Well hello, again, my name is Anna Lind Thomas. I am a residence community coordinator, and basically what that means is that I'm one of the professional staff members that actually live in the residence halls and work in the residential life field. It's good to have a disclaimer. I am not a doctor, I'm not a counselor, I'm not a psychologist. I've been doing this for about 4 years now I've been at Chico State. And so basically I'm just a professional who works very closely with students and has become very interested in this topic throughout the process. I'm currently working on my thesis and the topic is on hooking up. And so, I've been doing a lot of research as of yet. So again, I'm not Dr. Thomas but by May 22nd, you guys can call me Master Thomas, and I won't stop you [inaudible] let you call me that, so anyway. I wanted to start by sharing with all of you a story. It's a lovely story that occurred to me about 4 years ago. I have an apartment and I was living at University Village. And in the bedroom of my apartment, I had windows and in front of those windows were bushes, okay. And in front of those bushes I knew I felt safe. It was like, okay, if anybody is gonna bust into my bedroom or break into my window, I'm gonna hear them first because they're gonna rustle the bushes. So I always had this kind of false sense of security that I was pretty safe. Well, it's a Saturday morning, 5 AM, and I hear the bushes rustling. And immediately my eyes open, I jumped up in the bed and I started listening and I'm starting to freak out 'cause I feel like someone is trying to break into my window. So, I'm listening closely and I hear a man's voice very deep talking. And then I hear a thump, right? I'm frozen. I don't know what I'm doing. I just watched cold case files. I'm totally freaked out. I know something is gonna happen really bad to me real soon. So I continue to hear this low voice and I'm kind of frozen, and so I decided I'm gonna go get my phone in case whatever is going on, they wanna break in or they're trying to break in, I'm gonna call UPD. And then I hear this sound. [Noise clapping] I'm like, what the heck is that? And it gets a little faster [noise clapping ] like that. And then I hear a woman's voice, kind of like a moan, and then a guy's voice and a moan. And I have two thoughts that crossed through my head.
The first thought is, that is really disgusting, someone's having sex up against my window, gross. And my second thought is, I'm not impressed with the stamina, that was about 3 seconds, [laughter] about 3 seconds, I'm not impressed at all. Well now I'm kind of pissed 'cause it's gross, you woke me up and you're outside my window. So I start to get dressed 'cause I'm gonna go confront the couple. And as I'm getting dressed I hear this guy say, "What the hell are you guys doing?" And he laughs. The girl screams bloody murder, the guys she's with starts laughing. So I ran up to my window and I peeked through my blinds and I see the girl running to the left, okay, screaming and she's running. Her skirt is up and twisted, and the guy she just had sex with is running the opposite direction laughing and running with the guy who just caught them. So, that's weird. Okay, that doesn't happen every Saturday morning to most people, and I go back to bed and I started thinking about it and I started thinking about the girl, the guy too. Now granted I don't know this couple, they could be in a relationship for several, several years and they decided to spice things up in their love life and go into a cobwebby, dark, dirty, bushy area to make love, perhaps that's the case. Or maybe they were drunk and they hooked up and they try to find the most private place they could find, which is what I thought may have been the most likely scenario. And it made me think about the girl for a few reasons. One was, was that embarrassing to her? Is she gonna wake up tomorrow and feel ashamed? Is she gonna think it's funny? Does she care? What about the fact that she got caught? Does that scare her? What about the guy, what is he thinking? Did they have safe sex? I mean according to what I heard, it didn't sound like there was a lot of time for preparation, but was it safe even? Do they know each other? And so this is what--these are the kind of questions that really got me starting to thinking about hook-up culture and what it means. We all know about safe sex. At this point, we're saturated with that information, right? We know that we can get AIDS, we know that there's a whole bunch of different things that can happen, alright, STDs. But what about the emotional ramifications, and that's what we're gonna be focusing on for this presentation.
So, we're gonna go over hook-up culture, alcohol, unwanted sex and sexual violence, the sexual double standard, sexual conformity, sexual regret, and then finally hooking up and you.
So my first question is, what is hooking up? Help me out, shout out some answers. I love interactions. We're gonna be doing a lot of interacting today. What's hooking up? Oh, come on, you guys know what it is. A one-night stand, that's a version of a hook-up. What else, what else is hooking up? If I just said I went to a party last night and hooked up with somebody, what does that mean? Come on. Don't make me call on you, I will. It's embarrassing, we're talking about sex here, come on. What's a hook-up? Yes, from the back. You blew a dude. Yes, making out to having sex, you're right, it's a full gamut. It can mean a lot of different things, right?
One of the leading researchers, her name is Kathleen Bogle. I've been using her a lot for my research. She defined hooking up as when a man and a woman pair up for a physical encounter with no strings attached. And by physical encounter, that can mean anything from kissing to sexual intercourse or anything in between. She also thinks that it's vague for a reason. Meaning, it can range from blowing a dude to making out with somebody. Why do you guys think it's vague? Any ideas why you think it might be vague? Yes.

[ Inaudible Remark by Audience Member ]

Anna: Yes, very good. Basically what he just said is that I know we all heard you, but I'm microphone so I'm gonna repeat what you went ahead and said. Basically what he told everyone is that by saying you hooked up, that could mean that we actually had sex and may mean to your buddies, like hey, you scored when really you just made out. What's interesting is that for women, it's for the opposite reason, because if you have sex with someone or if you do have oral sex with someone or some type of sexual encounter, if you just say you hooked up, that doesn't necessarily mean you had sex, maybe you just made out and it's also a way for women to protect their reputations. So that's very interesting, there's two different reasons for that.
Alright, so with hooking up, the hook-up system is a reversal of the traditional dating script. For dating, the date comes first and maybe sex later, alright. So if a guy or a woman come up to you and they say, you know, hey, I'd love to go to the movies with you, you're going on a date first, you're getting to know each other then maybe you'll have sex on your second date, your third date, maybe until you're married, it depends on your values and what you decide to do. But the point is that the date comes first. With hooking up, the hook-up comes first and then maybe a date comes later, but it's not likely.
It also usually involves two people leaving a party or bar together where alcohol is present, and as my example showed you, you don't necessarily need to go anywhere romantic. It can be up against a dirty window pane. Or even at some parties, I've heard stories where people are having--are hooking up when they think their friends or their roommates are asleep and they're doing it in the room or the bathroom or whatever. It can really happen anywhere. And generally, alcohol was consumed by one or both of the parties.
Alright, so let's look at some stats. According to the 2001 Institute for American Values nationally representative study on college women:

- 91% of the women surveyed said hook-ups occurred “very often” or “fairly often” at their schools
- 78% of students had engaged in a hook up according to a second representative study in Northeastern U.S.

(Bogle, “Hooking Up: Sex, Dating and Relationships on Campus,” 2008)

Well, that's a lot of people hooking up with people they don't know, that's really interesting.
So, why is this so common? The high residential population on campus, students believed fellow classmates are safe. So you're living in a residence hall, you get to know people, you know of people, the guy in your math class, the girl in your science class, right? These people seem safe to you. They're maybe they're from your hometown, you're all having the same experience. You know, it's not the same as if I'm pumping gas at the gas station and a guy comes up to me and it's like, hey, you wanna go make out in the gas station bathroom? Alright, that's a red flag. That says danger to me, alright? I'm gonna peel away and get out of there as fast as I can. But if I'm at a party and I recognize you from my math class, it doesn't quite have the same red flag because they're safe or they appear to be safe. Male-female ratio on campus, there's a power in lack of numbers. Men are scarce. Back when our grandparents were going to college, it was mostly men and few women. So in order for men to get a date or to get laid or whatever else, they needed to court because there was competition. So they needed to ask women out on dates, get them to date them, court them, right? Well, now that's not necessarily the case. Across the board generally, there are more women than men on campus. So there is less competition, right? So, instead of asking people out on dates, you can just say, "Hey, we have a party 8 o'clock, my house, here's the address, hope you can make it." And it's a pretty easy way to start making those physical connections or those other connections that our grandparents didn't necessarily resort to.
Not to mention, back when our grandparents were going to school, colleges were like parents. You know, men couldn't be in the girls' dorm. Girls couldn't be in the male dorm. There were curfews. They watched over you. They made sure they weren't any shenanigans. There were den mothers that made sure the guys got the heck out of there, right? So, they kind of protected students more. Well in the '70s there was this sexual revolution, right, a lot of the hippies, free love. They didn't want schools dictating to them how they were going to express themselves physically or sexually, right? So they demanded co-ed dorms, they demanded more access to each other, and over time that's what they got, which slowly developed into hook-up culture and what we have today. Also, college is a time to party. Okay, we're away from our parents. For the very first time, we don't have a curfew, alright. If we go get drunk and we come home, mom and dad is not gonna know about it, alright. And it's a time to experiment, to find who we are, to develop an identity. And a lot of that just comes from experimenting maybe with alcohol or drugs or also sexually and relationally. And finally, students delay marriage to play the field in more casual relationships. A long time ago, the average to get married was 20 to 22. Now it's 26 to 28. Why get serious in a relationship when I'm not planning on getting married [inaudible] 21, 28 years old. So hooking up seems to be a good way to physically connect with people without that commitment, which also makes it really attractive.
Alright, so hooking up and alcohol. Anybody surprised that these two go together? Is that shocking? Are you guys shocked? I know you are, I know you are. It is shocking to find that out. Well, let's talk about this a little bit.
Why does alcohol contribute to hook-up culture? Alleviates anxiety, fear of rejection, people don't worry so much about being rejected, so they drink. Intimacy without the relationship, 57 percent of college women report hooking up makes them feel awkward. So if they're drunk, they're not awkward anymore. Then there's the beer goggles, right. People look really attractive when you're drunk. It's really weird how that happens. I don't know exactly the science but maybe if I do a dissertation, that's what I'll do it on is how people become so damn attractive when you're drunk, right? What else, why else do you think alcohol and hooking up go together? What ideas do you have, what do you see? When you go to a party, why do you think? Yes.

[ Inaudible Remark by Audience Member ]

Anna: Okay, alcohol is an excuse, very interesting. Anything else? Yes.

[ Inaudible Remark by Audience Member]

Anna: It's a social thing. So hey, yeah, cool. So it's a social thing, you're drinking together, alright. And then before you know it, they start looking real hot and then hey, why not? Okay. What else?
 Hooking up because we're drunk or are we getting drunk so that we can hook up? Both? It depends on the person. That's pretty interesting, right? Usually we kinda use it as an excuse. So we're drinking, you know because I was drunk, that guy, that girl looked really hot, we ended up hooking up. But what researchers are finding is that binge drinking and the kind of psychological reasons for it is sometimes because people are nervous hooking up with people they don't know, right? And there seems to be this underlying expectation with their peers, especially for men, men have a lot more pressure than women doing this area, to hook up at the end of a party, right? Well, if they are nervous about it, you're not gonna be nervous when you're wasted, okay. And so sometimes maybe we drink in order to be able to hook up at the end of the night. It's interesting to think about.
So, the taskforce of the National Advisory Council, they said that students who drink 2 to 3 times are more likely to engage in hook-up behaviors, 40 percent indicate regular use of alcohol and note sexual assaults or victimization, and most of the women said it was easier to give in to a sexually coercive male than to resist his advances. So, essentially they attributed having sex when they were drunk to the fact that it was just too hard to say no because they were so drunk. That's pretty scary when you think about it.
Hooking Up: Sex, Alcohol and Regret

So, this is the part that a lot of students don't like to talk about, but a sexual interaction is considered unlawful if one or both parties are unable to consent to sex including situations where someone is unable to consent due to intoxication. Did you guys know that? Yeah? So even if someone is like, "I want you right now, right here, let's do it right in this spot," if they're drunk, they're not consenting. I've been doing this for 4 years working with students and I am typically one of the first responders who goes out to assaults, emergencies, a full gamut of things. I've had several women who woke up the next day naked and knew they had sex but they didn't know who they had sex with or they knew who they had sex with and they felt like they were raped. Follow up with the male, the male thought he was having consensual sex with the woman who wanted him that night, and now he's in big, big trouble. That's scary. It's scary for the male and the female, right? I've had men who are straight, wake up and discovered that they had sex or someone had sex with them with another male. I usually get eyebrows with that. With the women, we're like yeah, we're used to those stories, but are we used to men being assaulted by their friends when they're drunk? It's pretty scary. And then what, you got math class at 8 AM, right? You just realized you've been, you've had sex with someone, you don't remember it, you don't consent to it, now you got math class at 8 o'clock. It's pretty stressful, it's pretty scary. And it happens. It happens a lot. At least here at Chico State with what I've been experiencing, it happens across campus all over the place. So some stats here, 1 in 20 women reported being raped, that's 4.7 percent, 72 percent of them were intoxicated, okay? So again, you know, we hear this a lot. Being raped, it's not that Grim Reaper in the bushes who was about to attack me through my window, right? Generally it happens to us, 72 percent were raped when they were drunk. So it's pretty scary when we think about the party scene and what we're doing when we're partying, and the decisions that we're making, and if we're making sure that we're safe while we're doing it.
Unwanted sex, 78 percent of all unwanted sex, vaginal, anal and oral took place during the hook-up. This was a study done by Flack and company, 62 percent said judgment impaired by alcohol and drugs. Here's why I think it's important, because unwanted sex translates into stress, anxiety, regret, shame, depression, right? I meet with a lot of students who are going through this psychologically, they're failing their classes, they're having a hard time because of some of the decisions they made or some of the things that happened to them while they were intoxicated at a party.
Oh, I found out just the loveliest website. It is just filled with poetry, and this is gonna get a little explicit, okay. So, I'm gonna try and make it as PG as possible, but I'm gonna read to you some of the things that have been posted about this. It's a website called Only in College. You can post blogs about drinking, hookups, housing, parties, put videos up, talk about school and academics, things that you do when you're sober, spring break road trips. There's also one called Only at College, which is another blogging kind of website. Well, first I wanna share a story with you from Bogle and I don't have the actual script with me. But she interviewed a lot of students and talked to one male who happened to be in a fraternity, and I'm not picking on guys that are in fraternities by any means, but this guy happened to be in one. And she was asking them about their hook-up stories. And so he had a really good [inaudible] for her and decided to just share with her one of his most hilarious stories. And it included a woman being really drunk wanting to have sex with him. So, they went to his room, the party was still going on, they were having sex. She was on top and then vomited on him. He threw her off and run out naked to the party screaming, "I'm covered in puke, somebody help me." So, his buddies are laughing, hearing on. They come in, the girl is still vomiting in the bed. So, about 5 frat guys picked up this naked woman, carry her into the bathroom and help shower her off. She gets back into the room, they changed the sheets, he lays in bed next to her and after about a couple of hours or so, I don't know if he leaves or comes back to what happens, but they start getting frisky again. He's like, well, she's clean, so they have sex. While they're having sex, she's screaming out his name and it's not his name, it's some other guy's name. And his friends think that this is hilarious and everyone is making fun of him, blah blah blah. Long story short, he takes her home and then decided he never sees her again. Funny story, kind of, unless you're the girl, right? That's scary.
Imagine what you're thinking knowing that 5 frat guys carried your naked body into a bathroom and rinsed you off laughing and making fun of you the whole time. You're so out of it, you're having sex with someone you don't even know who they are. So, it's things to think about.

Sometimes it's not so funny. Another story, they're pretty crude. They have a lot of hook-up stories. This guy is--this one from shut your fat F-in mouth. So classy, he's a classy one. He talks about this woman named Megan, who--let's see. I just cut like certain parts of this 'cause it's a pretty dirty story, but--he says Megan was going to town on one of my good friend's man parts. Since I'm not one to cock block a fellow dude I went back to my room. Not even 5 minutes later, as you can probably guess, Whoregan instead of Megan, was sitting on my legs asking me if it was okay if she did that to me too. I had to say no because it's rude to let a woman be a whore. Plus she just had my bro's D in her mouth. As you can probably guess, I took that slut up on her offer and she went through the motions of getting her fix, which is a weird way of saying that. Now, after I've released my babies down her throat, there are two things that I don't want to do. The first is be near her mouth, the second is cuddling. Cuddling most of the time, and especially after ejaculating, blows and anyone who tells you otherwise is either a girl or an F-in liar who is not telling his loving girlfriend that he doesn't want her greasy paws on him because he's trying to sleep. I explained to her very simply that she got what she wanted, now it's time to not touch me. By the time I woke up the next day, she was already gone. But girls tend to want to exchange numbers, which apparently she did on her own. My phone number had a wonderful text from Megan which replied appropriately, I'm a whore. I responded with nothing because all I could say was shut your fat F-in mouth. But that's not very appropriate, is it?
Reads like poetry, doesn't it? Reads like poetry. Here's another one. One time I was completely drunk at this party and as the night got later, my standards got lower. I ended up making out with some random B-I-T-C-H whose attractiveness is questionable at best. Anyways, I end up getting her back to my place. But not before I ran into some friends who convinced me to smoke a joint. Now, I'm all F-ed up and we're hooking up. I finally grabbed a rubber, threw her lace over my shoulders and put it in. I take one or two pumps and she starts to stop me and I asked her what the problem is and she looks at me and says, "What's my name?" At this point I'm still in her and basically I have no idea what her name is. So, real classy, real classy. And listen, these guys--ladies, guys and girls. Girls post on here too, they're just--it's just not as explicit. So, I don't wanna be picking on the guys here. But listen, not only during your hook-ups are people talking this way about you, but they're even putting it up on blogs, right? So you think you're drunk having a good time and now you're being called a slutty whore who got what she deserved at the end of a party, and it's hilarious. People are responding to these blogs like, oh dude, that's so crazy, what a slut, right? But I thought that hooking up was what men and women do. I thought it was acceptable, right? I thought that was a part of the culture, it's a part of experimentation. Well, if that's the case, why is she a slut? Why is she a whore? You guys have thoughts on this? Because pretty soon we're gonna be starting talking about the sexual double standard. If hooking up is so widely accepted, why are you--why are they talking about the girl like that? Any thoughts? You guys have some thoughts, I know you do. What do you think? Yes.
Anna: Okay, so you treated someone poorly, so it's a way of kind of lightening it and making it not such a big deal. Yes.

[Audience Member] Yeah. Guy in the back, yes.

Anna: Yeah. Guy in the back, yes.

[Audience Member] I've heard the phrase you cannot make a hoe a housewife. It's lovely. I don't know if you can or not, I'm sure you can. Yes, over here.

[Audience Member] Right. So you're saying these double standards have been happening for a long time. There're a lot of names for--for men, they're generally positive. Yeah, right here. [Audience Comment] So there's a Facebook group. A girl hooks up with a guy, she's a slut. A guy hooks up with a girl, he's a hero. Interesting. I agree with everything you've said. Yes. [Audience Comment] So, girls are like gatekeepers. When guys go out, they're thinking "Am I gonna get a girl tonight?" And a girl is thinking, "Is a guy gonna get me tonight?" Yeah. That absolutely happens too. Trust me. And there are women who look to go out and to party and to hook up with guys, who very much enjoy the scene, right? So, you know, it absolutely does go both ways.
So the sexual double standard, socially constructed or evolution? We talked a little bit over here about how it's been this way for a long time where women are to be virtuous and men are the--sow their seeds or whatever. What do you guys think? You think it's--have we done this as a society, have we created this double standard? Or is it because of evolution, the way we're biologically made? What do you guys think? Social? Socially constructed? Yes. [Audience comment] So, women have an unlimited amount of eggs, so we need to be choosy. And men have a sperm factory and have an unlimited amount.
Let's talk about this a little bit more. So with traditional dating scripts, if we're talking about social construction, men are socialized to desire frequent sexual encounters with multiple women and women are socialized to desire monogamous relationships. So therefore, if there's a woman who steps outside of that, right, by being promiscuous, going to parties, hooking up with guys, having fun, she's a slut. If a girl wants to have oral sex with a guy or wants to please him, she's a whore. And if her name is Megan, she's a whoregan [phonetic] apparently. Okay?
Evolution and sexual needs. So if you wanna take—look at this from an evolution perspective, men can impregnate multiple women at once. So a male's desire for short-term mating may be out of an effort to not be out-produced by other men. And women can have sex with multiple men but still only produce one child. So for us it's like what's the point. I can only have one baby, and not to mention I need your resources. So I need one who's actually gonna stay here and help me out through this. So maybe our mating is different, we approach it differently because of that. Or maybe it's because of the way we built our society and the expectations we put on women and men.
So, in a study by Oswalt, Cameron, and Koob, 72 percent regretted at least one sexual encounter. And here's why I think that this is important, because regret often leads to shame, it often leads--leads to guilt, leads to guilt, and it can lead to depression, okay? And these are all big things that affect a lot of students when you're supposed to be here having the time of your lives, getting good grades, and making friends for a lifetime. So that's a really big number. Women were more likely to report sexual regret of action, meaning they've regretted having sex. And men were more likely to report regrets of inaction wishing they had engaged in sex. So that's pretty interesting too. They wish they had. You could say a lot--that's for multiple reasons. My guess, my two cents is that it's probably because they have a social pressure to perform. And when they don't, they wish they did. So maybe they had a story to talk about it later. I don't know. You guys know more than I do. That's just what I've observed.
So for the first year, both sexes prefer the party and hook-up scene. But by the second year, women become increasingly relationship-oriented. Again, this is Bogle through her research. And males develop strategies for communicating their lack of interest. What do you guys think, does that sound about right? I'm getting some laughs and some smiles and men aren't making eye contact with me right now. [Laughter] So the first year, let's party. Let's have fun, hook up, meet people, great. Second year, women are like what did that mean. What did that mean, right? Can I get you--the next day after a hook-up, guys you get that text from the lady, "Hey, what are you up to? I kinda wanted to talk. What does that mean? Do you like me?" And guys are like, "Oh no. It's just a hook-up and now she wants to date me." Right? And then guys come up--what are some excuses? And fellows, you don't have to take credit, you can say your buddy. What are some of the excuses, right, that guys tell girls when they don't wanna hook up, or when they don't want a relationships to develop? Yes, in the back. [Audience Comment] Oh, you are cuter last night. Listen, it's shocking, but I got to tell you, it's kind of true and I respect the fact that he's putting it out there. I mean that's what guys think. They may not say it but that's what they think sometimes. What else? Any other reasons why guys want to try to make up excuses and not have a relationship? Well, let me ask you this. Why do women want a relationship the second year and men don't? What do you think? It's not a right or wrong answer. What do you think? From your experiences, your friends' stories, your own experiences, why do you think that is? You guys have some thought. Yes.
Anna: Men wanna keep hooking up without attachment and women don't? Yes.

[ Inaudible Remark by Audience Member ]

Anna: Women start thinking about the future, they wanna start getting married, they're planning it out, and this hook-up is not--is getting in the way of that relationship. Yes, in the back.

[ Inaudible Remark by Audience Member ]

Anna: So girls come to--come here and they either--they're good, they're pretty good, they have a good reputation. They're, you know, maybe they're virgins, or they have very little experience. They get into the party scene, they end up hooking with a lot of guys, they get a bad reputation and now they're trying to repair their reputation, okay. I don't hear a lot of guys have to go through that, but anyway it's just the way. Yes?

[ Inaudible Remark by Audience Member ]

Anna: So being in a committed relationship just isn't really appealing. You know, we talked about it earlier how, you know, men--the average for men getting married is around 28 years old, so why be tied down right now. And he said that sex is just a really small part of that.

[ Inaudible Remark by Audience Member ] [ Laughter ]

Anna: Oh, it's not small. It's a pretty big part of it actually, but okay, okay, got it.
So, Bogle says that for women who are active participants in hook-up culture, the hook-up system is fraught with pitfalls that can lead them to being labeled as a ‘slut’. That it's just not said in place for men, okay. So, while hooking up is this--you know, this widely accepted practice amongst males and females alike, it has more negative consequences for the ladies, right.
So, let's see if we can put this to test. Promiscuous woman, how many labels can we think of? Shout them out and then I'll repeat.

I tried the like thesaurus and the dictionary and they were really boring, so I had to go to like Urban Dictionary and stuff like that to find better words. We got slut, whore, fluzzy, harlot, hussy, prostitute, tart, tramp, wench, bimbo, jezebel, moccan [phonetic], I don't know what that is, minks, queen, slattern, wench, loose, village bicycle, everybody wants a ride. [Laughter] Hooker, bag of chips, pass it around, everybody get some. Cactus cat, cactus cat is a horny cougar which let me knew [inaudible]. I was like, that's ridiculous. Geico, apparently because even a caveman would do her. [Laughs] John Lee because of John Lee Hooker. That's his last name, I don't know who he is. Junk collector, meat sock, I guess meat sock it's because when a woman is loose it feels like he's in a meat sock, that's gross. 7/11 because she's open 24/7. Poultry aficionado, I can only assume that's because of the word cock, a male chicken, so I guess she's an aficionado. Sealy inspector, I guess she's checking the bed. I won't say that word, but sperm dumpster, gutter slut, skank, and hoe. So lovely, lovely words for us ladies if we decide to hook up.
Alright, we have--let's see what I found. Pimp, player, gigolo, man whore, stud, womanizer, Don Juan, Casanova, ladies man, prostitute, [laughter] man hoe, Benedict and a himbo. So, not only are they a lot less but about 90 percent of those are pretty awesome, you know. [Laughter] I am a Don Juan, thank you. I'm a Casanova. Sounds a lot better than like a gutter slut, right? So, anyway--wouldn't that be great, women to be, you know, penis hunters. I'm gonna hunt a penis. [Laughter] I'm gonna come home and be proud of the old man I slayed. [Laughter]
Alright, so 95 percent of females believe that societal sexual double standard exists, okay? So we're like, you know, it's kind of like hey, this really sucks. We're living in an environment where it's not the same for us, alright? We're all supposed to hook up. Hooking up is supposed to be normal, but I'm a big slut and he's a big pimp and that really stinks. But you know what else is also interesting? The majority of them reported that women judge them more harshly than men did. Why do you think that is? Ladies, why are we hating on each other? [Audience Comments] Competition. What else? A woman who doesn't hook up can't get a man when another woman will--will put out, okay. Yes. [Audience Comments] So women are taught to look at themselves as men look at them and so they're a little bit more harsh. Alright, that's interesting. Do you think if you're living in the residence halls and you're hooking up a lot and everybody on the floor is calling you a gutter slut, do you think you're gonna have a really good freshman year?

[ Inaudible Remark by Audience Member ] [ Laughter ]

Anna: That's true, it depends. It depends, you're right. It depends, you're right. I would say overall, these are the women who come to my office and start crying because they're miserable, because they feel like they no longer have any friends, because they feel like everybody thinks they're a slut, and they don't have any respect and they're starting not to have any respect for themselves.
So sexual conformity, because everyone is doing it. Here's another really interesting thing. Hooking up has to do with the fact that other people are hooking up not because we want to.
In one study, a common reason reported by students for engaging in sexual hook-up encounters on spring break was the perceived normative acceptance. That was their number one response for having sex on spring break. Well, 'cause everybody else was doing it. That is a terrible reason to have sex. There's a lot of better--well like orgasms are nice. I was lonely. I was, you know, in the mood. The person was attract--No, that--those weren't the reasons. It was because my buddy did it and I wanted to too. Or my girlfriends were gone hooking up with these really good looking guys and I wanted to too. It's interesting.
In one of the studies, one of the girls said most of my friends were having sex and I was an exception of two friends were not. We were known as the “virgins.” Most of my friends would sit around and talk about their sexual experiences and I would just sit there quietly just taking it all in. Sometimes I felt inferior to my friends because I hadn’t had sex yet ... sometimes I would get so frustrated that I wanted to just have sex so that I would get it over with and I wouldn’t be labeled a virgin anymore.”

Deusang (2000)
So let's talk about emotional ramifications, sexual confusion. College women still haven't reached sexual equality and find themselves caught between old traditions and new expectations. So, women are trying to be sexually equal but the more they do, the more they still have the expectation that they be that good housewife or that virginal virtuous woman and not that trollop or town bicycle, right? Yes.

**Audience Member:** So the sexual confusion like, you know, like with--because if they hook up with a guy's party, you're a slut. But then like I know people who will sit there and say, "This girl didn't have sex with me, she's such a slut." Things like-- [Laughter]

**Anna:** So you're saying that some women if they hook up they get called a slut, but then guys will even be like, "She didn't hook up with me, what a slut." Oh, look like his ego was bruised. Very interesting, that is confusing. What's a [inaudible] to do? If we don't sleep with these guys then, you know, nobody pays attention to us and the party really sucks. Imagine being the one kind of drunk person while everyone is hooking up and you're all by yourself. I guess, oh, welcome and get a cab. [Laughter] I mean beer goggles, if you're not even attractive enough to have a drunk guy want you, what does that say? It's awful, right? Many women reported feeling angry and shamed, incomplete or unsatisfied. And as we talked about earlier, they desire to legitimize a hook-up or try to just legitimize the hook-up by trying to further the relationship with their partner. So what would happen is they would hook up and then they start to pursue the guy because they wanted it to mean more so that they could justify to themselves why they had done it. This is from the book *Binge* which talks about basically college campuses today and the alcohol trends and all that kind of stuff, okay?
So some more emotional ramification, sexual regret for women, in this particular study, those who were depressed were more likely to have engaged in casual sex, and if their sexual partners increased, so did their depression. For men, those with the lowest levels of depression were more likely to have engaged in casual sex. So for the guy—for the women, the more partners they had, the more experiences they had, they were more depressed than women who had less experiences. The men who had less experiences were the more depressed. They're feeling really bad about themselves. Now, do you—why do you think that is? Do you think that's because that's just the way guys are, because guys are like, I need multiple women or I'm gonna be very unhappy. Or do you think there're other reasons? We talked about this a little bit. Are there other reasons why a guy would be depressed because he has few partners? Why would that depress a guy? Yes.

[ Inaudible Remark by Audience ]

Anna: A lion and a pride. Alright, it's his--in his territory, as more females, that's a sign of manliness. What else?

Audience: We might really, really, really like girls.

Anna: You might really, really, really like girls, in which they'd hook up with them.
So, 72 percent of the sample sexual active students regretted at least one sexual encounter. The most common reason was that the sex disagreed with their morals and values.
So, let's talk about hooking up and you. We're all different. So, what do you want? And here's what I really wanna implore on students. Know who you are. Are you Charlotte on Sex and the City or are you Samantha? Know who you are and own it and be that. Don't try to be someone else you're not, we're all different. Some of us view sex differently than others. Some of us could have multiple partners and feel really good about those experiences. Some of us could have multiple partners and feel a lot of shame and guilt because of it. Know who you are. And guys same for you, what do you--what are your sexual values? What do you want for your life? What are you cool with and what are you not cool with? Don't feel like you gotta have multiple partners because your buddy does and because you look like a dork compared to him, or not a man because of him. These are all false perceptions that we all put in our mind. It's a weird society thing that we all do to our self and there's no reason to do that. What are your family's sexual values? A lot of people who experience regret and depression, it's because it goes against their family's values. And I'm not saying that we need to act in the way of our family's values, but know what they are and decide whether you agree or not. What are your sexual values? What do you believe in? What does your religion say? Do you agree with what your religion says? And if so, try to emulate that because your values are one of the most important things that you have. And if you go against your values, you're gonna be far more likely to be depressed, far more likely to have identity issues, far more likely to know who you really are. And you're gonna struggle during the time that's supposed to be one of the best times of your life. Are you using alcohol to hook up or is alcohol causing you to hook up? Very few of us wanna look at our alcohol behaviors but sometimes you got too. Because if you're making a lot of mistakes and a lot of really risky, dangerous mistakes because you are drunk, it's time to start thinking about maybe your party behaviors and whether it's all worth it. 'Cause it's more about getting pregnant, it's more than having AIDS or crabs or the clap or whatever. It's more than that. It's about your own self concept about who you are and the kind of person you are.
So for what it's worth, these are my not so good reasons for hooking up, okay. And these are just my opinions, you can agree or disagree. It's not a good reason to hook up if you're drunk. It's not a good reason to hook up if your friends are doing it. It's not a good reason if you feel pressured. It's not a good reason if you don't wanna say no. It's not a good reason if you want to feel attractive, if you want to be loved, if you think it will turn into a relationship, or if you wanna fit in. There's too much risk involved with sex for those to be a good reason, not just physically but emotionally.
In my opinion, the only good reason to hook up is because it's consensual, it's safe, and you want it to happen regardless of whether it develops into a relationship or not because chances are, it's not going to.
That's it. You guys have questions for me, any thoughts? Anything about I said--Yes.

**Audience**: Is waiting until marriage unrealistic?

**Anna**: Absolutely not.

**Audience**: Why would you wanna wait till marriage? I mean how could you want it for the rest of your life with someone you never had sex with? I mean how do you know if you're gonna like, having sex with them? Now it's like people who'd actually think that they should wait until marriage are like completely whatever. How many people do you think take a vow of abstinence 'cause I did and I didn’t get my vow of abstinence. Like 80% of people without abstinence and they're [inaudible] anyway. My question is, is it realistic to like how is you're like evolutionarily made once.

**Anna**: I will say this, it really depends. The question was, is it even realistic to wait until you're married? Is that realistic or just crazy? And it really depends on your values, your faith, your religion because honestly, you have to rely on that faith to really be strong enough to do that. If you're not a spiritual person, then it's really a non-issue. So it really depends on your values, your faith. I also made a vow of abstinence when I was 18 years old. And I can tell you that I--whether or not my mom might be watching this presentation so I won't get into many details. But I will tell you that my husband and I both had very terrible relationships before we met each other and we made a commitment together to not make sex the central issue and we ended up waiting until we are married and I'm madly, madly, madly in love with my husband, so it's possible. It's possible. But it's up to you. I mean that's your own values. It's what you want in a relationship. It's what you want out of a man, what a man wants out of a woman, what you feel okay with, what you feel is morally sound for you, and it is not the same for everybody. And that's really important to know. Any other
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