

HOOKUPS TO ROMANTIC RELATIONSHIPS:
SEXUAL BEHAVIORS IN VARIOUS PARTNERSHIPS

by

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ABSTRACT OF THE THESIS

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There is a great deal of evidence supporting a sexual script that guides intimate behavior between individuals. People, however, engage in many different types of relationships including hookups, one-night stands, friends with benefits, short-term relationships, and long-term relationships. While research shows that people discriminate between their relationships based on level of commitment, exclusivity, and emotion, little research has been done to explore how people differentiate between sexual partners through their behaviors. In the current study, it was predicted that the sexual script would vary across different types of relationships. People were expected to engage in different sexual activities with different sexual partners. Two hundred and seventy three emerging adults completed an online survey about their relationship experiences and desires. Mutually-stimulating and exclusively partner-stimulating activities were found to be more common in more committed relationship types. Sex differences were found in desires to engage in a greater number of sexual behaviors, to have casual relationships, and to have sexual intercourse in casual relationships, consistent with evolutionary theory. Though, men and women surprisingly did not differ in levels of erotophilia. Suggestions for future research are also discussed.

Hookups to Romantic Relationships: Sexual Behaviors in Various Partnerships

A complete understanding of human sexual behavior should involve the study of the characteristics of individuals, their cognitions about sexuality and their partners, the situational forces that influence sexual behavior, and also the specific sexual activities in which people engage. This last topic has not received as much attention until recently, Yet, research shows that people engage in different types of sexual relationships including hookups, one-night stands, friends with benefits, short-term relationships, and serious, long-term romances(Bogle, 2008; Garcia & Reiber, 2008, 2010; England & Thomas, 2009; Owen & Fincham, 2010; Paul, McManus, & Hayes, 2000; Bisson & Levine, 2007; Lehmiller, VanderDrift, & Kelly, 2011; Puentes, Knox, & Zusman, 2008; Buss & Schmitt, 1993; Christopher & Sprecher, 2000; Regan, 2008). The activities in which people engage in intimate relationships are said to follow a script. Research supports the idea of a sexual script which guides sexual behavior (Gagnon & Simon, 1973; Laumann, Gagnon, Michael, & Michaels, 1994). Scripts are behavioral patterns which dictate the direction of human interaction. According to Laumann, Gagnon, Michael & Michaels (1994), "sexual scripts specify with whom people have sex, when and where they should have sex, what they should do sexually, and why they should do sexual things" (p.6). Furthermore, scripts can exist at different levels. Cultural scripts are the meanings shared by a group of individuals, and thus do not vary much from individual to individual. For example, Jemail and Geer (1977) found that there is a fairly high degree of agreement among people in the sequence of sexual activities that are likely to occur in a sexual encounter. Interpersonal scripts take into account the expectations and behaviors of

the other individual and the application of cultural scripts in specific contexts. Finally, scripts may also exist at the intra-psychic level, which include the management of fantasies and desires experienced by individuals (Jemal & Geer, 1977). Although there is evidence available that people conduct themselves according to sexual scripts, there may be reason to believe that the sexual script may vary as it applies to different partnerships.

Laumann, Gagnon, Michael, and Michaels (1994) examined the frequency with which couples engage in sexual intercourse in various stages of their relationship and a more recent study (Garcia, Cavalie, Goins, & King, 2008) looked at people's attributions and enjoyment of specific sexual activities. However, little research focuses on the specific sexual behaviors in which people engage depending on their relationship status with their partner. Results suggest that the "booty-call" (an effort to initiate casual sex with a previous sexual partner, typically via text message or phone call), for example, is sexual and more emotional than a one-night stand, but does not have the level of emotion associated with serious romantic relationships (Jonason, Li, & Richardson, 2011). However, the authors of this study divided the behaviors they examined into sexual (vaginal intercourse, anal intercourse, etc.) and emotional (kissing, hand holding, etc.) categories without any feedback from the participants on how sexual or emotional they perceived their behaviors to be. They also neglected to examine relationships with varying degrees of commitment. Still, this study supported the idea that sexual behaviors vary between one-night stands, booty calls, and serious relationships. Furman and Shaffer (2011) also found that people differentiate between their nonromantic and romantic partners. Although

young adults were most likely to engage in sexual behavior with romantic partners, they also reported engaging in sexual behavior more often with “friends with benefits” than with friends or casual acquaintances. Of the sample, 97% reported that friends with benefits were different from romantic relationships. However, the nine sexual behaviors included in this study were limited to three light non-genital acts (kissing, cuddling, making out), three heavy non-genital acts (light petting, heavy petting, dry sex), and three genital acts (oral sex, vaginal intercourse, anal intercourse). The categories used were broad and limited, but the authors still found that sexual behavior was more common with romantic partners than friends with benefits, friends, or acquaintances. Furthermore, sexual behavior was more common with friends with benefits than friends or acquaintances. The current study focuses on expanding the understanding of the sexual script for various relationships.

Defining Relationships

Because relationships vary in duration, emotional bond, the number of sexual encounters, and commitment/exclusivity, it is important to define each kind of partnership. The current study examines hookups, friends with benefits, dating/“together” relationships, and serious romantic relationships.

Hooking up

Research (Paul, McManus, & Hayes, 2000; Garcia & Reiber, 2008; Bogle, 2008; England & Thomas, 2009) has identified the popularity of “hookup culture,” especially on college campuses across the nation. A hookup has been defined as spontaneous sexual behavior between uncommitted individuals who may be acquaintances or even strangers, typically lasting only one night, and may or may not include sexual

intercourse. There is a common misperception that everyone on college campuses is “hooking up,” and although this is not true, findings on participation have ranged from 64% (Garcia & Reiber, 2008) to nearly 80% (England & Thomas, 2009).

Even the lower end of the range of participation in hookup culture indicates that it is a norm on college campuses. It is also the case that men and women suspect that their same-sex peers are more comfortable with sexual behaviors than they are, and thus foster a pluralistic ignorance effect that may be contributing to the popularity of hookups despite relatively low levels of comfort with intimate behaviors (Garcia & Reiber, 2010). Both male and female students also report a very low expectation of romantic relationships resulting from hookup encounters (Garcia & Reiber, 2008). These behaviors and expectations indicate that the cognitions about hookups are different from those about more serious relationships. If people think and feel differently about those partnerships, they may also behave differently with those partners.

Friends with Benefits

Another kind of relationship is a friend with benefits. These are partners who are sexually, but not romantically involved and do not consider their sexual engagements to be emotionally fueled (Lehmiller, Vanderdrift, & Kelly, 2011; Bisson & Levine, 2007; Puentes, Knox, & Zusman, 2008). Friends with benefits have recurring hookups, not just one encounter. Estimates of the number of young adults ever engaging in this relationship vary from 50% (Puentes et al., 2008) to 60% (Bisson & Levine, 2007). Of men and women currently involved in this type of relationship, 76% said they were only involved in one such relationship, 16% said they had two

friends with benefits at one time, and 8% reported having three or more friends with whom they shared sexual benefits (Lehmiller et al., 2011). It appears that repeated sexual encounters with the same partner without romantic involvement are nearly as common as single hooking up instances.

For friends with benefits, more than 50% sexually engaged with their partner “occasionally,” almost 30% reported ongoing/frequent encounters with their partner; the remainder had less frequent encounters (Bisson & Levine, 2007). When asked about the outcome of their friends with benefits relationship, the relationship with their partner ended for 26% of the people, 28% maintained their casual relationship with their partner, 36% maintained a friendship when they stopped having sex, and the remaining 10% became romantic with their partner. For people involved in this kind of relationship, there is a distinct difference between sex with a friend and having a romantic relationship, even though a friend with benefits can eventually become a romantic partner (Bisson & Levine, 2007).

Because these partners engage in repeated sexual encounters, they may be able to establish some kind of comfort with one another and become more sexually adventurous. Although some measure of sexual behaviors has been recorded (Bisson & Levine, 2007) for these kinds of partners (see *Sexual Behaviors* below), previous research has not thoroughly examined the specific activities in which friends with benefits engage.

Dating/Together

Another kind of relationship includes those who are dating or are “together.” To say that partners are dating/together means that they share some level of

commitment and share some kind of emotional bond, though they do not necessarily date one person exclusively. This is a relationship stage often known as “courtship” (Regan, 2008). Relationships are dynamic and require nurturance to grow. Only a small portion of first dates and initial encounters evolve in to long term relationships. In addition to using compliments, beginning conversation about the relationship, and expressing affection when trying to initiate a serious relationship, 39% of people in dating relationships reported increasing contact with their partner (Regan, 2008).

People often engage in sexual behavior with dating partners without being in serious relationships. In fact, 88% of unmarried men ages 20-39 and nearly 81% of unmarried women ages 20-29 engaged in sexual intercourse (Christopher & Sprecher, 2000). Without wanting to risk losing the relationship that is forming with their partner, some people engage in sexual activities. Increased contact, and even intimate acts, are used as a strategy of courtship (Regan, 2008). In an attempt to nurture the growing relationship, dating partners may be more willing to cater to their partner’s sexual desires. This may include engaging in activities that stimulate one’s partner and complying with the sexual desires of one’s partner.

Serious/Long-term Romantic Relationships

The last relationship type that I examine in this study is the serious relationship, or romantic long-term relationship, in which both partners are seriously committed, sexually exclusive, and share a strong emotional bond. Desired qualities in long term partners are more extensive than the criteria used to find a suitable short-term partner (Regan, Levin, Sprecher, Christopher, & Cate, 2000), revealing that people think differently about these different types of partners. Romantic

relationships are also defined by intimacy and passion (King, 2011), implying that a sexual relationship exists between serious partners. If these partners already established their commitment to each other and have strong feelings of love, the sexual activities in which they engage may be more passionate, romantic, and mutually stimulating. These partners probably had time to learn the sexual desires of their partner and found a comfortable range of activities they both enjoy.

Sexual Behaviors

People engage in sexual behaviors for different reasons. In a study of hookups, 89% of one sample reported having hooked up for physical/sexual gratification and no sex differences were found (Garcia & Reiber, 2008). This is especially surprising because it is suggested that uncommitted sexual behavior is more desirable for men, (Buss & Schmitt, 1993; Garcia & Reiber, 2008). When other factors like emotions are at play, different types of sexual behaviors may be more appealing to people in a relationship.

Sexual Behaviors in Relationships

Previous research shows that even within a single kind of relationship, sexual behaviors vary between partners. The term hooking up is open to interpretation and the meaning of the word varies from individual to individual (Bogle, 2008). Hookups do not necessarily involve sexual intercourse. Sexual behaviors may vary between hookup partners. In an examination of friends with benefits relationships, 56% of people reported that they engage in all types of sexual behavior with their partner, 23% said they engage only in vaginal intercourse, 8% reported engaging in all

activities but intercourse, and the remainder reported engaging in other combinations of sexual activities (Bisson & Levine, 2007).

Sexual Behaviors between Partners

Despite the wide range of sexual activities that people can engage in and variations in sexual experience, people were found to accurately predict the extent to which the average person of the opposite sex enjoys specific sexual activities, even without directly communicating sexual desires (Garcia, Cavalie, Goins, & King, 2008). This study, however, did not look at couples, only individuals' predictions of what those of the other gender would enjoy. But in what kind of sexual partnerships do people make an effort to perform the activities they expect their partner will enjoy? Despite having a good idea of what one's partner will enjoy, no research has examined in what kind of relationships people engage in different sexual behaviors.

People think differently about different sexual behaviors as well. Sexual activities are perceived to differ in terms of eroticism, deviancy, romanticism, and on dimensions of masculinity and femininity (Garcia, unpublished manuscript, 2011). For example, anal activities are often considered abnormal, perverted, or kinky (Janus & Janus, 1993). However, people do engage in deviant activities. It may require a certain level of comfort with one's partner to engage in certain activities. Repeated sexual encounters and sharing emotional bonds may contribute to the likelihood of engaging in some behaviors. For example, romantic activities may be most likely to be shared by romantic partners.

Gender Differences

Because of the biological differences between men and women, most studies in human sexuality analyze gender differences. Differences in reproductive fitness govern the motivations for partner selection and the kinds of relationships in which people choose to participate. According to evolutionary theory (Buss, 1989), men and women seek different qualities in their partners because of inherently different roles in reproduction. Furthermore, men and women also express different desirable qualities for short-term and long term partners (Regan, Levin, Sprecher, Christopher, & Cate, 2000). Women tend to value cues of resource acquisition in potential mates while men value cues of reproductive capacity (Buss, 1989). Because of these differences, men and women may differ in their sexual behavior.

For example, men are the greatest benefactors of hooking up. For men, uncommitted sexual behavior has been classified as evolutionary fitness-enhancing behavior (Garcia & Reiber, 2008). Men are more accepting of casual sexual behavior and women are choosier when selecting partners (Buss & Schmitt, 1993). Also, women were found to be significantly more likely than men to report that they do not engage in hookups with acquaintances or strangers (Garcia & Reiber, 2008). Generally, women seek more than a physical encounter. They also seek an emotional and long-term investment. Women, to a greater extent than men, prefer an emotionally secure relationship in which their partner would stick around and potentially provide for their offspring, even when reproduction is not a goal of their interaction (Buss & Schmitt, 1993).

With less parental investment than women, men select to maximize their mating opportunities. Men, with more expendable gametes and a greater period of

fertility, reported engaging in hookups with many different partners, with whom they share a wide array of relationships, even without commitment (Buss & Schmitt, 1993). Women, on the other hand, do not benefit by increasing the number of their sexual partners and instead risk producing offspring with a low quality mate if they are not selective. Therefore, men are more likely to show interest in uncommitted sex (Bailey, Gaulin, Agyei, & Gladue, 1994) and report wishing to have sex with anyone they choose (Ehrlichman & Eichenstein, 1992).

In terms of hooking up, in one previous study (Owen & Fincham, 2010), men reported more positive and fewer negative emotional reactions to hooking up than women did, though both men and women report that their experiences were more positive than negative. Because of the appeal of casual encounters are different for men and women, the sexes are likely to show further differentiation in the sexual behaviors in which they engage with these partners.

One study (England & Thomas, 2009) did examine the sexual benefits of hooking up for men and women; results indicated that hookups do not typically result in "equal-opportunity" orgasms. In hookups involving sexual intercourse, both men and women reported that men climax about 80% of the time. On the other hand, men said that women experienced an orgasm 70% of the time, but women reported reaching orgasm only 30% of the time. In hookups that include oral sex, 49% of the time, stimulation is mutual, but in 37% of cases only the man receives stimulation, which leaves only 14% of the cases in which the woman exclusively receives oral stimulation. Different people vary in their hypotheses as to why this inequality exists. One man expressed that women are more protective of their bodies outside of a

serious relationship and choose not to allow a man to “go down” on her (England & Thomas, 2009). In opposition, a woman in the study divulged that men simply fail to return the favor. The sexual desires of men are more often catered to than those of women in hookup culture.

Men and women vary in their partnership preferences as well. Men agreed with the idea that college men are looking for sex, whereas women believed that other college women were looking for relationships (Bogle, 2008). The sexes are also expected to talk about their experiences differently. One of Bogle’s interviewees suggested that men inflate their numbers/experiences, and women deflate theirs (Bogle, 2008), heavily influenced by the social norms and double standards as they vary for men and women.

Finally, the genders also vary in their initiation and enjoyment of sex. In dating partners, men initiated sexual activity more frequently than women, even though men were no more likely than women to consider initiating intimacy (Christopher & Sprecher, 2000). In later stages of dating, women were often compliant to unwanted sexual acts with their partner in order to avoid jeopardizing the growing relationship they shared.

Personality and Relationships

In addition to the differences found between genders, there are individual differences, and someone’s personality can influence their relationships and sexual behavior. One variable that may be important in examining engagement in sexual behavior is erotophobia/erotophilia (Fisher, 1988). This trait describes a person’s disposition to respond to sexual cues along a negative to positive affect continuum.

Individuals who score high on erotophilia tend to respond with positive affect to sexual stimuli whereas those who score high on erotophobia tend to respond primarily with negative affect. This measure has been used extensively in sexuality research and it has been found that erotophiles, when compared to erotophobes tend to report more enjoyment in sexual activities, have more positive attitudes towards masturbation, be more likely to use contraceptives, are more open in sexual discussions with a partner and willing to initiate new sexual behaviors with a partner (Garcia, 1997; Fisher, Byrne, White & Kelley, 1988; Humphreys & Newby, 2007). It also has been reported that men tend to be more erotophilic than women (Fisher et al., 1988). Because of the relationship between personality and sexuality, an assessment of erotophobia and erotophilia can also give some insight into interpersonal behavior.

Hypotheses

Based on previous research concerning sexual behaviors and relationships, the central hypothesis is that people engage in different sexual behaviors in different partnerships.

Considering the previously mentioned studies on hookups and gender differences (e.g., England & Thomas, 2009), it is hypothesized that (1) men, to a greater extent than women, will be the recipient of stimulation. It is expected that previous findings showing that men are more likely than women to receive manual and oral stimulation will be replicated. Without an emotional bond with or commitment to this kind of sexual partner, men seem to behave more selfishly.

Considering the findings of England and Thomas (2009) concerning the inequality of

pleasure in hookups, (2) women are expected to be just as likely as men to report wanting to engage in sexual behaviors in which they are the recipient of stimulation. In turn, (3) both men and women are expected to be less likely to report wanting to engage in behaviors in which only their partner is being stimulated than those in which they are the primary recipient of stimulation. Because of the gender differences in reproductive investment examined by Buss (1989), (4) men are expected to be more likely to desire sexual intercourse in a hookup than women are.

Friends with benefits partnerships are typically recurring. In order for this kind of relationship to persist, both partners must be rewarded. Mutually stimulating activities and equal numbers of selfishly and selflessly pleasurable acts are likely to occur between these partners. Unlike long term partners who share romance and a strong emotional bond, friends with benefits may rely on mutual sexual pleasure in order to maintain the relationship and keep both partners feeling satisfied. Therefore, (5) men and women are expected to receive stimulation in an equal number of activities in friends with benefits relationships. Because this kind of relationship is non-committal, like in hookups, (6) men are expected to be more likely than women to report wanting to engage in sexual intercourse.

Because dating partners are often trying to establish a more serious relationship by increasing physical contact, it is hypothesized that (7) dating partners will engage in more sexual activities that are stimulating to their partner than in hookups or between friends with benefits. Additionally, (8) both men and women will be more likely to report wanting to pleasure their partner in dating couples than in hookups or friends with benefits. Because women do not want to risk their bond

with their partner, they may be more compliant with their partner's sexual desires; (9) women are expected to report having engaged in a greater number of sexual activities with dating partners than the reported number of activities in which they wish to engage. This difference is not expected to be found for men.

In serious relationships, it is hypothesized that (10) both men and women will be more likely to participate in and (11) wish to participate in more mutually stimulating behaviors. It was also hypothesized that participants would (12) be more likely to want engage in those in which their partner is the only recipient of stimulation than in other relationship types.

Because gender differences concerning desired qualities in a partner, relationship preferences, and evolutionary fitness are evident, I expect to find variations between men and women regarding the kind of relationships and the range of activities in which they wish to engage. (13) Men are more likely than women to report wanting to have casual partners like hookups and friends with benefits than women are. (14) Women are more likely to express wanting to be together with or in a serious relationship with a partner than men are. Because men are more erotophilic than women (Fisher, et al., 1988), (15) women are expected to express wanting to engage in fewer sexual activities than men are. Additionally, (16) all participants scoring highly in erotophilia are expected to be interested in engaging in a greater number of sexual activities.

Method

Participants

The survey was started by 531 participants between February and April 2012, but only 273 people actually completed it. (Only 443 participants identified as straight and were able to continue.) The survey was time consuming, 85.0% of the participants took 30 minutes or less to complete it and 92.7% of the participants did it in 60 minutes or less. Others evidently returned to the survey over a period of days, the longest being 4.96 days. Without compensation for participation, others may have dropped out of the survey because it was long and repetitive. Because of the great variation in time taken, it is difficult to compare those who completed it with those who did not on that factor.

Participants ranged in age from 18 to 38 ($m = 23.50$ years, $SD = 4.12$). Men's ages ($n = 112$, 41.0%) ranged from 18 to 36 ($m = 23.96$ years, $SD = 4.18$) and women ($n = 161$, 59.0%) ranged from 18 to 38 ($m = 23.17$ years, $SD = 4.06$). Of the sample, 79.9% were white, 7.0% were black, 7.3% were Hispanic, 3.3% were Asian, and 2.6% were multi-racial. Also, 44.7% of the sample considered themselves to be spiritual or religious people. Due to the eligibility criteria of the study, all participants self-identified as heterosexual.

Measures

A list of sexual behaviors was taken from previous research by Garcia (2008) which was compiled by students who were asked to list as many heterosexual activities as they could. The list was then condensed by the researchers. Additional items, common themes in pornographic material, were added in the current study for a more extensive inclusion of various activities (see Appendix A for full list of activities). The sexual behaviors concerning manual and oral stimulation are

categorized as activities which are predominantly stimulating to the female (the petting/kissing of a woman's breasts, stimulation of the clitoris, internal [vaginal] stimulation, receiving cunnilingus, and being stimulated by a man using a sex toy) or predominantly stimulating to the male (the fondling of male genitals, being masturbated by a woman, receiving fellatio, and being stimulated by a woman using a sex toy).

The Sexual Opinion Survey is a 21-item erotophobia-erotophilia scale which has been shown to be internally consistent and valid (Fisher, Byrne, White, & Kelley, 1988). Higher scores on this scale denote greater degree of erotophilia.

Procedure

The anonymous online survey was distributed through a website for IRB approved research surveys hosted by the psychology department at Hanover College (<http://psych.hanover.edu/research/exponnet.html>) and social-networking sites. The survey was written differently for men and women as each activity was phrased consistent with their gender. Participants were provided with definitions of each relationship this study examined: hooking up, friends with benefits, dating/together, and serious long-term relationships. The descriptions of the relationships were used to guide participants through the survey, even if they did not personally use the titles provided to talk about their relationships with their partners. For example, someone may not refer to their partner as a friend with benefits even though the pair did engage in repeated sexual encounters; no emotional relationship was formed and exclusivity was never discussed. In the present study, this was still considered a friend with benefits relationship. See Appendix B. Participants were also asked not to

use the same sexual partner to respond to items for different relationship types. Items regarding serious relationships occurred first in the survey, followed by dating partners, friends with benefits, and hookups, respectively. In this case, dating partners that evolved into a serious relationship should be regarded as a serious relationship partners and should not be used to answer questions in the next category of dating partners.

Each participant was asked to indicate the sexual activities in which they engaged with their three most recent partners in each type of relationship (where applicable). Then, if they had an opportunity to have each kind of relationship, participants were asked to share which activities they would ideally like to engage in with each kind of partner. These assessments were followed by a measure of erotophobia-erotophilia. Lastly, demographic information was collected regarding age, race, and spirituality/religiosity. (See Appendix C for the complete survey.)

Data Analytic Plan

No missing data was encountered in the data set because responses were required for all applicable items before a participant could advance in the survey. Most of the data was dichotomous. Continuous data, including total number of relationships had, total number of activities engaged in, and erotophilia scores, were normally distributed. T-tests, z-tests of proportions, ANOVAs, and confidence intervals were used to test the hypotheses. Because multiple tests were done, results may be at risk of type I errors. In order to correct for this, a Bonferroni correction was used. In this case, a significance level of .01 was used.

Results

Descriptive

Overall, 92.7% of the sample (91.9% of women and 93.8% of men) wanted to have a serious relationship, 63.7% (55.3% of women and 75.9% of men) wanted a dating/together partner, 26.0% (16.1% of women and 40.2% of men) wanted a friend with benefits, and 40.3% (24.8% of women and 62.5% of men) wanted a hookup.

Exploring relationship experiences, 89.7% of the sample (89.4% of women and 90.2% of men) ever had a serious relationship, 77.7% (77.6% of women and 77.7% of men) ever had a dating/together partner, 49.5% (49.1% of women and 50.0% of men) ever had a friend with benefits, and 60.1% (53.4% of women and 69.6% of men) ever had a hookup. The history of men and women were rather similar for all relationship types, except for hookups, which were more common for men than for women. Additionally, it was found that 37 (33.0%) men and 41 (25.5%) women had all 4 types of relationships at some time.

In addition to the number of participants with at least 1 type of relationship, multiple experiences with each type of relationship can be found in Table 1. As can be seen, men and women responded similarly regarding their experiences with each type of relationship and were equally likely to have multiple relationships. The following analyses examine the average number of sexual behaviors per relationship, so any missing information does not impact the following statistics regarding the tests of the hypotheses.

With a possible range of 21 to 147, erotophobia/erotophilia scores ranged from 21 to 111 with a mean of 79.77 (SD=8.94) with higher scores indicating more erotophilia. Women's scores ranged from 21 to 111 and had an average score of

79.79 (SD=9.55). Men's scores ranged from 58 to 103 and averaged a score of 79.72 (SD=8.02). Men were expected to be more erotophilic than women, but this difference was not statistically significant.

Test of Hypotheses

An overview of the hypotheses regarding sexual activities (#1-12,15) are reported in the tables below, including actual behaviors (See Table 2) and desired behaviors (see Table 3). Blank spaces indicate that no hypothesis was proposed regarding that activity in that type of relationship. Hypotheses that were supported are indicated by an asterisk.

Hookups

It was proposed that (1) men, to a greater extent than women, would be the primary recipients of stimulation in hookups. For participants who had ever had at least one hookup, a variable was calculated to represent how many activities they engaged in in which only they were stimulated. For men, these activities included having their genitals fondled by a woman, being masturbated by a woman, and receiving fellatio. For women, these activities included having their clitoris stimulated by a man, being stimulated internally (vaginally) by a man, and receiving cunnilingus. For the 164 participants who had at least one hookup, men and women reported that, on average, men were the recipients of stimulation in 1.31 activities (SD=1.09) and women were the recipients of stimulation in 1.28 activities (SD=1.09). A t-test indicated that there was no significant difference between men and women on this variable, $t(162)=-1.11, p=.269$. Thus, this hypothesis was not supported.

For the second hypothesis, no difference was expected in the number of sexual activities that men and women *want* to engage in in which they are the exclusive recipient of stimulation. In a t-test involving all 273 participants, men were significantly more interested than women in engaging in behaviors in which they are the only recipient of stimulation, $t(271) = 8.130, p < .0001$. When restricting the sample to only those who reported being interested in having a hookup (76 men and 43 women, 119 total), likewise, men ($M = 2.55, SD = .944$) were more interested than women ($M = 1.72, SD = 1.35$) in engaging in behaviors in which they were the only recipient of stimulation, $t(117) = 3.936, p < .0001$. Hypothesis 2 was not supported, but men were found to be interested in a greater number of behaviors that only stimulate them than women were.

In a hypothetical hookup, (3) men and women were both expected to report being less interested in stimulating their partner than in being the recipient of stimulation. The mean number of activities in which a person ideally wants to stimulate their partner was subtracted from the mean number of activities in which a person ideally wants to be stimulated. Of those ($n = 119$) who reported wanting to engage in a hookup, both men and women showed very little difference on this measure. Men wanted to be stimulated in 1.63 activities ($SD = 1.44$) on average and wanted to stimulate their partner exclusively in 1.44 activities ($SD = 1.39$), a difference of .19 activities. Women wanted to be stimulated in .62 activities ($SD = 1.16$) on average and wanted to stimulate their partner exclusively in .64 activities ($SD = 1.19$), a difference of - .02 activities. These numbers reflect a preference by both men and women for the man to a greater extent than women to be the recipient of stimulation.

A t-test revealed a significant difference between men and women regarding wanting to be stimulated and wanting to stimulate their partner, $t(117)=2.62, p=.010$.

Hypothesis 3 was not supported because men, when compared to women, have a bias towards being stimulated over stimulating partner.

Also in hookups, (4) men were expected to be more interested than women in engaging in sexual intercourse. Men ($M=2.55, SD=2.42$) were significantly more interested in sexual intercourse (with an option of 5 positions, see Appendix A) than were women ($M=0.58, SD=1.43$), $t(271)=8.467, p<.0001$. When restricting the sample to only those who said that they were interested in having a hookup ($n=110$), women ($n=40, M=2.25, SD=2.10$) were still less interested in sexual intercourse than men ($n=70, M=4.00, SD=1.84$) were, $t(108)=4.557, p=.031$. Hypothesis 4 was supported when looking at both the entire sample and only those interesting in having a hookup.

Friends with Benefits

In a relationship of recurring sexual encounters, like friends with benefits, (5) men and women were not expected to differ in activities in which they are the recipient of the stimulation. Of the 135 participants in the sample who had at least one friends with benefits relationship, men and women reported that men exclusively received stimulation in 2.17 activities ($SD=1.05$) and women exclusively received stimulation in 2.02 activities ($SD=1.08$). While there appears to be little difference in these averages, further analyses reveal sex differences in these numbers.

Men ($M=2.21, SD=1.03$) and women ($M=1.94, SD=1.11$) did not differ when asked about how often they genitally stimulated their partner in friends with benefits relationships, $t(133)=1.394, p=.245$. However, men ($M=2.50, SD=0.87$) and women

($M=1.88$, $SD=1.10$) did differ when asked how often they were genitally stimulated by their partner, $t(133)=3.503$, $p=.005$. Though men and women reported stimulating their partners in the same number of activities, women reported receiving less genital stimulation than men did. The findings support hypothesis 5 in that men and women say they stimulate their partners equally, however, there is some incongruity in that women did not report receiving as much stimulation as men did.

Additionally, in friends with benefits, (6) women were expected to be less likely than men to report wanting to engage in sexual intercourse. In the general sample, this was supported, $t(271)=8.91$, $p<.0001$, men ($M=2.87$, $SD=2.44$) were more interested in sexual intercourse than women ($M=0.68$, $SD=1.62$). Restricting the sample to only those interested in having a friends with benefits relationship (67 men and 26 women, $n=93$), the results were also significant in that men ($M=4.73$, $SD=0.99$) were more interested in sexual intercourse than were women ($M=4.08$, $SD=1.52$), $t(91)=2.436$, $p=.002$. Hypothesis 6 was supported by the general results of the study and when restricted to only those interested in having a friends with benefits relationship.

Dating/"Together" Partners

It was proposed that (7) when compared to other relationships, dating/together partners engage in more sexual activities that are stimulating to their partner. Items in which only one partner is genitally stimulated by the other partner were combined and averaged over the number of relationships that each person had for each relationship type. Overall, the average number of activities in which men and women in dating/together relationships engaged which only stimulated their partner

was 4.34 activities (SD=4.56) out of 6 possible activities (3 which exclusively stimulate the man and 3 which exclusively stimulate the woman). In friends with benefits, the average was 2.51 activities (SD=3.39) and in hookups, the average was 2.27 activities (SD=3.16). Activities were significantly greater in dating relationships than in friends with benefits and hookups. Results are shown in Table 4.

Because not every participant had each kind of relationship, a second computation was done. Looking only at those who had at least one dating/together partner (n=212), the average number of activities in which their partner was exclusively stimulated was 5.58 (SD=4.45). For those who had at least one friend with benefits (n=135), the average was 5.08 activities (SD=3.18) and for those with at least one hookup (n=164), the average was 3.77 activities (SD=3.31). Confidence intervals were calculated for the average number of activities for each relationship type, which appear in Table 5 below. Hypothesis 7 was partially supported in that men and women engage in behaviors exclusively stimulating their partners more so in dating relationships than in hookups, but dating relationships are not significantly different from friends with benefits, which also involves repeated sexual encounters.

When asked about a hypothetical dating relationship, (8) men and women were also expected to report wanting to engage in more activities that exclusively stimulate their partner than they would in friends with benefits or hookups. In the previous test of hypothesis 7, both men and women were combined (because those activities had already occurred, women could respond that men had exclusively stimulated them and vice versa). Here, I only looked at to what extent men would ideally like to exclusively stimulate women and women would ideally like to

exclusively stimulate men in each kind of relationship (out of 3 possible genital acts). Generally, people were more interested in engaging in activities in which their partner is exclusively stimulated in dating together relationships ($M=1.61$, $SD=1.43$) than in friends with benefits ($M=.95$, $SD=1.37$) or hookups ($M=.85$, $SD=1.27$). Confidence intervals appear in Table 6 below.

However, this finding disappears when examining only those who expressed interest in having each kind of relationship. For those who were interested in having a dating relationship ($n=174$), the average number of activities was 2.44 ($SD=1.06$), for friends with benefits ($n=93$), the average number of activities was 2.72 ($SD=.73$), and for hookups ($n=110$), the average number of activities was 2.08 ($SD=1.20$). Confidence intervals were calculated for the average number of activities for each relationship type, which appear in Table 7 below.

Hypothesis 8 was partially supported by the whole sample in that, overall, they were interested in fewer activities stimulating only one's partner in casual relationships. However, when looking only at those who were interested in having each kind of relationship, there was little difference between relationship types. There was only a trend toward hookups having fewer activities than the other relationships with repeated sexual encounters.

Lastly, (9) women were expected to actually engage in a greater number of activities with dating partners than the number of activities in which they wished to engage. A t-test revealed that women who had at least one dating relationship did engage in more behaviors ($M=9.17$, $SD=6.21$) than women interested in having a

dating relationship ($M=8.23$, $SD=8.99$), $t(124)=16.494$, $p<.0001$. These results indicate that hypothesis 9 was supported.

Serious Relationships

In serious relationships, it was hypothesized that (10) participants would be more likely to engage in mutually stimulating behaviors than in the other relationship types. Mutually stimulating behaviors included mutual oral sex and sexual intercourse in each of five positions. A one-way ANOVA was used to compare the average number of mutually stimulating behaviors in which partners engaged in each kind of relationship. Results showed a significant effect for type of relationship, $F(3, 752)= 82.92$, $p<.0001$. A post hoc comparison using the Tukey HSD test indicated that the mean number of mutually stimulating activities for serious relationships ($M=4.30$, $SD=1.72$) was significantly higher from every other relationship type (dating: $M=2.49$, $SD=2.22$, friends with benefits: $M=3.04$, $SD=2.23$, hookups: $M=1.31$, $SD=1.54$). Furthermore, each relationship was found to be significantly different from each of the others supporting hypothesis 10.

It was also proposed that (11) participants would be more likely to want to engage in mutually stimulating behaviors in serious relationships than in the other relationship types. A one-way correlated-samples ANOVA was used to compare the average number of 6 possible mutually stimulating behaviors in which participants desired to engage in each kind of relationship. Results of the ANOVA showed that there were significant differences between relationship types, $F(3, 272)= 172.91$, $p<.0001$. A post hoc comparison using the Tukey HSD test indicated that the mean number of activities for serious relationships ($M=4.88$, $SD=1.91$) was significantly

different from every other relationship type (dating: $M=2.83$, $SD=2.75$, friends with benefits: $M=1.82$, $SD=2.63$, hookups: $M=1.57$, $SD=2.40$), in support of hypothesis 11. Furthermore, dating relationships differed from the other, more casual relationships. Friends with benefits and hookups did not differ in the average number of desirable activities.

Lastly, (12) serious relationship partners were expected to want to engage in more activities in which only their partner is being stimulated than in other relationships. A one-way correlated-samples ANOVA was used to compare the average number of 6 activities that stimulate one's partner in each kind of relationship. Results of the ANOVA showed that there were significant differences between relationship types, $F(3, 272) = 164.85$, $p < .0001$. A post hoc comparison using the Tukey HSD test indicated that the mean number of activities for serious relationships ($M=8.28$, $SD=4.99$) was significantly different from every other relationship type (dating: $M=4.34$, $SD=4.56$, friends with benefits: $M=2.51$, $SD=3.39$, hookups: $M=2.27$, $SD=3.16$), supporting hypothesis 12. Again, dating relationships differed from the other relationships, but friends with benefits and hookups did not differ in the average number of partner-stimulating activities.

Sex Differences

(13) Men were expected to be more likely than women to report wanting casual sexual partners (hookups and friends with benefits). A z-test for proportions for each type of casual relationship supported this hypothesis. For men, 70 out of 112 (62.5%) were interested in hooking up, but only 40 of 273 (24.8%) women were, $z=6.24$, $p < .0002$. Regarding friends with benefits, 67 (59.8%) men and 26 (16.2%)

women were interested. This difference is also statistically significant, $z=7.49$, $p<.0002$. There is evidence supporting hypothesis 13.

Alternatively, (14) women were expected to be more likely to report wanting more committed sexual partners (dating partners or serious relationships) than men were. Regarding dating relationships, 89 (55.3%) women and 85 (75.9%) men were interested ($z=3.49$, $p=.0005$). A z-test of serious relationships, however, showed no sex difference. In this case, 105 (93.8%) men and 148 (91.9%) women indicated an interest in a serious relationship, $z=0.57$, $p=.57$. Hypothesis 14 was not supported.

Previous literature (Fisher, et al., 1988) found that men are more erotophilic than women (though that is not the case with the current sample) so men were expected to express interest in engaging in a greater number of activities than women were (15). A series of t-tests reveal that this hypothesis is supported for 28 sexual behaviors in hookups, friends with benefits, dating/"together" relationships, serious relationships, and overall. In hypothetical hookups, men ($M=10.77$, $SD=10.02$) were interested in significantly more activities than women ($M=2.86$, $SD=6.33$), $t(271)=7.98$, $p<.0001$. Likewise, for friends with benefits, men ($M=12.28$, $SD=10.53$) were interested in significantly more activities than women ($M=2.98$, $SD=6.89$), $t(271)=8.81$, $p<.0001$. Also, for dating relationships, men ($M=14.54$, $SD=9.76$) were interested in significantly more activities than women ($M=8.23$, $SD=8.99$), $t(271)=5.50$, $p<.0001$. For serious relationships, the results were marginally significant, $t(271)=1.84$, $p=.067$. For men the mean was 19.59 ($SD=6.88$) and for women it was 17.95 ($SD = 7.50$). The hypothesis was also supported by the number of desired activities overall, across all types of relationships, showing that men ($M=57.17$,

SD=29.26) were interested in a significantly greater number of activities than were women ($M=32.02$, $SD=20.86$), $t(271)=8.29$, $p<.0001$.

Erotophobia/Erotophilia

Similarly (16), erotophiles were expected to be interested in engaging in a greater number of activities than erotophobes. A Pearson correlation was calculated between a person's erotophobia/erotophilia score and the number of activities they were interested in engaging. The correlation, $r=.179$, $p=.003$, revealed that the greater the participant's erotophilia score, the more activities in which they were interested in engaging.

An additional correlation was done to test if erotophilia scores were associated with an interest in having a hookup or a friend with benefits. These two relationships were combined to measure an interest in casual sex partners, but no significance was found, $r=.064$, $p=.291$.

Discussion

Sexual script theory states that an individuals' sexual behavior is guided by a learned script that determines the behavior and defines the actors and the situation (Gagnon & Simon, 1973; Laumann, Gagnon, Michael, & Michaels, 1994). In this study I wanted to explore how individual's sexual scripts may vary across different types of relationships (i.e., different actors and situations). More specifically I examined whether the sexual activities in the different types of relationships were primarily aimed at pleasing one's self or one's partner and whether there are gender differences in these activities. Guided primarily by evolutionary theory, I predicted that men and

women would display different sexual scripts across relationships with various levels of commitment.

Casual Relationships

Consistent with evolutionary theory, as predicted, men were more interested in having casual relationships, like hookups and friends with benefits, than women were. When considering both men and women interested in having these casual relationships, men were still significantly more interested in having sexual intercourse with these partners than women are. Casual relationships and noncommittal sex can enhance reproductive fitness for men (Buss, 1989).

The findings of England and Thomas (2009) regarding stimulation within hookups could not be replicated with the current sample. Although previous research was evidence for an inequality in pleasure, I found that men and women received an equal amount of genital stimulation in hookups. Women were expected to be just as interested in receiving stimulation as men, as found in previous qualitative research (England & Thomas, 2009), but I found that men wanted to receive stimulation more than women do. Further, men were more interested in being pleased than in pleasuring their partner in hookups. These findings are discussed below.

One prediction that was not supported had to do with hookups and activities in which one is the recipient of the sexual stimulation. Men and women in hookups did not differ to the extent to which they engaged in activities in which they were the recipients of the stimulation. I originally based this prediction on the findings of England and Thomas (2009), which reported gender differences in receiving genital

stimulation in hookups. Men were the primary recipient in their research, but the failure to replicate this finding may represent a change in gender dynamics. This finding may be a reflection of an atypically sexually liberal sample, an increase in the assertiveness of women, or even a decline in the sexual double standard which restrains the expression of female sexuality. Further studies should consider assertiveness and sexual openness in women who are more likely to engage in activities in which they are exclusively stimulated.

Interestingly, I also found that in hookups men were more interested than women in engaging in behaviors that only stimulated them. This is interesting in light of the finding that no actual differences in the behavior were found. Why would men and women in actual hookups show no difference in behaviors that stimulate only themselves when women do not report as much interest as the men in activities stimulating only for them? Part of this answer may lie in the arousal value of the various activities. In this study, I designated which activities were primarily stimulating to men and women. I based this designation on who is the primary recipient of genital stimulation, including manual and oral stimulation. However, in any sexual activity both sexual partners are stimulated to some degree. Perhaps it would have been more useful to measure the participants' own level of enjoyment in the various activities. For example, in the study by Garcia et al., (2008) the authors reported that men and women did not differ in their enjoyment of the activity "stimulating the clitoris." If that is the case, then it may be misleading to classify this activity as one which is primarily stimulating (and thus pleasing) to women. While it was not explicitly asked how enjoyable each participant finds each activity, it was

assumed in the current study that being a recipient of stimulation implied being the primary recipient of pleasure.

Committed Relationships

In this study, I found that sexual activities differed across relationships. People in committed relationships engaged in sexual activities which only stimulated their partners to a greater extent than in more casual relationships. Also, in committed relationships individuals engaged in mutually stimulating behaviors with greater frequency than in casual relationships. These results were also obtained when participants were asked about the sexual activities they would like to engage in. To some extent, this latter finding was a better test of the hypothesis because not every participant had each type of relationship or a willing partner with whom to engage in the desirable behaviors.

This willingness to engage in mutually stimulating activities and more sexual activities stimulating to the partner in committed relationships may be a way for individuals to nurture the relationship. In past research, nearly 40% of people in dating relationships reported increasing physical contact with their partner in order to initiate a serious relationship, (Regan, 2008). Demonstrating selflessness by catering to their partners' pleasure or complying with their partners' desires may nurture a relationship and enable a person to keep a partner. Couples may change their sexual behaviors because the nature of their relationship changes or their relationships may change based on the change in their intimate encounters. Future research should examine this phenomenon longitudinally by testing whether couples

who do this are more likely to succeed than couples who are more “selfish” in their sexual behavior. Acting “selfish” could create conflict in the relationship.

Sex Differences

Given existing gender roles and predictions from evolutionary theory, I examined the sexual behavior of men and women across types of relationships. In addition to the sex differences discussed above in casual relationships, other notable differences were found.

Initially, I examined the history of various types of relationships for men and women. The results showed that men and women have similar relationship experiences, even when considering multiple relationships, though men were more likely to have a hookup than women were.

I also looked at whether or not they would like to engage in the various relationships. Because evolutionary theory states that men and women differ in reproductive fitness, and therefore, differ in their relationship desires, (Buss, 1989) men and women were predicted to prefer different relationships. The findings supported the notion that men prefer casual sexual partners more than women do and were more interested in having sexual intercourse in non-committal relationships than women were. Women, on the other hand, typically prefer commitment and exclusivity in their relationships (Regan, et al., 2000; Buss & Schmitt, 1993). Thus, it was expected that women would be more interested in more serious relationship types like dating or serious relationships, but men were equally as interested in these types as women were. Though it was not predicted, there is reason to believe that men still benefit from the sexual access gained from dating and

serious relationships, ensuring repeated sexual encounters to maximize reproductive fitness. This indicates that evolutionary theory can be useful in understanding these types of relationships.

Men did report wanting to engage in sexual intercourse in a hookup and with friends with benefits more than women. This lends support to Buss' (1989) notion of reproductive investment that due to innate biological differences in reproduction and a greater investment required for women, women would show greater discrimination in their sexual partners. For the same reason, men were expected to express interest in a greater number of activities than women were and consistent with this idea, men did demonstrate interest in a more activities than women in each kind of relationship.

Erotophobia/erotophilia

I also included the variable of erotophobia/erotophilia to more closely examine individual differences in sexual activity and possible control for any gender differences that may be found. However, unlike previous studies, in this sample men and women did not differ in their level of erotophilia so there was no need to control for this variable. Perhaps my sample of women was biased towards more erotophilic women or maybe this gender difference is disappearing over time. This variable did correlate, as expected, with wanting to engage in more sexual activities, but the correlation coefficient, though statistically significant, was rather small. Furthermore, no correlation was found between this variable and wanting to engage in casual relationships. Thus, there is little support for the notion that this variable may be very useful in studying relationships.

Limitations of the study

The current study is not without limitations. One limitation of this study is that I did not measure the frequency or degree of desirability of the sexual activities that individuals engaged in. Sexual behaviors were examined simply by whether or not participants engaged in certain activities or would like to engage in them. There is no variation to show how often each behavior occurred (only once v. every sexual encounter) or how enjoyable or desirable each activity is (on a continuous scale). Collecting data of this nature with more specific measures would better accommodate parametric statistical analyses and may uncover greater discrimination in sexual activities between relationship types by emerging adults.

There may have been some confusion over the terms used to describe the relationships, despite the definitions provided to the participants at the start of each section of the survey. For example, hookups only refer to the singular initial encounter between uncommitted sexual partners. Recurring "hookups" are defined in the current study as friends with benefits relationships. If the participant did not use this term to describe their relationship in real life, they may have been hesitant to respond to the survey questions accordingly. Also, participants were asked not to use the same partners for their responses in different relationship types, even if dating partners became a serious, romantic couple. These directions may not have received enough attention from the participants.

As is customary of all self-report surveys, there may be some concern over the honesty (even though the survey was completely anonymous and there was no extrinsic motivation to be dishonest) and memory of the participants. Consistent with the double standard of sexuality, men may be more likely to infer that a greater

number of sexual activities occurred with each of their partners while women may be more likely to report that they engaged in fewer activities. Especially for hookups and noncommittal partners, alcohol use may impact the participants' memories of their sexual encounters. Additionally, no items in the survey measured how long ago each relationship occurred. Memory of distant sexual encounters may not be accurate.

Also, an examination of partners and couples rather than individuals should be conducted in future research. In the current study, for example, men and women reported stimulating their partners equally, but the women in the study did not report receiving stimulation as often as men did. Looking at partners can eliminate this variation and hold participants accountable for being honest. Partners should have the same responses regarding the activities in which they engaged.

The sample used here may also be biased or more highly erotophilic considering the survey was advertised online as one assessing sexual behaviors. Voluntary participation may attract more liberal participants.

The spirituality or religiosity of the participants should also be considered because that factor may moderate one's behaviors, desires, and attitudes toward sexuality.

Future Research

Future studies are also recommended to replicate and refine the current study. In addition to addressing the limitations described above, future research should look at homosexual sample and the appropriate sexual behaviors for those couples. Same-sex couples may have better knowledge of which activities will be pleasurable to their

partner because they share the same anatomy. Also, the double standard would not apply to same-sex pairs.

Also, because some of the current findings differ from previous research on sex differences, future research should more closely examine the dynamics between men and women and the possible decline of the double standard of human sexuality. Women may be just as open as men to express their sexual desires or may be just as interested as men in non-committal sex.

It would also be interesting to look at what participants think the “average person” does in each type of relationship, which may reveal more about imagined scripts that others may subscribe to in each relationship. A social comparison may influence how people seek information about others’ behavior to judge their own.

There were also 28 sexual behaviors included in the survey, yet only sexual intercourse and genitally stimulating behaviors were used to complete the proposed analyses above. Other, non-genital activities could provide more information about how each relationship type differs. Analyzing each of those specific sexual behaviors may also expand and enrich our knowledge of sexual scripts across relationships.

It may be interesting to investigate whether or not participants were under the influence of alcohol or drugs during their sexual encounters and consider the impact of those substances on their ability to recall the events of the encounter. There are also strong ties between drug/alcohol use on sexual assault (Testa & Parks, 1996) which may interfere with consensual and non-consensual encounters. Because there is a growing field of research on sexual coercion, information regarding whether or not each partner consented to each behavior in each sexual relationship warrants

further exploration. Having a history of sexual violence may impact participants' interest in the survey and willingness to complete it. Exploration of the impact of abuse on erotophilia may also be necessary.

Conclusions

This study contributes to a growing literature on the sexual behaviors in which people engage in different relationships (Bogle, 2008; Bisson & Levine, 2007; Furman & Shaffer, 2011; Lenton & Bryan, 2005), how desirable certain sexual behaviors are (Garcia, et al., 2008), why people engage in sexual behaviors (Garcia & Reiber, 2008), and the feelings people attribute to specific sexual behaviors (Garcia, 2011; Janus & Janus, 1993).

Various tests reveal that both men and women practice discrimination and express a desire to discriminate to some degree between relationship types, demonstrating that different sexual scripts are applied to different sexual relationships. Collectively, these results reflect both the experience of and an interest in engaging in a greater number of activities in more seriously committed relationships including dating partners and significant others in serious relationships. This study is only a glimpse of the complexity regarding emerging adults and sexual behaviors.

Because the sexual script is so largely accepted in relationship research and in studies of human sexuality, I believe there is a call for a more complex model of sexual scripting which encompasses the diversity of interpersonal relationships. Currently, the sexual script is assumed to apply equally to all relationships, but the present study does not support this idea. This study offers unique information to the field regarding

the variety of behaviors between sexual partners who differ in levels of commitment, exclusivity, and emotional attachment. Because it is already known that people discriminate between their relationships, the theory of sexual scripting must also embrace this distinction. The current study is evidence of this differentiation.

Table 1. Frequency and percent of participants who ever had each number of relationships.

Relationship type/ Number of Relationships	# of Women	% of Women	# of Men	% of Men
0 Serious relationship	17	10.6%	11	9.8%
0 Dating/together partner	36	22.4%	25	22.3%
0 Friend with benefits	82	50.9%	56	50.0%
0 Hookup	75	46.6%	34	30.4%
1 Serious relationship	62	38.5%	43	38.4%
1 Dating/together partner	72	44.7%	49	43.8%
1 Friend with benefits	65	40.4%	47	42.0%
1 Hookup	52	32.3%	54	48.2%
2 Serious relationships	54	33.5%	42	37.5%
2 Dating/together partners	42	26.0%	28	25.0%
2 Friends with benefits	10	6.2%	8	7.1%
2 Hookups	16	9.9%	23	20.5%
≥3 Serious relationships	28	17.4%	16	14.3%
≥3 Dating/together partners	11	6.9%	10	8.9%
≥3 Friends with benefits	4	2.5%	1	.9% ¹
≥3 Hookups	18	11.2%	1	.9% ²

* See footnote regarding men's responses to these items.

¹ Based on other responses in the survey regarding the prevalence of hookup and friends with benefits among men, it is my understanding that there was an error in the data collection by the online survey in the questions for men. An error resulted in a failure to display items regarding the third friends with benefits and third hookups (as applicable) for men participating in the study. Only one male was able to complete these questions.

² See above.

Table 2. Hypotheses regarding actual sexual activities in each kind of relationship.

Activity Type	Hookups	Friends with Benefits	Dating Partners	Serious Relationship	All Relationships
Oneself is stimulated	(1) Men > Women				
Partner is stimulated		(5) Men = Women*	(7) > FWB + HU*		
Mutually stimulating				(10) > HU + FWB+Dating*	
Total Activities			(9) Women > desired*		

* Indicates that the hypothesis was supported.

Table 3. Hypotheses regarding desired sexual activities in each kind of relationship.

Activity Type	Hookups	Friends with Benefits	Dating Partners	Serious Relationship	All Relationships
Oneself is stimulated	(2) Men > Women*				
Partner is stimulated	(3) < self-stimulation*		(8) > FWB + HU*	(12) > HU + FWB+Dating*	
Mutually stimulating				(11) > HU + FWB+Dating*	
Sexual Intercourse	(4) Men > Women*	(6) Men > Women*			
Total Activities			(9) Women < actual*		(15) Men > Women*

* Indicates that the hypothesis was supported.

Table 4. Confidence intervals of the average number of activities in which only one partner is stimulated by the other.

Relationship	Mean	Standard Deviation	Lower Limit	Upper Limit
Dating/"Together"	4.34	4.56	*3.80	*4.88
Friends with Benefits	2.51	3.39	2.11	2.91
Hookup	2.27	3.16	2.78	3.54

* Indicates that this group is significantly different from the others.

Table 5. Confidence intervals of the average number of activities in which only one partner is stimulated by the other.

Relationship	Mean	Standard Deviation	Lower Limit	Upper Limit
Dating/"Together"	5.58	4.45	4.98	6.18
Friends with Benefits	5.08	3.18	4.54	5.62
Hookup	3.77	3.31	*3.26	*4.28

* Indicates that this group is significantly different from the others.

Table 6. Confidence intervals of the average number of activities in which participants would like to exclusively stimulate their partners in hypothetical relationships.

Relationship	Lower Limit	Upper Limit
Dating/"Together"	*1.44	*1.78
Friends with Benefits	.79	1.11
Hookup	.70	1.00

* Indicates that this group is significantly different from the others.

Table 7. Confidence intervals of the average number of activities in which participants would like to exclusively stimulate their partners.

Relationship	Lower Limit	Upper Limit
Dating/"Together"	2.21	2.66
Friends with Benefits	2.57	2.86
Hookup	*1.92	*2.23

* Indicates that this group is significantly different from the others.

Appendix A

Activity for men	Activity for women
Kissing	Kissing
Petting/kissing a woman's breasts*	Having your breasts pet/kissed by a man*
Having a woman fondle your genitals+	Fondling a man's genitals+
Being masturbated by woman+	Masturbating a man+
Stimulating a woman's clitoris*	Having your clitoris stimulated by a man*
Stimulating a woman internally(vaginally)*	Being stimulated internally(vaginally)by man*
Receiving fellatio (oral sex on a man)+	Performing fellatio (oral sex on a man)+
Performing cunnilingus (oral sex on a woman)*	Receiving cunnilingus(oral sex on a woman)*
"sixty-nine" (mutual oral stimulation)	Same
Sexual intercourse, man on top	Same
Sexual intercourse, woman on top facing man	Same
Sexual intercourse, woman on top facing away from man	Same
Sexual intercourse, side-by-side	Same
Sexual intercourse, rear entry	Same
Anal intercourse	Same
Three-some involving 2 men and 1 woman	Same
Three-some involving 2 women and 1 man	Same
Mild s&m- tying up/spanking a woman	Mild s&m- being tied up/spanked by a man
Mild s&m, being tied up/spanked by a woman	Mild s&m, tying up/spanking a man
Talking Dirty	Same
Ejaculating on a woman's body	Having a man ejaculate on your body
Role playing (i.e. doctor/patient, bad cop/prisoner, etc.)	Same
Masturbating for a woman to watch	Watching a man masturbate
Watching a woman masturbate	Masturbating for a man to watch
Using sex toys to stimulate a woman*	Being stimulated by a man using sex toys*
Being stimulated by a woman using sex toys+	Using sex toys to stimulate a man+
Watching pornography with a woman	Watching pornography with a man

*Denotes activities predominantly stimulating the woman

+ Denotes activities predominantly stimulating the man

Appendix B

Please use the following relationship definitions to answer the questions below. Keep in mind that the actual terms used to describe each kind relationship may vary between partners, but please use the descriptions provided to best respond to the prompts below.

Hookup: Your first sexual encounter with this person (may or may not include intercourse), a partner with whom you had no prior established plan to engage in sexual behavior, and shared no prior relationship; could be mere acquaintances or someone you did not know.

Friends with Benefits: A partner with whom you've had repeated sexual encounters, but share no commitment or emotional bond.

Dating/Together: A partner with whom you share some level of commitment, though are not necessarily exclusive, but could be, and share some kind of emotional bond.

Serious relationship: A partner to whom you are seriously committed, are sexually exclusive, and share a strong emotional bond.

Appendix C

Which of the following best describes your sexual identity?
(Heterosexual/Bisexual/Homosexual/Asexual)

Which sex are you?
(Male/Female)

Have you ever been in a serious relationship?
(Yes/No)

If yes, how long did it last?
___ months

If yes, please indicate in which of the following sexual activities you engaged with this partner. Check all that apply.
[See table above for activities.]

[Questions will be repeated for the participants' three most recent serious relationships, as applicable.]

Have you ever dated or been "together" with someone?
(Yes/No)

If yes, for how long did it last?
___ months

If yes, please indicate in which of the following sexual activities you engaged with this partner. Check all that apply.
[See table above for activities.]

[Questions will be repeated for the participants' three most recent dating partners, as applicable.]

Have you ever had a friend with benefits?
(Yes/No)

If yes, for how long did it last?
___ months

If yes, please indicate in which of the following sexual activities you engaged with this partner. Check all that apply.
[See table above for activities.]

[Questions will be repeated for the participants' three most recent friends with benefits, as applicable.]

Have you ever engaged in a hookup?
(Yes/No)

If yes, approximately how many in the last 6 months?

—

If yes, please indicate in which of the following sexual activities you engaged with this partner. Check all that apply.
[See table above for activities.]

[Question will be repeated for the participants' three most hookups, as applicable.]

If you had the opportunity to have such a relationship at any point in time, would you like to be in a serious relationship?
(Yes /No)

(If yes) Whether you have or have not been in this kind of relationship, assuming you had the opportunity to be, please indicate in which of the following sexual activities you would like to engage with your partner in a serious relationship. Check all that apply.
[See table above for activities.]

If you had the opportunity to have such a relationship at any point in time, would you like to date/be "together" with someone?
(Yes /No)

(If yes) Whether you have or have not been in this kind of relationship, assuming you had the opportunity to be, please indicate in which of the following sexual activities you would like to engage with your partner with whom you are dating/"together". Check all that apply.
[See table above for activities.]

If you had the opportunity to have such a relationship at any point in time, would you like to have a friend with benefits?
(Yes /No)

(If yes) Whether you have or have not been in this kind of relationship, assuming you had the opportunity to be, please indicate in which of the following sexual activities you would like to engage with your friend with benefits partner. Check all that apply.
[See table above for activities.]

If you had the opportunity to have such a relationship at any point in time, would you like to hookup with someone?
(Yes /No)

(If yes) Whether you have or have not been in this kind of relationship, assuming you had the opportunity to be, please indicate in which of the following sexual activities you would like to engage with your hookup partner. Check all that apply.
[See table above for activities.]

Sexual Opinion Survey

Please respond to each item as honestly as you can by placing a checkmark somewhere on the scale to indicate your degree or agreement or disagreement with each statement. There are no right or wrong answers, only your opinions.

1. I think it would be very entertaining to look at hard-core pornography.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

2. Pornography is obviously filthy and people should not try to describe it as anything else.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

3. Swimming in the nude with a member of the opposite sex would be an exciting experience.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

4. Masturbation can be an exciting experience.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

5. If I found out that a close friend of mine was a homosexual, it would annoy me.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

6. If people thought I was interested in oral sex, I would be embarrassed.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

7. Engaging in group sex is an entertaining idea.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

8. I personally find that thinking about engaging in sexual intercourse is arousing.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

9. Seeing a pornographic movie would be sexually arousing to me.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

10. Thoughts that I may have homosexual tendencies would not worry me at all.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

11. The idea of my being physically attracted to members of the same sex is not depressing.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

12. Almost all pornographic material is nauseating.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

13. It would be emotionally upsetting to me to see someone exposing themselves publicly.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

14. Watching a go-go dancer of the opposite sex would not be very exciting.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

15. I would not enjoy seeing a pornographic movie.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

16. When I think about seeing pictures showing someone of the same sex as myself masturbating it nauseates me.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

17. The thought of engaging in unusual sex practices is highly arousing.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

18. Manipulating my genitals would probably be an arousing experience.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

19. I do not enjoy daydreaming about sexual matters.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

20. I am not curious about explicit pornography.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

21. The thought of having long-term sexual relations with more than one sex partner is not disgusting to me.

(Strongly Disagree) 1 2 3 4 5 6 7 (Strongly Agree)

Demographic Information

Age: ____

Race/Ethnicity: Caucasian (non Hispanic) ____
 African American ____
 Hispanic ____
 Asian ____
 Multiracial ____

Do you consider yourself a religious or spiritual person? Yes ____ No ____

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