

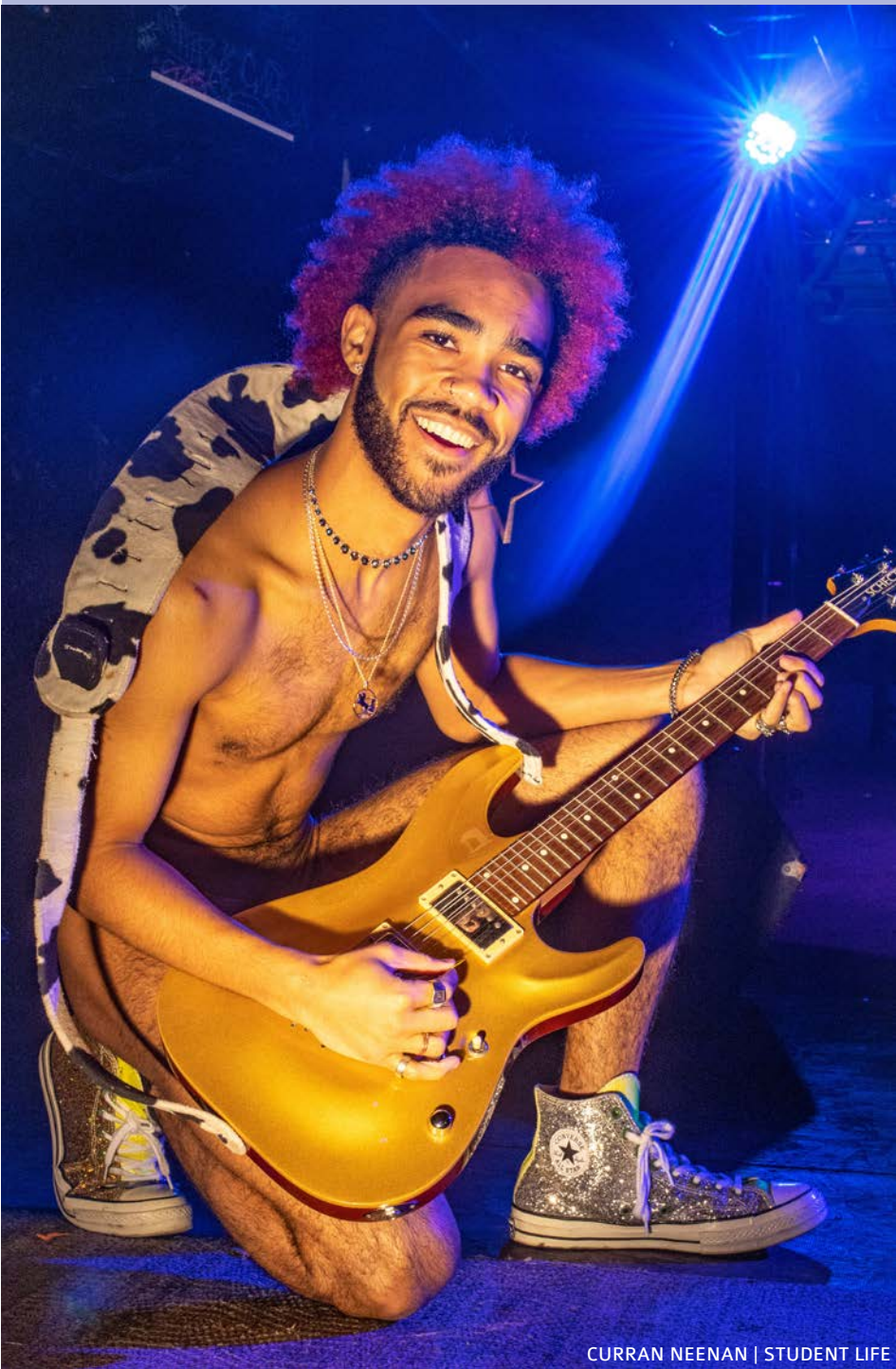
STUDENT LOVE

SEX ISSUE 2020



NIPS

ON THE COVER: ROB APOLLO



CURRAN NEENAN | STUDENT LIFE



CURRAN NEENAN | STUDENT LIFE

2020 Sex Survey reveals students' sex habits

JAYLA BUTLER AND EM MCPHIE
NEWS EDITORS

Student Life's 2020 Sex Survey found that of 1,098 respondents, 71% have had sex, a decrease from both the 2018 and 2019 survey results, which boasted rates of 75% and 74%, respectively.

On average, respondents thought that 65% of Washington University students had had sex.

The survey was open from Jan. 15 to Feb. 7.

When asked how they define sex, 96.74% of respondents said they consider sex to be vaginal penetration, 76.92% said anal penetration, 48.14% said oral sex,

25.25% said manual stimulation and 2.9% said "other."

54% of respondents who have had sex said that they were in high school when they first had sex.

Roughly two out of every three respondents identified as heterosexual, compared to three out of every four in 2019. Nineteen percent identified as bisexual, 5% identified as homosexual, 5% identified as questioning, 5% identified as queer, 3% identified as asexual and 2% identified as pansexual.

When reporting gender identity, 59% of respondents identified as cisgender female, 36% as cisgender male, 2% as nonbinary, 1% as trans male, 1% as trans

female, 1% as genderqueer and 1% as gender nonconforming.

The majority of respondents, 60%, reported not being in a relationship. 40% said they were in a relationship, while the way that students defined being in a relationship varied. 73.82% of respondents said that a relationship constituted establishing girlfriend/boyfriend partner titles, 62.82% said it meant "deciding to be 'exclusive' (agreeing to not date other people)," 32.12% said it meant going on dates, 11.27% said moving in together, 9.49% said hooking up, 8.78% said making it "Facebook official" and 3.73% said "other."

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- W/D hookup

*in select units

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- Fitness Center
- Group Exercise
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A breakdown of Habif's sexual health resources

JAYLA BUTLER AND EM MCPHIE
NEWS EDITORS

Sex Week: Feb. 10-14

Habif Health and Wellness Center kicks off Sex Week 2020 today with the goal to inform students about sexual health during the Valentine's Day season.

The festivities will begin Monday with tabling in the Danforth University Center and Bear's Den. In these locations, Habif will give out free safe sex supplies, candy, host sex-themed trivia and have DIY Valentine's Day cards. The tabling will continue over the course of the week.

On Tuesday in Hillman Hall, Brown school alumni will present "Afrosexology: Less Oppression, More Orgasms."

"Chains & Whips Excite Me: An Intro to Kink," will be hosted in Seigle Hall on Wednesday night.

On Thursday in Seigle, representatives from the Washington University School of Medicine and The SPOT will host "Pleasure in Prevention."

Friday's event is the Zenker Wellness Suite's weekly Frisky Friday in the Summers Recreation Center.

In addition to the supplies and events offered

during Sex Week, Habif provides several other sexual health and sexual violence resources throughout the academic year.

STI and HIV testing and treatment

Habif offers sexually transmitted infection (STI) and Human Immunodeficiency Virus (HIV) testing and treatment on campus. Student Health Services can test for chlamydia, gonorrhea, herpes, syphilis, Hepatitis B and C, Human Papillomavirus (HPV), trichomoniasis and HIV.

Habif's website also advertises several off-campus locations where students can get tested, including Planned Parenthood and the LGBT Center of St. Louis.

"Since most people infected with STIs do not show symptoms, it is important for all people who are sexually active to get screened for STIs on a regular basis," Habif's website reads.

Habif Health and Wellness Center and the Zenker Wellness Suite supply condoms, lubricant, dams and pregnancy tests, which are free for students to use. Habif also offers emergency contraception through its on-site pharmacy.

Relationship and Sexual Violence

The Habif website details the process to report instances of sexual, dating and domestic violence, sexual misconduct and stalking. It walks students through the process of reporting to the police, Title IX and submitting an anonymous or confidential report.

For medical attention, students should seek treatment at a comprehensive care facility such as Barnes Jewish Hospital or St. Mary's Health Center. Kim Webb is available 24/7 to accompany students to the hospital or police.

To speak with someone who is not required to disclose information to the University, students can contact a Relationship & Sexual Violence Prevention (RSVP) Center counselor in person in Seigle 444, through email at rsvpcenter@wustl.edu or via phone at 314-935-3445. During the academic year, students can call the Sexual Assault and Rape Anonymous Helpline (S.A.R.A.H.) at 314-935-8080 to speak with a sexual assault and rape counselor or call Uncle Joe's at 314-935-5099 to speak with a peer counselor.



Student Life

VOLUME 141, STUDENT LOVE



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WILD, W

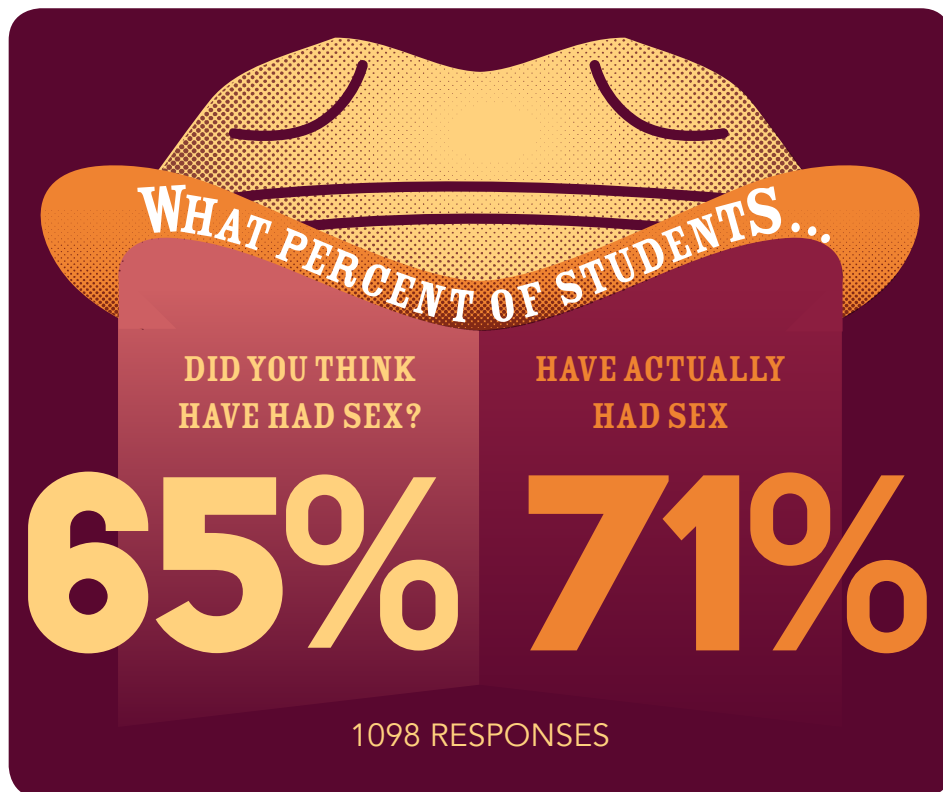
ABOUT THIS SURVEY

The statistics in this survey are based on the answers of **1158** Wash. U. students who took our online sex survey from Jan.15-Feb. 7. The group included:

288 freshmen
343 sophomores
223 juniors
232 seniors
9 fifth-year seniors or older
63 graduate students

421 men
682 women
79 students not within the gender binary (agender, gender fluid, gender nonconforming, gender-queer, intersex and trans*)

Layout by Mia Goldberg, HN Hoffmann, Christine Watridge, Brandon Wilburn & Josh Zucker



WHO UP 1

BY YEAR

FRESHMEN
SOPHOMORES
JUNIORS

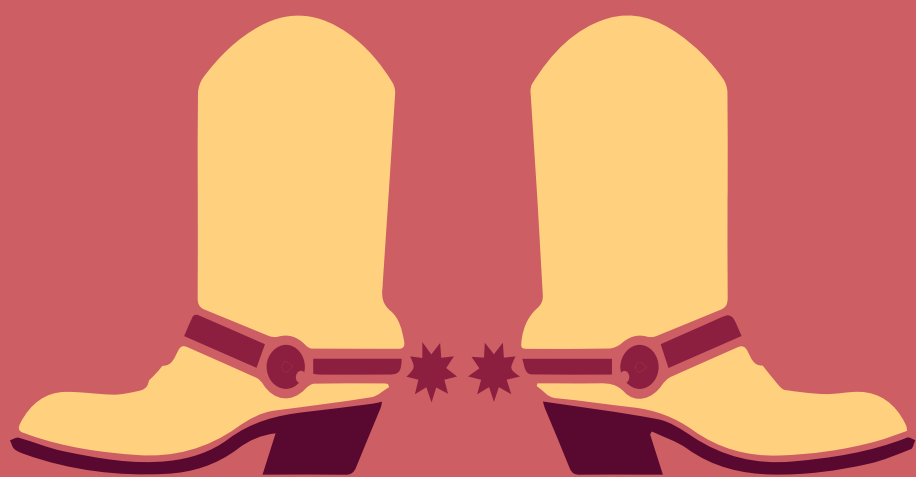
SENIOR
84%

WHAT'S SPURRIN' YOU ON?

87% of men **54%** of women

83% of people not within the gender binary

WATCH PORN



66%

OF STUDENTS
HAVE USED
DATING APPS

898 RESPONSES



63% of
straight
students



85% of
homosexual
students



81% of
bisexual/pansexual
students



33% of
asexual
students



76% of
queer/
questioning
students

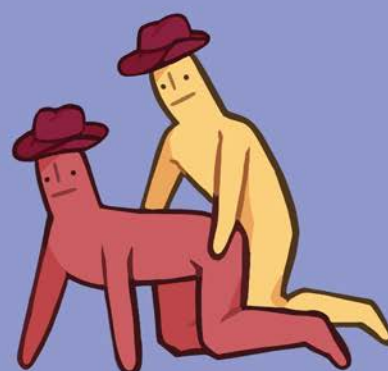
HOW DO STUDENTS

GIDDY UP?

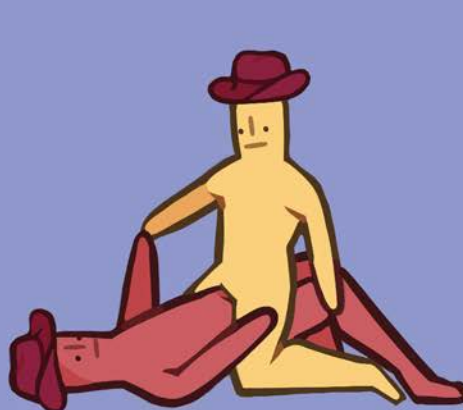
The 4 most popular
sex positions:



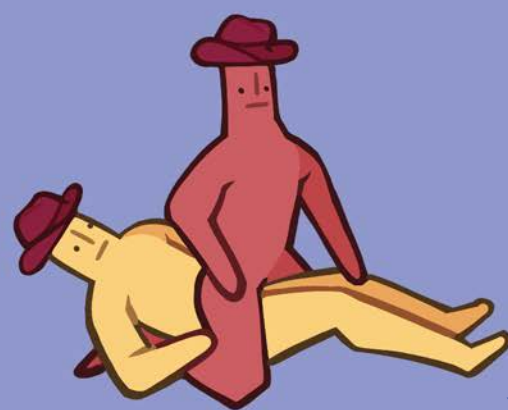
MISSIONARY



DOGGY



COWGIRL



REVERSE
COWGIRL

★★★★★★★★

SAVE a HORSE

★★★★★★★★

☆ RIDE A COWBOY ☆

sexy time playlist made by
Wash. U. students

COFFEE - Miguel

OFTEN - The Weeknd

MAGDALENE - FKA Twigs

PRACTICE - Drake

40 SHADES OF CHOKE - Ari Lennox

I.F.L.Y. - Bazzi

SLEEPY EYES - Elohim

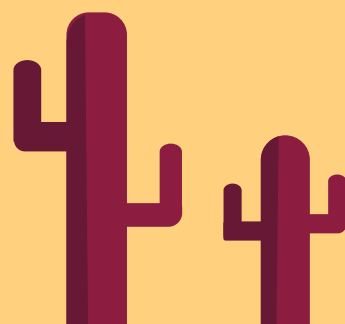
WATERMELON SUGAR - Harry Styles

SUGAR - Brockhampton

THIRSTY - Partynextdoor

YEAH I SAID IT - Rihanna

WAVES - Miguel



WILD WU



SADDLES HE MOST?

BY SCHOOL

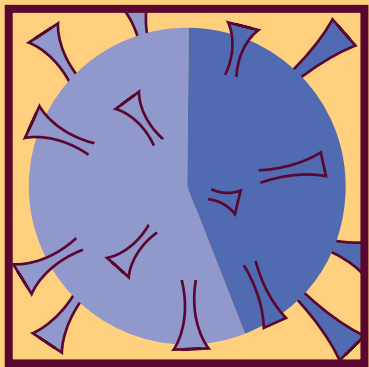
55%
69%
76%

B-SCHOOL	68%
ARTSCI	70%
SAM FOX	71%

ENGINEERING
76%

1086 RESPONSES

TESTED



44% of Wash. U.
students have been
tested for an STI

YOUR SEXY CAMPFIRE STORIES

I was on a camping trip with my girl at some creepy log cabin. I was on top doing my thing and looked over my shoulder and said "Wait wait wait, I think somebody's coming," and she said "Who?" and I said "Me," and then busted.

A guy I was hooking up with once threw a marker at my butt because he "likes the way it jiggles."

A guy once told me I had an "elite pussy" and I laughed so hard he got soft.

During sex at my new apartment I realized I left my handcuffs attached to the bed at my old apartment.

One time when I was hooking up with a guy he asked for my MCAT practice exam scores (mid-hookup). Then he proceeded to tell me "You could do better than that." Needless to say we never spoke again.

I was getting a blowjob and I told my girlfriend "I love you." She couldn't speak, so she raised her hands in the middle of the act and held a heart sign while still sucking my penis.

"The queef heard round the world."

My stomach and my fiancé's back made a fart noise during sex. Then we stopped having sex to try to recreate the noise but we couldn't.

Once a guy gave me a naked back rub while talking about the Civil War.

The first time I saw a dick I had a panic attack.

The first time I said "I love you" to my boyfriend was during sex. It was an accident—I meant to say "I love your cock" but I paused, and it was too awkward to finish saying "-r cock." He still doesn't know. But I mean I do actually love him very much.

Right after he came he said "Pop goes the weasel!"

Had to postpone losing my virginity because my hamstrings were cramping from football practice.

We made a sex tape before we went abroad, but we didn't want to share it on iCloud or Facebook or anything so we made a Dropbox account together and that's where our sex tape lives.

My boyfriend has a hard time coming, and I was giving him a blowjob and he came, which was kind of surprising for me and for some unknown reason my gut response was to say "Yay!"



YOUR FAVORITE SEX TOYS



HANDCUFFS



VIBRATOR

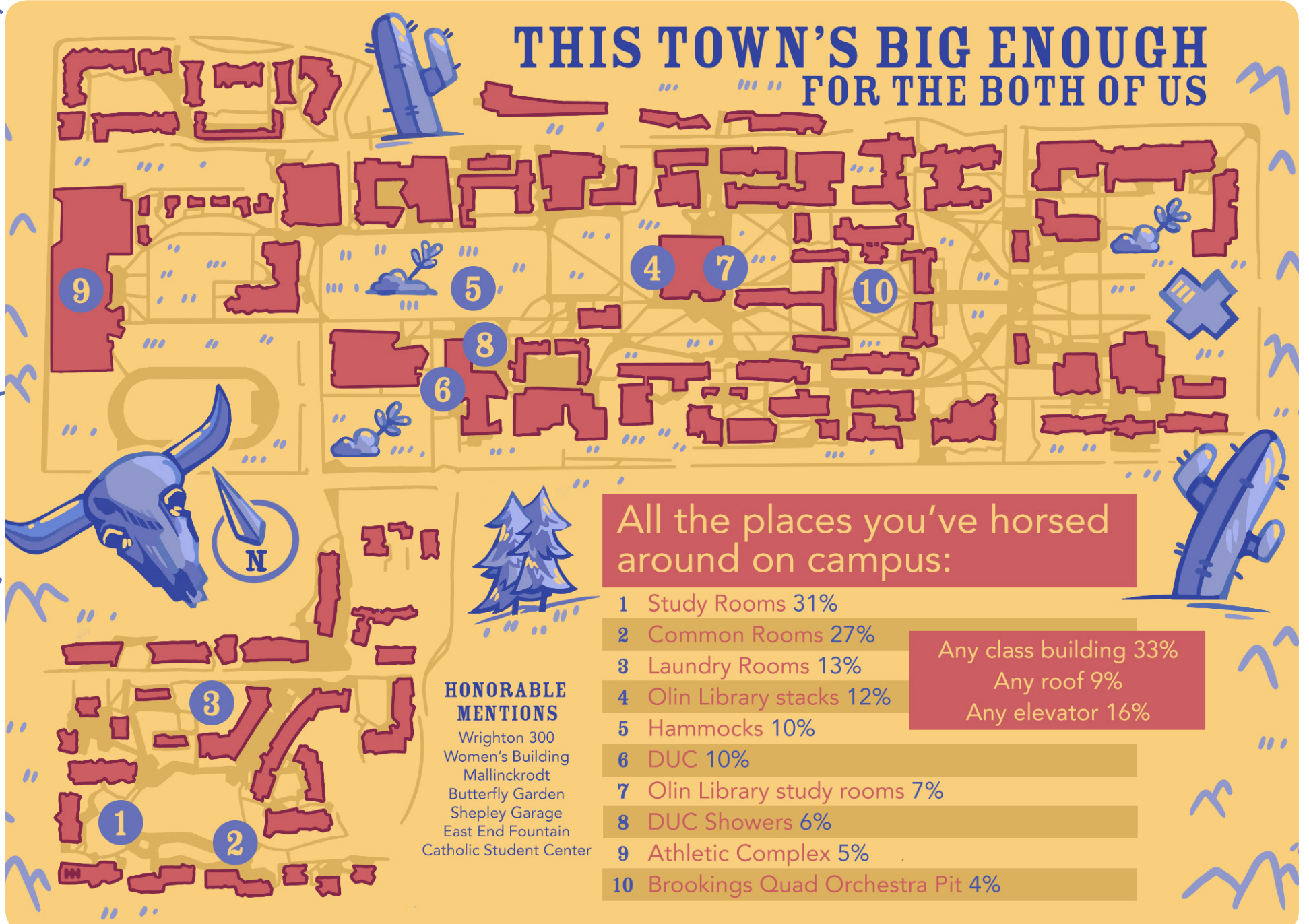


DILDO



BUTT PLUG

THIS TOWN'S BIG ENOUGH FOR THE BOTH OF US



SEX SCENE

It’s okay that I have a Fleshlight: Shame and self acceptance of a sex toy owner

DORIAN DEBOSE
SENIOR EDITOR

I dashed across 43rd Terrace in Kansas City and down an unfamiliar side street into the bowels of a neighborhood I didn't know or want to know. Stumbling down the broken, dirt-covered sidewalk, I found an empty cul-de-sac. It was a perfect place to put on my disguise. I unzipped my backpack, then pulled out my dad's refereeing hat and a pair of 3D goggles I repurposed into sunglasses. Using the glint of my phone screen as a mirror, I examined my get-up. I must have looked ridiculous: a large Black man wandering around an unknown area, trying his best to look inconspicuous. At the time, I thought I was succeeding.

I made my way across Rainbow Boulevard while reading Wikipedia articles to calm my nerves. I was still reading about Susan Rice as I opened the door to Cirilla's. In fact, I didn't stop reading as I walked through the store, avoiding eye contact with other

customers even through my glasses. I didn't stop reading until I reached it: the item that would come to represent my fledgling adulthood and pure, unmitigated shame—the Fleshlight.

...

In the summer before my sophomore year of college, I was a 19-year-old virgin with confidence issues, which is the long way around saying I was extremely horny. I wasn't photogenic or outgoing enough to be successful on dating apps, nor was I self-assured enough to try to meet people the old-fashioned way. I spent June sad and chafing. I was ready to accept that July was going to be more of the same until I learned there was a sex store less than a mile away from my job. After a week of working up the courage, I bravely told my dad that I was getting off thirty minutes late, boldly told my boss that I needed to leave thirty minutes early, then slunk my way down the street to participate in some debauchery.

Buying a Fleshlight

turns out to be much easier than owning a Fleshlight. In the moments before I paid for it, my biggest concern was someone I know seeing me in Cirilla's. But for every moment after, it was someone finding out what I had gotten from Cirilla's. That summer, as many as nine people lived in my dad's three-bedroom apartment. Hiding my synthetic friend-with-benefits and the evidence of its existence was a full-time job. I snuck out of the house at 3 a.m. to throw out the box and bag it had come with. I stored it in a sealed plastic bag inside of a nondescript shoe box that I put in a hamper under a pile of clothes. No one in the house suspected a thing. But even with the realistic fear of someone finding my sex toy gone, the hairs on my neck still stood up any time someone entered the hallway near my lair.

Somehow, the anxiety of hiding it was less arresting than the indignity of using it. I will spare you the gory details and merely say that, while using a Fleshlight is

a far superior experience to jerking off, it is a far more humiliating experience as well. I didn't leave my room for hours after the first time I used it. I didn't want to be looked at.

I felt even more ashamed when I thought about the company I found myself in. When I thought about who owned a Fleshlight, I always pictured overweight losers with neckbeards who lived with their fathers. Granted, I only knew of one person who possessed a Fleshlight and I wasn't always his biggest fan. Still, in my eyes, I had joined a sorry, exclusive club of degenerates, miscreants and reprobates.

...

In August, I moved out of my dad's house in Kansas City and into a dorm in St. Louis. At the start of the semester, I stayed busy keeping up on coursework and catching up with friends. My Fleshlight was largely forgotten in the bottom drawer of my dresser. September was a great, untainted month.

On Oct. 20, 2018, I took an edible at a friend's party, then meandered home. As I walked into my building, my weed-addled mind concocted a harebrained scheme so crazy, so absurd, I knew I had to try it: masturbating with the Fleshlight while high. It seemed like a fantastic idea at the time. But I had failed to account for the inevitable guilt that D.A.R.E. and its ilk would ensure I felt once I sobered up. I remember being super excited as I sauntered into my room. I remember the sins that took place in my bedroom that night between 2:15 and 3:00 a.m. But I also remember the visceral, overwhelming feeling of coming down at three in the morning and experiencing the converging shame tsunamis of having gotten high and used the Fleshlight. To date, Oct. 21, 2018 is the last time I've been to church.

In the past year, my relationships with my body and my Fleshlight have improved. Instead of being an extremely horny

19-year-old virgin with confidence issues, I am now a moderately horny 20-year-old virgin who's mildly insecure. My father and my sister both independently learned that I own a sex toy over the last year. My dad has decided not to talk to me about it. This is the second best-case scenario, after him never having found out. My sister, like a cat running to present her owner with her wonderful and enticing dead rat, immediately told my mother about her discovery. Fortunately(?), when my sister found a riding crop in my mom's room, she immediately told me. So now, instead of having the awkward discussion about why I own a Fleshlight with my dearest mother, we simply bond over how much we hate snitches.

While I'm not exactly aching to shout about my possession from the mountaintops, we've reached a peaceful existence. It sits, mostly unused in a drawer, more as fodder for jokes than food for thought.

I got sent a dick pic, now what? Responses to uncomfortable, unsolicited images

SABRINA SPENCE
SENIOR EDITOR

Every so often, you start talking to someone and you start to really

like them. They're cool, they're funny and they laugh at your jokes even though you're not funny. You think things are going really well, but

then everything goes down south when they send you a dick pic. For the uninitiated, a dick pic is a picture of a penis typically sent via text

to someone, oftentimes unsolicited.

If you're doing some sexting and you asked for it, then more power to you, but most of the time that's not the case. You got sent an unsolicited dick pic and now you don't know what to do. There's some random man's genitalia sitting in your DMs—what do you say to that? They can make you feel degraded, disrespected and sometimes even a little intimidated, and those feelings are valid. Whether this has happened to you or it's happened to your friends, here are some handy responses.

either realize that what they did was inappropriate (probably not), or they'll stop talking to you. Either way, in the end, they probably won't text you again.

the means to send you a photo. You'll educate them about American cinema and get them off your back.

SEX WEEK 2020
FEBRUARY 10-14

MONDAY
2.10

TABLING @THE DUC**
11AM-2PM

TABLING @BEAR'S DEN**
6-8PM

** DIY VALENTINES, SEX TRIVIA, AND FREE CANDY & SAFER SEX SUPPLIES

TUESDAY
2.11

AFROSEXOLOGY: LESS OPPRESSION MORE ORGASMS @HILLMAN 70
7PM

WEDNESDAY
2.12

TABLING @THE DUC**
11AM-2PM

CHAINS & WHIPS EXCITE ME: AN INTRO TO KINK @SEIGLE 106
6PM

THURSDAY
2.13

TABLING. LOVE YOUR LIBRARY @ OLIN**
2-4PM

PLEASURE IN PREVENTION @SEIGLE 301
4PM

FRIDAY
2.14

FRISKY FRIDAY @ZENKER WELLNESS SUITE, SUMERS 303
2-5PM

afrosexology: less oppression more orgasms

TUESDAY, FEBRUARY 11TH @ 7PM // HILLMAN 70



PHOTO CREDIT: @ERICALOVEJONES

featuring Dalychia Saah & Rafaella Smith-Fiallo, faculty & alumni at the Brown School of Social Work

sponsored by:



CHAINS & WHIPS
EXCITE ME:
AN INTRO TO KINK

featuring sexual health experts from the Brown School of Social Work


WEDNESDAY, FEBRUARY 12
6PM // SEIGLE 106

PLEASURE IN PREVENTION

FEBRUARY 13, 2020 @4PM | SEIGLE 301

a conversation around increasing pleasure and sexual self-efficacy through prevention

with Michael Gendernalik & Jeremy Beshears of the SPOT, WashU School of Medicine



Send one back

If you're like me, then you've received multiple unwanted crotch shots. The one good thing about them is that they make great responses to more unwanted junk photos. Someone sends you a dick pic? Send one right back! Find one of the ones that you've been sent over the years and hit the send button. You didn't ask for this, and they certainly won't expect it. It's only right to give someone something in return when they send you something.

‘Is it supposed to look like that?’ or ‘What’s that?’

This is a surefire way to shatter their confidence. Confusion doesn't always work in certain scenarios, but here it does the job. Pretend like you don't know what you're looking at. They'll try to explain it to you, but don't stop there. Keep being confused. Ask them more questions. Eventually, they'll run out of excuses to make and

‘Maybe you should get that looked at’

This approach implies that there's something wrong with the photo you've received. Are they okay? Should they get medical attention? You don't know, you're not a doctor—unless you are, then your opinion should be trusted. The person will either get angry with you if you say “maybe you should get that looked at” or they'll be so dumbfounded that they can't provide you with a coherent response.

Send them a picture of the best dick, Dick Van Dyke

Actor Dick Van Dyke is by far the best Dick around. At 94 years old, Van Dyke has been gracing the silver screen and bringing us laughter and joy for decades. He's starred in Disney's “Mary Poppins” and its sequel, “Mary Poppins Returns,” as Bert the lovable charismatic chimney sweep. Sending the perpetrator of this impolite crime a picture of this Hollywood icon should make them feel honored to be acquainted with such a figure. On the flip side, they could be completely turned off and then they'll no longer have

Seriously, block them

All fun and games aside, receiving a dick pic is harassment and never your fault, although sometimes it may feel like it. You may think that you've done something or given some signal that means that you want it when you don't and it's never on you. It's on them—they don't have the decency to not send the picture. Unsolicited dick pics are a form of sexual harassment, and you are never, ever to blame.

Editor's Note: The Sexual Assault and Rape Anonymous Helpline (S.A.R.A.H) provides confidential and anonymous support and can be reached at 314-935-8080 24/7 during the fall and spring academic semesters. There are counselors at the Relationship and Sexual Violence Prevention (RSVP) Center, located in Seigle Hall, Suite 435, available confidentially to any University student. The office can be reached at 314-935-3445 or by email at rsvpcenter@wustl.edu.



GRAPHIC BY HN HOFFMANN

FORESKIN

STAFF EDITORIAL

What’s the best and the worst sex information you have been given?

Sex advice is just like sex: Sometimes it’s great, and sometimes it blows. People come to Wash. U. from all different backgrounds and levels of sexual experience and education, thus we as an Editorial Board have joined to impart all of our sexual knowledge on you, in the form of our best and worst received sexual advice. We hope you learn something from the best part of our education and revel in the pure stupidity of our worst and most misguided lessons.

Best: Condoms are available literally everywhere on campus. Laundry rooms, the Zenker Wellness Suite in Sumers Rec Center, etc. If you need condoms, the University will literally throw mounds of them at you upon request. Don’t ever waste your money on packages of condoms while at Wash. U. They’re readily available at a moment’s notice.

Worst: I couldn’t decide between these two because they’re both so horrible: (1) Only gay people can get AIDS, and (2) If you sit on a toilet seat where there is dry semen, it will latch onto you; if you shower or swim later, the water will reactive the sperm and it will swim inside you, impregnating

you. So yeah, yikes.

— *Tyler Sabloff, Senior Forum Editor*

Best: I went to an all-girls school for twelve years. Senior year for our sex-ed, they brought in a gynecologist. Was she amazing? Yes! She brought in a vulva pillow and talked to us about how our brother schools probably didn’t know the clitoris existed but that she most definitely brought the pillow to them to teach them.

Worst: I’ve never gotten any bad advice/information, but I can think of some that was given to us on the silver screen via the iconic movie “Mean Girls.” As Coach Carr so eloquently puts it, “Don’t have sex, ‘cause you’ll get pregnant...and die.”

— *Sabrina Spence, Senior Cadenza Editor*

Worst: To the best of my knowledge, there are no laws requiring private schools to provide sex education where I’m from. If there are, my school broke them, because I never received any. That’s right, my single semester of required health education in high school spent one day on sexually transmitted diseases (the ones known in 1987, the date of publication of our textbook,

anyway), and zero days on sexual health practices. Our final exam was just the Game of Life. To say this was unhelpful would be an understatement.

— *Isabella Neubauer, Senior Cadenza Editor and Copy Chief*

Best: Each Friday during the spring of sixth grade, a group that combined sex education and musical theater visited my middle school to teach us about our bodies. Not only did they dip a tampon in water before flinging it around, to the chagrin of every middle-aged teacher chaperoning the event, but the group also performed a song to teach the ways AIDS could be transmitted. Listing “Blood. Semen. Vaginal secretion. Breast milk.” with corresponding hand motions, the song has stuck with me ever since. If that’s not effective sex advice, I don’t know what is.

Worst: In fifth grade, a group of older boys spent a few weeks worth of mornings ridiculing me for my ignorance surrounding “periods.” For a while, they had me convinced that when a woman was on her period a bloody fish emerged daily from her vagina. I was a very silly 10-year-old.

— *Matthew Friedman, Senior Sports Editor*

Best: The best sex advice I was given came from my mom, who taught me about the birds and the bees at a young age. She never told me not to have sex, as she understood that it was a reality that was most likely going to occur at some point. Rather, she explained how everything works by gifting me books (Yay, we love reading about our bodies!) and lectures about her own experiences (ew). I was told to be safe, use a condom, explore my birth control options, keep track of my cycle, take Plan B in case of emergency and most important of all: choose my partner wisely.

Worst: I received absolutely no sex-ed from my high school, and much of the stigma surrounding sex led to early teenage pregnancies and the notion that abstinence was best.

— *Danielle Drake-Flam, Managing Editor*

Best: The best sex advice I ever received was less condemning—as some advice tends to be for some reason—and more practical. The advice was simply, whatever you decide to do, protect yourself. And if you need a friendly reminder in the form of an analogy, “Don’t go in the rain without a raincoat.” Thanks, Mom.

Worst: The worst sex advice I was given was not bad, but rather nonexistent. My high school mentioned the idea of sex in health class, but it was largely glossed over and taught me absolutely nothing.

— *Kya Vaughn, Senior Forum Editor*

Best: In my eighth grade sex-ed class, we were required to go to a drug store to purchase a condom. As evidence of our purchase, we then had to bring said condom to class and learn how to properly fit it onto a cucumber. Other than the knowledge of how to use a form of contraception, the lesson of the assignment was this: If you’re not comfortable looking a cashier in the eye as you buy safe sex supplies, you’re definitely not ready to have sex. This was absolutely correct. I was 13, quite uncomfortable and very cognizant of my lack of readiness, so I just got one from a machine in the bathroom and called it a day.

Worst: Advice from anyone who assumes their own experience should dictate anyone else’s. Learning from other people’s stories can be helpful and informative, but never feel any pressure from someone

who thinks you should do things a certain way just because they did or didn’t. It’s important to gather as many facts and resources about the topic as possible, but remember that your decisions are 100% yours.

— *Jaden Satenstein, Senior Scene Editor*

Best: The best information I have been given is something that should be much more well known: Women’s birth control pills are not reliable when they are taking antibiotics. Being sick is bad enough without adding an accidental pregnancy into the mix. Make sure to use a second form of birth control while taking antibiotics.

Worst: I went to a Catholic school that forced us to receive abstinence teaching for about a month each school year. They taught us a variety of abhorrent things that did a large amount of damage to the student body, so I could only narrow it down to two terrible incidents of misinformation: 1) If you use a condom (or any other birth control), you don’t love your partner and 2) the more people you have sex with, the less you can expect a partner to ever love you or treat you with respect.

— *Lauren Alley, Managing Editor*

POINT-COUNTERPOINT

You can date within your friend group

JONAH GOLDBERG
STAFF WRITER

The most common argument against dating a friend can be summarized as, “What would happen if we broke up? We couldn’t go back to being friends, and our other friends would have to choose sides.” In practice, however, friendships recover and groups stay together after breakups; after all, you were all friends in the first place because you respect and enjoy spending time with one another. Humans are adaptable; with supportive friends and a bit of communication, re-adjusting boundaries with your ex in the group will happen naturally over time.

Choosing sides is a smaller problem than we make it out to be as well, for both the former partners and the rest of the group. While your friends had been dating, not everybody went to every outing. And all of us make 1-on-1 plans all the time, whether for logistical reasons or due to differing interests. These times never suggest

that we don’t like everyone else in a group as much. Friends breaking up should not become an obstacle in making plans, and if one of the former partners wants more space, hanging out with just them another time can be seen as a fun opportunity, not as a chore.

At our age, many breakups occur simply because the partners don’t fit well as a couple, not because of any outright evil intent. We make mistakes and have lapses in communication; an ordinary breakup does not mean only one person deserves sympathy. And in the cases where one partner clearly did something awful and unreciprocated to the other, distancing yourself from that person can hardly be called choosing sides; it’s simply staying with the friends you respect and who respect you.

With the negative scenarios addressed, the more important reason that dating friends should be accepted is how much it can improve your relationships. If your dating pool includes the people you already love and spend

the most time with, you can know going in that your partner shares your interests and values, as well as how they act around other people and deal with challenges. While there are qualities we look for in partners that we don’t necessarily screen friends for, is there anything we look for in a best friend that conflicts with what we want in a romantic relationship?

Moreover, if your partner is already integrated with your friends, neither of you have to worry about taking your partner away from their friends or whether you like their friends and your friends like them. Finally, crucial for a Washington University student, dating a friend means you don’t have to choose as much between spending time with your friends or with your partner. Your relationship doesn’t shut off when your friends are around. And you can always start a date by going somewhere with everyone, without the whole squad also coming back to your room at night.

Don’t date within your friend group

KYA VAUGHN
SENIOR FORUM EDITOR

It’s easy, and tempting even, to date within the group. You’ve mastered the art of friendship and now have a group that you really vibe with. You even have a friend within the group who you really vibe with, probably a little more than the others. And then you realize, this “vibing” is something else, something more, on both sides. And now you’re faced with the awkward question: Should we date?

Here’s the thing: It’s okay to date your friends. Honestly, it’s easier to do so. You’ve been around this person for a while. You’ve grown to learn their habits and mannerisms, who they are as a person, and their vibe matches yours. There’s history, which adds a certain level of comfortability that is arguably necessary for a relationship.

The difference? Dating within the group. It’s one thing if you start dating someone and you adopt their friends, they adopt

yours. It’s totally acceptable to date a friend if your friend groups don’t overlap a lot. But you can’t—or at least, you shouldn’t—date someone within an already established friend group. Friendships are hard to develop. Friend groups are even harder to come by. It takes months, years even, to build a solid group of strong friendships. And when you date within the friend group, the dynamic changes.

And then comes the worst—and often the inevitable—breakup. What happens then? I’d like to think that everyone within the group would be “chill” enough to not take a side, to respect each party as an individual friend as they were before, as opposed to a broken-up item where one party is in the right and the other in the wrong. But, more often than not, people choose sides; the group splits. This isn’t to say that sometimes someone is actually in the wrong; that happens, too. But this isn’t always the case. People within the

group may be closer with one individual as opposed to the other. It doesn’t mean that the friends wish ill-will to either party. But, naturally, certain friends within the group may relate more to one party than the other, and this could cause awkward tension in the group, or sometimes, even a split.

Or, let’s say the group doesn’t split: The whole group remains in contact, the broken-up couple and all. Now things are awkward. Did the breakup end poorly? Can the two be around each other? And if they can, is it weird for them or anyone else in the group? I’m not saying it’s impossible to maintain a group friendship after a breakup, but I will say that it’s complicated, and those complications tend to linger as opposed to fading.

It’s not impossible to date within the friend group, but it makes things murky, and it’s generally easier if you don’t. There’s plenty of fish in the sea, and the sea is big, so why not swim with a fish in a different school?

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SPLOOGE

New kind of foreplay: Stretch it out before you bang it out

SABRINA SPENCE
SENIOR EDITOR

Sex can be involved. On average, a 25-minute romp in the sheets burns 69 calories in women and around 100 for men—that is a full-fledged workout. And before every workout, you’re supposed to stretch. Most people don’t think about stretching before sex, but stretching before getting busy has some benefits. It can also be done with your partner as a new sexy kind of foreplay. The two of you stretching each other out before you get stretched out, how romantic. So, try a couple of stretches before you

get busy and see how they change your sex life.

Happy Baby Pose

Lay on your back with your legs in the air. Bend your knees and hold on to your toes with your legs spread—you’re doing the Happy Baby Pose! But make sure to keep your knees parallel to the ground. While this stretch doesn’t seem sexy, it has some sexy benefits. This pose will stretch the spine reducing post-sex lower back pain. It also opens up the hips and the groin. For an extra stretch, press down

on your feet to really open everything up. Hold this pose for 3-5 minutes. Sex Positions to try: This is also a sex position, Up and Down (requires a sex sling, neckties or a scarf) .

Cat/Cow

Everyone knows this one from that one yoga class you took and never went back to. You’re on all fours. Round your shoulders up so your back curves into the stereotypical scared cat on Halloween look—your chin should be pointed downward. That’s the cat part of Cat/Cow. Now for the cow, it’s the complete opposite of cat! Let your butt be

your guide and push it out. Your back is now arched and your head is pointed toward the sky. Cat/Cow works in strengthening your arms and shoulders so you have an easier time holding yourself up. Do 10 reps of this—one rep is one set of both cat and cow—and you’ll be confident with your ability to stay up and keep up. It also strengthens the kegel muscles which are what contract during orgasm.

Sex positions to try: Doggy Style, Missionary (if you’re into that)

Squats

Squats aren’t everyone’s

favorite exercise to do, but when you do them enough, they’ll build you a better butt. You’ll look amazing and you’ll feel amazing too. Do 10 of these four times a week and you’ll see flexibility improve as well as thigh strength.

Sex positions to try: Reverse Cowgirl, Cowgirl, Standing

Abs

You use your abs a lot during sex. Some would say that they’re one of the core muscle groups you engage with you. Doing some crunches are sure to help you in the

bedroom—do 3-5 sets of 15-20 repetitions and you’ll see a difference. Guys—try doing bridges (lay on your back with your knees bent and your feet flat on the ground; lift your pelvis upwards) and ladies—add some Kegels (contract your pelvic muscles).

Sex positions to try: Lotus, Scissors

You’ve learned about stretching and how you can work it into your sex life. If you want to take it a step further, try using gym-equipment: pull-up bars, exercise balls, treadmills, jump ropes, etc. Get creative! Have fun, sweat it out and bang it out.



GRAPHIC BY HN HOFFMANN

Nailing the kickoff: Best sports events to go on a first date to



GRACE BRUTON | STUDENT LIFE

The front gates of the newly-renamed Francis Olympic Field. Going on a first date can be exciting, and also a bit intimidating. With this helpful guide, you might strike out a little less often.

DORIAN DEBOSE
SENIOR SPORTS EDITOR

There’s plenty of things to do on a first date. Most of them are bad. Going to a sporting event can be a nice, low-stress way to kick off a relationship. Here’s my definitive (untested) list of best sporting events for a first date.

Baseball

You don’t need to watch the game. In fact, they make it much easier to not watch the game. Most of the game is spent waiting for someone to toss the ball, which is kind

of exciting, but nothing to write home about. There’s ample area around the stadium to wander around and get to know each other better. The most important things at a baseball game are the people you’re with.

Softball

Most of the points I made about baseball are also true for softball. I’m putting it lower on the list because they play “Rock and Roll” by Gary Glitter—that one song that goes “da da daa duuuuh duh duuuuh” and “Hey!”—and that song is

such a banger that it would distract from the wonderful person you’re sitting next to.

Soccer

Soccer rules. There’s not really a difference between men’s and women’s as far as enjoyability. It’s third on this list because it requires a lot more attention than a baseball or softball game. However, what you lose in focus, you gain in excitement. There’s nothing on this list that can match the thrill of a soccer goal. They can be few and far between, so each one feels

important. Your team going up 1-0 feels spectacular; your team trailing 1-0 feels fatal. If you’re looking for a quicker paced atmosphere, soccer seems like the move for you.

Football

Football is played in nine second increments, followed by 35 seconds of rest. That means you can spend 79.5% of your time focused on your beau. It’s fourth because, though it requires less attention than a soccer game, it is not exactly a romantic atmosphere. Some call

football “the thinking man’s violence.” Others call it “the violent man’s thought.” It’s a riskier move than a simple soccer game.

Basketball

From beginning to end, basketball is an enthralling game. It’s an intense sport to watch; every second could be the spark of a game changing run, or an incredible shot. It’s my favorite sport to watch, but it’s low on the list because there’s not much time to talk and get to know each other.

Golf

Why would you do this? There’s no good reason to take your date to watch golf on a first date. Even if they were the primmest and poshest socialite in all of St. Louis, they wouldn’t want to sit quietly while you watch the most average white people on earth participate in their weekly hobby. Watch croquet or polo; don’t waste time trying to impress your prospective sugar parent with your knowledge of what a cavity back is. Even if you did succeed, you’d be exposed once they learned you were a scratch golfer.

CUNNING

Beyond the male gaze: Top three sexiest paintings in history

LYDIA MCKELVIE
STAFF WRITER

What’s sexier than women’s agency? Here’s to women behaving badly and having a great time doing it.

John Singer Sargent’s “Portrait of Madame X”:

“But wait Lydia, this one is fully clothed and just standing there! How could that be sexy,” you might think. It’s about the agency. This is a portrait of Parisian socialite Madame Virginie Geutraua, who has presented herself in a highly intentional way. See the way her dress is cinched, her plunging neckline, the way she has powdered her skin to contrast with her dark dress and the way she turns her head to show off her best angle. She knew her angles well before the age of Instagram. This was originally painted with one strap falling off of her shoulder, but that version was considered so



scandalous that Sargent had to hide the painting from view and leave Paris. Have your selfies ever caused someone to flee the country? I think not.

Jean-Honoré Fragonard’s “The Swing”:

“But Lydia, this one was in “Frozen!” It can’t

be sexy!” First of all, good eye! Second of all, I wouldn’t be so sure. This painting is considered a masterpiece of the Rococo era (18th century), and it is certainly as romantic as it is lighthearted. It depicts a woman sitting on a swing in a billowing pink dress that I would personally love to wear, kicking off her kitten heel above her hidden paramour’s head. The older man who has

pushed her—possibly her husband—is none the wiser. Significantly, the woman is the one initiating this flirtation and is an active participant in her own sexual desire. Is it the deepest insight into human nature? No. But she looks like she’s having a lovely time, and isn’t that sexy enough?

Artemesia Gentileschi’s “Judith Slaying Holofernes”:

It’s a controversial take, I know. “What could possibly be sexy about two women murdering this guy?” Well, consider the story. “Judith Slaying Holofernes” depicts a Biblical story in the book of Judith in the Apocrypha, who is murdering the Assyrian general Holofernes before his army can take over Israel. Sneaking into camp with her maidservant, she seduces him and lets him fall asleep before beheading him like the



cold-blooded queen she is. Typical depictions of this subject matter—especially of the era—usually involved a weaker Judith figure who displays much less strength and emotional intensity. This painting, however, has no qualms with displaying female power and

reclamation of female agency. Also, this was painted by absolute legend Gentileschi, who made strides as a female artist in the baroque era. She was constantly redefining the depiction of women in the art of her time, and I think that’s very sexy of her.

New sexual education: ‘Sex, Explained’ with Janelle Monáe

SABRINA SPENCE
SENIOR CADENZA EDITOR

You’ve scrolled through Netflix and come across the documentary series “Explained.” “Explained” tends to have each episode focus on a particular topic, lasting roughly 20 minutes, give or take. Each episode has a different narrator. As a result of this show, there have been two spin-offs: “The Mind, Explained” and “Sex, Explained.” The latter is the most recent and is narrated by none other than pop icon Janelle Monáe. “Sex, Explained” is just that: sex explained. It takes a look at aspects of sex from more than a biological, anatomical perspective and dives deeper into what turns people on, issues of fertility and what people look for in a partner. This is the sex-ed that we all wished we received in high school but didn’t get. With only five episodes, this limited series brings a touch of sex positivity to Netflix via statistics and surveys as opposed to scripted language and carefully crafted scenarios. The first episode, “Sexual Fantasies,” looks at the conglomeration of sexual fantasies amongst adults, with sexual fantasy being defined as an “arousing sexual scenario.” Our sexual fantasies are broken down into three categories: group sex, novelty—or the act of having sex in unconventional ways—and places and power and control. Through the use of statistics and interviews, the phenomenon of sexual fantasies is taken from taboo to commonplace in an instant. Interviews where people talk about their personal fantasies in brief make them more relatable and accessible. Not only are situational fantasies explored, but more tangible ones are touched upon as well. Two thirds of men and women have fantasized about sex toys according to the episode, with the most popular being blindfolds and handcuffs. This is a direct tie-in to the power and control dynamic that people find so

attractive, which is what brings people to the realm of BDSM. Most commonly experienced in this realm is a leather kink, of which we are provided with a history. In fact, “Sexual Fantasies” provides the viewer with an abundance of sexual history around BDSM and fantasy. Janelle Monáe voices definitions, statistics and history where modern fantasies are understood by looking at their evolution over time, with the help of psychologists and practitioners alike. This first episode places what turns people on in a historical context and looks at it through the lens of what is going on in our current moment. Episode two, “Attraction,” starts off with Monáe quipping, “We all have a type or a few types. . . So where do these types come from?” The biological responses to the sense of attraction are discussed. Despite the opinions of astrologers and magazine editors, scientists put it all down to genes. We’re all attracted to the same type, whether or not we think we like someone who’s nerdier, taller, more talkative or an animal lover. None of that makes a difference because evolutionarily and biologically, we just want someone who is, as Janelle Monáe puts it, “a fit and fertile mating partner.” The biological monikers of this ideal are pointed out, but the general idea of a partner being “fit and fertile” doesn’t really have a very sexually inclusive vibe. It’s very heteronormative. But, “Sex, Explained” doesn’t leave it at that. The show explores sexual identity within the sphere of attraction. We are attracted to people based on individual life experiences—our history is what drives us. Environmental factors—the amount and timing of hormones delivered through the placenta—are what ultimately drive who and what we’re attracted to. After the first two episodes, there’s a shift from more lofty subjects to things that are more traditionally scientific—birth control, fertility and childbirth, in that order. The history of birth control has long been a

controversial one, with rules and regulations on its status still being enacted today. This form of pregnancy prevention has been around for a millennia, yet we still argue over whether it should be used, who can use it and in what forms. Everyone has different opinions relating to contraceptives and their usage, whether it has a religious basis or a political one. A history of birth control is given and an explanation of its various forms are discussed from condoms to diaphragms. Hormonal versus non-hormonal birth control are highlighted, as are the side-effects and birth control’s dark history. Non-consensual experimentation and forced sterilization heavily affected the Black community, and this topic isn’t shied away from. The current progress in birth control methods is brought up; male representatives were even brought in to talk about their willingness to use male birth control options like the pill or the injection. Male and female fertility and infertility is the topic of episode four. While this is heavily researched and looked at in women, it isn’t as much in men, although men today have a lower sperm count than their ancestors did. The reasoning? Under-researched. Birth defects that come from older sperm from an older male is also under-researched. “Sex, Explained” makes sure to touch on the challenges that same-sex couples face when wanting biological children as well as the challenges that single parents face when wanting the same outcome. These desires are leading towards a redefinition of infertility that is more inclusive. Treatment methods like IVF and ovary tissue freezing are also discussed. The final episode of this series brings us to the end of this sexual cycle—the miracle of childbirth. Bringing a human life into the world is a miracle, but it’s also a danger to both child and mother. This show doesn’t pretend like it’s not. Statistics are given that

highlight childbirth mortality rates and the results of a global survey that shows up to 30% of women would describe their childbirth as traumatic. “Sex, Explained” provides

viewers with an inclusive explanation of the biological and mental reasons behind why we do what we do in the sheets. It’s not so lighthearted that you can write it off, but

it’s not too serious. It’s equal amounts of both and that’s why it’s great, unbiased and educational. Plus it’s narrated by Janelle Monáe, and you can’t go wrong with that.



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GRAPHIC BY MIA GOLDBERG

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