

CASUAL SEX

What is casual sex?

A one-off or regular sexual encounter where those involved do not define it as romantic, or their partner as boyfriend or girlfriend. This can be with a stranger or can be an agreement that can stretch over a longer period of time between two people who have sex together.

- Casual sex can also be referred to as**
- Sex with no strings attached
 - Having a f**k buddy
 - Friends with benefits
 - One night stands
 - Chance encounters
 - Hook-ups
 - Anonymous sex

What are the risks?

Sexually transmitted infections

In a casual sex relationship you are unlikely to know the sexual history of your partner. So, the risk of getting a sexually transmitted infection is increased.

Emotional harm

What starts out as a purely sexual relationship can often turn into a desire for more, for one of the people involved in a casual sex arrangement. For example, one person might decide they want a partner rather than casual sex.

Level of safety

Not knowing the other person in a casual sex arrangement increases the risks to your personal safety.

Making the choice

If you are considering this type of arrangement it is worth thinking about the following things:

- Insist on safe sex
- Only continue as long as you are happy with the arrangement
- Ask the other person about their sexual history
- Be respectful
- Make sure everyone involved wants a casual sex arrangement
- Only continue if you are emotionally satisfied
- Have the confidence to make the right choices
- Don't do anything you don't want to do

Saying no is better than putting up with less than you want!

This information was adapted from the website of Avert. www.avert.org/casual-sex.htm

