

2019 Trojan/SIECCAN Sexual Health of Canadian University Students Study: Preliminary Report

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Selected Highlights

- Most participants were happy with the sexual part of their lives (82%).
- About half of participants reported that they were very emotionally satisfied and about half reported they were very sexually satisfied in their current relationship.
- Sexual problems were common. Over 20% of women reported a problem with sexual desire, vaginal dryness during sex, vaginal pain during sex, or inability to orgasm. For men, about 13% reported problems with erection and a third reported ejaculating too quickly.
- By a large margin, a Google search was the most common source of sexual health information, followed by health care professionals.
- About 21% of women and 53% of men reported watching porn once a week or more.
- About 32% of women and 62% of men reported masturbation once a week or more.
- 29% of women used a vibrator/massager during masturbation. 17% of men and 10% of women used a lubricant.
- About 27% of both women and men reported that they did not have a sexual encounter with another person in the past year.
- Among those who reported having a sexual partner over the past year, most reported having one or two sexual partners.
- Most participants reported that their last sexual partner was someone they were dating.
- About 25% of men and 18% of women reported using Tinder to meet their last partner.
- About 22% men and 12% women reported consuming cannabis/marijuana in the two hours before their most recent sexual encounter.
- About 36% of men and 24% of women reported that they consumed alcohol in the four hours before their last sexual encounter.
- Most (61%) sexual encounters lasted half an hour or less.
- About three-quarters of men (74%) and one-half of women (53%) reported having an orgasm during their last sexual encounter.
- Men were more likely than women to report receiving oral sex (61% vs. 47%) in their last sexual encounter.
- About one-quarter of men (26%) and less than a fifth of women (16.6%) reported using a condom with ribs and 23% of men and 18% of women reported using a lubricant to enhance pleasure at last PVI.
- A high percentage of men (51%) and women (65%) reported being “not at all” or “not very” concerned about STI infection.

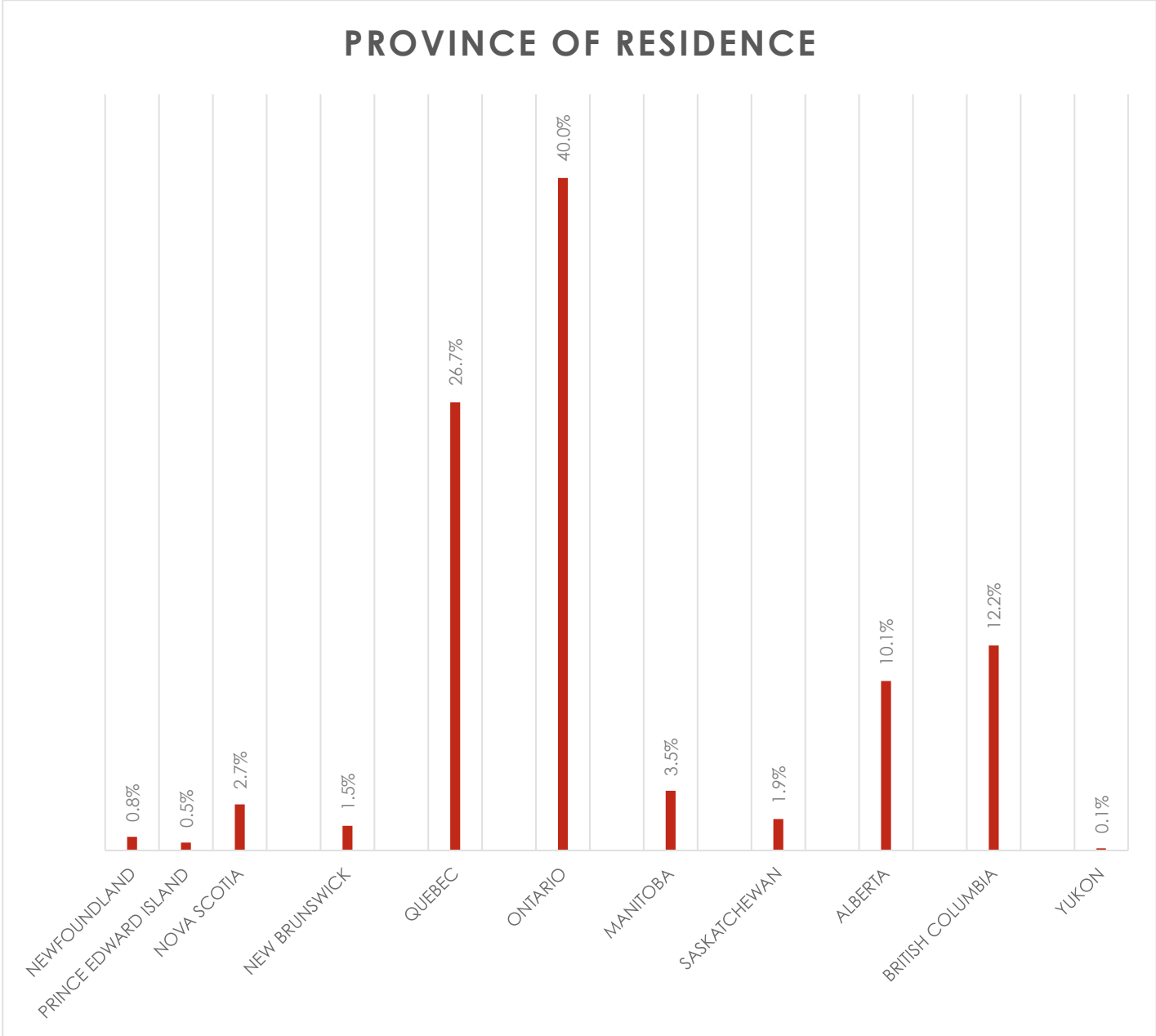
- Women were more likely than men to report never using a condom for penis-vagina intercourse (26% vs. 15%).
- About a quarter of men (29%) and women (26%) reported that they “always” use condoms for PVI.
- About 46% of women and 60% of men reported using a condom at last penis-vagina intercourse (very similar to 2013).
- Participants reported that the main reason they used a condom was birth control (45%), birth control and STI prevention equally (39%), and STI prevention (16%).
- “I/my partner uses a different form of birth control” was the most common reason given for not using a condom.
- Condoms were the preferred method of contraception selected by men (53% vs 29% for women). For women, oral contraceptives were the most preferred (44% vs 16% for men).
- Both women (41%) and men (44%) were most likely to purchase their condoms at the drug store compared to other sources.
- Trojan was the most popular brand for participants most recent condom purchase.

NOTE: This report contains preliminary data only. It does not present correlational analysis. This report can be used to identify interesting potential correlations between variables included in the study. For examples, is condom use associated with more or less pleasure at last PVI?; Are condom using men less likely to experience premature ejaculation?; Are Tinder users more or less likely to report condom use?; Are participants who are unconcerned about STI or pregnancy less likely to use condoms?; Is cannabis use correlated with pleasure? Are their statistically significant differences on key measure between the 2013 and 2019 samples?

Trojan/SIECCAN Sexual Health of University Students Study

Sample Description

Participants were largely from Ontario (40%) and Quebec (26.7%), with a minority of participants from BC (12.2%), Alberta (10.1%), Manitoba (3.5%), Nova Scotia (2.7%), Saskatchewan (1.9%), Newfoundland (.8%), PEI (.5%), and the Yukon (.1%).



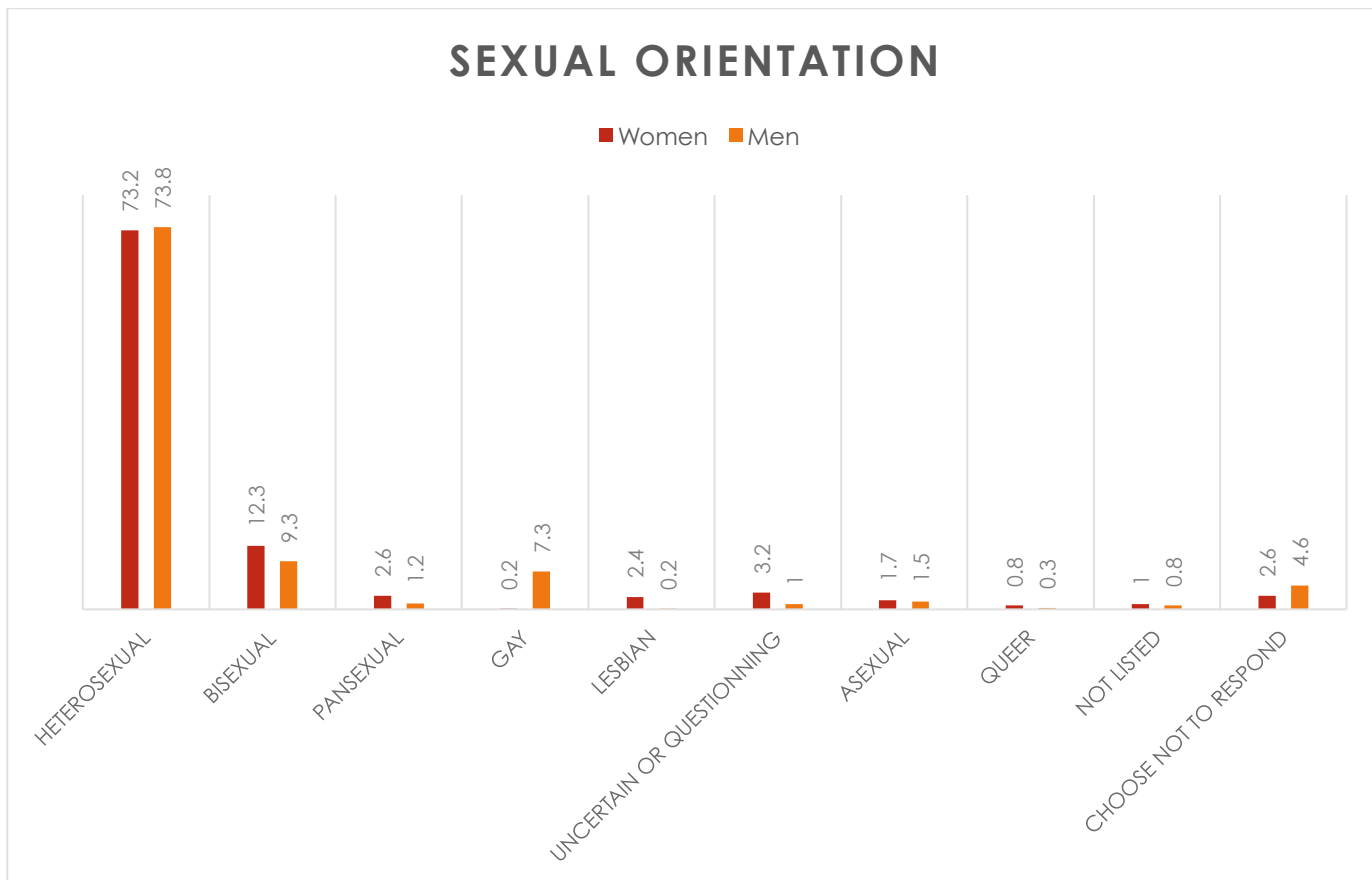
33 universities are represented in the sample by 72% of participants. The remaining 28% of participants indicated they were from another university not listed.

Approximately 13% of participants indicated they were each 18, 19, 20, 21, 22, 23, and 24 years of age.

58.8% indicated they were women, 39.4% indicated they were men, 1.4% indicated they were non-binary (e.g., genderqueer, gender fluid), and remaining participants (.5%) selected agender, another identity not listed, do not know, or choose not to answer.

7.5% (N = 112) indicated they were transgender ("Transgender' describes people whose gender identity or expression is different, at least part of the time, from the sex assigned to them at birth. Are you transgender?"). Throughout this report, transgender individuals are analyzed in keeping with their identified gender (men/women).

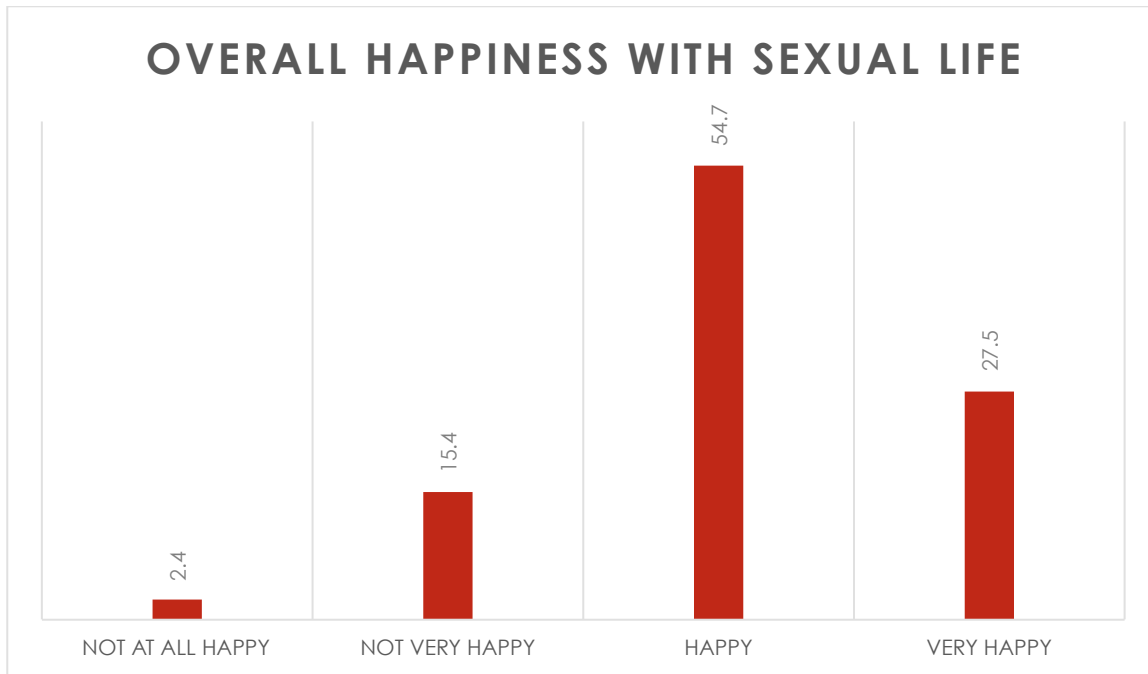
About ¾ identified as heterosexual. Compared to the 2013 sample, a lower proportion of the overall sample identified as heterosexual (88.5% in 2013, 72.2% in 2019). Compared to 2013, in 2019 7% more participants identified as bisexual (11.4% vs 4.1%). As well, in 2019, new options for pansexual, queer, and asexual were given and a minority (approx. 2%) identified as each of these.



43 men identified as gay, 55 as bisexual, and 436 as heterosexual. 108 women identified as bisexual, 23 as pansexual, and 645 as heterosexual. Thus, some analyses by these orientation categories may be possible but analyses based on sexual orientation should be interpreted with caution because of potential low cell sizes.

Sexuality and Relationships

About 4/5 indicated that they were happy or very happy with the sexual part of their lives, whether or not they were sexually active. There were no gender differences. The proportions for this question are not different than those in 2013.



Relationship Status

Most participants were either not dating anyone, or in a casual or committed dating relationship. Compared to the 2013 sample, fewer participants indicated that they were not dating anyone (38.2% vs. 45.8%).

	Man	Woman
<i>Not dating anyone</i>	38.7	37.8
<i>Casual dating</i>	25.2	15.6
<i>Committed dating</i>	21.3	30.1
<i>Living together</i>	7.8	12.0
<i>Engaged</i>	4.8	1.9
<i>Married</i>	1.9	2.6
<i>Separated</i>	0.3	0.0

Of those in relationships, about one-third (36.8%) were in relationships less than one year, about one-third (33.2%) were in relationships lasting 1-2 years. The remaining participants were equally distributed in relationships of 3, 4, and 5 years or more.

The majority of participants in relationships were at least somewhat emotionally and sexually satisfied. Men and women were not significantly different in terms of emotional or sexual satisfaction.

Emotional Satisfaction in Current Primary Relationship

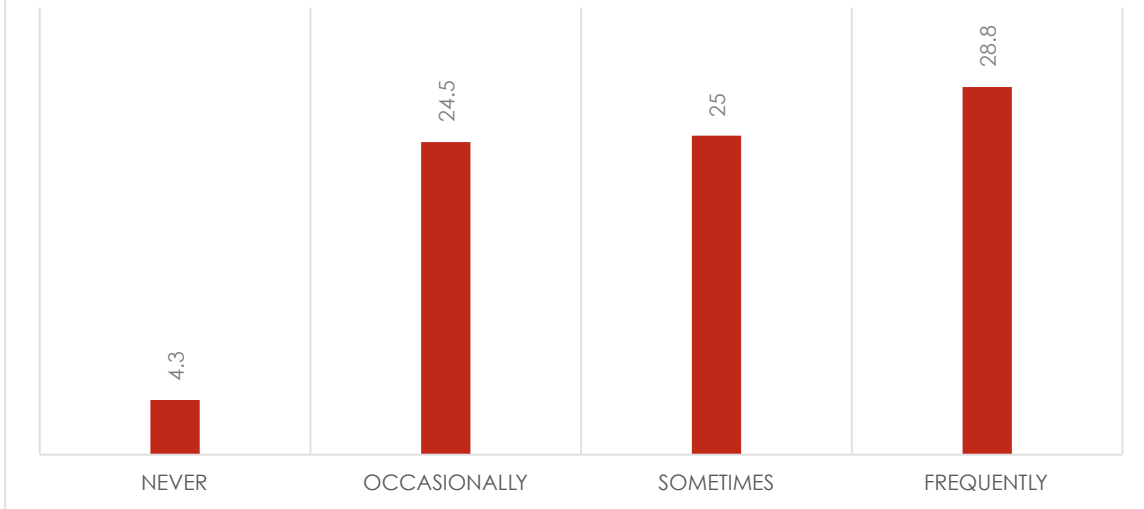
	Men	Women
<i>Very satisfying</i>	52.4	51.9
<i>Somewhat satisfying</i>	39.8	36.5
<i>Not very satisfying</i>	5.9	10.0
<i>Not at all satisfying</i>	2.0	1.7

Sexual Satisfaction in Current Primary Relationship

	Men	Women
<i>Very satisfying</i>	49.6	45.8
<i>Somewhat satisfying</i>	37.6	41.0
<i>Not very satisfying</i>	8.5	9.9
<i>Not at all satisfying</i>	4.3	3.3

There were no gender differences in sexual communication. Almost one-half of participants reported that they had spoken frequently or very frequently to their partners about their sexual preferences (i.e., the ways they like to be touched, the ways they like to have oral sex, the ways they like to have oral sex).

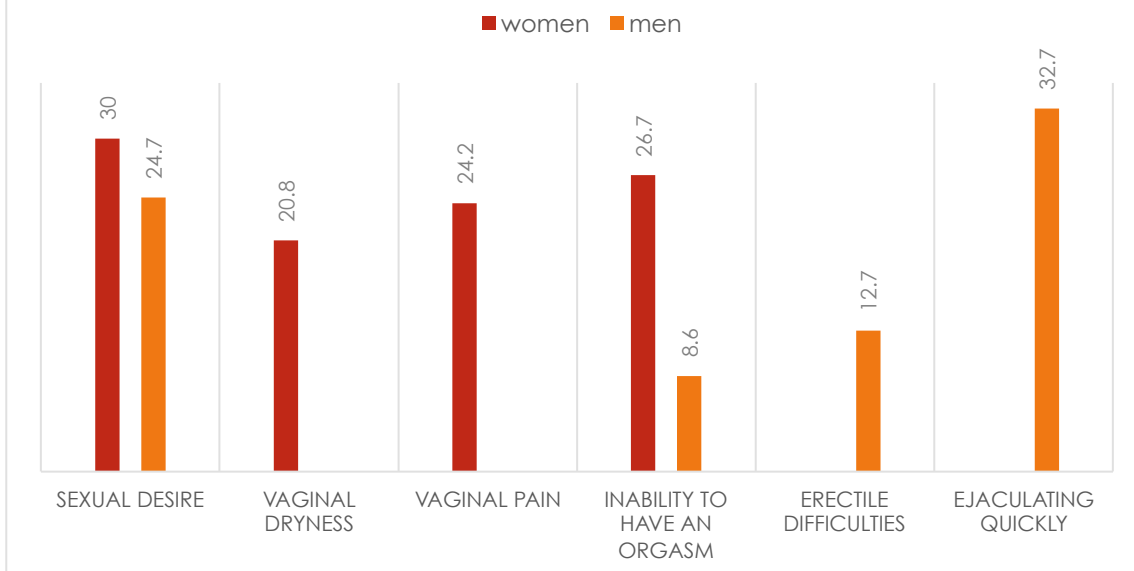
FREQUENCY OF SEXUAL COMMUNICATION



Sexual Problems

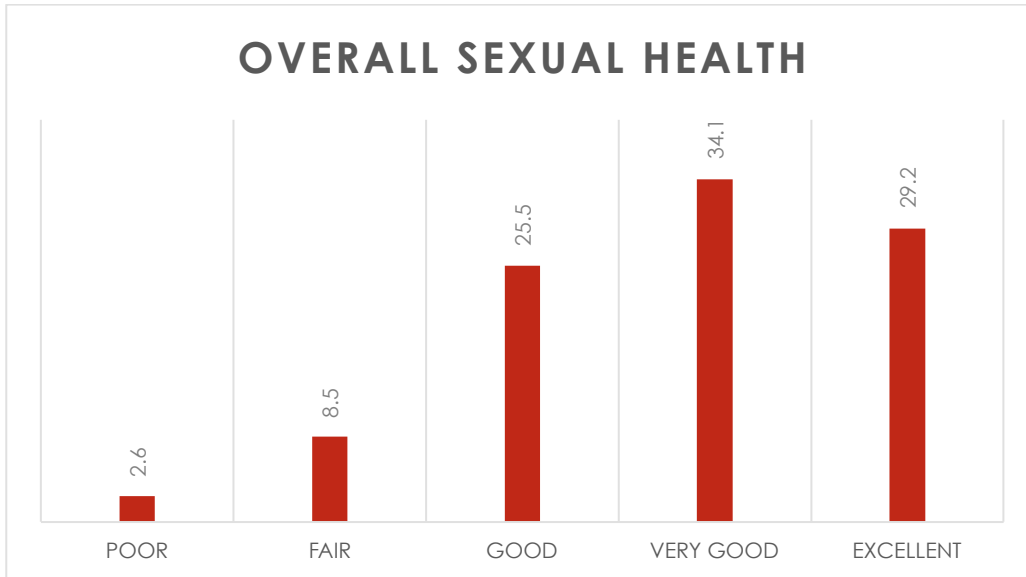
About one-quarter of women reported at least one of each sexual problem. Among men, ejaculating more quickly than they would have liked was reported by 32.7% of participants. Problems with desire was the most common sexual problem among women (reported by 30.0%) and was the second-most common problem among men (endorsed by 24.7%).

SEXUAL PROBLEMS FREQUENCY

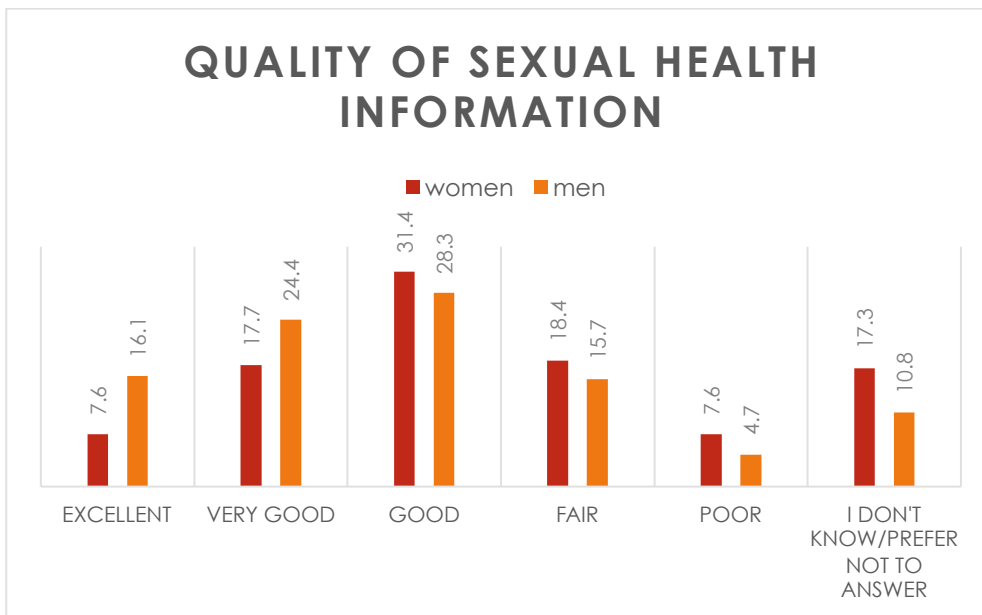


Sexual Health, Information, Education, and Resources

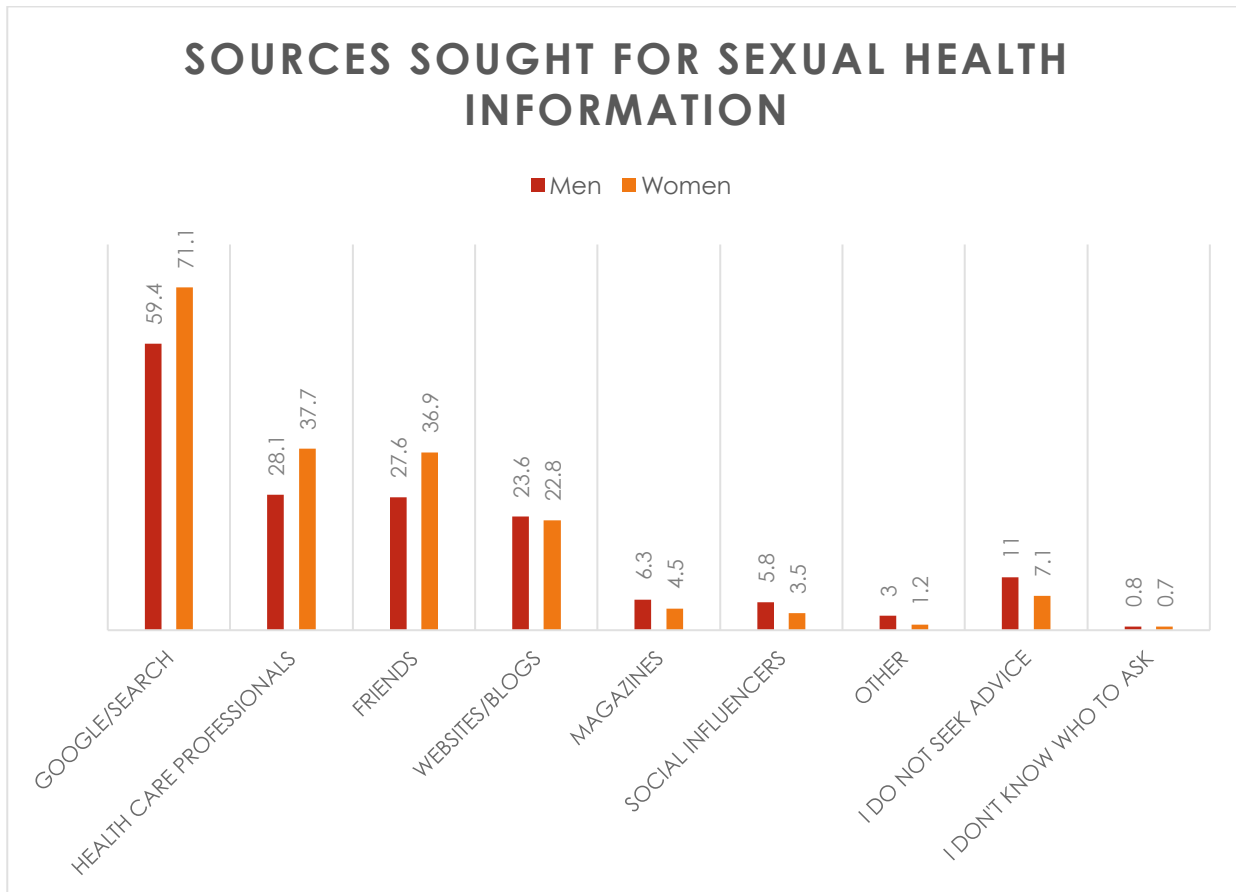
Almost 2/3 (59.2%) reported that their sexual health was excellent or very good. This was slightly less than those selecting excellent or very good in 2013 (64.1%). There was no gender difference.



Participant generally rated the quality of the sexual health information available on their campuses as good or better. Men, however, were more likely to indicate the information was excellent or very good than were women.



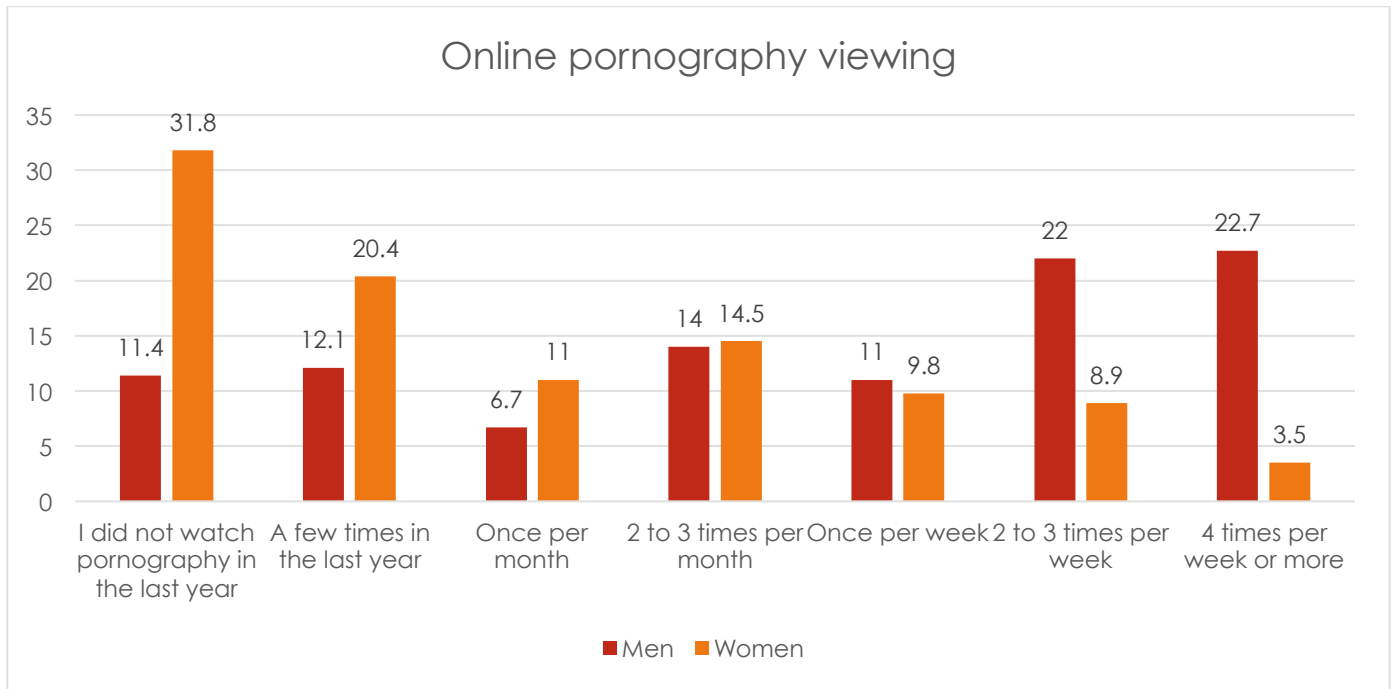
Women were more likely to indicate that they would seek sexual health information from most sources than were men. The most commonly sought source for sexual health information was “google,” followed by health care professionals and friends. (Respondents could check all that apply so % total more than 100)



Sexual Behaviours

Pornography Use

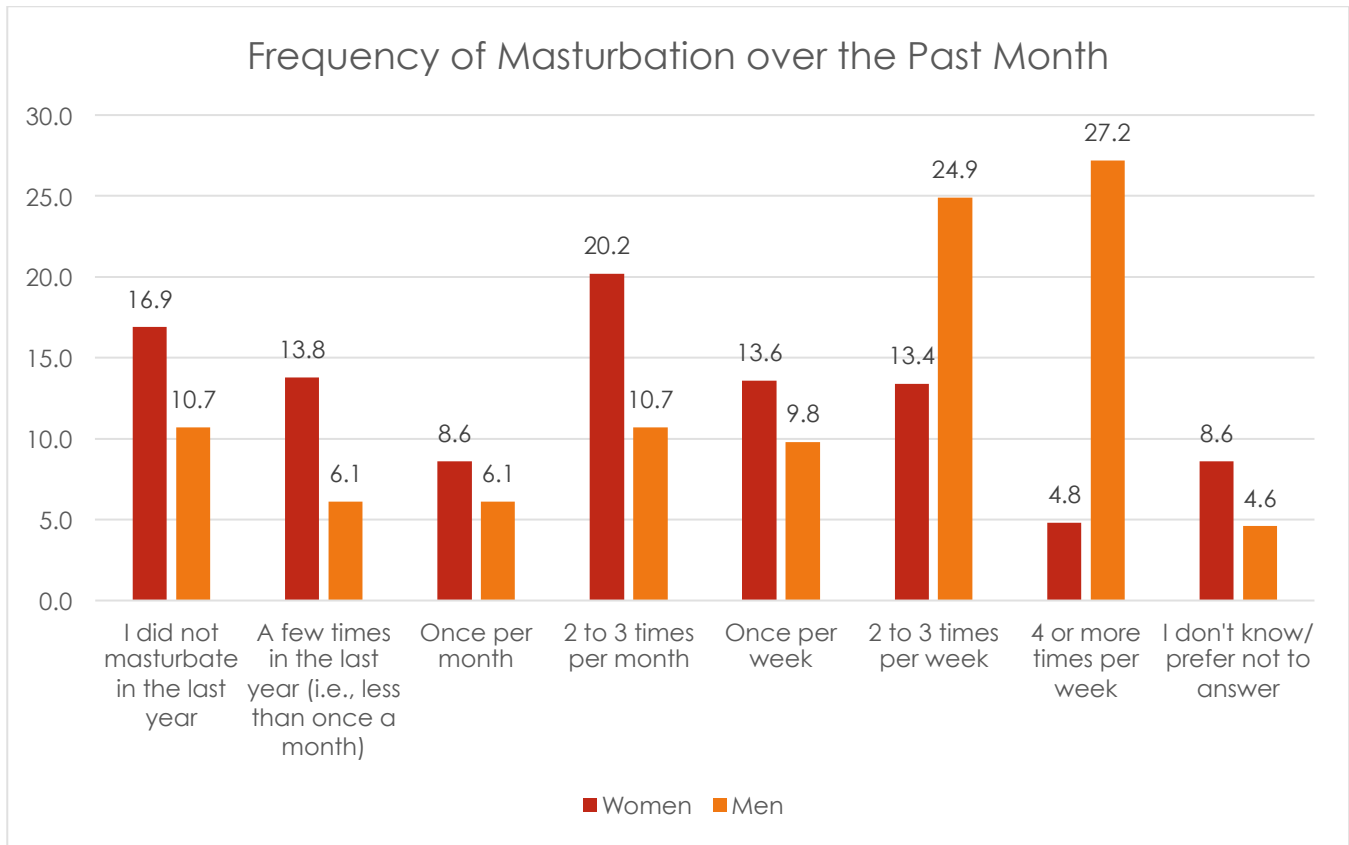
Men reported significantly more pornography use than did women. Among women, the most common response to the question about frequency of viewing pornography over the past month was “I did not watch pornography in the last year.” About one-half of female participants watched pornography a few times over the last year or more often. About one-half of male participants watched pornography 2 to 3 times a week or more often.



Masturbation

About two-thirds of women masturbated 2 or 3 times a month or less often. About two-thirds of men masturbated once per week or more often. However, women were more likely than men to indicate their last experience of masturbation was very pleasurable (37.8% vs 28.3%). Participants reported using a range of things to increase their sexual pleasure during masturbation. Specifically, these included:

- Pornography – 60.2% of men and 46.2% of women
- A vibrator or massager – 7.5% of men and 28.9% of women
- Lubricant – 17.0% of men and 10.2% of women
- Male pleasure sleeve – 5.7% of men
- My partner watched or helped me masturbate – 6.7% of men and 8.8% of women
- Cannabis/marijuana – 11.2% of men and 5.3% of women
- Alcohol – 3.2% of men and 2.8% of women



Partnered Sexual Activity

About one-quarter of the sample reported not having a sexual encounter over the past year ($N = 380$). About one-third of participants reported having a sexual encounter at least once a week.

	Men	Women
<i>I did not have a sexual encounter in the last year</i>	27.5	26.7
<i>A few times in the last year</i>	15.5	13.5
<i>Once per month</i>	11.5	6.3
<i>2 to 3 times per month</i>	13.9	14.1
<i>Once per week</i>	11.3	15.3
<i>2 to 3 times per week</i>	12.7	18.0
<i>4 or more times per week</i>	7.6	6.2

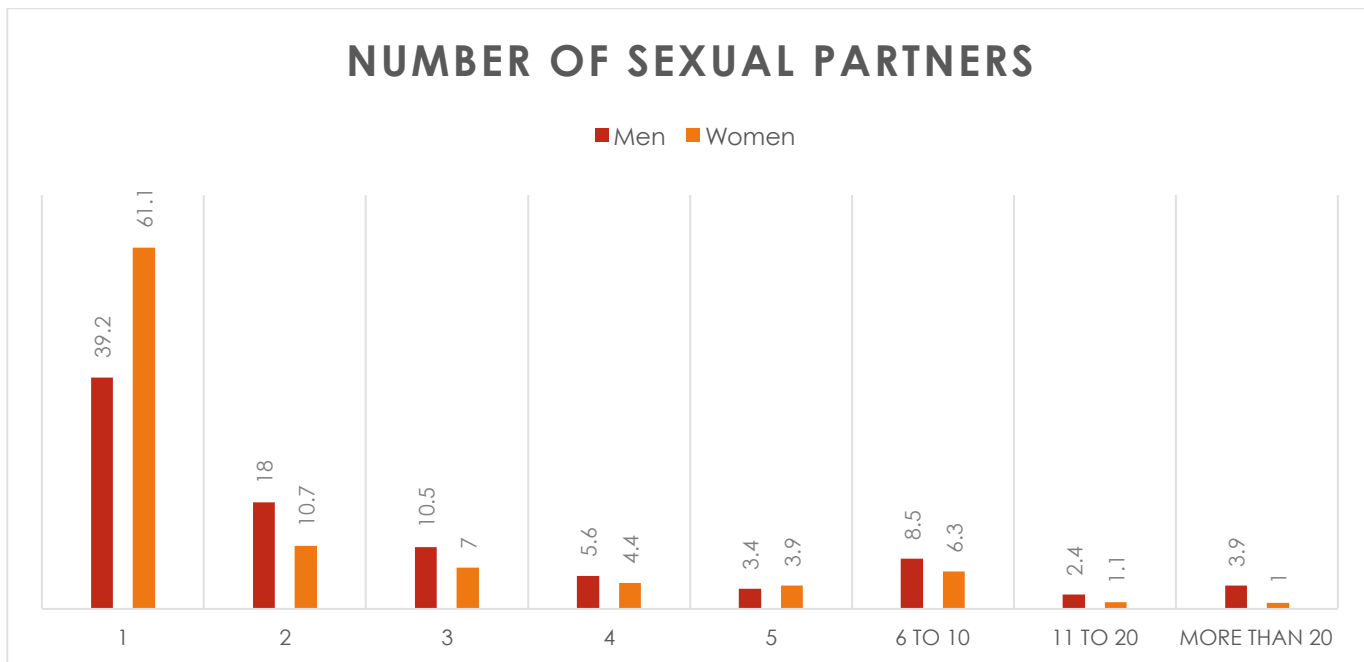
Note – in 2013, similar proportions of men and women reported that they had never had a sexual encounter (30,0% of men and 24.4% of women). We did not ask about sexual frequency in 2013 so cannot compare frequencies of sexual encounters and vaginal sex.

Frequency of Penis-Vagina Sex

	Men	Women
<i>I did not engage in penis-vagina intercourse in the past year</i>	16.4	7.7
<i>A few times in the last year</i>	16.4	13.7
<i>Once per month</i>	12.5	7.7
<i>2 to 3 times per month</i>	17.2	20.6
<i>Once per week</i>	13.2	18.1
<i>2 to 3 times per week</i>	15.4	24.0
<i>4 or more times per week</i>	8.8	8.2

Note. This table only includes individuals who indicated they had had a sexual encounter over the past year (N = 1016).

Among those who reported having a sexual partner over the past year, most reported having one or two sexual partners. Women were more likely than men to report having one sexual partner over the past year (61.1% vs. 39.2).



About ¾ of participants who reported having a sexual encounter indicated that this encounter happened within the past month.

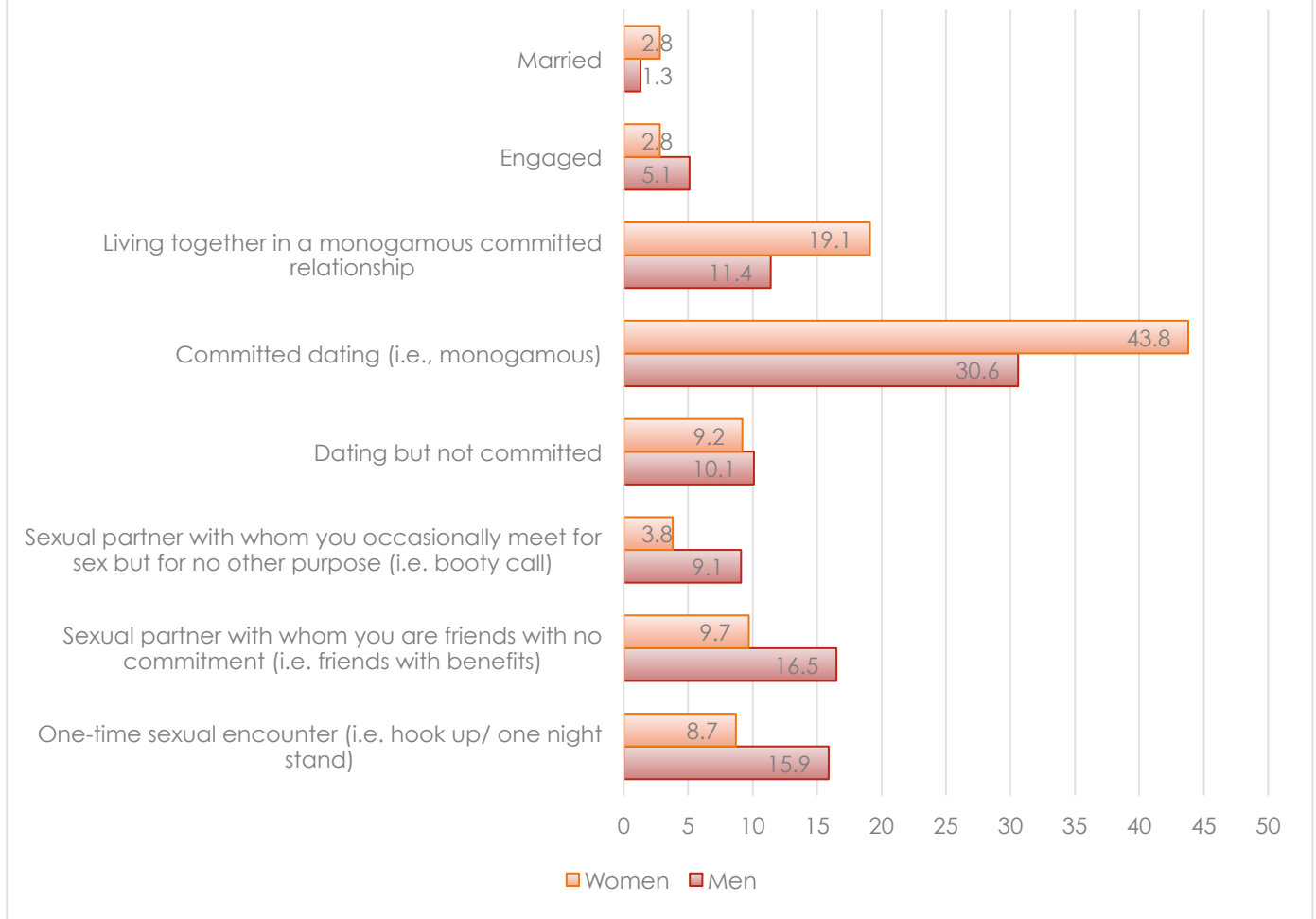
Among those who reported having a sexual encounter over the past month, most (91.4% of women and 70.6% of men) reported having one partner. 1 in 5 (18.3%) men reported having 2 partners; 5.5% of women reported having two partners. 6.8% of men and 2.0% of women reported having 3 partners, and 4.3% of men and 1.0% of women reported having more than 3 partners.

Features of the Last Sexual Encounter

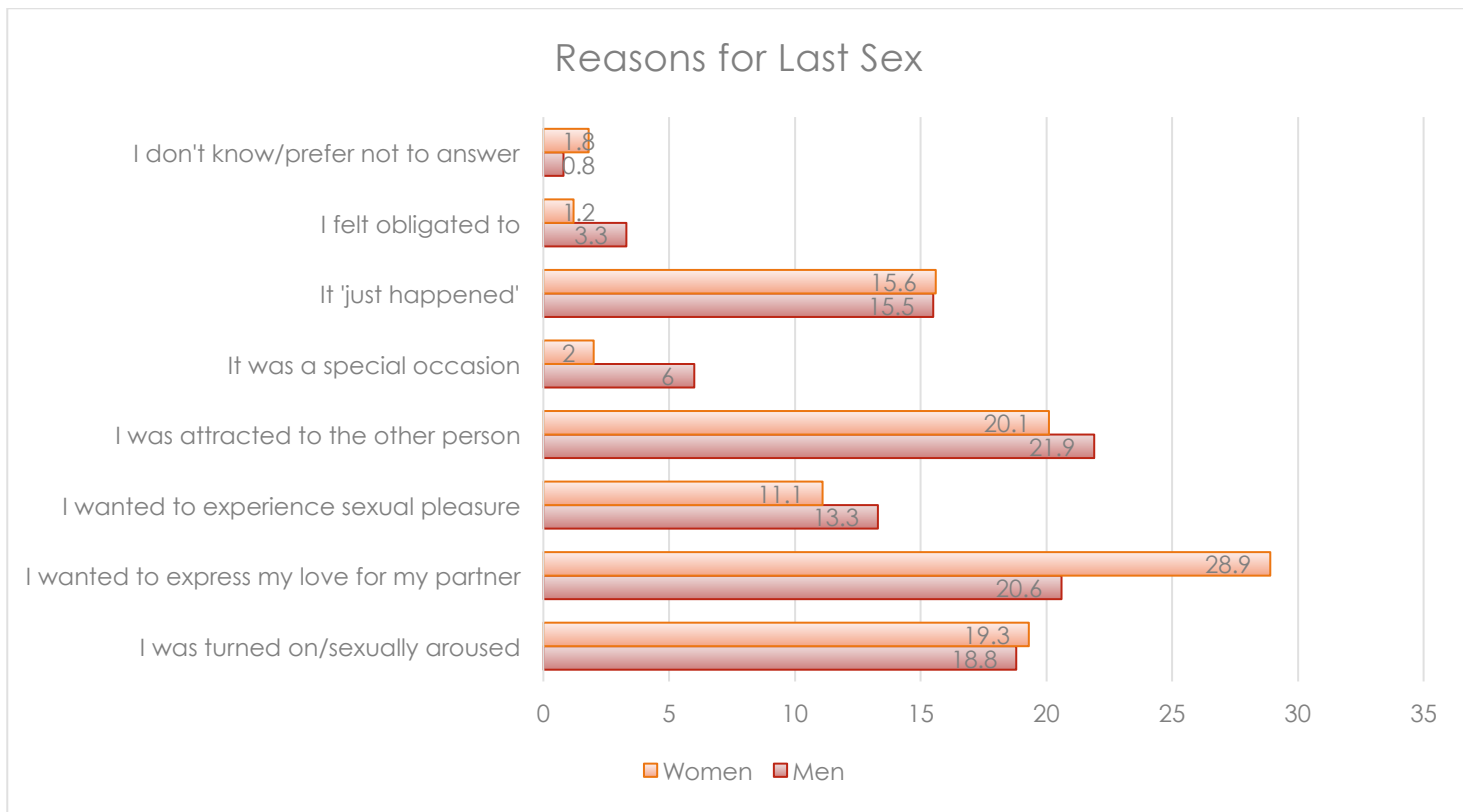
Most (81.0% of men and 90.5% of women) reported having sex with an other-gendered partner.

Most participants reported that their last sexual partner was someone they were dating (committed or not committed). About one-quarter of men and one in five women reported using Tinder to meet their last partner (25.3% and 17.6% respectively).

Relationship Context for Last Sexual Encounter



Participants reported a range of reasons for their last sexual encounter. Women were more likely to report expressing love was the reason they had sex (28.9% vs. 20.6%). About one-third of participants reported pleasure/arousal reasons. Two-thirds of men (62.9%) of three-quarters of women (78.0%) indicated their last encounter was moderately or strongly wanted.



About one in five men and one in ten women (21.6% and 11.5%, respectively) reported consuming cannabis/marijuana in any form in the two hours before their most recent sexual encounter.

Most participants (63.9% of men and 76.1% of women) reported they did not consume any alcohol in the four hours before their last encounter. Those who did consume alcohol almost all had 4 or fewer drinks.

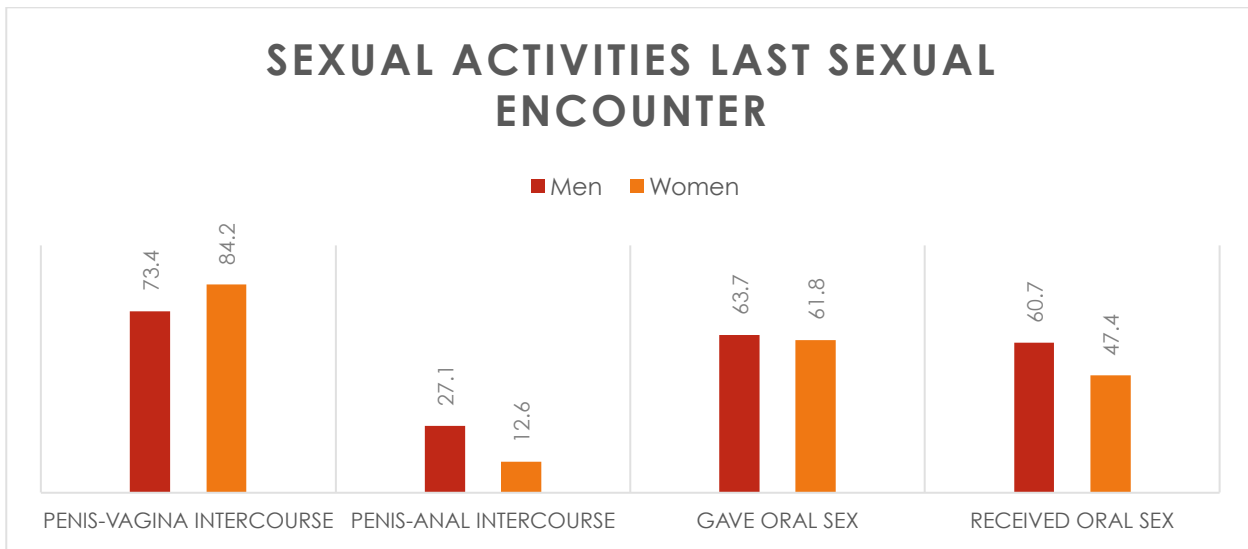
Most sexual encounters lasted less than an hour with most participants (41.3% reporting the encounter lasted 16 to 30 minutes). About 20% indicated the encounter lasted less than 15 minutes.

Most (97.2%) reported having at least some affectionate behaviour (e.g., kissing or cuddling) before their last sexual encounter. One-half (54%) indicated the affectionate behaviours lasted 10 minutes or less.

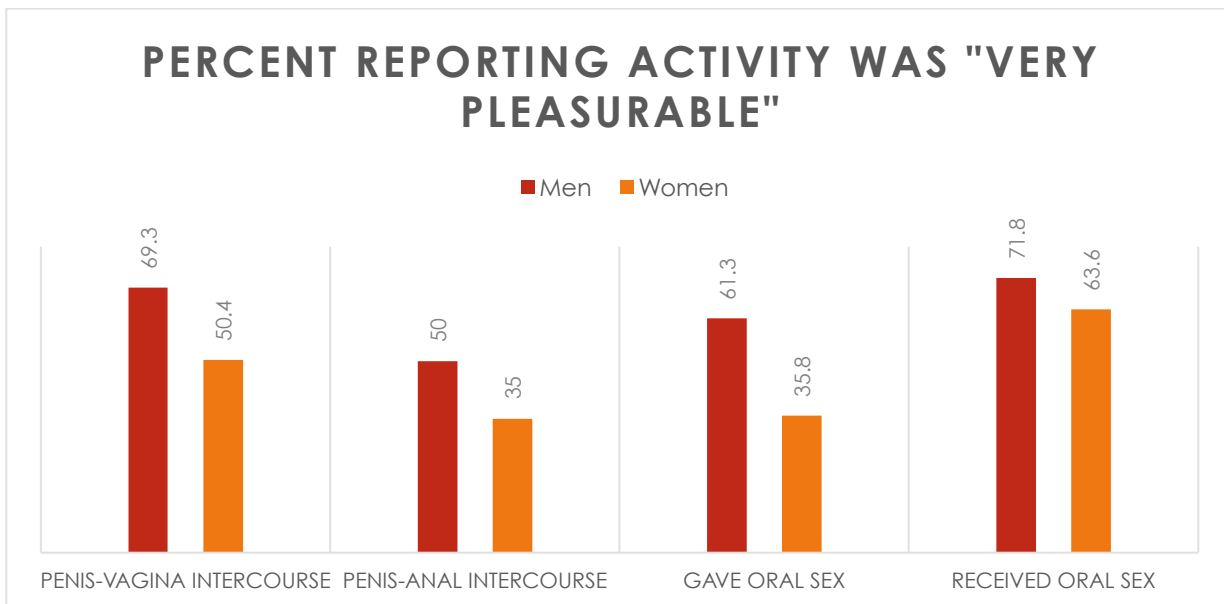
Most (92.7%) reported having at least some affectionate behaviour after their most recent sexual encounter. More than one-half (56.9%) indicated that the post-sex affectionate behaviours lasted 10 minutes or less.

Three-quarters of men (74.2%) and one-half of women (52.7%) reported having an orgasm.

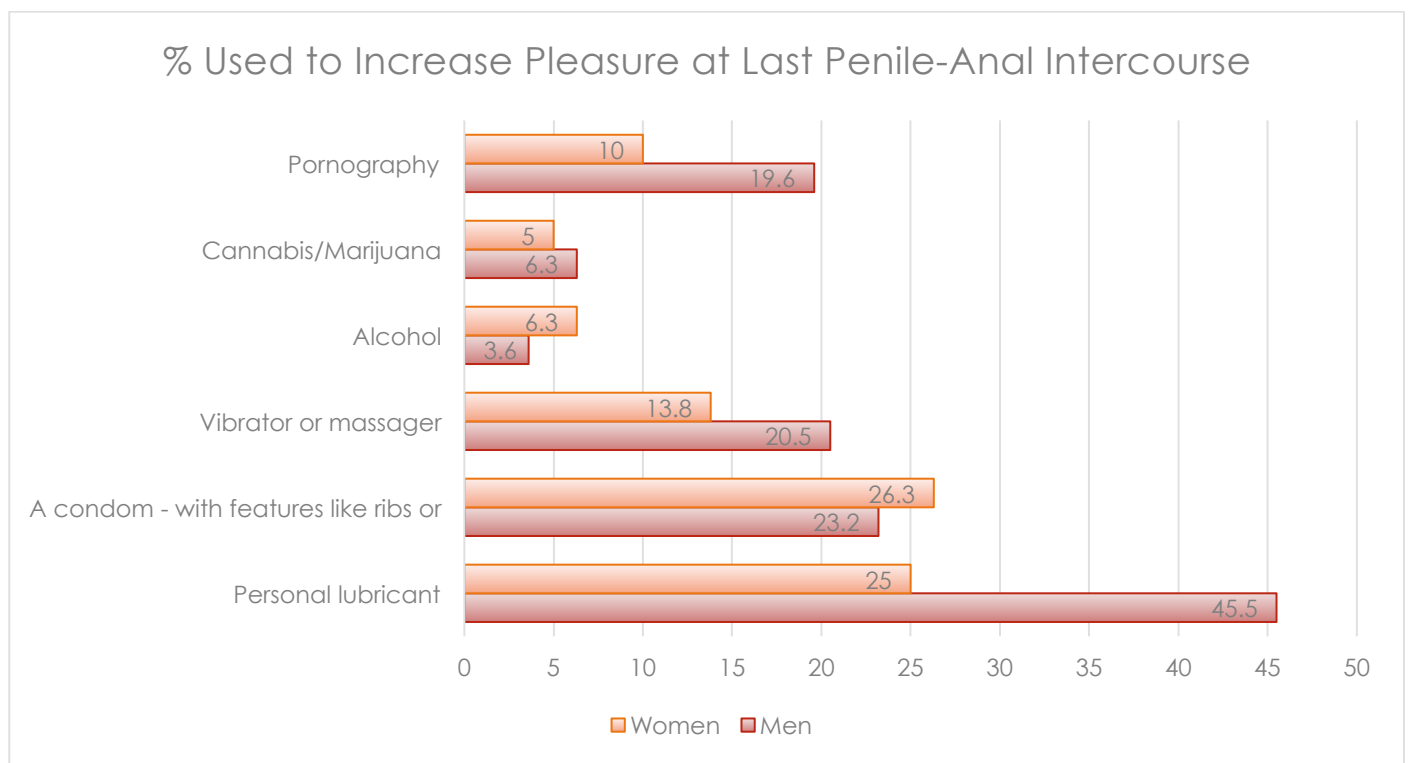
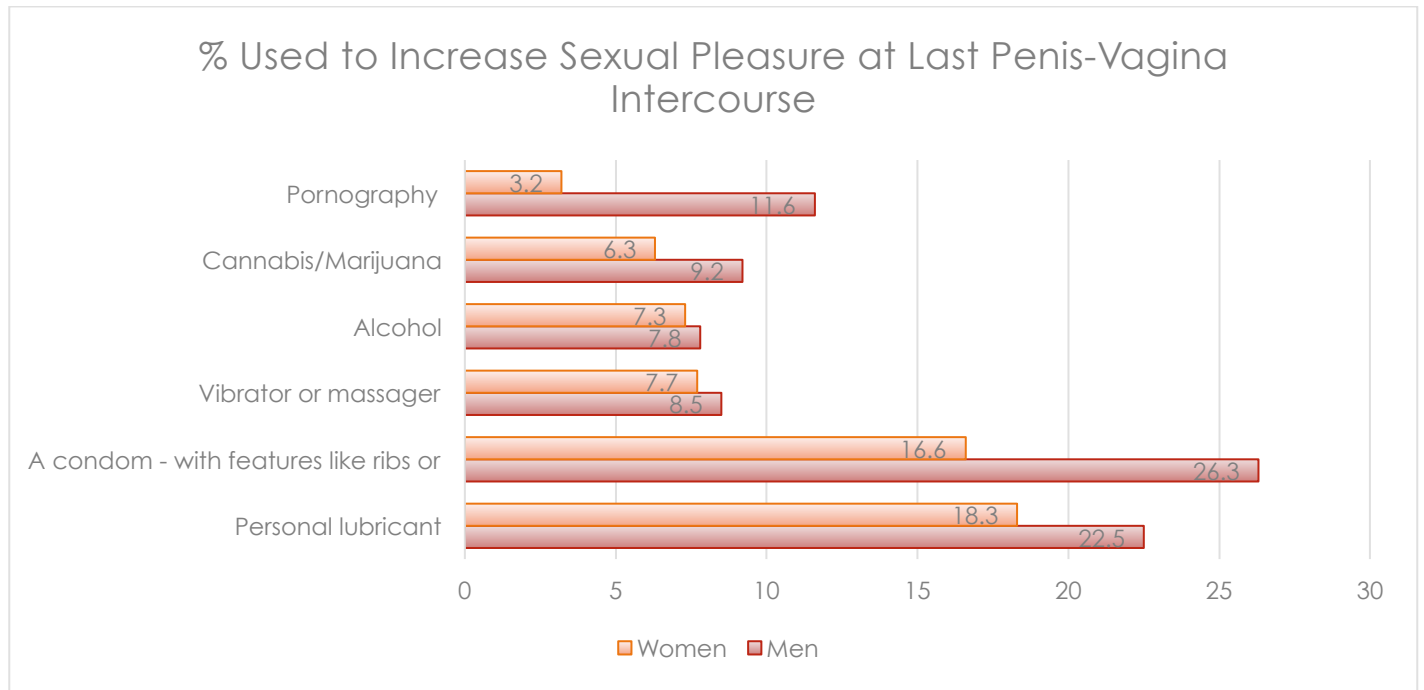
Penis-vagina intercourse occurred in most sexual encounters. Men were more likely than women to report having penis-anal intercourse (27.1% vs 12.6%) in their last sexual encounter. Men were more likely than women to report receiving oral sex (60.7% vs. 47.4%) in their last sexual encounter.



Men were more likely to report that each sexual activity was “very pleasurable” than were women. The gap in reporting “very pleasurable” was the narrowest for receiving oral sex and the greatest for giving oral sex.



Participants reported engaging in a number of activities to enhance their pleasure during their last experience of penis-vagina intercourse. About one-quarter of men (26.3%) and less than a fifth of women (16.6%) reported using a ribbed condom and 22.5% of men and 18.3% of women reported using a lubricant to enhance pleasure.



Condom Behaviours

Women were more likely than men to report never using a condom for penis-vagina intercourse (25.7% vs. 15.2%).

	2013 (N = 961)		2019 (N = 896)	
	Men (N = 411)	Women (N = 550)	Men (N = 339)	Women (N = 557)
<i>Never</i>	14.6	18.7	15.3	25.9
<i>Rarely</i>	11.7	17.1	16.8	16.9
<i>Sometimes</i>	10.5	11.8	18.0	13.3
<i>Often</i>	21.4	17.8	21.2	18.5
<i>Always</i>	41.8	34.5	28.6	25.5

Participants were asked, the last time they had a conversation with a partner about condoms, who initiated the conversation. Women were more likely than men to indicate that they initiated the conversation (58.8% vs. 42.0%). Men were more likely than women to indicate that their partner did (40.7% vs. 30.2%), and also were more likely to indicate that they had never discussed condoms with a sexual partner (17.3% vs. 11.0%).

Concern about Unplanned Pregnancy and Sexually Transmitted Infections

About one-half of men (51%) and two thirds of women (65%) indicated that they were not at all concerned/not very concerned about STI infection. About half of men (51%) and women (53%) reported that they were not at all concerned/not very concerned about unplanned pregnancy. More men than women reported they were very concerned about unplanned pregnancy and STI infection.

There are differences in concern about STI infection and pregnancy between 2013 and 2019. It is notable that the percentage of women who reported being not at all concerned about STI infection increased from 20.5% in 2013 to 43.4% in 2019. In addition, the percentage of both women and men who were not at all concerned about unplanned pregnancy increased from 2013 to 2019.

Concern about STI Infection

	Men		Women	
	2013	2019	2013	2019
Not at all	27.1	29.7	20.5	43.4
Not very	28.8	21.2	24.3	21.8
Somewhat	28.0	17.9	27.8	18.4
Very	16.0	31.1	27.5	16.4

Concern about Unplanned Pregnancy

	Men		Women	
	2013	2019	2013	2019
Not at all	9.6	30.6	8.7	27.1
Not very	24.0	20.1	25.9	25.6
Somewhat	34.4	21.3	36.7	26.4
Very	32.0	28.0	28.7	20.8

Condom and Contraceptive Use Last Sexual Encounter

About one-half of participants (51.5%) reported using a condom in their last experience of penis-vagina intercourse.

In 2019:

- 46.4% of women reported using a condom at last penis-vagina intercourse
- 60.3% of men reported using a condom at last penis-vagina intercourse

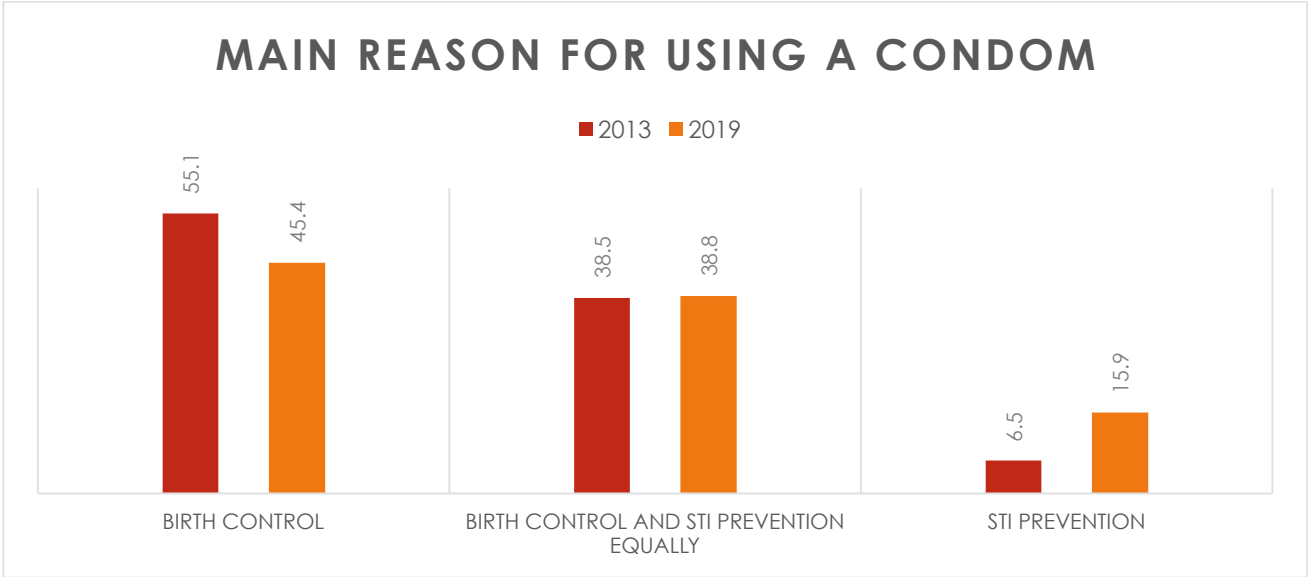
In 2013 about one half of participants (52.2%) reported using a condom in their last experience of penis-vagina intercourse:

- 47.3% of women reported using a condom at last penis-vagina intercourse
- 59.3% of men reported using a condom at last penis-vagina sex

Choose not to answer responses not included in these analyses. Overall N for comparison in 2013 = 788 (317 men and 471 women). Overall N for comparison in 2019 = 796 (292 men and 504 women).

Reasons for Condom Use

Reasons for using a condom were significantly different in the 2013 and 2019 data collections. More people reported using a condom for STI prevention in 2019 than 2013; and fewer people reported using a condom for birth control.



Main Reason for Using a Condom

	2013 (N = 402)		2019 (N = 402)	
	Men (N = 184)	Women (N = 218)	Men (N = 175)	Women (N = 227)
Birth control	58.7	51.8	45.7	45.4
STI prevention	8.7	4.6	17.1	15.9
Birth control and STI prevention equally	32.6	43.6	37.1	38.8

Reasons for Non-Condom Use

Participants who did not use a condom at last vaginal sex were asked to indicate their main reason for not doing so from a list of 14 reasons. Aside from the top four reasons, the remaining 10 reasons were selected by less than 5% of participants. Participants largely gave similar reasons for not using a condom in 2019 as in 2013.

In 2019, participants were less likely to give “My partner/I uses a different method of birth control” as their main reason for not using a condom during their last penis-vagina intercourse encounter.

Participants were more likely to say, “My partner does not have an STI” as their main reason for not using a condom in 2019 compared to 2013.

	Men	Women
<i>I/my partner uses a different form of birth control</i>	37.9	50.0
<i>I know my partner does not have an STI</i>	17.2	14.8
<i>I am not concerned about unintended pregnancy</i>	6.9	3.7
<i>I don't like the feel of them</i>	9.5	4.8

When asked what other reasons participants had for not using a condom, the following reasons were given:

- I know my partner does not have an STI (39.2%)
- I don't like the feel of them (20.1%)
- I am not concerned about/afraid of receiving an STI (17.8%)
- I don't like using them, period (17.8%)
- I/my partner uses a different method of birth control (14.1%)
- I am not concerned about unintended pregnancy (12.5%)
- My partner did not want to use one (12.3%)
- I don't like the smell of them (8.1%)
- I'm confident I can pull out in time (7.8%)
- I did not have one with me (7.3%)
- I did not want to lose the spontaneity (7.0%)
- It cost me money/the price/too expensive to purchase (4.7%)

- I was under the influence of alcohol/drugs (2.6%)
- It's embarrassing to buy them in the store (1.3%)
- I/my partner are trying to have a baby (.8%)
- Other (7.8%)

Methods of Contraception

Method of Contraception Last Vaginal Sex

	Men	Women
<i>Condom</i>	48.8	40.4
<i>Oral contraceptives</i>	16.4	47.1
<i>Intrauterine device (IUD)</i>	5.8	10.7
<i>Morning after pill</i>	6.5	6.1
<i>Contraceptive ring</i>	4.1	4.1
<i>Female condom</i>	3.4	2
<i>Hormonal injection</i>	2.7	2.4
<i>Contraceptive sponge</i>	3.4	1.2
<i>Contraceptive patch</i>	2	1.6
<i>Natural family planning</i>	2.4	1.2
<i>Male sterilization</i>	2.7	0.8
<i>Female sterilization</i>	2.4	0.8
<i>Contraceptive film</i>	2.4	0.8
<i>Rhythm method</i>	1.7	1
<i>Cervical cap</i>	1	1.2
<i>Levonogestrel IUS</i>	1.7	0.6
<i>Diaphragm</i>	2.4	
<i>Hysterectomy</i>	2	
<i>Other method</i>	2.4	2.8
<i>No contraceptive method was used</i>	13.3	6.9

Preferred Method of Contraception

Condoms were the preferred method of contraception selected by men. For women, oral contraceptives were the most preferred, followed by condoms.

	Men	Women
<i>Condom</i>	53.4	28.7
<i>Oral contraceptives</i>	15.5	44
<i>Male sterilization</i>	1.8	0.2
<i>Female sterilization</i>	1.2	0.9
<i>Rhythm method</i>	1.8	1.7
<i>Contraceptive film</i>	1.2	0.6
<i>Natural family planning</i>	0.9	0.6
<i>Hormonal injection</i>	1.5	1.8
<i>Intrauterine device (IUD)</i>	6.1	10.3
<i>Levonogestrel IUS</i>	0.3	0.2
<i>Morning after pill</i>	3.7	1.8
<i>Contraceptive patch</i>	1.5	1.1
<i>Hysterectomy</i>	1.8	0.2
<i>Contraceptive sponge</i>	0.3	0.6
<i>Contraceptive ring</i>	1.2	3.9
<i>Female condom</i>	2.7	0.9
<i>Diaphragm</i>	2.1	
<i>Cervical cap</i>	1.2	
<i>Other method</i>	1.5	2.6

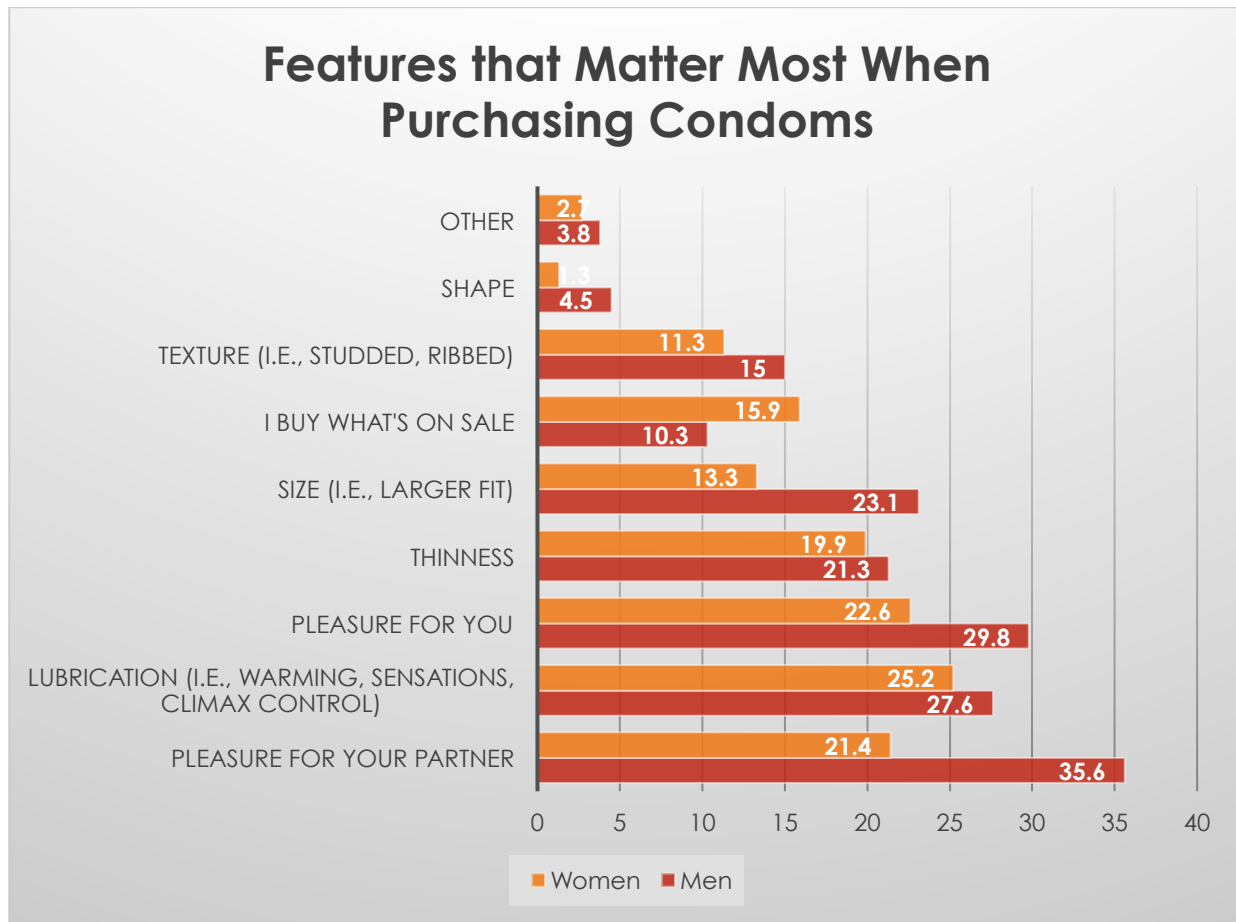
Condom Preferences and Purchasing

The most common source of condom procurement was the drug store. Women were more likely to indicate their partner provides condoms.

	Men	Women
<i>Drug store</i>	44.2	40.9
<i>My partner usually provides the condom</i>	5.8	20.8
<i>Grocery store</i>	20	9.5
<i>Convenience store</i>	14.7	7.7
<i>Campus activities</i>	10.7	7.7
<i>Campus health clinic</i>	12	6.4
<i>Health care professionals off-</i>	8.6	4.9

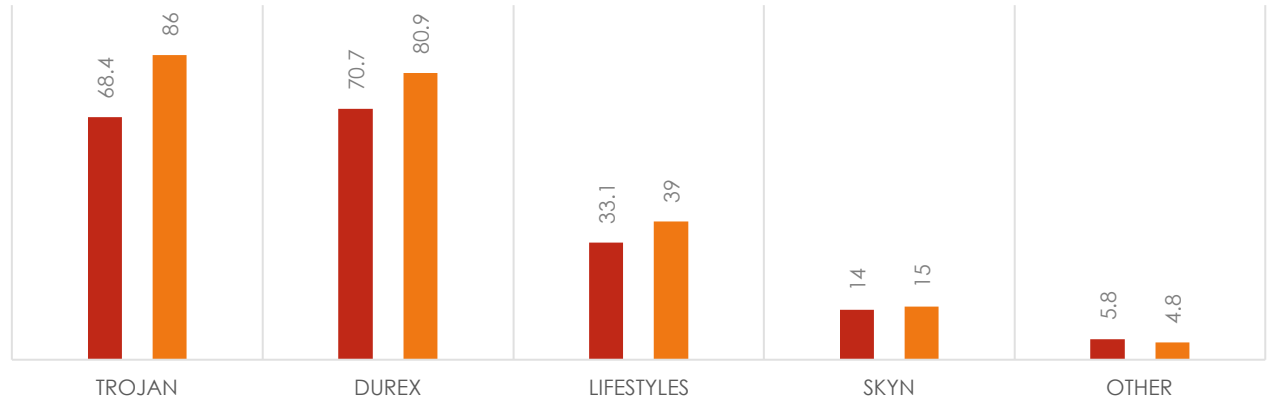
<i>campus</i>		
<i>Amazon</i>	9.1	1.9
<i>Dollar store</i>	5.2	1
<i>Residence assistants</i>	3.4	1.6
<i>Other online source</i>	2.7	0.5
<i>I have never accessed a condom myself</i>	12	26.9
<i>I don't know/prefer not to answer</i>	3.2	4.1

Participants were asked which condom brands they were familiar with, and which they had last purchased. Trojan was the brand most were familiar with and most had purchased. Own and partners' pleasure were the features that mattered most to participants, when purchasing a condom. Lubrication was also an important factor.



WHICH BRANDS ARE YOU FAMILIAR WITH?

■ Men ■ Women



BRANDS PURCHASED LAST PURCHASE

■ Men ■ Women

