



2010 Survey Report

June 2011

LANDMARK NATIONAL SURVEY OF SEX BETWEEN MEN

Participants of Sex Now 2010 joined nearly 8,000 others across Canada and beyond.

Our special focus on "sex on your mind" seemed to strike a chord. At times hundreds of you were filling out the questionnaire online, at the same time.

We've created this survey report to let you know what we're learning.

Every province and territory was represented, in every age group, from 16-85.

How much is sex on our minds? For a 66% majority of us: more than half the time.

It's that intense interest in other guys that drives most of us whether single, partnered with another guy or even married with a family.

Do you get the sex you want? Seems, only a third of us get what we want any more than half of the time.

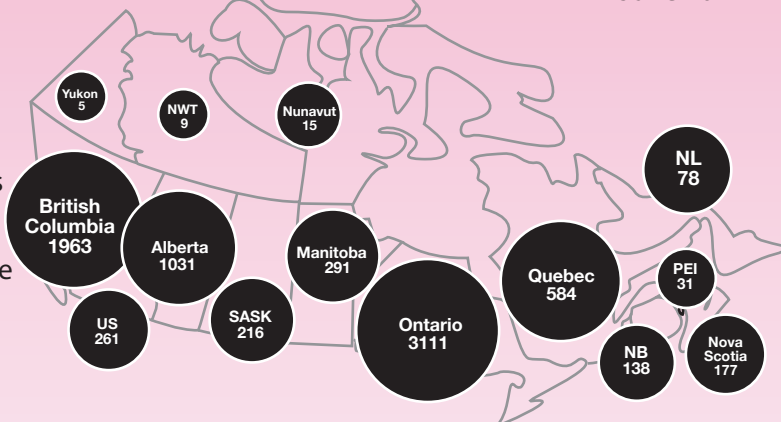
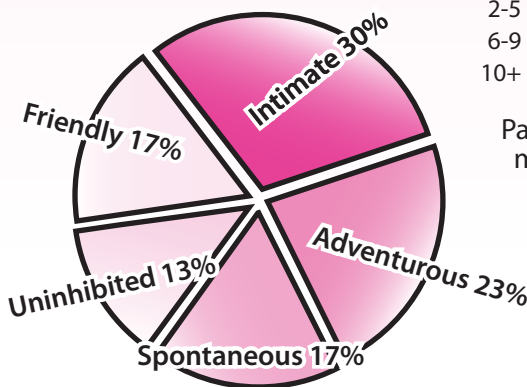
So we spend heaps of time looking for hook-ups. Nearly half of us spend more than 10 hours a week on the Internet looking for partners.

Sexual styles or personal approaches to sex can be quite different so the hunt for a compatible partner may take some sorting out.

The most common style? The largest group (a third) of us find intimacy sexy and that's what drives our desire to meet other men—who may fit a range of other possible styles.

You know your own... but what do you look for in another guy?

Whatever his style, what 72% of us ultimately want is an intimate relationship with another man.



The other 28%? All of us have times in our lives when we're just looking for sex.

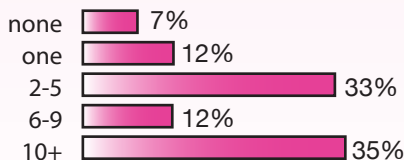
Like when we're young, right? And yet...

More than 80% of guys 25-30 said they were looking for a boyfriend. Guys over 50 were twice as likely as those under 30 to be "just looking for sex".

It turns out that 49% of you were single and 51% partnered. Three quarters of partnered guys had boyfriends and a quarter were married or partnered with women. By and large most partnered guys were satisfied with their partners – 73% of the time.

But that's far from the end of interest in other guys.

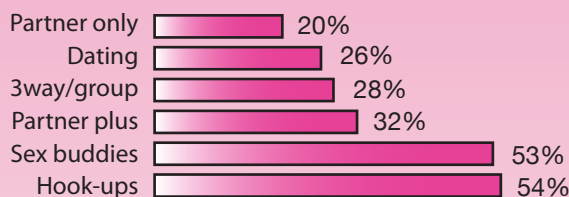
An 81% majority had more than one sex partner over the last year:



Partnered men were as likely as single men to have had ten or more partners over the year.

As if that's not enough, 94% of us spent at least an hour watching Internet porn in a typical week.

You told us about what you're into at the moment.

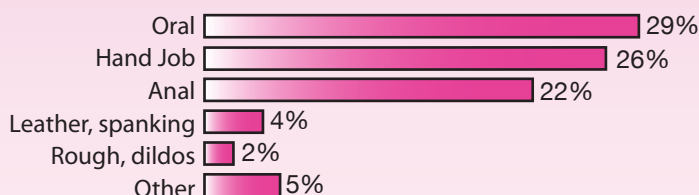


More than 25% of you were "dating" other guys... but dating was most common among younger men. 50% of guys under 30 were dating other guys.

So, do you end up satisfied with the sex you get: quantity and quality?

Almost half (47%) of us were satisfied with quantity. Which means the majority were not. Is that why so many are looking? 58% seem to be satisfied with quality—when they get it.

What was on the menu the last time you had sex?



As for sexual safety? Nearly half said you always use condoms. Half said you always check his status. Two thirds do something safer when no condom is available.

Here's a report card on what you know about critical gay health issues:

Bottoms more at risk	82%
ARVs reduce viral load	68%
"Rapid" testing	57%
Low viral load reduces risk	42%
"Early" testing	39%

Most of us know the bottom guy is at greatest risk for HIV infection. A majority know that anti-retroviral medications, taken routinely, will reduce viral load. More than half know that a rapid HIV test is available that shows results in less than an hour. But less than half know that a low viral load reduces the risk of infecting someone else if you have HIV. And only a third of us seem to know an early test is available that can detect HIV in 7-10 days after infection.

They're all real facts. However, the strength of your ties to other guys seems to determine how much you know about them: the stronger your connections to other guys in the know, the greater your knowledge. But only half of you said you leave any time for other gay friends.

Testing is becoming increasingly important in HIV prevention because of its role in detecting the virus early—which helps to preempt any further transmission.

Here's what you told us about HIV testing routines:

2-3 times per year	21%
Annual	23%
Unspecified	35%
Never tested	21%

This table shows that at least 1 in 5 gay guys don't know their HIV status. We all need to evaluate how much sex we're having and what we're doing to reckon how much we should be testing. A rule of thumb: if you're having casual sex, get an HIV test at least every 12 months.

About 8% (1 in 12) of you told us you were HIV positive. That rate was relatively similar in most provinces but it can be up to 20%* (1 in 5) in big cities like Vancouver, Toronto and Montreal.

Sex gives us a lot to think about. But our ways of thinking about sex can get complicated by other life issues. We wondered about the mental-sexual health connection so we asked about experiences with counseling and treatment services.

More than half (51%) of you looked for psychological help for a range of issues. And you got help for typical reasons... but depression was most common.

Depression	57%
Family	50%
Relationship	43%
Sex	21%
Coming Out	18%
Substance use	9%

We found that treatment for depression was strongly linked to marginalizing experiences like anti-gay bullying and other homo-negative encounters that 50% of you reported. 71% of you said you find "homo-negative news hard to ignore".

Nonetheless, at least 70% of you agreed "it feels great to be gay".

We're pouring over the data to learn more. We already see some interesting connections between mental and sexual health worth exploring. It seems the happiest and healthiest gay men have eluded a lot of homo-negativity while the most troubled have had heaps of it. What's up with that?

Stay with us as we learn more. Be sure to do Sex Now 2011.

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* see mancount.ca