

Sex Myths 101

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Myth: The green M&M's make you horny.

Reality: This rumor has circulated since bellbottoms. In fact, you can buy bags of green M&Ms for Valentine's Day. Just remember, science offers no physiological support for this claim.

Myth: Men think about sex every seven seconds.

Reality: For a guy who's awake 16 hours a day, this would entail contemplating sex over 57,000 times every day. That's about as much as most people breathe. For most men, this would make a functional and productive existence impossible.

Myth: Having sex in hot water will kill sperm.

Reality: High temperatures will eliminate some of the little swimmers, but nowhere near enough perish for this to be considered effective birth control.

Myth: Bicycle riding can lower your fertility.

Reality: Cycling has little, if any, effect on fertility. For males, however, numbness can cause erection problems and even damage. Invest in a more comfortable seat.

Myth: Most people don't need to worry about getting tested for STDs.

Reality: If you're sexually active, it's always a good idea to get tested on a regular basis. Look out for yourself and get tested at least once a year. The Student Health Center offers testing. Give them a call at 646-1512.

Myth: Only those who are "high risk" should get tested for HIV.

Reality: Everyone should be tested. You won't be alone. A majority of United States adults get tested for HIV. The WAVE Program and Camino de Vida are offering free testing every Wednesday (excluding Nov. 11, 18, 25) from 11a.m. to 1 p.m. in Corbett's San Juan Room (206). This is a swab test and doesn't involve drawing blood.

Myth: You can't get STDs from oral sex.

Reality: Unfortunately, STDs like gonorrhea and herpes can be spread by giving or receiving oral sex. Condoms and dental dams (for oral sex on women) provide protection. Don't forget to get tested too.

Myth: Flavored condoms can be used for oral and vaginal sex.

Reality: Flavored condoms can cause vaginal infections. Use them for oral sex only.

Myth: If you're on the pill, it's safe to have unprotected sex.

Reality: The pill prevents pregnancy but does not guard against STDs. Wear a condom for better sexual coverage.

Myth: Alcohol makes sex more fun.

Reality: In truth, alcohol does lower your inhibitions, which can be both positive and negative. Alcohol also lowers circulation (hence, the term "whiskey dick") and causes dehydration, which can cause some obvious sexual problems for women. Also, alcohol can make it more difficult to establish your own and recognize others' sexual boundaries.

Myth: If someone wants some sexual activity, then that person's willing to go all the way.

Reality: If your partner is alright with some sexual intimacy, it doesn't mean he or she is ready to go further. The only way to know is to ask. Don't feel comfortable doing this? Then you're probably not mature enough to be having sex in the first place.

Myth: Rape happens because of uncontrollable lust or passion.

Reality: This is a common misconception; however, rape is really about power and control over another person. To illustrate this, anyone from infants to seniors can be sexually assaulted. If a two month old can be raped, it's obviously not about lust or passion.

Myth: Sexual assault cannot occur within a long-term relationship.

Reality: Anytime sex is not consensual among both parties, it's sexual assault. This can and does occur within relationships, and it should be taken just as seriously.

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