

# sextalk.

answers to your questions about sex and relationships

**factoid**

Get it while it's hot! Have SexTalk emailed right to your inbox every Monday. To sign up, email [listserv@listserv.arizona.edu](mailto:listserv@listserv.arizona.edu) and type "subscribe sextalk anonymous" in the body of the message.

## Q. Do I have a problem if I can only have sex when I'm totally wasted? Is there something wrong with me? I'm pretty and smart!

- A. Consider your own experiences, as they will help in answering your question. Has sex been fun, memorable and a source of pleasure? Has it been consensual? If you answered "no" to any of these, it could mean that it's time to take a different approach to alcohol and how it affects your relationships and sense of self worth.

On the surface it can seem like alcohol makes everything easier. Drinking can make shy people outgoing, the inexperienced seem seasoned and the demure act daring. But mixing alcohol and sex also comes at a price. The judgment skills that we take for granted when we are sober are drowned out, leading to decisions that can compromise our health and safety.

Here are a few examples: Alcohol-infused sex can increase the risk of sexually transmitted diseases, since the likelihood of using condoms or other forms of protection decreases when you drink. The kind of sex you describe is also associated with sexual assault. According to Arizona state law, if someone is impaired and cannot give consent, sex with that person is considered rape.

Even if you are in a consensual, mutually monogamous relationship and both you and your partner are disease-free, sober sex still makes sense, since alcohol can diminish arousal, lubrication and the overall satisfaction you get out of intimacy.

By having the courage to question your past behavior, you are taking the biggest and most difficult step toward improved health. Fortunately, there are resources on campus that can help you along the way, including Counseling and Psychological Services (CAPS) at Campus Health. To schedule an appointment, call 621-3334, or visit them on the 3rd floor of the Highland Commons Building near 6th St. and Highland Ave.

Hey SexTalk Readers: If you have a friend who you think may need help, check out the Friend 2 Friend website at [f2f.health.arizona.edu](http://f2f.health.arizona.edu). It's packed with good information on what to say, how to say it and where your friend can get help on a range of issues.



Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

SexTalk is written by Lee Ann Hamilton, M.A., CHES and David Salafsky, MPH, health educators at The University of Arizona Campus Health Service.

