

# **Consent: Are You Good?**

Chapter 20 from the  
*Guide To Getting It On* 10th edition

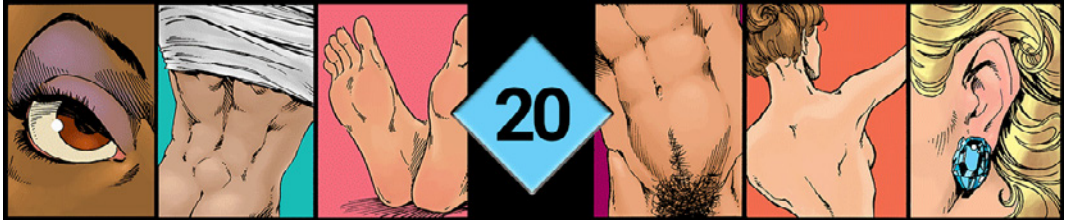
from the  
**Guide To Getting It On!**  
Tenth Edition

Paul Joannides, Psy.D., author  
Daerick Gross, illustrator

Copyright © 2022 by Paul Joannides  
All rights reserved. More or less.

Goofy Foot Press  
Oregon, U.S.A.





## Consent: Are You Good?

One of stars of *The Bachelorette* recently made a personal revelation that many women can relate to:

“A lot of people don’t know about this, including my own mom. I was involved in a situation where there wasn’t consent, and that is not something I would wish on anybody. For a long time I felt responsible for being too drunk, too stupid. But it’s not my fault, because consent is important, and I did not give it that night... I was in denial about what happened, so much so that I tried to form a relationship with him, because I didn’t want to believe what actually had happened. When that didn’t work out, for years I had a very unhealthy relationship with sex. It’s taken me a long time to get to where I am now in being open and comfortable talking about it and loving myself and accepting things I can no longer control.”

Consent is a subject of monumental importance. But it’s had naive slogans like *Yes means yes!* and *No means no!* thrown at it by agencies that were trying to be helpful but don’t seem to understand how complex sex can be. Yes or no to what? To being kissed? Fingered? To being expected to give a blowjob? To intercourse? And what if the things you were doing five minutes ago felt good but don’t feel good now, or you have trouble sorting out what you are entitled to say yes and no to?

“Some men have been so relentless that I would cave and hook up with them even though I didn’t want to. I stopped dating altogether for a while because I was so sick of guys just trying to fuck me.”

*female age 32*

“There have been times where I’ve just given up on saying *no*. One of the first times I had intercourse was after a guy repeatedly asked me after I’d said *no*. I finally got to the point where I said yes because I was sick of being asked. I was 14. It wasn’t until recently that I realized this was assault.” *female age 21*

“I’ve had sex with men because I felt like I had to. Like it’s my duty because we’ve gone on dates. Or because I let him come over. And even if I’ve said *no*, they keep trying and trying, and you just go along with it because you’re not being heard.” *female age 36*

“I have had sex with a partner many times when I didn’t want to. He would beg me over and over again and pout if I refused. Sometimes he’d walk away and slam a door, or tell me I didn’t find him attractive. I got to the point where I often just had sex to avoid or end an argument.” *female age 32*

None of the things these readers are describing is consent. It’s not consent if a woman feels pressured, if she says yes because she’s worried a man will get angry or will shame her, or if he keeps saying, “You’ll like it. It’ll feel really good!” It’s not consent if a man has to convince a woman to have sex, and it’s not consent if she’s been drinking or is stoned.

Multiple factors are often at play when it comes to consent. Many of them are explained in the pages that follow. Hopefully, male readers will pay close attention, because the laws are changing about consent. Instead of protecting men who commit sexual assault, the laws are starting to protect women.

### **It’s Usually Women Who Are at Risk, However...**

Sexual assault can happen to anyone, but it happens to women far more often than it happens to men. That’s why we assume it’s women who are being raped and assaulted, because that’s how it is in the real world. However, plenty of guys get sexually assaulted, including athletes, Marines, and men in fraternities.

One of the few studies about straight men who have been sexually assaulted found that 27% of fraternity men at a large university in the Midwest

had experienced sexual assault during their four years in college, including some who were varsity athletes. While some of the perpetrators were men, most were women. So I have included a section for men who have been on the receiving end of sexual assault and rape.

Also, there's nothing in this chapter about women who assault other women. But lesbian battering is very real; there are women who assault each other for many of the same reasons men assault women. And there's nothing here for people with developmental delays. If you have questions about that, please use the contact form on this book's website and I will do my best to put you in touch with colleagues who are experts with DD.

### **Advocating for Yourself Can Be a Challenge, Especially with Hookups**

Two women recently sent me their observations about consent. The first is a 19-year-old student at a large university who describes a hookup she had the night before:

“I was on a date last night that led to a hookup. It was two in the morning, I was tired, and I started to get bored. In the past, I would have waited until the guy orgasmed, but this time I told him I was done and I left. I figure if I'm not coming, neither is he. But at that moment, I had to talk myself into advocating for my feelings. It has taken me years to feel comfortable advocating for my pleasure, and I still get scared every time.”

“A lot of my issues with advocating for myself have stemmed from a belief that ‘I am not good enough.’ Once I began to work through those issues, advocating for myself has become easier, but I still feel uneasy doing it. And generally, I don't want to make a partner feel bad about his performance. That's another reason why I won't advocate for myself.” *female age 19*

The second observation is from a 41-year-old woman about a college hookup that she had twenty years ago:

“Consent is such a tricky subject. People are looking for clear cut rules, but female sexuality doesn't really lend itself to that. If there's

one thing I know, it's that women's sexuality can be mysterious and illogical, even to me after all these years."

"I feel for young women but also for young men! It's so hard to know what feels good when you are new to sex. Depending on your relationship with your body, shame can come up very suddenly. What felt good can suddenly feel bad in a way that's difficult to describe to another person."

"When I was in college, I dated a slightly older graduate student who I found really attractive. He worked out at the gym and had nice muscle tone and beautiful eyes. I was sexually attracted to him. However, once he started kissing and touching me sexually, I just wasn't into it at all. He touched me like he was petting a cat and it made my skin crawl. It was such a turnoff. We went back to his place and he tried the cat petting thing. When I told him I wasn't ready to have sex that night, he was understanding and patient. My own body's reaction surprised me, because I found him really attractive."

"We tried again a second time and I just couldn't stand the way he touched me. When I told him he needed to stop and I was going home, he shamed me for being a prude. I wondered if there was something wrong with me."

As you can tell from these women's comments, consent can be complicated and complex.

### **Selfies, Slurpees, and Self Advocacy**

Academic types tell women they need to have a sense of self advocacy, as if you can get that as easily as you can a brain freeze while drinking a Slurpee at 7-Eleven.

Self advocacy can be challenging in a culture that gives women so many mixed and negative messages about their sexuality and their bodies. How does a woman learn to be confident about advocating for her self sexually in a culture where she will take a dozen selfies before she gets one that has just

the right angle and lighting that she thinks is good enough to post? That's a lot of work to feel sexy. How is she supposed to feel confident about her body when she's having sex and there's no way she can edit or control how she looks?

“Plenty of women take a good selfie and then feel awful about their naked body mid-sex.” *female age 19*

“With a partner, it is the real you on display. You don't have the tools to make yourself into someone else. You just are who you are and I think it's hard for people.” *female age 40*

Consider the comments of the 19-year-old woman in the prior section. She is a smart and articulate university student. If there's anyone who should have an easy time with consent, you'd think it would be her. But she is experiencing some of the most basic of human emotions: a desire to be wanted and a fear that she's not good enough. What if a potential partner is popular? Does she dare turn him down or tell him to stop at second base when the attention of a high status male could be the assurance she needs to overcome her self doubts?

Holding hands in public with a guy who is popular will do more for a woman's social standing than if he tells everyone she's a bitch or a prude because she won't give him the sex he wants. One of the ways she might protect her social status is by giving men blowjobs and letting them have anal even when it hurts like hell. Or maybe porn has taught her that's what women do.

Many women have been raised to think it's more important to please a man and not hurt his feelings than to listen to what her body and emotions are telling her. As long as these gender imbalances exist, consent will continue to reside in a tiny house at the end of a long and winding road.

### **How Does Self Advocacy Work When We Keep Girls in the Dark?**

“I still doubt myself because learning about sexuality was actively discouraged in my adolescence, for fear I'd be 'curious'.” *female age 31*

You would think a cornerstone of self advocacy would be self knowledge, yet less than 5% of girls are told by their parents they have a clitoris when they

are growing up. Imagine parents pretending a boy's penis and balls don't exist, or giving him the parental death glare whenever he puts his hand in his pants. Yet this is the reality most young women grow up with.

### **Men Can Masturbate, but Women Shouldn't**

Many young women haven't figured out how to have an orgasm, or aren't sure if they've had one. How many men do you think have reached the age of eighteen and never had an orgasm? You would also be shocked at the number of young women who feel it's "nasty" for women to masturbate. How does a woman learn about her body and learn to embrace her sexuality if she's afraid to masturbate?

We are well into the 21st Century, and we are still raising young women who feel they should say *no* to masturbation but yes to sex with a guy when she hasn't even sorted out whether he's hot or not.

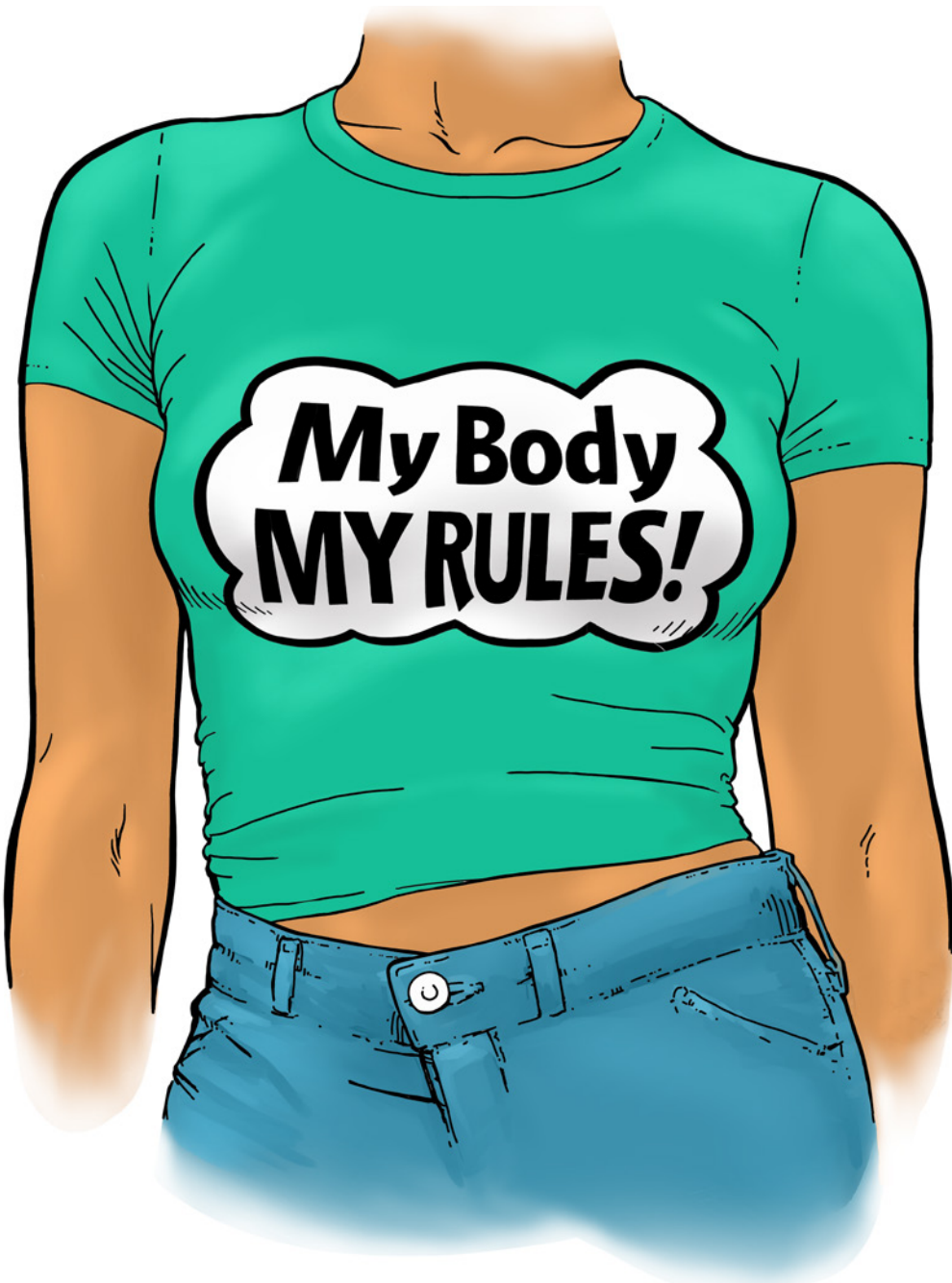
### **It's Not Strangers Women Need to Worry About**

Most women fear being raped by a stranger far more than they fear being raped by a guy they know. Yet the statistics are very clear that less than 3% of reported rapes are committed by strangers.\*

So it's usually not some creepy dude hiding in the shadows who is likely to sexually assault a woman. It's more likely to be someone who everyone thinks is a nice guy. This can create a dilemma for a woman—if a nice guy is more likely to sexually assault her than a stranger, who can she trust?

This is why a man's character and being someone who a woman can trust is more important than most men realize.

*\*This doesn't mean that fear of strangers is a bad thing. Being alert to strangers is probably why so few women are raped by them. So if you are a woman, don't assume you should drop your guard when it comes to strangers and rape.*



Hopefully more women will own this to the core of their being,  
and more men will understand it and honor it.

## **An Epidemic of Rapey Dudes?**

If more men understood how many rapey dudes there are who pretend to be decent guys, they would insist that every man should ask for consent at every step of the way during a hookup. They would also understand why a man should still check in with a woman who he's in a relationship with. Most women would heartily agree with this reader's comment:

"I love persistence, but not persistence when I've said *NO*. Men need to learn it is not all take-take-take and pursue-pursue-pursue. How will they know if a woman is interested if they don't allow space for women to act and show them?" *female age 26*

## **This Makes It More Likely She'll Call the Police**

People like to explain away pushy male behavior by saying in the past, men who pressured women after they said no were simply being confident, healthy guys. That kind of explanation was bullshit then and it's bullshit now. Rapey behavior has always been and always will be assault. The men who do it know exactly what they are doing and why.

While this may not have been as true in the past, when a man pressures a woman to have sex today, the chances go way up that she will be calling the police to report him once she's had time to think about it and process what happened. The statute of limitations for sexual assault gives her plenty of time to wake up each morning and relive what happened.

## **The Fear Is Always There—What Men Don't Know About Women's Reality**

"I live in rural northern Michigan, a region celebrated for its cherry orchards, shoreline state parks and small-town tourist attractions. Each day running these dirt roads restores my sense of wonder. Out here, my greatest fear as a woman who runs isn't the black bears or the rumored cougars or even the occasional aggressive farm dog (I've negotiated a few). It's the moment a single truck I don't know turns down the dirt road where I'm running." *The Fear Is Always There, by Natalie Ruth Joynton in the Washington Post, June 10, 2021*

It's not just pickup trucks on quiet roads that women fear. It's empty hallways in apartments and office buildings, it's walking to her car in a parking

lot, it's waiting for an Uber, it's the walk back to a dorm from a night at the library, and it's any deserted street, sidewalk, alley, or trail.

Few men worry about going out alone, but most women do. Few men are concerned about someone raping them, but women are always having to make choices based on thoughts of assault. It's their reality which few men understand.

### **Hurling Abuse at Women Who Are Good Video Gamers**

Listen in on a female gamer's headset who is good at FPS games like *Call of Duty*, *Overwatch*, *CS:GO* and even *Valorant*. Once the male players discover she's a female, the greeting will often be "Wanna suck my dick?" "Shut the fuck up!" or "Go make a sandwich."

And there are the rape and murder threats if she's good enough to win, or if she declines their requests that she flash them or says she has no interest in seeing their dicks. She's also more likely to be DDoS'd if she's a female player who is winning because it seems to be intolerable for males who are into games like these to be beaten by a female. The silence of the other male players when these threats are being made is deafening. Equally disturbing is how companies like Activision-Blizzard and Microsoft will often turn a blind eye to threats against women, or they adopt measures that are a joke.

So we have a good percentage of young men who spend hours each day in environments that encourage and welcome sexually abusive attacks on women. Do these young men suddenly forget all of this when they aren't gaming and are dealing with women IRL? It makes you wonder how consent even has a chance when there are so many young men who are angry at women and happy to hurl abuse at them, so long as huge corporations provide them with a safe haven to do so.

### **When Decent Men Are Confused About Consent**

There are plenty of men who would never pressure or sexually assault a woman no matter how desperate or lonely they might feel. But it can be a challenge to decode the signals women sometimes give. Perhaps this is why one of the most frequent questions in the entire history of the Quora website is "How Can I Tell If She Likes Me?"

Most men will smile at that, because they've been there at least once if not a dozen times. Common sense would tell us to simply ask a woman, but it wouldn't be love and sex if common sense ruled the day. And even if you did ask, women aren't always sure themselves. More often than not, men and women need time for things to unfold. This is why people will sometimes go for years being friends before they discover they are catching feelings for each other.

Unfortunately, we live in a culture that encourages men to have sex with women before they have time to learn her favorite flavor of ice cream and before she has time to tell him.

Almost everything about sex in our culture sets men and women up for failure when it comes to consent. Hopefully, there's plenty in this chapter that will help with that, decreasing the possibility of you committing assault or putting yourself in a position where you could be accused of it.

## **Male Issues Women and Men Need to Be Aware Of**

### **And Now, for the Gross Stuff**

Sexual assault is a problem that is almost entirely caused by men. So we will be discussing things about men that are disturbing. Very disturbing. They might make some women want to throw up and make some men feel like they are being unfairly dissed. But if you have trouble dealing with reality, then this probably isn't the book for you.

There is hope, however. That's because if a woman is attracted to a man and he asks for consent each step of the way and is able to fully accept her answer whether she says *yes*, *no*, or *maybe*, most women will perceive the man to be a better lover and a better human being. There is no downside to that. But this won't work without having a few weeks or months to get to know each other first. So it will require men and women to push back against the "sex now" and "anything goes" scripts that are popular in hookups and porn.

### **Can a Tent in His Pants Turn a Nice Guy Into a Dick?**

Researchers have found that when men become sexually aroused, they

are more likely to pressure a woman into having sex. And by “pressure” they don’t just mean texting **Are U up** and then **Are U up PLEASE**. They mean that when men are sexually aroused they are more likely to lie to a woman and try to get her drunk or convince her take drugs so she’ll have sex with them.

This isn’t to say that women don’t suffer a lapse in judgment when they are sexually aroused. One week before this edition went to press, new research showed that when women are sexually aroused, they are as likely as men to engage in sexual behaviors that are risky, coercive, and unhealthy. The difference is there aren’t many women who will take it a step further and sexually assault men, while there are plenty of men who will try to pressure or coerce women into having sex.

### **“She’s Definitely Interested!”**

Research shows that men have a tendency to believe they are more attractive to women than women find them to be. So rather than waiting for a clear signal from a woman to see if she is interested, men are more likely to act on their own perceptions that are possibly false and inflated.

If you are a man, you would be wise to keep a woman you are lusting over in the friend zone for a bit so the two of you can get to know each other. Then, if it seems like she’s interested, ask her out.

### **Erection-Induced Hearing Loss**

While most women who are a bit older have already learned this, young women usually don’t understand what can happen to a man’s hearing when he is sexually aroused. So if they forgot to mention this during your school orientation, here’s something every woman should know about consent:

*Put a boner on a young male, and he might suddenly have the hearing of a ninety-year-old man.*

This means attempts to hint tactfully are likely to be futile. A woman should not worry about hurting a man’s feelings when he refuses to hear the word “No!” If he doesn’t hear it the first time, she should not hesitate to shout it loudly. As for the reader who suggested yelling “Back Off, Mother Fucker!”—to each her own.

## Are You a Good Man or a Rapey Dude?

Rapey dudes usually don't see themselves as being rapey. They will often be the first to say that men who rape should be put in prison. And much of the time, it's not because they are lying. It's because they often have a lack of insight about their own behavior, except for men who have *Dark Triad* personality traits and who enjoy abusing anyone and everyone. (More on *The Dark Triad* in the next section.)

So how can you tell if you are a good man or if you have rapey dude tendencies? See if any of the following statements apply to you:

- 💣 Women love to receive dick pics!
- 💣 Sure, I've occasionally pressured a woman to have sex when she hasn't been totally into it. Hasn't everyone?
- 💣 Just because I added Everclear to the punch at the party doesn't mean I'm a rapey guy's wingman. I would never rape a woman.
- 💣 I've pushed a woman's head down on my dick. And once or twice I've grabbed her head and face-fucked her. What's wrong with that? They do it in porn all of the time.
- 💣 If you ask them often enough, most women will let you try anal.
- 💣 There's nothing wrong with trying to touch a woman's breasts or junk when she's made an effort to be friendly and smile at you. She wouldn't be doing that if she wasn't into you.
- 💣 Why should I cock block a guy who's hooking up with a woman who's drunk? It was her choice to start drinking.
- 💣 Hasn't everyone rated or posted a pic or video on a Slutpage?
- 💣 Bros talk trash about women all of the time. But we don't always mean it when we call them cunts, sluts, slampieces, and bitches.
- 💣 Think about it, would there be songs about bitches and hoes if there weren't bitches and hoes?

- 💣 You should try hooking up with a woman who's drunk or stoned. They'll let you do anything!
- 💣 When I'm playing *Fortnite* or *COD* and one of the guys asks a female player to send him nudes, or he if gets mad and threatens to rape her, that's on him. I'm on that server to have fun, not to call out some rude dude.
- 💣 No woman would go to an EDM party if she didn't want to have her tits or ass squeezed. (*EDM = Electronic Dance Music*)
- 💣 If a woman turns you down at a party, try stalking her for the rest of the night. She might be impressed at your resilience.
- 💣 Stealthing is the best thing that's happened to sex since condoms! She won't know you've taken it off.
- 💣 Wouldn't any guy try to sneak it up a woman's butt if he had the chance?
- 💣 Doesn't everyone brag about what you got her to do? Friends love to hear that shit!
- 💣 He was whining because that piece of ass was pushing herself on him? He should just man up and let her fuck his brains out!
- 💣 Combining our "Pimps and Hoes" party with our "Black Out or Get Out!" event was the most awesome idea ever for getting laid!

Having attitudes like these can help men achieve positions of power as well as a reputation for rape. If you have these attitudes and care about being a decent person, then it's time to decide on the changes you should be making. Or maybe you don't care and are fine to go over to the dark side.

### **Beware The Dark Triad**

*The Dark Triad* is not a new series from Marvel, although it sounds like it could be. When researchers are studying the kind of men who commit sexual assault, *The Dark Triad* almost always floats to the top.

*The Dark Triad* refers to the personality traits of men who rate high on narcissism, sociopathy, and manipulation. These men are often charming, confident, and exciting. They view women as prey. Once they have a woman in their sites, they know exactly what to say and do to make her feel special.

Men with *Dark Triad* traits can be very successful. They are brilliant at lying and they would list deceit as a skill on their LinkedIn profile if they could. They take no responsibility and love to blame others. They care about nothing but personal gain. Some use their charm and skills at manipulation to become dictators and oligarchs. Men in college who have *Dark Triad* traits excel at leveraging whatever is in the punch bowl or what they can sneak into a woman's drink to sexually assault her.

Decent guys are often onto dudes who are *Dark Triad*, and it can be hard for them to understand why women fall for men whose souls are lined with evil. The women who find these men flattering are often young and naive or have *Dark Triad* traits themselves.

## Rape Myths

*Rape Myths* are *Get Out Of Jail Free* cards for men who would rather blame women than take responsibility for their bad acts.

Rape Myths were highly effective in the not-so-distant past when women who accused men of rape experienced far more scrutiny than the men who raped them. The men's attorneys were allowed to ask women questions that were not allowed in other types of criminal proceedings, e.g. "I see you've been divorced, can you tell us more about that?" "Have you had sex with more than one man?" and the all-time blame-the-woman favorite, "What were you wearing the day you think you were raped?"

According to *Rape Myth* logic, once a woman leaves her house in something other than a gunny sack or starts drinking or makes out with a guy, her body is up for grabs.

## Rape Myths Don't Work When We Switch Genders

At the risk of being politically incorrect, let's consider a case of sexual assault that actually happened at Stanford University, and switch the genders of the individuals who were involved.

# *Rape Myths*

## **GET OUT OF JAIL FREE**

**“It’s her fault for getting shit-faced at a party full of horny bros.”**

**“Look at how she was dressed, she clearly wanted it.”**

**“But she went up to his place!”**

**“She didn’t say yes, but she sure didn’t say no.”**



**“She shouldn’t have been making out if she didn’t want to have sex.”**

**“She shouldn’t have given in.”**

**“Why did she say yes in the first place?”**

**“If she didn’t want sex, she should have gone home.”**

**“They’re in a relationship. Why hasn’t she left him if it’s so bad?”**



In the real incident, a woman who had gotten drunk at a fraternity party was taken behind a dumpster and raped by a male member of the Stanford University swim team. This was an athlete who had the potential to go to the Olympics. A pair of bystanders who came upon the scene while cycling tackled the guy and called the police.

Given that another sorority woman reported having had an unpleasant experience with this same student a few weeks earlier, this might not have been his first attempt to pressure a woman into having sex, which is why it's so important for women to report when they have experienced sexual coercion. Men who do it once will usually do it again.

Men are sometimes unaware of the devastating impact that rape and sexual coercion can have on women. And the woman often faces the additional trauma of being publicly scorned and blamed when she has the courage to file charges against a male who is high profile, powerful or well liked. During the athlete's sentencing, the woman whom he raped said:

"You took away my worth, my privacy, my energy, my time, my safety, my intimacy, my confidence, my voice..."

Adding to her insult was when the athlete's heartbroken dad said at the trial that his son's life was being destroyed "for only 20 minutes of action." But his son's life has been destroyed because of his bad acts. It's not easy to get even a minimum wage job when you have to put on every application that you are a felon and a registered sex offender.

So instead of it being a woman who was brutally raped, let's imagine what might have happened if it had been a straight male college athlete who had gotten drunk at a fraternity party, and a strong and buff gay or bisexual dude convinced him to go outside. And the strong and buff dude sexually assaulted him while he was passed out, and the athlete ended up in the ER with his anus being injured and bruised.

Do you think anyone would have said "It's your own fault, you shouldn't have been drinking at the party" or "If you hadn't been wearing those tight pants, that guy would have never noticed you." We only say things like that to women who have been raped or assaulted.

## Does Porn Help or Hurt?

Unless you've been playing *GTA* or *Minecraft* nonstop for the past ten years, you're probably aware there are experts who think porn is to blame for everything from divorce and erectile dysfunction to the declining number of males in college. And there are other experts who believe there's no more harm in watching porn than watching *America's Got Talent*.

Regardless of which side of the porn wars you're on, researchers have found that aggressive acts like slapping, gagging, spanking, and choking women happens often in straight porn. Aggression toward women occurs in 45% of the scenes of one of the world's most popular porn sites and in 35% of the scenes of another very popular porn site. The problem this poses for consent are twofold:

It gives the idea that all women like rough sex. So why not choke or slap a female partner first and ask later, or not ask at all?

Women in porn rarely object to the aggression. So aside from having no gag reflex and pink anuses that open on command, porn actresses give the idea that it's okay for a man to treat a woman's body like it's theirs to do with whatever they want.

Most adults understand this is not how couples behave in real life. But think about the take-away message regarding women and sex that millions of middle school students who watch porn are receiving. It wouldn't seem porn is helping to implant positive messages about consent in their pre-pubescent brains, especially now that porn has become the primary source of sex education. And we are just discovering that the part of the brain devoted to processing sexual stimulation doubles during puberty—which is the same time when many teenage males are watching porn and soaking in its messages about consent or the lack of it.

Ignoring consent is nothing new in porn. What is new is the reach of porn, with advances in technology bringing the largest of penises and the most insatiable vaginas to the phones of every child and adult on the planet.

## Consent and the First Porn Film Ever Made

A lack of consent was the central theme of the very first porn film ever made. It was called *El Satarío* and it was filmed in Argentina in the early 1900s. *El Satarío* means “The Satyr,” or a devil who has the head and upper body of a goat but is human from his rib cage down. As the curtain opens, six young female friends or nymphs are naked and frolicking in the woods, playing ring around the rosie and happily groping each other. Suddenly, the Satyr, whose upper body is adorned in full cosplay regalia, abducts one of the nymphs to have sex with her, and the other five nymphs run away.

The nymph who is abducted offers token resistance at best and quickly succumbs to the Satyr’s rapey charms. After they have oral sex and intercourse, the nymph is quietly lying in the Satyr’s arms, lost in the afterglow of having just had sex with the devil. Only then do the nymph’s five friends show up to shoo the Satyr away. This apparently symbolizes the power of the sisterhood, albeit somewhat late to the party.

Aside from the fact that the actors have pubic hair and the film is black and white and very grainy, the striking difference between *El Satarío* and porn today is the almost endearing and fun quality of *El Satarío*, until you consider the sexual abduction.

Also, porn used to have cheesy plot lines and you’d see people with their clothes on before they started to have sex. This provided at least somewhat of a context for sex, like when a woman’s eyes would pop wide open once she noticed the size of the bulge in her plumber’s pants after he put down his tool box. But now, if viewers can’t see half way up a woman’s vagina in the first twenty seconds, they are likely to click off to find porn *that’s better*.

## Beyond Pressure—Using Force

### The Head and Shoulder Push

It is startling how many women who have taken our sex surveys have said a male has pushed their head down on his penis for oral sex:

“This has happened to me, and I thought it was just something I had to put up with.” *female age 19*

“I’ve always found it upsetting, but I put up with it lots when I was younger.” *female age 24*

“Ten years ago, I would have thought it was my duty. Now? They can fuck themselves.” *female age 36*

“It’s always felt humiliating when guys do this to me and I actually remember the back of my throat being physically bruised from someone doing that to me. But all three of my partners said they ‘needed’ to do it in order to finish. I just assumed it was a part of a blowjob that happened when I wasn’t doing it well enough.” *female 25*

“I didn’t realize this is a form of sexual assault. I don’t think men realize that, either.” *female age 24*

“I know a lot of women that just go with it and think it’s ok because he’s so turned on and ‘it happens.’” *female age 27*

“There was a guy in my class in high school who made a gesture of doing that to every girl in the class. He thought it was fun and no one thought it was odd. I regret that I didn’t kick him in the nuts.” *female 28*

“More women should know that it only takes 40 psi to rupture a human testicle. And more men should know how to communicate.”  
*female age 21*

Regarding the last comment, most parents wouldn’t hesitate to teach their daughters how to deliver a sucker punch to the scrotum if they knew a guy was going to force their daughter’s head down on his penis. Or they would be happy to deliver the sucker punch themselves.

As for the concern that dad’s have for their daughter’s safety, you would be surprised at how some of the most notorious, women-bashing rappers have changed their tune about violence toward women once they become fathers of daughters.

### **What’s Wrong with Using Force if That’s Her Fantasy?**

You might have heard that one of the most common sex fantasies of women involves their being forced to have sex. So why not indulge them?

It's one thing if a woman specifically asks for this, but a man should never initiate any form of sex that is forced or rough without discussing it first and without both partners agreeing on a safe word. And even if consent is enthusiastically given, any man who agrees to have rough sex with a partner with whom he is not in an established relationship is asking for trouble. Unless you work up to it over time, it's easy for misunderstanding to occur.

As for choking, see *Chapter 29: Choking During Sex Is As Dangerous As a Police Chokehold*. There is no time when a man should ever choke a partner, even if she asks you to.

### **Do Men Fantasize About Raping Women?**

When researchers have asked men if they fantasize about raping a woman, between 31% and 36% of men agree this is something they sometimes fantasize about. However, when researchers use words like *force* instead of *rape*, 54% of the men in studies have agreed with the statement “I fantasize about forcing a woman to have sex” and 62% have checked the box next to “It would be exciting to use force to subdue a woman.”

It's not unusual for people to have fantasies they would never do in real life. But plenty of men who have rape fantasies say they would force a woman to have sex if they felt there was no chance of being caught. These aren't the answers of convicted rapists. They are the answers of the guy next door.

So it's not an exaggeration to assume that close to half of the men at a party would force a woman to have sex if they could get away with it. This is real. Women should not throw caution to the wind or into the punch bowl.

Your level of concern should be even higher when men are having beers or they were hammering down shots. That's because it doesn't take much alcohol before men start to think they are bulletproof. If you doubt this, look at what happens to a man's perception about driving after he's had a few beers. “I'm perfectly good to drive!” says the dude who's spiking a blood alcohol level of .20. “Applying a bit of pressure to get a woman to have the sex I'm sure she really wants? No problem!”

### **If You Have Sexually Assaulted Someone**

There are almost no resources for men who have committed sexual assault and who badly regret it. Unlike men who are sociopaths, extreme

narcissists, or men who hate women, this may have been a one-off and they would never do it again. If I am able to find helpful articles about this, I will post links at [www.Guide2Getting.com/abuse](http://www.Guide2Getting.com/abuse).

## **Alcohol: The Consent Buster**

### **Alcohol: Brewing the Perfect Storm**

Two-thirds of domestic violence involves alcohol, and half of all murders involve the use of alcohol.

While it takes way more than alcohol to turn men into felons, alcohol makes men worse at being able to understand a woman's signals and it diminishes even further their ability read a woman's body language for "NO!"

The young man at Stanford who raped a woman behind a dumpster probably wouldn't have done it if he had been sober. But he drank five Rolling Rock beers and hammered down two swigs of Fireball before going to the party. Then he had more beer at the party. A lot of men think it's cool to get this drunk before going to a party, and some men feel so awkward with women that they need to have something to drink just to get the courage to have a conversation with them.

You would think that even a star athlete might get whiskey dick after drinking that much, but researchers have found that men can consume far more alcohol than was previously thought before experiencing impotence. However, perhaps whiskey dick is the reason why the Stanford athlete used his fingers to assault the woman instead of his penis.

Since this highly publicized rape at Stanford resulted in the enactment of the two new laws in California, it could have been the athlete's whiskey dick that was responsible for A.B. 701 that adds the use of fingers and not just a penis to the definition of rape. The second law that was enacted as a result of this case is A.B. 2888, which requires prison time for anyone who sexually assaults a woman who is unconscious.

### **Alcohol Impacts Women Differently Than Men**

Women have every bit as much of a right to get drunk at parties as men do. But alcohol affects women differently than it does men, and way more women will be sexually assaulted at parties than men will ever be. Yet the

way we deal with this is to throw slogans at women like *Yes means Yes!* and to blame them for getting drunk in the first place.

To help eliminate alcohol from the body, our stomachs produce an enzyme called alcohol dehydrogenase when we drink. But women don't produce as much of this enzyme as men, even when you take into account differences in body weight. This is why women get drunk faster than men do.

Alcohol can block pain signals. This can result in a woman or man having sex that could be causing bodily injury, especially anal sex.

Alcohol also stimulates the release of endorphins that can make a woman think it's okay to do things that would horrify her sober self. It's more likely to make her have regrets the next day and consider calling the police.

### **The Problem With Redbull and Alcohol**

A woman's risk for being sexually assaulted goes through the roof when she combines alcohol with Redbull or other energy drinks. That's because the energy drink makes it seem like a woman is less incapacitated than she really is. Not only is this going to make people think she is better able to give consent than she is, but in the remote chance there is a bystander to intervene, the woman will appear more together when she might be really drunk. *(Mixing vodka, rum, tequila, or any alcohol with any energy drink can cause fatal alcohol poisoning, because you keep drinking instead of passing out.)*

This is yet another reason for women stay far, far away from the punch bowl at any party where there is alcohol. You have no idea what's been put in the punch to make it taste like Kool-Aid when it's closer to rocket fuel. There are entire websites dedicated to making punch that will get women drunk.

### **Do Not Hook Up with a Women Who Is Stoned!**

Marijuana and other drugs can distort a woman's judgment and her ability to give consent. So a man should not assume he can leverage pot to have sex and get away with it legally.

Men need to be especially aware that if drugs are discovered in a woman's system at the ER and she has no idea how they got there, the man who had sex with her will be the primary suspect and should plan on spending a few years wearing an orange jumpsuit.

## Blowjobs, EDMs, Slutpages, IVP, and Stalking

### Have Blowjobs Become the New Handjob?

“One of my close friends has only ‘had sex’ with one guy. She’s sucked the dicks of 10, to avoid having them put their dicks inside her.”

*female age 19*

It used to be that instead of saying “no,” women would give men hand jobs to get them to back off. Now, rather than handys, men expect to receive blowjobs. This is so common that it’s not uncommon for girls in middle school to discuss whether to spit or swallow.

It’s one thing if a woman wants to give a man a blowjob, but most women say they don’t enjoy giving men oral sex unless they are in a relationship. Even then, not all women are down to do that.

Here’s something about blowjobs that parents don’t want to understand: They are raising their daughters to feel empowered and to advocate for themselves in the public part of their lives. But these same girls feel they have to suck on a guy’s penis instead of being able to say *NO*. It seems there’s a giant sinkhole in empowerment for young women when it comes to sex and consent. Yet, if teachers want to discuss this with their students, parents will line up in protest at school board meetings and the teacher could be fired.

### Unwanted Groping at EDMs

More than 20% of women who attend EDMs (Electronic Dance Music parties and festivals) have had their breasts, butts, or crotches grabbed by strangers, in addition to being kissed by men they do not want to be kissed by. Plenty of people will brush this off by invoking the *Rape Myth* of “Everyone knows that’s what happens at EDMs.” (A reader says “That happens any time there is alcohol and a crowded dance floor, not just at EDMs.”)

Do males get groped at EDMs? Of course. But not with the same frequency as women. And if you ask straight guys how they would feel about being groped or kissed by a male at an EDM, suddenly their response of “that’s just what happens” will turn to “I’d punch the guy out.” So women’s

bodies are fair game for unwanted kisses and groping, but straight males aren't?

Imagine what would happen if women at EDMs were given tasers and told to tase any man who touched their breasts, butts, genitals, kissed them without consent, or rubbed his crotch against the woman's body?

It would look like the site of a mass shooting.

### **Slutpages: Revenge Porn Without the Revenge**

Slutpages are websites, listservs, and vault apps where people post nudes of women who have not given their consent. It's usually men who post the pics and videos, although women sometimes do so as well. Members of the slutpage then comment on the women whose images were posted.

I first learned about slutpages when I was asked by a college instructor about student athletes who were posting pics of women they'd had sex with and rating them. But slutpages are by no means limited to college and high school students. Some members of the military assume the Uniform Code of Military Justice only applies to women who have their uniforms on.

While the occasional fraternity has been kicked off campus due to a slutpage and some athletes have come close to being disciplined, it will be interesting to see if posting images on a slutpage won't result in criminal charges being filed as part of revenge porn statutes. Also, some of the pics of women posted on high school slutpages are underage, which could catch the attention of the local District Attorney, especially if it's his or her daughter or one of her friends whose pics have been posted—or the daughter of a major donor.

As for excuses like "What's wrong with a little fun?" what if one of the nudes or videos that was posted on a slutpage was of someone you loved and cared about? What if she found it so degrading and devastating that it made her leave school, fear for her personal safety, or want to kill herself?

In addition to slutpages, revenge porn (aka cyber rape), and sextortion have become increasingly common. These are forms of sexual assault that are done online. As methods to detect the identity of people who post revenge porn become better honed, they should start to receive jail time.

## **Intimate Partner Violence: Don't Ignore the Warning Signs**

If you are in a new relationship and find your partner is trying to limit who you can talk to and wants to know where you always are, or he or she is really jealous or showing signs of violence, run as fast and far away as possible. Evo-psychology researchers refer to this as “heavy mate guarding.” Violence could be just around the corner, especially if your partner thinks there is a potential “mate poacher” in the area. (To someone with a paranoid or jealous mind, people are always wanting to have sex with their partner.)

If you are having an affair or are cheating, the person you are cheating with can easily become the target of a partner's rage. This is something you should think about if you are getting involved with someone who is cheating.

## **Do Not Ignore Stalking!**

More than a million women are stalked every year, and it's not unusual for men who stalk to make threats of violence. (While women do stalk men, men stalk women four times more often.) If a stalker's goal isn't to be physically violent, creating psychological terror will be high on his list.

Young women are stalked the most often. Some are even in high school. If a partner is going to become a stalker, he or she will usually start stalking soon after a relationship breaks up or when the writing is on the wall. The initial goal of the stalker is often to get a partner back, but all bets are off if the stalker discovers his or her partner has a new lover. The stalker can easily become violent toward the new lover. Also, some stalkers delude themselves into thinking the person they are stalking finds the stalking to be endearing.

If you are being stalked, you absolutely must take it very seriously. The moment you finish reading this sentence, visit [www.StalkingHelp.org](http://www.StalkingHelp.org). There's nothing flashy or glam about that website, but it has the best and latest information about stalking and what to do about it. The site is run by Dr. David Buss, who is one of the world's leading experts on all things good and bad about relationships. Read everything you can at [www.StalkingHelp.org](http://www.StalkingHelp.org). Dr. Buss also recommends Michele Pathe's book “Surviving Stalking.”

Stalkers are often in intense emotional pain. They are trying to deal with feelings of being abandoned and rejected that are almost impossible to bear.

If you feel compelled to stalk someone, it's never going to take the pain away. It will only make you feel more frantic. So please, try to get therapy. Hopefully therapy can help you get into a better place and get on with your life.

### **When Adult Males Are Sexually Assaulted**

We know that boys before the age of puberty and soon after puberty are sexually assaulted more than anyone cares to admit. But they tend to be assaulted by men and not women. (At the time this edition went to press, *The Boy Scouts* paid out almost \$2 billion dollars to settle 82,450 sexual abuse cases, and the *Catholic Church* had yet to publicly admit a dirty little secret that way too many altar boys have had to endure.)

It can be a different story for males who are high school or college age, and it's women who often commit the sexual assault. Even though a recent study discovered that almost 1 in 4 fraternity men had been sexually assaulted by women, it's almost always assumed that males cannot be sexually assaulted by women. And rarely do you see it acknowledged that a straight male who has been coerced into having sex with a woman can experience depression, PTSD, anxiety, sexual dysfunction, and an upswing in drug use and drinking as a result.

One of the reasons why the numbers reported about male sexual assault are so artificially low is because definitions of rape assume it's a male who is the perpetrator and a woman who has been assaulted, e.g. "a penis, fingers or a foreign object was used to penetrate a woman's vagina, mouth, or anus." Only one study to date has asked more expansive questions that did not assume gender, focusing on questions about whether the male had experienced sex that was forced on him that he did not want or consent to, and the authors found high levels of sexual violence (Luetke et al, 2020).

But here's the problem for men who are sexually assaulted by women:

"She got you drunk and fucked your brains out? Who cares if you didn't want to. Dude, you should be posting this on Insta!"

We are finally starting to take women seriously who have been sexually assaulted by men. But we are a long way from getting there with young men who have been sexually assaulted by women. Unfortunately, there are few

helpful resources for straight males who have been sexually assaulted by women. As I find them, I will post them at [www.Guide2Getting.com/abuse](http://www.Guide2Getting.com/abuse).

Another reason why men who have been sexually assaulted by women get little sympathy is this:

“How can a guy be sexually assaulted by a woman when he’s the one who needs to get hard for sex to happen?”

As mentioned earlier, a lot of guys can get erections even though they are pretty much drunk. And just as women report caving to the pressure, taunts, and threats of men, men can cave to the pressure, taunts, and threats of women. Yet many people assume that straight men who experience sexual assault should still consider it a notch on their bedpost.

It’s accepted when women who have been assaulted feel unclean, violated, and unsafe, but men are not allowed to have those feelings. Straight men who have experienced sexual coercion know to keep shoving those feelings deep inside, where they aren’t allowed to come out.

This isn’t to say that gay men who are raped by men or women don’t experience these same dreadful feelings. But at least there are other gay men who do get it and who will circle their wagons in support. Gay men tend to be better than straight men when it comes to expressing their feelings and supporting the emotions of each other—not that this is always the case.

A major risk for sexual assault that gay men face is when they are having chemsex. While no one, male or female, can legally give consent while on drugs, it’s not at all unusual for sexual assault to happen at parties where there’s chemsex. If you are thinking about doing chemsex, please spend a few days online reading articles about this. You absolutely must prepare yourself for the worst, and don’t even think of doing chemsex if you aren’t on PrEP.

## **A Roadmap for Crushing It With Consent**

Let’s look at some of the ways you can approach sex and consent that will help you have the best sex ever and be the best partner and the best person you can possibly be. *While much of this is directed to men, it’s important for women to read as well. After you finish, you will understand why.*

## **Check In on Your Feelings**

If anyone tells you that sex is straightforward like in porn or that you can have sex without risking rejection and emotional pain, they are either a sociopath or a fool. No matter how random the hookup, at some point you are likely to catch feelings for a person you are having sex with, or you are going to feel chaos and dread when the person wants to move on. This can sometimes result in you not making the best decisions.

Or maybe you feel like a failure, and you think everything will be better if you can just start getting laid. Or loneliness is eating away at you. Whatever is or isn't going on, you never want to let yourself reach a point where the line between consent and pressuring someone to have sex starts to become blurred. This is why it's important to check in with yourself about your feelings. Unfortunately, we don't have a dipstick on the top of our heads, and monitoring your mental state is not as easy as checking the oil in your car.

One of the dangers of being close to the edge emotionally is that a drink or two can be all it takes to make you cross the line. Talk to friends about how you are feeling if you can, and seek out therapy before you do something dumb. Try not to ignore the warning signs that your world is beginning to wobble. Sex is never, ever worth going to prison for.

## **Asking Is Not a Boner Killer!**

Researchers who were trying to determine how consent impacts sexual arousal wrote an erotic story about a man and woman who are making love. In one version of the story, the man asks the woman for consent each step of the way, from first base to home run. The other version of the story was exactly the same, but without the man asking for consent. People were then asked to rate how sexy they found the two erotic stories to be.

Women and men found the version where the guy asks for consent each time he tries for a new base to be just as sexy or sexier than the version where he doesn't ask and the sex just happens. So asking a woman for consent each step of the way is clearly not a mood-killer, assuming she's into the guy in the first place. It also gives an important signal to a woman that a man cares about what she's feeling, and it makes it easier for her to let him know what is and isn't working for her.

Asking each step of the way is a total win for everyone. It's also one of the most important things a man can do to stay out of jail for sexual assault. *A Defense Attorney Comments:* "Here's the issue—Asking is great, but if it gets down to it, it's your word against hers." That's why the next section is one of the most important for men in this entire chapter.

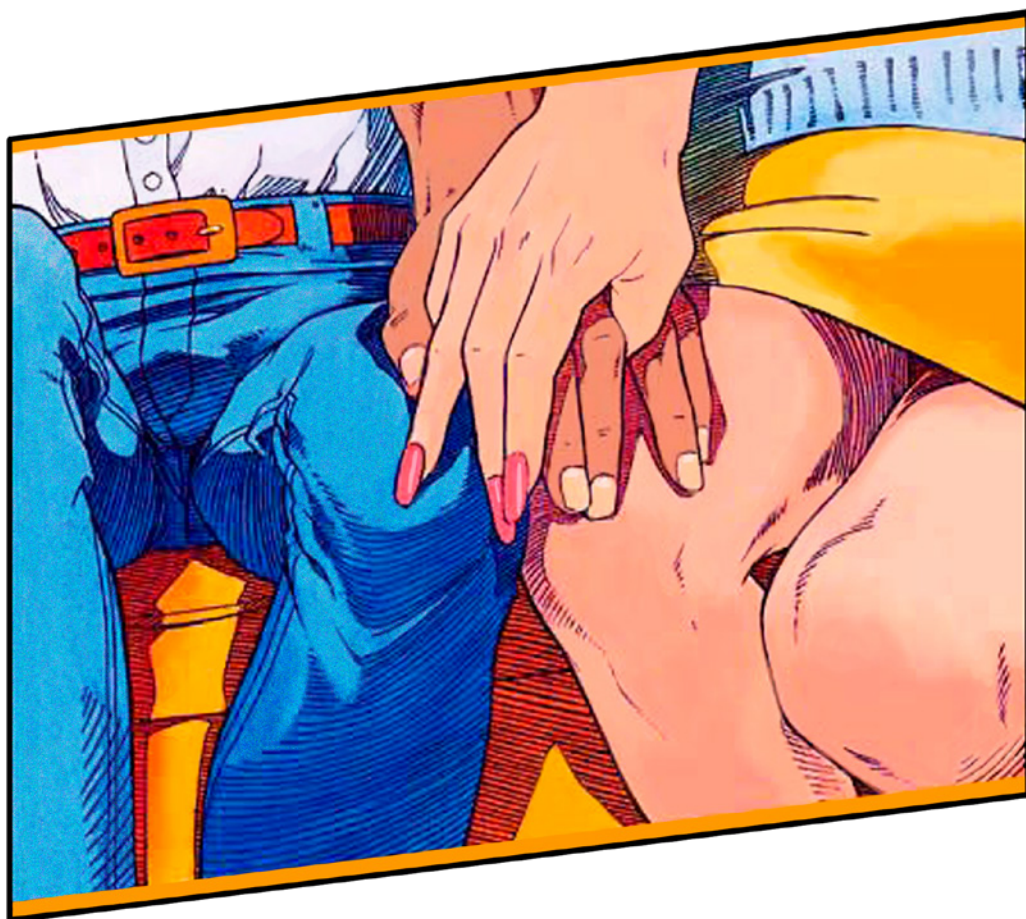
### **A "Paint By Numbers" Approach to Consent for Men**

If you meet a woman you are into, and she might be into you, talk to her all night if that's what both of you want to do. If she'd like to kiss you, let her have at it and remember not to drool. *But keep your hands off of her breasts and out of her pants and never, ever have sex during the same week when you first meet someone.* Instead, ask her if you can text her and get her number if she wants to give it to you without pressuring her.

If you're still feeling it, text her the next day and tell her you had a great time. If she responds in a way that's encouraging, ask her if she'd like to meet you for coffee, ice cream, or whatever. Keep it informal and let her choose the place as long as it's public and it's not a bar. No meeting at her place or yours. Under no circumstances should you offer to pick her up. It's better at this stage to not know where each other lives, unless you met her at a party at your place or hers, or you're in a dorm.

If it's a go, text her a half hour before you meet with something simple like "on my way." That's because you won't believe how many people stand each other up or forget. If coffee goes well, it's time to begin the vetting process. (If she cares about herself, she will have already started asking around about you.) If you find no red flags and the two of you are getting along, ask her out for a date. You'll find tons of ideas for dates online.

If she agrees and the date goes well, she'll probably be expecting a kiss. But if it seems like she wants more, tell her you're really into her and you'd like your first time together to be really good and not rushed. So maybe next time! Or if both of you are horny and want sex but it's not feeling like it will evolve into the romance of the century, talk about that. This could be the start of a great friends with benefits relationship. Either way, tell her you'll bring the condoms and will be good to go next time.



*This is a couple on a date. If you don't know what a date is, ask your grandparents. It's what any man should do before having sex with a new partner, unless he's dumb as balls or hasn't heard of #MeToo or Title IX. Going out for a few dates before having sex is one of best things each of you can do to help decrease the chances of something bad happening. It will also result in way better sex if the two of you decide to have sex.*

Then text her or have a real-life discussion about the things she would and wouldn't like to do when you are having sex. If she's interested in moving ahead, ask her at what pace. Remind her that you'll totally understand if she wants to stop at any time, or if she wants you to go back a base or two and keep doing that.

Besides bringing condoms, know that condoms are not the best for birth control. So ask her about that. Birth control is just as much your responsibility as hers, and tell her you want to help pay for it. Also let her know you've learned from reading this book called the *Guide To Getting It On* that there are plenty of ways to share pleasure besides having intercourse, and you are totally down for that if that's what she would like.

You won't believe how putting the brakes on for just a week or two and taking these simple steps will greatly decrease the chances of misunderstandings that could lead to her being assaulted or to you being accused of rape. This process will also greatly increase the amount of sexual pleasure both of you will have when you finally hook up.

**For Women:** Please do a browser search for advice for how to protect yourself when you are meeting someone for the first time, e.g. make sure your friends know where you are meeting him and when you plan to be back. Put his name and a copy of his phone number on your desk in large writing. No matter how charming he is, do not go to his place or invite him to yours. As soon as you agree to meet him, begin the vetting process and find out everything you can about him. And don't for a second assume that if he has a profile on a dating site that he's any safer than some dude who has spent the last five years in prison for rape.

### **Nature Is Nosey**

A woman's body can discern whether a potential partner's chromosomes are a good fit with hers in case they were to have children together. But it happens unconsciously and it has to do with her sense of smell.

So let's say the two of you were texting and Facetiming and even meeting for coffee, and all sign were pointing to sex. She gives you an enthusiastic **YES!**, but after the two of you are naked and are starting to make love, she

begins to balk. And it's not because you have BO or used too much AXE. Don't get pissy and act like an ass if she starts to back off. There are no guarantees in life, especially when Mother Nature's intentions are at odds with your own. It could be her immune system or sense of smell has decided that your XYs and her XXs are not meant to be.

Or maybe it's like one of the women described at the start of the chapter. She started to have sex with a guy whom she thought she was really into. She was into his body, she loved his eyes, but it fell apart once they started making love and she wasn't really sure why.

When stuff like this happens, lick your wounds and move on.

### **Women Need to Say It Instead of Show It**

Women like to think they are sending clear messages with their body language. But a lot of men have no clue how to read a woman's body language, and some men chose to ignore it even if they can read it accurately.

Too many women worry that guys will think they are being a bitch or a prude if they say "NO" with a loud, clear, and convincing voice. This is why one woman who is an expert in consent encourages young women to practice consent with other women. For example, have a friend play the role of a whiney dude who is pressuring you to have sex. The person playing the whiney dude needs to plead, beg, and try to guilt you, shame you, and say you are giving *him* blue balls so bad it could leave *him* sterile.

Then, the woman or man who is playing the whiney dude should act angry and say mean and nasty things so you can practice how you are going to respond. Your friend can let you know if you are being firm and loud enough, or if you need to ratchet it up.

This kind of role playing might sound absurd, but it's proving to be an effective way for a woman to learn how to advocate for herself.

### **When a Man Is The Eveready Bunny**

Of the hundreds of women who have taken our sex survey, more than 70% say they prefer intercourse to last from five to fifteen minutes. Beyond that, it can get painful or start to feel boring. Unfortunately, when this happens, a lot of women suffer in silence because they think it's their job to make sure their partner gets off.

Consent includes having sex that does not hurt. If you are a guy who can last more than five or ten minutes, ask your partner if that's okay for her. Let her know if she's starting to feel pain or wants to do something else, you are happy to stop. If she's had sex with more than a couple of guys, don't be surprised if she expresses shock at how considerate you are.

### **If a Man Needs to Convince His Partner to Have Sex, He Is on the Road to Committing Rape**

Even if it feels like your penis is ripping a hole in your pants, you don't want to do something with a woman that results in your having a cellmate whose penis might be ripping a hole in your behind. And that's exactly where you are heading if a woman hesitates or doesn't give a resounding *YES!* and you pressure her into having sex.

So when you are in a situation where you are hoping to get laid, understand you might be misreading the situation or she might change her mind. Keep your expectations in check and do what's right.

This means if a woman doesn't want to have sex every bit as much as you do, put your pony back in the barn and reassess the situation. In no way should you pressure her, whine, or act like a baby. A woman has a right to pull the plug any time. If she's not that into you, it's better you know so you can move on. It doesn't matter if the two of you were shopping for wedding rings the day before. If it's over, it's over.

All it takes is a woman saying *no*, and you start saying "Come on, you'll like it," "But it'll feel really good," or you call her a bitch or try to prude shame her, or you threaten to sextploit her with pics or videos you have taken, or you use a position of power or authority to even hint at intimidating her, you are committing sexual harassment. Depending on the laws of your state or your school if you are a student, she could report you, and don't expect there to be due process. Colleges have their own approach and it's totally weighted against any person with a penis.

### **If a Woman Goes to Your Place or Lets You Go to Hers**

It used to be that consent was assumed when a woman went to a guy's place (or room) or invited him to hers. That is no longer the case. If

this happens, don't for a moment expect that sex will follow if you are a male or that you need to have sex if you are a female. Sometimes people go to other people's places to watch TV, have dinner, work on a project, or just to say hello.

Seeing how you live (clean and neat, or like a pigsty?) might be one of the ways a woman is vetting you. It can be incredibly disappointing if you've gone to the trouble of wearing a clean pair of underwear and you washed the sheets, shaved, and even cut and filed your toenails because you were hoping for sex. That's no excuse to pressure a woman to have sex.

And keep in mind that you should be just as vigilant in vetting her before the two of you drop trou. While people who are emotionally unstable don't always leave a trail, there's no harm in asking around if you have mutual friends or doing a browser search if you met online.

If this is a hookup and a woman ends up in your room or you end up in hers, the first thing a man should do is discuss with her what she is hoping will happen and what she doesn't want to happen. Tell her it's totally okay with you if she decides to change her mind at any time. The same is true if you are a woman. You should have this discussion with a man before having sex for the first time. Or better yet, avoid random hookups altogether and meet a couple of times in public first.

### **When to Keep It in Your Pants and Your Hands Out of Her Pants**

For the past thirty years, hooking up and having sex the same night have been the new first date. But that is no longer the case. Here is one of the most important takeaways you will find in this entire book:

Any man who has sex with a woman the first time he meets her is two tacos short of a combo platter. **Repeat:** if you have sex with a woman the same day or night when you first meet her, you are being a fool and you have no one to blame but yourself if you end up with the short arm of the law staring you in the face.

The more communication you have beforehand with someone you hope to have sex with, the less likely there is to be confusion or misunderstanding.

So the idea that men and women should have sex first and decide later if they like each other is as dated as a phone with a rotary dial.

### **Concerns About Being Falsely Accused**

Plenty of men are worried about being falsely reported for sexual assault. This is even more of a reason of why you should go slow and spend lots of time with a woman before you have sex with her. Her character is just as important as yours.

The number of false accusations against men is much smaller than most people think, and it's hardly even a blip on the radar compared to the number of women who are assaulted and coerced by men. Also, anyone who makes a false accusation is liable for criminal and civil charges.

Whether you are male or female, if you are accused of a criminal act, the first words out of your mouth should be to ask for legal representation. Defense attorneys recommend that you never say anything to anyone or answer questions from law enforcement or anyone else without having an attorney present. It doesn't matter if you are completely innocent. It's impossible for an officer to write as quickly as you speak. Important things you say might get left out. Also, don't assume a report will read fairly if the person writing it thinks you are guilty. Having an attorney present can be the difference between your being found innocent or guilty, especially if you are innocent.

### **When Women Aren't Clear About Saying YES or NO**

It's not unusual for women to become confused or feel paralyzed when it comes to consent. Sometimes they might say yes when they actually mean no. Women who have been sexually abused or raped can often feel paralyzed when trying to say no, but it can happen to almost any woman. So please understand that in spite of what Title IX wants you to believe, yes does not always mean yes. This is why it's so important to spend time together before you have sex. That way, if she says yes, it's more likely to be a yes that's from the bottom of her heart. And she's more likely to believe you when you tell her it's okay to say *no* any time she's not totally good with whatever the two of you are doing.

Here are the experiences of four women who didn't feel they could give a firm *no*. These are women who could be the CEO of a large corporation, but you would never know about this part of their life and how it can lead to so much personal misery.

*A Woman Who Is 27 Years Old:*

"There were two times I've felt too paralyzed to say no. Both guys were totally into me and had told me that. I wasn't sure about my feelings when we started. It didn't feel wrong but it didn't feel right."

"When I wanted to stop, I think I was afraid to speak up because I feel threatened by the anger of men and I was afraid of being yelled at. I also felt ashamed in case I may have led them on. It's like when women who were raped are asked what they were wearing that day. Like there's something that is so magnetic for men that it has to be handled right, and if it isn't, it's at least partly your fault. Consciously, I know that someone who is attracted to you and made an effort to impress you does not have the right to collect what he 'paid for.' But in those situations, some part of me said 'It's your own fault! You went along with it until now. Plus you're going to hurt his ego and he will either get angry or say you're being a mean bitch for making him feel rejected.' Logically I know this is stupid, but logic only reigns your behavior in so far."

*A Woman Who Is 36 Years Old:*

"On the night I was raped, I was still in high school. I had gone to the weekly youth church activity. I was wearing hand-me-down clothes of my sisters. Nothing about my outfit was sexual. When I got to my friend's house, they had a small amount of beer that we all drank. We had a fun, adventurous night. I fell asleep on the couch. Sometime later, I was awoken to the friend of her boyfriend pulling down my pants. He was completely on top of me on the couch and was trying to kiss me. I had met this guy earlier and was not at all interested in him. He was 22 and seemed like he had nothing going in his life. I had ambitions and was preparing for a bright future."

“He got my pants off after struggling with the knot. I was on my period and was wearing a tampon. That’s how unprepared and uninterested I was in having sex with this stranger. I kept saying “no, no, no, no, no” repeatedly, but not loudly or forcefully. I was still in shock that this was happening. I was in no way prepared to respond to this kind of advance. I didn’t even know how to have sex. So I just laid there stuck underneath him.”

“As I laid there not knowing what to do, I wasn’t as upset or fearful as I figured someone would be who was being raped. My logical brain took over and I just observed rather than reacted.”

“He seemed to be getting frustrated that he couldn’t penetrate me like he had expected. So I fessed up that I was wearing a tampon and that’s what was in the way. He let me get up and go to the bathroom and remove the tampon. I came back into the room and instead of going back to the couch, I curled up on a chair across from the couch where he still was. I realized it was over. I was no longer a virgin. He convinced me to come back to the couch so we could continue. I went back because I already felt worthless and like at this point it didn’t matter if I let him finish. I don’t even remember what happened next. Looking back I’m sure he finished his work in under 3 minutes.”

“When I woke up in the morning I got in the shower and felt disgusted with myself. I kept trying to get clean but felt so dirty. I left and drove to another friend’s house. When I got there I told her and her mother what had happened. I immediately expressed a desire to confess to my bishop. They both strongly advised me not to do that and said it was none of his business. After that I went on a mission to convince myself that I wasn’t raped and that everything that had happened that night was my choice and I was in control. I started throwing myself at guys. I started drinking at every opportunity I had.”

*A Woman Who Is 40 Years Old:*

“When I was in college I was assaulted by a mutual friend. I thought pushing someone away was enough and when it didn’t work I didn’t

know how to get out of the situation. It made me feel guilty and like a slut. I felt alone. There was a lot of that going on at college and it was widely accepted that sometimes those things happened. I still have never told anyone in detail because I still can't talk about it."

*A Woman Who Is 35 Years Old:*

"Why have I had sex with men when I didn't want to? Usually it's because I think the guy won't understand or see the reason for my boundary. The relative discomfort of going through with penetrative sex seems easier."

While it's not your fault if the woman you are with was raped, abused, or raised to be afraid of disappointing men, it is important to know there are more reasons than you will ever know why a woman can be less than straight forward about consent. Be sensitive to this. It will help you avoid situations that might not be good for you and it will also make you a better man and a better person.

The best advice is to keep your penis in your pants and your hands out of hers until you are sure it's you who she wants instead of you being a proxy for some evil dude from her past. If you really like her and she's struggling with events from her past, encourage her to get into therapy and read up about the difference between being loving and supportive and being a rescuer. *Recommended: Shawn T. Smith is a psychologist in Denver who has written books for men and women about choosing a partner that you might find very helpful.*

## **Specifically for Women**

### **If a Partner Pressures You to Have Sex**

The minute a partner tries to pressure you to have sex, understand you are in the presence of a predator. If that happens, you should immediately leave. If you can't leave and he tries to convince you again, find some way to escape. Some of the rape prevention specialists recommend you scream loud enough to wake the dead.\*

Once you get away, let him know why you won't be seeing him again, and strongly consider ghosting him forever.

**\*NOTE:** While this reflects the advice that is being given at the time this book went to press, be sure to do a search and find the latest advice from law enforcement and rape prevention specialists on the best ways to respond if you are being pressured to have sex.

### **What to Do If You Have Been Sexual Assaulted**

Call your local law enforcement immediately or go to a hospital emergency room. Do not bathe, wash your hands, or change your clothes. If you have a friend or family member who can go with you or meet you there, great.

These suggestions might change over time, so every woman should bookmark the page of the national rape hotline [www.rainn.org](http://www.rainn.org) and have their number handy. It currently is (800) 656-4673.

Women should spend time on that website, have a plan of action in case they get in a situation where they might be sexually assaulted, and a plan of action for what to do immediately afterward.

### **Why It's Important to Report**

The expenditures at police departments and public agencies are made according to the type of crimes that are committed and how often they are committed. Even though the amount of sexual assault is far greater than the number of cases that are actually reported, resources are not allocated in proportion to the problem because so few cases are actually filed.

Another reason to report is because men who sexually abuse and assault women are likely to do it again to a woman who doesn't report them. And they are likely to assault other innocent women.

### **If You Are in College and You Are Sexually Assaulted**

Too many colleges and universities value their "brand" more than they value higher learning and the safety of students. They are far more interested in making students think they will be getting an easy ride and constant parties if that's what students want. Some colleges and universities even discourage

and defund research that might be controversial, because it could result in negative publicity or it might upset students whose world view must be maintained at all costs. Again, it's all about the brand. So if you wonder why so many colleges claim that almost no students have been raped or sexually abused, there you go.

Please don't let yourself be a tool of college administrators who are increasingly valued for their abilities to market their college. If you are a student and you have been sexually assaulted or you are being sexually harassed, find out who you should report it to and do so. If your college isn't supportive, contact local law enforcement.

For more about pressure from social groups to not report, see pages. 773-774. And if you are an athlete who is being sexually coerced by a fellow athlete or by a coach, check out [www.Guide2Getting.com/athletes](http://www.Guide2Getting.com/athletes).

### **Isn't Sexual Assault a Male Problem?**

An attitude that has gained traction in recent years is that sexual assault is usually committed by males, so it's a problem that men need to fix. Women shouldn't have to change their lives to accommodate the bad behavior of men. Women should get to do what they want and not feel restricted.

While this is very true, it might also dissuade some women from taking steps that could help keep them out of harm's way. For instance, if a woman goes to party and starts drinking or gets stoned, her chances of being sexually assaulted go way up. The same is true if she is having random hookups. Is this unfair? You bet. Does it mean she is to blame if she is raped or pressured to have sex? Absolutely not.

A woman should be able to be drunk and naked in public and face no greater risk of being sexually assaulted than if she were wearing Mjolnir Powered Assault Armor. Unfortunately, that's not the world we live in.

### **Why Women's Masturbation Matters for Consent**

When we think of masturbation and consent, 99% of the time we assume it's what a guy needs to do when a woman says *no* or isn't forthcoming with an enthusiastic yes. That's why the last thing you'll see is a Title IX pamphlet that encourages women to masturbate. Yet how can we expect a woman

to value and protect her sexuality if she's doesn't understand how her sexual anatomy works and if she is conflicted about touching her genitals in ways that feel good? How do women advocate for their own sexual pleasure if they don't know how give themselves an orgasm?

Once a woman learns to masturbate, she knows what feels good and what doesn't, so she doesn't have to put up with sex that's painful or not pleasing. Hopefully, she will ask herself what's the point in risking pregnancy, STIs, and sexual assault, by having sex with a partner who can't do half of what she can do for herself. There's nothing wrong with setting the bar high.

Also, if a woman can give a partner direction in how to please her, it lets her know if he values her input and wants to learn. Plenty of guys do. She should spend her time trying to find one of them instead of wasting her time with a man who doesn't listen and isn't thrilled that she wants to show him how to please her.

**Highly Recommended!** All three of these books should be required reading for parents and for students by their junior year in high school:

“When Men Behave Badly: The Hidden Roots of Sexual Deception, Harassment, and Assault” by David Buss, Little, Brown Spark, 2021

“Boys & Sex: Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity” by Peggy Orenstein, Harper, 2000.

“Girls & Sex: Navigating the Complicated New Landscape” by Peggy Orenstein, Harper, 2017.

**A big thanks** to the excellent work of David Buss, Peggy Orenstein, Kristen Jozkowski, Malachi Willis, Debra Herbenick, and the dozens of researchers who have published studies on consent.

This chapter is from the *Guide To Getting It On* Tenth Edition



“Finally. A book about sex you’ll actually want to read!”—**Playboy**

“You’ve never read a manual as warm, friendly, liberating, thorough, and potentially sex-life-changing as the *Guide To Getting It On*! Neither had anyone in our office—which may be why our copies keep disappearing.”

—**Oprah Magazine**

“This is the Bible for everything you want to know or ever wanted to know about sex. The book truly describes every aspect of sex that you were ever interested in learning about.”—**Cosmopolitan.com**

[CLICK HERE](#) for the book’s Amazon page