Safe and Healthy Intimate Relationships

Many people in college choose to forgo the relationships altogether and instead look for “friends with benefits,” or the occasional hookup. Although it might seem like everyone is doing it, the truth is plenty of students aren’t. A study from the University of Nebraska-Lincoln found that 84 percent of college kids talked about hooking up, but only 54 percent of them actually had sex during the school year.

Those revealing numbers don’t change the fact that the hookup culture in college is becoming more common. Students face interesting new problems when engaging in hookups rather than typical relationships or dating, as they might deal with emotional confusion, concerns about reputation, or hookups fueled by alcohol or drugs – which could lead to a whole other host of issues, such as forgetting to use a condom or doing things that might lead to embarrassment in the harsh light of day.

Reference: https://www.learnpsychology.org/now/healthy-intimacy-in-college

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