

# LOCAL ACTIVITY: RESEARCH ON SEXUAL HABITS IN OUR LOCAL COMMUNITY

## INTRODUCTION

After the Youth Exchange “Sexual Health for Youth”, part of the Erasmus + projects, in Drama, Greece, we were asked for a local activity in our country Spain, for concluding the learning process of the project. As these events are part of non-formal education, one of the most important parts on the road for learning is the personal aim of getting new information on the topic developed, not only for becoming skilled on it, but also for gaining the ability of being comprehensive and empathetic while sharing your knowledge and hearing the things other ones can share with you. We have to take into account that our perspective towards a topic is never objective, country, culture, age... many factors have an impact on how you behave towards the same thing, and that is why we decided to develop this format of research.

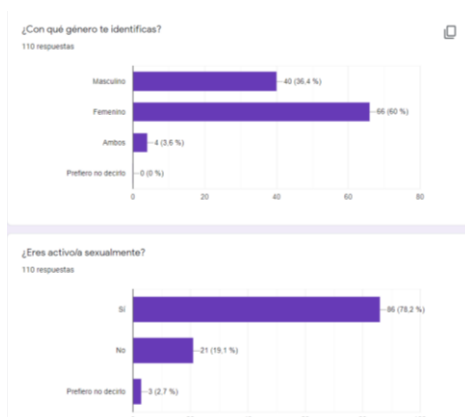
We are a heterogeneous group, with different genders, environment, culture, ethnics, sexual orientation... and due to that we realized that the best way of showing a representative point of view of the topic in our country was creating this survey.

More than one hundred people took part on it, diverse people, with different life contexts, exactly the same as in our country. Men, women, non-defined gender people... we tried to get as much different realities as possible, and to make questions with not a good or bad answer, just an answer, and here are the results.

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## RESULTS

The survey was composed of 9 different questions, the first ones for creating an image of the “average” user of the research, as well as for realizing if it was a representative sample. We asked for the gender and for their condition towards sex, active or not.

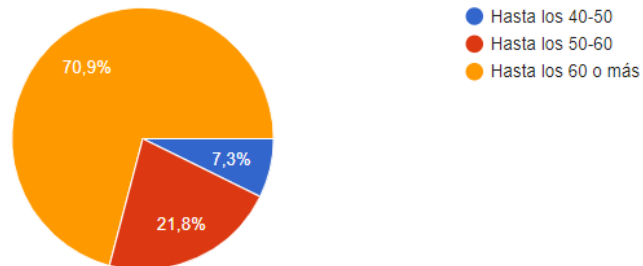


After this we made the following questions:

¿Until which age do you think people are sexually active?

¿Hasta qué edad crees que se es activo/a sexualmente?

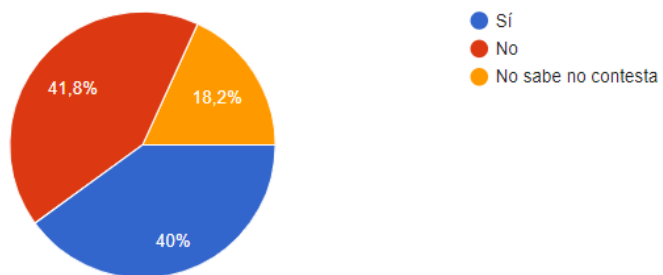
110 respuestas



¿Do you believe in unconditional love? (Limitless affect, love without conditions)

¿Crees en el amor incondicional? (Afecto sin limitaciones, amor sin condiciones)

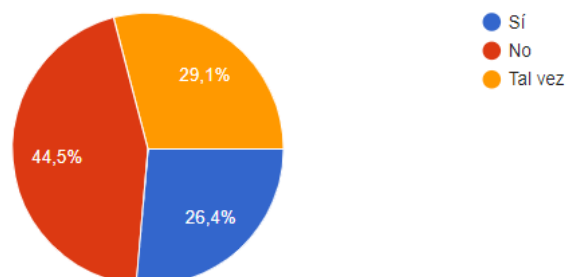
110 respuestas



¿Would you have an open relation? (Yes, no, perhaps)

¿Tendrás una relación abierta?

110 respuestas

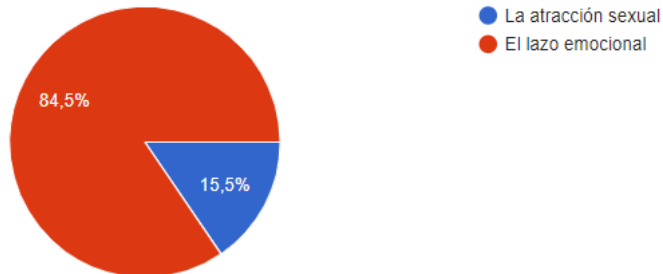


## ¿What is more important for you while having a relation? (Sexual attraction, emotional bond)

¿Qué es más importante para ti a la hora de mantener una relación?



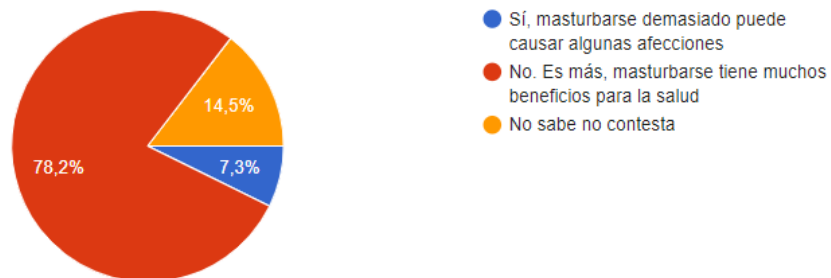
110 respuestas



¿Do you think that masturbation can become bad for health? (Yes, it can cause some problems; No, it is actually positive; I don't know)

¿Crees que masturbarse con frecuencia puede llegar a ser malo para la salud?

110 respuestas

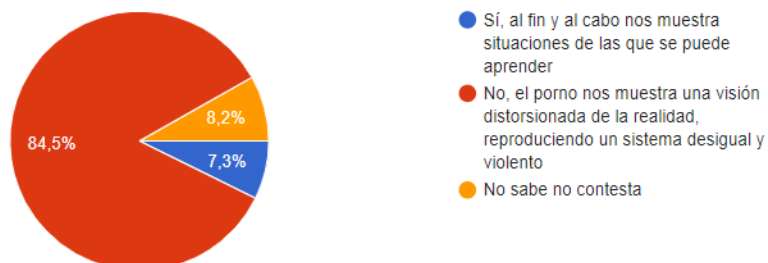


¿Do you think that porn can be an educative source? (Yes, it shows learningful situations; No, it shows an unfair, violent and distorted reality; I don't know)

¿Crees que el porno puede considerarse una fuente de educación?



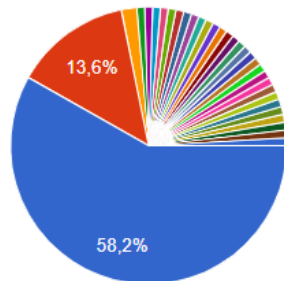
110 respuestas



¿It is normal to feel jealous? (No, feeling jealous is a socially learned behaviour and it is irrational; Yes, it is common to protect what is yours; Other)

¿Crees que es normal sentir celos?

110 respuestas



- No. Tener celos nacen de miedos irra...
- Sí. Cuando tienes una relación es nor...
- Creo que tener celos depende de la a...
- Es un sentimiento natural en el que h...
- Depende del nivel de celos. Si se con...
- Estoy de acuerdo con que nacen de...
- Es inevitable sentir celos, lo important...
- Si puede haber celos, es frecuente, p...

▲ 1/4 ▼

## CONCLUSIONS

As a conclusion, we can ensure that there is not a closed position towards the topic in our local community. We are really happy of having such diverse answers, and noticing that people had answered openly to the survey.

Even though, we would like to emphasize the fact that almost 40% of the people had given an open answer to the last question, and this shows how different points of view about the same thing we can have towards the same topic. It is not needed to write down all the different answers, but here are some of them:

*-I think being jealous depends on self-esteem, so if you have low self-esteem it is normal to be jealous*

*-I think it is normal and I do not think it is good or bad. It is an emotion that must be managed.*

*-I agree that they are born of irrational fears and are socially learned behaviour, and that they are shit, but they are normal because it is very difficult to deconstruct until you feel them, in the end we are immersed in that culture.*

*-I think it is normal to feel jealousy towards a person you love, but I do not see toxic jealousy as normal, that is to say, I see normal that someone can be jealous but I do not think that should go further and I do not think it is very healthy for the couple may that jealousy cause trouble*

*-Jealousy is a feeling like any other intrinsic to people but it is necessary to educate. You can't help but have them, but you can learn to drive them just like any other feeling. On the other hand, regarding porn I don't think it is bad in itself and cannot be improved. It is a fiction and what you have to educate is people to know how to understand the limits of reality and fiction, as it happens with other types of fiction. In addition, it is undeniable that currently it shows patterns of domination and violence that in reality are not desirable and that more diverse and egalitarian porn is necessary.*

*-A combination of the previous two. I think that jealousy is socially given by a pattern in affective relationships, at the same time that I feel that this feeling is natural and is a means of survival (always without forgetting that insecurity is increased by the structure of our belief system). At the same time, I think they are workable.*

*-It is normal to be jealous but not because it is something of yours because your partner is not your property. Jealousy is normal*

*-It depends on the experiences and maturity of each one. When you have a relationship you end up showing your most intimate and sincere side and fears that we did not know, lack of self-esteem, etc. can come out. Which does not justify us staying in that state, but rather serves as learning and personal development.*

*-Yes. When you have a relationship it is normal to feel jealousy, but not because of a feeling of permanence, but rather of loss to someone you appreciate. The important thing is to know that, even if you feel that jealousy, the important thing is trust.*

*-Even being aware that jealousy is a social construction does not prevent a person from feeling it, the problem arises in the lack of emotional education although even that is not enough for zeal as a construction of patriarchy*

Finally, we would like to say that we are not here for teaching anyone how to live or interact with others, life is free and everyone is free to live it the way he/she wants, but here we think that we have given different perspectives and, perhaps, it will help people for being comprehensive and empathetic towards others.