

CRACCUM

ISSUE 16, 2020



Sex Week Origami Fortune Teller

Cut out our origami fortune teller and find out which sex position you are! PAGE 19.

Good Vibes

Craccum reviews sex toys! PAGE 24.

Porn Reviews

Craccum spent hours watching porn videos. We round up the best and worst of them. PAGE 26.

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Feelin' Ourselves

Cam says:

Welcome to the Craccum Sex Edition. The one week a year that we devote to sex - in all it's good, bad and sometimes downright dirty glory. We had originally slated this edition for Semester One. But in light of a Nationwide ~~Dry Spell~~ Lockdown, we felt we really couldn't be pushing sexy content in the middle of a global infectious disease pandemic. So alas, here we are in Semester Two.

The University in their most recent email to students outlined new videos by the wellbeing team that discuss healthy relationships. This sits alongside other initiatives by the University to promote positive sexual behaviours. This is so important. University, for many, is a time where you discover and explore your sexuality. In my own experience, University was when I started having sex. A choice I made with the knowledge around how to be safe, protect myself and make my own decisions. I hope you all are able to do the same when you are ready.

University, for many, is a time where you become a more sexual person. That's something very cool. There's real sexiness in knowing when you're ready and making your own decision. It's also knowing when you're not ready, which is very much okay too.

I guess what Dan and I are trying to say in our editorials this week is that University is a time to explore your sexuality - if that's what you're into.

Cheers,
Cam



Dan says:

I hope you're having loads of sex.

No, seriously. I hope you're having loads of sex. Or any sex, really. I hope you're having any sex.

University is an awesome time of our lives. It's the juncture between childhood and adulthood. It's a place to grow and develop and learn about ourselves, and it's a place to make dumb mistakes and try out random stuff that we'll never do again. Basically, university is a time of experimentation. It's a time to find out more about the world, and about ourselves.

Weirdly though, while we often talk about how university is a time for trying out different hobbies and outfits and personalities, we hardly ever talk about how it's also a time to discover who you are sexually. I think that's kinda lame. University is a time to try out new friend groups. It's a time to take up new hobbies. And it's a time to develop as a sexual person.

So, basically, I hope you're having sex. Because if you're having sex, you're finding out more about who you are and what you like. You're developing as a person. (And I mean you're also having sex, which is pretty rad in itself. Go you!)

University is about growing as a person - and part of that is learning how to be comfortable with your sex life.

So yeah, have sex. Loads of it. And enjoy it.

Cheers,
Dan



PS. If you're not having sex - don't stress. I'm sure your time will come. Maybe try some new cologne or something in the meantime though.

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AUSA Readies Ballot Boxes for the 2021 Executive Election

CHARLOTTE PARKER

The Auckland University Students' Association (AUSA) has opened up nominations for their 2021 Student Executive positions. The elected executives create an integral association responsible for events, advocacy and decision making for Auckland University's student body.

The executive roles currently available are President, Treasurer-Secretary, Education Vice-President, Engagement Vice-President, Welfare Vice-President, International Students' Officer, Queer Rights Officer, and Women's Rights Officer. The duties of these roles range from being involved in campaigning and advocacy for specific groups within the university to looking out for the general welfare of students' and running events throughout the year.

To nominate yourself for these roles you must be a student at the University of Auckland at the time of nomination, and a current AUSA member. The nomination form can be found on the AUSA website.

Nominations close on the 28th of August. Voting for the election begins at 9am on the 31st of August and closes at 5pm on the 4th of September. Any student currently enrolled at the University of Auckland is eligible to vote.

The 2020 Executive has been able to achieve tasks such as enabling students' grades to be moved up a grade level in regard to online learning during Semester One, organising 'Party in the Spark' and the relocation of Shadows bar.

The AUSA is further responsible for class representatives, who

are delegated the responsibility of relaying problems and concerns within courses back to the relevant faculty. They are also the source of numerous food and welfare services on campus for students who are struggling mentally or economically disadvantaged.

The AUSA acts as a central hub providing a wide range of resources and opportunities to help students have the best possible university experience. It is important that students have their say in who is making AUSA decisions, as they are your acting voice.

Callum Sao, an AUSA intern said in regards to the importance of the AUSA, "AUSA is a voluntary student led and run association that is committed to advocating and representing students of the University of Auckland."

"AUSA offers a wide range of free services which includes, but is not limited to, AUSA Advocacy and AUSA Grants. They are dedicated to providing students with the best student experience possible."

If you wish to take on one of the executive roles, it is important to note the committee meets once every fortnight during semesters, and then at various times during semester holidays. As AUSA represents the student body, it is important that nominated officials are available and committed to representing the university community and attending the meetings.

Successfully elected representatives will be announced on the 11th of September.

More information about AUSA can be found on their website www.ausa.org.nz or on their social media pages (Facebook and Instagram).

University of Auckland Alumni and Donors Targeted in Cyberattack

CAMERON LEAKEY

Information on a number of University of Auckland alumni and donors has been stolen in a targeted cyberattack. The information, stored on a private encrypted database, became compromised in May when an attack successfully retrieved the information.

In an email to alumni and donors on 30th July, Deputy Vice-Chancellor Jenny Dixon made the wider university community aware of the data security breach. Data taken includes contact details, dates of birth and information on donations and engagement with the University. The email emphasised that no passwords or credit card information was threatened by this attack.

The data is held by Blackbaud, a worldwide provider of not-for-profit database management software. In response to the attack, Blackbaud negotiated and paid a ransom to the cybercriminals in order to assure the safe destruction of the data. A university spokesperson is assured that this destruction has occurred – noting that it was in the interest of the cybercriminals to destroy the data in order



to gain leverage in further data breach attacks.

The University of Auckland is one of two New Zealand universities identified in the data breach. The University of Otago sent an email to alumni in July outlining that a small file on some donors based in the United States was potentially compromised, however the extent of this compromise was still being identified.

The University of Auckland believes this breach has now been successfully resolved. The Office of the Privacy Commissioner has been informed of the breach along with those possibly affected.

Worldwide, British universities in Birmingham, Leeds, London, York, and University College, Oxford have all been identified as victims of the cyberattack.

Students Affected by Contraceptive Pill Shortage

ELLA MORGAN

Students have reported being affected by shortages of all types of oral contraceptive pills.

According to Pharmac, Noriday, Microlut, Norimin and Marvelon pills have been affected by global shortages and discontinuations this year. Some pharmacies in Auckland have had to limit supply to one-month, or in some cases even one-week.

Eva*, a University of Auckland Politics and International Relations student, told Craccum that she has been having trouble being able to obtain her full prescription. The contraceptive pill was prescribed to her to treat her endometriosis, a disorder where tissue that normally lines the uterus is found outside the uterus. "I've been back to the pharmacy twice in the last two weeks and still haven't been able to get any more. I was given a one-month supply last time I went. I understand it's not the pharmacist's fault but it is frustrating."

"I do worry that I might end up in a situation where I don't have any pills left and can't get into the pharmacy, and that I could end up in pain."

Birth control rationing has been taking place since May this year.



While Pharmac reports that supply of the Noriday pill has returned to normal, Microlut is still at a shortage. The Norimin pill has been continually affected by international manufacturing issues, which New Zealand Doctor reports has been worsened by the COVID-19 pandemic. Supplier Pfizer has advised that current stock has run out, but more will be available by mid-October.

The contraceptive pill is a common and effective method of contraception. Family Planning New Zealand states that in normal cases, the combined oral contraceptive pill is 92% effective, but this can increase to 99% if taken "correctly and continuously".

**Name has been changed to protect student's identity*

Executive Positions Scrapped and New Appointment System Part of AUSA Constitutional Changes

JUSTIN WONG

Auckland University Student Association (AUSA) is planning to shrink its elected executive members to nine as part of its proposed constitutional changes.

Out of the 14-member AUSA Executive, 11 are publicly elected, including the President, three Vice-Presidents, a Treasurer-Secretary, four officers representing international students, satellite campuses, women and LGBTQ+ rights, as well as the Design and Campaigns Officers responsible for communications and campaign initiatives respectively.

The remaining three members are the Pacific Island Students' Officer appointed or elected by the Pacific Island Students Association (AUPISA), and both Tumuaki of Ngā Tauira Māori.

The current executive is proposing to create a new student officer for postgraduate students, but plans on disestablishing the Satellite Campus Representative and both Design and Campaigns Officers.

AUSA said the Satellite Campus Representative's role is no longer required as the Student Council has representatives from all university faculties including those from satellite campuses. It also says the Design Officer's duties are now carried out by professional staff, while the Engagement Vice-President is at "better places" to cover the Campaigns Officer's responsibilities.

Despite the proposed changes, nominations for these positions are still accepted for the upcoming AUSA elections on September 4th. However, these nominations would be invalidated if the changes are adopted.

Other proposed changes to the constitution include allowing the executive to make appointments to fill a vacant executive role if there is less than six months left in the term of office. A similar system is used by AUT's student association, AUTSA, to fill any vacancies within its executive.

Under AUSA's current constitution, a by-election is required if a role is vacated more than three months before the term finishes.

Acting Treasurer-Secretary George Barton told Craccum before his resignation as President came into effect, that this proposal shows that AUSA is moving away from a model in which lots of people are needed on the executive.

He also said allowing the executive to directly appoint candidates to fill vacant positions could get students more engaged and involved.

These proposals are now under review before being voted on at a Special General Meeting.

AUSA said it intends for the changes to be adopted before the election.

What's Happening on Campus? Spotlight on Some of UOA's Clubs

JESSICA HOPKINS

Since we have been away from campus for a semester, several student clubs have had to take actions such as cancelling or downsizing events. Despite the unprecedented challenges of COVID-19, many were still able to keep students engaged, and adapt to the new normal. Craccum talked to a few club presidents about how their plans were affected by the lockdown, and what they have planned for Semester Two.

Caitlyn Prince, President of The Sustainable Futures Collective (SFC)

Prince told Craccum that because SFC holds most of their events in person, they had to change their plans significantly.

"We wanted to still engage with our members, so we had to think about ways we could interact with students".

Prince said that COVID-19 has influenced the conversation surrounding sustainability.

"The theme for our hackathon this year is Sustainability in a COVID-19 world. We have the opportunity to create a better future because we have seen so much change in the past six months and people are more open to it now."

Daniel Barraclough, President of the Arts Students Organisation (ASO)

Barraclough said students were responsive to student organisations during the lockdown.

"People were super eager to engage with something that gave them a sense of comfort, that everything was going to be okay".

"It was inspiring to see how much people cared. I was super worried people would be like 'I don't give a fuck', but the organisation at large was willing to stick it out."

The ASO offered free membership for the first time during lockdown.

"We wanted to bring people together at a time that they were increasingly isolated. In tough times you've got to step up and try to do

a good job for people, and we did the best we could do in the circumstances we were in."

Chloe Bagayas, President of Stray Theatre

Bagayas told Craccum that Stray is set to perform two shows later this semester, but that lockdown didn't stop Stray's members from doing what they love.

"We had an online short play festival called 'Stir Fried', which was usually a live event, but we changed it to be in an online format."

"There was an improv workshop one day, and then we had groups coming together to make plays over Zoom."

Lockdown saw a spotlight on art forms like drama that could be enjoyed at home, with the cancellation of many sporting and other events.

"Some people think the magic of live theatre was taken away, but art helped people get through the lockdown, it was a good time for art in a weird unorthodox way", Bagayas said.

Christoph Ernst, President of UN Youth Auckland

Ernst said that COVID-19 shaped many of the discussions within UN Youth.

"COVID-19 accelerated the conversation, and saw a shift towards focusing on topical local issues, building resilient communities and empowering people around us."

In Semester One, UN Youth held an online case competition, and hosted a speaker series which ran over seven weeks.

"These events gave our members that educational aspect of being a member", Ernst said.

Ernst said UN Youth also focused on providing social events for its members during the lockdown.

"We wanted to give people stuck at home the opportunity to engage with others and have something to do other than academics."

Umbar Sandhu, President of the Debating Society

The Debating Society also focused on facilitating social interaction between its members.

"Obviously a big aspect to the club is the social aspect. By week two of lockdown people were getting pretty bored, so it was great for people to meet each other like they would normally on campus."

"We tried to run online debating and social events every week to make sure people could make friends with other members of the society."

Sandhu said this was to ensure new members felt comfortable.

"Losing the ability to do in-person debating makes the barrier to entry higher for people who haven't debated before. It can be quite intimidating, and we wanted to make sure members had a friendly introduction to the society that they would normally get over pizza on campus."

Andrew Hu and Vanessa Ciputra, President and Vice-President of the Developers Society (DEVS)

DEVS also held multiple Zoom workshops, with their first online workshop hosting over 100 participants. However, this did not come without challenges.

"One of the problems we faced as a tech club is that we do a lot of coding in our workshops. We cater for people who don't have a technical background, so in person we have TAs to help people. Online it's harder to gauge whether people are keeping up and we can't have an individual TA to help people out."

The Developers Society spoke on the importance of including students overseas, despite being at Level One in New Zealand, and have plans to remain partially online.

"One of our execs is actually in China right now, and she said she really enjoyed being able to attend our events online. Being online gives accessibility for anyone to join and attend our workshops."

WHAKARONGO MAI! / LISTEN UP!

The State of Sex Education in New Zealand

KEEARA OFREN

When words such as “my vegeta is swollen and itchy” or “am I pregante?” reached meme status on the archive that is Yahoo Answers, the question was posed in comment sections worldwide; how is sex education taught? In a world where facts of life can be sought and taught on Google or Pornhub, how does the New Zealand education system fare?

With a great amount of discretion on how sex education is taught in high schools, there seems to be significant debate on online teaching forums about how to address not only sex, but connected issues such as sexual health, abusive relationships, gender identity, LGBTQI+ relationships and safety and privacy in an online world.

Coming from a Catholic high school, the curriculum seemed to balance on a tight-rope between wanting educated students and preserving Catholic values around sex. Sex education was covered in occasional health sessions where the teacher could not answer with a straight face, and would giggle and give vague statements to avoid answering questions. While contraceptive methods were touched upon, emphasis was placed on abstinence and never being intimate online. Questions were left unanswered and contraception remained an unexplored frontier.

One lunchtime, a more experienced student decided to take matters into her own hands, holding secret classes in the underground toilets at our school. She brought with her a range of items from Family Planning and demonstrated, using a glue stick, how to put a condom on. And that my friends, was how I was taught (and dodged Yahoo Answers). But perhaps, others may not have had the chance to learn. Or perhaps they did?

I took to the student community to hear their experiences about how they were taught sex education, their opinion on the state of sex education in New Zealand, and if there is anything they think should be taught

for generation Zoomer and beyond.

Priya*, Law and Arts

“I went to a co-ed high school. We were taught sex education for one month in science, this was in Year 10. By that time, it’s already too late.”

“We need to know about sex beyond biology, but in health class, sex was only mentioned in an occasional, ‘masked’ way, only in Year 10 and not as an ongoing topic.”

“We were taught from a 1970s animated cartoon video with elderly teachers.”

“Sex education, and health classes in particular, need to acknowledge a changing and opening society, through a curriculum which covers mental health and relationships and the fact that girls and boys may be curious about sex earlier than in Year 10. We also need to consider and address in sex education the fact that women are being sexualised younger, which means addressal of safety too.”

Eleanor*, Science and Arts

“I got a brief sex education class in Year 6. Boys and girls were separated, and girls were taught about erections and periods. The general impression was that we shouldn’t discuss that stuff with boys.”

“At my single sex high school, we never covered contraception or consent. There was a Sex With Attitude presentation about healthy relationships, but the general message was abstinence until marriage, anti-abortion and no mention of contraception.”

“We also didn’t learn about gay sex, homosexuality, asexuality, bisexuality or anything non-heterosexual. We also didn’t learn about orgasms or foreplay, very little on sex itself, mostly anatomical discussion and labelling.”

Ana*, Law and Arts

“I come from a multicultural and highly religious country. Where I grew up, ‘baby dumping’ is very common, where babies are born in secret and abandoned. This is because there is a strong stigma against sex and unwed mothers. We were taught about sex in biology, but it was mainly activist feminist groups who taught contraception. They were seen as ‘encouraging’ young students to have sex, so public opinion was against them.”

“While this may seem very conservative, my observation is that New Zealand is not that different after all. There are many religious schools which prioritise abstinence and are in denial that young people will be having sex regardless. Sex education here needs to be less ‘secret’ and more educational.”

Joris*, Health Science

“We were just mostly taught about condoms. There needs to be more education on ineffective methods, like the ‘pull out method’ and how that’s the dumbest shit ever. My biggest point would be about safety in using dating apps. Do you know how many young people are on Grindr?”

“Same sex relationships should be

covered in school, especially because high schoolers don't want to be outed.

This is so there is a safe way to have questions answered, such as the pain and requirements of anal sex."

"I feel like some guys don't take condoms seriously too, this is notorious in the gay community. This should be discussed and explained, rather than young men having to learn through experiences which can be toxic or exploitative."

Cassandra*, Arts

"Sadly, I learnt through a pregnancy scare. I find that sex education, if at all, tends to cover contraception briefly and is usually only focused on basic anatomy. It would have been helpful to know about different methods of contraception and how these suit different lifestyles. Birth control pills may not suit someone who may lose things frequently or has to move between family homes regularly. Perhaps other methods such as an IUD or Depo Provera could be raised."

"Though we know that sperm and egg makes an embryo, there were so many questions I had about conception."

At the time, my partner's condom broke. What were my options? What would happen?

Can I still get pregnant from pre-cum? Can I get pregnant with intimacy in a spa pool or shower environment? How long does sperm survive on the skin? Can sperm still survive without the semen which holds it?

The science behind sperm, what makes it survive and what makes conception work would be helpful in being mindful of times to have sex and also how to clean up after."

"We were taught about STDs and STIs but in a heteronormative context which was almost completely about diseases from penetrative sex. Chlamydia and herpes can still be spread without penetrative sex e.g oral."

"Family Planning is doing essential work in New Zealand. But the responsibility shouldn't only be on clinics and in expecting young people to know what they need to ask. Schools should take more responsibility for the sake of science and health."

Patrick*, Arts

"I had sex education at school in Years 6, 7 and 8. I remember in Year 7, a particularly stern teacher standing at the front of the room and showing us boys a sex education video from the 90s. You could tell how old it was because the protagonist had strong feelings for Friends era Jennifer Aniston – with a poster of her above his bed."

"However, in high school, I never had sex education. It was a small private high school, but they didn't cover anything. We had a reproduction unit in Year 11 biology which luckily covered the basics – though not all students took biology."

"I'm fortunate to have very proactive parents. I'm the youngest of three – and my mum is a health professional – so they sat me

down for 'the talk'. Regardless, it was poor that my school did not even inform parents that sex education was not going to be taught, nor facilitate a safe space where students may have been able to learn more about sex and ask questions away from their families. I feel as a result that some of the students I went to school with really missed out on the important opportunity to learn about sex and sexuality. I hope their parents gave them the talk."

Jennifer*, Postgraduate Arts

"I think there should be more specific universal standards for sex education in New Zealand. I attended a single-sex religious high school and received a lot of information about contraceptive methods but received little to no education about gender and sexual orientation as this did not align with the religious character of my school."

"I think regardless of whether you are LGBTQ+ this is an important topic to cover so you can have a respect and appreciation for the experiences of others. This should be standard in sex education across New Zealand, and issues of gender should be taught pre-high school."

"I think this could have the potential to address some of the homophobia, transphobia and discrimination we see in New Zealand today."

**Names have been changed to protect students' identities*

MONDAY 10 AUGUST, 6.30PM, SHADOWS BAR

Tāmaki Makaurau Electorate Debate

Bought to you by Ngā Taura Māori and AUSA



Karongo 3 Mai!

I think regardless of whether you are LGBTQ+ this is an important topic to cover so you can have a respect and appreciation for the experiences of others. This should be standard in sex education across New Zealand, and issues of gender should be taught pre-high school.

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Craccum's Guide to Keeping it Spicy in the Bedroom

CRACCUM EDITORIAL TEAM

Hey you. We get it! You've been going out with your partner for a long time, and you don't know how to keep things fresh in the bedroom. You want to know how to keep it sexy. You want to know how to be frisky and wild like you were when you first had sex; how to keep your lover hot under the collar and warm under the covers. Never fear - here at Craccum we know just how to keep it sexy. We're fucking good at fucking. So if you want some hot, moist, juicy top tips, read on.

Swap out the sexy music for a sexy podcast

You've been playing music during sex for so long now that you can sing the lyrics to every song on the playlist. Mix it up! Next time, instead of queueing up the trustee 'Playlist 4 Sex', chuck on a podcast. It's a great way to learn something new while you're having sex. It also gives your partner something to listen to while you flail away helplessly. Craccum recommends BBC News Night Weekly (gotta keep up-to-date with all them current events, y'all!), Dan Carlin's Hardcore Histories, and the Financial Independence podcast. For even better results, try quizzing your partner about the podcast afterwards, just to make sure they're really paying attention.

Repeatedly ask them if they're enjoying the sex

Communication is the cornerstone of good sex. That's why it's important to constantly seek feedback from your partner about it. Next time you have sex, spice things by asking every twenty seconds if they're cumming yet. Even better, set a timer on your watch to remind you when to ask. Nothing will turn your partner on like constantly having to assure

your insecure ego that they're having a good time.

Candles and Hot Wax

This one comes straight from the 50 Shades of Grey playbook. Light a candle and drip the hot wax down your partner's torso. Not only is it really fucking hot, it's also *really fucking hot*. Look, we're not gonna lie, we haven't tried this ourselves, but it was in 50 Shades so it must do it for some people. Plus Briscoes is having a candle sale at the moment. Win-win.

Silk Scarves (or Anything Else) [Tie them up]

Again, this one comes to us courtesy of E.L. James (shout-out to all the bored and horny stay-at-home mums! Woop woop!). Next time you're getting down to business, whip out a silk scarf and tie your partner to the bedposts. It's a hot display of dominance; one that's guaranteed to turn them on. If you don't have a silk scarf handy (I mean, come on, we're students, not the fucking Sultan of Brunei), don't sweat it - a couple of hockey socks

"Next time you have sex, spice things by asking every twenty seconds if they're cumming yet. Even better, set a timer on your watch to remind you when to ask."

(preferably not used), a tea towel, or the tape you used for Scrumpy Hands last night should do the trick. Just remember to untie your partner when you're done.

Roleplay as Something Basic

Hey, everyone's got their roleplay fetish. Chances are you or someone you know has fantasized about having sex with a sexy nurse, or doctor, or teacher, or cop, or pilot, or army vet, etc. There's no shame in that! Sometimes you just wanna be someone else. Embrace it, and bring it to the bed next time you and your partner are getting down!

But fair warning: you must be prepared to commit to the role. Dye your hair. Practice your accent. Spend two weeks in the sub-saharan desert learning *exactly* what it was like to be a 1940s North-African Army Surgeon. Nothing is sexier than a great performance in and out of the bed; make sure you nail your part.

Roleplay as Something A Little More Out There

Nurse roleplays are outdated. So are any other roleplay scenarios in which you take on the persona of a particular job (cop, doctor, actor, student, etc). Try something a little more out there! Try something you and your partner would never have thought of!

There's a whole world out there or different and more exciting scenarios: you could roleplay as characters from your childhood (Tinky Winky has been a very naughty teletubby), as animals, or as fictional, half-human half-animal hybrids. *Craccum* recommends roleplaying as the Cookie Monster ("C is for Clitoris"), but honestly, the more creative you get with this one, the better. Skies the limit!

Whips and Chains

Okay, now we're getting *serious*. Whips and chains can be welcome additions to anybody's sex life. Often associated with BDSM ala 50 Shades (which isn't really BDSM from what we're told), whips and chains are there for when you love some pain mixed with the pleasure. You can do it low and slow, or hard and fast. Communication is key. Our friends

"Craccum recommends roleplaying as the Cookie Monster ("C is for Clitoris"), but honestly, the more creative you get with this one, the better. Skies the limit!"

at Adult Toy Mega Store can hook you up with whatever you may desire.

Foot Fetish

There's no shame in being into this! Foot fetishes are very in vogue at the moment, what with all the money to be made selling foot pics. If it's something you or your partner is into, try a footjob. Think a handjob... but with your feet. I know, I know. Complicated. If you're strapped for cash, you can knock-out two birds with one stone: upload the pics you sent your partner to OnlyFans and make some \$\$ on the side. Studylink don't have to know ;).

Piss Play and Golden Showers

Honestly, just open up on that bad boy. Go to town. Coat the walls. Coat the floors. If you can, coat the ceilings. Peeing on things is guaranteed to turn your partner on. Trust me. It works even better when you don't warn them.

It's true that this one requires more prep than most of the others - you're gonna have to spend the day before hoarding your pee and downing loads and loads of water - but it's also the most fun. It's basically just playing tag with your piss, and you can set yourself secret objectives while you're going to keep you on your toes: can you get the piss to go between the little hole in the bed frame? Can you get it to wipe off that spot on the window? Can you turn on the light switch through the pure power of your piss alone? After a few attempts, you'll be a crackshot.

Okay, I know this isn't actually how this fetish works. It's all about being aroused by urine. Science says the act of peeing on your partner turns some people on because it makes them feel more intimate. Some partners also like the feeling of dominating/being dominated that comes from peeing on/being peed on by someone. So try it out! You never know, you might like it.

Beware though: unless you like sleeping in soggy, piss-laden sheets, clean-up is going to be a bitch. Invest in some rubber sheets perhaps. Alternatively, we recommend you find a nice hotel (one which doesn't charge an extra clean-up free).

Coprophilia (Scat)

Coprophilia is defined as a sexual arousal to feces. It's also called Scat. According to psychologists, when humans are aroused, our disgust reflex is temporarily disabled. Psychologists also say there is something about the taboo which adds to the excitement. We don't have any first-hand knowledge or experience with this, but our judgment free advice is simply to inform your partner that this is what you're into. No unexpected surprises are appreciated in scat play.

Bonus: Contribute to Craccum

You sly fox you, you're thinking about writing a short news piece, aren't you? You dirty bitch, you know that turns me on. Tie me to the bed with a silk scarf and then write. Fucking write. And what's that? You're going to put a pun in the title? Hurry up and fuck me already.

YOUNG PEOPLE AND SEXUAL HEALTH

Family Planning held

62,331

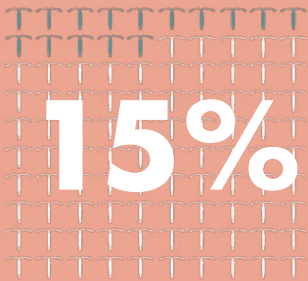
consultations with young people under 22 in one year.



More than

4,000

STI self-tests took place over the course of a year.



15%

of women aged 16–24 use some form of long-acting reversible contraception, such as implants or IUDs.

Half of all New Zealanders have had sex by the time they are 17 years old.



If used correctly, condoms are

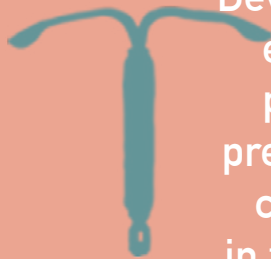
98%

effective at preventing pregnancy.



80%

of young people aged 16–24 years used a condom the first time they had sex.



Intrauterine Devices are 99% effective in preventing pregnancy, and can be kept in for 3, 5 or 10 years.

The oral contraceptive pill is 92% effective, but can be 99% effective if taken correctly and continually.

83% of men and 80% of women who are sexually active use at least one form of contraception.

For more information about sexual health and contraception, head to familyplanning.org.nz

Information from Family Planning New Zealand and the Ministry of Health.

HEALTH BITES

It's Only Herpes

PATRICK MACASKILL-WEBB

Patrick Macaskill-Webb explores one of the most common viruses we interact with throughout our sexual experiences, debunking your primary concerns. Is there a way to stop getting cold sores? Short answer: no.

I was once told by a sexual health specialist that I was likely first exposed to herpes by an aunt, giving me a hug and a kiss as a child. Yup, thanks Doc, that's suuuuper reassuring... By now, the body has already figured out a response to Herpes Simplex Viruses 1 or HSV2 - both of these kinds can cause genital herpes. The mouth kind (otherwise known as cold sores) and the STI share the two strains of the virus. I guess, like my childhood self, you don't find it very reassuring to hear that you have probably been exposed to herpes already. And you'd probably find it even less reassuring to have your aunt brought up in conversation during a sexual health check-up. Anyway, despite knowing full-well that insisting on a test for this virus (with no symptoms and consistently getting negative results) is an exceptionally poor use of public health resources, I get the test anyway. Am I right to be worried about herpes?

Well, I think there's a whole lot to worry about: did you know that when infected the virus stays with you forever? Did you know that if you first experience symptoms, you will get very itchy, and very painful sores? I don't even deal with minor itches well, my self-control for "very itchy" would be absolutely non-existent! Also, much like COVID, there is currently no cure or vaccine available for herpes. We're left to deal with the annoying and painful symptoms, engaging in a lot of guesswork to find any relief. Thankfully, that's where the similarities between COVID and herpes end, as herpes is manageable and definitely not life-threatening.

Herpes is so widespread (1 in 3 people have the virus) because it is actually tolerated well

by people. Herpes is generally only a minor inconvenience if it ever arises at all. Also, and quite hilariously, the virus is literally vulnerable to room temperature. How pathetic. A lack of moisture also kills the herpes virus. Ironically, immunity to herpes has been investigated in excruciatingly dry detail but hasn't amounted to any actual cure. For some it's suggested, as a treatment, to avoid certain foods and drinks, such as coffee, chocolate, nuts, and red wine, as they can contribute to flare-ups. I get it though; avoiding coffee AND chocolate is a pretty big cost.

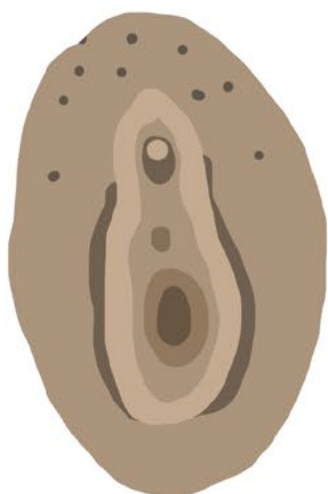
You should be pleased to know that, if you are involving yourself in a very active 'fucc boi' lifestyle, and have never picked up symptoms of herpes, it could be because you have a body which can activate an antiviral state through many corroborating genes. It's likely there's no antibody genetic lottery that decides your herpes infection fate. Rather, a synergy of innate and adaptive immune processes are working in the process of herpes elimination, and these immune cells weirdly share some of the same

protein signals. It's not enough for just the body's spontaneous & creative immune cells or the hard-working & persistent immune cells to be in action. The job requires both for infection prevention.

If you do have herpes, then it is not often that it will cause any real harm to you. The guidelines put out by the New Zealand Herpes Foundation actually say: "genital herpes does not stop you having sex." The guidelines also say "It is advisable to avoid sexual contact when lesions are present..." And so we should simply conclude that there is nothing to worry about if there's nothing noticeable happening to your body! Check ya bits for bumps and sores, use protection and get to shagging. Herpes is just a part of adult life that is uncomfortable, but not worth any incessant worry. Get all the other tests and checks for free if you are sexually active at Greenlane Clinical Centre, or your GP upon their recommendation. Then enjoy your bodies (and other people's bodies) for the miraculous and mysterious things they are, made up of the human, bacterial, viral, and other random pieces!



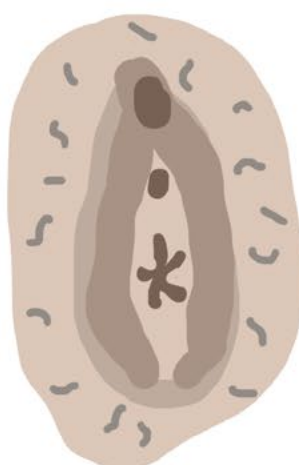
ILLUSTRATION BY IVY XU



annular.



dentate.



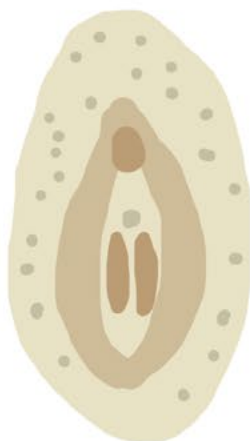
fimbriated.



imperforate.



anterior lunar.



septate.



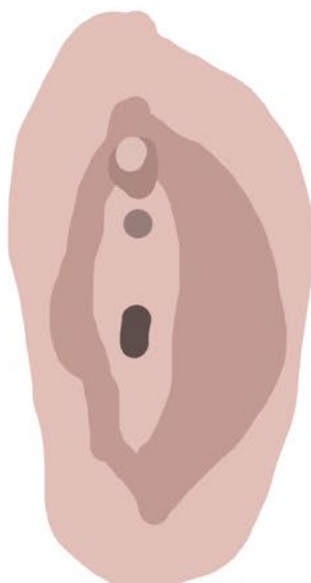
subseptate.



cribriform.



absent.



microperforate.



bifenstrate.



posterior lunar.

Hysteria

While Craccum's sex issue is usually full of fun, quirky, happy-go-fucky reading, the reality for some is that sex comes with a lot of hurt, shame and distress.

When I tell people that I can't have penetrative sex or use tampons, some common suggestions I get back is that I should have a drink, that I should use lube (wait, people don't?), or that I should "just relax".

Ahh. Just relax. This gaslighting phrase belongs in the kettle of fish where you find all of the other excuses for ignoring womxn's pain. Without exaggerating, if this were the 17th Century, I'd be diagnosed with something called Hysteria – a term that connotes a psychological disorder. I might as well also be considered demonically possessed as that would be the conclusion resorted to when no medical diagnosis or cure could be given. This speaks to the zero number of fucks that medical institutions give about researching womxn's health.

Hysteria comes from the Greek word for uterus, hystera. Therefore the association between womxn's pain and insanity goes way back to Ancient Egypt where poppycock interventions would be undertaken to settle the 'wandering uterus'. Even though it's 2020, I'm still not far from simply being diagnosed as crazy. Nor do companies stop capitalising on vaginal shame through vaginal steaming, vagina-optimising supplements, scented washes, vulva masks, labia serums, and other gels, sprays, deodorants, wipes and douches. A vagina-shaming society makes its owner feel like their body isn't good enough.

After years of dismissal, I had finally learnt at a gynaecologist appointment that I had an unusually thick hymen. Hearing this felt like the first time I put on glasses when I was 10 and saw that trees had leaves. I hadn't realised the potential quality of life that I had missed

out on until I was diagnosed. While other GPs would go straight in with their finger while I squirmed and held back punches on the table, this gynaecologist very quickly and gently looked from the outside, acknowledging that this was a painful experience for me physically and emotionally. To give you an idea, it often hurts when my menstrual blood comes out to meet the world. Had I pushed myself through forced penetration, my hymen would have gone through much more irreparable trauma than a person with a normal hymen would.

To set things straight, hymens are membranes that surround the opening of the vagina. Embryologically, the hymen is used to stop dirt from entering the vagina to prevent infection, but otherwise it has no real purpose. Perhaps as an adult, my hymen has had one use in being a great fuckboy filter.

Hymens can come in a range of anatomic variations that aren't just one regular hole. To name a few, but not all:

- **Dentate hymen** – the membrane has a serrated-appearing edge around the hole.
- **Fimbriated hymen** – the membrane has a star-shaped edge around the hole.
- **Imperforate hymen** – the membrane completely covers the hole.
- **Anterior/posterior lunar hymen** – a crescent-shaped membrane either facing downwards or upwards.
- **Septate hymen** – the membrane has a band of extra tissue down the middle making it two holes instead of one.
- **Cribriform hymen** – the membrane has numerous small holes instead of one.
- **Microperforate hymen** – the membrane almost completely covers the hole.

Some of these variations will cause more problems than others and can be resolved through a quick and simple outpatient surgery called a hymenectomy or hymenotomy where the excess tissue is removed. For example, the imperforate hymen is usually diagnosed quite young as menstrual blood cannot exit

"Hysteria comes from the Greek word for uterus, hystera. Therefore the association between womxn's pain and insanity goes way back to Ancient Egypt where poppycock interventions would be undertaken to settle the 'wandering uterus'"

the vagina, causing abdominal and pelvic pain, back pain, bowel problems and/or pain with urination. The point is that no two vulvas or vaginas work and appear the same.

There is no doubt that hymens are loaded with cultural connotations, particularly that of it being a marker of virginity. The monolithic construction of hymens as a virginity piñata creates many problems for people who might not physically be able to insert anything into their vagina in the first place. In the language my parents speak, hymen translates to “virgin seal”. Explaining to my traditionalist parents that I will be getting my hymen surgically removed was something they could not comprehend. The rite of passage that sex is meant to hurt the first time, or that a virgin is meant to bleed the first time they have sex, is woven into the cultural fabric of too many societies. It hurts me to know that some people feel compelled to go as far as getting a hymenoplasty (a reconstructive surgery of the hymen to restore it back to its ‘virgin’ state) to prove or pretend that they are a virgin, for whatever fucked up desirable reason. Hymens change shape and size over time and can be influenced by hormone levels and the physical activities done at a prepubescent age. Therefore, hymens are not a reliable indicator of virginity.

The way that hymens and vaginas are discursively referred to is a product of a phallogocentric world. We say things like “cherry popping”

and “hymen breaking” which place an emphasis on penetration and annihilative sexuality. Vaginas are often the object in the equation of sex, rather than the subject, and sex becomes synonymous with penetrative PIV sex. The word foreplay denotes something that comes before this main event, whereas I believe that the activities associated with foreplay simply need to be recognised as sex itself. The obsession with penetration extends to the way that external female genitalia are referred to in terms of exchanging the word ‘vulva’ for ‘vagina’.

As a result of the social conditions in which I expect my vagina and reproductive system to operate and the cumulative memories I have of vulvovaginal pain, I have developed vaginismus. This is a condition where the muscles around the opening of the vagina spasm or contract involuntarily making vaginal penetration painful or impossible. The causes are wide and varied including physical causes and non-physical causes, but it is usually linked to anxiety from the fear of having sex. This does not mean that someone who is excited and roused up to have sex cannot still experience this involuntary spasm. It is difficult to know whether the anxiety or vaginismus came first, as it is a cycle: you anticipate pain, tighten the vaginal muscles to protect the body, experience the pain which reinforces the limbic reaction, retain this reaction, and avoid penetrative situations, causing more anxiety for the next cycle.

Luckily, vaginismus can be effectively cured through the use of dilator therapy and additional CBT or psychosexual therapy if needed. Dilators are a set of plastic or silicon tube-shaped devices, starting from about the size of a pinky, graduating to the size of a penis or speculum. They are lubricated and inserted into the vagina for about 10 minutes a few times a week while you do breathing exercises or something relaxing. Having a safe and private space to use them helps to undo the anxiety response and when one feels completely comfortable with that dilator, they can move up to the next size. Given that there are no anatomical or physical issues, dilators can fully cure vaginismus.

I am one month out from getting my hymen removed and as grossed out and squeamish as I feel about it, I feel relieved to know that I figured this out before I sucked it up and submitted to the patriarchal expectation of painful PIV sex. And to anyone who feels as disembodied as I do with my reproductive system, I hope you get the medical and social recognition that you deserve. You are not hysterical for having normal functioning sexuality, and you are definitely not broken. It is up to media, sex education, medical institutions, and our sexual partners to step up to us.

Disclaimer: this article does not replace professional medical advice.

Further Resources:

Vulvovaginal Pain: Tight Lipped Podcast (www.tightlippedpod.com)

Vaginismus and Dilators: Hope&Her (www.hopeandher.com)

Film about Vaginismus: Tightly Wound (www.tightlywoundfilm.com)

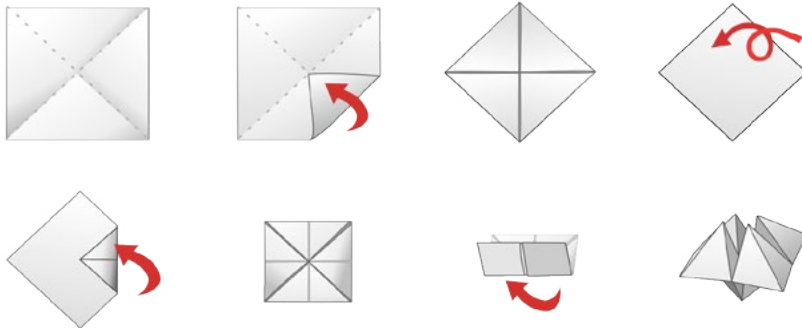
Pelvic Pain: Pelvic Pain Foundation (www.pelvicpain.org.au)

Endometriosis: Endometriosis New Zealand (www.nzendo.org.nz)

“You are not hysterical for having normal functioning sexuality, and you are definitely not broken. It is up to media, sex education, medical institutions, and our sexual partners to step up to us.”

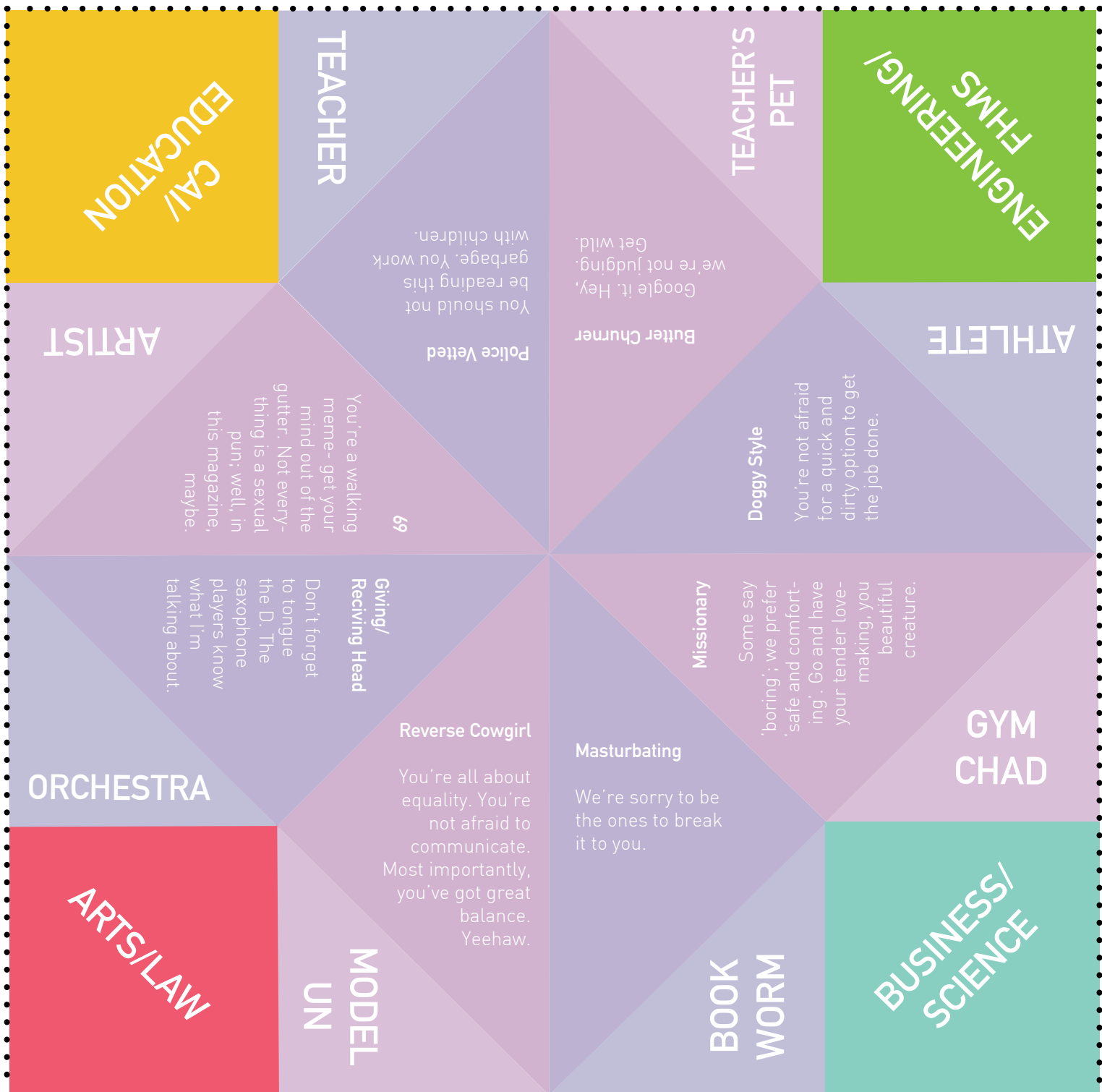
Which Sex Position Are You?

Cut along the dotted lines and fold as below.



HOW TO PLAY

- 1) Place your thumbs and index fingers in the holes ;)
- 2) Pinch and pull the fortune teller for the number of letters in your faculty. Eg. if you are in ARTS, pinch and pull 4 times.
- 3) Choose your highschool stereotype
- 4) Reveal your sex position.



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I Had Sex Because I Felt Like I Had To

SANJANA KHUSAL

I had my first boyfriend when I turned 18. A week in, we kissed for the first time. One month later, he told me I gave him blue balls. The next time he was close, I helped him finish. I felt disgusting afterward. I wasn't really ready for that step. I didn't want to think about the existence of his genitals or how close they were to mine, separated only by a few layers of clothing. But he'd had a girlfriend before me and I was sure she would've done the same.

It's been three years and I have only recently realised my anxiety around sex. I've dated two boys and kissed another. Every first kiss felt like a fish sucking on my face. Their lips were always so much wetter and mushy. But I always said that they were good. I would say the same in bed. When it was over, I would feel the knot in my throat when they left. They always asked but I never said no. I didn't want to find out if they'd be sick of me. Sex felt like something to distract them from my actual existence: maybe if I am a good vessel for desire, I create some sort of permanent connection.

Dating has never been easy for me. I was the little brown girl, an exotic creature with enough white dialect to be approachable. I didn't have an Indian accent or scent of cumin. I spoke about Jane Austen and wore rose perfume. I embody someone familiar but intriguing. I use to get so stressed that I would smell like sweat and no one would want to be around me. I had trouble as it was to date. Everyone I dated, I always asked them out. I was never swept off my feet. I always felt an underlying tone that my relationships were some sort of sex fantasy.

When I had my first intimate moments with my only boyfriend, my thoughts immediately before were, "what has happened to my morals?" "When did I become so promiscuous?" "What if someone finds out?". I wasn't sure what to do with myself. My face felt hot and a pain pressed into my chest. It's hard to remember this feeling unless you are in a situation of fear and exhaustion. I understood my familiar guilt of having not done anything but it was overwhelming others commenting on this.

It has only been in the last couple of months that I have been learning more about what pressures in sex need to be discussed. I've always understood sex as either pure love, pleasure, or objectification of women; there is so much in between the lines. There will always be unspoken fears between one another. Even if they are completely honest with you, there will be a small tick in your brain that worries about unable to fulfill their thoughts. Is it my responsibility to satisfy my partner? At what point do I have to sort them out? A hug, a kiss, a quick fuck?

I do wonder about a relationship without any recognition of my gender. It was good to be

close. I'm not denying that. But maybe it wasn't supposed to be. Looking back at that moment, I know I was innocent and ignorant. I didn't know what I wanted when presented with the opportunity. I had sex because I felt like I had to. We were both consensual but someone an emotion was triggered that I didn't approve to leave me. These thoughts are where secrets lie. My sexual desires had become apart of my personality, the smart girl who didn't need sex. I can decide to do whatever I want with my body but other people being involved is when things become complicated.

No matter how many people give you advice, how long you've made a decision, or thought through every scenario, there is an underlying tone. When presented with desire, we don't know if we should jump off that cliff. Will someone is ready to catch me or will I crash into rocks? At the moment, decisions like this can waver so easily. What I do know is no matter what, we are not responsible for anyone's satisfaction. We can only do what we're truly comfortable.



Love Languages

FLORA XIE

I'm sure you've all heard about the concept of 'love languages.' There are a bunch of steamy quizzes you can take online that claim to tell you what your love language is. Basically, they evaluate your answers and tell you how you like to be shown love, and how you like to express love to others. Surprisingly, there are several different versions of this quiz made for all kinds of different people. There's one for people in a relationship, single people, people in the military, teens, one specifically for men, and yes, even one for children.

What are the five love languages, and what do they mean, you ask? Well, according to Gary Chapman, they are words of affirmation, acts of service, receiving gifts, quality time, and physical touch. 'Words of affirmation' means you love to hear people's support and encouragement for you the most. When you're having a tough time, some loving words from others like "Wow! You're really rocking that outfit today!" will really cheer you up (despite

you showing up to uni five days a week wearing the same hoodie and everyone knowing it). 'Acts of service' means enjoying the times when people around you do things for you as a way to show you they love you. You're the kind of person who loves it when someone cleans the house when you're out, makes you some food when you're hungry, or holds your hair back when you've had a few too many shots. Receiving gifts is pretty self-explanatory

(no shame in being a little materialistic, am I right?). If your love language is 'quality time,' that just means you like being in the company of other people, soaking in the sexual energy of togetherness. When they're with you, it's important that they focus only on you. 'Physical touch' means a lot of affectionate and intimate touching expresses your love for others and that you enjoy when others do that with you. This can include hand-holding,

hugging, cuddling, or a crisp high-five that hits just right. Oh and of course, the most intimate, sex.

As you're reading those descriptions, you're probably trying to put yourself into one of those five categories. Which do you like more: having someone making you a really nice meal when you're hungry but too lazy to make something yourself (and too broke to buy food), or having someone pay full attention to you when you're catching up with them? Would you rather get more hugs and cuddles from your significant other, or would you rather them surprising you with a small gift? Do you prefer having someone always showering you with compliments, or literally showering you?

Having a tough time choosing? Me too. Why? Because I'm indecisive... but also because in a situation like this, you're being told you can only have one way of expressing how you love, and that you should only enjoy one way of receiving love. The concept of love languages exists in pop culture because it's easy and fun, and who doesn't love being sorted into a category with a label assigned to you that you have to stick to?

Is there any scientific basis for this concept? The short answer is no. What researchers have shown across the years is that people like to be shown love in multiple different ways. That's right; you can enjoy the sexual intimacy of a high five AND a surprise choccie bar from your partner's Countdown trip. We love all types of love. We're definitely not limited to just one way of loving. These love languages aren't definitive. Your relationship isn't doomed just because you did the quiz and got 'words of affirmation,' while your partner got 'physical touch.' Certainly, these five 'languages' are valid ways to express love (this point is clear enough, as Chapman's book is a best-seller), but they should be considered more as vehicles for people to use to convey relationship maintenance methods. In other words, these five behaviours are probably better understood as methods people use to convey their intentions and maintain their relationships.

For example, if you believe that doing more things together would be beneficial for you and your partner, you may use the quality time love language and acts of service love language in conjunction (like Netflix and

chill, but more along the lines of Netflix and doing the dishes. I know – it's as sexy as it sounds). Similarly, if you wanted to show to your partner or friends that you'll always be there to support them, you may want to use words of affirmation and acts of service or a mix of the behaviours to do so.

You may be wondering; are there gendered differences in the way we express love? The types of gender roles we see portrayed in media are pretty repetitive, so it's obvious that some of these portrayals become strongly associated with different genders. It might be assumed that men like to express and enjoy the love language of physical touch more since they're always the ones who are portrayed as wanting sexual pleasure (the sexy time), whereas it may be assumed that women prefer to spend more quality time with others, or that they're more materialistic and easily wooed with gifts.

In reality, researchers have found, in a study looking at heterosexual married couples, that there really aren't many differences in how people express love. Men and women were equally likely to express love through affectionate behaviours in everyday life (surprise! Archaic gender norms and Hollywood media don't reliably predict behaviour!). The only minor differences these researchers found were that men showed love by initiating sex, sharing leisure activities, and doing chores around the house together – importance is placed on doing things together and shared time. Whereas with women, love was shown through compliments, express-

“There’s nothing wrong with wanting some cuddles and also some nice supportive words to go with them; we’re not some unidimensional character on the latest Netflix teen drama.”

ing less negative attitudes and behaviours, so ultimately being more accommodating. Surely, these trends are subject to so much change, as the construction of gender roles continue to shift.

The next time you see those posts made by social media influencers circulating on social media about how you can find out the secret to how to enhance your love life through understanding love languages, or ads that say 'Men! Here's the way to win over the person you love!' (that's right, those boys on Tik Tok need to calm down) please remember my words. People profit from writing books and making quizzes like that because everyone wants to know the 'right' answer and the 'right' way to do something but the truth is, there is no single way to express love or to receive love.

When you tell people how you like to be shown love, it's okay to list a bunch of different ways. There's nothing wrong with wanting some cuddles and also some nice supportive words to go with them; we're not some unidimensional character on the latest Netflix teen drama. Similarly, there's nothing wrong with liking it when someone gives you gifts all the time and still wanting quality time together (please leave me and my materialistic ass alone). You do you, don't let a website or societal norms dictate what you can and can't do to love.

However, it is the sex edition of Craccum this week! Go get down and dirty, and show that special someone some love through some steamy physical touch (even if that special someone is just yourself).



Good Vibes

MADELEINE CRUTCHLEY AND JULIA ZHU BREAKDOWN THE BESTSELLING SEX TOYS OF LOCKDOWN, TELLING YOU WHICH ONES ARE GETTING THE MOST BUZZ.

For the most part, it seems that people all across Aotearoa followed the restrictions of lockdown, sacrificing their contact with people outside of their bubble for the greater good. Unfortunately for many horny, single and affection-starved students, the six weeks in isolation was essentially a government mandated dry spell. For happily committed couples (we get it, you're in love, shut the fuck up), lockdown posed a serious threat; could they potentially become bored of boinking? The sale of sex toys **TRIPLED** in the 48 hours before lockdown, with people preparing to counteract their loneliness and boredom with an extra buzz in the bedroom. We break down the bestsellers, highlight the best online reviews and give you some hot and steamy tips. Here begins the tour of Silicone Valley.

10) Trinity Silicone Cock Rings

Keeping it basic and effective at number 10. These super cheap rings come in sets of three (with 1.25 inch, 1.5 inch and 2), with the option of three different colours. Perfect for keeping your dick hard.

Review:

"Is what it is. Exactly as described."

9) Fetish Fantasy Series Bondage Tape

For those not looking to commit to the full Fifty Shades fantasy, this bondage tape is cheap and easy to use. It could also double as tape for your usual uni stationary collection.

Keep your partner satisfied AND your flimsy Macbook charging cable together.

Review:

"Works as intended. Make sure to put on more rather than less so you don't attempt to tourniquet your limb..."

8) Neon luv Slender G Vibrator

It's waterproof. It's battery-powered. It's bright pink. It's shaped to hit your G-Spot. And, most importantly for students, it's under \$10. Basically, this is exactly what you picture when you hear the word 'vibrator.'

Review:

"Happy. Very happy."

7) Anal Fantasy Collection Ass-gasm Cock Ring

This is the Pokémon evolution of your bog-standard cock ring. It's got a small butt plug attached, which is supposed to stimulate your P-spot as you move. Personally, the name Ass-Gasm is a portmanteau I could live without hearing again.

Reviews:

"Assgasmic. Wow this takes the male orgasm to a whole new level, the first couple of times I used this it wasn't as exciting as I thought but after the third/fourth time it started getting really amazing!"

"Great toy, makes your penis look very sophisticated. Girls love it :)"



6) Bodywand Rechargeable Massager

The biggest bonus for this toy is that you can use it WHILE it's charging, as it has a very long cord. You're probably the type of person who always forgets to charge their laptop or phone before class, right? Even the most unorganised people need to get some.

Reviews:

"Good bang for buck. Good toy, nice and strong."

"Good power in all vibration. Good power for enhancement."

5) OVO Loveballs

A step up for people who have been following those kegel TikTok exercises. These weighted kegel balls, which create a slight rattling sensation when moved, can be used for both stimulation and as a pelvic muscle workout. Chuck on your workout out gear, cue up your fave Cardi B playlist and get those reps in babe!

Reviews:

"Love 'em. Did the job, turned me on."

"Balls of fun. Lots of fun, good product, easy to hide away..."

4) Satisfyer Men Wand

This thing has 35 different vibration settings. 35. Like, how many do you need? This is basically a futuristic fleshlight, without the uncanny and creepy light brown lining. In another upgrade, reviews have pointed out this toy is super easy to clean, so there's no chance your flatties will find it in the dishwasher.

Reviews:

"Very strong vibrations. Well made and durable. A"

"Ahhh, just thinking about this badass mofo gets me super excited!!"

3) Uberlube Luxury Lubricant

Gotta keep things juicy. If you want a break from KY Jelly, get something a little fancy.

Review:

"Not too oily and doesn't leave you feeling like you've just poured syrup down there."

2) Satisfyer - Pro G-Spot Rabbit

This thing looks like an Apple product. You probably wouldn't even blink walking past it in JB Hi-Fi. They probably wouldn't have them set up as testers though. It's shaped to hit both your clit and G-spot, so if you enjoy penetration and clitoral stimulation, there's not a lot to do but sit back and enjoy the fun.

Review:

"I nearly died. I have never cum so hard in my life, this is one of the best vibrators I have ever used in my life, and it just keeps going."

"Yes. Yes. Oh. My. God. Yes."

"I screamed and let out the ugliest moan I had ever heard."

1) Satisfyer Pro 2.0 Next Generation

Chances are, if you know a bunch of people with vaginas, you've heard about this toy. It topped the bestseller list in 2019 and remained in the number one spot throughout lockdown. It has 11 levels of stimulation and can be used in the bath or shower, so it's good for sneaking a quick one in if you've got flatmates or still live at home. The toy focuses on clit stimulation, with a mix between pulsation and suction, so if you prefer your clit to be the main star then this is the toy for you! It's hailed as a pretty fantastic beginners toy, so if the raving reviews do make you curious, this might be a pretty good place to start.



Our resident sex toy expert says:

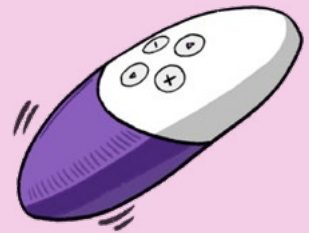
"I heard a lot of people raving about this 'sucky toy thing' so I got it after being disappointed with the Lelo Sona 2 Cruise (it's a similar toy, but LOUD and a bit confusing). The Satisfyer seemed a bit easier to hold and the air pulsing didn't sound like extremely loud slurping (offputting). The highest intensity almost feels like a high pitched buzzing vibration. Being used to strong vibrators, this suction thing didn't seem that great to me. It's interesting and different, but doesn't seem like 'enough'? I had to get the plus vibration version to be safe. The vibration helps a bit, but isn't as strong as a normal vibrator. They're more on the high buzzing side rather than strong and rumble. I've heard both really good and really bad reviews on it so it must work for some people and not for others!"

Reviews:

"The best toy in the world. It really is. I love it more than I love my children."

"MY SOUL LEFT MY BODY."

"I think my toy got here faster than Superman can fly at max speed. Omg I love this toy. Just like Nicolas Cage's movie gone in 60 seconds. I was gone in 58 seconds jelly legs absolute heaven."



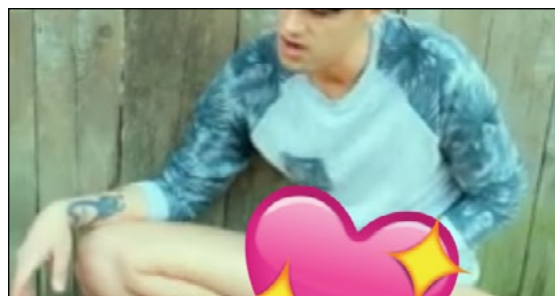
Bonus Recommendation: Lelo Siri 2

Our resident sex toy expert says:

"My first toy was a Lelo Siri I got 8 years ago. It was my main one, still going strong, but it's a bit louder and feels a bit weaker. Then I heard of the new Lelo Siri 2, being twice as strong and able to move to music! I was quick to buy that one and now it's my new main. It has 8 pre-set vibration patterns, similar to the original but 'better'. There's more variation and spontaneity in the patterns. The sound control mode is also powerful and will vibrate to the tone and beat of any sound nearby. It's slimmer than the Siri and has a raised curve underneath, so you can flip it over for a more comfortable grooved shape and focussed vibrations. It's small, compact and powerful. Perfect for travel."

Partnered with Adult Toy Megastore





CLEANING MY DIRTY BOOTS WITH PISS AFTER WORK ON THE FARM AND JERKING OFF, DIR. IDMIR SUGARY
STAN LUNA

7/10: Symbolism should not feel like a fat dick on your neck

In this short autobiographical piece, director **Idmir Sugary** takes on an often under-looked aspect of labour – the process of removing the day’s remains from your being, and the exhausting effect it can have on you. In this, Sugary goes for a rather unsubtle metaphor; no matter how honourable his agricultural toiling may be, he still has to piss on himself to clean off the clinging remains of devalued work. In order to move on with his life, and not be weighed down by the minutiae of labour, he must expel all the negativity within his body, or else it will seep back into the body.

And yet, this is essential for another reason; Sugary masterfully links this purging process, the low, to the highest joy of all, the well-earned wank. The farm hand, having done what must be done for the day and given to Caesar what is his, takes respite in the supreme gratification of the body. With a building crescendo of moans, the viewer is drawn into Sugary’s world, waiting for him to find the release he is just... so close... to knowing. After a full minute, the semen, the embodiment of the race to find satisfaction in this increasingly alienated world, bubbles up uncontrollably, and splutters onto the twigs below with the merest of sounds.

The worker has fallen, but the worker has risen.

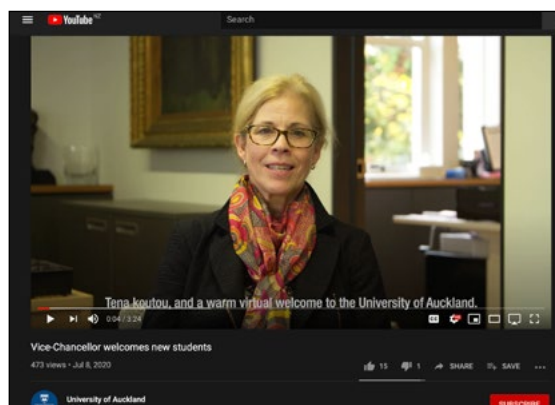


EXTRA TERRESTRIAN: DIE AUSSERIRDISCHE, DIR. LIDKO ENTINGER & SIGGI ENTINGER
WERNER HUGEHOGG

A German exploration of bourgeois decadence not dissimilar to *Salò* some 20 years earlier, the 1996 drama is framed around the titular alien’s arrival in the late Victorian era, and their desire to learn about sexual practices of humankind, who have been greatly admired from afar by E.T.’s species. This species has sent a female E.T on a desperate mission to reclaim knowledge of the greatest sexual pleasures out there, for their species are chaste on a cultural level.

At first, E.T. is only capable of watching, hiding in the doorway; while the aristocracy explode their ill-gotten semen over their eyes, E.T. grabs her nipples and masturbates with her vagina. However, what is initially a drama of E.T.’s voyeurism becomes much more; perhaps knowing all along she would entrap herself by perceiving the sexual games of the Victorian elite, E.T. is persuaded to become one of their playthings, and *Extra Terrestrial: Die Ausserirdische* slowly begins to question E.T.’s placement in the nobility’s debauchment, and whether she deserves to escape her psycho-sexual whirlwind. As her plump and wrinkled ass is being dicked to smithereens, she utters perhaps her most famous line: “I miss my home planet.” It is one of cinema’s greatest tragedies that scheduling issues prevented its submission for the 1997 Palme d’Or.

And yet, after a final test – becoming a link in the chain of lesbians fingering one another, and getting her pruned pussy blown open by a **Hugh Jackman** look-alike – E.T. retains her individuality and her spirit, and with perhaps a pang of regret, resolves to bring this strange new knowledge to her species.



PROFESSOR FUCKS 40,000 STUDENTS AND TAKES THEIR MONEY, DIR. UNIVERSITY OF AUCKLAND
BUSTER KNUTT

10/10: Would pay to rewatch in summer school

Vice-Chancellor Dawn Freshwater takes time off between hosting Zoom webinars, and shooting pigeons off the Clock Tower to engage with her Youtube audience in this surrealist tragedy piece, ‘Vice-Chancellor welcomes new students.’

Shooting from what is presumably guest room #15 of her Parnell mansion, the Vice-Chancellor cooks up 3 mins 24 seconds of riveting action. From the beginning, as soon as she butchers the pronunciation of ‘tena koutou’, it is evident that we’re in for an absolute treat.

Whoever wrote her script did an excellent job of conveying elation and excitement towards welcoming students to campus. These emotions, unfortunately, end up being delivered in a monotonous manner, with an expressionless countenance.

The Vice-Chancellor’s words are rousing, imploring students to immerse themselves fully in what the University experience has to offer. Unfortunately, she omits mentioning this includes crippling debt, perpetual unhappiness, and graduating into a likely depression.

Despite this, the response from her Youtube crowd is fairly positive. **Francis Fun** comments ‘*Hope the border would be opened soon.*’ It seems that ironically, for Francis, this pandemic is playing out to be anything but *Fun*.

As Dawn leaves the students with the uplifting message, ‘*he waka eke noa*’ (meaning something to the effect of ‘we are all in this together’), you are forced to appreciate that beyond all the shortcomings of this video, she has single-handedly justified the University’s expenditure on its own Māori pronunciation manual. And that’s an impressive task.



EDWARD PENISHANDS, DIR. PAUL NORMAN

DING DONG! THE DILDO LADY

5/10: Edward looks remarkably like Robert Smith here

Edward Penishands is a mostly predictable 87 minute reproduction of **Tim Burton's** original, but with Edward spraying spunk everywhere through his well-endowed hands. It begins with a door-to-door dildo saleswoman – the Dildo Lady – intruding on Edward's dusty lair and insisting on selling her plastic dongs. After some conventionally bad-and-unnecessarily-loud porn fucking, she decides that she will take him home because, in her words, "the neighbourhood is going to love you". And indeed, the neighbourhood does. Despite the various encounters that Edward's hands come across, Edward falls madly in love with the Dildo Lady's daughter. One thing that I unfortunately cannot erase from my memory is Edward rubbing his hands together while ogling at a framed picture of her. I did enjoy how loyal this film was to its original. However, it is disappointing that the plot halts at anytime that a character begins to fuck Edwards hands. '90s porn clichés aside, whoever plays Edward must be commended for his commitment towards the puppy-eyed, confused Edward demeanor. The best thing is that he looks even more sad and concerned when his hands are in someone's orifices.

Paul Norman has left a few plot holes though – do Edwards hands always stay erect? It's average porn, but the essence of Burton's original is well captured. Apparently, Burton has watched it too.



EATING MY BALL JUICE, DIR. BEGEEMAN

EMMA PHETAMINE

Staring right into the camera, aged director and sole actor **Begeeman**, a surprisingly accurate lookalike for **Kevin Rudd** invites you to take part in his culinary delights – that is to say, cumming all over a pane of glass and ingesting the contents. While the title does accurately convey the content, it still finds room to be misleading in spite of its brevity; 'ball juice' implies something a little rarer, a little more out of access for the average participant. I was hoping for some innovation in the field. Ball grease, perhaps. The workings of an older man straining out the last of the Charlie's, his tired arms unable to complete jobs his younger self wouldn't have even thought about.

But once again, we are faced with the unoriginality of cinema in the 2010s – this is just simple semen, with no sense of delight or wonder whatsoever. There is no subtlety, no prologue, no invitation of suspense for what supposed to be a tale of a man discovering the finer foods. We arrive immediately at the moment, and so does he – tits out, gut out, with no sense of gravity for what he is supposed to be achieving.

And yet, in his final moments, he does show a flicker of depth under it all; when he orders the cum around like an egg white in a pan, you can't help but find a man bitter at the typicality of it all. Only when he silently yells wild-eyed into the camera, like **Keith Flynt** in any **Prodigy** video, do we find a man who is perhaps angrier than he lets on.

Finally, something.



BOOBWATCH, DIR. JONATHAN MORGAN

SOPHIE INCTER

Boobwatch is a modern classic. The 2011 *Baywatch* parody is iconic for many reasons. The cinematography, the art direction, the sound mixing. But no reason is as salient as **Lisa Ann's** infamous performance as a lifeguard concerned not with the safety of beachgoers, but of **Rocco Reed** in the bathtub.

Clad in a red one-piece bit of spandex, Lisa Ann strides down the hallway in slow motion to the bathroom. She clambors to the side of the tub, noticing that Rocco doesn't 'have a lifeguard at his beach'. I'm confused. You're confused. Rocco is confused. "This isn't a beach; this is a bathtub". Rocco's infamous lines still echo in my ears. These are the words of a man who is haunted. Questioning his sanity – is this actually a bath? What is the meaning of this life? – his thoughts interrupted as Lisa Ann persists with her questioning. No body of water is safe without a lifeguard, despite Rocco's insistence that the two feet deep water is probably safe for a grown man.

He lets his guard down, accepting Lisa as his lifeguard. Lisa however betrays him, blowing the whistle (literally) and getting Rocco out of the bath. There's a shark in there, and he better be safe.

It's a pretty goddamn standard fuck. Yes, Lisa Ann's giant titties are out but that's probably the only redeeming aspect of this video. Lisa gives Rocco head. Rocco fucks Lisa Ann from behind. Rocco keeps his shorts on while he fucks her. Is it terrible? Yes. Does it make sense? No. Should it be preserved for future generations? Absolutely.



ILLUSTRATION BY NIRVANA HALDAR

Mamie van Doren, or, The Last Bombshell

LACHLAN MITCHELL

Lachlan Mitchell goes on and on about yet another old white woman, but promises it is interesting this time.

I don't care for *using* Twitter much – I scroll through it quite a lot, but I don't follow many people, and my own interactions are pretty limited. I like David Farrier's feed quite a lot. But Twitter still remains distant to me, like the waist-high glass wall keeping the Tasmanian devils away from my thighs at Auckland Zoo. I could always jump in if I wanted to. However, despite this separation, it's still enjoyable in its own ways. I recognise Twitter's utility as a method of keeping up with the news, seeing the permanent trench warfare between increasingly fractured sub-groups of leftist podcasters and the acolytes that swarm in their mentions, and as an unrivalled Rube Goldberg mechanism for engineering the most sociopathic takes on... as I am writing, charcuterie. Mr. Culture War's Wild Ride doesn't disappoint in that regard.

But one aspect of Twitter I find endlessly enjoyable, and something I wholeheartedly throw myself into, is its ability to feed into my degree of White Women Studies; in particular, keeping up with those niche survivors of bygone film eras, who are no longer 'stars' but are quite comfortable in their status as relatively private citizens, spending their days posting about pasta recipes and more than likely raging against the heavens against Donald Trump, if only so it gives them something to do.

I promise all this has relevance to *Craccum's* Sex Week, I swear. In this case, I am fascinated by the idea of the blonde bombshell, the stars who were created in direct admiration of – and a hope to siphon off – Marilyn Monroe, who became so central to the film industry's sexual self-image that it was impossible for the studios to be satisfied with just one

woman. That, and well, it never hurts to try to make more of your best-selling product – did McDonalds ever complain about having too many Big Macs? The blonde bombshells were pumped up and pimped out en masse, carefully relying on a self-aware mix of humour and "Oh! I Have Big Tits, Sir?" self-deprecation that was essential to get around in the 1950s film industry. You could have rockin' bazongas and an ass that could stop a rhino, but you couldn't *know* you did, or else you'd show a little bit too much agency that the aging, impotent studio heads would furiously suppress. These girls, to say nothing of their usually underrated acting talents or genuinely interesting grasps of their personas, became the embodiment of robust asbestos allure and tongue-in-cheek 'come fuck me once the movie's over' sexuality. Jayne Mansfield, in particular, was criminally underappreciated.

However, the blonde bombshell slowly went out of favour, mainly due to changing tastes towards wide-eyed waifs and over-saturation of the market; no one complains about the Big Mac, but sometimes you just want a filet o'fish. That, and well, the most famous blonde bombshells were literally dying in public spectacles. Desperate to create a new trend of woman, one that wasn't seen as threatening to the female consumer, the blonde bombshell was left to fade away, unfairly getting the brunt of much misogynistic cultural aftermath for daring to be... as hot as they were allowed to be. It wasn't okay to be seen as a bimbo archetype if the executives were now into Mia Farrow. And so, those who remained alive lingered on, slowly adjusting to life without the industry's PR teams carefully constructing their every move, moralising but heavily publicising their every instance of sideboob. And one by one, they all passed away.

All, but Mamie van Doren.

I first noticed her presence in 2018, after listening to a *You Must Remember This* podcast about Jayne Mansfield, and was curious as to whether any of the bombshells were still alive. And I couldn't have found a better answer. Mamie van Doren is certainly the most low-key of the bombshells in terms of film impact, having mainly been in early exploitation films with little plot but plenty of 'substance', if you get my drift. Still pretty interesting, however. Her most famous film (*Untamed Youth*) has seen its greatest light in recent years as a featured movie on *MST3K*, her fame coming more from her cultural proximity to Marilyn and her plucky way of advertising herself to the horny-but-not-too-horny tabloid structure of the time. A girl's gotta pay bills, and if Howard Hughes wanted to do so, that's what happened. However, she is anything but low-key when it comes to maintaining a presence as a near 90 year old in the era of Twitter.

Simply put, everything van Doren has is on offer. And I do mean everything. Wikipedia describes her as being 'active on multimedia', which is a modest way of saying 'her bazongas are still getting good use on the camera over six decades later'. She and her husband run a website and multiple social media pages dedicated to posting highly edited pictures of

herself, usually tastefully teasing her senior citizen audience, trying to tap into the same kind of 1950s Americana that Lana del Rey has spent almost ten years making a part of her persona. Usually she can be found wandering the Santa Monica Pier, or taking flash photography of her layered makeup in pitch black darkness, or using her pet dog as a quiet cover for her still-massive breasts. I swear I am writing as factually as possible here - and I promise that this is the sort of attention she wants. Which is what I find so interesting; even after all these years, even after every single bombshell from her time has died off, she's living the exact lifestyle that her era desired of her. Her world may have died, but she's simply translated it to the current day, and she holds no shame whatsoever.

Mamie van Doren, above all else, still projects a deeply sexual identity out there, for whoever is interested. Much of her autobiography is about detailing her affairs with the who's who of Hollywood males of eras past, and her Gmail is mamie.is.sexy@gmail.com, if you wanted something a little more blunt. While much of her Twitter is spent trying to single-handedly oust the Trump administration, most of her time is spent either advertising the gorgeous pictures of her youth, or resolutely telling the world that she still thinks

she is beautiful, and she will absolutely prove it to you. And, well, she does have a point. Even with the gratuitous editing that one can forgive of someone who was in her 60s at the rise of the internet, and the facelifts, she looks a good two decades younger. But others' opinions of her beauty isn't the point; it's the fact she still thinks so, and is happy to do this until the day she dies. It's fascinating - while the last actors of her era have long since retired, settled into obscurity or taken roles that poke fun at just how old they are, Mamie is unique. She's the only one that still proudly revels in being an objectified and deeply sexual woman, an unexploded bombshell, and has seemingly never stopped revelling in it.

It could be said that she's sacrificing her dignity in order to keep living a past that is long since behind her; Mamie van Doren's response is simply, what past? This is her, and if she can post some light boob while recalling hearing speeches from FDR, then that's a good Thursday afternoon.

The feminist question of whether self-objectification is freedom will probably rage on for another few decades, but perhaps Mamie van Doren has answered that question already; if not for us, if not for her now-deceased peers, then certainly for herself.

"Simply put, everything van Doren has is on offer. And I do mean everything. Wikipedia describes her as being 'active on multimedia', which is a modest way of saying 'her bazongas are still getting good use on the camera over six decades later'"



Eh... What's Up, Cock?

At *Craccum*, we have a finite amount of space to publish content - it's just the nature of physical media. Hoard it, baby. Unlike Buzzfeed, we cannot simply act as a host for any given idea; we must refine, compress, really make sure it speaks to the student and covers a variety of interests at the same time. We have to be clear: this represents all students at UoA. Entirely. Also, this is an Arts section, so we encourage media literacy by relating it to all fields of life. So, with all this sorted, we present a quiz to cover multiple needs; **what Looney Tunes character are you based on your kinks and fetishes?**

It's a Thursday night. You walk into your local adult toy superstore Peaches & Cream™, and no one but the cashier is there. Understanding of the bond between purveyor and consumer, the attendant holds no judgement in their heart. What do you buy?

- A)** *Temptasia - Bondage Rope Black 10m* (\$59.99)
- B)** *Lovetoy Silicone Dog Bone Gag* (\$42.99)
- C)** *Zero Tolerance Cock Armor* (**HOT DEAL!** \$115.99)
- D)** *Leather Suede Barbed Wire Flogger Black* (\$185.99)

You're returning from a lovely night out with your partner/s in tow, what awaits when you invite them in for 'coffee?'

- A)** A sensual evening of quiet pleasure, where they pour candle wax on your back while you moan.
- B)** *Zootopia* (2016) on Bluray.
- C)** There was no lovely night out. You've spent three days gleefully in a basement, surviving off rain water and cumming at the merest sight of your dom's stilettos.

D) There was no lovely night out. You've spent three days dominating your pathetic little slave sub, tying him to a pipe at his request. He disgusts you entirely.

Who do you think of when you masturbate?

- A)** Emily Ratajkowski. What? Who said it needed to be outside the box?
- B)** It's not a question of who, but... what genus?
- C)** You are no longer able to masturbate without outside aid, but when it happens, Helen Mirren
- D)** Christopher Meloni

You are stranded on an island for four days and, you being you, are desperately horny. Everyone but you died in the accident. How do you relieve yourself, before rescue arrives?

- A)** Slathering 'it' in honey and sticking 'it' in a termite hill
- B)** Jerking it in the ocean and seeing whether the minnows enjoy a little salt in their diet.
- C)** Starving yourself of water for two days so you can hallucinate Kate from *LOST* spitting on you.
- D)** Who would be so unable to control themselves, so driven by barbaric and bestial imprinting on our evolved brains? I reject the premise, I reject all of this, you sick fuck.

You are given the opportunity to lick one body part as much you want for the next two minutes. Where?

- A)** The back of the neck, after it has been spritzed with Kiehl's Original Musk.
- B)** The hairiest section of the thickest thighs. One long lick.
- C)** The grease at the back of the knee after a long summer day in tight jeans.

D) You will direct your sub to licking the grit on the concrete, and they will enjoy it.

Mostly As) Bugs Bunny | You are in control of your desires, partly because your fetishes tend to be more middle of the road - you're a rope bunny, you let the rope tie you up because you want it to.

Mostly Bs) Gossamer | You are unashamed in your inclination towards the... fuzzier things in life. Well, sometimes fuzzy. Usually leathery, can also have their body temperature regulated by the sun. Look, you're a furry.

Mostly Cs) Marvin the Martian | Seek help. You are submissive beyond repair.

Mostly Ds) Granny | Behind your more modest exterior lies a heart of utmost savagery, one that gets off solely on domineering - but consensually - the pathetic, who seek you out like a stray dog hungry for a lick at the bowl. And they'll lick the dog bowl, alright.

Note: Did you know there is, like, ONE female *Looney Tunes* character that isn't a sexy clone of an established character? Lola Bunny is the blueprint, not the exception! Literally. The sole exception is fucking *Granny*, and I think she was made for the '90s TV genre craze of let's-make-our-IP-into-babies-'cause-*Muppets*-did it. The exception is not Tweety! 'Cause he's male! Also, did you know that Jessica Rabbit isn't a Warner Brothers property? She's owned by Disney! Fucking weird, right? I probably should have been clued in by the fact that Disneyland sells shot glasses with her face on them, but still pretty odd, right?

LOCAL MUSIC REVIEW

THIS WEEK'S GREAT REVIEW WAS BROUGHT TO YOU BY FERNANDO BRAVO!

"ms give up"

from the album **"CLONED HEART: INANIMATE PLOKMA": ready to exist**

This track exists extraterrestrial, in a sea of mercury beyond common realms: a machination of vacant thoughts and nightmares conjuring multiple attached dwellings consuming audible media of differing mediums, tones and genre. An external sphere holds these contents, the ethereal device of endless knowledge bouncing the future, present and past simultaneously into one's eardrums, a summation greater than its components.

Far off memories weave, lodging amongst greater motion of pixelated and distorted flotsam. Calling, breathing, struggling in waves of relentless bass, distant club sounds reverberant and reflective externalize the experience as ground, shaking. Repetition, its absence and presence serve the experience, its continuously adjusting beat restarting as a bugged animation whilst unintelligible autotuned pitch adjusted vocals loop casually. Messages within the audio question a

connection to the earth, the legitimacy of our condition as wanderers of a land to the fabric of its facade; an auditory leak from the back-rooms prying itself into one's brain, gnawing at one's sense of truth.

As a connection of tracks forming a trail, the release maintains and builds, as fractals snaking outward become lines of machine code hammered into hardware, warped and eroded over time. This release could be dated to anytime within the last 20 and next 100 years, not chained to any noticeable software or workflow, "deconstructed experimental club" as its classification. Representing the advancement of a pin point niche 'CLONED HEART: INANIMATE PLOKMA': *ready to exist* expresses a cursed corner of the internet, an evolution of internet genres melted and reformed, dripping from its cracks, pulsing, dusty, breathing hoarsely, clinging to being.

I recommend this track and album to clear out parties which you were not invited to, 3 a.m. walks through the construction zone that is Auckland Central and/or for your 41st hour in a row awake.



The 95bFM Top Ten

1	Running Lines Phodiso (NZ)
2	Angel Eyes JANG (NZ)
3	Tyrants [Demo] Popstrangers (NZ)
4	Acting Out K M T P (NZ)
5	Nothing New Transistor (NZ)
6	All Your Ships Have Sailed Troy Kingi (NZ)
7	ESP (Telepathy) Same Name Confusion
8	Pop Song Repairs (NZ)
9	Save Me Kamaal Williams
10	Efficiency Wax Chattels (NZ)





Navigating Sexual Motivations

FLORA XIE

Since this issue of Craccum is all about sex, let's look at the topic from a psychological standpoint. You've seen it portrayed in popular media, and you may or may not have had your own encounters with it. But, what are the motivations behind people wanting to have sex, and how do these motivations impact your relationship and wellbeing?

I know, you're probably thinking: well Flora, there are a LOT of different reasons why people want to have sex. You'd be right to think that, because researchers have asked people (a large portion were university students) to list different reasons to have sex, and found over 200 different and unique reasons for why people engage in sex. These motivations can be grouped into two different categories: having sex for approach goals, and having sex for avoidance goals.

Having sex for approach goals means to have sex because you want to get closer to or be more intimate with the other person; you want to be affectionate, or you want to show them how much you love them. Basically, you just want to achieve a positive outcome.

Avoidance goals, on the other hand, are reasons such as you wanting to have sex

to prevent an argument from happening, doing it so they don't breakup with you or lose interest in you, or you don't feel like you can say "no." The motivations behind these sexual encounters are to avoid negative outcomes.

You may be thinking: well aren't these

two pretty similar? And for some, isn't having sex to prevent a breakup a positive outcome?

Well, it was found that over a period of a few weeks, people who had sex for approach goals ultimately felt more satisfied in both their relationship and sex lives. Further-



ILLUSTRATION BY EDA TANG

more, these motivations were also associated with better personal and interpersonal wellbeing.

Conversely, people who had sex for avoidance goals felt less relationship and sexual satisfaction, and these motivations also showed negative associations with personal and interpersonal wellbeing.

The consequences of your motivations extend to more than just yourself; one person's motivation for having sex influences the other person's relationship and sexual satisfaction. Over time, having sex for avoidance goals predicts decreases in relationship quality and sexual desire for everyone in the relationship.

What this means then, is that despite the efforts you put into your sex life to avoid negative outcomes, you may end up getting caught in a vicious cycle, as your efforts may only create more reason to have sex for avoidance goals. In fact, it is perhaps better to kindly turn down the other person's advances than to have sex for avoidance goals.

Contrary to popular belief, having sex with your partner after fighting (also known as 'makeup sex') is actually not as great as it's made out to be in the media. While the research on this isn't abundant, it has been found that having sex after conflict was less enjoyable than having sex on days without conflict, although it does temporarily buffer against the negative effects of conflict experience (sex really does wonders for your love life). However, in the long-term, it doesn't appear to buffer against changes in relationship satisfaction; probably because when people have sex after fighting, it tends to be for avoidance goals.

Perhaps, having more approach goals than avoidance goals when engaging in 'makeup sex' will allow people to reap more benefits from it.

So, having the right motivations for sex is important. Ultimately, it does appear to be best for your relationship, your sex life, and overall wellbeing, to have sex for approach goals.

Of course, this comes with caveats. As there are typically two people in a relationship (and it also takes at least two to have sex), it's important to consider everyone's sexual motivations because one's motivations will impact others.

"What this means then, is that despite the efforts you put into your sex life to avoid negative outcomes, you may end up getting caught in a vicious cycle, as your efforts may only create more reason to have sex for avoidance goals."

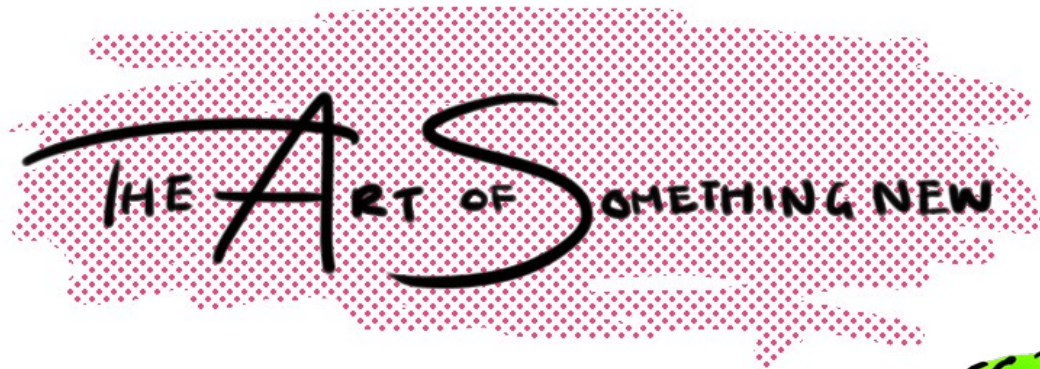
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♥ KIND ♥ OF
BUSINESS!**

MAKE MONEY, DO GOOD

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SUMMERBIZ.COOKIE TIME.CO.NZ**





Try Skinny Dipping

LOUISE BARNES

A stark awareness of body and mind, on a whim of unconstraint.

In its most literal sense, to skinny dip is to swim naked. Sounds simple enough right? But if we break it down, we're talking about pure nakedness in the eye of public spaces. In this context, I will refer to it as the action of stripping bare on a fleeting whim in the dead of night. Unlike sunbathing on nudist beaches, there is an unmatched sense of excitement, exhilaration and freedom.



For me, I got to experience this exactly how I've always pictured it. On a girl's trip away, staying in a remote area around Lake Taupo. We started on the drinks and soon enough, two of us thought this would be a great idea. Bear in mind that this was the middle of winter and therefore, arctic. Nonetheless, we disregarded this fact and relied on nothing but the fuel of alcohol as nature's blanket.

Metaphorically, skinny dipping encapsulates freedom in its rawest form. It requires an individual to break down all self-barriers of constraint and expose themselves in a way that is not generally explored. It is a process of leaving all materialistic items upon the shore as you free your mind. You are submerged in darkness, and all sense of sight is diminished.

Instead, you focus on the sound of the waves as it laps over your toes. On the wind and the cool air as you feel the goosebumps rising. Are you cold? Or are you feeling a way that you have never felt before? Here, you may enter a gateway into uninhibited thought as you feel the shackles of constraint loosening, momentarily relieving the pressures of life. In this very moment, there is a stark awareness of body and mind, as this is all you have left.

Here are some places you can try skinny dipping out:



Au Naturele

This is as pure as you can get – find a beach, find a time, collect some company and away you go. No matter where you are, remember safety first and always be aware of the dangers of swimming at night. Perhaps finding a lake or even chasing waterfalls may be more fitting.

Pohutukawa Bay / Little Palm Beach

These are just two of some of Auckland's nudist beaches and the nicer ones at that. While there are no official nudist beaches in New Zealand, these have been established within the community to make for safe exposure with like-minded people.

In saying this, I prompt a warning with Ladies Bay near St Heliers. Previously renowned for its nudist status, but is now less than recommended due to its shady reputation. I have seen this first hand.

There is nothing stopping you from this experience as there are plenty of ways to go about this in accommodation for your own comfort. So, round up some friends and use safety measures no matter what you've got planned. Good Luck!

WHO ASKED YOU?

SEX WEEK EDITION

WELCOME TO CRACCUM, WHERE WE PUT THE "AGONY" IN "AGONY AUNT."
WE'RE NOT QUALIFIED TO DEAL WITH YOUR PROBLEMS, BUT NEITHER ARE
YOU.

I slept with a girl before quarantine, and now we're back at uni, it turns out she's obsessed with me. How do I tell her it was just a one night stand?

"Hey girl, listen. It was fun hooking up, but for me, it was a one-time thing and I'm not interested in anything more. You're a cool person, and I'm sure you'll find someone who's looking for the same thing you are."

Just *communicate*. When it comes to sex, the biggest mistake you can make is AMBIGUITY. Everyone involved has to be straight-up. Say what you mean and mean what you say.

Every man that shows obvious interest in me finds a girlfriend soon after our last interaction - is it me?

Yes, it's your fault for being interested in men. I kid, I kid; unfortunately that can't be helped.

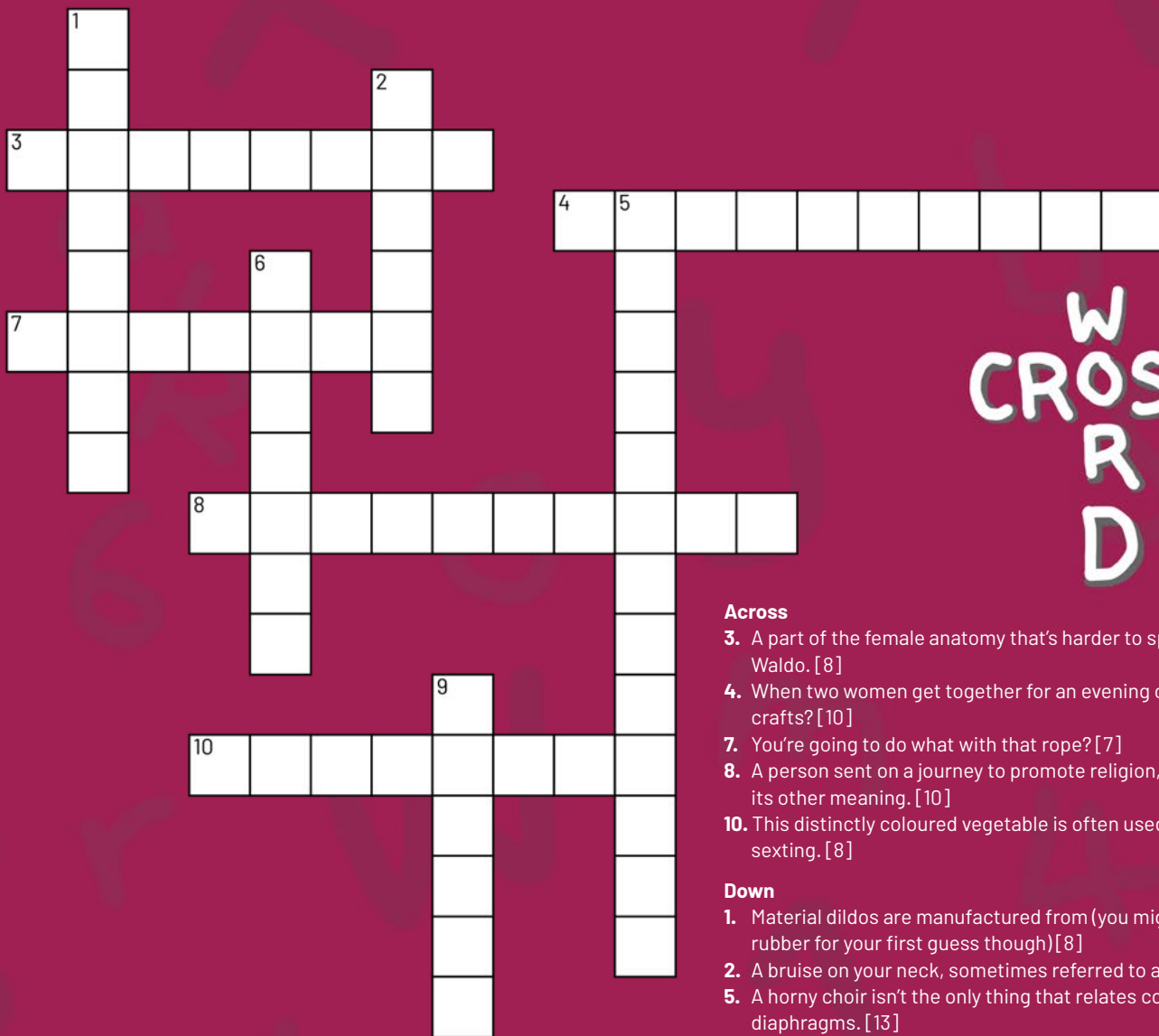
Are you making it clear that you are interested in them too? Bear in mind that men are as perceptive as the mirror side of two-way glass in this arena. (Yeah, yeah, whatever - #notallmen, go back to Reddit.) If you're into them and not being clear, you've found your answer. If you're not into them in the first place, then why give a fuck what they do? If you're being clear AND you're into them, then it's time to find some better men.

Or maybe you're a dick. I mean, you could be Charles Manson for all I know. Maybe you drive them away because you're actually a reverse mermaid (fish head, human legs), or you're a card-carrying member of the R. Kelly Defence Squad, or maybe you even go to AUT.

CRACCUM'S CRACKIN' (SEXY) TIP:

So, you've got a partner who's trying to convince you to do something in bed. You don't really want to, but they're being insistent, and you feel pressured. Here are five fool-proof ways to sort it out:

1. Bark very loudly, directly in their face. Repeat every single time they mention the thing.
2. Literally murder them. According to Section 69 of the Crimes Act, it is legal to do this.
3. Tell them that Dwayne "The Rock" Johnson would never do it. Everyone on Earth agrees with The Rock about everything ever. There will be no more room for debate.
4. Put a poisonous snake in your pants (trained, of course, so it doesn't bite you). It will attack if you are threatened.
5. **Legitimately, no joke, without any irony, spit on them and leave. Never talk to them again. They are trash and they do not respect you. You deserve to be safe.**



WORD CROSS

Across

3. A part of the female anatomy that's harder to spot than Wally/ Waldo. [8]
4. When two women get together for an evening of... arts and crafts? [10]
7. You're going to do what with that rope? [7]
8. A person sent on a journey to promote religion, or, you know, its other meaning. [10]
10. This distinctly coloured vegetable is often used as an emoji in sexting. [8]

Down

1. Material dildos are manufactured from (you might need a rubber for your first guess though) [8]
2. A bruise on your neck, sometimes referred to as a 'love bite' [6]
5. A horny choir isn't the only thing that relates condoms and diaphragms. [13]
6. A word combining two animals, meaning a disingenuous dating profile [7]
9. When Captain America picks up Thor's Hammer or, you know, when the sex is good. [6]

SUDOKU

	S					4		
O		L				7		I
T			S		I			O
		S		4		8		
6			I		R			7
		O		C		2		T
1			6		2	O		9
2		7				4	I	6
	9 ^R					L	5 ^C	S

CODEBREAKER SUDOKU

Difficulty: Easy

Each letter in the codeword (clitoris) corresponds to a number. Boxes in the sudoku grid which have a letter in the corner contain the relative number in the codeword. Otherwise, normal sudoku rules apply.

ie. Looking at the sudoku, R=9. Therefore, we can place a 9 in the box where there is a R in the corner, but contains no number.

Time Trial Challenge: Can you beat the lifestyle editor's time of 7 min 20 seconds?

C	
L	
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WHORE-OSCOPES

ON HER THIRD-FAVOURITE TIME OF YEAR (BEHIND CHRISTMAS AND ANZAC DAY), CRACCUM'S RESIDENT ORACLE GLORIA HOLE IS READY TO WELCOME IN THE SEX WEEK EDITION WITH A BANG, PUN INTENDED.

ARIES



This week, you will discover your tutor has really nice eyes. And quite luscious hair. Now, come to think of it, their smile is kinda cute too. Ah fuck. Your lucky number is 15, which is the age difference between you two. But surely, you can make that work, right?

TAURUS



This week, you will find yourself becoming horny in the most uncomfortable situation possible. To desensitize your urges, the stars recommend you to think of death, expired milk, or David Clark's tenure as Health Minister. Your lucky number this week is 69. Control yourself - it's just a number.

GEMINI



All the astrology Twitter accounts love hating you almost as much as they love being driven by their utter hate-boners about Libras. But unlike them, true love is within your grasp. Your lucky number is 6, the number of toes that will curl if you play your cards just right.

CANCER



Navigating a difficult or challenging circumstance will make this an uneasy week for you. In the midst of all the stress, don't feel embarrassed in treating yourself to some time alone, however you want to spend it. Your lucky number this week is 5, the number of days of uni you'll have to rough it out for, but we promise you'll make it to the end. <3

LEO



You're going to march through this week with roaring sexual energy, changing the temperature in every room and turning heads. Your lucky number is 7, the number of people you will have brought home by the end of the week.

VIRGO



You will not have to surrender control this week, but if you surrender just a faintest smirk at your admirer, you will find true bliss. All your holes will be sucked and fucked. Your lucky number is 85, as in the amount of seconds between each rolling wave of orgasm.

LIBRA



Your lucky number is 11. As in, the number of partners you could have... if you wanted that. With a simple *I Dream of Jeannie* head nod, it could all be yours. But if you're not so inclined, your number is 2.

SCORPIO



This week you'll run into a cute boy with auburn hair and pasty, white skin. No, he's not a Cullen - he's an engineering student who has come out of the basement for a can of Red Bull. Your lucky number is 8, the number of words you'll exchange before he scurries back downstairs with an awkward goodbye and a worried smile.

SAGITTARIUS



This week (as with every other week) you won't have sex. There. That was easy. Your lucky number is 4, which is the number of people you will bump into who will secretly take pity on your sex life.

CAPRICORN



The only thing that can really get you going this week is productivity. You're going to micromanage your masturbation breaks, making them as efficient as possible. Your lucky number is 20, the number of seconds you'll spend in climax, before bouncing back over to your laptop to finish up those emails.

AQUARIUS



You may be wondering if anyone will love you this year. They might not. But you know who will? You. And you know who will provide the instruments to loving yourself? Peaches & Cream. Your lucky number is 453, the model number for the vibrator you'll be buying this Thursday.

PISCES



Don't worry, it's okay; no one will find out you're a virgin. You don't have to tell anyone you don't want to know. Just play some Club Penguin and enjoy the freedom of not having made this decision. Or bake some banana bread - I guarantee that's better than sex anyway. Your lucky number this week is 1 - the number of people it takes for some self love. :)

the people to blame.

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LET'S

GET QUIZZICAL

YOUR FORTNIGHTLY PUB QUIZ



SHADOWS BAR

TUESDAY
11 AUGUST

6.30PM | R18



SHADOWS
BAR & EATERY



BRING CHANGE

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