



Tout est plus sexy en français, non?

Sex Edition

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**executive
elections**



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SEX

We're only here because of sex (Literary)



KIERAN PANUI & KALA TAKEBE BURGESS



Welcome to the Sex edition, we know... we know. You've all been waiting for this issue to come out, homie who wouldn't? It is our most popular issue after all.

We know that the topic of Sex can be somewhat a controversial topic, and make people uncomfortable. We get it. Sex can be a bit of a touchy subject (no pun intended this time... okay, maybe a little) So please do read this issue at your own risk. Mind you, it is a very very interesting read so don't miss out. Nonetheless, we want to emphasise that we've approached this issue with care and respect, aiming to provide insightful and thought-provoking content. We encourage you to read

at your own pace and comfort level, knowing that this edition offers a fascinating exploration of diverse perspectives and experiences. Yes, Sex can be scary but it can also be fun!

University is the prime location for, well experiment. The hookup culture is huge, there is a big dating pool and you get to try out things, perhaps you never got to previously. Also, you could probably get away with bad sex, given you're still young and maybe you can play it off as your first time. Oh, and the many additional locations, times, and knowledge you gain during your years in University is... something. Could be great, or could develop into a past you regret and don't even want to think about. There is more

opportunities than ever especially in your 20's, so take it if you wish. We don't judge here. Do you.

But honestly, Sex is not that important. So don't stress about it. We all experience it (or not) in our own time when it's meant to be. It is not for everyone, nor is it always pleasurable.

A reminder that support and resources are available here around campus, including counselling, advocacy groups, and peer support networks, to ensure that every student feels supported and valued.

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The Miracle of Virginity.



ALAN WU

We've discussed falling statistics of young people and alcohol abuse, and we've also found that our cohort is increasingly turning away from drug use. Now, this week, we discover that chastity has joined the ranks and begun our generation's trinity of self-denial. Generation Z, and now Generation Alpha, appear to have joined the ranks of a changing tide in social and interpersonal habits.

Surprise, surprise, the age at which Kiwis are losing their virginity has been trailing up. The average age of young people who have sexual intercourse for the first time in their lifetime now sits just below eighteen. In the 1990s, this number had been roughly sixteen and a half. This is probably one of the least expected results from one of the most promiscuous countries in the world. The most recent data shows New Zealanders averaged 13.2 sexual partners. This was the third-highest rate, with Australia leading in second place, clinching New Zealand by just 0.1.

From a public welfare perspective, this is increasingly good news. Some of the lesser-known facts about our population are that we have the second-highest rate of unplanned teenage pregnancies in the world. Additionally, though maybe less surprising, rates of sexually transmitted diseases, chlamydia and gonorrhoea, are particularly concentrated among young people. Of course, New Zealand is not an outlier though; high rates of sexually transmitted diseases and teen pregnancies are a theme among British ex-colonies. Assuming this is a continuing social trend, it is likely correlated with the increased introduction of sexual education in schools. An understanding, or at least an awareness of sexual health, is likely to improve not only these statistics but the overall life experience of young people. Why people lose their virginity is a question I'm sure people are also interested in.

However, the study also found that the younger a person loses their virginity, particularly before the age of 14, the greater the imputation of coercion being a large motivation. This was the case for approximately one-quarter of all respondents who fit this criteria.

The study found children later in their teen years appear to be better prepared for a sexual relationship. Greater social and emotional maturity helps them to navigate better and interact with their partner. Greater cognitive development also allows the young person to improve their ability to evaluate and make decisions based on the consequences of their actions.

We want to delay first sex until later, as late as possible, in fact."

— Dr Robyn Dixon

Dr Charlotte Paul, associate professor of epidemiology and another author of this study, noted that women who lost their virginity at a younger age often expressed regret. Roughly two-thirds of women who responded to this study expressed that their first experience with intercourse was "too early".

Dr Robyn Dixon, senior lecturer in developmental psychology and co-director of the Center for Child and Family Policy Research, also interviewed teenage mothers as part of her study. She concluded that losing one's virginity was generally an unconscious decision in most people's experiences. The young mothers also responded that pregnancy was a spontaneous decision that often "just happened", where contraception was simply not used because they believed "it didn't think it would happen to them". It is

From 1993-94, a major New Zealand study on sexual intercourse was conducted. Based in Dunedin, the study involved a cohort of 477 men and 458 women, all aged in their twenties.

Curiosity was the most common intention behind a person losing their virginity. This doesn't seem to be super surprising.

increasingly clear from the evidence that we need to view and consider not just virginity but sex in general through a more holistic lens. Understanding and growing conversations about sex as a part of growing up helps to develop critical things we often lack and are unaware of. Basic things such as self-respect and respect for your partner are formed from these interactions.

To compare, the news team approached some students about this issue. We were interested in why, today, they would choose to maintain their virginity. We were also interested in seeking a glance into their perspective on virginity. Below are their published responses: *some interviewees were unable to respond in time before publishing. Identities have been anonymised to protect respondent's privacy.*

What would be a reason(s) why you have not lost your virginity?

JD: *It's not a priority for me.*

JS: *I believe sex is reserved for after marriage. It's made my thinking shift more to the long-term, as immediate sexual gratification isn't in the picture.*

What is virginity to you?

JD: *I think virginity is more of a social concept in that it carries a lot of social baggage. However, it's never been a big issue for me and hasn't influenced my outlook on life.*

JS: *For me, virginity has always been something quite sacred. My childhood and teenage years were a very traditional and Christian upbringing, so it was instilled in me that sex is a beautiful gift but something that should be kept safe until marriage.*

Has this always been your perspective on it? (And why)

JD: *Yes, it has not changed and has been this way for a while.*

JS: *I'm in a really interesting cross-section of the university, where many students approach their education very purposefully and are driven to succeed. These kids seem to hold back on sex and relationships, too, because their careers and studies come first for this particular moment. Maybe four years of seeing their mentality and being in that abnormal culture have also influenced me. Interestingly, more of my mates are continuing to stay virgins even though they are in relationships.*

Report: Student Council Meeting of June 25.

The student council as a whole consists of the various representatives of student associations across the university, alongside AUSA staff and the AUSA executive council. They meet on a monthly basis to discuss various university issues and decisions. The council also provides feedback and input regarding various policy decisions that are to be implemented in the university's future.

Last month's agenda considered transdisciplinary courses; the proposed University's Wellbeing Policy and Strategy; Gen AI, and the Annual Learning and Teaching Survey.

Transdisciplinary Courses

Through consultation with various employers, the university is introducing courses to target skills and mindsets relevant to solving complex societal issues. These courses are tailored to provide opportunities for collaborative co-design, innovation, and collective problem-solving. By 2026, there will be 12 transdisciplinary courses introduced. Already this semester, the opportunity has opened for courses, and in 2025, four more will be available. These programmes are not technical in nature but aimed at providing students with an opportunity to broaden their interests and potentially learn life skills, such as financial education and planning healthy lifestyles.

These courses will become part of the General Education schedule and will be marketed through emails from the university. In future, broader promotions will be targeted to new generations of students arriving at the university. If these may interest you, keep an eye out for your university emails.

UOA Wellbeing Policy and Strategy

There is currently no current definition of what wellbeing means to staff and students, and the new policy is currently in development. A question discussed was whether staff and students are a mirror of each other or whether there should be separate wellbeing policies.

A university representative expressed that student well-being, particularly with regard to assessments and learning, is indeed a priority. The current research and designs in how the university assesses whether the development of a course is appropriate (ie correctly paced, allows for easy

access to compassionate consideration) is not without its flaws but is making progress. However, the progress made is entirely reliant upon student input.

The message repeated is please, respond to your course evaluations. Your recorded responses are significant in helping improve student quality of life for not only you but also your peers and future generations. There are too few students who are providing responses to be able to help gather momentum and express the need for change to help the university provide for student welfare.

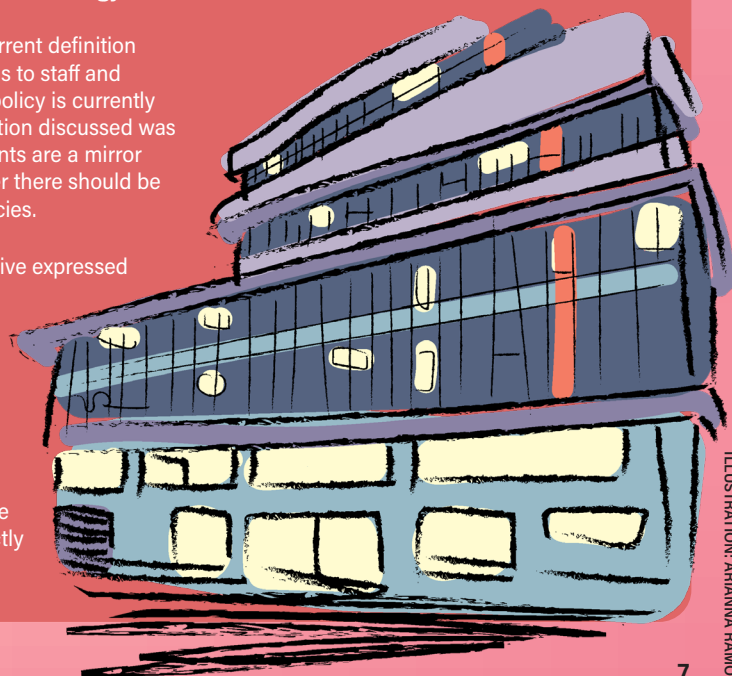
Gen AI

Survey results were shared and discussed on student uses of AI in their academia, namely AI such as GPT. Again, there is a huge request for students to participate and respond to these learning surveys. A major issue right now that has educators divided at the university is whether or not AI should be allowed to be used in courses. Some believe that AI can be used in some circumstances, while others believe it should completely remain outside of student life.

Please ensure that you participate in these surveys and make distinct, non-neutral responses demonstrating your opinion. This is the only way that positive change, especially developments that relate to and affect your learning experience, can be effected.



Copy of Student Council Meeting Minutes, Jun 25, 2024.



Sexuality, STI's, and Scottish Fish

The Sex-Ed Lesson You Never Got



OLIVER COCKER & KASIA O'MEARA



A break from our regularly scheduled reading, Sex Week throws all plans in the air. Sexuality is a deeply personal topic; sex gets viewed with more or less privity and morality depending on how societal winds are blowing. And yes, a historical constant lies in the euphemism.

It is difficult to ascertain who exactly invented sex. There's a raft of articles from 2014 suggesting that some Scottish fish did 385 million years ago, but not only is it rude to disturb them, I think it's fair to say that the concept has taken on more than the physical meaning today. Sure, animals reproduce with one another, though, as Dr Alan Grant learned, not some frogs, but for various reasons, we have expanded the concept.

Heterosexuality is now sexual attraction between members of opposite genders. It used to be people who merely engaged in sex for pleasure. I do not doubt that it will be between members of 'different genders' in a few decades.

For the people in the back who don't know the difference. Your 'sex' is the make-up of physical, biological components from x and y chromosomes to how those are expressed. Gender, on the other hand, is the societal view of who you are. Certain politicians find it convenient to suggest they are the same, but your identity is your responsibility; no one can tell you what it is.

There aren't two sexes. Some people, about equivalent to the redhead population of the world, are born with three sex chromosomes instead of two. Another

subset is born with four, and a little bit of calculation will thus give you at least thirty-two possible combinations. These are all expressed differently and make up the intersex I in the LGBTQIA+ acronym.

However, for architectural, political, and other societal reasons, Western culture has tended to group all those into two genders: man and woman. You were undoubtedly told stories when you were young where men played one role, and women played an entirely distinct one. Knights and princesses, workers and housewives, even the netball/rugby split that exists at a primary level. I hope we're all at the stage where we know that's some amorphous society's idea and not reality.

Gender itself can be conceptualised in a range of ways, each coloured by an individual's culture and experiences. Some people imagine a series of groups, while others see it as more of a spectrum. This can play out within individual identities too; for some people, their nonbinary or genderqueer identity feels like a mixture or midpoint between the binary genders, while for others it feels like being entirely separate from the concept of gender as we know it. Unfortunately, much of our modern gender discourse is deeply colonial: many Indigenous cultures have genders that cannot be fully appreciated or understood from a Western frame of mind, something that Pākehā society still needs to work on. Gender is at once very personal, and deeply tied into society. Finding where you fit in these conceptions is challenging, though easy if you never think about it, as many older generations have.

Let us not forget that this single point in the plane of gender or sexuality is not where you have to exist for all your life— or even your whole day.

Gender fluidity can exist regardless of any concept considered before this point. It is not a symptom of a mentally unstable mind but the complexity of the human brain. No one's identity is fixed. I certainly am not the person who I was when I started writing for Craccum, let alone during high school.

And alas, despite the poetic gradation of society's identities, we are trapped within the bounds of a limited vocabulary. European languages, both Germanic and Romantic, are built in these ordered case systems that require various agreements between words, taking into account gender. If you attempt to speak about your friend to someone else, you've got to choose between 'he' and 'she' or otherwise settle for the all-inclusive 'they'.

I am deeply happy for you if you're proud of your pronoun. But otherwise, it is boring. People have such sublime names filled with

history and connotations of their identities, and then we have to reduce people to banal pronouns. Of course, there are more out there. Even the state government of North Dakota, more red than a chilli, has information on ze/hir/hirs. Ze is typically pronounced like the letter Z, Hir like the word "here," and Zir like "here" with a z in front. Then there's xe, ver, te, ey, and so many more that I would more than want to be enlightened on. Society is just slow to see the light through the stained glass window.

Many people say it is hard, but you can use three extra words about someone with relative ease. If you're struggling, you can practise in your mind until it sticks. Some people identify with multiple sets, and then you can pick at random and confuse your parents into thinking you have three friends named Joey. That's gender for you. Most people just want a space to be themselves and for society to respect them. If you fuck up someone's pronouns, apologise and move on: don't make them comfort you because you feel bad about it.

Then, of course, there is the matter of sex as in sexual intercourse. Here, sex education in high school gets even more reluctant to actually teach anything, rather than simply skirting around the edges of the subject. Teaching about sex makes many deeply uncomfortable, and most PE teachers, forced by low funding to teach health, don't know much about gay sex.

Sexuality is part of a wider system of attraction. You can be physically attracted to someone and want nothing to do with them, or as many asexual people in the world can attest to, you can want a romantic relationship without sex. And it all exists in a spectrum. No two people, and thus two relationships will be identical, and will therefore have their distinctions. Traditionally that's been reflected in different sexual preferences, dating culture, or just approaches to marriage. Nowadays, relationships need open conversation and people to assert their boundaries.

Step 1: Consent. Get it.

Condoms are easy enough to understand: you open the packet, you put the condom on (you can google that part) and you use

lube. Don't double up, because they'll break (much to the dismay of a teacher who once taught my class that double condoms equals double protection).

Condoms should be used with water based lube, because oil based lube will eat through your condom, and then you will have a rather stressful day.

Condoms aren't the be all and end all of physical sex protection. For oral sex, it's still a good idea to use a barrier: you can catch and spread herpes, and other STIs, through oral sex. If your partner has a vulva, dental dams are useful if you can get your hands on them, but they're pretty rare. The only time I've ever seen them was in a vegan health food store, so take from that what you will about the hobbies of the lesbian population, their main proponents. If you can't find one, you can take a condom, cut down the side, and it'll become a square of latex you can use in the same way. Make sure only one side of whatever barrier you're using touches the other person, and the other side only your mouth: otherwise, you defeat the point of the barrier.

Then, of course, there's the ever attractively named "digital sex" (that's the fancy word

for fingering, by the way. Sexy, I know). Unfortunately you can also get infections from this, especially if your partner has gross fingernails, which is true of an embarrassingly large proportion of men. So, wash your damn hands! You can also use gloves or finger cots to provide more protection.

Finally, we come to sex toys. You should also wash them, preferably after every use but definitely between users. Wash them with warm soapy water or a specialised sex toy cleaner, if the cost of living crisis is yet to ruin your life. Some sex toys can also be disinfected by boiling, but check what they're made of first. You can also use condoms on toys to keep them sanitary.

All in all. Be understanding. Get consent. And be sanitary.



THE INCEL ISSUE

ORIGINS, IDENTIFYING FEATURES, IMPLICATIONS



REEMA ARSILAN

The term “incel” gets thrown around a lot, and I’m sure most people have at the very least a vague idea of what is meant by the word. Incel, meaning involuntary celibate, has a certain connotation of body odour, chronic internet use, and misogyny. Wikipedia defines incel as a subculture characterised by “deep resentment, hatred, hostility, sexual objectification, misogyny, misanthropy, self-pity and self-loathing, racism, a sense of entitlement to sex, blaming of women and the sexually successful for their situation (which is often seen as predetermined due to biological determinism, evolutionary genetics or a rigged game), a sense of futility and nihilism, rape culture, and the endorsement of sexual and nonsexual violence against women and sexually active people.” In sum: antisocial behaviour.

The term incel itself is derived from “invcel”, coined by a queer Canadian woman to describe her experiences on her website, which later became a forum for people struggling to form romantic relationships. The subculture currently, however, is made up of predominantly straight, white, men who feel entitled to sex and wronged by society in their lack of success with women. In writing this article I had to delve into a corner of the internet I usually prefer to avoid: Reddit. Specifically, red pill and manosphere subreddits.

To a certain degree, the idea of a lonely, socially awkward internet dweller who finds it difficult to form relationships could inspire sympathy; however I would argue that the term incel used the way it is is a misnomer. Sure, maybe this is how it starts, with men suffering from serious mental illness falling down a rabbit hole, but there is nothing involuntary about it in its later stages. I’m talking specifically about people who view and treat women as purely sexual objects, who make no real effort to form connections, who actively hate

and blame women for their lot in life. If you use the term femoid, and then wonder why women find you repulsive? If you feel personally victimised by your own virginity? If you have ever referred to anyone as a “Stacy” or a “Chad”? You might be an incel! But you likely don’t need me to tell you, as most men who become wrapped up in this ideology will self identify.

It seems ridiculous, and it is, and it seems like it’s confined to little dark corners of the internet inhabited by people who never see the light of day, but it’s not. There are real world implications for these ideologies, and as alt right and white nationalist movements have gained traction in recent years, so has the manosphere, which includes delightful people such as Andrew Tate, and also the incel community. Driven by biological determinism, pseudoscience, and a fundamental misunderstanding of the fact that women are actually people, misogyny is on the rise. Incel ideology in particular encourages violence and rape against women as punishment for denying sex, and this has been seen particularly in the US, where it has culminated in mass murders. The NZSIS investigated the threat of extremism in New Zealand and concluded that incel ideology provides a gateway to other extremism, and could be a motivating factor for violent extremist individuals in New Zealand. In March of last year, a man swerved his vehicle to hit two school girls at a bus stop in Epsom, pinning them against a brick wall. He later told police that he had fantasised about killing people before, and was driven by the perceived injustice of him never having a girlfriend and that others were happy when he was not.

All of this to say: no one owes you sex. Women are people! Falling into this way of thinking is harmful to yourself and dangerous for society. Overall, incels can be just gross or genuinely dangerous, so be careful out there.

DILDO? DILDON'T!



MIKE CROSS

Humanity loves a good orgy... right? Well, we are all collectively fucking the planet. But what are the consequences of our brief moments of horizontal passion? How much thought does anyone give to single-use prophylactic accessories whose lifespan is measured in minutes (or in our editor's case, seconds)? Once the deed is done and little rubber Johnny is tossed into the bin—hopefully not flushed down the toilet—he's out of sight and out of mind. That's just the way it goes: out of sight, out of mind, consigned to live on in landfill for many decades to come. Condoms, in all their varieties, flavors, and colors, are often made from materials that don't easily break down, whether they end up in tips, public parks, or alleyways.

Most condoms are made from latex, a natural rubber derived from the sap of rubber trees. While latex itself is biodegradable, all the other crap used in condom manufacturing often is not. These chemicals, such as stabilizers and accelerators, help the latex maintain its elasticity and shelf life but can hinder the material's ability to break down. When these compounds enter the environment, they can have various detrimental effects. For example, zinc oxide, commonly used in latex products, can be toxic to aquatic life, causing disruptions in reproductive and growth processes. *Oh no, the gay frogs!*

Non-latex condoms, made from materials like polyurethane or polyisoprene, last longer than an itch from a \$2 brothel. Polyurethane, in particular, is a type of plastic that can persist in the environment for centuries. As it degrades, it breaks down into microplastics—tiny plastic

particles that are now ubiquitous in our water, the air we breathe, and even in our family jewels (Hu et al., 2023). These microplastics can be ingested by marine life, leading to physical blockages, chemical poisoning, and even death. Polyisoprene, while somewhat more biodegradable than polyurethane, still poses a significant raw dogging for mother earth. Even the silicone in lubricants and sex toys doesn't break down easily, contributing to the growing problem of microplastics in our ecosystems. Silicone is a synthetic polymer made up of silicon, oxygen, carbon, and hydrogen. Although it is considered inert and non-toxic in its solid form, its environmental impact becomes significant when it fragments into smaller pieces. These pieces, similar to other microplastics, can absorb harmful pollutants from the environment and then be ingested by wildlife. This process, known as bioaccumulation, can lead to the magnification of toxic substances up the food chain, ultimately affecting human health.

Sex toys are another environmental concern, a booming industry with a market value expected to reach \$62.7 billion USD by 2030 (Grand View Research, 2020). Many are made from plastics like PVC (polyvinyl chloride), which is notoriously difficult to recycle and contains harmful chemicals like phthalates. Phthalates are chemicals used to make plastics more flexible and harder to break. Exposure to phthalates has been linked to various health issues to everything from bedroom disappointments to developmental challenges and even a higher risk of certain cancers. They are known endocrine disruptors, meaning they can interfere with the body's hormonal

systems. When phthalate-containing products are disposed of improperly, these chemicals can leach into soil and water, posing a long-term threat to ecosystems and human health. These toys, often equipped with batteries and electronic components, further complicate the recycling process. When thrown in the trash or abandoned in the domain (yes that does happen), they contribute to the growing e-waste problem, leaching toxic substances into soil and waterways.

Given these issues, the materials used in prophylactics and sex toys have significant and lasting impacts on the environment. Awareness and better disposal practices, along with the development and adoption of more sustainable materials, are crucial steps in mitigating these effects. While we're all for a good time, it's clear that the materials used in prophylactics and sex toys can have quite the wild side when it comes to our environment. Maybe it's time we took a more responsible approach to our sexcapades and invested in eco-friendly alternatives. After all, if we're going to keep loving the planet, we should probably start by not screwing it over.

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SEX BEING TABOO IN PACIFIC CULTURE

UN-LAYERING THE 'SEX' CONCEPT



IATUA FELAGAI TAITO

For many Pacific people, the influx of Christianity has affected the way Pacific people would view 'sex'. Many academics argue that pre-contact times in Pacific cultures that the concept of sex was normalised and there was no stigma around it as it was a form of pro-creation and to continue the longevity of your *gafa* (genealogy). Now in religious Pacific contexts, if you have sex before marriage there is stigma and judgement around that which brings up this point around sex being taboo. What tends to happen is that Pacific people know it is a taboo subject, however it does not mean that they do not have sex. It simply means that they conceal it, maybe lie about it, and are not adequately educated about how to do it safely – both physically and mentally according to Laura Toailoa's article on E-Tangata. Which is true and happens more often than not. The article delves into how your whole childhood and adolescence that sex was something not talked about in Pacific households and in churches. It makes it more difficult when you step into adulthood due to the lack of *talanoa* (conversations/discussions). Particularly if your Pacific and you talk about sex openly (not just discreetly with mates) there's a stigma around promiscuity. It doesn't help as well when you have anthropologists like Margaret Mead writing stories that ended up being contested and not true around Samoan women being promiscuous and those writings still being available today despite

the cultural backlash. Talking about sex within Pacific cultures is shifting in ways where it can help communities, but the emphasis and intersectional struggle increases when you are queer and Pacific and you delve into sex and there are not enough resources that explore that specific area and demographic. As well as the heteronormative issues trumping intersectional issues is something that adds to how sex being taboo in Pacific culture is complex and on-going. As a Pacific person, sex has always had a sticky connotation to it and it can be argued due to Christianity, but it can also be due to our values and how those collectivist and empathetic values are conservative to the point where we explore areas around sex there is a tension. But the tension doesn't have to be bad, it can be beautiful – around the exploration of this so-called tension and having more *talanoa* around taboo issues like sex can help the betterment of our communities moving forward.

THE VIRGIN EXPERIENCE

EXPECTATIONS AND PERSPECTIVES



BLAZE WEBSTER

Before colonisation, Māori tāne and wāhine could have non-marital sex without being frowned upon because it was accepted by society. This acceptance came from thoughts of sex being healthy and natural to partake in. Continuously switching up partners and constant hookups were not received so well though.

Now in the modern era, sex seems like a forbidden fruit. Aotearoa's average age of virginity loss is increasing, could it be this society's negative pressures on premarital sex? Or are people just less interested in having intercourse? BUT how are the virgins feeling about this? There are many stereotypes about virgins, most of them depicting virgins as 'losers' or freaks.

Virginity and sex are also often taboo topics that people either dive in deeply or have no education at all. I want to see what some of today's virgins feel about sex, and what it is like for them to be virgins when many of their peers are not. Below, I have interviewed 4 virgins to look at how they feel in a world where sex sells....

The first interviewee is a hetero 22 year-old tāne who works in the sexual violence prevention field.

WHAT DO YOU CONSIDER AS SEX?

There are many different types of sex but personally it would be any kind of activity that involves genitals and other objects, body parts etc like oral sex.

WHAT DO YOU CONSIDER AS LOSING YOUR VIRGINITY?

I feel like virginity is thought to be specifically vaginal sex which is what I think of and would consider as losing your virginity. But obviously this definition completely ignores non heterosexual relationships. Sex to me means that everyone is consenting, communicating their desires and respecting their boundaries so that they have an amazing time. Ideally this promotes closeness and is an intimate

expression of a couple's love.

WHAT ARE SOME STEREOTYPES OF VIRGINS THAT YOU CAN NAME?

I can't really think of any stereotypes but what I'd assume others might think is that virgins are hornier? (but ik thats a lie), also that they wouldn't be 'good' at sex i.e don't know what to do (kinda obvious).

HOW DOES YOUR SEXUAL LIFE IMPACT YOUR PERSONAL WELL-BEING?

I think there is a general pressure/desire to have sex and still being a virgin means I do feel a sort of pressure to try it at some point but I would much rather wait and have sex with someone I love rather than a casual hookup. I typically forget about it though unless I'm attracted to someone. The extent of my sexual life like most other single people is masturbating when im horny. Along with gaming, figure skating and reading novels it helps to clear my mind and make me feel good. It's a normal part of my wellbeing.

WHY ARE YOU A VIRGIN?

Despite being in a few relationships, I am a virgin according to its vaginal sex definition. It's generally because my girlfriends either wanted to wait until marriage or took it slow sexually. In recent years it's mostly been due to me not seeking a relationship.

HOW DO YOU FEEL TALKING ABOUT SEX?

I work in the sexual violence prevention field so I feel very comfortable talking about sex and sexual stuff. Honestly the weird 'taboo' we have around those topics is silly and we should talk about it more. There are many pressures and expectations around relationships and sex. Talking about it more and thinking about how we act and communicate can lead to healthier, more respectful relationships.

My second interviewee is a 19 year-old,

lesbian person of faith.

WHAT DO YOU CONSIDER AS SEX?

In a way sex means very little to me. It doesn't feel like a big part of life, or particularly necessary. There is so much else that is beautiful in this world, and life can be very full without it. But in a different way, it means much more. I see it as something that holds a lot of meaning, and something to treat according to that value.

WHAT ARE SOME STEREOTYPES OF VIRGINS THAT YOU CAN NAME?

I think sometimes having sex is seen as a goal in life, and consequently virgins are seen as having failed at that goal. But for many it is not, and even if it is, it isn't a bad thing at any age if that hasn't happened yet. I think there are also stereotypes that we are no fun, that we take things too seriously. But life is full of fun and fulfilling things, and people experience that differently.

For people of faith (such as myself) who are virgins, there are stereotypes that we frown upon sex, or are governed by rules that deprive us of it against our will. But this is often not the case. In my faith, God does not impose rules that see us suffer. He gives us valuable gifts like this, with safety information on the box, and we are careful to honour that gift by using it in a good and loving way.

HOW DOES YOUR SEXUAL LIFE IMPACT YOUR PERSONAL WELL-BEING?

I have learnt through faith that sexuality is something to be careful with, as it can hurt oneself and others if not expressed well. It can be a hard thing to control, and can sometimes take control of us. It has the potential to take up more space in one's thoughts, and therefore one's life, than might be healthy. It can cloud one's perception of things/people. And in relationships, placing too much trust in something fluctuating and quite fleeting, without a strong foundation, can be harmful on

either side. I try to think carefully about these things.

WHY ARE YOU A VIRGIN?

Sex is generally just not something I would like to be part of my life at this stage - it does not feel important, and I think it would be harmful.

To me, it intrinsically has meaning and depth, and God's plan for me has thus far not provided a foundation for that. I trust that plan, and I follow wherever it leads. And I truly feel my life is good - with this, not despite it.

HOW DO YOU FEEL TALKING ABOUT SEX?

A little uncomfortable - I think just personally, it's not really in my nature to. It also feels like quite a different world to my perspective now, so it's often hard to relate to in conversation. And it feels like quite a personal thing.

Two of my last interviewees gave simple answers due to their straightforward thinking and lack of feelings on this subject. One of them is a pansexual, 19 year-old wāhine, and the other is a bisexual, 20 year-old tāhine (Non-binary person).

They consider sex as oral or penetrative

and losing your virginity as participating in penetrative sex. Sex to them means the act of engaging in sexual activities with one or more other people for pleasure. They both state that movies typically portray virgins to be losers and or being freaky, yet are judged due to their lack of experience. The wāhine said that she noticed positive impacts on her mood after she started engaging in sexual activities, but sex had no impact on her personal well-being before. The tāhine does not value sex and it has no impact on their personal well-being currently, but was curious and wanted to engage in more extreme sexual activities (BDSM) when the time is right. They both do not have a problem with talking about sex.

As we can see virgins have feelings too. Sometimes it feels like lovemaking is important and losing your V-card is the most exciting thing you can do in your life. For some people it is! But it is also normal to not care about it. Sex can often seem intimidating or scary to those that don't have the education around it; many say abstinence is the best protection, but education still needs to be provided. Many people want this intimate moment between "real love", and others want this moment with the love of their life when they have fully committed. That said and romanticised to the fullest, virgins as a group of people are by no means 'oppressed'. However, there is a stigma where people want a relationship with someone who has

experience. This experience chasing leaves out virgins which causes a cycle of not being able to get experience because some individuals are looking for experienced people.

REGARDLESS, SEX IS AS IMPORTANT AS YOU DEEM IT TO BE. WHETHER YOU WANT TO DO IT WITH SOMEONE YOU LOVE OR NOT AND HOW YOU EXPRESS THIS, IS YOUR DECISION. REMEMBER, THREE THINGS THAT SEXUAL INTERCOURSE NEEDS ARE CONSENT, PROTECTION, AND PLEASURE.



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The Flesh We Feed

PAIGE TURNER

I remember our first kiss like it was yesterday. Who's to say it wasn't? The way the sunlight shone through the lace curtains, or how the motes of dust hung in the air, or how our bodies intertwined on the plush couch your father had told us never to touch. The way every framed photograph hung on the wall opposite the window, or how the rug on the floor frayed at the ends. The knick-knacks on the mantelpiece, the deer head above the fireplace, and the perpetually-locked door to the study. I still remember.

"You're a good kisser," you told me, caressing my cheek. Your eyes were filled with a warmth I hadn't felt from anyone else before or since then. "Am I really your first?"

I told you the truth, and you threw your head back in rapturous laughter, sending almond-colored hair flying through the sunshine.

"Stop it, it's not that funny."

"Oh, you little naif. You really want to know why I'm laughing?" You smiled, your canines looking extra sharp and shiny in the orange light. "Why, I know of even greater pleasures than this."

I buried my head into the space between your arms. You stroked my hair with tender affection. We drew each other into a deeper embrace, that day, and henceforth spoke nothing further of those pleasures for a long time. But, afterwards, I pondered your words occasionally, between one rendez-vous and clandestine meeting after the other. Long after our meetings became scant, my curiosity overwhelmed me, and when I saw you once more I knew I just had to ask. It was the day of your father's funeral when we met again. I remember that, too. It was a scorchingly hot day — the sky bereft of clouds, the horizon clear for miles all around, and not a trace of rain nor wind to be seen. The orchard your father owned loomed large in the distance, and I saw you standing by the then-open grave, watching the coffin before it would be buried under six feet of dirt. Your eyes were full of something

cold and steely, nothing at all like the way you looked at me that day so long ago. My throat was a little hoarse, I thought, but I hoped you wouldn't notice.

"Are you alright?" I asked.

"Is that really who I think it is?" The moment you laid eyes on me, I saw some of that old spark return.

"Yes, I'm fine. Much better than fine, now that you're here."

You wrapped an arm around my shoulders. We were both wearing summer clothes, but it seemed you had much less on than I did, a thin cotton shift with pears patterned across it sufficing as your only garment. I tried to keep my eyes on your face, but you had no such inhibitions towards me.

"My, you look as wonderful as you did the last time we met. I see you're wearing the dress I got you, too."

I kept myself from bristling at your wandering eyes, but a flush crept across my cheeks all the same.

"It's very comfortable. I've been meaning to thank you."

"No words needed, I knew you'd like it. It suits you much more than it does me."

"It must have set you back a fair bit."

You fidgeted absent-mindedly with my plaits. "For you, no expense is too great."

"I'm happy to hear that."

At the sound of my voice, you looked into my face. "Now, tell me, why have you come to see me?"



"Can't I help a grieving woman out? Can't I comfort a friend in need?"

You laughed in just the same way I remembered. "Of course, but there has to be some other reason for it, the way we are."

"Well, you've caught me." I rested a hand on your waist. "I've just been thinking about what you said to me the first time we kissed..."

"And what might that be?"

My face burned up in the heat, but whether it was because of the weather or my own desires I couldn't tell. "I want to know about those 'greater pleasures'."

"Oh!" You wiped the wide-eyed look from your face, then snickered. "How lucky. Now's the perfect time."

"Aren't you sad?" I asked, casting a glance in the direction of the coffin.

You shook your head. "Quite the opposite. I'm only sad I never got to make the bastard suffer more. At least this'll help me take my mind off it. Now come, let's indulge those delights of the highest order."

Past the living room where we shared our first kiss, you took me to your father's study, taking out a book from the bookshelf to reveal a secret entrance to one of the mansion's inner sanctums. It was a dark chamber, but you had a pack of matches ready, and struck one to illuminate the darkness with its tiny flame. In the center of the room was a bed, freshly made and decorated with plump red pillows and a silken frame above. Scattered all about were candles of varying lengths, and with your little match you lit those too. In the semi-darkness, I glimpsed the glint of metal atop a table in one of the room's corners.

"I've always wanted to try being on the receiving end," you said, apropos of nothing. In the blink of an eye, you were already on the bed, stripped bare, your body seeming totally natural in this state.

"Are— are we really going to—?" I stuttered, sounding like a broken version of one of your favorite vinyls.

"What does it look like?"

I couldn't answer that, joining you wordlessly on the bed instead.

"That's what I thought." You gestured for me to strip, too. "This will be new for both of us, you know."

I undress, setting your gift aside at the foot of the bed. You stay right where you are, perfectly still except for the rise and fall of your chest.

"Now, place your hand above my heart."

"I... I'm sorry?"

"Come on, dive in already." You grabbed my wrist and drew my hand closer to your breast, urging me onward through the haze of fear. "The first bite is always the sweetest."

I hesitated. "Please, let me savor this moment a little longer."

"There'll be plenty to savor once we begin."

You guided my hand, let it grasp and tear through flesh, held tight even as I peeled away skin and maneuvered around bones. Your breathing got heavier and heavier as we went, but I never doubted your intentions one bit. I remember how, when I first unveiled the ribcage, you laughed your silvery laugh once again, and as I saw your heart pulse faster I felt as if it was too good to be true. I remember a lot of things about you, now that I think about it. Your apple-scented shampoo, your strawberry lip gloss, your peachy perfume that came in a little crystal bottle...

...and your cherry-flavored blood on my hands. It stains the tips of my fingers, it dries beneath my nails, it drips down my arm in rivulets. Your face is contorted in pain. I see the wrinkles, the creases, as you wince at the cold air brushing your exposed organs. But I know you want me to continue. I know you want me to finish what I've started. "Finish everything on your plate," as your father would have said.

So I do.

I make sure there are no leftovers. I partake in the communion that only we share, this private ritual reserved just for us. I lick my fingers clean of every drop of wine, your personal vintage specially made for my palate alone. We are each other's property, I the consumer and you the consumed; although through it all I still feel like a marionette dancing to your tune, simply a broken machine devouring its creator. For a brief moment, I wonder which of us was really in control.

"Keep going."

When I see your smile, the answer to that is clear. As I consume the last remnants of your heavenly body, so do you consume the final dregs of my ailing mind.



Ode to First Year Medicine

Another day, another A,
another miss, another fail.
Not good enough. Falling short
of the bare pass that's A+
and the hopeful plans and dreams
fall away and leave nothing
left to cling onto, maybe
just give up and do business
for however long I have to live
and have med be a pipe dream...

No. I can save it.
Just got to stay up 'til 4
revising the Krebs cycle
hoping for another mark
or not to lose another mark
or to have one mark more than
the person beside me
because every mark counts
and every mark can

make the difference between getting in or not
and the difference between getting to be a doctor

or dreaming to be a doctor
for the rest of my miserable days
as little more than someone
who couldn't chase my dreams
just because I got A's.

-Eva Lin

CLUBS

CHECK OUT THESE THREE COOL CLUBS ON CAMPUS, COME BACK FOR NEW CLUBS EACH ISSUE.



AIESEC IN AUCKLAND CITY

AIESEC is a global platform for young people to explore and develop their leadership potential. We are a non-political, independent, not-for-profit organisation run by students and recent graduates of institutions of higher education. Its members are interested in world issues, leadership and management. Every year, we facilitate life-changing experiences for students and recent graduates. Ranging from professional internships, volunteering experiences, or being a member of AIESEC on campus, we offer young people a chance to discover their leadership potential. Through our extensive partnerships ranging from multinationals to social enterprises, we offer young people the chance to gain valuable skills, networks and competencies for future success.



INTERESTING JOURNAL

We're a student-run journal dedicated to publishing meaningful, interesting academic essays written by undergraduate arts students at UoA. Each year, we accept submissions from arts students across every discipline. It's an awesome opportunity to get your work/research published and a great way to dip your toes into the world of academia/publishing!



SOFTWARE ENGINEERING STUDENTS ASSOCIATION (SESA)

SESA runs social and career-focused events for the 350+ software engineering students at UoA, connecting them with each other as well as industry professionals. Scan the QR code to sign up to SESA (open to anyone) and check out our upcoming events!

DOUCHING

101

THE DUMMIES GUIDE TO PRE-COITAL CLEANING



TIM EVANS

I've called a few awful men a douchebag in my time. It's the perfect primary school insult you could probably get away with in front of a less strict teacher. But did you know that a douche is actually a magical sexual tool that will inevitably enhance your confidence and turn into a bedroom badass? No, I don't think you knew that - mostly because I made it up. Douching is not a cure all confidence boost when it comes to sex, nor will it stop you from avoiding accidents happening. But it'll all be okay because you're in safe hands with me. Now, let's get a tap running and rinse away your shame and some myths about the wonderous douche.

A douche, also known as an enema, is essentially a cleaning tool for your orifices. It kind of is as grim as it sounds. If you're working with something professional, it's usually a silicon bulb with a stem to insert wherever you may need it. You use the bulb to gently pass water inside yourself, then you allow the water to come out, taking with it anything you wish to avoid in the bedroom. Some people opt instead of the bulb for a shower attachment, which works in mostly the same way. If you're opting for a home brewed remedy - stop in your tracks IMMEDIATELY. A pump bottle is not the solution to your insecurities, people! If you don't have the proper equipment to be douching, then you don't have the proper dedication to the craft.

Before you douche, understand what the fuck you're getting yourself in for. If you're douching a vagina - stop it! Y'all that bad boy has its own systems going on and it's best left undisturbed. If you have a problem with your vag, might I suggest seeing a doctor and not a Craccum article (while

my advice may be good, medical issues are a whole other wheelhouse). If you're douching a butt - congrats! I'm assuming you're about to have some (hopefully really really good) anal sex and you should be proud of yourself. Be gentle on yourself, remember your body isn't hardwired to handle things going back into that hole. You'll hurt yourself if you don't use lube and keep the pressure gentle. This really shouldn't be painful. If it is, once again - seek professional medical advice.

Once you've got the ball rolling, relax and allow the water to come back out. It will probably feel like you have some really awful diarrhoea for a few moments, but it won't hurt. The water should bring with it any mess that might be present. Once you've cleared that water, you may repeat the process until the water runs clear. Don't overdo it though people! Once you're running clear, it's time to stop and allow your body a few minutes to calm down. Rushing anything here will damage you and your system. If you're in a rush and use too much pressure, you might dislodge things your body wasn't planning on moving any time soon. Likewise, you might even damage the rectal lining.

Finally, douching isn't part of your body's usual hygiene regimen. Too much of it and you can cause problems for your gut microbiome by literally washing away things your body needs to keep working at its best. Basically, your body knows better than your brain when you're trying butt stuff. Don't be cocky and don't be dumb! This should be fun for you and if it isn't, slow down and be honest with yourself. I believe in you and your ass, now go forth safely feeling cleaner than ever!

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WHAT'S YOUR BODY COUNT?



Why Body Count Matters Differently for Men and Women



KAAVYA GHOSHAL

No, you're not being asked if you're a murderer—although that's probably a less offensive question to ask someone. Traditionally referring to the number of people being killed in some kind of conflict, war or disaster, the word has taken on a new meaning today. Bodycount now refers to the number of partners you've had sex with in your lifetime.

Despite supposedly living in a world that prides itself on progress and equality, the notion of body count still carries a significant double standard, disproportionately affecting women. While men are often celebrated or even admired for their sexual conquests, women are frequently shamed and stigmatised for the very same behaviour. While men are proudly called players and dapped up for sleeping with three women in a night, women are shamed and called sluts, whores, or in newer lingo, a 'bop' for doing the very same thing.

These double standards are not a new phenomenon. For centuries, patriarchal societies have imposed strict codes of conduct on women, particularly concerning their sexuality. In many cultures, a woman's worth was tied to her purity and chastity, while men were given far more sexual freedom. These historical norms have left a lasting impact, perpetuating the idea that women who engage in multiple sexual relationships are morally inferior or less respectable.

"Men fuck who they can, women fuck who they want"

Let's take a moment to talk about the popular argument used by men (the same ones who typically think that Andrew Tate should run the world). One, the confidence at which men admit to being utterly desperate and unwanted is remarkable, even more, so that they use this desperation as an excuse and justification for why it's okay for them to sleep with whomever they wish to do so. Two, if it is okay for men to sleep with whoever you can because of sheer lack of choice, shouldn't it be more acceptable for women to sleep with whoever they choose to do so? If women are sleeping with who they want, whether it being 2 or 20 people, it should be admirable that they have looked over a sea of choice, as the argument clearly suggests, and slept with whomever they wish to sleep with.

On the other hand, the idea of body count is entirely and totally stupid. Let's look at two women. One has had sex with ten people, and the other has had sex with two. However, the person that has slept with two people has had twenty sexual partners; whom she did not 'fuck', but engaged in other forms of intercourse with. While the second woman has technically been with more people, her "body count" is still lower.

Does that make the first woman a slut? Does that mean that the second woman is cheating

the system? Or, does it mean that you, as someone who is asking someone about their body count, needs to get their head out of their ass and mind their own business?

At what point did it become okay for us to ask someone about details of their sex life? Someone's sex life is absolutely no one's business but their own, and absolutely no one is obligated to disclose that information to anyone, including their partner.

This is not to say that you are not allowed to have a preference. If you feel like you're uncomfortable with being with someone who has slept with a certain number of people, you are absolutely within your rights to choose not to be with them. Similarly, if someone is not comfortable being with someone who is a virgin, they, too, are allowed to have that preference. What you are not allowed to do, however, is shame them.

Having a body count of zero does not make you superior to everyone else, having a body count of 9 isn't the "ideal balance between a bop and a virgin" and having a body count of 100 does not make you a whore.

You are allowed to have sex with someone because you love them, and you are also allowed to have sex with someone because you're utterly bored. It's not a game of numbers and never will be.

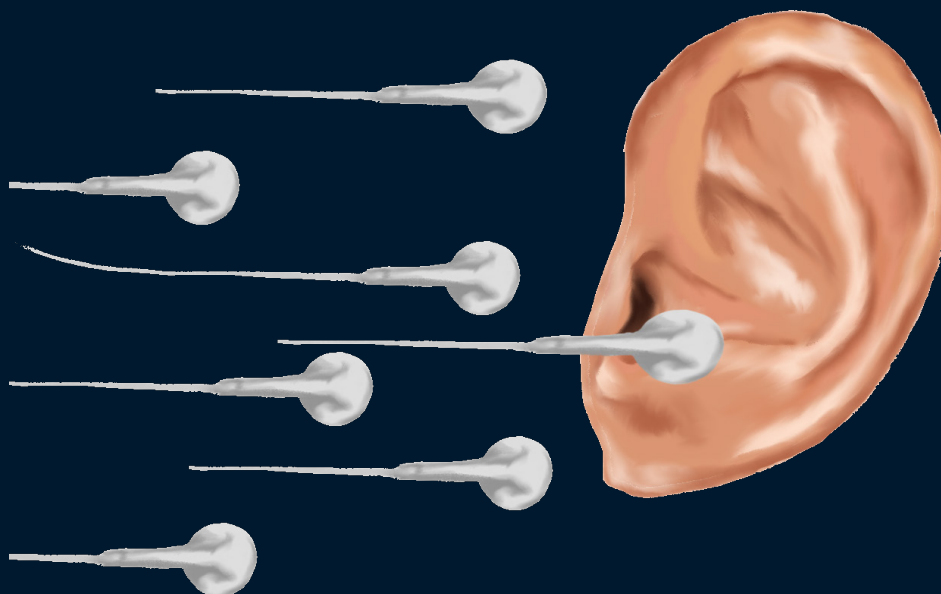


ILLUSTRATION: KALA BURGESS

ORGASM? NO, EARGASM.



KALA TAKEBE BURGESS

Orgasm is old news. Let's talk about eargasms (for safe measures, in this article, when I talk about eargasms, I am referring to it as a sensation when listening to a form of audio and not as a sexual feeling).

Definition of an eargasm: A sense of pleasure derived from listening to something.

You know when you listen to something so good that it feels like your ears will have an orgasm? Yeah, that's an eargasm. I'm sure we have all had that experience of listening to something at least once in our lifetime. Whether it's when listening to music, listening to someone talk or watching those ASMR videos on YouTube, don't shy away from eargasms; it's nothing to be ashamed of. In fact, there is a rise in the popularity of ASMR, and it's pretty normalised to listen to it. Yes, you watching slime videos on TikTok, you are actively listening to ASMR and probably finding it rather pleasurable. When discussing these sensations, I often think of physical

sensations such as frisson, tingling sensations, and goosebumps. Sometimes I listen to a song and it gives me shivers because what the heck? How can someone be so talented? Actually, one of my guilty pleasures is... listening to ear-cleaning ASMR videos on YouTube (please, someone relate because it's kind of embarrassing).

Let's get a little technical. The neurological basis of eargasms. I will be using music here as the delivered form of sound. The obvious conclusion here is the release of dopamine. When we listen to things that we love, we get hit with that instant dopamine from our brains. This enhances our sense of enjoyment. Our brain has emotional centres like the limbic system (a group of structures in your brain that regulate your emotions, behaviour, motivation and memory). The music can trigger memories and emotions stored in these groups, contributing to the intensity. The auditory cortex is an important part of our listening process. It is located in the temporal lobe, and it is responsible for processing auditory information. It also integrates with

other brain regions to create a cohesive and pleasurable experience. This is just a brief overview of the complexity of eargasms and how they come about. If you want, there's the internet to really deep dive into the rabbit hole of eargasms.

Now, how can eargasms actually be useful? ASMR research from the University of Sheffield has found that ASMR can be useful in therapeutic ways. Many people going through mental health struggles found that ASMR videos help ease their symptoms and generally reported a greater improvement in mood. Most people actively listen to ASMR for relaxation purposes or to help them sleep or deal with stress. Understandably so. I do that.

But honestly, if your partner is not able to get you to orgasm during sex, maybe this is a better alternative. Give eargasm a go! Oh, and if you don't know where to start, I suggest looking up 8D audios of your favourite songs and using headphones, just as I was doing when writing this article.

TiB BRINGS YOU: SOMETHING OTHER THAN CONDOMS.

ALTERNATIVE CONTRACEPTIVES AVAILABLE FOR STUDENTS

DAY PARK

Thursdays in Black UoA is a club dedicated to raising awareness about sexual violence and creating a safe space in our university community. Follow us on Instagram @thursdaysinblackuoa to learn more about us and what we do.

Thinking of something other than condoms? Here are some of your options...

THE PILL – COMBINED ORAL CONTRACEPTIVE (COC)

We all know the pill; you take one every day and you're protected as long as you do so. With the pill, you can choose to have periods by taking placebo pills every month or every few months, or have no periods by only taking the hormonal pills.

HOW DO I GET IT?

You will need a prescription from a medical professional.

WHAT ARE SOME SIDE EFFECTS?

With the combined pill you may get headaches, as well as increased risk of other health complications (but only if you were already at risk). It's important to consult a medical professional to see if the pill is suitable for you. There's no evidence of weight gain.

HOW MUCH IS IT?

An appointment through Sexual Wellbeing Aotearoa is free if you're under 22 or are eligible for subsidised healthcare. If you have a Community Services Card, it's \$5. Otherwise it's \$43. The cost may vary if you get it through your GP or private healthcare.

IMPORTANT THINGS TO CONSIDER

If you forget to take the pill one day, you need to take it for the next 7 days before you're protected from pregnancy again.

THE PILL – PROGESTOGEN ONLY

It's basically the same as COCs, except there is no estrogen. There are 2 variants available in NZ: Noriday, which is funded, and Cerazette, which isn't.

HOW DO I GET IT?

You will need a prescription from a medical professional.

WHAT ARE SOME SIDE EFFECTS?

With the progestogen-only pill, you may get irregular, lightened, or no bleeding. Headaches and weight changes are possible in the first few months.

HOW MUCH IS IT?

Same as the COC. But remember Cerazette isn't funded, and can cost around \$45 for 3 months just by itself.

IUD – HORMONAL

A hormonal IUD (intrauterine device) is a little T-shaped device that sits in your cervix and prevents fertilisation by releasing a small amount of hormones. Once fitted, you don't need to do anything about it, and it is effective for either **3 years** (Jaydess) or **5** (Mirena).

HOW DO I GET IT?

You will need to book an insertion with a medical professional.

WHAT ARE SOME SIDE EFFECTS?

Irregular bleeding for up to ~6 months is common. For some people their periods may get lighter or disappear—which is why you could get a hormonal IUD to treat endometriosis.

HOW MUCH IS IT?

If you're under 22 or are eligible for subsidised healthcare, the whole process is free through an appointment with Sexual Wellbeing Aotearoa. If you have a community services card, your appointment will cost \$5. Otherwise it's \$54; but the cost may vary if you're accessing it through your GP or private care.

IMPORTANT TO CONSIDER

You have to wait 7 days before expecting full efficacy.



IUD - COPPER

A copper IUD is similar to the hormonal one, except instead of using hormones it works by lightly inflaming your uterus to make it "hostile" to sperm. Once fitted, it can last for **5 years** (multi-load) or **10 years** (Copper-T).

Copper IUD is effective immediately after fitting, and is also the most effective emergency contraception available.

HOW DO I GET IT?

Book an insertion with a medical professional.

WHAT ARE SOME SIDE EFFECTS?

A copper IUD may actually make your periods heavier or more painful.

HOW MUCH IS IT?

Same as the hormonal IUD.

DEPO-PROVERA

Depo-Provera is an injection (like a flu shot basically) that protects you from pregnancy for **13 weeks** afterwards. Once injected, you don't need to do anything about it (except get a renewal at the end of the 13 weeks).

HOW DO I GET IT?

You will need an appointment with a medical professional.

WHAT ARE SOME SIDE EFFECTS?

Some people experience irregular/no bleeding and/or weight gain with Depo.

HOW MUCH IS IT?

Same as the Pill.

THE ROD

The rod/implant is actually 2 rods the size of a matchstick. They're inserted into your arm (you do need a small cut) and work by releasing hormones. Once inserted, you don't need to do anything about it, and they're effective for up to **5 years**.

HOW DO I GET IT?

You will need an appointment with a medical professional.

WHAT ARE SOME SIDE EFFECTS?

Again, irregular bleeding and mood swings are possible.

HOW MUCH IS IT?

Same as the IUDs.

IMPORTANT TO CONSIDER

You have to wait 7 days before expecting full efficacy.

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PANMURE, AUCKLAND

HENDERSON - LEVEL 2, 362 GREAT
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TO WAIT AROUND ~1 MONTH BETWEEN
BOOKING & YOUR CONSULTATION

FOR FURTHER INFORMATION,

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[ADV/CONTRACEPTION/
CONTRACEPTION-TYPES/](http://ADV/CONTRACEPTION/CONTRACEPTION-TYPES/)

OR [HTTP://WWW.](http://WWW.PROTECTEDANDPROUD.NZ/CONTRACEPTION/)

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CONTRACEPTION/!](http://WWW.PROTECTEDANDPROUD.NZ/CONTRACEPTION/)

The 95bFM Top 10

17 July 2024



with Smashton & Big J

17 July 2024

1. Soft Bait - No Bad Days [NZ]
2. SKILAA - Southern Gothic [NZ]
3. LEAO - TAEAO [NZ]
4. Wiri Donna - The Gold [NZ]
5. Nathan Haines - Belo Dia [NZ]
6. Louisa Nicklin - Sleep It Off [NZ]
7. We Will Ride Fast - Surfing the Meme Machine [NZ]
8. JessB - Power (ft. Sister Nancy & Sampa The Great) [NZ]
9. Mousey - Dog Park [NZ]
10. Chase Woods - Maiden Speech [NZ]

Text VOTE with your favourite song to 5395 or visit 95bfm.com/vote
The 95bFM Top Ten, every Wednesday from 7pm

What Sex Position Are You?



KAAVYA GHOSHAL

What is your ideal assignment at university?

- A.** One that has clear instructions and a rhythmic flow. I need rules and I prefer assignments that are straightforward.
- B.** Group projects. But one where my team and I work well together and finish at the same time.
- C.** Something a little creative, but doesn't make me think too hard
- D.** I like something a little challenging but creative—something that let's me sit up, take the reins and guide the project.

How do you approach a new hobby?

- A.** Follow the manual step-by-step.
- B.** Team up with a friend and learn together.
- C.** Dive in and figure it out as you go.
- D.** Watch some tutorials and then improvise.

How do you handle meeting new people?

- A.** My people skills are good, when they're similar to me, in smaller crowds.
- B.** I'm an extrovert, and thrive in group settings.
- C.** I get awkward and don't like making eye contact much. I'd rather stare at the back of their head.
- D.** I usually take charge of the conversation and make a few light jokes to get comfortable.

How do you like your coffee?

- A.** Classic iced latte, no sugar
- B.** Frappe with vanilla, caramel and hazelnut
- C.** Black coffee with a cinnamon stick on the side
- D.** Cold brew with extra foam

What's your dance move?

- A.** The classic two-step
- B.** Partner dance
- C.** An energetic twerk.
- D.** Freestyle centre stage

How do you react to a surprise party?

- A.** You appreciate the thought and enjoy the celebration quietly.
- B.** You're thrilled and immediately jump into the party spirit.
- C.** You're a bit startled but quickly adapt to the fun.
- D.** You grab the mic and start organising party games.



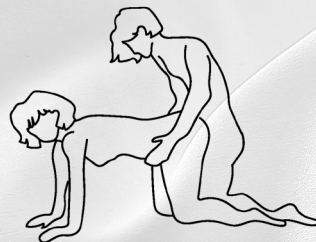
Mostly A's: Missionary

Welcome all the classic fans! You value intimacy and connection in the bedroom, and don't see the point of all the frill and fuss. If it ain't broke, don't fix it, is your favourite motto. You're dependable, steadfast and the kind of person who always carries a first aid kit and snacks in your bag. You like to keep things straightforward in the bedroom, and you like your routine.



Mostly B's: Eiffel Tower

Collaboration is your superpower. You're always down to try something (and someone) new in bed. You're a team player who understands that the best experiences are shared. Pulling off the Eiffel Tower requires skillful coordination and a touch of acrobatics—you're extremely confident in your abilities, and know how to have the best time.



Most C's: Doggy

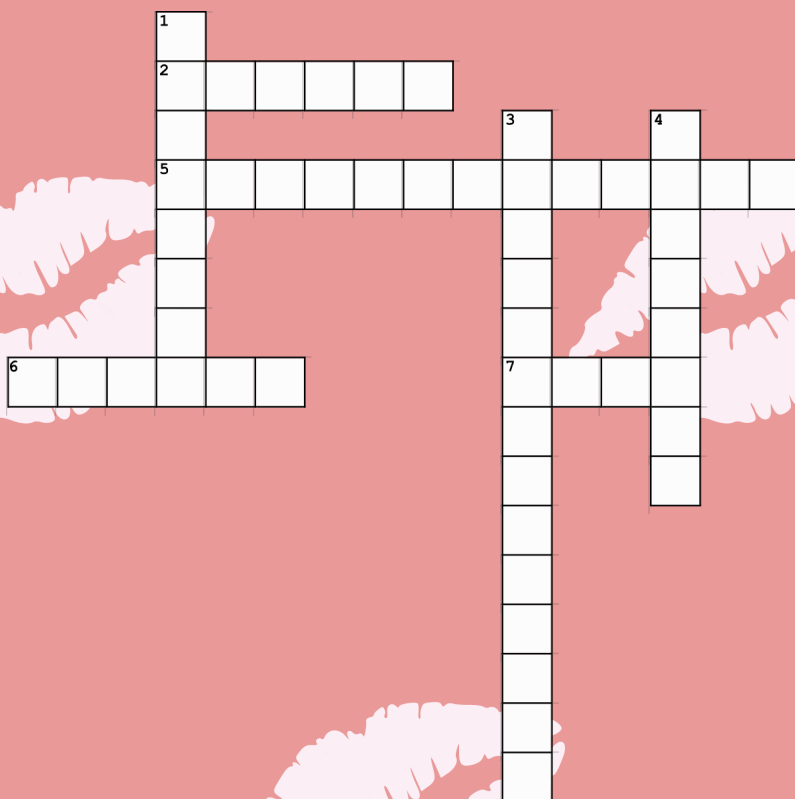
You prefer to take the back route; something different, but one that you know works well. You're playful and energetic, always ready to pounce on new adventures—your flexible and adaptable nature means you're always up for trying new things, keeping the excitement alive in and outside of the bedroom.



Mostly D's: Cowgirl

You're a bit of a control freak, which is not a bad thing in bed. You like to take charge and you know what makes you and your partner feel good—you're not one to sit back and enjoy the ride, you want to be behind the wheel.

CROSSWORD



Across

2. Peak of pleasure
5. Pregnancy prevention
6. First time experience
7. Erotic literature or media

Down

1. Intimate cleansing practice
3. Position facing away
4. A tool for female pleasure

WORD SEARCH

V I
L S S Q
X Q H I M E
C S B D R A G Q
G U X R H O U F L A
C V Z C H U T C P M T M
J C H A E S Z I N U T F O T
X P O R N U X O L D F Z A G M F
I G U D C F K K T C W B A D N O E D
Z L V V L V W I Y Y E H T X H R T Q F I
R V V C L B N N S V C O N S E N T J H A
F O W H C F K A W G G C P G L B O Q
G O V Y C S T H I X L S H A T G
D I V F R N C D A I V W X H
B V H Q A N Y L M Y H X
Z X C F S V R A V E
Y P A O D W X S
A T M J D R
R W S V
G W

SEX
CLIMAX
PORN

CONSENT
FANTASY
KINKS

FOREPLAY
CLITORIS

SUDOKU

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	8	5	6	2				
	7			4	2	9	8	
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7			9		1			
		3						9
	6				2	7		
6	2		7	9	5		1	
	9	5				6	2	7
							8	

HOROSCOPES



CLARICE DE TOLEDO

LEARN
MORE

It's officially Leo Season! Welcome to one of the brightest, playful, and fun parts of the year. Leo is a sign that speaks to passion in our lives, how we experiment with our own pleasure, and the way we express ourselves. Maybe that's why the beginning of its season coincided with the Sex Issue. Yay! The next four-week period could be a great time to boost your confidence, go after your goals, and defend your passions. It's generally a great time for parties and social events; you could feel people being more open, more alive, coming out of their cocoons with more ease. Let's see the area of your life that this energy could ignite:

Don't forget to read your Rising Sign! If you don't know your rising sign, you can always consult me for help! @claricedtoledo

ARIES

During the next few weeks, you might notice your social life blooming a little more. Maybe you're reuniting with friends, meeting some new people, and going out more. Or you could just be feeling more motivated to go after your goals, with determination. The fiery Leo energy suits you well. You could feel more attractive in general, a little magnetic. If you're single, you might be open to dating opportunities or feeling more amorous. Since the moon will be in Aries on Friday, that would be a great time to make plans to socialize.

TAURUS

During Leo season, you could be focusing more on your private life and wanting to stay at home, in the comfort of your bed. You could be seeking hobbies that bring you joy and promote your inner peace, like knitting or pottery, mostly indoor activities. Especially around the weekend and Saturday, you could really feel in your element, cozy with a cup of tea, watching a comforting TV show to relieve stress. Just be careful not to isolate yourself too much or trade leisure for idleness or procrastination. Focus on self-care with moderation!

GEMINI

The Sun in Leo could bring a lot of excitement into your life, especially because Mars (the planet of movement) will be transiting your sign. You could feel more positive and driven, with a million things you want to do, as usual. Your schedule could be really full in the next four weeks with personal projects, learning, social life, errands, and local connections... It could all feel like a lot, so remember to take care of yourself during these busy times. Know your limits and where to focus your energy.

CANCER

Leo season could have an impact on your financial life and your own sense of value, especially when it comes to your savings. Maybe you've reached a certain goal and you're ready to invest your money, or you're organisingw yourself to start saving. You could be noticing themes related to your own self-esteem, how you value yourself, and how you show up in the world. The good news is – Leo energy is a pro at this. You could strengthen how you love yourself, assert your worth, and express what's important to you.

LEO

Happy birthday, Leos! It's your time to shine XOX. You could feel a lot of movement in your life during the next month. Your birthday is a time to renew your energies and update your software. The sun is shining bright on your sign; this is a time of empowerment and new beginnings. You might be more thoughtful about your personal development, self-care, body image, goals, behaviours, and even appearance. (It's okay to be a little vain!)

VIRGO

This month could be a little slower for you than for other signs. It's more of a time for introspection, self-discovery, and self-care. Alone time could really benefit your well-being, but not too much isolation, which can lead to overthinking and worries. The key for Leo season is to be kind to yourself but also push yourself to act and behave in ways that promote healing. You might feel like it's the completion of a cycle, or you could be grieving someone or a situation. Enjoy meditation and spiritual practices that make you feel cozy inside.

LIBRA

During the next four weeks, you could be focusing more on your friendships and social connections, as well as your social influence. It's a great time if you'd like to concentrate on social media growth. You might feel more in your element as a social butterfly. You could have more opportunities to go out, fill your days with events, parties, project-related meetings, and feel more connected to your own goals and long-term dreams. Have faith and open yourself to new opportunities.

SCORPIO

You could feel more driven than usual, especially when it comes to your career. Be

bold, especially if you've been wanting more recognition for your work. The Sun in Leo could inspire you to put yourself out there and showcase your talents. It might also make you feel more responsible, which could be overwhelming. So Leo season could also remind you to find joy in whatever you do and in whichever career path you choose.

SAGITTARIUS

The next four weeks could be a really positive time for you. Since Leo season supports your desire for adventure and your drive to learn, you could feel very focused on your studies or on partying on the weekends – equally. You might feel philosophical and thoughtful, wanting to explore different ways of thinking and perhaps other cultures. Everything could feel really intense, but in a positive way.

CAPRICORN

Last week might have felt pretty intense with a Full Moon in Capricorn that took place on Sunday. This week, you could be dealing with the aftermath of intense emotions. If you're someone who doesn't allow yourself to feel emotions very often, you might be in a moment of purging and letting go of heavy feelings from the past. Be kind to yourself during this period. You could be facing themes like hidden fears or motivations, letting go of old patterns and emotional wounds, feeling more vulnerable, and creating deeper emotional connections.

AQUARIUS

During this Leo season, you could see a focus on your one-on-one relationships – romantic, business-wise, or with close friends. You could be dealing with a conflict or a change of some sort, or becoming closer together, working toward a shared goal, reflecting on commitment, signing a contract, or just having a lot of fun together. On one hand, you might find yourself attending more social events, networking functions, and making more public appearances.

PISCES

Your ideal routine could be easier to attain during the next few weeks. The Sun in Leo could bring you a lot of motivation when it comes to wellness and your everyday routine. You could finally start focusing more on your physical health and well-being, like your eating habits or how often you exercise. You might also try to find ways to be more productive and practical.

SHADOWS

YOUR STUDENT BAR

SHADOWS BAR WEEKLY DEALS

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FREE POOL WHEN YOU SPEND \$10 OR MORE*

TUESDAY

BUY ANY TAP DRINK & GET A BURGER AND FRIES FOR \$10*

WEEKLY SHADS PUB QUIZ

WEDNESDAY

2 FOR 1 PIZZA*

STUDENT NIGHT FT DJS

SPECIALS

THURSDAY

2 FOR \$25 COCKTAILS*

INDIE TUNES

FRIDAY

DJ

ROTATING FOOD & DRINK SPECIALS

HAPPY HOUR

EVERYDAY 3PM - 5PM
AND 9PM - 11PM

\$3 STUDENT COFFEE

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SHADOWS
YOUR STUDENT BAR



HAPPY HOUR

EVERYDAY
3PM - 5PM
9PM - 11PM

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Odd Company • \$8
Heineken • \$9
Scapegrace G&T • \$10

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