

# SEXtalk)))

Answers to Your Questions about Sex and Relationships

Have a ??? Email [sextalk@u.arizona.edu](mailto:sextalk@u.arizona.edu)

## factoid

95% of campus sexual assaults involve the use of alcohol by either the man, the woman or both.

(Abbey, 1996)

**Q.** *I had sex with a girl while we were both totally intoxicated. I don't remember asking for her consent. Is it wrong to do what I did?*

**A.** Your question addresses a very serious issue (the risk of combining alcohol and sex); and presents a situation that is not only "wrong" but could also be termed "rape". According to U.S. law, sexual assault occurs when an individual knowingly engages in oral sex or sexual intercourse with anyone who does not consent. Sexual contact includes fondling or manipulation of the genitals, anus or female breasts. Sexual assault may be committed by a person known to the victim (i.e., acquaintance, partner or spouse) or unknown to the victim (i.e., stranger). Rape is sexual penetration without consent and is a form of sexual assault.

Sexual assault occurs if the victim is:

- Coerced by use or threatened use of force;
- Unable to give consent because of mental disorder, drugs, alcohol, sleep or any other similar impaired state (which is known or should have reasonably been known to the perpetrator); or
- Intentionally deceived as to the nature of the act.

In the future, moderate your alcohol use so you can maintain clearer judgement. Consuming alcohol to the point of being "totally intoxicated" may not only lead to unintended, unwanted and/or regretted sex. It can also increase the likelihood of sexual contact leading to STD transmission or unintended pregnancy. If you did not use a condom during this incident, both of you should consider getting tested for STDs and the woman may want to consider a pregnancy test.

Your question suggests that you are feeling some guilt or having second-thoughts about what happened. Consider talking with the woman to acknowledge your concerns about the impact of this experience on both of you -- perhaps even to apologize and make amends. If you want to address your questions or concerns confidentially with a professional counselor, call or visit the Oasis Center (626-2051, 2nd floor of Old Main) or Counseling & Psychological Services (621-3334, 2nd floor of the Campus Health building).

*Reference: Irene Anderson, M.Ed., Director of the OASIS Center for Sexual Assault and Relationship Violence*

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