. Men who connected with a recent sex partner on Tinder/Grinder were less likely to report that their penis-vagina and oral sex experiences were “very pleasurable” but this association was not identified for women. Whether people met their most recent sex partner on Tinder/Grinder was not linked to sexual outcomes such as satisfaction and happiness. There was an association with Tinder/Grinder use and emotional satisfaction, but this link was only identified for men. Overall, people who used Tinder/Grinder to connect with a recent sex partner reported higher rates of condom use at their last sexual encounter.

- About 1 in 5 of recently sexually active people said that they connected with their most recent sexual partner via Tinder/Grinder.
- People who connect via Tinder/Grinder were more likely to say that their recent sexual partner was a casual partner.
- There was no association between whether people met their sexual partner on Tinder/Grinder and whether they had an orgasm during their last sexual encounter.
- There was no association between whether people met their sexual partner on Tinder/Grinder and whether they reported their sexual experience as “very pleasurable” with one exception: men who met their recent sex partner on Tinder/Grinder were less likely to say that giving and receiving oral sex was “very pleasurable.”
- Whether or not a person met their recent sex partner via Tinder/Grinder was not associated with how happy they were with the sexual aspect of their lives or whether they thought their primary relationship was “very sexually satisfying.”
- Women’s emotional satisfaction with their primary relationship was not associated with whether or not they met their recent sex partner via Tinder/Grinder, but men who met their recent partner on Tinder/Grinder were less likely to report that their primary relationship was “emotionally satisfying.”
- Overall, people who connected with their most recent partner via Tinder/Grinder were more likely to report using a condom/barrier during their most recent sexual encounter (i.e., penis/vagina and anal sex)>

