

Sexual behaviour of young heterosexuals in Australia

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Outline

1. Sexual practices
2. Sexual knowledge and attitudes
3. Sexual health service use
4. Emerging issues
5. Differences by populations

Quantitative studies included

Study	Year	Age group	Location	Sampling
Sex, Drugs & Rock 'n' Roll	2018	15-29	Melbourne	1,007 (67% heterosexual)
It's Your Love Life	2016	15-29	NSW	2,120 (100% heterosexual)
5th National Survey of Australian Secondary Students and Sexual Health	2013	16-19	All states & territories	2,136
Second Australian Study of Health and Relationships (ASHR2)	2012-2013	16-69	All states & territories	20,094 (90% heterosexual)

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Sexual practices in young heterosexuals, by gender

Study	Oral, vaginal, and/or anal sex last yr		Condom-less sex <u>regular</u> partners last yr		Condom-less sex <u>casual</u> partners last yr		Multiple sexual partners last yr	
	W	M	W	M	W	M	W	M
IYLL	66%#	-	74%	77%	67%	59%	-	-
Rock/roll	94%	88%	82%	71%	68%	53%	15%	22%
Students	32.3%	31.3%	58%*	49%*	-	-	20%	28%

*When you had sex with people in the last year

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- : data unavailable

Oral, anal, and vaginal sex

Ever (ASHR2, 2012-13)

	Male, 16-19	Female, 16-19	Male, 20-29	Female, 20-29
Vaginal	65%	60%	90%	89%
Anal	6%	6%	23%	18%
Oral	64%	57%	85%	81%

Past 12 months (Rock n' Roll, 2018)

	Total	Male	Female
Vaginal	92%	88%	94%
Anal	57%	63%	54%
Oral	91%	88%	93%

ASHR1 vs 2:

- Increase in % reporting vaginal, oral and anal sex.
- Women - most marked increases for oral sex

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Condom use by oral and anal sex

Melbourne Sexual Health Centre, n=418, median age 26 (IQR 23-31)

Figure 2. Condom use for fellatio among heterosexual (A) males; and (B) females.

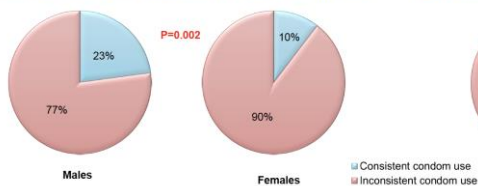
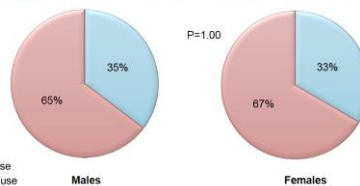


Figure 3. Condom use for anal sex among heterosexual (A) males; and (B) females.



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Sexual knowledge in young heterosexuals

Proportion of participants holding correct knowledge of STIs

	IYLL (ave score 5.4/7)	Rock/roll (ave score 6/8)	Secondary Students
STIs can affect anyone who is sexually active	94.6%	-	-
Number of young people with STIs is increasing	71.1%	-	-
If left untreated, STIs can affect your health	97.0%	-	-
STIs often have no symptoms*	53.9%	86%	88.5%
Chlamydia is most common STI in young people	51.3%	-	-
Chlamydia can make women infertile	-	66%	56.3%
Chlamydia can be diagnosed by a urine test	-	56%	-
Chlamydia affects both men and women	-	-	60%

*Surveys use different scales and/or different question wording (i.e., people infected with STIs do not always have symptoms).

Sexual attitudes of young heterosexuals

Among sexually active participants, extent of views on STI severity, STI risk, condoms, etc.

	All	Males	Females
I believe I could contract an STI	34.1%*	-	-
Using condoms is a good thing	94.3%	91.8%	95.6%
My best friends believe I should use condoms	54.6%	47.9%	58.0%
Condoms reduce pleasure	63.8%	77.4%	56.9%

*No differences by gender (prevalence data not reported)

Friendships and sexual health

“She was saying, ‘Do you think I overreacted?’ And I was like, ‘No, I don’t think you overreacted. And I’m annoyed that he made you feel that way. Like I’m not only annoyed that he did that to you, I’m annoyed that he made you feel that there’s something wrong with you for insisting on being careful.’”



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Byron, 2016, Culture, Health and Sexuality;

Sexual health service use in young sexually active people

Proportion accessing health care and testing for STIs, by gender

Study	Visited a GP in the last 12 months		Tested for STIs and/or HIV ever		Tested for STIs and/or HIV in last 12 months	
	W	M	W	M	W	M
IYLL	52%	24%	46%	36%	28.1%	17.0%
Rock/roll	84%	68%	64%	41%	41%	23%

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Emerging issues among young people

Sexting

	Secondary students	Rock n' Roll survey
Sent sexually explicit picture	26%	63%
Received sexually explicit picture	42%	71%
Forwarded without consent	9%	13%

Correlates⁴

Lifetime and recent sex
Alcohol/drugs before sex
Multiple partners
Condomless sex

Pornography

- 87-92% ever viewed^{1,2}
- Daily use higher in males (39-43% vs 4%)^{1,2}
- Age at first viewing: 13 men, 16 women²

Having sex with someone met online³

- Among sexually active women, correlates: Multiple sexual partners, Very low/low annual household income

¹² ¹Sex, Drugs and Rock 'n' Roll; ²Lim et al. Aust NZ J Public Health. 2017; ³ASHR2; ⁴Smith et al. Sex Health. 2016 Nov;13(6):501-515

The pleasures and perils of sexting

*“... I think in a relationship it’s pretty good, it can be fun and **sexy**, and you know, kind of **spice things up** a bit” (man, 25)*

*“It was just the boys...they think it’s **funny** to take photos while they’re on the toilet or whatever or after soccer training they’re flashing their willies and stuff like that and taking photos of it.” (woman, 24)*



*“It was silly little things I did when I was 17....it was in high school, and it got passed around to people...It was so **humiliating** because people were talking about it and about me.” (woman, 21)*

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Burkett et al. (2015). Sexuality & Culture.

Emerging issues among young people

Dual contraception use, 16-29 year olds

- Hormonal contraception – 62% condom less sex
- LARC users - 85% condom less sex
- LARC user less likely to use condoms, with adjustment for sexual behaviour

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Source: ASHR2

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GOANNA: Young Aboriginal People

	GOANNA (n=2,877, ages 16-29)	It's Your Love Life (n=2,120, ages 15-29)
Sexual behaviours		
Age first sex	16 years	-
Oral, anal, or vaginal sex in last year	73.4%	65.9%
2 or more partners in last year	45%	-
Sex while drunk or high	27%	-
Did <u>not</u> always use condoms in last year	63%	69.7%
Health service use		
Ever tested for STIs and/or HIV	61% and 50% ¹	42.8% ²
STI and/or HIV testing in the last year	42% ¹ and 30% ¹	24.4% ²

¹ Overall; asked about STIs and HIV separately

² Restricted to participants who ever had oral, vaginal or anal sex; asked about STIs/HIV together

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Ward et al. (2014) Sexual Health and relationships in young Aboriginal and Torres Strait Islander people

Female migrants and refugees (aORs shown)

	Australia	English-speaking country	Non-English speaking country
Attitudes			
Sex between women is always wrong	1	0.96 (0.63-1.47)	3.88 (2.80-5.40)
Abortion is always wrong	1	0.98 (0.61-1.56)	3.46 (2.50-4.80)
Sexual behaviours			
Had multiple partners in last year	1	1.30 (0.90-1.87)	0.73 (0.49-1.10)
Used condoms in last year	1	0.66 (0.53-0.82)	1.26 (1.04-1.52)
Health service use			
HIV test ever	1	1.53 (1.33-1.76)	1.41 (1.21-1.63)
STI test in last year	1	0.91 (0.70-1.18)	0.50 (0.38-0.66)
Received the HPV vaccine	1	0.26 (0.17-0.39)	0.16 (0.12-0.22)

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Source: ASHR2

Male migrants and refugees (aORs shown)

	Australia	English-speaking country	Non-English speaking country
Attitudes			
Sex between men is always wrong	1	0.70 (0.48-1.01)	2.04 (1.56-2.66)
Abortion is always wrong	1	0.83 (0.54-1.26)	2.51 (1.89-3.32)
Sexual behaviours			
Had multiple partners in last year	1	1.02 (0.79-1.3)	0.56 (0.42-0.73)
Used condoms in last year	1	0.88 (0.73-1.07)	1.50 (1.27-1.78)
Health service use			
HIV test ever	1	1.37 (1.44-1.93)	2.22 (1.93-2.55)
STI test in the last year	1	1.18 (0.91-1.54)	0.71 (0.55-0.92)
Received the HPV vaccine	-	-	-

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Source: ASHR2

Schools: Important place for SH information

“... when I started becoming [sexually] active, I started realising hey, like you got to do this, you got to do that, don’t do this, don’t do that. It all made sense, you know ... it stuck with me ... I never got the talk about the birds and the bees [at home]. I remember it from high school, so I was prepared”



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Source: Botfield et al. (2018). Sex Education.

Conclusions

- **Gaps in sexual health**
 - Overall, greater in men, migrant people
 - Myths about STIs
 - Social and cultural norms
- **Health promotion opportunities**
 - Online options – websites, dating sites
 - Schools / comprehensive sex education
 - Venue-based screening - concerts
 - Contraception consultations
 - Peers, Aboriginal health workers

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Acknowledgements

- Allison Carter, Kirby Institute
- Christy Newman, CSRH, UNSW
- James Ward, SAHMRI
- Christopher Fisher, ARCHES, La Trobe University
- Eric Chow, Melbourne Sexual Health, Monash University
- Caitlin Douglass, Burnet Institute
- Skye McGregor, Kirby Institute