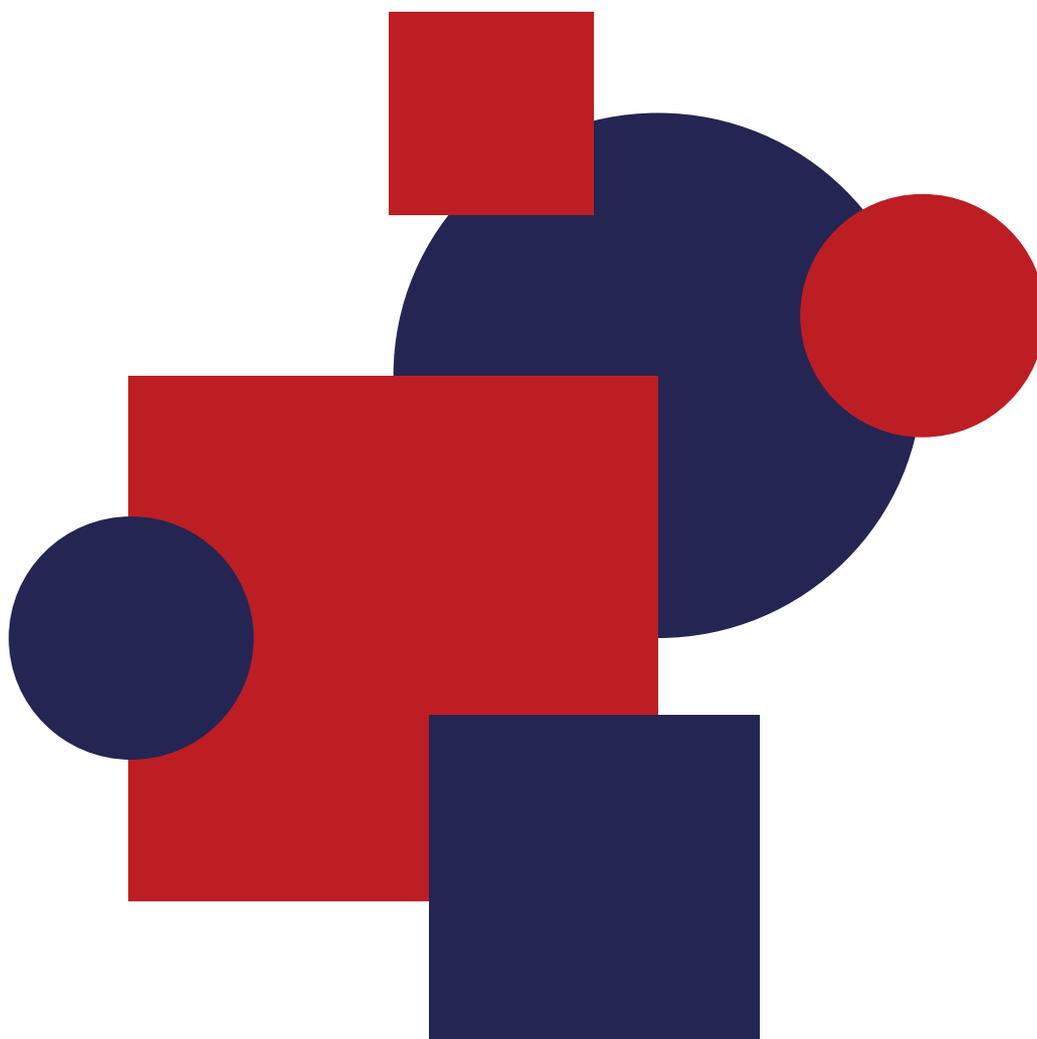


Morten Frisch, Ellen Moseholm, Mikael Andersson,
Josefine Bernhard Andresen & Christian Graugaard

Sex i Danmark

Nøgletal fra Projekt SEXUS 2017-2018



STATENS
SERUM
INSTITUT



AALBORG UNIVERSITET

Morten Frisch, Ellen Moseholm, Mikael Andersson,
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Key findings from Project SEXUS 2017-2018

English summary

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Project SEXUS is an individual-based, prospective cohort study among a random sample of 15-89-year-old Danish citizens. The questionnaire consisted of more than 600 items covering a broad range of sexual health and quality-of-life issues, including sexual preferences, experiences and identity, current behavior, problems, dysfunctions and attitudes. Due to several filter questions, the average respondent answered approximately 180 questions. Data collection took place from September 2017 to August 2018, and 62,675 respondents were included in the main sample underlying most results presented in this report. With due reservations, the main findings presented below are believed to reflect the sex life situation among most Danes.

Chapter 3: Overall sex life situation

Sexual orientation

→ 93% of men and 90% of women aged 15-89 years identify as heterosexual. 1,5% of men and 0,6% of women identify as homosexual. 1,8% of men and 2,6% of women identify as bisexual. 0,2% of men and 0,3% of women identify as asexual. 3% of men and 6% of women answered that they do not identify as any of the above-mentioned, or that they are unsure about their sexual identity or that they do not know what to answer.

→ 88% of men have exclusively had sex with female partners, and 87% of women have exclusively had sex with male partners. 6% of men and 8% of women have had at least one sexual experience with a person of the same sex. 6% of men and 5% of women have not had sex with others.

→ 94% of men and 3% of women are to a large or very large extent sexually attracted to women. 83% of women and 2% of men are to a large or very large extent sexually attracted to men. 14% of men and 27% of women have to some extent experienced sexual attraction towards a person of the same sex.

Age at sexual debut and experiences with vaginal, oral, hand and anal sex with a person of the other sex

→ The median age at sexual debut with a person of the other sex decreased from approximately 20 years for both men and women born before 1930 to 17 years for men and 16 years for women born in the 1950's. In subsequent birth cohorts, the median age at sexual debut has remained fairly constant.

→ 98% of men and women with heterosexual experience have had vaginal sex with a person of the other sex. 91% of men and 87% of women have ever performed oral sex, and the proportion who have ever received oral sex is 91% among both men and women. Among both men and women, more than 90% have ever performed or received hand sex with a partner. The proportion who have ever had anal sex with a partner of the other sex is 45% among both men and women.

Level of sexual activity

→ Among persons with heterosexual experience, 11% of men and 13% of women have had a total of one sex partner of the other sex, while 40% of men and 33% of women have had ten or more other-sex partners.

→ Among heterosexually active persons, 22% of men and 21% of women have not had sex with a person of the other sex within the last four weeks. 14% of men and 15% of women have had sex with a person of the other sex ten times or more within the same period.

→ Among heterosexually active persons, 47% of men and 43% of women have had sex with a person of the other sex within the last seven days. In both men and women, these proportions decrease with age.

Assessment of sex life and relationship

→ 88% of men and 73% of women consider having a good sex life as important, very important or particularly important. The considerable sex difference is present in all age groups, and the proportion considering a good sex life as important, very important or particularly important is larger among younger than among older age groups.

→ Among sexually active persons, 49% of men and 46% of women feel that their sex life during the last year has been meaningful and enriching. 54% of men and 58% of women rate their sex life as good or particularly good during the same period. In both men and women, these proportions decrease with age.

→ 75% of men and 70% of women have a spouse, steady partner or girlfriend/boyfriend. Among ≥75-year-olds, the proportion is considerably larger among men (82%) than among women (50%).

→ 90% of both men and women with a spouse, steady partner or girlfriend/boyfriend consider the quality of their relationship as good or particularly good.

→ 77% of men and 63% of women who are not currently in a relationship would like to have a steady partner or a girlfriend/boyfriend.

Sexual desire and sexual needs

→ Over the last year, 33% of men and 9% of women have felt sexual desire at least once a day. In both men and women, these proportions decrease with age. 5% of men and 14% of women have not felt any sexual desire within the last year.

→ Among persons with a spouse, steady partner or girlfriend/boyfriend, 34% of men and 39% of women are in a relationship characterized by sexual desire balance (the partners want sex equally often/rarely).

→ 4% of men and 12% of women have not had any sexual needs within the last year. In both men and women, this proportion is largest among the youngest and oldest age groups. The proportion among singles is considerably larger (18%) than among persons in a relationship (5%).

→ Among persons with sexual needs, 39% of men and 45% of women have had their needs fulfilled to a large or very large extent. In both men and women, this proportion decrease with age.

Reasons for sex, intimacy and sexual fantasies

→ Among sexually active persons, reasons for having sex are many and diverse. 51% of men and 39% of women always have sex because they feel like it and are in the mood for it, while 40% of men and women always have sex because they want emotional intimacy with their partner. Other common reasons for having sex include wanting an orgasm, seeking emotional confirmation, or pursuing well-being and release of tension. Within the last year, 0,7% of men and women always had sex because of partner pressure.

→ Different types of intimacy (e.g. hugging, kissing, holding hands, caressing and lying closely together) are considered as important, very important or particularly important by all age groups and by both men and women.

→ Many persons have had sexual fantasies within the last year that they did not act upon, e.g. fantasies about using sex toys (18%), sexual roleplaying (16%) and group sex (30%). Corresponding proportions who actually tried these particular activities within the last year are 30%, 7% and 2%, respectively.

Masturbation

→ 96% of men and 87% of women have ever masturbated. The proportion is smallest among the oldest age groups. Among persons, who have ever masturbated, 67% of men and 30% of women have masturbated at least once a week within the last year. This proportion decreases with age.

→ 98% of men and 99% of women masturbate because it feels good. 11% of men and 36% of women consider their orgasms to be more intense while masturbating than during sexual intercourse. 8% of men and 10% of women feel ashamed that they masturbate. Among persons in a steady relationship, 31% of men and 23% of women do not want their partner to know that they masturbate.

Pornography and search for sex partners on the internet

→ 93% of men and 67% of women have ever watched porn. The proportion is smallest among ≥75-year-old men (73%) and women (29%). Among persons who have ever watched porn, 55% of men and 9% of women have watched porn at least once a week over the last year. This proportion decreases considerably with age.

→ 91% of men and 90% of women who have ever watched porn use porn to get sexually aroused. 26% of men and 12% of women report that porn provides them with something that a sexual relationship cannot. 20% of men and 5% of women watch porn more often than they want to. Among persons in a steady relationship, 29% of men and 16% of women do not want their partner to know that they watch porn.

→ 22% of men and 9% of women have ever searched for a sex partner on the internet. In both men and women, this proportion decreases considerably with age. In both sexes, the proportion searching for sex partners on the internet is considerably larger among self-identified homo- and bisexual persons than among heterosexual persons.

Chapter 4: Sex, gender and body

Gender identity and gender conformity during childhood/youth

→ According to study definitions regarding gender identity, an overall 0,54% of the population have a non-cisgender identity, including 0,10% transgender persons and 0,44% non-binary persons. The group of non-cis-persons consist of trans-women (0,05%), non-binary men (0,14%), trans-men (0,05%), and non-binary women (0,30%).

→ 17% of men and 21% of women experienced gender-nonconformity during childhood/adolescence. In both men and women, the proportion is largest among ≥75-year-olds. The proportion among self-identified homo- and bisexual persons is considerably larger than among heterosexual persons. The proportion among transgender and non-binary persons is considerably larger than among cis-persons.

Variations in biological sex characteristics

→ 1,3% of men and 0,9% of women report having variations in their biological sex characteristics that do not fit the typical definitions for male or female bodies. Of these, only a very small proportion consider themselves as intersex persons (corresponding to 0,2 permille of the population).

Satisfaction with appearance

→ 6% of men and 11% of women are unhappy with their general appearance. The proportion is largest among the youngest age groups. The proportion is considerably larger among homo- and bisexual men than among heterosexual men and, likewise, considerably larger among bisexual women than among heterosexual women. The proportion is larger among transgender and non-binary persons than among cis-persons.

→ 6% of both men and women are unhappy with the appearance of their genitals. The proportion is largest among the younger age groups. The proportion is considerably larger among homo- and bisexual men than among heterosexual men. The proportion is larger among transgender and non-binary persons than among cis-persons.

→ 13% of women are unhappy with the appearance of their breasts. The proportion is largest in the youngest age groups. The proportion is larger among bisexual women than among heterosexual women, and the proportion is considerably larger among trans-women than among cis-women.

Surgery on breasts and genitals

→ 6% of women have undergone breast surgery for breast cancer or other breast diseases. The proportion increases considerably with age.

→ 3% of women have had cosmetic breast surgery without underlying disease. This proportion is largest among 25-54-year-old women and decreases considerably with age.

→ 10% of men have, or have previously had, a penile curvature (penile deviation). The proportion is largest among young men aged 15-44 years.

→ 7% of men are circumcised. 5% are circumcised for medical, cosmetic or other non-religious/non-traditional reasons, while 2% are circumcised for religious or traditional reasons.

Chapter 5: Sexual challenges, difficulties and dysfunctions

Men

→ 3% of men with a partner have experienced problematically low levels of sexual desire within the last four weeks.

→ 27% of sexually active men have experienced erectile difficulties potentially requiring medical attention within the last four weeks. The proportion increases considerably with age. The proportion among homosexual men is considerably larger than among heterosexual men.

→ 7% of sexually active men have experienced frequent, problematic erectile difficulties during sexual encounters (erectile dysfunction) within the last year. The proportion increases considerably with age. The proportion is considerably larger among homosexual men and bisexual men than among heterosexual men.

→ 10% of men have used medications to treat erectile difficulties within the last year. The proportion increases considerably with age.

→ 10% of sexually active men have experienced frequent, problematic premature ejaculation during sexual encounters within the last year.

→ 4% of sexually active men have experienced frequent, problematic difficulties reaching an orgasm during sexual encounters within the last year. The proportion is larger among homo- and bisexual men than among heterosexual men. 2% of sexually active men did not experience any orgasm when masturbating or during sexual encounters within the last year (anorgasm). 2% of men who experienced an orgasm within the last year experienced unpleasant orgasms within the same period.

→ 0,7% of sexually active men have experienced frequent, problematic genital pain during sexual encounters (dyspareunia) within the last year.

→ 7% of men have used sexual aids to remedy a sexual problem within the last year.

→ 23% of men with a spouse, steady partner or girlfriend/boyfriend have cheated on their current partner at least once. The proportion is considerably larger among homo- and bisexual men than among heterosexual men.

→ 5% of men have experienced compulsive sexual activity within the last year. The proportion is larger among homo- and bisexual men than among heterosexual men, and considerably larger among non-binary men than among cis-men.

Women

- 10% of women with a partner have experienced problematically low levels of sexual desire within the last four weeks.
- 21% of sexually active women have experienced sexual function difficulties potentially requiring medical attention within the last four weeks. The proportion increases considerably with age.
- 9% of sexually active women have experienced frequent, problematic vaginal dryness during sexual encounters within the last year (lubrication dysfunction). The proportion increases with age.
- 12% of sexually active women have experienced frequent, problematic difficulties reaching an orgasm during sexual encounters within the last year. The proportion decreases considerably with age. The proportion is smaller among homosexual women than among heterosexual women. 7% of sexually active women did not experience any orgasm when masturbating or during sexual encounters within the last year (anorgasm). 4% of women who experienced an orgasm within the last year experienced unpleasant orgasms within the same period.
- 0,8% of sexually active women have experienced frequent, problematic vaginal cramps (vaginism) during sexual encounters within the last year. The proportion is considerably larger among bisexual women than among heterosexual women.
- 5% of sexually active women have experienced frequent, problematic genital pain during sexual encounters (dyspareunia) within the last year.
- 14% of women have used sexual aids to remedy a sexual problem within the last year.
- 14% of women with a spouse, steady partner or boyfriend/girlfriend have cheated on their current partner at least once. The proportion is considerably larger among bisexual women than among heterosexual women.
- 1% of women have experienced compulsive sexual activity within the last year. The proportion is considerably larger among non-binary women than among cis-women.

Chapter 6: Contraception, sexually transmitted infections, induced abortion and involuntary childlessness

Contraception

- Among sexually active persons, 42% of men and 45% of women have used contraception at least once within the last year. Condoms (48%), contraceptive pills (42%) and hormone spirals (23%) are the most frequently used contraceptives. The use of contraceptives decreases with age.

Sexually transmitted infections, screening for cervical cancer and hpv vaccination

- Among women aged 23 years or older, 6% have never been screened for cervical cancer. The proportion is largest among 23-24-year-olds (35%) and ≥75-year-olds (17%). The proportion is larger among homo- and

bisexual women than among heterosexual women, and markedly larger among trans-men and non-binary women than among cis-women.

→ Among persons below the age of 60 years, 5% of men and 41% of women have been vaccinated against hpv at least once. The proportion is larger among homosexual men than among heterosexual men, and smaller among homo- and bisexual women than among heterosexual women.

→ 27% of men and 33% of women have been tested for hiv. The proportion of hiv-tested homo- and bisexual men is considerably larger than the proportion of hiv-tested heterosexual men. The proportion of hiv-tested bisexual women is larger than the proportion of hiv-tested heterosexual women.

→ 0,09% of the population have been tested hiv-positive. The proportion being hiv-positive is considerably larger among men who identify as homosexual (8%) than among men who have never had sex with a man (0,03%) and among women (0,03%). Although numbers are small, the proportion is considerably larger among trans-women (0,91%) than among cis-men (0,15%).

→ Among sexually experienced persons, 27% of men and 31% of women have ever had a sexually transmitted infection. The largest proportion is seen among homo- and bisexual men and among bisexual women.

Induced abortion

→ 21% of women have had at least one induced abortion due to unwanted pregnancy. The proportion is considerably smaller among homosexual women, and larger among bisexual women, than among heterosexual women. Among 15-24-year-old women, who have ever been pregnant, 59% have had at least one induced abortion.

Involuntary childlessness

→ 15% of men and 16% of women in a steady relationship have unsuccessfully attempted to become pregnant over a period of at least one year in their current relationship.

Chapter 7: Risk behaviour, threats and violence

"Risky sex"

→ Among sexually active persons, 31% of men and 27% of women have had "risky sex" (unprotected vaginal, oral or anal sex with someone who is not the person's steady partner) within the last year. The proportion practicing "risky sex" is largest among the youngest age groups. The proportion among homo- and bisexual men is considerably larger than among heterosexual men.

→ 25% of men and 18% of women who have had anal sex within the last year have had unprotected anal sex with a non-steady partner within the same period. The proportion among homo- and bisexual men is considerably larger than among heterosexual men.

Transactional sex

→ Among sexually experienced persons, 22% of men and 0,2% of women have paid for sexual services at least once. The proportion among bisexual men is considerably larger than among heterosexual men.

→ Among sexually experienced persons, 2% of men and 1% of women have received payment for sexual services at least once. The proportion among homo- and bisexual men is considerably larger than among heterosexual men. The proportion among bisexual women is considerably larger than among heterosexual women. The proportion among transgender persons is considerably larger than among cis-persons.

Non-consensual sharing of sexual images on social media

→ Among persons below the age of 40 years, 1% of men and 3% of women have had nude photos disseminated on social media without their consent at least once. The proportion is largest among women below the age of 20 years (5%). The proportion among homo- and bisexual men is considerably larger than among heterosexual men. The proportion among bisexual women is considerably larger, and among homosexual women considerably smaller, than among heterosexual women.

Sexual assaults

→ 2% of men and 12% of women have experienced a sexual assault at least once. The proportion among homo- and bisexual men is considerably larger than among heterosexual men. The proportion among bisexual women is considerably larger than among heterosexual women. The proportion among transgender and non-binary persons is considerably larger than among cis-persons.

Abusive relationships

→ 3% of men and 12% of women have ever been in an abusive relationship. The proportion among homo- and bisexual men is considerably larger than among heterosexual men. The proportion among bisexual women is considerably larger than among heterosexual women. The proportion among transgender persons is larger than among cis-persons.

Sexual harassment in the workplace

→ 6% of men and 20% of women have experienced sexual harassment in their workplace at least once. The proportion among homosexual men is considerably larger than among heterosexual men.

Chapter 8: Communication and attitudes concerning sexual matters

Communication

→ Among persons who received sex education in primary school, 57% of men and 54% of women consider the sex education they received to be of limited or no use. The proportion who consider the sex education

they received to be of limited or no use is smallest among the youngest age groups. The proportion among homosexual women is considerably larger than among heterosexual women. The proportion among transmen is larger than among cis-women.

→ 82% of men and 70% of women rarely or never discussed sexual matters with a parent during childhood or adolescence.

→ 18% of men and 20% of women have talked with a health professional about sexual matters within the last five years. The proportion among homosexual men is considerably larger than among heterosexual men. The proportion among transgender persons is considerably larger than among cis-persons.

Attitudes concerning sexual matters

→ 3% consider cheating on one's partner to be morally acceptable to a large or very large extent.

Corresponding proportions who find other sexual behaviors largely or entirely morally acceptable are as follows: Having multiple, short-term sex partners (44%), having group sex (44%), male same-sex interactions (61%), female same-sex interactions (64%), watching porn (66%), paying for sex (23%), receiving payment for sex (24%), having sex with animals (4%), and having sex with a person below the age of sexual consent (15 years) (3%).

→ 88% believe it should remain legal for same-sex partners to marry. 91% believe the access to induced abortion should remain legal. 5% believe it should remain legal for parents to have their sons under 18 years circumcised without a medical reason. 52% believe it should be legal for adult women to be circumcised if they so wish. 0,9% believe it should be legal for parents to have their daughters under 18 years of age circumcised.

Chapter 9: Lifestyle, health and sexual challenges

Associations are seen between a number of lifestyle-related factors (BMI, tobacco smoking, consumption of alcohol, hashish and psychedelic drugs and physical activity) and different sexual outcomes. Likewise, a number of strong associations are seen between physical health issues, physical handicaps and psychological problems on one side and sexual challenges on the other. The most noteworthy associations will be mentioned in the following:

→ The proportion of persons with a bad or non-existing sex life is larger among men who are underweight (BMI <18.5) than among men in the normal weight range (BMI 18.5-<25).

→ The proportion of men with erectile difficulties potentially requiring medical attention is larger among men who are underweight (BMI <18.5) and men who are moderately overweight (BMI 25-<30) or obese (BMI ≥30) than among men in the normal weight range (BMI 18.5-<25).

→ The proportion of women with problematic low levels of sexual desire is considerably larger among those who exercise less than half an hour per week than among those who exercise more than five hours per week.

→ Proportions reporting a bad or non-existing sex life, proportions reporting low levels of sexual desire, and proportions reporting sexual difficulties potentially requiring medical attention are all considerably increased among men and women with poor self-rated health. Proportions reporting these sexual challenges are increased among persons with mobility disabilities, hearing handicaps or visual impairment as well as among persons who have received treatment for a physical disease within the last year.

→ Proportions reporting a bad or non-existing sex life, proportions reporting low levels of sexual desire, and proportions reporting sexual difficulties potentially requiring medical attention are all increased among men and women who sometimes, often or always feel lonely as well as among persons with signs of anxiety or depression. Proportions reporting these sexual challenges are also increased among persons who self-harm without suicidal intent, those who have had suicidal thoughts, and those who have received treatment for a psychological problem within the last year.

Chapter 10: Sexuality, lifestyle, health and problems with openness and discrimination among self-identified homo- and bisexual persons

Sexuality

→ A vast majority of self-identified homosexual men (96%) and women (92%) have had sex with a same-sex partner, while the corresponding proportion is smaller among bisexual men (68%) and women (62%).

→ A considerably larger proportion of homo- and bisexual men (24%) than women (14%) had their sexual debut with a same-sex partner before the age of 15 years.

→ Among persons with same-sex sexual experience, 5% of homosexual men and 10% of homosexual women have had a lifetime total of one same-sex partner, while the corresponding proportion is 15% among bisexual men and 30% among bisexual women. 77% of homosexual men and 33% of homosexual women have had sex with ten or more same-sex partners, and the same applies to 30% of bisexual men and 7% of bisexual women.

→ 13% of homosexual men and 16% of homosexual women have not had any same-sex partner within the last year, while the same applies to 39% of bisexual men and 65% of bisexual women. The proportion who have had three or more same-sex partners within the last year is 50% and 11%, respectively, among homosexual men and women, and 30% and 7%, respectively, among bisexual men and women.

→ A considerably larger proportion of homosexual men (45%) and women (33%) than bisexual men (12%) and women (6%) have had sex with a same-sex partner within the last week.

→ The most frequent sexual activities among homo- and bisexual men are oral sex and hand sex, which at least 95% of sexually experienced homosexual men and at least 83% of sexually experienced bisexual men

have tried. At least 85% of homosexual men and at least 60% of bisexual men have tried anal sex as the inserting or receiving partner.

→ At least 98% of sexually experienced homosexual women have tried oral sex and hand sex with another woman, while the same applies to at least 83% of bisexual women.

Openness and discrimination

→ 7% of homosexual men and 7% of homosexual women feel that they cannot (or can only to a limited extent) be as open about their sexual identity as they want to. The same applies to 58% of bisexual men and 25% of bisexual women.

→ 57% of homosexual men and 37% of homosexual women have experienced bullying or harassment due to their sexual orientation. The same applies to 12% of bisexual men and 14% of bisexual women.

→ 22% of homosexual men and 8% of homosexual women have experienced physical violence due to their sexual orientation. The same applies to 5% of bisexual men and 5% of bisexual women.

Consumption of tobacco, alcohol, hashish and illegal drugs

→ The proportion of daily tobacco smokers is larger among homosexual men (25%) and bisexual men (29%) than among heterosexual men (16%). Corresponding proportions are larger among homosexual women (25%) and bisexual women (27%) than among heterosexual women (14%).

→ The proportion of men with an alcohol consumption above the National Board of Health's high-risk limit is larger for bisexual men (8%) than for heterosexual men (6%). Corresponding proportions are considerably larger among homosexual women (7%) and bisexual women (6%) than for heterosexual women (4%).

→ The proportion who used hashish within the last year is larger among homosexual men (19%) and bisexual men (18%) than among heterosexual men (10%). Corresponding proportions are larger among homosexual women (12%) and considerably larger among bisexual women (23%) than among heterosexual women (5%).

→ The proportion who used psychedelic drugs within the last year is larger among homosexual men (9%) and bisexual men (9%) than among heterosexual men (4%). Corresponding proportions are considerably larger among homosexual women (4%) and among bisexual women (8%) than among heterosexual women (1%).

BMI og physical activity

→ The proportion of obese persons (BMI ≥ 30) is smaller among homosexual men (9%), and larger among bisexual men (24%), than among heterosexual men (16%). Corresponding proportions are larger among homosexual women (23%) and bisexual women (20%) than among heterosexual women (16%).

→ The proportion who are physically inactive or active less than half an hour per week is larger among bisexual men (31%) and women (26%) than among heterosexual men (20%) and women (21%).

Amyl nitrite (“poppers”) and chemsex

→ One-fourth of homo- and bisexual men (24%) have ever used amyl nitrite (“poppers”) to promote desire, intensity or performance during sex. Less than 4% have used drugs such as cocaine, MDMA/Ecstasy and Meth/Tina/Crystal for the same purpose within the last year.

Health

→ Proportions with poor self-rated health are larger among homosexual men (7%), and considerably larger among bisexual men (10%), than among heterosexual men (5%). Corresponding proportions are considerably larger among homosexual women (10%) and bisexual women (9%) than among heterosexual women (6%).

→ The proportion among both heterosexual men and women who report being hiv positive is 0,03%. The corresponding proportion is considerably larger among self-identified homosexual men (8%).

→ Proportions who sometimes, often or always feel lonely are considerably larger among homosexual men (46%) and bisexual men (44%) than among heterosexual men (24%). The corresponding proportion is considerably larger among bisexual women (59%) than among heterosexual women (33%).

→ Proportions with signs of anxiety within the last 14 days are larger among homosexual men (34%), and considerably larger among bisexual men (42%), than among heterosexual men (21%). The corresponding proportion is considerably larger among bisexual women (59%) than among heterosexual women (30%).

→ Proportions with signs of depression within the last 14 days are larger among bisexual men (21%), and smaller among homosexual men (8%), than among heterosexual men (13%). The corresponding proportion is larger among bisexual women (31%) than among heterosexual women (17%).

→ Proportions who have ever self-harmed without suicidal intent are larger among homosexual men (11%), and considerably larger among bisexual men (23%), than among heterosexual men (5%). Corresponding proportions are considerably larger among homosexual women (26%) and bisexual women (45%) than among heterosexual women (9%).

→ Proportions who have ever had suicidal thoughts are considerably larger among homosexual men (45%) and bisexual men (51%) than among heterosexual men (21%). Corresponding proportions are larger among homosexual women (44%), and considerably larger among bisexual women (63%), than among heterosexual women (25%).

→ Proportions who have ever attempted to commit suicide are considerably larger among homosexual men (7%) and bisexual men (13%) than among heterosexual men (2%). Corresponding proportions are considerably larger among homosexual women (11%) and bisexual women (18%) than among heterosexual women (4%).

→ Proportions who have received treatment for a psychological problem within the last year are larger among homosexual men (14%) and bisexual men (18%) than among heterosexual men (7%). Corresponding

proportions are larger among homosexual women (25%), and considerably larger among bisexual women (37%) than among heterosexual women (13%).

Chapter 11: Sexuality, health and problems with openness and discrimination among transgender and non-binary persons

Sexuality

→ 15% of transgender and non-binary persons have not had sex with another person. This applies to 10% of trans-women, 10% of non-binary men, 18% of trans-men and 17% of non-binary women.

→ 26% of sexually experienced transgender and non-binary persons had their sexual debut before the age of 15 years. This applies to 24% of trans-women, 25% of non-binary men, 27% of trans-men and 27% of non-binary women.

→ 36% of sexually experienced transgender and non-binary persons have had sex with another person within the last seven days. This applies to 29% of trans-women, 40% of non-binary men, 30% of trans-men and 43% of non-binary women.

Openness and discrimination

→ 36% of transgender and non-binary persons feel that they cannot (or can only to a limited extent) be as open about their gender identity as they want to. This applies to 17% of trans-women, 44% of non-binary men, 31% of trans-men and 48% of non-binary women.

→ 60% of trans-women, 19% of non-binary men, 63% of trans-men and 22% of non-binary women have experienced bullying or harassment due to their gender identity. Likewise, 32% of trans-women, 16% of non-binary men, 26% of trans-men and 8% of non-binary women have experienced physical violence due to their gender identity.

Consumption of tobacco, alcohol, hashish and drugs

→ Proportions of daily tobacco smokers are larger among trans-men (25%) and non-binary women (26%) than among cis-women (14%), and more trans-men (21%) and non-binary women (17%) than cis-women (5%) have used hashish within the last year. A larger proportion of non-binary women (6%) than cis-women (1%) have used psychedelic drugs within the last year. No differences are seen for levels of tobacco, hashish or psychedelic drug consumption among trans-women, non-binary men and cis-men.

→ Levels of alcohol consumption do not differ between transgender, non-binary and cis-persons.

Health

→ Proportions with poor self-rated health are considerably larger among trans-women (18%) than among cis-men (5%) and considerably larger among trans-men (11%) and non-binary women (18%) than among cis-women (6%).

- Although numbers are small, the proportion who report being hiv positive is larger among trans-women (0,91%) than among other gender identify groups.
- Proportions who sometimes, often or always feel lonely are considerably larger among trans-women (52%) and non-binary men (49%) than among cis-men (25%) and considerably larger among trans-men (64%) and non-binary women (66%) than among cis-women (33%).
- Proportions with signs of anxiety within the last 14 days are considerably larger among non-binary men (53%) than cis-men (21%) and considerably larger among non-binary women (61%) than cis-women (30%).
- Proportions with signs of depression within the last 14 days are considerably larger among trans-women (27%) and non-binary men (32%) than among cis-men (13%) and considerably larger among non-binary women (42%) than among cis-women (17%).
- Proportions who have ever self-harmed without suicidal intent are considerably larger among trans-women (37%) and non-binary men (30%) than among cis-men (6%) and considerably larger among trans-men (64%) and non-binary women (40%) than among cis-women (10%).
- Proportions who have ever had suicidal thoughts are considerably larger among trans-women (66%) and non-binary men (60%) than among cis-men (22%) and considerably larger among trans-men (78%) and non-binary women (62%) than among cis-women (26%).
- Proportions who have ever attempted to commit suicide are considerably larger among trans-women (23%) and non-binary men (17%) than among cis-men (3%) and considerably larger among trans-men (25%) and non-binary women (22%) than among cis-women (4%).
- Proportions who have received treatment for a psychological problem within the last year are considerably larger among trans-women (25%) and non-binary men (22%) than among cis-men (7%) and considerably larger among trans-men (40%) and non-binary women (32%) than among cis-women (14%).