



Sex, Drugs and Rock 'n' Roll results summary 2018

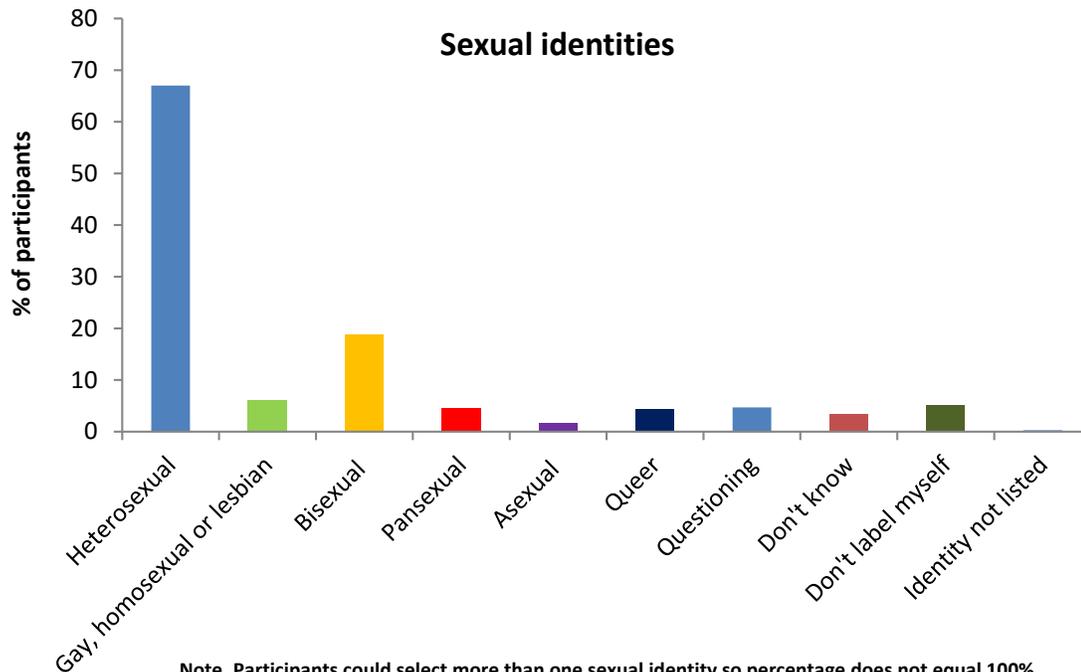
In 2018 we conducted the annual online *Sex, Drugs and Rock 'n' Roll* survey with young people aged 15-29 years. We asked about their sexual behaviors, knowledge of sexually transmissible infections (STIs), alcohol and other drug use, mental health and pornography use. A total of 1,007 young people completed the survey.

Demographics

- Gender identity: 64% female, 32% male and 4% gender diverse including non-binary, trans-male, and trans-female
- 87% were born in Australia
- The average age was 22 years
- 66% were currently studying at high school, university or TAFE
- 50% lived with their parent/s

Current sexual identity

- The majority of participants identified as heterosexual (67%)



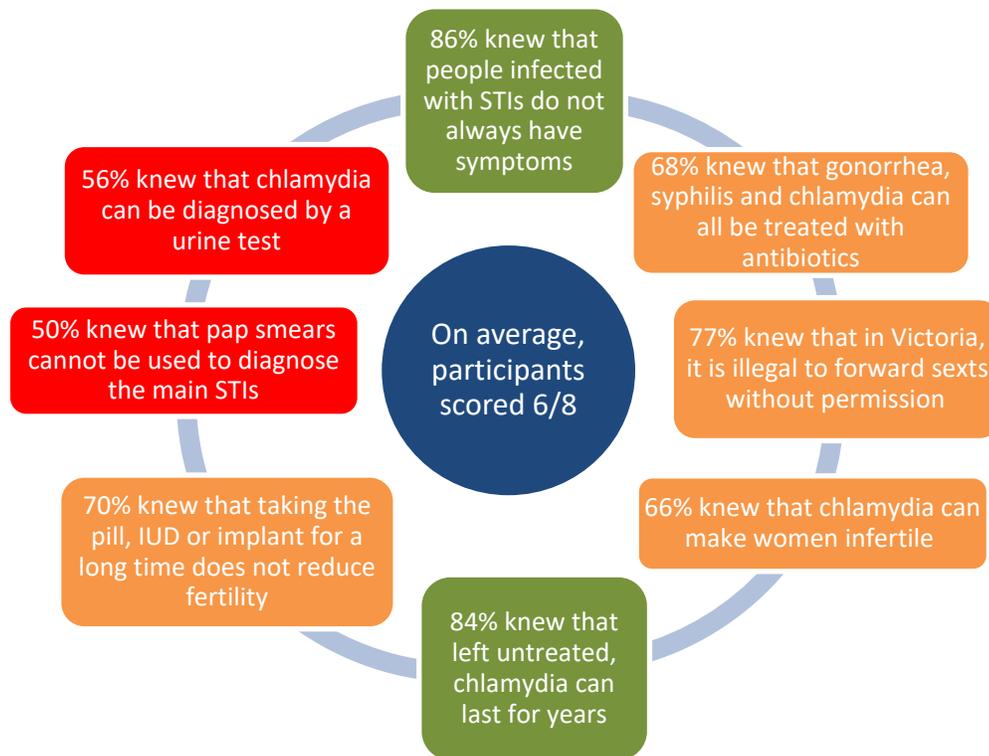
Sexual behaviours

- 71% reported that they had ever had vaginal intercourse
- 35% reported they had ever had anal intercourse
- 80% reported they had ever had oral sex

Of those who reported penetrative vaginal or anal sex in the past 12 months (n=684):

- 87% reported a regular partner in the past 12 months (e.g. boyfriend, girlfriend, other partner)
- 41% reported a casual partner in the past 12 months (e.g. one-night stand, friends with benefits)
- 36% reported a new partner in the past 3 months
- 59% reported that they had ever had an STI test

Knowledge of STIs



Alcohol use

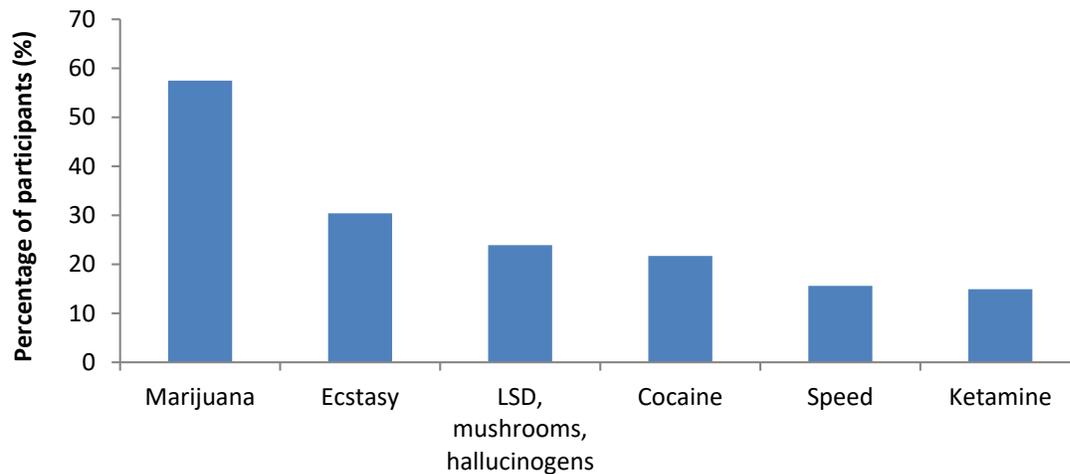
- 50% reported drinking alcohol for the first time when they were aged 15 years or younger
- 90% reported drinking alcohol in the past 12 months
- The most common reasons for drinking were; to enjoy a party (91%), to make social gatherings more fun (92%) and because it's fun (92%)



Use of other drugs

- 16% reported that they were current smokers
- 61% reported that they had ever used illegal drugs; the most common was marijuana (58%)
- Of participants who had ever used illegal drugs (n=617), 45% had used in the past month

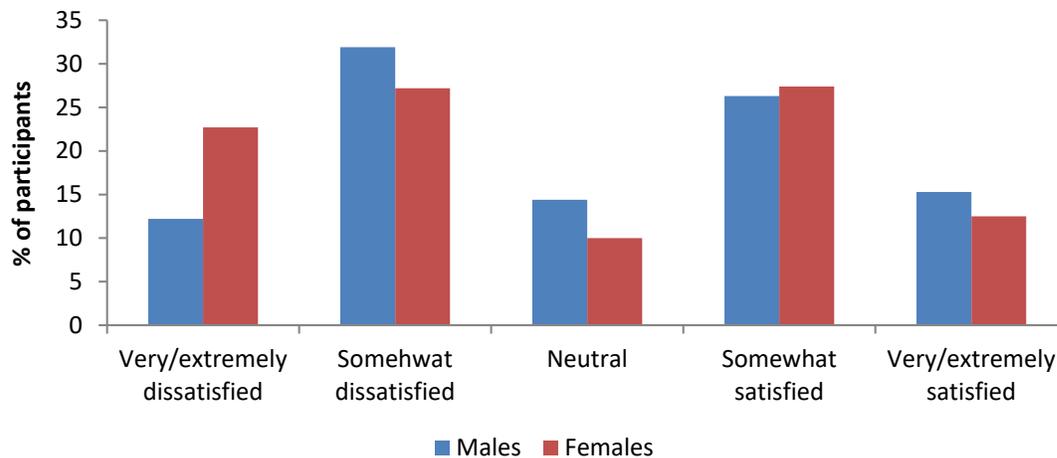
Common drugs ever used by participants



Mental health

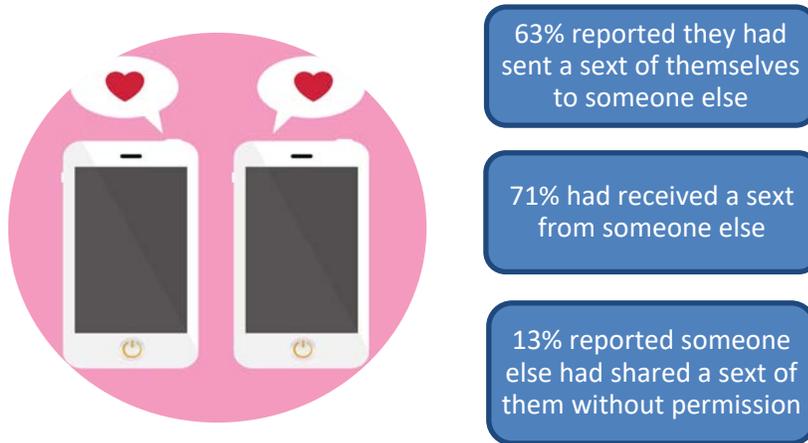
- 46% of participants had ever been diagnosed with a mental health condition; this was higher in females (50%) than males (33%)
- The most common mental health problems diagnosed included anxiety (38%), depressive disorders (32%), and eating disorders (8%)
- 48% of participants reported they were dissatisfied with their physical appearance

Satisfaction with physical appearance



Sexting

We asked young people about sexually explicit pictures (sexting) via platforms such as mobile phones and social media.



Pornography

We asked young people about their viewing habits and things they would change about pornography.

- 92% of participants had ever viewed porn intentionally; on average, this occurred for the first time when participants were aged 14 years
- Males were significantly more likely to view porn daily or almost daily than females (43% vs. 4%)
- Participants suggested a range of things they would change about porn

More content that empowers women

Representation of healthier and diverse sexual relationships

More representation of the real world

Make it less of a taboo thing

The study researchers would like to thank the young people who participated in this survey. The full results of the study are currently being prepared for publication in scientific journals and presentation at national and international conferences. If you have any questions about the study or the results, please email Caitlin Douglass via caitlin.douglass@burnet.edu.au.

If you would like to talk with anyone about concerns or distress that have arisen from these results, please see the services below:

- <https://www.lifeline.org.au/>
- <http://www.beyondblue.org.au/>
- <http://www.headspace.org.au/>