

2014 Oregon ASC Workshop – Oops!...I Did it Again: Getting Lost in the Game of Friends with Benefits

C7 – Oops!...I Did it Again: Getting Lost in the Game of Friends with Benefits ***Christina Scott, Ph.D, Irma Rivera, Belinda Carrillo***

Friends with benefits relationships are becoming increasingly more common as an alternative to traditional long term relationships, but how are these relationships truly defined and understood, and how are they affecting sexual exploration and sexual self-confidence in adolescents? It is estimated that over 50% of college students have engaged in at least one friends with benefits relationship (Puentes et al., 2008; Wentland & Reissing, 2011). Scott et al. (2013) found that men were more than twice as likely (53%) to report a positive outcome from a friends with benefits relationship than women (21%). This presentation will include active learning strategies for participants to brainstorm factors which may lead to a higher prevalence of friends with benefits relationships as well as opportunities for group discussion.

Intended Audience: Youth & Adults

Main Focus: Sexual Health

Level of Information: Intermediate

Presentation Techniques: Interactive