

alcohol and sex

DO YOU KNOW THE RISKS?

“We were both a bit drunk—it just happened”

Alcohol lowers your inhibitions. This means you could take more risks in your behaviour, including having sex.

TIP—Watch how much you drink and make sure no-one adds anything to it!

“I couldn’t even get the condom out of the packet”

Alcohol often means you might not think about using a condom. If you do decide to try and use a condom, being drunk means that you’re more likely to use it wrongly. This can cause condoms to break, burst or slip off during sex.

TIP—Make sure you know how to use condoms correctly as they’re only effective if used properly!

“I can’t even remember if we had sex or not”

Young people often have their first sexual experience when drunk. Unplanned and unprotected sex can lead to sexually transmitted infections and pregnancy.

TIP—Find out where you can get emergency contraception and STI testing in your area, BEFORE you need it!

“He couldn’t even get it up!”

Drink makes us clumsier and that can result in unsatisfying sex. And of course, it can also stop guys from getting and keeping an erection and stop women from producing enough natural lubrication for pain-free sex.

TIP—Drink less for more success. Alcohol numbs sensation so sex is actually better sober!

“It wasn’t me, it was the drink!”

In the end, good sex comes with healthy, loving relationships. If one or both of you regularly drinks too much, this will put stress on your relationship.