



the

SEX

issue

The Link

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ABOUT THE LINK

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THE LINK

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PHOTO of the WEEK



Marine Campus students look the part for the annual Float Your Boat competition

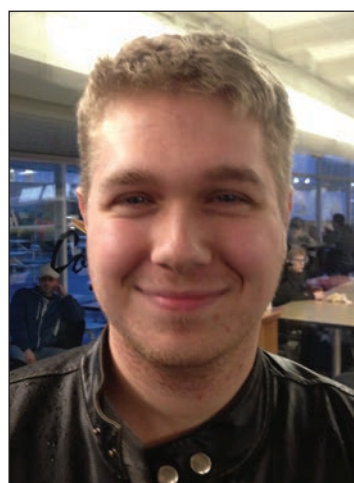
Courtesy of the BCIT Student Association

Submit the photo of the week and we'll pay you \$20

Send a horizontal photo that is related to campus life to contact@linknewspaper.ca. Include your name and a description of what you shot. If we print it, you make \$20.

CAMPUS QUERY

Where did you get your sex education?



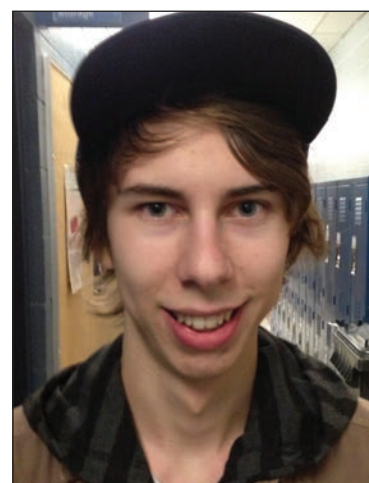
ALEX BROWN
Business Essentials

"The bulk of my sex education was in high school. I has a really awesome teacher who did not shy away from the topic... She went into more 'sex is a pleasurable thing!'"



BRENDEN SCHNERBERGER
Civil Engineering

"My brother told me about it and he heard from his friends."



THOMAS MACKENZIE
Film and Television Production

"I really retained it in high school when there was an older lady who came in and gave us sexual education. It was creepy but somehow informative."



JAMIE VANDER MEY
Film and Television Production

"Through [gym class] and biology was mostly how we got it and we actually had someone from a clinic come in and teach us for that segment of the class."

Taking control of birth control

Misconceptions, mishaps, and missing pieces of the contraceptive puzzle

ANGELINA THEILMANN
Assistant Editor

Perhaps it's fitting that contraception and misconception have a similar ring. After all, avoiding conception means understanding a lot, aside from the basic mechanics of sex.

Nurse practitioner Elisabeth Scott says misconceptions about birth control are dangerous.

"[People think] it will cause you to get breast cancer, other cancers, or it will cause you to have blood clots," Scott told *The Link*.

Scott says it's important to keep these risks in perspective, and that many factors affect these risks, like whether or not you smoke and your family history. She notes that pregnancy comes with its own risks.

As well, Scott continues, some are confused about the lasting effects of hormonal birth control. Many people who want to get pregnant in the near future are afraid they won't be able to if they use hormonal forms of birth control.

On the other hand, for women who do choose birth control, Scott stresses the importance of using it properly.

"Some of the saddest and craziest stuff that I see is women coming in with unintended pregnancies because they were misinformed about birth control," she explained

According to Scott, many women demonstrate a lack of knowledge about their own anatomy, especially when discussions arise about where certain types of birth control go. For example, intra-uterine devices (IUDs) are good for long-term use and are inserted into the uterus by health care professionals.

A lack of understanding of these mechanics may be why

METHOD	TYPICAL USE	PERFECT USE
EVRA PATCH	92%	99.7%
PILL – Combined	92%	99.7
Progestin-only	92%	99.7
NUVARING	92%	99.7
INTRAUTERINE DEVICE		
Copper T	99.2%	99.4%
Levonorgestrel (Mirena)	99.9%	99.9%
DIAPHRAGM & SPERMICIDE	84%	94%
SPERMICIDE & MALE CONDOMS**	no confirmed data	99%
FEMALE CONDOM ALONE	79%	95%
MALE CONDOM ALONE	85%	98%
SPERMICIDES***	71%	82%
TUBAL LIGATION	99.5%	99.5%
VASECTOMY	99.85%	99.9%
CERVICAL CAP		
Woman has had children	68%	74%
Woman has not had children	84%	91%
DEPO PROVERA	97%	99.95%
SPONGE		
Woman has had children	68%	80%
Woman has not had children	84%	91%
FERTILITY AWARENESS METHOD	75%	95-97%
WITHDRAWAL (pulling out)	73%	96%
NO METHOD	15%	15%

The effectiveness of birth control when used properly compared to typical use (taking human error, non ideal conditions into account).

SOURCE: Options for Sexual Health

IUDs haven't totally caught on in North America, though they're the most commonly used contraception in the world.

“Some of the saddest and craziest stuff that I see is women coming in with unintended pregnancies because they were misinformed about birth control.”

— Elisabeth Scott, nurse practitioner

Risks do exist. It's hard to talk to a crowd of women

without at least one expressing relief at being off the pill because of how it made them feel.

Katerina, who asked for her last name to be excluded, is a nurse who works in an emergency room who had an unpleasant experience with an IUD.

"I recently had the misfortune of getting my IUD in my abdominal cavity and had to go for surgery to get it removed," she said.

At the end of the day, what works for one may not be the best for another. So how to choose? Options for Sexual Health (OPT) is a specialized sexual health clinic that provides consultations and advice. According to its website, it provides confidential, non-judgmental, pro-choice, sex-positive services to people of

all ages, genders, and orientations.

OPT's website divides contraceptive methods into five types: Hormonal methods like the pill, barrier methods like male or female condoms, intrauterine devices, natural methods like abstinence, and emergency contraception like Plan B.

According to Manav Gill, acting director of nursing and clinical services, OPT's nurses are specially certified in sexual health. Nurses are able to talk in detail about forms of contraception people might not have considered before.

What's more, like many sexual health clinics, OPT offers contraception at cost, unlike pharmacies which may charge a dispensing fee. Gill also stresses OPT distrib-

utes condoms free of charge.

When asked if she has one piece of advice for young people who are sexually active, Gill is quick to answer: Condoms, condoms, condoms!

Gill says when used properly, they're actually the best form of contraception.

Condoms are available for free at the Uconnect Resource Centre in SE2 at Burnaby Campus.

"[Students] definitely know the Uconnect has free condoms because we handed out over 40,000 last year," said administrative assistant Jenn Fedyk.

It's clear that twenty-some-things are having sex, but the question remains whether they are able or willing to use resources and information available and broaden their contraceptive horizons.



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Getting paid to watch porn

Is editing porn a dream job or a nightmare?

CHRISTINA GHUMAN
The Link

He spends eight hours a day watching other people have sex.

He's not a sex addict.
He's a porn editor.

Robert Wilson (name has been changed) is an assistant editor for a San Francisco based company that produces adult films. While his friends think he has one of the best jobs in the world, Wilson says his job is a complicated one, with many different layers.

"My friends think I just get paid to sit around all day and jerk it," said Wilson. "I wish it was that easy, but it's not. It's nothing like that at all."

After graduating from film school two years ago and struggling to make rent with a string of freelance jobs, Wilson realized he needed something steadier.

"I was so broke when I graduated; I applied to so many different places and didn't get any calls back," Wilson explained. "I was getting a lot of freelance work, but it wasn't consistent. I needed something that would actually pay the bills."

With hopes to edit Holly-

wood films, Wilson sees his current job as a stepping-stone and a way of getting some good experience along the way.

"It's probably not something I'm going to include on every resume, but honestly, I do think it's making me a stronger editor," said Wilson.

"I still have to edit around poor lighting and shit. It's just like editing anything else ... except it's two people, sometimes more, fucking. It still has its fair share of challenges."

“It’s just like editing anything else ... except it’s two people, sometimes more, fucking.”

— Robert Wilson,
porn editor

Wilson has heard horror stories from other people working in the industry, and is thankful that for the most part, he has been able to maintain a normal life.

"Some guys I talk to worry that they've flushed their whole careers down the toilet. I don't see it like that though. I know

I'll move on from here. For now, it's just a union job, with great pay," he continued.

While the money may be lucrative, there are some downsides to editing porn.

"I haven't told my parents what I do. They just think the freelance work pays better than it does," he explained. "Only my close friends know, and even that's probably too many people."

Though he deals with prolonged exposure to porn, Wilson finds that he can separate work and pleasure.

"I just look at it as a job. I don't get turned on; I don't necessarily enjoy it. There are some cool parts, and then there are some really nasty parts, like anal seepage, but at the end of the day, it's just a job."

With a little money saved up, Wilson is thinking about his next career move and setting his sights on superstars rather than porn stars.

"Working in the porn industry wasn't something I wanted to get into. I just sort of fell into it, but you know what, the money is good," said Wilson. "I still get to edit, and now I have enough money to take on those passion projects on the side that don't always pay so great. And I can finally start saving up for my move to LA."

Five things I discovered about the celebrate life

Navigating abstinence as a college kid in the 21st century

JAMIE CESSFORD

The Link

After a relationship comes to a close, I go through a couple of phases. First, I pound back consecutive bottles of wine while wearing out my copy of Jeff Buckley's *Grace* between repeated viewings of *500 Days of Summer*.

As stage one winds down, I go on the prowl for a physical distraction — a rebound, so to speak. My understanding is that this is a pretty standard, college-aged behaviour, and many can relate. However, after my most recent break up, I decided to take a different route.

I decided to enter the realm of celibacy.

Well, kind of.

It's not a self-righteous, morally, or spiritually elite celibacy. It's more like an abridged celibacy or temporary abstinence. To be totally frank, I'm just exhausted by courtship rituals altogether. But a couple of months after losing the key to my chastity belt, I've made some keen observations.

1. I don't have sexually transmitted infections and nobody is pregnant

Not that I had anything before, but abstinence makes it pretty easy to keep my clean streak alive. Bonus: It is very difficult for people to become pregnant without having sex.

2. Strangers don't think I'm a creepy pervo

Ever been on the bus and made

eyes with a cute girl/boy? Staring to grab their attention is probably the worst thing you can do. They're not going to come chat—they're more likely to think, "Why won't this sketchy dude stop looking at me?"

This isn't necessarily the case all of the time. These advances are more appropriate at a bar or club than on the bus. In the end, if someone is truly interested, they won't play cat and mouse with you.

3. My creepy pervo factor has decreased

Whether it's at school, work, or with friends, there's always someone you want to get busy with. Unfortunately, to find out who's down for no-strings-attached fun, you need to awkwardly test the waters.

It turns out that pushing the boundaries of casual conversation to more risqué interactions is not as welcome as you'd think.

I pound back consecutive bottles of wine between repeated viewings of *500 Days of Summer*.

In abandoning a sexual agenda, you lose the risk of muddying your reputation or losing a friend. Instead, you get more genuine, authentic connections with classmates and co-workers. People are more inclined to have fun

with you when they feel safe around you.

4. I get so much more stuff done

When you don't place a high priority on courting someone, you suddenly have a wealth of time on your hands.

Instead of flirting over Facebook, heading out to a bar every other night, or sitting through movies that no one wants to watch, you'll discover more time to develop yourself as a person through exercise, writing music, reading books, or doing homework.

5. I have zero baggage

If and when you finally find someone you want to be with, you'll want to start fresh. Wouldn't it be nice to avoid awkwardly breaking it off with multiple friends-with-benefits or covering up inexplicable texts from one-night-stands?

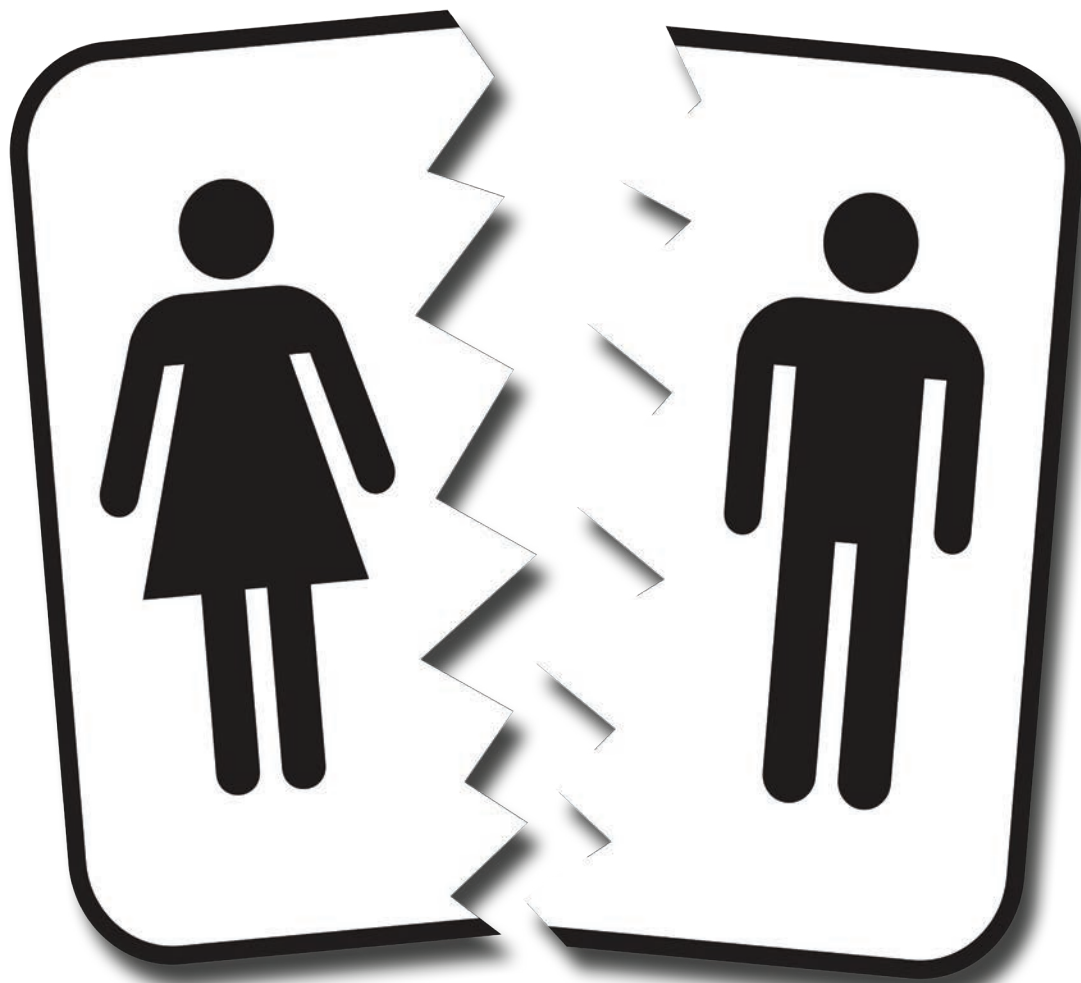
If you still have one foot in the door of bachelorhood and the other in the early stages of a relationship, things will inevitably get messy.

Once you've been intimate, people can get hurt, you feel

like a jerk, and suddenly a distraction from heartbreak has led to more heartbreak.

While I have no issue with promiscuity, I've found some benefits to withdrawing from it. This is by no means a comprehensive "how to" guide for navigating singlehood, as some people handle these situations better than others. Either way, I'm sure someone can relate to my existential musings.

Or you can go back to laughing about how much more sex you're having than me.



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Four porn parodies reviewed

X-rated versions of popular movies too funny to be a turn-on

A Clockwork Orgy

There were times I forgot this was a porno, since the main characters wear the signature white outfits with black bowler hats and speak Nadsat, the Russian slang dialect...

Instead of coming up with an original plot, *A Clockwork Orgy* simply substitutes "ultra-violence" with "ultra-sex". I guess there is a difference between a gang of rebellious youths killing an old woman with a giant ceramic penis, and a group of four hot chicks sneaking into your house for a surprise motorboating.

A new spin on the famous aversion therapy scene forces Alex to watch hours and hours of porn, resulting in her feeling "rather dry in me gashywashy, almost sick."

Hmm ... sounds about right.

Funniest line:

"Viddy well: breastways is rightways."

Sexiness:

7/10 (-3 for the cheesy nineties synths that accompanied every sex scene)

Quality of acting:

5/10, for the effort to use Nadsat

Pulp Friction

I had such high hopes for this! I was anticipating all kinds of freaky sex spawning from the foot massage conversation, maybe an orgy on Zed's chopper or in the diner, and Honey Bunny's character was just waiting to be sexually spoofed!

But no: all there is to *Pulp Friction* is a sad ransom plot with dream-sequence sex scenes, terrible plastic surgery, and awful nineties music. There are at least two other parodies made from Tarantino's classic, called *Pump Friction* and *Pulp Dicktion* that might give you more bang for your buck.

Funniest line:

None

Sexiness:

3/10

Quality of acting:

1/10... for memorizing lines

Night of the Giving Head

In this spoof of Romero's classic horror movie, a problem with the ozone layer leads to infected sperm, which turns everyone into scantily clad zombies who run around screaming, "More cum! More cock!"

Doesn't scare me — I've been to Granville street on a Friday night.

Besides, it seemed like the group of friends in the movie didn't have much of a problem with promiscuity, as their version of quality girl time is a semen-chugging contest.

Also, the standard "sperm-zombie" outfit is a plaid microskirt and knee-high stockings. Guess what my new favorite Halloween costume is?

Funniest line:

"Let's grab some whipped cream, and squirt those sperm-zombies down!"

Sexiness:

5/10

Quality of acting:

2/10

Pirates & Pirates II

Pirates will go down in history as the gem of the adult feature film. Its million-dollar budget makes *Pirates* the most expensive porno ever made, but really doesn't explain the horrible, eye-gouging CGI in both movies.

Why not spend some extra money on graphics instead of clothes, since the moneymaking scenes are shot in the nude anyway? This film is the contradiction to every porn actor or actress who has gone into the industry "for the acting": delivery is so forced that you wish they'd just get to screwing already.

Despite its name, *Pirates* is a very loose reference to *Pirates of the Caribbean*, with horny seamen and a very different kind of plundering.

Funniest line:

Too many to choose from

Sexiness:

5/10, +1 for the natural breasts all the reviewers rave about

Quality of acting:

5/10... for memorizing longer scripts

— Olsy Sorokina

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Bangin' hangouts

Your guide to bangin' hangouts at on-campus

JIZZY WETSLOP

Totally real name, don't worry

It's Wednesday evening.

Class ended early today, and you've spent the hours since then quenching your thirst with mugs at Mug's. You've also been eyeing the hottie across the bar (don't listen to the discouraging whispers of your friends — they're just jealous of your success and unstoppable sex appeal) and it's just about time to move this party elsewhere.

But you're at BCIT! Where can you find a quiet corner for some good, old-fashioned love-making on campus?

Get access

If you're in a rush and looking for the closest option, the wheelchair-accessible bathrooms scattered across campus are probably the easiest place to get it on. They include locking doors and single stalls to ensure a modicum of privacy, handrails to support yourself, sinks for easy clean-up, and a mirror so you can watch yourself in action.

On the downside, there's a toilet in the room. Nothing kills the mood like bursting into a bathroom to find a day-old dookie floating in the porcelain bowl.

Work it

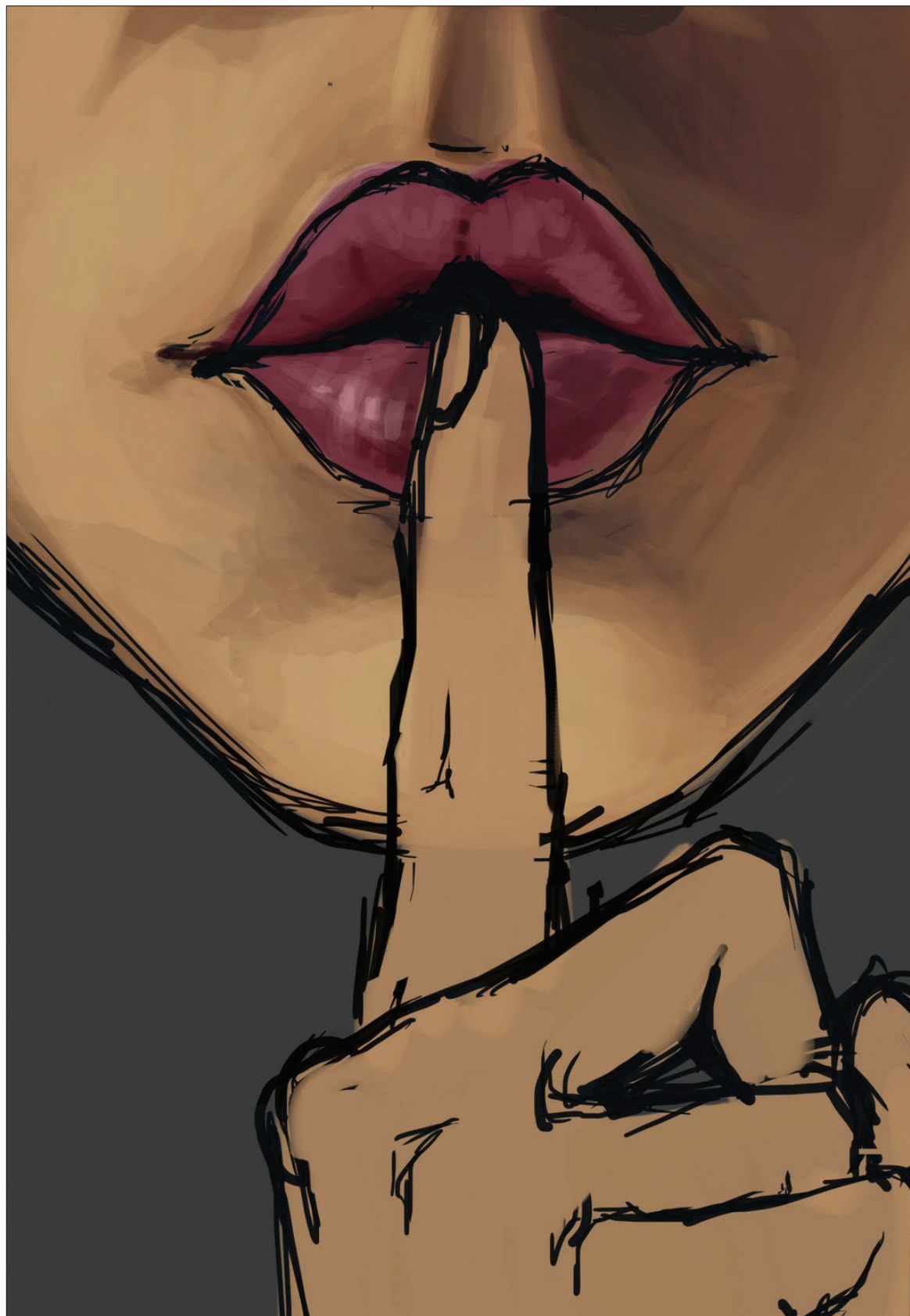
Looking for something a little riskier? Most programs have workrooms somewhere on campus, and these secluded corners can be found empty if the timing is right. However, they rarely have doors, so be prepared for intrusion by studious individuals.

Putting the *broad* in broadcasting

The broadcast building is full of little nooks and crannies to exploit, including a number of dark, secluded practice booths. You're likely to find the booths abandoned most evenings after class, giving you an opportunity to podcast your babymaking. Careful, though: word is the practice studios broadcast live to instructors' offices.

Hit (it at) the gym

Sex can be a great workout, so why not take your impromptu trysts to BCIT's gym? SE16



Courtesy of Lin Zagorski

contains a number of individual use showers, not to mention change rooms with multiple showers, benches, and locking doors. Take a turn in each of the showers, but be careful as you're leaving — the adjacent hallway is long and exposed, so leaving the room together might arouse suspicion.

Keep it quiet

While the library's requirement for silence might cramp your style, if you're careful (and quick!) you can squeeze in a little fun between the stacks. The

musty bookshelves provide good visual cover, and you just might find some trashy romantic fiction sandwiched between copies of *The Zen of Empirical Research*.

(Porn) starry night

Finally, if you're a hopeless romantic, treat your date to a wild night beneath the stars. While it might seem counterintuitive to head underground, check out BCIT's little-known planetarium, hidden in the lower levels of SW3. It's dark, usually empty, the seats are padded, and

there are, of course, stars overhead. If you're a techie, you might even be able to play your favourite porno through the super-expensive Spitz A3P Projector.

While none of these spots adequately replace an old-fashioned bed, adventurous fornicators will find plenty of places to bang at our favourite technical institution. Just don't get caught with your pants down!

NOTE: *The Link does not necessarily support sex on campus... but hey, you're adults.*

SEXY LOCAL EVENTS

Ongoing until February 14
3rd Annual Vancouver Hot Chocolate Festival

Various locations

Hot chocolate is great because it can be enjoyed in many circumstances: a cup with your loved ones at a family gathering or some cocoa goodness on a romantic date.

The third installment of the Hot Chocolate Festival runs for nearly a month and features over a dozen participating venues with a sweet reputation. Each venue offers a unique cocoa beverage paired up with a complementary food item. There are also some dairy-free options, because everyone deserves happy food during the dreary winter days.

February 12

Love Your Parts

Vancouver Public Library (Central)

February 12 is officially recognized in Canada as the Sexual and Reproductive Health Day. This year, Options for Sexual Health brings Dan Savage to Vancouver to remind the public to be wise while being naughty. There will be a breakfast buffet and the WetSpots, a cabaret duo, will entertain the guests. The event also makes for one hell of an original pre-Valentine's Day date.

Ongoing

Sexy Seminars

Art of Loving

While Options for Sexual Health reminds everyone to love their parts, the Art of Loving adult store teaches people how to do so properly.

These seminars are a great way to face the intimidation some people feel at the thought of entering an adult store — the staff is friendly, seminar leaders are knowledgeable, and there's always the opportunity to giggle at the sight of odd-looking sex toys.

Stay sexy, BCIT.

— Olsy Sorokina

linknewspaper.ca

Lovefest

February 12 - 14, 10am - 2pm in the Great Hall

2013



Hickling reflects on decades of sex education

Retired sexual health educator Meg Hickling discusses sex, society, and the next five generations

AMY SMITH
The Link

The last time I was in a room with Meg Hickling, she was explaining to me how to wash my genitals properly. This grandmotherly registered nurse has taught sexual health education for over 30 years to children and parents all over Canada and abroad. Her early work informed the basic curriculum still taught in BC.

I was one of those kids, gagging at the idea of an old woman talking to me about sex, until she got started. My horror was quickly replaced by curiosity when I decided I wanted to know what she knew: the truth — not the hair-raising tales told by older or bolder kids on the playground.

Hickling stressed the importance of being totally upfront with children from a very early age.

"If you lie to children or evade, then they won't trust you," she explained. "If you don't have a basis through ele-

mentary school of sexual health education, then in your teenage years you're in that phase that says 'I know everything'."

Hickling began her pioneering work as a sex educator in 1974, when traditional ideals like chastity and restraint were being traded in for the openness of the sexual revolution. As flower children were having children of their own sought advice on answering their children's questions.

She was ready with answers,

"The biggest group of sexually immature people are those who live and work in Hollywood."

— Meg Hickling,
sex educator

but recognizes that even now parents aren't talking openly about sexual health with their children.

She believes it's unlikely that a person can be a sexually mature adult without a combination of early childhood sex

education and parents who talk openly and honestly about sex. Since my generation was taught by Hickling, I wonder if our education was enough to help us become safe and informed adults.

"I know I'm not fully sexually mature," admitted Hickling. "I'm still unduly influenced from time to time."

She points to the media and internet as an indication of our society's sexually immaturity.

"The biggest group of sexually immature people are those who live and work in Hollywood," she lamented. "And we are so influenced by it."

Hickling goes on to cite issues like pornography addiction, steroid abuse, and our culture's obsession with being sexy as challenges that society will have to face. She maintains that much of what is found on the Internet today is either not helpful, or not true.

She tells me that the Swedes, who have been proponents of early childhood sex education since the 1920s, believe it takes five generations or more of quality sexual education in schools and from parents to have a sexual mature community.



Decorated sex educator Meg Hickling

Courtesy of Harbour Publishing

While that may seem like a long time to wait, the recognition she has received indicates a society that acknowledges the importance of sex education. Hickling has received the Order of Canada, Order of BC, an honorary doctorate, and other accolades, and is a best-selling author on books for parents

and children.

Mine will be among the first generations to receive a thorough grounding in sexual education. While it may be my great-great-great grandchildren who have sex education all figured out, it wouldn't hurt to have a few more Meg Hicklings to guide their way.

SPEAKUP SPEAKOUT

MENTAL WELLNESS WEEK February 18 - 22

Monday, February 18

10:00am - 2:00pm

Information, giveaways, prizes, pledge board, button-making (Great Hall & NE1)

3:00pm - 4:30pm

Yoga (Yoga Studio, court four)

Tuesday, February 19

10:00am - 2:00pm

Information, giveaways, prizes, pledge board, button-making (Great Hall & NE1)

11:00am-2:00pm

Zen Lounge (Great Hall)
Pet-a-Puppy (Great Hall)

2:30pm - 3:30pm

Unmasking Distress (Room 324-SE2)

Wednesday, February 20

10:00m - 2:00pm

Information, giveaways, prizes, pledge board, button-making (Great Hall & NE1)

11:00am-2:00pm

Zen Lounge (Great Hall)

11:00pm - 3:00pm

Join the Conversation
roundtable (Great Hall)

Thursday, February 21

10:00am - 2:00pm

Information, giveaways, prizes, pledge board, button-making (Great Hall & NE1)

11:30am - 12:30pm

Mindfulness Breathing for
Stress Reduction (Room 306-SE2)

Friday, February 22

10:00am - 2:00pm

Information, giveaways, prizes, pledge board, button-making (Great Hall & NE1)



Visit www.bcitsa.ca for more information.



MISSED CONNECTIONS

I saw you in Starbucks, wearing a fur coat and a mink hat. As you ordered your hazelnut Americano, I couldn't help but wonder if coffee is the only thing you like tall, dark and strong? Hit me up and you'll upsize your life to a grande.

• • •

I saw you at the student health clinic, discussing the diseases you may have acquired during your vacation to Mexico. You're not the only one who likes to have a good time. I too am burning: with desire to be yours. They say love is worth the risk, even if that risk is herpes.

• • •

I saw you in the Great Hall, staring intently at your phone, brow furrowed in concentration, your eyes a stormy grey. It made me feel like you were tackling some great mystery of the universe, though I have a suspicion you were just watching porn.

• • •

I saw you at SE6 and then at the library. Then I followed you on Twitter. Then I added you to my dashboard on Tumblr, liked all your photos on Instagram and then friended you on Facebook. I know we'll be together soon. Until then I'll be planning our wedding on Pinterest.

• • •

I saw you on the patio at Professor Mugg's, drinking loudly and smoking with your friends, discussing which boy you wanted to take home that night. I thanked God for all the poor choices he allowed you to make, hoping that one day I would be one of them. Message me back and we'll go for a pint or three.



Courtesy of Jimmyjane Ltd.

Good vibrations

Despite its questionable history, the vibrator's story is entertaining and eye-opening

ELLEN CROSBY
The Xaverian Weekly

ANTIGONISH, N.S. (CUP) — The insulting but hilarious story of the invention of the vibrator seems to be popping up everywhere.

Let's face it; if anything warrants a retelling and celebration of its invention, it's the vibrator.

Rachel P. Maines' 1999 novel *The Technology of Orgasming* discusses the invention of the vibrator. In Victorian England, women who complained of headaches, stomach aches, being tired or any other symptom that could not be explained by an existing disease were diagnosed with hysteria.

Hysteria literally means disease of the womb. Doctors believed that women with emotional excesses had disturbed uteruses.

This illegitimate disease was said to be affecting about half of the female population. Luckily, men were able to solve the problem.

Doctors found that performing "pelvic massages" on women until they reached orgasm seemed to help.

No kidding.

Before the vibrator was invented, and as early as the beginning of the 16th century, married women who suffered from hysteria were urged to have sex with their husbands.

Single women, who could not relieve their hysteria via sex, were encouraged to take "vigorous" horseback rides.

Maines' novel was a source of inspiration for the play *In the Next Room* (or *The Vibrator Play*) by Sarah Ruhl, and the upcoming movie starring Hugh Dancy and Maggie Gyllenhaal, *Hysteria*.

Ruhl's *In the Next Room* (or *The Vibrator Play*) was nominated for three Tony Awards in 2010, including best play. It centers on two women who are unhappy with their monotonous sex lives, which have always been focused on their husbands' pleasure. They are both excited to try out the new invention of the vibrator, and to experience their first orgasms.

The final curtain closes on one of the actresses having sex with her husband, but not in

the usual missionary position. The couple has discovered girl-on-top sex, and the play ends with Catherine having her first satisfying sexual experience with her husband.

The film *Hysteria* has not come out yet, but the trailer looks very promising. It focuses heavily on the doctors who invented the vibrator and why.

“Doctors found that performing “pelvic massages” on women until they reached orgasm seemed to help.

Actor Hugh Dancy plays the young doctor, Mortimer Granville. He takes his career very seriously and insists that the invention, at first called the feather duster, has nothing to do with pleasure.

Granville's objective is to help hysterical women become sane again. Little does he know, his method of curing their hysteria is through satisfying them sexually.

The reason for creating the vibrator was originally to cure an invented disease. However, the fact that hysteria has since been dismissed as a disease does not mean that the vibrator cannot be used for medicinal purposes. In fact, the amount of medical research coming out about the health benefits of experiencing orgasm is increasing each year.

Some of the latest research shows that having frequent orgasms can curb your appetite, get rid of headaches and cramps, lower your cholesterol, decrease your risk of heart disease and stroke, protect you against cancer and boost your immune system.

Of course, there are other benefits that come from using your mechanical friend that are harder to measure, such as enhancing your mood and lifestyle, recharging your romantic relationships, and making you feel more comfortable with and about your body.

Granville may have had a misogynistic and unfounded reason for inventing the vibrator, but we now know that it actually does have some legitimate health benefits.

What's up with hooking up?

Casual encounters are crafting a new campus relationship culture

ALI SCHWABE

The Fulcrum

OTTAWA (CUP) — A study presented at the American Psychological Association Symposium in 2000 stated that 87 per cent of college students report having “hooked up.” The vague term describes the type of encounters that have been replacing traditional dating on university campuses over the recent decades. *The Fulcrum* sat down with experts and students to learn why dating is out and hooking up is in.

Differing definitions

What constitutes hooking up? Kathleen Bogle, sociology professor at LaSalle University in Philadelphia and author of *Hooking Up: Sex, Dating, and Relationships on Campus*, explained the term isn't well defined, even by those who use it in their everyday vocabulary.

“There's actually a lot of confusion over what hooking up means,” she explained. “Some students use it to mean sex, some students use it to mean make out, some say it's more than making out but less than sex.”

Students' answers varied depending on what the word meant in their high school and what it means among their current social group.

“‘Hook up’ means making out to me,” said Kimberly Orchard, a third-year psychology major at the University of Ottawa.

“Hooking up essentially means you get lucky that night,” said Zsolt Kocsis, a third-year immunology and physiology major at the University of Toronto. “This is variable between the sexes with guys favouring getting laid while women see hooking up as anything past eye-goggling.”

“To me, the term ‘hooking up’ means having sex,” said Freya Crawley, a third-year health sciences student. “At my [high] school, hooking up meant sex, but I know at some of my friends' schools even as little as making out meant hooking up to them. It all depends.”

Bogle explained most can agree the term is defined in opposition to the idea of traditional

courtship.

“When you put everyone's answers together it can mean anything from kissing to sex,” she said. “The centrepiece of [hooking up] is that it's not going on a date. It's something physical happening that may lead to dating later but that doesn't start out as a formal date.”

Why the change?

Bogle explained there are a number of converging reasons why students change their dating style when they arrive on university campus in first year. “It's not one thing,” she said. “There [are] so many different trends that came together to produce hooking up. Some of them are the sexual revolution, the pill, the feminist movement that kind of changed gender norms.

“You also have ... at least this is true in the U.S. ... a lot of people [who] live on the college campus that they go to, so it makes it logistically easy to hook up,” she said.

Bogle noted students' concept of what constitutes “being safe” often changes when they begin university.

“You're taught your whole life you don't get in a car with a stranger, you don't leave a public place with a stranger,” she said. “But if young people live on a college campus and everyone's a friend of a friend and everything's walking distance, people don't feel like they're getting in the car with a stranger. [They feel like] they're just walking to a dorm or walking to an apartment with someone they know.”

Although Crawley is now in a committed relationship, she enjoyed hooking up in her first year at the University of Ottawa.

“87 per cent of college students report having ‘hooked up.’”

“I like the thrill of hooking up with a person, and hopefully having to never see them again,” she said. “I loved the brief sexual encounters.”

Another explanation for the rising number of hook-ups is that men and women are delaying marriage. In 2003, a report released by Statistics Canada



A sock on the door is the universal sign for “Find another place to sleep, roommate.”

Sean Campbell

found in the late 1970s men were marrying at 25 and women at 23, but by 2003 the average age for first marriage was 30 for men and 28 for women.

“It's also true that in the U.S. people are marrying significantly later than they used to,” said Bogle. “It used to be common to use your college years to figure out who you were going to marry, and now people say, ‘I'm definitely going to get married, but not until my late twenties’ or ‘not until my early thirties.’”

Bogle noted students see their university years as a chance to sow any wild oats.

“Because they're delaying that age of marriage they say, ‘Well, I've got all the time in the world to figure out who I'm going to marry, now's the time to have fun,’” she said.

What next?

According to Bogle, hook-up culture is most prevalent during freshman year, but eventu-

ally most people begin to want something more.

“Freshmen year, both men and women are like, ‘I want to see what college life is about. I want to do the whole college thing,’” she stated. “Then women tire of the hook-up culture quicker than men. Women say, ‘I'm not really getting what I want from this — this isn't that great.’ They are disappointed by a lot of things that they hoped would evolve into some version of a relationship.”

She noted while many men feel this way eventually, women usually do earlier and in higher numbers.

Kocsis said he will often consider whether there could be a future between him and his one-night stand.

“I'd like to go for the sex and hope she's cool enough to date, but I have no backbone so I must toil with the whole getting-to-know-her process,” he said. “When looking back, I prefer

[getting to know her], but at the time I see it as a complete waste of time.”

In her research, Bogle found eventually both sexes tend to turn toward traditional dating, but not until they leave campus.

“I explained that in the book as when their environment changes, the behaviour changes,” she said. “There [is] still hooking up going on, but post-college life was less conducive to hooking up. Even logistically, they aren't in dorms and apartments. They're not necessarily willing to go home with some stranger they don't know — they're more likely to start texting, maybe hang out, and maybe go on a date.

“They might say they would've done a random hook-up in college, but now they go out on formal dates,” said Bogle. “And [alumni I interviewed say] you can't ... kiss on the first date — they really change all of their behaviours when they go on these official, traditional dates.”

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