

A SEXUAL HEALTH TEAM INITIATIVE

**Wow, Same.**

Real sexy stories from real sexy people.

**PROMPT 3:  
COVID CHANGES**

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# Introduction

We asked and you delivered!

We have compiled responses from almost 50 McMaster students. Thank you for dropping by to read the incredible stories from our community, and thank you to all those who submitted!

Keep reading for some laughs, some feels, and all things relatable.

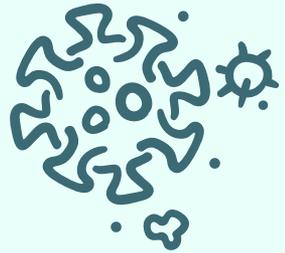
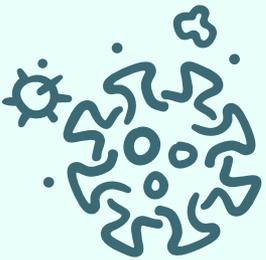
Fill out this [anonymous feedback form](#) after reading! By filling out before April 16, you will be entered to win one of the prizes advertised on our Instagram!

- The Sexual Health Team



## Prompt 3

**How has your sex life changed during COVID-19? Is it different or similar from what you expected?**



# Long-Distance Relationships

COVID-19 has made it increasingly difficult to find time to be intimate with our partner(s). Finding opportunities to see each other was made difficult when many of us had to move back home or far away from our partner(s).

"COVID-19 has definitely affected my sex life. In the early days of the pandemic, I was pretty desperate and spent a lot of time researching/purchasing sex toys to use with my partner after lockdown lifted.

I was able to spend some time last summer testing them out, and that was fun! But since we entered the red/grey zone, I'm all alone again, with no access to most of the toys and no motivation to experiment with the others. The desperation is real."

"I went from having sex at least twice a week to having sex once every few months because of the pandemic. It really sucks and I just want things to go back to normal so I can see my significant other more often. "

"I have not been able to be with my boyfriend because of the lockdown so we have not had sex in a very long time."



# Longing for Privacy

Whether it be in-person or online, privacy can be hard to obtain for many of us. Moving home with family or living in crowded student housing can be barriers to find time to be alone with yourself or with your partner(s).



"My sex life is what I expected. Being home with parents isn't exactly conducive to a robust sex life. My partner and I definitely have sex less often."

"I have a long-term boyfriend and we've still been seeing each other during COVID even though we still live at home with our families in the same city. Both of our families decided at the beginning that this is what we would do, and we don't see anyone else outside our bubble. Everyone being home all the time has DESTROYED our sex lives. We weren't constantly doing stuff before but there was enough private time with people out of the house that we had options. Now it never happens, and it's been kind of hard as I miss being able to do simple things like shower together or just be alone. There's been a lack of intimacy in our relationship even though we see each other every day."

## Lack of Intimacy for Singles

As a single person, having an active partnered sex life was made essentially impossible during COVID. Meeting new people to date or have sex with is limited to online platforms, and choosing when to add a new person into your COVID bubble can be challenging. If you've found yourself unintentionally abstinent during the pandemic, know that a lot of people are experiencing the same thing.

"COVID-19 has expectedly made my sex life virtually nonexistent, especially as the weather got colder."

"My sex life has become pretty much nonexistent during COVID which was to be expected.  
#socialdistancing"



"My sex life is now non-existent, thanks to COVID."

"My sex life has gone down to zero :("

# Continued: Lack of Intimacy for Singles

"My sex life has been almost non-existent during COVID. I had a partner near the beginning of COVID, so it was pretty typical for me at that time - about once or twice a week. After that ended, it's been dry. Honestly, I think without seeing and meeting people, my sex drive has just plummeted anyway. I miss touching people, but I'm not nearly as horny as I expected to be.

I think the hardest part is being surrounded by people in relationships. All the housemates I'm living with have partners and nearly all of my high school friends have entered relationships in the past few months. I've noticed that most people prioritize keeping their romantic partners in their "bubbles". . . Friends are often left out. I'm pretty chill with being single, but it stinks feeling like you don't make the cut. I'm grateful for my housemates though, they're incredible friends and have kept me feeling loved."



# Fear of COVID-19

## Transmission

What thoughts ran through your head the last time you considered having sex during COVID? What if they're asymptomatic? Did they really get tested? COVID has changed a lot of our sex lives and made it difficult to navigate expressing our sexual desires.

"I am sexually inactive because I'm single and don't want to risk catching the virus from a casual hookup."



"I have a long-term partner who I live with, and we have definitely noticed a decrease in our sex life and intimacy since the pandemic began. They are an essential worker, and as such, there are a lot of stressors related to exposure. That stress compounded with other COVID stressors means that neither of us are in the mood for sex (or intimacy) as much as we used to be."

Even outside of COVID-19, there is a risk of STI transmission when swapping body fluids.

Always take precautions!  
- The Sexual Health Team

"My sex life is definitely different! Being intimate is like the ultimate exposure because you're swapping a lot of bodily fluids. So, I think the nerves are definitely heightened."



# Self-Discovery

Physical distancing has led to more alone time for many. COVID has presented the unique opportunity for many to redefine their priorities in life, including their sex life. Take some time to consider whether you have learned anything about yourself and your sex life during this time. Self-discovery is a continual journey that can be rewarding, fulfilling, and confusing all at once.

"COVID-19 has made me rethink casual sex since I couldn't really do that during lockdown. I now want an actual relationship because I have been feeling more alone than before."



"My sex life has changed for the worse. My partner seems to not be as affected as I am when it comes to intimacy. I never feel like engaging in sexual activity due to my decreased self-esteem since COVID. I feel as if I haven't been able to take care of myself as much as I used to when I had resources like the gym to stay fit and healthy. Now I feel much more negatively about my body and opening up to my partner. I have slowly been trying to incorporate activities like meditation and self-care to improve my overall mental health and feel more positive about life and myself. It is a slow process, but I feel changes already."



# Masturbation

For some, COVID has been a fantastic opportunity to discover how masturbation can fit into their life. Whether you're an amateur or a seasoned veteran, experimenting with solo or mutual masturbation can always be a fun addition to your sex life.

"I have not had sex for about a year and I feel like I am okay now. A few months after lockdown, I was going a little crazy but playing online and with yourself is one of the ways I continue to enjoy my sex life despite not having physical intimacy."

"COVID-19 has helped normalize self-pleasure for me. I used to be embarrassed about it, but now realize that it's a healthy and normal practice and I shouldn't be afraid to admit to it."

"My sex life has been different. I have really been focused on self-pleasure and masturbation throughout this pandemic. It's been so nice to figure out what I like and what I don't! I haven't had partnered sex since the pandemic started but I think when it's finally safe to again, I'll be much better at communicating what I like with my partner."



# No changes!

Although COVID has presented many changes, some have had their sex life stay consistent or become a little more enjoyable.



"My sex life hasn't changed! I've only ever had sex with one partner. I like getting to know people first before sex. So, I don't often sleep with people. My rate of sexual activity has been constant."



"My sex life has not really changed during COVID. Just greater frequency as I am quarantining with my girlfriend. It can be hard sometimes with our entire life taking place within a single house."

"My sex life with my partner has been relatively unchanged during COVID-19, which I feel pretty lucky for! The only thing that I've really noticed is feeling more engaged in the experience because I'm a lot less tired and busy than I used to be."

# Adapting Sex for COVID-19



During COVID, some of us have had to get creative to fulfill our sexual desires. Be mindful when approaching alternative methods of sex and only do what you are comfortable with.

"My sex life is bad. It's basically nonexistent. I have a very high libido. When I was in a relationship, I had sex multiple times a day and I could do more! I'm single now and even though normally I would be okay with having friends with benefits, I don't want to do that during COVID. So, I've sexted people on Tinder, I've sent nudes and have asked for nudes, I've been on sex chatrooms, I've watched porn more than I ever had. I've written erotic stories and have drawn erotic art. I bought a vibrator. I spend way too much time in the shower. I'm struggling and really miss good sex. I didn't really think about it much when COVID started so I can't say this is what I expected because I never thought about it, but it has become a big part of my COVID experience."

"A lot more car sex."

If your sex life has moved online, remember to take precautions to ensure any explicit photos, videos, or calls remain private.

- The Sexual Health Team

"My sex life is what I expected. Phone sex every now and then. In-person visits once a month. The occasional photo :)"

"More sexting and less in-person sex. Which is pretty cool because there's been more discussion of things we'd like to try and more openness overall, especially because it feels silly sexting at first. Lol." 11





Thank you for reading the  
prompt 3 responses for  
the "Wow, Same."  
Initiative!

If you have a minute,  
please fill out this  
[anonymous post-survey!](#)

If you fill it out before  
April 16, you will be  
entered to win one of  
three prizes advertised  
on our Instagram.  
Follow us @mcmasterswc