

Hookup Culture: Reflections from MSU Humanities
Student Scholars

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ACEVEDO*

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Student Authors

Students were given varied options regarding their connection to their published reflections as some in our shared society still oppose and marginalize certain groups and their cultural practices. Some students chose to include their names, while others decided to use an abbreviated version of their name or a pseudonym. A few students did not want their names included in this co-authors' page. All students' choices were respected and applied.

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1

1. Student authors are not listed in the order of chapters' reflection narratives.

I clearly remember my students' faces the day I stepped into our "Hookup" Culture course; they were shocked. As a middle-aged woman, what could I, their expressions screamed, teach them, let alone understand, about "hookup" culture? I knew this class was going to be successful for them as active learners and me as the course instructor if trust was established, but I also had to be mindful of their individual life experiences. So, I started with a warning about triggers that may impact them during the semester as various topics were discussed, such as "ghosting," weight/body image, rape/sexual assault, marginalized groups, alcohol and/or other drugs.

I then shared with them my history of growing up in the 60s to 70s and how *my* generation pretty much invented "hookup" culture before *their* generation came up with the term. Of course, I told them, each new generation thinks they are the producers of "new." Trust is a 2-way partnership, so to model this value, I then shared with them that I am a rape survivor and that some of our course's external resources would present this topic as part of "hookup" culture.

I am exceedingly proud of my "Hookup" Culture students and profoundly grateful for Michigan State University's Center for Integrative Studies in Arts and Humanities for the opportunity to teach and learn from these amazing Spartans who demonstrated their individual and collective *Will* over the 16-week semester, with the last half facilitated via Zoom due to the COVID-19 pandemic.

This book you hold (or accessed via Open Educational Resources) contains the profoundly personal narratives of some of the most amazing young adults I have had the privilege of teaching. This generation is about authenticity, more so than any other generation I have experienced, especially in terms of their gender, sexuality and sexual preferences. Read their narratives. Trust in their voices. Learn about "hookup" culture and its impact on college/university students. Use their writings to incorporate lessons into your

classroom and allow your students to experience a freedom of learning that is inherent in other facets of their lives.

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Acknowledgements

We are very thankful to MSU's Center for Integrative Studies in Arts and Humanities (CISAH) for their progressive inclusion of diverse course offerings, such as IAH 231B.003, "Hookup" Culture, that meet the academic and personal growth interests and needs of freshmen to senior students.

We also want to acknowledge with deep appreciation Regina Gong, Open Educational Resources (OER) & Student Success Librarian. Regina's invitation to become a member of the OER Advisory Committee and her designed Open Pedagogy Learning Community continue to provide pathways to accessible texts to ensure equitable and sustainable learning experiences.

Many thanks to the exceptional MSU Librarians, especially those who work the Reference Desk, as locating online and print resources on "hookup" culture was not always easy since this topic is still new and, at times, considered taboo.

Cover Art Credits

The cover art and images in this OER were created by Courtney List. Courtney is a senior at Michigan State University with a primary major in Psychology, an additional major in Interdisciplinary Studies in Social Science with a concentration in Health and Society, and a minor in Human Behavior and Social Services. Her post-graduation career focus is on program evaluation. During her sophomore year at MSU, Courtney participated in a beginner's drawing course where she sharpened her drawing and design skills. From this class, she was given the opportunity to create drawings that were placed on quilts for the Teal Quilt Project, a service project directed toward supporting and comforting victims of sexual assault, specifically those of Larry Nassar. In addition, one of the portraits Courtney created for that drawing class was featured in the 2019 Department of Art, Art History, and Design Undergraduate Exhibition held at (SCENE) MetroSpace. Courtney continues freelance work in cartoon design.

PART I

GROUPS: PARTICIPATORY/ NON-PARTICIPATORY

Elements:

Religious: waiting until marriage is practiced; lack of knowledge in religious schools/programs

Spiritual

LGBTQ

Minority; e.g. African American/men; Asian/women, Native Am., Latinx, gender fluid et al

Americanized? Different globally?

Age range



Chapter Summary

Our class chose to have “Groups” as one of the categories relating to hookup culture because of the many different people encompassed in both our class and the world as a whole. We figured that we could get so many different perspectives from people who have experienced much different things than we have. By creating this category, people can feel comfortable sharing their stories and feel a sense of community with others who identify with the same groups as them. It also relates to intersectionality because one person is not just one thing, they do not just make up one group a lot of the time. Each person can identify with more than one group and hear the experiences of other groups as well. We avoid putting people in a singular box by including the category of “Groups” because it allows people to be and identify with whoever they want.

Throughout the fourth and fifth weeks of the course, students used a variety of different resources for answering questions related to the category of “groups,” within the “hookup” culture. While many students sought out scholarly articles and books, other students looked to YouTube videos and documentaries for answers. Religious groups, particularly those of Christian or catholic affiliation, saw quite a bit of attention from students. Several students cited Amy Burdette’s “Hooking up’ at College: Does Religious Make a Difference,” as a resource for understanding “hook up” practices of Catholic and protestant college students (Burdette et al.). A video titled “Should You Have Sex Before Marriage? Can They Agree?” was also used to compare sex-related attitudes between religious and nonreligious individuals (Jubilee). Students were also interested in understanding how “hooking up” within the LGBTQ+ community differed from that within the cis-gender, heterosexual community. Several students cited Ellen Lamont’s article, “Navigating Campus Hook up Culture: LGBTQ Students and College Hookups (Lamont et al.). The authors of the study described in the article interviewed 24

LGBTQ college students, in an effort to understand these students' attitudes towards "hooking up," as well as their "hook up" practices. The authors of this study also deemed the "hook up" culture to be gendered- a sentiment students in the class agreed with. Students cited articles, such as Leah Fessler's "A lot of women don't enjoy 'hook up' culture- so why do we force ourselves to participate," as anecdotal evidence for the female experience of the "hook up" culture (Fessler).

In addition to the resources that students found individually and in teams, the class as a whole utilized Kathleen Bogle's *Hooking Up: Sex, Dating, and Relationships on Campus*, and Lisa Wade's *American Hook up: The New Culture of Sex on Campus* (Bogle; Wade). These two novels primarily served to describe the "hook up" culture as a whole, but were also used in connection to the category "groups." While other sources were used to gain insight on traditionally underrepresented populations, students used Bogle and Wade's books to better understand groups that largely makeup and influence the "hook up" culture, such as: those who consume alcohol, those identifying as "heterosexual," women in sororities, and men in fraternities.

This is our (team cucumbers) first draft for the external resource summary for chapter #1. Any feedback or suggestions for revision are greatly appreciated. I felt it may have been a bit long, but I wasn't sure what length we were going for with these.

Reflections

In this course, we defined hookup culture as “a consensual, intimate interaction that is sexual between 2+ people without commitment.” I personally struggle to agree with this collective definition due to it containing terms such as intimate and sexual. This two-week period focused on groups which essentially allowed us to understand that there is not a concise definition of hooking up. Individuals view and conceptualize hooking up in different forms which concludes that hooking up is not always an intimate encounter or a sexual act. This is made evident in Bogle’s novel on page 26 when she asks her research subjects to define hooking up. Each subject had a different answer which can be attributed to a group they may identify. Overall, the course’s collective definition struggles to be truly inclusive in regard to respective groups.

The research and discourse behind hookup culture are presented from a limited lens. When you look at the authors and demographics of the research subjects of this topic, it is evident that it lacks diversity. Hookup culture is an extensive topic in which diversity and inclusion is needed to ensure there is a full perspective on the subject matter. The only thing that seem to resonate with me during these past two weeks is that I am only able to relate to this literature simply because I am a college student. If I didn’t attend college, I would lack any representation in this research. Although the focus of research was limited to college campuses in both novels by Bogle & Wade and Wade does mention minorities in her research, it is limited not due to subjects, but the choice to not actively attempt to diversify samples to ensure minority groups were being included. There is a great deal of information missing from this research and having a better sampling would allow me to truly see my experiences encapsulated in this research.

An external source my group was able to encounter that coincides with this two-week period’s topic was *Faith with Benefits* by Jason

King. King discusses hookup culture within catholic college campuses, providing a more in-depth than previous research. The author provides substantial quantitative data by implementing research from 26 different college campuses, surveying over 1,000+ students. Additionally, King includes qualitative data regarding perceptions of hookup culture as well as participation in it. Incorporating protected groups in hookup culture research provides an insight of hookup culture on non-religious affiliated college campuses. Similar to the research by Bogle and Wade, this research lack diversity within the sampling pools in regard to race and class. This discourages data that could be essential to studying hookup culture within a religious demographic. Overall, this source would be beneficial however, a more diverse sampling would be ideal for substantial research. This especially holds truth considering past research that incorporates the ideals of black church and sexual behavior conceptions within the black community.

My personal experiences as a black male engaging in hookup culture have been interesting. Due to stereotypes and perceptions about my identity as a black male, my experiences have been hindered due to being hypersexualized and fetishized in certain contexts. Although hooking up is viewed as something that lacks any instances of emotion, I struggle to know if I'm actually considered attractive by the other person or if I am a fantasy being lived out when engaging in hookup practices. Thus, having qualitative data such as my experiences would benefit the overall research of hookup culture in regards to groups, further understanding how complex hookup culture is.



At the very beginning of the semester, before we really did anything else, our class came up with a fluid definition of what hookup culture is. After much discussion and some disagreement, we ended up saying that hookup culture is a “consensual, intimate

interaction between 2 or more people that does not involve commitment.” Since we established that definition, we have been able to dive deeper into hookup culture, who participates in it, what it entails, and a plethora of other details. Over the course of the last two weeks, my team and I have explored and learned more about the groups that make up hookup culture. We have done so by actively participating in group and class discussions, reading our class books by Wade and Bogle, doing some online research, and also by sharing a few of our own personal experiences with each other.

Like I said, we have focused on the category of “groups” for the past few class periods, and it has really helped me reflect on my own experiences with hookup culture. One of our elements under the “group” category is age range, which is a huge aspect of hookup culture, in my opinion. College-aged individuals are definitely more active participants in hookup culture compared to any other age range, at least in my experience, and the readings that I’ve done have also helped confirm that assumption. For example, in high school and in my younger teenage years, I would have never really seen myself having casual sex with people I barely knew, but once I got to college, that type of sexual behavior kind of became the norm and I found myself participating in it.

Another element under the “groups” category is religion/individuals who are religious. I also connect to this element personally because one of my best friends fits under this subcategory. She was raised in a religious home and has always promised herself that she would not have sex until marriage. Although she hasn’t had sex, she has participated in other acts (without any form of commitment) that would still fit under our class definition of what hooking up is. So, although religion can definitely keep people from going “all the way”, it doesn’t always keep people completely detached from hookup culture, especially in a university setting where hooking up is the norm and “everyone does it.”

Going back to what I said about college-aged people participating

in hookup culture, this is the group that I focused on the most in my readings and research over the past few weeks. In “Hooking Up: Sex, Dating, and Relationships on Campus” by Kathleen Bogle, university students were interviewed and when asked if people still dated nowadays in college, students laughed and emphasized that hooking up is much more prevalent among their peers (44). Also, in an online article that I read, it revealed that over the past ten years, about 75% of college students have “hooked up” with someone in one way or another (Ludden). However, contrary to my previous beliefs, the article went on to state that the sexual practices of college students today aren’t much different than those of their parents in the 1980s (Ludden). So, although I was wrong in assuming that college kids now are hooking up more than their parents did, a lot of my assumptions about high hook-up rates and low dating rates on campus were at least partially correct.

I have a love-hate relationship with hookup culture. I sometimes enjoy being able to have sexual connections with a person without the expectations of a relationship, but at the same time, the other part of me wishes that college culture wasn’t so saturated with people who just want to have sex and then never speak again unless they’re asking to hook up. However, I am glad that I’ve participated in hookup culture on campus because it has helped me learn more about myself and it’s provided me with some valuable lessons and experiences, believe it or not.



In the hookup culture, Bogle mentioned the people who were most likely to hook up were those people in Greek life or who attended events featuring alcohol (2008). As someone who doesn’t drink, and who isn’t involved in any form of Greek life I once again saw the groups in which I identified with not being mentioned. This week we focused on the group aspect of “hookup culture”. I’m still trying to figure out my sexuality honestly so I’m not a hundred percent sure if I belong in certain groups or not. However one

thing I found really interesting was the fact that racial minority groups were on the list. I wasn't aware that different races hookup differently. Now that we've discussed it within our groups I can say they do. Everyone culture has a different view point regarding sex and the cultures in which I belong to view sex as something meant for marriage. I know a lot of people within my culture who hookup and it's just never discussed. Bogle talks about how our generation has the same amount of sex as our parents and I am not surprised by this. Growing up my parents would give me mixed messages regarding sex on the one hand they would say "wait till marriage" and then on the other hand my father has 15 kids and only 4 of them were birthed by my mother. These facts let me know that my dad definitely didn't follow the advice he was giving me and he wasn't faithful in any of his 4 marriages because my sister and I are 2 months apart. And we have different mothers. I feel like my parents' generation failed us in preparing for sex because a lot of my friends have out-of-wedlock siblings.

My team focused mainly on the LGBTQ+ community for our groups. We felt that they are never fairly talked about and that leads to them less likely to be hooking up because they're not really clear on what to do. We used articles to try to bring their stories to light. We also focused on other ethnic minority groups and to bring their experiences out, we interviewed a few members from these ethnic minority groups. For the social communicative aspect of hookup culture we mainly focused on how social media allows people especially people who are maybe less extroverted to put themselves out there and find partners through safe "walls" such as Tinder and Grindr.

My experience with "hookup culture" has been HORRIBLE. I hate it here I can't wait to be out of college and hopefully out of this toxic culture. I have engaged in this culture two times and each time I've been left shattered. I think it's the specific partners that I've unfortunately come across. As someone who is sensitive and who I've found can't have sex without forming an attachment, I find myself getting with partners who can't be honest about their wants

and them being emotionally unavailable along with their intentions regarding me. I always get led on, and left behind. I hate how everyone is so okay with meeting people and getting to know them briefly and then pretending they don't exist after the "situationship" ends. It's annoying and weird and I think that's the part that hurts me the most because I'm not good at it, I care too much. My experience so far has honestly messed with my mental health and I've decided to completely close myself off from guys until I graduate college next year.



Over the course of five weeks, my classmates and I have discussed and come up with a definition for hookup culture. The definition we came up with is that hookup culture is a consensual, intimate interaction that is sexual between 2+ people without commitment. Personally, I think this definition does accurately represent my definition of what a hookup is. Where I am from, hooking up did not always involve sex, making out with someone was considered "hooking up". After coming to college, I realized that some people believed that an encounter could only be considered a hookup if sex had taken place. That is when I discovered that the topic of hook up had a variety of meanings to everyone. Everyone has their own personal experiences and feelings towards hooking up that shapes their definition. I then began to wonder the people who only believe hooking up only meant sex, what they thought any other type of sexual contact meant. I find it in our culture that the disconnect between people that grew up just a few hours away from one another could have such different views on this topic.

When I began to read Bogle and Wade it furthered my feelings of having a disconnect in hookup culture because of the wide variety of definitions given (2008; 2017). I think when I came to college it was an eye opener for me to see how many people hookup with multiple people in any given week. I was even shocked to see how open everyone was about it. Growing up I had a conservative background

and in high school it was mentioned but, coming to college has been like entering a new world where hooking up is the norm. Despite some people being open about their experiences, there are still some who are very closed off and judgmental about it. I find everyone's opinions valid and I believe everyone is entitled to their own, but I do not think people should be judging others for choices they have made. One of the greatest problems facing society today is judgement. If judgment could be removed, I believe we would live in a more peaceful world. Especially when it comes to hookups, it is a very personal preference and choice that everyone has a right to make for themselves.

In my team we decided to research religious groups. We chose this perspective because in both Bogle and Wade's book there is not much mention about religious groups and how they experience the hookup culture. In fact, the books do not really talk about any minorities in the hookup culture because there simply is not much research and information that has been done on them (2008; 2017). Since I grew up in a religious upbringing, my group and I wanted to find out more about how hookup culture takes place in these groups. Our group also mentioned the stereotypes of ages in hookup culture. We discussed how it is mostly viewed that hooking up happens during the college years, but when we think about the elderly community hooking up there is sort of a stigma behind it. I think it would be interesting to find out why it is seen as normative for one age group but not for another. Including information on this topic could be interesting for our book and help to gain more of an audience for the book.

I personally have not been involved in the college hook up culture. I have been with my boyfriend since my senior year of high school and we decided to not participate in hookups that many of my peers do. However, many of my friends are not in relationships and do participate in hooking up with other people. When I ask them about it they say they take part in hooking up because it is enjoyable for them. Again, it is very personally for each person and I think being able to make the decision on what is right for you is very important.



Our class spent the first two weeks of the course defining “hook up” culture. This process took a long time as the class consists of people from many different backgrounds and whom all have different beliefs. These differences can impact what people consider a “hook up.” For instance, some might consider a “hook up” kissing, while others may think of it as a more intimate moment. The definition our class composed for a “hook up” is, “a consensual, intimate, interaction that is sexual between 2+ people without commitment.” I would say this definition is similar to my personal definition of “hook up” culture. I believe “hook up” is a loose term, open to interpretation. I think a big part of modern “hook up” culture is the idea of no commitment or emotional intimacy because most people are just looking to have fun or mess around. Through class discussions we generated a list of categories and subcategories we felt related to “hook up” culture. The class definition relates to the focus category of Groups as individuals belong and associate with different groups of people. Based on the groups we came up with, I do not feel I fit or belong in any of the categories. If we were to modify our groups, I think Greek Life would be one to consider since many people participate in these organizations. If this were a group, I would best fit into this group.

I have really enjoyed reading the two books we have chosen for this course. Some items that resonated with me from weeks 4 and 5 were from our team and class discussions of the textbooks, by Lisa Wade and Kathleen A. Bogle. In Wade’s book she states that, “the idea that college students are having a lot of sex is certainly an enthralling myth. Even students believe it...students overestimate how much sex their peers are having, and by quite a lot” (17). This statement stood out to me because I assumed most college students participated in “hook up” culture as it seemed to be a large part of the campus life. Another item that Wade pointed out was that only a handful of students listed religion as the reason they do not

partake in “hook up” culture (22). It seems the prevalence of this modern culture has caused people to modify their beliefs and start participating in “hook ups.”

My team has done a lot of research on the “hook up” culture of various groups. One group we enjoyed researching was the religious community as we noticed this group is experiencing the most change. In an article we found written by Amy Burdette, we found that religious aspects related to “hook up” culture are changing as relationships and behaviors on campus’ are also changing. In the past, there were some traditional courtship practices that were performed, but it is now common to see many informal practices. A factor we plan to do more research on is the impact of home life on religious beliefs and practices. It is possible that people who come from families with less strict and looser rules might not follow the traditional rules. In comparison, an individual raised in a household where religion was very important may stick to the traditional ways.

I feel like the age group I am a part of is very involved in “hook up” culture, it seems like everyone is constantly hooking up. I do not find myself participating in the more intimate end of “hook ups” because that does not align with my morals, but I do have a story I will share about one of my “hook ups.” So, one time I meet this guy while I was out with friends and we talked all night. At the end of the evening, we exchanged snapchats and then went our separate ways. Following this night, we snapchatted back and forth a little and this then led to us hanging out. When we hung out it was what you would expect, very casual with a movie. Our “hook up” was just some kissing, but nothing more. After this “hook up,” I still keep in touch with this guy; we are actually friends.



During the first few weeks of the semester, our class set out to create our own definition of “hookup” culture. Since there is a lot of ambiguity in the definition of “hooking up,” this took multiple class periods of people debating what “hooking up” really entails.

Ultimately, our class defined “hookup” culture as a consensual, intimate interaction that is sexual between two or more people without commitment. While some people consider “hooking up” to be anything from kissing to sex, I have never really thought of kissing alone as “hooking up,” although I believe that it often leads to a “hookup.” I believe that one really important concept in “hookup” culture is no commitment. I think that the commitment part of the definition is what sets “hooking up” apart from more serious sexual relationships. As we began to discuss the idea of groups within the “hookup” culture, I realized that our definition is really inclusive towards different groups, such as gender, age, religion, sexuality, class, and race. After listening to different classmates share their opinions on what “hooking up” means to them, I realized that this means something different to everyone.

In the books *Hooking Up: Sex, Dating, and Relationships on Campus* by Kathleen Bogle and *American Hookup: The New Culture of Sex on Campus* by Lisa Wade, I am seeing a strong pattern in the difference between the gender groups of men and women (2008; 2017). Both books have focused on the sexual double standard between men and women, and how (at least for college-aged students who live on campus) men are praised for hooking up with a lot of women, but if you’re a girl and you hook up with a lot of people, it is looked down upon (Bogle 103). Although I am not sure why this double standard exists, as a college student who lives on the campus of a large university, I can say that this does seem to be the way that most people think.

As my team conducted research for the Groups category of “hookup” culture, we came across two scholarly articles that focus on different religious groups, and on the LGBTQ community. As I was reading through the books by Bogle and Wade, I noticed that religion and the LGBTQ community were rarely mentioned, if at all. Also, I think that even in class, we haven’t focused on these groups as much as we have looked at gender differences and age groups. The scholarly article relating to religion is called “Hooking Up” at College: Does Religion Make a Difference? and was written by Amy

M. Burdette, Terrence D. Hill, Christopher G. Ellison, and Norval D. Glenn (2009). This research was conducted on a national sample of 1,000 college women. The results show that Catholic college women are more likely to have “hooked up” while at school than college women with no religious affiliation. Also, conservative Protestant college women are less likely to have “hooked up” while at school than college women with no religious affiliation. This could have to do with church attendance, which is against “hookup” culture. The last big trend is that women who attend colleges and universities with a Catholic affiliation are more likely to have hooked up while at school than women who attend academic institutions with no religious affiliation (Burdette et al.). All of these trends surprised me, and I would expect them to be the other way around. I have a friend who went to a Catholic high school, and she is against having sex before marriage. Even when submerged in the strong “hookup culture” here at MSU, she has stuck with her religious beliefs, and has not participated in “hookup culture.” To me, it seems that most people act the way their parents have raised them, and if they went to a religious school growing up, they are less likely to participate in “hookup” culture.

The second article that we found focuses on the LGBTQ community and is called *Navigating Campus Hookup Culture: LGBTQ Students and College Hookups* by Ellen Lamont, Teresa Roach, and Sope Kahn (2018). This article points out that most research on college “hookup” culture specifically focuses on gender and being heteronormative. There is very little research done on how people in the LGBTQ community navigate “hooking up” on college campuses. This research was based on interviews with 24 LGBTQ college students at a regional university in the southeastern United States. Many of these students are critical of the dominant “hookup” culture on college campuses and claim that heterosexual “hookups” are overly scripted, especially along gender lines. More importantly, these LGBTQ students admit to feelings of alienation and exclusion from the dominant “hookup” scene on college campuses. They claim to either experience isolation or they seek

out more “queer-friendly” spaces off campus. Although I identify as a straight female, I believe that people should be able to “hook up” with anyone they want and shouldn’t be judged or feel alienated on a college campus. I wish that “hookup culture” in the LGBTQ community was discussed more and incorporated more into “hookup” culture literatures, and I believe that our class has the power to conduct research and incorporate these minority groups into our “hookup” culture book.

Personally, I don’t participate in “hookup” culture, although I am submerged in it as I have lived in the dorms all four years of my undergrad. I don’t have anything against “hooking” up, I just have a boyfriend, and I know that if I did participate in “hooking up,” I would be very bad at step 5 of Wade’s steps to a proper hookup, which is to establish meaninglessness (41). I know myself, and I would “catch feelings” and would want the hookup to lead to something more serious. I have many friends who do participate in the “hookup” culture, and they enjoy it! Everyone is different, and I would encourage anyone to do what makes them happy.



In the first two weeks of school our class defined “hookup” culture as a consensual, intimate interaction that is sexual between 2+ people without commitment. Not everyone agrees with our definition so we have the quotation marks around hookup. The first step we took to define “hookup” culture our class split into groups and discussed what we thought about it. My group came up with multiple definitions and when we were done there was a class discussion. Our class shared a lot of their thoughts and decided to combine all of the main parts to make one long definition. Some controversial parts of our definition are the consensual and sexual. I have been reading books about “hookup” culture and some people don’t think it has to be consensual. I believe that it has to be consensual because if it’s not its rape and rape is different than “hookup” culture. The other controversial thing is the sexual

definition. I believe that kissing is sexual and foreplay is but I know people that don't agree with me. This all just adds onto why we have the quotations because everyone has different backgrounds and don't think the same.

From the time I've started this class to now I have read many articles, books and other resources on "hookup" culture. I have learned that "hookup" culture has changed throughout the years; it used to be more reserved and not as open as it is now. It used to have subtler and now people are more forward about wanting to "hookup". The music videos a couple decades ago you can't to infer more about the meaning of objects and now it's almost naked women dancing. Also dancing and clothes connected to "hookup" culture has changed. It used to be more tight leather clothes and not gridding on each other, but now it's minimal clothes and twerking. I like how the "hookup" culture is a more open accepting topic to talk about. I know it used to be a subject you don't bring up but now it's something you can discuss and ask for advice.

There are many parts to the "hookup" culture. My group gathered many resources to help us explain each part. For social commutative we got a scholarly article explaining where most people meet when finding a partner or partners for "hookup". Also we are going to interview a roommate of one of my teammates and we will ask him where he finds his partners and how. Other part to "hookup" is group. To help show how group plays a role we found a scholarly article on how race/ethnicity play a factor in "hookups". It explains how some groups have different experiences than others. For the part music, television and film my group found a couple music videos. These songs are part of the "hookup" culture because some people listen to music while they "hookup." Lastly the part of psychological my group will have a survey and it will help us get some information on how and why they participate in the "hookup" culture.

I participate in "hookup" culture. I started participating in the "hookup" culture when I was 18. The place where I find people to "hookup" with is at parties. I have never used social media to find a

partner but my friends do and they are successful with it. I like to meet a people in person so I can talk to them and know who they are. I never go out to a party thinking that I am going to “hookup” I just wait until the right time and the right partner.



I would define “hookup” in a similar way that we did so in class. I think that it is correct in saying, consensual and agree that hookups are always intimate no matter what group-religious, spiritual, LGBTQ, race, and age. Intimacy and sexual I think go hand-in-hand, as to be intimate you are being close and personal and in being sexual you are communicating that you want to be intimate with the other. Furthermore, when I think of hooking up with people, it does not pop in my mind that it is between two or more people in the same session of “hookup”, but nonetheless I agree that this can occur or be normal for others, whether they consider themselves a part of a “group” we’ve defined or not. Finally, I think hooking up could involve levels of commitment differently amongst groups. While it may be wrong to assume, I can’t help but lean towards the example of those younger in age typically consider a hookup with “no strings attached”; whereas, it is more common for those older in age to be more conservative with their time leading them to prefer at least some sort of commitment if they “hookup”.

I grew up in a Christian home and I think with that aspect of my life, many people assume that I am opposed to hookup culture, which is not the case. While my definition of hooking up may be different then the next persons, which is a common theme among us all, I have learned what’s “healthy” for me. I am not a person who does well with the “no strings attached”. I do not really desire to hook up with someone I don’t know, because while being intimate with someone is fun... I also enjoy talking and getting to know the person. I think that is just how I am wired. Despite me trying my hardest to “not care”, I have found that all my actions need to be purposeful and have some sort of meaning for me to feel

fulfilled. Furthermore, where I am from and despite the different environments I have been in, LGBTQ community is still very new. However, I have enjoyed learning more about it this past week and appreciate how I am becoming more aware of groups I may have not thought of before.

In the past couple weeks discussion of “groups”, my team didn’t really rely on external sources too much throughout our chats. We mostly talked about our own lives and how the categories of religion, minority, and LGBTQ have played a role. While I’m sure external sources would be helpful, at Michigan State we are immersed in people who are different from us and I particularly find it more insightful to use the sources we have sitting right next to us and who can respond to questions. One thing that really resonated with all of us in our small group was the discussion of how our home life has shaped us. We related this topic back to religion and how it is normal for some, or the relationship of our parents and how that has affected us. We talked about how this could be related to our psychological-learned behaviors and inclinations towards how we participate in hookup culture.

Looking back, I find it very interesting how I have had to constantly redefine “hookup” for my parents and grandparents over the years because it truly does seem to be ever-changing. I have felt surrounded by hookup culture since I was in high school and while it has taken different shapes, forms, and meanings, it is still a part of my everyday environment. Having said this, I don’t really think of it as something that affects me too much. Perhaps this is because it has become so normal, or that it’s always a topic among my friends. However, after this week I have noticed how those that I immediately surround myself with share similar views and beliefs with me so I think that it has been hard to get a different perspective on hookup culture and how it may differ among groups up until now.



Hookup culture can be defined in many ways, the definition is

different for everyone. In class we defined “hookup” culture as, “as a consensual, intimate interaction that is sexual between 2+ people without commitment”. The definition created in class are very similar to how I would define hookup culture. The only thing I would change would be the part where it says it is a brief interaction, because technically the interaction can be more than just brief. You can be hooking up with someone but also get to know them after and spend more time with them. My parents have always made sure we have an open communication about sex, hookups, and dating. I learned a lot about what to do and what not to do through what they told me. They taught me to not give it up easy and make sure you know your worth.

As explained by Leah Fessler in the article “A lot of women don’t enjoy hookup culture—so why do we force ourselves to participate?”, girls don’t like hookup culture because it heightens sexual insecurities and the chances of having an orgasm is highly unlikely due to the hookups being with a guy who doesn’t really know you or care to know you. The sex is better when there is an emotional connection and the two people know each other well. Fessler also describes that a growing hookup culture makes it very hard to believe that real relationships are possible. The more you hookup and don’t form emotional connections, the harder it is to get into a committed relationship.

My team and I focused on the topic of groups that aren’t represented in the hookup culture phenomenon. There are many groups that are not talked about when people think of hookup culture. What first comes to mind when thinking about hooking up is a girl and a guy that are in their teenager or early adult years, many people don’t think of the gay community or people that are older when looking and talking about this. Our group found sources that talk about how these stereotypes about hooking up sometimes aren’t true and not looked at fully. A lot of articles only focus on a certain group and hooking up. They look at teenagers and young adults mostly. Obviously, other people in the world are hooking up and should be involved in those statistics and talks.

My personal experience with hookup culture has been both good and bad, as I feel like it is for everyone. There have been some really good hookups where we still talk and remained friends, where there have been others that I have blocked them right after or never talked to them again. The person you hookup with and their personality determines how the experience will go and how the future will be between you guys. It is easy to make the hookup purely physical if you do not strive or have a personal connection with the person, once feelings are involved it starts to become more confusing for everyone. The best sex I have had is with guys that I have a personal connection with and got to know really well before I had sex with them. The more someone gets to know you, the better they can sexually please you and the time you spend together becomes more special. At some point everyone wants to find someone they genuinely like. Overall, hookup culture needs to exist for people to figure out what they like and what they don't like in a partner.

The first few weeks of class we spent time creating our own definition of "hookup." After many changes we decided on: a consensual, intimate interaction that is sexual between 2+ people without commitment. I would say this definition is close enough to what I personally consider a "hookup" to be, I'm not sure I'd use the word intimate because I don't always find hookups to be intimate from what I have heard. But then again, everyone has their own experiences. For me, when I hear people "hooked up" I usually think it's more than just kissing and it's actually having sex, usually meaningless sex. In class, we broke down our definition into categories and then into subcategories that we are referring to as elements. The last two weeks, we have focused on the category of groups. Within this category, the element I believe I connect most with would be religious. I do not consider myself to be religious, but the way I was raised and the way my parents went about everything was from a religious point of view. My family is Catholic, and the idea of premarital sex is a big no-no. I did not exactly follow through with

that idea my parents have put in my head, but I also don't participate in the hookup culture. Just because I'm not a virgin, doesn't mean I just am okay with sleeping with anyone and everyone. My morals just don't coincide with that. I have been on and off with my boyfriend for quite some time so I don't really have a reason to sleep with a random. I also know I would be the one to catch feelings from a hookup, so I just stray away from that.

Discussing Bogle and Wade's books in class after reading really made me realize how different some people's opinions and thoughts are on hooking up and the culture that surrounds it (2008; 2017). Some of the students Bogle interviews consider hooking up to be anything from kissing to sex. I don't find kissing to be part of a hookup, it can most definitely lead to people hooking up but I don't consider that action alone to be a hookup. I know hooking up is extremely common in our age group, it's a big part of college. I think about it as the experimenting stage cause this is when everyone figures out what they like and where they stand sexually. I definitely think the hookup culture from campus to campus differs. A religious school will definitely have students hooking up but it will be more discrete and low-key compared to a big public university like the one we attend. This culture is all around us. Looking at our school, I would say most people are engaged in this culture, but Wade states that we overestimate how many of our peers are actually hooking up (2017). Interesting to think about considering I would think more than half of our university's students participate in hookup culture one way or another.

While working on our annotated bibliography, my team researched all of the categories we have created to make up our definition. An article we looked at, relating to groups under the religious element. Burdette, acknowledged that hookup culture can depend on one's commitment to their religious traditions. Like I said earlier, I personally am not very religious but my parents are. A lot of things I choose not to do reflect my morals that come from the ways my parents raised me. Someone can be forced to go to a religious school or they may go just to please their parents, but it

doesn't necessarily mean they are religious. Another external source we looked at was an article that related to the groups category but this time under the element LGBTQ. This article emphasized how LGBTQ individuals are excluded from the hookup culture. I would agree with this, but I also think it's because these ideas have just recently been accepted in the world so it's still new for a lot of people.

Again, I don't engage in hookup culture. I prefer to stick to what I know and am comfortable with. I do see the culture everywhere though, no matter what group people belong to, someone is always hooking up. Living in the dorms my freshman year, I got to really see hookup culture on our campus. Both Bogle and Wade at one point state that most freshman like to experiment and see what's out there, they aren't interested in an exclusive relationship (2008; 2017). I lived on a coed floor, so I witnessed a lot of the students sleeping with each other or just "messaging around" meaning everything but sex. This ruined a lot of friendships, and a lot of times things got awkward. My roommate at the time, would always go across the hall to one of our friends' dorm. They did everything but have sex and it was clear to both of them that that's all it was—messaging around. Still, my roommate was upset and cried when she saw him with another girl. Witnessing this pushed me further away from this culture because I did not want to put myself through that. I don't feel disconnected from any part of this class even though I don't personally participate in the hookup culture, I am still a part of it.



Our class defined hookup culture as a consensual, intimate interaction that is sexual between two or more people without commitment. I would say this definition resonates to my personal definition for the most part, but I do disagree in a few ways. Firstly, I feel that a hookup does not need to be sexual. The way I view it, hookup is a very vague word to describe this interaction between

two or more people, and the people experiencing the hookup would be able to talk more about their own specific hookup. To me, a hookup can range anywhere from kissing all the way to a sexual interaction. I don't think saying you hooked up with someone automatically entails that the interaction was sexual, and that is up to the people involved to specify. Secondly, I think the definition of hookup culture would mean something different to different groups of people. One group of people may view hooking up differently from another group. For example, if you asked a group of frat boys or sorority girls what they think hooking up means or entails, it is likely they would say only sex because that is what many of them participate in and view it as. However, a college student that is not in one of these groups may see hooking up from a different light, and have their own experiences and ways of viewing the definition that does not involve sex.

In class we did a lot of talking about the history of hookup culture and how it has changed over time. We looked at pictures and listened to music about hookup culture in the past, and compared how it was viewed back then to now. I would say one big difference that stood out to me was the change in how we view LGBTQ people hooking up back then to today. Even not too long ago, society was not as open or accepting of the emergence of LGBTQ people in society, let alone these people hooking up. These people were on the margins, and looked down upon for who they were and their decisions were not a positive part of society in many people's eyes. Today, this group of people is generally more accepted in our society today than history (although we still have a long way to go), and I think that is a huge difference in this group. This resonated with me because it shows me how fast society's ideals and opinions can change if people are all fighting for a common good. One similarity I see between hooking up in history and today is the amount of people hooking up. Studies show that people hooked up back then just as much as people do now, which is an alarming statistic. The way society views hooking up today, you would think

more people hook up now. This just shows the effect that social media can have on people's perceptions of the culture.

For the category of groups, our team used a video called "Should You Have Sex Before Marriage? Can They Agree?" This YouTube video brings together people who are advocates of sex before marriage and people who are advocates of abstinence, and sits them down to discuss their viewpoints on the topic and what they believe, to see if they can find a middle ground. It shows the opinions of two different groups and goes into depths of what they specifically believe. Some good things about this video we found were that both sides are presented very clearly in the video, and many different kinds of people were presented as well. The ability that this video has to show people of different backgrounds and ethnicities shows the diversity of opinions and makes the video more well-rounded. This trait represents different people's upbringings. From the video, we also found some not so good things. This includes that the ages of the people in the video are not very diverse, and many of the people talking and sharing their opinions are in their 20's and 30's. This could be biased because it excludes the younger generation and the older generation, and their mindsets on how it was when they/are being raised. It also brushes over the fact that having many ages could show similarities and differences on how the topic is viewed from different generations. We also found the video used a small group of people in general, where using more people could just simply add more opinions and contribute to more diversity in answers.

I have participated in hookup culture before but honestly have not much recently. I did a fair amount in the beginning of my freshman year, when I was meeting many new people, including many new boys. As I have grown up, I have realized that it has taken a toll on how I feel emotionally towards people. I would feel something more towards someone I hooked up with, when they would not, or even vice versa. This would lead to feelings being distorted and would lead me to be pretty lost and confused. I didn't like it. Within the category of groups, as I have gone through college, my religion has

played a role on how I view hooking up. I go to a local church, and a lot of my friends go to this church as well. They do not participate nor approve in hookup culture, and I think a lot of their opinions and viewpoints shape my thinking. It is not that I do not participate at all anymore because of them, but I would feel judged if I mentioned what I participate in to them. I think the type of people you hang out with influences your thinking to a great extent, and the group of religious friends I hang out with for sure I have seen impact my thinking.



During the span of these five short weeks of class, we have made a large amount of progress in tackling and understanding the monster that is “hook-up” culture. We have woven our way through many categories and aspects of this culture, yet the category for this week, groups, is probably the biggest one in terms of differentiating different hook-ups. The category of groups is a blanket term, covering a wide variety of different groups, whether those groups be religion-based, sexuality-based, race-based, or any others. Studying these groups and how hook-up culture functions inside each of them is a great way to understand the culture as a whole.

In the first week of class, we defined a hook-up to be, “a consensual, intimate interaction that is sexual between 2+ people without commitment. In studying groups for the past two weeks, I think this definition has only strengthened, because it is applicable for any group we could be referencing. We succeed at using inclusive language in our definition, so that every group is included. For example, the use of language such as “intimate interaction that is sexual” is careful to include a group such as Christianity that may practice celibacy, but still consider themselves active members of hook-up culture.

One of the things that resonated with me in talking about groups in relation to hook-up culture was Professor Acevedo's personal stories in relation to the topic. Specifically, her encounter with the

types of ways in which groups can class and not be inclusive in regards to hook-up culture, like when the boy she dated many years ago was adamant about her not having been with any black men prior to him.

I believe that the key point that was most relevant to our group was the process described from the readings. My group consists of a culmination of different groups that all consider themselves a part of the hook-up culture, so it was interesting to have discussion about how different that culture is for us. I feel like this particular point was also emphasized as a class whole, with people sharing their experience outside of the hook-up culture (in long distance relationships) as well as their big turn-offs in regards to the process of the hook-up culture (grinding at parties).

I believe that Dr. Acevedo's stories resonated with me because I see glimpses of the way in which hook-up culture between races still clashes today. For example, within the black community, there is a negative stigma around a black man dating a white woman. It is not as prominent as it once was, but there is still much debate and discourse over interracial couples, and it is something that is experienced on a daily basis. It is something I have seen first-hand: friends of mine who are in relationships with white women and are chastised for it.



Whenever I talk to my friends about how their weekends went, or if they have anything exciting to report, the topic of two people hooking up typically comes into play. The term “hooking up” can be ambiguous because I feel like the definition differs on a person to person basis. For one individual, hooking up could mean just making out at the back of a party, while another person might not define that as a hookup because in their mind, sex has to occur for the interaction to be considered an authentic “hookup”. In our class, we have defined the definition of a hookup to be, “a consensual, intimate interaction that is sexual between 2 or more people

without commitment”. In general, I do agree with this definition of a hookup, especially the part that emphasizes the “no commitment” aspect of it. In my opinion, making out, sex, or mutual masturbation could all be involved in a hookup; it doesn’t always have to be strictly sex. My take on the definition seems to be common too because when my friends do share details from their hookups, most of the time sex isn’t involved, and they usually just talk about how they made out with someone at a party while still defining that as a hookup. If the other individual is comfortable enough, I believe it’s important to clarify what they mean when they refer to a “hookup” so confusion can be avoided.

When looking at this week’s category of “groups” in reference to hookup culture, we analyzed various marginalized groups that do not get proper representation in today’s society, let alone in hookup culture. Groups such as the LGBTQ+, African Americans, Latinx, Asians, and a multitude of others often are left out of the hookup script. While I do not belong to any of the listed groups, I do believe that they should be included in not only hookup culture, but every other aspect of life as well. When we do not represent minority groups, we are doing a disservice to the future of mankind. All people should be included and represented, because that provides a sense of comfort, acceptance, and belonging, which is a vital part of development, and even included in Maslow’s Hierarchy of Needs (McLeod 2018). When referring to religious group beliefs, I am able to identify with the teachings of Christianity, and how that contradicts the hookup culture. Growing up, I was always told how important it was to wait to partake in sex until you’re married. Since that idea has always been a part of my life, I do struggle with guilt sometimes after being part of the hookup culture, because I feel like I have done something wrong. To this day, I am still figuring out my feelings about hookup culture, and how it related to the roots of my religious upbringing.

While paging through the annotated bibliography that my group completed, there were not any sources that highlighted the marginalized groups’ references in my previous paragraph. I don’t

think this was intentional, but rather it was a matter of not finding sources that included any of those groups, because most research is done by heterosexual white males and females, and they report on their similar groups. This goes to show that more research is needed that includes these marginalized groups as a way of making them feel belonged, appreciated, and understood. Our source for the “religious/spiritual” aspect of the bibliography looked at the different rates on participation of hookup culture on Catholic universities vs. Protestant universities, both of which fall under the Christian faith. The research concluded that more hookups occurred on Catholic universities rather than Protestant universities (Burdette 2009). While it is worthwhile to have information on the differences of hookup cultures across Catholic and Protestant universities, other faiths that do not belong to Christianity, such as Islam, Buddhism, and Hinduism (to name a few), were not included in the research or any other sources in the annotated bibliography.

To be completely honest, I’ve only ever had 1 real hookup experience that wasn’t a proper date, or that didn’t end in a committed monogamous relationship. That experience included myself and a guy at a friend’s party making out in the bathroom, and that’s really all that happened. We exchanged numbers, but we do not text, and whenever we do see each other in person, we keep it super casual and the extent of our conversations are just exchanging formalities. This follows what Lisa Wade writes in chapter 1 of her book, “American Hookup”. Chapter 1 is called “Hooking Up, a How-To”, and list various steps on how to have a clean hookup, and one of the steps gives information on how to distance yourself from that person, which says that if you were, “...acquaintances, they should act like strangers” (Wade 2017), and that’s exactly what myself and this guy do. Because I do not belong to any of the marginalized groups listed, I do not have experience in any hookups that involve those groups, let alone any experience at all since I’ve only ever participated in 1 hookup.



Over the past five weeks our class has focused on “hookup” culture and the definition of it. Along with the definition, we also came up with categories of what makes up hookup culture and for the 4th to 5th week we focused on “groups”. Our group focused primarily on the age range of hookup culture. Hookup culture technically has no age bounds, but in our opinion, the age range should be focused on college students because we are currently in that age range. The books by Bogle and Wade also both focus on college students which give us great sources to use for researching the topic of hookup culture.

One of our past homework assignments instructed us to watch either *Friends with Benefits* or *No Strings Attached*. In both of those movies, the ages of the characters are mid to later twenties. Either way, this is a new perspective to hookup culture for us because it is not college students in these stories. In the end of each story, the couples end up being more than just a “hookup” but that may be just because it is a story that needed endings like that and may not be what really happens.

For me, my college experience has shown that hookup culture is very much alive on campus. I have friends that actively participate in it. I think with our generation, people are definitely more open about the idea of hooking up, and with other guys, they are open about who they are hooking up with. This has been the case even since high school, but it gets more prominent in college because kids are finally living on their own. I know people that actively search to hookup after every night of going out, but I also have friends that have zero interest in it. It’s an odd thing with college students because it seems more of a type of game. Plenty of people that come here expect totally that they’re going to be hooking up all the time because they’re finally free, but it is totally opposite.



During the first couple in this course our class decided that “hookup” was defined as a consensual, intimate interaction that is sexual between 2+ people without commitment. This is my personal definition of hookup as well. In the current hookup culture there is a big difference between a hookup and being intimate with someone that you are dating. You can say you hooked up with some guy from the bar, but you cannot say you hooked up with your boyfriend. I think this stems from the “no commitment” part of our definition, even though both experiences will be intimate and sexual, it doesn’t describe the act with a significant other because in that instance there is a commitment. It may also stem from our age group. As college students we have a very different vocabulary and world view than older generations. Our definition of a hookup may be warped from our experiences and our way of life. I feel like today it is much more common to just “casually” be in a relationship with someone and reap all of the sexual benefits as compared to our parents’ generation. I am 21 years old, single, and very much a part of the “hookup culture,” but at 22 my parents were married and pregnant with me.

I think the most interesting thing we have talked about while talking about groups is grinding. Most people in our class agreed that grinding is gross, it is a gross public display of affection. However, most of those who said that were white students who all go to Michigan State. One girl brought up that when she goes to a “white” party her and her friends find it odd that nobody is grinding; and another girl brought up that when she goes to a party with friends at the University of Michigan, all the Michigan students grind as well. So the lack of grinding could be seen as a racial or campus culture divide. It just goes to show that there are so many groups to take into consideration when talking about hookup culture. Each age group, race, geographic area, sexual orientation, gender, etc. all view certain things as norms and others as fringe behavior.

There is no “normal” way it just depends what groups you fall into. This topic is so interesting because I never considered that different

groups hookup differently. I was so closed minded in the sense that I never considered that what me and my friends consider normal dating behavior may seem foreign to other groups of people. This unit on groups has really made me realize how important it is to talk the things that normally wouldn't be talked about in "polite society." I believe there would be less judgement and shame if everyone was able to talk about hooking up as openly as we do in this class instead of treating it as a taboo subject.



Personally, when I hear one of my friends say that they "hooked up" with someone, my mind automatically goes to "oh they had sex". However, once I ask for more detail, I realize that that is not always the case. I have realized that the majority of the people that I have talked to, including some of my closest friends, do not imply sex when they talk about "hooking up". When my friends talk about their "hookup" experiences they almost always mean making out or fooling around with someone, not necessarily having sex with someone. If they did, in fact, have sex, they would make sure to point that out. I do not think that the class definition or my personal definition of "hookup" culture specifically relates to the category of Groups. Groups does not specifically relate to the definitions of "hookup" culture because the definitions are not excluding any group. Different groups will have different values and different perspectives. This will cause different groups to have their own definitions specific to their own values.

In class these past two weeks we have talked a lot about how there are a lot more groups now than there were in the past. For example, we looked at pictures of "hookup" culture or parties from each decade since the 1960s in class. We found that in the earlier decades, "hookup" culture mainly consisted of one particular group. All the pictures from the earlier decades only included white men and women. There was hardly a picture of a different race or ethnicity. As we started progressing through the decades, "hookup"

culture and parties became much more diverse. Also, the decade and generation that we were all raised in, makes it very common to have a lot of diversity, including race, ethnicity, and gender. As a generation, we are much more open to diversity and differences among our peers. For example, we are very open to the diversity of the LGBTQ+ community. Where past generations were not open to diversity hardly at all.

One member of my group found an article that relates to the religious group. The article is titled “Hooking up’ at College: Does Religion Make a Difference?” From my personal experience I have realized that religion is not talked about much anymore, especially on college campuses. Most of my friends grew up with a somewhat religious background, as did I. But as we got older and moved to MSU’s campus, we are not as religious as we were when we were younger and lived with our parents. Being at college for almost two years, I have not met someone who is heavily invested in their religion and refuses to have pre-marital sex.

I do not have a lot of personal experience being involved in “hookup” culture. I have noticed through my friend’s experiences that everyone person that they “hookup” with or have “hooked up” with is also in college and is around the same age that we are. I have noticed through experience being at college parties and the bars that everyone participating in “hookup” culture is in the same age range of around 18-22 years old. Also, everyone or almost everyone is in college, whether it is at MSU or another university.



The American “hookup” scene has been a changing movement for quite some time. When I saw the option to take this class – it was a no brainer. The term “hookup” has changed for me in during all of my different chapters in life. During the first week of class, we defined “hookup”. The only part of this definition I do not agree with is that the interaction is with 2+ people. I do not think a sexual interaction can be intimate with 2+ people. This class makes me

think and reflect on my social life. For example, last weekend I saw the same guy pull the same moves on four different girls. I know the last girl he talked to, and they ended up hooking up. After picking her up in the morning, I asked her if she'd see him again and she said, "Ehh, probably not." This is a perfect example on how the college hookup scene can be stereotyped as casual.

My team is currently conducting a survey on age and the college hookup scene. We're interested to see the correlation between age and casual hookups. Wade makes strong remarks on men "playing the field" much longer than women. Women seek out relationships, whereas men aren't going to go out of their way to find the "right girl". We plan on surveying all different ages and genders at all different universities.

College has absolutely boosted my experience on hookup culture. My perspective has changed from an underclassman to an upperclassman. I've steered away from multiple hookups to only hooking up with the same person. Not only has it boosted my experience but has changed my personal definition. In high school, a hookup was intended as making out, whereas in college it refers to sex. I'm intrigued and excited to keep learning about the college hookup scene!



In the first couple of classes, it was interesting hearing what other classmates had in mind when they hear the word 'hookup'. For me, this word means having sex with someone and occurs only between two people. During my high school years, I remember one of my friends saying that she hooked up with this guy, but in reality, they had only kissed. To me, I would just say that I had made out with someone. I also want to discuss the word 'intimate' that we have in our definition. If I were to hook up with a guy, I wouldn't use the word intimate. I would only use this word if I had feelings for someone or if I were in a relationship. 'Intimate' is a very romantic word in my opinion. It's also interesting to note,

relating to the group chapter that we have been discussing, that the majority of our class is white. So, does this factor have an influence on how we define “hookup” culture? Personally, I think it does. In Bogle’s book, she states, “nearly all of the people I interviewed were white (95 percent)... There is also a lack of diversity in terms of sexual preference” (Intro 6). So, most of her research is based on heterosexual white people. With how diverse the United States is today, it would be interesting to look into how different cultures view hookup culture, especially those underrepresented in the LGBTQ+ community. For me, someone who is uneducated under the LGBTQ+ community, I would like to learn about what hookup culture is like in their experiences, especially since it’s become widely accepted in the past couple of years.

When our class had a discussion about what hookup culture looked like in the past, I noticed a lot of images had a lack of diversity and representation of the LGBTQ+ spectrum. My grandmother, who is turning 90 soon, is still stuck in that era of not accepting interracial couples. Pictures from my high school prom weren’t sent to her based on the reason for me having a boyfriend that was African American. Since coming to college, I’ve never felt judged for hooking up with someone of a different race, but back then it was a huge deal. Sex is something that I feel has become more normalized to discuss with others. And when I mean others, I mean people my own age. I know our parents tell us to be safe and to keep us in the loop of our experiences, (maybe this is just my mom), but I have not once talked about my sex life to my mom. I’m not exactly sure how hookup culture has evolved, but I don’t think the older generations understand how apps are incorporated into today’s hookup culture. I’m not sure how others in the class feel about talking to others about their hookup, because everyone’s different and some people just aren’t comfortable talking about it. I definitely won’t be saying anything about my personal life to the class because even though Dr. Acevedo said that class is a no-judgment zone, I believe there’s going to be judgments in every situation. Everyone has their own specific beliefs and opinions, so

it's impossible for some people to respect others, which I completely understand.

My groupmates and I hadn't discussed the group category besides what we eventually discussed in the next week in class. Instead of looking into LGBTQ+, (which we did in our first assignment) we discussed age and religion. One of my groupmates brought up the point of how Catholic schools around her went crazy for hookups. Since they are finally away from their parents, they tend to do things they weren't able to before. It'd be interesting to see if we could interview different religions and see if this is a trend that a lot of college students follow. Another point that we want to look into is the age idea of hookup culture. Since we are young college students, most of the focus is on people aged 18-24, which is similar to what both Wade and Bogle discuss. What we don't realize is that a lot of older couples, especially our grandparents' age, are still hooking up. Since we are considered "experts" on this topic, it might be easier to delve into our ages, but it's still important to include the fact that it's not just our generation participating in this culture.

I'm not too comfortable going into detail about hookup culture in my life specifically, but I can talk about why some students my age participate in it. Personally, after going through a hard breakup, I decided to be the one in control of my emotions and make sure that I wasn't the one getting attached. I told the guys that I was hooking up with that I wasn't looking for a relationship and usually ignored them after I did. I felt like my last boyfriend had broken up with me because it had gotten to be too routine and boring, which is why I felt excitement meeting new people each time. I got to be the most interesting part of myself and be confident for the night and then never see them again. It's almost like I changed myself because it felt good to cover up how I really was actually feeling. I never had the chance to grieve the end of my relationship. I just went straight into hookups. For a while, it worked, but eventually, my feelings caught up with me. Now, I've learned from this and want to better myself. I'm not sure if other students can relate to why they participate in hookup culture, but my idea of why is because sometimes they are

hurting from a past relationship and just want to feel in control of their emotions.



To me, I feel this is the best way to describe hook up in a way that includes the majority of people's views. However, I personally don't love that we chose to use intimate. I don't know if I feel that every hookup is intimate. In my definition hooking up does mean more than kissing. However, I think that this is something that, for me and my friends, has to do with age and experience. When I was in high school hooking up meant kissing and if things had gone past that most people would say so. As we got older and participated more in hookup culture kissing became less of an 'intimate' thing and therefore hooking up rose to a different level.

The thing that was most interesting to me was the idea of how men and women view hooking up as displayed in Bogle's text *Hooking Up*. Bogle talks about how women want relationships whereas men want something more casual. While I think this can be true sometimes, I think the text is a bit outdated. I think that as our society has changed women have started to become more confident in allowing themselves to enjoy the things they want. For many women, I think that means casual sex. I also think that hooking up has become more normalized and while women, in my opinion, are more shamed for it than men there is overall less stigma around the act.

The main group my team talked about during this chapter focus was religion. Our group has people who are very religious and people who aren't religious at all, so we were able to discuss our differences which I found quite interesting. One thing that I found interesting was the way that my public school vs a religious school taught sex ed. Might be very positively framed just giving us facts that can help us protect ourselves vs the religious school had little to none and when sex was talked about it was shamed.

As I mentioned earlier, hookup culture has changed for me as

I've gotten older. It started as simply making out and progressed to more for me personally. I do think that being a part of both groups in and out of the Greek community have formed my view on hook up culture. I think campus does support the continuation of hook up culture, but I don't personally think of that as a bad thing. I think it's amazing that more people are sexually confident in our generation and don't feel shame about it. I think different generations will always have different views but, in my experiences, I feel that I view hook up culture very similarly to my classmates.



Throughout the past few weeks we have developed and discussed what hookup culture is. I really related to the class definition of "hookup" because it personally followed my beliefs of hooking up. Not only this, but I also believe that the definition of hooking up is fluid and that also relates to my definition. I think that the definition being fluid allows individuals to identify and find their place inside the culture. This allows for everyone to connect on some level within the community. This all leads back to the connection people want from others.

I really enjoyed the reading in Wade's book because it gave an example of a script for hookup culture. This shows that while yes there is a way to do it but people don't learn this right away. Trial and error leads to people developing their hookup script and getting involved with the culture. Without these past experiences some people may never get involved within the scene. I can relate to this because I had to work and develop my script throughout my experiences. While I can relate to the script, I thought that the idea of grinding being gross was interesting. One thing that I thought was a normal occurrence in the culture was actually a controversy and made me think where I stand in the culture. While I'm still not set with this idea, I want to continue to think about this and learn other differences with people in the culture.

One thing that was really interesting to me is that people get upset by hookup culture.

This was really interesting to me because it shows that not everyone understands the rules of hooking up. What made me notice this is when Owen from Wade's novel complains about being used. This has never been a concern of mine throughout my experiences and I feel this is because I understand what a hook up is. This is why I feel hookups become complicated because not everyone is on the same page.



For the first two weeks of class, our class as a whole (along with Dr. Acevedo) created a definition of “hookup” that we believed to best fit how we describe or define it today. The definition that we came up with was “a consensual, intimate interaction that is sexual between 2+ people without commitment.” In the past two weeks, we looked at a specific category and this biweekly category was “Groups.” Some of the subcategories we came up with as a class were religious, spiritual, LGBTQ, minorities, global view and age range. One of the things our team was focused on was that of age range. Personally, it seems like age that most people have been hooking up has been consistent over the past 50-70 years. Although the definition of “hooking up” may have changed, I believe that the age has remained quite consistent. Something I think that may be disconnected from my personal view of “hooking up” would be the part about commitment. I feel as though when we are younger (high school age or lower), hooking up with someone generally comes with commitment. Although when we enter university, I believe that hooking up can come without commitment, but as for the younger people hooking up, I think there is generally some sort of commitment. For me, I do agree with the definition that our class constructed and usually do not feel commitment when “hooking up” with someone.

Something that really resonated with me from this week's

discussions/readings is something from the reading in Bogle's book (2008). Bogle goes into discussing how fraternity membership and sporting team affiliation is especially valued for men in college. One of the interviewees said that "fraternity men have more opportunities for sexual encounters with women." (Bogle, 2008.) This especially stood out to me because I myself have been in a fraternity for all four years I have been at Michigan State. Although it seems very "classic" that fraternity guys seem to be the ones hooking up the most with women in college, I see it to be true. The key word I think is "opportunities". When you are in a fraternity, you usually go to the frat parties (at the house) when you are an underclassman (freshman and sophomores). In that time, you are usually meeting girls your age and becoming friends/creating groups of friends. A lot of the time, you are usually having one night stands with the people you meet. Once of age and all of your friends are going to the bars, you already have a large group of people, specifically women, that you know at the bar and you don't have to reach out to meet new people. Having this large group of peers that you are already familiar with gives you much more of an opportunity to "hookup" with someone that you already know. I would say this group/membership is one that resonates with me the most because I am part of this group. As for the other subcategories we came up with for groups, it's hard for me to understand "hooking up" in them. I believe it's hard because I don't really fit into any of those groups being a heterosexual white man. Although I am very understanding of the people and views in these groups, it's hard for me to see the personal side of them.

One of the key points that we looked at as a team was the music side of "hookup" culture. I believe that music plays an extremely important role in "hookup" culture. The way that music has evolved and become so sexual has definitely influenced the view of "hooking up" in today's culture. One of the things that comes into mind is looking at music from past generations like we did in class on Thursday. When you google "1960's hookup music" it's hard to even find a song about people hooking up or having sex. What most

search results yield are songs about love and loving or missing someone. If you look up “2010 hookup/sex playlist” the results are endless. There are THOUSANDS of playlists between Spotify, YouTube and apple music that have something to do with hooking up or sex in the title of the playlist. This isn’t because we are hooking up more often now, but because music has changed so much that almost every other song talks about having sex with someone or a one-night stand (okay that was a little bit exaggerated but still). For example, here is a playlist on YouTube titled “Best Baby Making Songs Everrr!!” that has over 150 songs from the 2000’s <https://www.youtube.com/watch?v=5gzSITRwmmw&list=PLbEsysl-DzbixUUWRktefnKxOXE-YleJlh> . If you take a listen, it is so obvious how music has changed and how that changed has definitely influenced “hookup” culture today.

As for personal experiences in “hooking up”, I have had my fair share of one-night stands and “hookups” in college thus far. In fact, at one point I was considered a “man whore” by my male friends, but that was cool with them. To the female crowd, being a man whore isn’t the best reputation to have. Don’t get me wrong, “hooking up” with different people almost every weekend was fun, but after a few years it gets real old. At some point in time, I don’t care who you are, you want to seek something real and genuine.



Our class definition of “hookup” culture is that “hookup” culture is a consensual, intimate, interaction that is sexual between two or more people without commitment. Although this definition covers a lot of the aspects of “hookup” culture because of its broadness, I feel as though the definition does not do justice to everyone individually. Everyone has their own definition of “hooking up” and “hookup” culture, so I feel as though our class definition wouldn’t apply to every group or person. Me personally, I can connect to this definition when I think of “hooking up” I think of sexual intercourse of kind between people who are not together. I do not partake

in “hook up” culture anymore but the experience is not always intimate or intimate at all, but everyone’s situation is different. For example, someone who is old school may think “hooking up” could be anything from making out to sexual activities, while most people in my generation define “hooking up” as having sex with no commitment just like in our class definition.

Something that resonated with me is that in our day and age “hookup” culture is so normalized in our society especially in young teens and college students. In a book written by Donna Freitas, she surveyed a large sample size of college students from secular, religious, and private colleges. Her conclusions showed that students hooking up resulted from boredom, loneliness, and isolation (Freitas 2013). Students began to accept that’s how college is and stopped seeking real long-term relationships with one another. This being the reality of college relationships is sad to me because this behavior is not ok to me. It gets people’s feelings hurt and I believe this causes people to not have successful long-term relationships and marriages in the future.

Some key points in one of my group’s external source was that LGBTQ have a hard time navigate “hookup” culture that is majority heteronormative. *Navigating Campus Hookup Culture: LGBTQ Students and College Hookups* by Ellen Lamont researches how members of the LGBTQ community partake in a culture that they are the minority in. Within them being the minority racial minorities are not represented in her research which does not give fair or accurate data or all cases.

My personal past experiences with hookup culture were not great experiences. Going into them using our class and my own definition I never really looked at them as hookups. I always thought that person and I would be together so I was just a onetime thing or casual sex (except once). I look back often wishing I never let those situations happen and respected myself more and wasn’t so gullible. Although I consented, I regret letting myself get to that level with someone who didn’t deserve it. I don’t like the concept of hookup

culture because that's how feelings get hurt and people have a hard time opening up and trusting.



One of the first tasks we were asked to complete for this class was to come up with solid definition of a 'hookup' as it relates to our college lives. This seemed easier than it turned out to be due to the mix of opinions and experiences that every class member had. In the end we did create our own definition that generally encompasses the class's ideas and experiences. The definition of hookup that we created in class seems a little long winded for me and my personal ideas but I don't have any major problems with the standing definition as it seems to cover all the bases. The only part that I seem to wonder about is the 'sexual' interaction. I feel like sexual can also be a slippery term to use because I don't think a hookup can only be sex, but again I don't have a better way to phrase it so this seems as good a definition as any to use going forward.

One big piece of information that I read in *Hooking Up* by Kathleen Bogle was that this generation has sex about as often as our parent's generation did, which really changed the way I thought about the culture as a whole. This means that either past generations were purposely downplaying their sexuality or this generation has a habit of over inflating our sexuality, or even both. It's very interesting to see how these ideas can change even in the scheme of the hookup culture as a whole. Many college students probably wouldn't guess that their parents hooked up as much as they do now, but that could just be clouded judgment because nobody really wants to think about their parents engaging in the hookup culture of their day. This fact could also have come from a misunderstanding of the definition of hooking up because as we've already seen within our class, everyone has a different personal definition of hooking up and it could change entirely through a couple generations.

As a group we were able to find sources for each of the categories that were chosen as topics for the book. For the Social/

Communicative section we chose a graph that displays correlations between different substance use and the type of interaction that happened as a result. This graph was created by the Psychology Today website which we see fit for research as a scholarly site. This graph displays a surprising percentage of people who use alcohol on the first encounter with a person usually are doing so as part of a hookup. This data would normally be implied but it is helpful to be able to see the entire scope of how the rest of this culture engages with substances as part of hooking up. We also chose to use the Bogle book to learn and write about the Groups section in our book. We chose this as our source because it seems to cover related topics such as the age range that is engaging in hookup culture, as well as the history of hookup culture in reference to groups.

In terms of my own involvement in hookup culture I would say that I never go out of my way to hookup or push something that may not otherwise happen, but even without that there are still plenty of instances of people being predisposed to hookup culture and assuming that I would want to hookup without knowing the person at all. For me it is almost entirely situational, in other words I would rather get to know someone before taking them home but there have been times where that isn't necessary for me due to use of substances.



The class definition of “hookup” culture states that “‘hookup’ culture is a consensual, intimate interaction that is sexual between 2+ people without commitment.” From our class discussions and from what we’ve both researched and learned so far in class, I mostly agree with that definition now. However, before this class, I’ve always thought that hooking up was just a wide term for any kind of sexual act with another person, whether you’re in a committed relationship or not. One of the groups. I’m associated with is religion. I grew up Roman Catholic and went to Catholic school up until I was 10 and then I did Sunday school until I was

in 8th grade. The religion was pushed on me for a long time and heavily influenced parts of adolescence, including my experience with sex. I didn't learn what sex was until long after most other people my age due to the lack of sex education and the taboo of it within that culture. I think this led to my belief that hooking up was a general term of sex or anything sexual or intimate. It received such a negative connotation within the church that I believed that anyone who did anything remotely close to what could be called hooking up before being married committed a deadly sin that there was no coming back from. Since my young days in the Catholic Church, I have evolved into someone who now knows this isn't true and can more closely align myself with the class definition of hookup culture.

Through Bogle's and Wade's texts, I was able to better understand other's perspectives on hookup culture, especially compared to my own. It especially opened my eyes to the difference between men and women's experience within "hookup" culture and how religious undertones are present without those taking part in the culture even realizing. This is especially evident in Bogle's text. In chapter 6 of *Hooking Up: Sex, Dating, and Relationships on Campus*, Bogle collects multiple interviews from men and women discussing how they feel about relationships and hooking up (2008). Many of the women feel like they need that commitment between the two and struggle to get it. Men, however, feel as though they don't want a relationship and just want carefree encounters. Commitment within sexual relationships is pushed on women in our society, especially within religious societies. It's heavily stressed within the Catholic Church that women shall remain pure and should not fall into lust, especially with someone they are not married to. While this is an old idea, it still plays a part in our society, which I believe is part of the reason why women feel pressured to turn hookups into relationships.

My group has two different sources that relate to the group category. Our first one is a research article on religion. Within this article, Burdette states that women who are Catholic are more

likely to have hooked up while in school, whereas women who are Protestant were actually less likely than an average nonreligious person to hook up while at school (2009). Women who attend schools with a Catholic Church affiliation were also more likely to hook up compared to women who attend schools with no affiliation. The other source our group came up with is an infographic showing different sexual orientation/gender identity groups and how they make up and are involved in the “lesbian” hookup culture community (Riese 2018). A heavy majority are cisgender women, but there are some transgender women, non-binary/genderqueer women, and non-binary/genderqueer people. Most people involved identify as lesbian, but there are those who identify as queer, bi, pansexual, and gay as well.

One of my standout experiences within hookup culture and the religious group I fall into was when I lost my virginity. I did it at 14 with an older boy who clearly looking back at it, was using me for sex. I didn't realize at the time because I fell into that fantasy of believing I would marry the boy I lost my virginity to because that's what the Catholic church made it seem like it would be. Up until that point, I really didn't know what sex was or what exactly happened because of the lack of sex education. When my dad found out months later, he told me how disappointed he was and how he wouldn't have married my mom if he knew she slept with someone before him because it was ungodly. He didn't talk to me for two months after this. This conversation and the Catholic religion have put a sense of guilt in me now anytime I hookup with someone or even have sex with someone that I'm in a committed relationship with. It has also made me make riskier decisions with sex in college because I'm no longer around my parents or that strict Catholic environment. Being away from it all and in college has allowed me to expand both my definition of “hookup” culture and overall knowledge about sex, while also allowing me to feel more comfortable talking about it.



From weeks 4 to 5 of the course we discussed hookup culture in relation to groups. As a class we identified category elements such as religious, spiritual, LGBTQ+, minorities, and age range. Overall, I think the definition of “hookup” culture is consistent throughout each group. Of course everyone has their own personal definition of hookup culture as seen through the lengthy discussion we had as a class to attempt to define it. Our class decided to define “hookup” culture as a consensual intimate interaction that is sexual between 2+ people without commitment. I like how the term sexual could include anything from kissing to sex. It’s great for people of different ages who some view hooking up as sex and some view as just kissing. I also think the definition is great in not specifying male/female to include the LGBTQ+ community.

The class discussion of grinding perhaps being related to African American culture really resonated with me. As a white female I have experienced black males wanting to grind. Of course white males as well but particularly I have seen it more prevalent in the black community. I am a part of Greek life and agreed on the points other Greek life students brought up that grinding can be seen as “gross” or “creepy” and not something to do at a social. For those of you who don’t know, a social is when a frat invites another sorority over to a party so the people at that party are exclusively from the same frat and same sorority (sometimes with the exception of friends). I honestly think Greek Life could be a category of its own as there are so many rules and norms around it...maybe part of the social/communicative group. Anyways, I would never grind at a social and would judge my friends if they did although for example at Lou Has I wouldn’t even think twice about it. I never thought of it in a cultural way before but perhaps that is why it is less “acceptable” in one scenario compared to the other. Grinding could be a gateway to hooking up although I do not believe everyone who grinds hooks up.

Our team’s external sources include two printed books

surrounding the category of groups. One talked about hookup culture on catholic campuses. I found it interesting because I grew up in a very catholic family. Whenever I am home, I go to mass every Sunday with my family. Although, my catholic upbringing does not influence my perspective or participation in hookup culture. I have actively participated in hookup culture since I was like 16. The only influence religion has had on me is the lack of communication about sex with my mom and her view against birth control. The text researched 26 different college campuses and surveyed over 1,000 students and revealed their perceptions of hookup culture as well as their participation. It was interesting to see that I was able to relate with some of their thoughts. The next source analyzed hookup culture of LGBTQ+ college students with data from 24 personal interviews. It is not a surprise research of the college hookup culture is heavily centered around heterosexual relationships so the source aimed to provide data how LGBTQ+ students navigate hookups on college campuses. This was interesting to me since I have limited previous knowledge due to the group I personally identify with.

In class we discussed how the thought of marriage is not really on anyone's mind in college, and especially not for guys. I know military couples get judged all the time, because I used to be the girl looking at them and judging and now, I happen to be in one. My boyfriend signed a contract with the army for eight years, meaning long distance for a very long time. We've talked about marriage and that we would have to be dating for a much longer time and it would have to be much later in our lives when we are financially independent and settled in our careers. So here is a college guy thinking about marriage probably more than I think about it. Anyways, he leaves at the end of May so I have to evaluate if my relationship is worth putting myself through long distance for that long. I think my situation puts me in a different mindset when it comes to hookup culture. As a freshman and really up until I started dating my current boyfriend last semester, I had lots of fun participating in the hookup culture and did not want any

commitments. I literally told my boyfriend when we started talking “yeah I’m not looking for anything serious” and look at me now lol. Something literally so insane relating to age range; last year I met a mutual friend at Harpers. We ended up going home together and hooked up for a few months after that. I was 19 at the time and he told me he was 23. Later he mentioned he played football at Albion so naturally I looked it up online and there was an article with his birth date. He was actually 28. Personally, I feel like that age range would be over the college hookup scene but I guess not.



As someone who doesn’t often participate in a college’s “hookup culture,” I believe our definition really grasps what a hookup is. The act of the hookup to me is sort of like a healthy (or unhealthy at times) act/exchange that benefits both parties, which our definition basically encapsulates. I like how our final definition adds the “without commitment” bit because hookup culture has definitely changed generationally, and there are more people who have intercourse before marriage. Now that we’ve gone more in depth with the groups, specifically religion, I’ve noticed that I have personally drifted away from religion as times go on. There are both bad and good things about this because I guess the drift from religion allows me to learn more about myself and my likings without the constant shame that would often come with religion. I still have my morals and I can distinguish between what’s right and wrong from my base of religion when I was younger, but I’ve sort of grown out of it. I also feel like the LGBTQ+ community isn’t really talked about but I think that’s just because that has been accepted so recently, so I’m excited to see where this community goes as time goes on.

I liked how we recently brought up our upbringings/families because that does play a huge role in how we act and that goes for everyone. That really resonated with me because I wasn’t really religious but neither are my parents. My parents were sort of the

first exposure I had to love and they showed me a partnership with their marriage so they were good role models, but they did get a divorce and personally that affected me a lot and it sort of changed my whole viewpoint on marriage; their actions are sort of like “red flags” for me today and they tell me that commitment is a really serious step and that I shouldn’t have to rush in it. I love my parents and they are my biggest supporters because I can talk to them about anything. Their advice and recommendations really are to prevent history from repeating itself.

Our team hasn’t really used external resources besides the novels that we’ve read in class other than our outside resource for our survey/interview. From the novels that we have read, Bogle’s hookup novel and Wade’s *American Hookup* discuss religion a bit, but more so the “steps” that one can take if they’re trying to do the dirty (2017). I guess the novels that we’ve read in class don’t really cover all subcategories of groups, such as sex globally, LGBTQ community, and some different cultures, but I believe it’s just hard to get accurate data from these subcategories just cause some people aren’t willing to talk about it or there just aren’t people conducting the right surveys/asking the right questions.

My personal experiences with the “hookup culture” definitely developed while in college because of the new environment, the new sense of dependency that I didn’t have in high school, and my friends were participating in it so I was basically like “why not?” There was no pressure or me to have sex, but I just kept it in the back of my mind because it was ok to have sex if I wanted to. Religion doesn’t play an important part as it used to, but that’s just me personally because I never really truly believed it because it seemed really constricting.



With this week’s focus being on “Groups,” our class defined hookup culture as a consensual, intimate interaction that is sexual between 2 or more people without commitment. I feel as though

this is a quite fair description of the general feeling of my generation's definition for hookup culture. However, my own personal definition is much simpler: acting on consensual "skinful" lust. There is a huge difference in my eyes between hooking-up and having sex. When a couple, or more, has sex, there are a variety of intense and intimate feelings that are involved. However, when people are hooking-up it does not have much feeling behind it. It is merely a physical action that brings physical pleasure to all involved. So, in my opinion, this is how my definition of hook-up culture differs from how the class defines it.

The history of groups in hook-up culture that stuck out to me made me really think of the discrimination that the LGBTQ+ community has faced throughout history. While there has been some progress made in the rights and societal acceptance of this particular group, there is still a lot of room to be made. There is still less than half of the states that provide legal protection to this group, including workplace discrimination, eviction rules and refusal of services ("All we want is Equality," 2018). This is so morally wrong and unacceptable; we as people have no right to tell other human beings who they can have and show feelings for. I just cannot understand the mindset behind telling someone that who they love is not acceptable or at some points-in-time even illegal. Just allow people to live their lives without having to dictate every decision that they make. Another group that sprung to mind in regard to the hookup culture is the LGBTQ+ minority population. I feel like this is a group that is not talked about or represented in any of the readings we have covered.

The main key points that my group has gathered in relation to groups have come from the books that we have been reading, along with the book "*Youth Sexualities*" written by Susan Talburt and Janice Irvine. In "*Youth Sexualities*" there is a large emphasis placed on how the group of women experiences a disproportionate amount of shame (Talburt 2018). It goes on to discuss how they are shamed by friends for sleeping with a number of people, when guys are praised for being a "player" and how they are perceived as more

cool then guys that do not sleep with a number of people. Another text that my group is utilizing for research that has given us an insight to groups is "*The End of Sex*" written by Donna Freitas. The main group that it has been discussing is young people that are exploring the hookup culture. So far, the findings are outlining the psychological impact on this group, and how they find hooking-up with people to not be pleasing or fulfilling emotionally (Freitas 2013). While it may work for some people, it clearly is not working for a lot of other people. Yet, this is the general mindset people my age has about hooking up, that it is not something serious or meaningful. Therefore, those that are looking for commitment are the group that is suffering. They are looking for more than people my age are willing to give. Ultimately, there more research that needs to be completed but these texts have been very enlightening and informational so far.

My own personal experiences within the hookup culture, specifically within the group perspective, were quite surprising to me. Originally, I did not think that I belonged to many groups at all, I am a straight white male so what groups would I be a part of? However, through taking this class I have been reflecting on some other aspects of my own personal experiences that involve me in groups. I have been completely sober for a year-and-a-half now, so I can no longer relate to the class discussion regarding using substances for hookups. I started exploring the hookup culture at the age of sixteen, and until I was about twenty, alcohol and other substances did indeed play a large role in the hookup circles I was a part of. However, I am still active in the hookup culture now without substances and the lesson I have taken from that is how just random hookups can feel more intimate without the crutch of alcohol and other substances. So, I am a part of a sober group within the hookup culture community, along with being a part of the straight community. Another group that is not discussed too much in class that I am a part of would be "fetish" group. Exploring personal kinks is not something that I find taboo, whether it is wax-play, role-play, or other more "out there" kinks. However, people

do not talk about this much at all, and I do not understand why. I wonder if societal shame plays a part, or if people are simply embarrassed about it. These are my own personal experiences with groups within the hookup culture, and I am sure that more will come to light throughout taking this class.



I believe our class definition is very close to my personal definition of “hookup”. Many of the things such as “consensual” and “brief” really describe it from my personal standpoint. The one main thing I would disagree with due to personal preference is the statement in which we concluded that hookups can be 2 or more people at the time of the hookup. For me personally that isn’t considered hooking up to me. I believe that is the only skewed description for our class definition although it does a great job including and broadening the hookup culture due to others preferring more than one person. Another thing that could be included is the idea of texting the next day. As I think the next day is actually the most important phase of the hookup due to the sober dealings of all the events that happened that prior night. Sometimes the most feared part is the next day as well due to people worrying about the opinions of others and wondering if this will be a recurring thing or just one time. The tension created by this “next day” phase sometimes outweighs even dealing with the hookup in the first place. Therefore, making the next day important.

The steps were one thing that resonated with me when we spoke about them last week. One thing that I’ve had previous experience with is watching people grind and the consequences to that. Mostly in the Greek community if a guy and girl are grinding on each other they are sent to standards which is the “party police” and then they will be given a punishment such as a fine or social probation for a couple of socials. The next day after all that is ironed out the people who carried out the act normally regret the decision mainly because they are sober, but also because it isn’t worth it to grind for

a \$50 fine when they could have gone somewhere else and handled their business not in the sight of everyone at the party resulting in everyone around them feeling uncomfortable. Another previous experience is the fact that many times a “pregame” with the person you end up hooking up with does not happen. Although there is always a pregame, that’s just not where you and the other person interact and lead into the hookup from. Many times you will hit them with a text message or post on your story the location of what bar you will be at that night. Then hoping they will respond to either a text or a public story on snapchat you then hope it will lead to something else. I find that is the best scenario due to both of them being able to act like they weren’t planning on hooking up rather that it just happened. The other steps we discussed weren’t too bad, but I felt the biggest flaws were the grinding and the pregame.

Many of the personal experiences that have been discussed during the class in regards to hookup culture are pretty spot on. The music one of my classmates played is very spot on to the reality of actual hook up culture. While many people in relationships may not play music, but during a hook up to take out any awkwardness that type of music is played. Another factor that is not taken into account is the type of bar you go to for the night really determines if you will be hooking up and what type of hook up you are looking for. Some people in the Greek community prefer not to go to “harpers” due to the number of ties they have there and that the hookup may not be able to happen due to the previous history with the guys/girls there. Some may go to other bars due to the crowd being considered “older” and that crowd will be more mature and a little less likely to hook up. So I feel that factor is extremely important and often overlooked from my experience.



For the past two weeks, my IAH 231B class and I have been researching and talking about how the group category is involved in the topic of “hookup” culture. Because we all decided that groups

play a pretty big role in “hooking up” we decided to make that a chapter of our book that will be completed at the end of the semester. Before we talked about our categories or chapters in our book, my peers and I were challenged with a question: What is your definition of a “hookup”? This question seems like a pretty straightforward question and it seems like my generation could answer this fairly easily. But, after thinking of answers that could possibly satisfy my classroom of 53 people it seemed difficult to come to a solid answer that everyone was okay with. After a long discussion, we finally came up with an answer that involved everyone’s input on what the “hookup” culture really is. “Hookup” culture is a consensual and intimate interaction that is sexual and is between two or more people without any prior or current commitment to each other. In other words, it is a casual interaction between people in a sexual manner. To me, this definition completely matches my personal definition to “hooking up” and I think it really relates to our topic from the past two weeks which is the group category.

My group and I really talked about how the different gender groups are affected by the “hookup” culture. In Kathleen Bogles text, *Hooking Up: Sex, Dating, and Relationships on Campus*, she talks about how females are negatively affected by participating in the “hookup” culture as opposed to how men are not affected in the same way. Sadly, I agree with how she wrote about the genders. Females are affected and treated differently in our world especially when it comes to exploring our sexuality. We are constantly shamed and looked down upon because of what we decide to do with our bodies. This topic really resonated with me because I see shaming of women based off of “hooking up” often. Whether it involves name calling or even just talking about someone in a negative way, it happens quite a lot.

In my group for assignment #1 we used a video source and an article for social/ communitive and groups. I really liked the article we used for social/ communitive because it talked about the social scene such as different parties and bar settings as a part of Greek

life social events. Because Greek life is a fairly big thing on college campuses, I think it is important to consider them as a group. In Greek life, “hooking up” seems to be something that is very relevant in the social scene. These two topics intersect in a way that is pretty interesting. It is common to associate drinking and partying but what about the social groups that participate in both? It seems to open a conversation about how different groups interact with their sexual preference at social settings.

My personal experiences of “hooking up” with others goes back to my freshman year of college. I obviously came in as a new student and wanted to make a few friends. Because of this, I joined Greek life and really focused on making new friends. Because I met many new people, including some guys, I ended up “hooking up” with a few people. I personally think that this is more than okay to do and is pretty common in the college life. Now, since I have made connections from the past few years, I have a boyfriend and I don’t consider us “hooking up” mostly because I have been with him for a while and the definitions does not match what I do with my boyfriend.



For this first reflective narrative I want to examine the class’ definition of “hookup” and how it differs from or is similar to my own. I’m going to break the definition down into its parts, describing what I think is meant by each part, stating whether said ‘parts’ are also in my definition of “hookup,” and finally coming to some conclusion about the similarity or difference between the two definitions and discussing implications.

The class’ definition reads, “‘hookup’ culture is a consensual, intimate interaction that is sexual between 2+ people without commitment.” The first descriptor used in the definition is “consensual.” By consensual, I think the class means that both parties involved in the hookup, whether that be a man and a woman, two women, two men, or maybe even three or more people, engage

in the hookup willingly. I believe “consensual” means that no kind of coercion is involved, and that either person involved in the hookup *wants* to participate. I think the reasons for participation can vary quite a bit, and that some may participate not because of genuine interest in hooking up, but because of social pressure and belief that “this is what college students do.” However, the reason a person participates in the hookup, unless for fear of retaliation by the other person, has no bearing on whether the hookup is consensual. This part of the class’ definition certainly aligns with my own. I believe the moment one of the parties in the hookup indicates that they do not want to continue, and the other party does not comply, the hookup becomes nonconsensual. I’ve “hooked up” before, and somewhere between the start and end of the hookup have decided I wasn’t that into it, however; I still consider these instances consensual because I did not voice my disinterest, nor did I make any attempts to stop the hookup from continuing. Although it’s rather taboo to think of consent as nuanced, situations like the one I described above (I think) show that things are not always so black and white when it comes to consent. I think some would categorize the situation I described as nonconsensual. Again, the moment one of the parties in the hookup indicates that they do not want to continue, and the other party does not comply, the hookup becomes nonconsensual. But sometimes this indication isn’t made, and other times, perhaps, it isn’t made clear enough. Admittedly, though, it’s hard to think of things one could say or do to signal a desire to stop the hookup that would not be perceived or understood by the partner, especially given the intimate nature of “hooking up.” All in all, I agree that a “hookup” is consensual.

The next two descriptors that are used in the class’ definition are “intimate” and “sexual.” I find it interesting that the class uses the two terms separately. To me, something that is sexual is already intimate, and so I would describe it as just “sexual.” I think of intimacy as close involvement between two people. Not all things that are intimate are sexual, such as cuddling or even dinner at a nice restaurant, but all things that are sexual are intimate. So, I’m

left wondering what is meant by “intimate” in the class definition. Maybe it’s just redundant and no one really noticed, but its presence there makes me believe it was intended to add something to the definition. Maybe it’s getting less at literal, physical intimacy, and more at romance, the kind of psychological connection. That is interesting to me, because I would not say that I’ve had this kind of experience with any of the people I’ve hooked up with. All of the people I’ve hooked up with I’ve met on dating apps, so that could play a role. Maybe the rise of hooking up through social media has led to fewer sexual encounters based on psychological intimacy? That would make sense- it’s much more difficult to gage whether you “click” with someone through a screen. Yes, you can converse with a potential “hookup” through apps like tinder, but for the most part you’re making a physical judgment. This is why, for me, hookups only really include the physical intimacy, and not so much the psychological.

The last part of the class’ definition states that a hookup involves two or more people and that it is without commitment. I grouped these two parts of the definition together, because I didn’t feel both warranted their own sections of this narrative. In terms of the number of people involved in the hookup, I’ve never been a part of one that included more than two people (including myself), but I know that these kinds of hookups do happen. Therefore, this part of the definition, while not necessarily applying to my sex life, is consistent with what I think “hookup” can mean. The last part of the class’ definition states that a hookup is without commitment. “Without commitment,” to me, means that after the hookup has taken place, both parties have no obligation to communicate with or associate with the other. I think another important aspect of this part of the definition is the idea of nonexclusively. This could even be the most distinct part of the hookup definition as it is what distinguishes a “hookup” from a committed relationship. I think this part of the definition is also the most commonly agreed upon. Although some hookups may vary in terms of the aspects of the definition discussed in the preceding paragraphs, I believe few

people would describe a relationship built around “hooking up” (assuming the classes definition) as exclusive. I would say this is true of my definition of “hooking up” as well.

Now that I’ve parsed out the class’ definition of “hookup” and enumerated similarities and differences between it and my own definition, I want to discuss how this relates to the categories “social/communicative” and “groups.” Something I touched on earlier is the influence that hooking up through social media has had on the “hookup” and my personal experience of it. I think I’ve felt this influence particularly strongly, because I am a gay male. For straight people, social opportunities, which become hookup opportunities, aren’t hard to find. There are many bars in East Lansing, not to mention frat and house parties that are heterosexual-dominated. This isn’t surprising as a much greater percentage of the general population identifies as heterosexual, compared to those who identify as homosexual, bisexual, or other sexual orientations. Of course, there may be students in the LGBTQ+ community who host parties, the attendees of which are mainly other students in the LGBTQ+ community, but these opportunities are difficult to find if, like me, you’re a gay person with mainly straight friends. Comfortability with one’s sexuality, both for oneself and for the community at large, are also barriers to these kinds of opportunities. That is why, at least for me, any kind of hookup is arranged through the use of dating apps. That is also why, in my experiences, the hookup does not usually involve that intangible, human connection that was included in the class’ definition. If you’re a frat brother, at a frat party, at which females largely outnumber males, there are 1) many opportunities to find that kind of psychological intimacy and 2) quick and easy ways to determine if that intimacy is present with any one female- body language, eye contact, verbal cues, etc. Of course, many straight people still use dating apps, but party scenes enable one to take the hookup from purely physical to mental, at least more so than the chat feature of a dating app does. Yes, one can arrange to meet with someone through a dating app and then attain the psychological

intimacy upon meeting in-person, but I believe it is less organic in this scenario because it is assumed ahead of time that sex is going to happen. I think, for straight people, dating apps supplement the party scene in terms of hooking up, but for those identifying with other sexual orientations, dating apps comprise the majority of hookup opportunities.

To summarize, my definition is almost the exact same as the class' definition, but certain aspects differ, namely, the inclusion of non-physical intimacy. I believe this difference stems from my sexual orientation which has affected the social vehicle through which I participate in hookup culture. Investigation into whether this is common across all members of the LGBTQ+ community could provide a clearer of true population differences, with respect to hookup culture.



When I was searching for an upper level IAH to take and finish as a university requirement, I was interested in the definition of this class. I had heard of the word “hookup” before however was not really sure what “hookup culture” meant. For that reason, I enrolled in the class and was eager to learn on a new and relevant subject. During the first few weeks of class we came up with a definition for hookup culture. The definition we chose as a class was, “Hookup” culture is a consensual, intimate interaction that is sexual between 2+ people without commitment. After speaking more on the topic and coming up with different categories as well as beginning to read from our assigned books I can relate to our class definition. I connect with our definition because I believe hooking up with someone needs to be consensual. I also agree that a hookup is sexual and intimate. The only part of the definition that is questionable to me is the commitment part. I feel like friends with benefits or a “hookup” with someone more than a few times requires a pact and some type of commitment.

What resonated with me the most over this week's lectures and

discussions was how every person has their own definition for hooking up. This was seen throughout class discussions as well as through the Bogle and Wade readings. I thought it was interesting how in one of the books I can't remember which, the author talked about how this "hookup" culture came to be and how it changed over time at universities.

My team conducted research in the categories consensual, shame, religious/spiritual, social/communicative, group, social media, music, psychological and feminism team plans on conducting interviews in the future to gather more information. The research that I focused on was the music category. I choose this category because I think it is an important part of hooking up. For me music sets the mood and helps each person relax.

Personally, I can relate to "Hookup" culture since starting college. Being a junior now I can consider myself as more experienced. I have also become more confident in myself since coming to MSU. My perspective has changed a bit from freshmen year to now. Freshmen year I had a girlfriend for a bit but realized that the commitment wasn't there. Now instead I prefer participating in "hookup culture". I believe that by participating in "hookup" culture I have learned more about myself in the process as well.



Our definition of hookup culture is a definition I do not necessarily agree with. On the basis of groups, we learned about religious groups, minorities, LGBTQ, among other groups of people. In my group, we discussed the different groups we identified with. We had many discussions about what made us similar and what made us different and we experienced different groups through our conversations. Our definition of hookup culture made sense with the groups we learned about because our definition was very inclusive. We did not define hookups as between a man and a woman or people of the same race. It was a very inclusive definition that allows for interpretation. I believe groups are the easiest way

to relate to our definition based on what we came up with. I do not necessarily agree with our definition exactly based on my experiences though. Personally, I do not identify with most of the groups we learned about. I am religious, but not in a way that prevents me from participating in hookup culture. I am not in any group enough to be a representative of that group so I do not really relate to any of the groups listed that we learned about.

During class, a person in my group explained a story about home life. I never really thought about that in the context of groups, but it is something worth mentioning. Everybody lives a different life and is raised in a different way. I think it pertains to groups because people can be raised differently based on their religion or their race or their sexual identity. There are so many different possibilities of people and the way they are raised. None of the groups resonated with me as mentioned before, so I had a hard time relating my history and experiences with the groups we learned about. I felt like I did not relate at all to these groups, but I still learned a lot about each one. Our history is how we were raised and how we think about certain things. Thankfully, I grew up in a very liberal and open-minded home where I was taught to accept people from a young age. So even if I did not personally relate to the groups, I accepted and honored each group through conversations.

My group used a plethora of online sources as well as books. We found some really good YouTube videos and also found tons of visual aids that simplified the topic in a way that allowed further understanding of the discussion topics. The books we used included biographies and first-hand accounts of people in situations relating to the group they identified with. As for intersectionality, all groups are connected in some way. There are always going to be people that identify with more than one group and can be used to connect people to others they may not feel they identify with. I am going to work towards trying to find my connection to one of these groups so that I can learn more about each group.

My thoughts on hookup culture seem to vary a lot from everyone in our classroom. I personally do not engage in hookup culture out

of fear. I have no judgments against people that engage in it nor do I look at anyone in a different way if they do choose to hookup. I am actually working towards being able to have casual hookups, but at this moment in my life, I am unable to experience these things out of anxiety so I will continue to watch from the outside. This class is almost helping me feel more comfortable working towards it, but I also feel a little bit isolated because I have no experience relating to the topic.



For the fourth to fifth week of material we began covering the category of groups within the topic of hookup culture. Prior to this focus we, as a class, came up with a universal definition of hookup culture for the duration of the semester. That definition was, “hookup” culture is a consensual, intimate interaction that is sexual between two or more people without commitment. I think this fit into the category of groups because this universal definition can be applied to anyone that is participating within the hookup culture. Personally I do not believe that the category of groups applied to me because I don’t feel as if I fit into a specific group like we had outlined such as religious groups, minorities, or LGBTQ. My personal definition of hookup culture wouldn’t include a specific category of groups or any of the subgroups associated with it.

History I think plays an important part especially in this category because history has taught us that certain groups are not acceptable to be a part of or engage with. Especially with new emerging groups within LGBTQ that are becoming more known and accepted I feel as if hookup culture within those groups is judged differently than within what is considered to be normal hookup culture. There are however similarities that I have experienced. People still approach the hookup culture the same way no matter what group you are a part of. There are still all sorts of different types of relationships that are present across all groups in hookup cultures. Looking at the images of what were considered parties

across decades was something that I found interesting. When looking at those images we were able to see the change over decades of who and what was present. You started to see a lot of more mixed raced parties heading towards the 90s and 2000s. I think this was something that was important for us to look at because it shows not only the development of hookup culture, but also the development of what was turning into being considered acceptable.

My teams' external source for this category was a YouTube video that had people from different religious background discussing their viewpoints on sex before marriage. The key points I took from this video was that people's religions change throughout life and that that is okay and acceptable. Also that people that have different views on sex before marriage can have a conversation about it and why they feel that way without it becoming a hostile environment. I also think this video was important because it might open up someone's eyes that are not able to have those conversations, or those that judge others for their actions might become more accepting.

Personal preferences apply a lot into this category for me because I have a diverse friend group that doesn't necessarily have the same views as I do. There are varying degrees of religiosity within my friend group and that effects the way certain friends perceive my actions. I feel judged by certain friends because they are more religious than I am and see what I am doing as wrong. This is hard for me because I feel like I can't share with them what is going on in my romantic life because I know I will be judged. I also get judged by friends for liking other races over my own. It is just a preference of mine and I sometimes feel as if I wouldn't be able to interact with someone of another race without one of my friends saying something to be about what I am doing. There is a clear line between being judgmental because you think you are right and having your own personal preferences. I think that having groups like religion and different races creates this opportunity for people

to think what they do is correct and what others do should be judged.



Over the past two weeks, we have been looking at the groups that experience “hookup” culture. The class definition, actually coincides with what I believe “hookup” means. However, I do believe “hookup” is an umbrella term and can mean a lot of different things depending on the population. I think the definition we decided upon covers a lot of gaps, which I agree with. It opens the term “hookup” to meaning a lot of different things- from just kissing to having sex. Personally, I am not the type to “hookup” with random people or even some of my friends/acquaintances. So, having the definition be so fluid it is easier to say I have “hooked up”. I kind of feel that by saying a simple kiss was a “hook up” it can take away from the definition a little bit. Meaning, if someone said they “hooked up” you would just have to assume whatever you thought it meant.

After looking over lots of different information regarding to groups, I found looking at the time periods to be most interesting. It seems easiest to see this through music videos. Prior to this course I never even thought about the “hookup” culture, let alone music being related. Music shows us a lot about what has gone in the past. Also, more closely the impact women have on “hookup” culture. My group found a video about how women over time have shaped the culture. Bustle goes into detail about all of the different aspects. The most interesting thing to me is that the amount of guys a woman has had sex with has decreased from 10 for the Baby Boomers to 8 for the Gen X (Bustle). The video also goes into detail about how women have the capability to control more aspects to “hooking up”, for instance birth control. This really resonates with me because oftentimes people may assume now that women have a bigger role in society they might be willing to “hookup” more. I think it is so important to understand and look at the entire topic as a whole.

The sources my Team found that relate to groups are: an

interview with a college age individual from a different country, a YouTube video describing how women shape the hookup culture, and the book by Bogle. We thought by interviewing an individual from another country it would allow us to find more information regarding “hookup”. This type of information will also make the book more credible, for the fact it isn’t just secluded to MSU’s majority on campus. Within Bogle’s book she has a chapter that emphasizes on men and women and the double standard relating to “hookup”. I think the resources we chose will add a lot to the class book. We are sure to include many aspects of group- from age, to race.

I guess the only “hook up” experiences I have had are with a few guys in high school, and the furthest that went was kissing. Throughout my time at college, I have not had many experiences with “hookup” due to the fact I have had a boyfriend the entire time. My boyfriend and I have been together since our senior year of high school. I enjoy the situation I am currently in, as it is hard for me to see myself “hooking up” with people that I am not in a relationship with. My friends who are single oftentimes talk with me about “hooking up” and I always support them. I have always had the mindset of not judging and letting people do whatever makes them happy, obviously as long as it’s legal. Relating to groups, I am actually a Native American. I fit into the age group of college students, but add a completely different aspect. I have found that a lot of my Native American relatives that are currently in college or of college age have very similar “hookup” experiences as my other non-minority friends.



Over the last two weeks, classmates and I have researched and discussed in out teams and as a class the groups that we believe make up ‘hookup’ culture. Our class definition of ‘hookup’ culture is “a consensual, intimate interaction that is sexual between 2+ people without commitment.” We identified the categories we felt made the most sense. One of the categories we established was Groups.

Some of the groups we discussed include African American men/women, LGBTQ+, Religious, Spiritual, and age range. I don't find myself labeled in any of these groups but it has been very interesting learning how the culture is different in each group. I've realized that most people have different views on what a 'hookup' is. I agree with our definition of 'hookup' culture as it should always be consensual when hooking up. When I refer to 'I hooked up with a guy last night' I am referring that we had sex. Some of my roommates don't participate in 'hookup' culture so sometimes when I bring guys home from the bar or go home with a guy I feel like they are judging me. They always say comments like 'I just couldn't hookup with a stranger' or that I am always bringing guys home. It's something that bothers me because I feel that they don't fully understand what 'hookup' culture is.

Bogle and Wade in our weeks 4 & 5 readings as well as in-class discussions really impacted my perspective on 'hookup' culture. As a female, I consider myself to be fairly active in 'hookup' culture, although I have never been considered a 'slut' or felt like one. I believe that the way you present yourself in person and on social media is where females involved in 'hookup' culture will get those reputations. Bogle discussed in chapter 6 that women receive more negative labels in 'hookup' culture. It is also discussed that women are 'shamed' for 'hooking up' whereas men are 'praised'. I agree with this to an extent. I am comfortable talking about my past/current 'hookups' but I am watchful of my own reputation and what other people will think of me. I feel that I have to be careful what I say and who I am talking to about my 'hookup' experiences otherwise I will be shamed for it. On the other hand, guys are praised or cool for sharing a funny 'hookup' story. For example, I noticed in class that when guys speak up about the topic in class, the class usually responds to them positively or even laughs.

Another topic that was discussed in class regarding the readings was Wade's 'hookup script'. Wade labeled what steps need to be completed to lead to a 'hookup'. Although no one really wanted to admit it, everyone that is involved in 'hookup' culture has a 'script'

they just don't realize it. Wade mentioned that grinding with a potential hookup was viewed as initiating a 'hookup' and letting them know you are interested. We learned in class that views on grinding are different in each Group. In the white 'hookup' culture grinding is really done and looks sloppy. In the African American 'hookup' culture grinding is the norm and fun to do. A couple of my classmates expressed that all of their friends enjoy grinding and all of their friends do to. I am interested in researching more on this topic and discussing it more within my group.

I personally think that hooking up is fun. I've been single for some time and definitely am not looking to start a relationship with anyone anytime soon. Before going to MSU, I broke up with my high school boyfriend because I didn't want to be committed to anyone and to just enjoy my time and be independent. I feel that my time in college is to focus on myself and my future rather than a guy. Most of the guys I have hooked up with are mutual friends where I had an intimate connection with but were not compatible in anything else. I'm still friends with most of the guys I've hooked up with, it's very casual.



Personally I would say that the class definition of hooking up is pretty spot on. Saying that it is a "sexual interaction" is very broad and includes all people and all groups I would say. We left the definition very broad and all-encompassing and I believe that is very good because no two + people are the same so definitely all hookups are never going to be the same.

I thought that it was very interesting to look into and study hookup culture across the decades. It was kind of funny because it seems as though hookup culture has really just began to take root and flourish, but the partying scene seems to have always been around. For example we looked at the 1960's and compared it to nowadays and the people really seemed to have been more discreet about hooking up with what they wore and such, it makes

me wonder if people hooked up less because they had less resources to communicate with each other and also wore more clothing. A common theme from all of the pictures that my group saw was that the people in them consisted of mainly middle-class white colored, which was kind of odd. Also, it was very hard to tell whether or not there were LGBTQ people hooking up from the pictures, although I'm sure it was happening very discreetly. One thing that stuck out to me was how Wade says that hooking up involves using your mouth and kissing and such so, wouldn't a decade such as the 1950's be involved in hookup culture then as well? Contradictory to this thought most see the 1950's as a time when couples would prance around and date and be "cutesy". A new thought that I have towards this class would be "is hooking up just a lack of time together and dating each other?" Also, since it basically is "what is the driving force?"

The main sources that my group pulled together for this assignment would include the category of religion and also Greek life and social media. What we found from reading "Sex and The Soul" was that there are many religions and they all are still apart of hookup culture on college campus' whether or not the religious students are hooking up a lot or not. This book pointed to the aspects of shame that are interwoven between the fabrics of hooking up and staying true to their religion and how this tends to activate stress in the extremely spiritual students. As far as the greek life source goes we read "Taking Parties Seriously" and learned that pretty much every college student goes into a party with the mindset of hooking up. This then leads to our social media source "Exploring the Hook-Up App" and how sexuality is very much promoted. Various apps such as Tinder, Grindr, and Bumble are helping people find someone to "connect" with or hookup with these days, and we are seeing that people are trying much harder at putting themselves out there compared to before and this is mainly promoted through the use of social media and hookup apps.

Personally I would say that I can speak for some of those students that fall into the "religious/conservative" group. I used to

participate in hookup culture but this was without knowing and once I found out I almost felt like a board piece that was used in a game, the game of hookup culture. Honestly the use of a “substance” was involved and things probably wouldn’t have escalated to this point if it weren’t for the little “boost” from said substance. This leads me to question if most people view hooking up as morally wrong if under the situation where the person is sober-minded? I honestly have no idea because as mentioned previously, every person is different and so naturally every hookup as well...



Our class defined “hookup” culture as a consensual, intimate interaction that is sexual between 2+ people without commitment. While we all agreed to make this our permanent definition, I think the definition of a hookup still varies from person to person. Kathleen Bogle expands on this idea in her book *Hooking Up: Sex, Dating and Relationships on Campus* (2008). Lisa Wade also explores hookup culture on college campuses in her book *American Hookup: The New Culture of Sex on Campus* (2017). Both authors gather data from real college campuses and talk to students about what it means to hookup, what a hookup is and everything in between. We found in the book that everyone defines hooking up differently. It can mean just kissing or it can mean meaningless sex. I personally believe that hookup culture can be defined as anything sexual that is not romantic between two people. I especially think the definition of hookup culture varies within different groups, whether it be gender, sexuality, race, age, class or religion, I think sometimes circumstances can define what a hookup is. So I think sometimes it can be hard to put one solid definition on “hookup” culture, because it means something different to everyone.

Something I found very disappointing is the lack of diversity in both of these books research. Bogle addresses her lack of diversity and explains it was largely in part due to the lack of diversity on the campuses overall that she studied. Nonetheless, 95% of students

she surveyed were white, most from middle to upper class, and most being heterosexual. Bogle states that racial minorities are one of the groups that are least likely to hookup, but does not provide any further research on this topic. I also think it's interesting because students surveyed were either from a large state university or a Roman Catholic university. Throughout the book, all students have similar answers to the questions and there was really no differentiation between the state school and the religious school. But Bogle also points out that students with strong religious affiliation were a group that was least likely to involve themselves in hookup culture (2008). Wade shows more diversity in her book, but doesn't necessarily go into depth about the differences between groups (at least not in the sections we've read so far) (2017). It all gets kind of clumped together and, I think, erases the importance of hookup culture within different groups. Both authors recognized the age that "hookup" culture is at its height in one's life. The reason hooking up is seen as a 'culture' on college campuses is because during college is the time that people have the freedom and opportunity, possibly for the first time, to explore with sexual intimacy. It's pointed out in Wade's book, the topic of 'moving on' from hookup culture once college ends and in Bogle's book, she includes a chapter titled 'Life after College: A Return to Dating' (2008; 2017). I am interested to see what "hookup" culture is like after college.

The main external source my group found for groups was "Hooking Up' at College: Does Religion Make a Difference?" by Amy M. Burdette, Terrence D. Hill, Christopher G. Ellison, and Norval D. Glenn. This article focused on college women with religious affiliation and their involvement in "hooking" up. I was shocked at the results. It was found that Catholic women were more likely to hookup than women with no religious affiliation and Protestant women were less likely to hookup. It also showed that church attendance influences that chances of hooking up or not. I really liked this article because it was able to shed light on something

that was neglected in past research done about “hooking up” and it distinguished different religions.

I do not participate in hooking up. I have been with my boyfriend since high school. As weird as it sounds, I think I still “hookup” with my boyfriend, even though our definition defines “hookup” culture as having no commitment. Even if I was single, I don’t think I would be super involved in “hookup” culture on campus. Most of my friends are single and love to go out and party and the majority of them have yet to “hookup” with anyone. I think I would probably follow suit. I think “hookup” culture is totally normal, and I have no problem with it, I just don’t think it’s for me.



The definition of hookup culture, as we discussed in class, is quite fluid and is different for many different people. I agree with the definition we discussed in class as it relates to the groups category, which was “a consensual, intimate interaction that is sexual between 2+ people without commitment”. However, there are many different groups of people that view the “culture” differently. As we discussed in class, some groups are more, or less likely to engage in hooking up. Those who had families who came here from a different country are certainly less likely, as they were raised in a completely different mindset. Those in the LGBT community might be less comfortable being a part of the culture due to potential insecurities as well as fewer options. One’s age also plays a big part in how involved people are in the culture. Those younger are certainly more likely to be involved as they still feel they can have fun and not take relationships too seriously, while those older are more likely to desire long term, stable relationships.

The group category is a unique one, in that most individuals do not fall under the LGBT category, or the immigrant category, or the minority category. As a result, it is difficult for many people to be able to understand the unique perspectives each of these groups have on hookup culture. The readings from Bogle and Wade lent a

more academic viewpoint on the idea of hookup culture as a whole, and in a way serve to shed light on what the hookup culture is about. In a way, it is sort of a 101. The most shocking fact that I have learned so far was how relatively not often people hook up. This of course depends on the definition people have, but the average was around 3 people or so I believe. That, over a 4 or 5 year span, is not that many people, in my opinion. The idea however, that people feel the need to compete in terms of numbers is quite ridiculous. High numbers, and low numbers, really don't mean that much. As long as one is happy with who or what they're doing, nothing else matters. What does matter, however, is when people feel pressured or forced to participate, and rack up high body counts out of insecurity or peer pressure. That is when it becomes unhealthy and can lead to serious mental issues in the future. I have never felt pressured to participate in the culture due to not being a part of Greek life, where there is a consistent pressure to hookup at various functions. That does not mean I do not participate, but it means I do so without any pressure or due to insecurity

Our group is focusing on how the social media aspect ties into groups and peer pressure. The various "dating" apps that exist, such as tinder and bumble, only reinforce the hookup culture. On one hand, they are beneficial as they show you the number of fish in the sea, and not to stress too much over one person. On the other, it is harder to take anything too seriously, for that same exact reason. The major selling point of the apps is how easy it is to express interest in someone without any commitments and without needing to talk to them in person. Our group discussed this in class in preparation for the script assignment, and we will certainly be analyzing this further as we all believe it is incredibly important to take the impact of dating apps into account. I myself have taken advantage of the apps to hook up with people, but I do not do it often and I often like to at least know a little about the person to develop a comfort level, as opposed to jumping right into something.



Since the start of the semester, my classmates and I have focused on defining hookup culture and the related categories which attribute to the topic. After much deliberation, we chose to define hookup culture as “A consensual, intimate interaction that is sexual between 2+ people without commitment.” In a general sense, my personal definition of hookup culture strongly connects to our class definition. I agree with the way several parts of hookup culture are touched upon in our definition so that it acts as a comprehensive identification of values within the culture. Such as the way we included that it is consensual, intimate, sexual, and without commitment. In addition to our definition, we also identified hookup culture to contain five categories that are essential to understanding and learning about the processes of hookup culture. These five categories include Music/Television & Film, Gender Roles, Groups, Social/Communicative, and Psychological. During this first two-week period of the course, we have focused our discussions and research on the category of groups that contains the elements of individuals belonging to groups of religion, spirituality, LGBTQ, minorities, global perspectives and age ranges. Personally, I feel that our class definition of hookup culture, as well as our textbooks and the resources we have discussed throughout the past two weeks all, lack sufficient context about the group category. This is because the way in which groups contribute to different trends in hookup culture which our definition fails to touch upon.

Based on my personality and personal experiences I resonate most with the group of people who chose to not participate in hookup culture. I feel that this element of groups, as well as others, are not a focused-on topic of hookup culture. In today's day of age people just assume that everyone participates in hookup culture, but that isn't always the case. I have also experienced this on a smaller level within this class. For example, I have been asked, “Why

you are taking this class when you don't participate in hookup culture and it's not something that you're interested in learning about?" Another example of this feeling is that way that in the very beginning of the semester I had thought to myself that Dr. Acevedo also assumed that everyone in the class was enrolled and interested in studying this topic because it is a part of all of our lives as college students. Based on these experiences I feel that there is a disconnect between the sub-element of people who don't participate in hookups and those who do, which represents hookup culture as a whole.

I have also sensed a divide between hookup culture and the sub-elements of groups based on the resources that we have used, such as our textbooks and image research. Something important to keep in mind when focusing on this divide is that we are currently living in a time that is inclusive and contains the context for all groups of people. As well as the fact that the hookup culture is still in a state of development. Because of this, I consider the resources we have been using to be outdated since thus far they have lacked context about individuals who belong to our sub-elements of groups, such as individuals who belong to the LGBTQ community. I say this because of the way that hookup culture, in a general sense, resonates around the interactions between a man and a woman. This has been the case in the literature, images, and music that we have researched.

While working on our annotated bibliography my group used a YouTube video for our external resource that applies to the category of groups. The video was published by Jubilee and was titled, "Should You Have Sex Before Marriage? Can they Agree?" The video acted as an open conversation between two sub-elements of our group category being those who participate in hookup culture and those who don't. In particular, it was a discussion between individuals who practice abstinence, and those who had participated in premarital sex and how their opinions differed when asked about topics of sex and hook up culture. Some of the main points of the conversation were the way that a majority of the

group agreed that sex can be purely a physical interaction between people and that there does not need to have any type of deeper connection. As well as the idea that at times one person in the situation can sometimes catch feelings and that they hope that the physical interactions can turn into a relationship. This is very similar to the discussion we had in class about the quite often girls in situations where girls are hooking up with the same person more than once they can develop feelings for that person and start the “What are we?” conversation. And while discussing topics relating to abstinence the individuals stated that waiting to have sex strengthens a relationship and peoples’ connection to each other. But whether people engaged in having sex or not almost all of them had experienced being shamed for their views and actions regarding intimacy and hooking up.

I personally fit into the group which does not participate in hookup culture. My reason for this is because I am in a committed relationship and have been for several years. Contrary to popular belief I see this as a good thing. People always tend to think that I am missing out on a big part of the “college experience” because I don’t hookup with anyone at parties or have the same lifestyle as my friends. But in reality, my college experience is even better. For one I don’t have to go to a party or use an app to “find someone” to be with when I am in the mood. Secondly, because my boyfriend and I are in love and have a deep emotional connection it is actually a meaningful experience when we are intimate with one another. So, if you ask me, I believe that being in a relationship is better than participating in hookup culture even though it makes me the odd man out because of it. There were two occurrences within the past two-week period that made me feel that way. The first was when we were going through the music of the decades and Dr. Acevedo pulled up the playlist of current “love songs” and each song that was on that list was on my personal playlist that my boyfriend and I listen and sing along to in the car, but the class as a whole was very displeased with the list. The second time was when we were researching poems and the one, I resonated the most with

said: “In an age of hookups romance makes you a rebel” (Devoue). So, by being part of the group who doesn’t participate in hookup culture I know that it’s no longer the typical relationship stance, however in no way does that change my opinion that being in a relationship and being happily committed to someone is better than having meaningless sexual relations with several people and not committing to each other.



In terms of a group that I am a part of, I think that my religious beliefs have a big impact on my view of hookup culture. For me personally, I don’t judge others who participate in hookup culture; however, I greatly scrutinize myself for even thinking about having a sexual encounter with a man. I plan on waiting to have any form of sex until marriage mainly because of my promise to God. While I am glad with my decision, I feel like I miss out on a lot of things that make up “the college experience.” I personally have never had a boyfriend, never kissed anyone, never experienced anything sexual or intimate; however, I feel like I still have a good grasp as to what hookup culture is. I’ll admit, I have been tempted to stray from my vow for the sole purpose of making my dating life “easier.” By this, I’m referring to the fact (based on my personal experiences) that most college guys are only looking to have sex. As Tink once said, “He just wanted one thing, and I just wanted something,” meaning that (most) guys just want sex. While this is not true for all college men, this is what I’ve seen from almost all of the guys I have encountered while on this college campus.

It’s honestly so hard to try to find a real, meaningful relationship with someone, when so many college students are solely looking for a “hookup.” I just think that the norm of today’s society is to sleep with someone first and get to know them later (if even that), making it difficult for people like me who don’t actively participate in hookup culture. Guys basically laugh at me when I tell them that I’m waiting until marriage to have sex. They then say I’m a tease

because I met them at a party and danced with them. Wade's steps to a hookup are true for the most part, but I feel that it shouldn't be considered the case for every situation. Just because I dance with a guy, doesn't mean he should automatically assume that I want to have sex with him. On multiple occasions, I have gone to a guy's place to "study," and what he actually wanted to do was make out or have sex. Maybe it's me being naive for actually thinking we were going to study, but I think that too many presumptions are made that everyone is trying to just hook up. Is it really that hard to believe that some people actually want to get to know someone else and to start a relationship before sleeping with them?

Some questions I still want to find answers to involve topics we've discussed in class. My biggest one has to do with the well-known dance known as grinding. People in the class had the general consensus that grinding was "gross, creepy, slimy, and inappropriate," however, I disagree with that to an extent. I feel like if two consensual adults are choosing to interact on the dance floor in a sensual way with THEIR OWN BODIES, they have every right to do so. Some people compared grinding to making out, but, again, I disagree with this. Grinding is literally two people (maybe more) moving their bodies against each other. Yes, there are sexual undertones, but it's not like they're swapping bodily fluids (like seen in kissing and sex). The only time I see grinding as a problem is if one party of the "grinding session" is intoxicated to the point of not being able to make decisions for themselves. I have seen this before and have gone up to them to make sure they're okay, but I never felt any sort of judgement towards them. Quite honestly, I cheer on girls who have the ability to twerk and dance like there's no tomorrow. Grinding, in a way, is a form of female empowerment; women are able to show that they own their bodies and can do what they want with them.

I think that the topic of grinding also connects to the idea of hookup culture variance between different groups, specifically racial groups. I myself identify as white, but I attend parties of many different cultures, mainly the ones labelled as "white parties"

and “black parties.” In class, someone mentioned how there is a difference between these two types of parties, in that the ones labelled “black parties” involve a lot of dancing (such as grinding), while the “white parties” have very little grinding and twerking. I honestly can’t tell you why that is, but I have definitely seen this to be true. I’ve gone to “white parties” and been looked at funny for dancing with a guy, while I’ve been to “black parties” and have actually been looked at funny if I wasn’t doing that. I guess my beliefs on grinding stem from the fact that a majority of the people I surround myself with are not white, and they encourage me to dance like no one’s watching (whether that involves twerking, grinding, you name it). I feel like some cultures are just more open with their sexuality and are more comfortable with their bodies. Maybe some people just don’t know how to dance, so they choose to judge those who do. There’s no real answer to the “why” of this.

Overall, I guess if I had to give some advice, I would say don’t let peer pressure impact your decisions in life. Even though I have definitely experienced this first hand, I’ve learned that what I do with my body is my business and no one else’s. If I want to remain celibate until marriage, I’ll do that. If I wanted to have sex with someone new every weekend, I honestly could do that too. Even if I wanted to grind on a guy at every party I go to, I could do that too because you know why, I don’t care what people think and neither should you. Obviously, don’t take this as an excuse to make reckless decisions that put your life or others’ lives in danger, but rather as something to encourage you to take control of your life. We’re only here for a limited time, so we should make the most of it. Also, I think that I have some advice to people who like to judge others for their participation (or lack thereof) in hookup culture. While it’s normal to feel some sort of way about the actions of others (especially if it differs from your own), I think it’s important to understand that maybe what they do is a part of their culture or upbringing. Maybe what they do is considered “normal” to them, something that they don’t see as “wrong.” Just as long as everyone is being safe and not doing anything that could jeopardize their future,

feel free to keep doing what you feel comfortable with and leave the judgement at the door.



The class defines hookup culture as intimate relationships between 2 or more people. I think that this part of our definition connects well with the idea of groups because we talked about having multiple people involved. Regardless of personal belief, I believe that it was important to include all people. I think for most people polyamorous relationships fall into the LGBTQ+ spectrum, so that is where I find it easiest to connect it to the topic of groups.

I found that in Bogle chapter 4 they briefly discuss homosexual relationships. They talk about how gay college students “were more or less on their own quest to find potential partners” (68). Those whose hook-up norms differ from the traditional, heterosexual and monogamous will likely struggle to find people on campus. With the definition including potential polyamorous relationships, we have to think about the effects that has on their college hookup experiences. These people could potentially face greater risks as they have to look off campus for their hookups.

Our group discussed the idea of groups like religion. We discussed how this could potentially persuade (or not persuade) a person to participate in college hookup culture. This is important to discuss because many traditional Catholics try to stay abstinent whereas, from personal experience, those who are not religious do not care as much. We also discussed family groups. Those who have divorced parents seem more likely to be promiscuous, because there is inconsistency in parenting. We didn’t use any outside sources for this but are discussing using this for our script.

I personally have found the LGBTQ+ community to be a much harder place to find people to hookup. I am bisexual and I can only find people on campus who are looking for heterosexual relationships and hookups. While obviously that’s fine, it is extremely hard to find someone of the opposite sex to be with.

Often when I do, they are not attractive to me or don't want the same things I do. Like previously stated, I often have to look off campus for anything beyond a heterosexual hookup.



For the first two to three weeks of the semester, our class as a collective gave the word 'hookup' a definition that we would use as a reference point for the entirety of our semester. Together, we agreed upon hooking up being a 'consensual, intimate interaction that is sexual between 2+ people without commitment.' Based on my own personal experience and opinions, this definition embodies everything that I think about with hookups: consensual, sexual, and without commitment. However, being of Caucasian ethnicity and being a female, I feel like this definition easily fits into my ideals of the hookup culture as I am a majorly represented demographic. When I think about this definition as being applicable to other individuals, as in the groups we have been discussing in weeks 4 and 5 of the semester, I don't think I could say with certainty that this definition reflects their ideals of hooking up as well. Some examples of the groups I am referring could include different ethnic groups, different religious or spiritual groups, or different sexual identities, such as members of the LGBTQ+ community. As I don't identify with any of these groups except being a spiritual woman, it is hard for me to provide insight as far as their hookup experiences. Other individuals within those groups may agree with our definition, but they could also disagree based on mitigating factors such as different cultural upbringings and ideologies. With that being said, for us as a class to write a book, we really need to enrichen our minds with knowledge of what hooking up means for people different to ourselves. This could be through interviews, surveys, or by whatever means necessary but it's a critical element that we make this book inclusive and relatable for more members of our society involved in hookup culture.

In both books, *Hooking Up: Sex, Dating, and Relationships on*

Campus by Kathleen Bogle and *American Hookup: The New Culture of Sex on Campus* by Lisa Wade, there seemed to be a major difference between two gendered groups: men and women. Both authors focus on and go in depth about the aspects of either being a male in the hookup culture or being a female. Although we have gender listed under a different category than groups, personally I believe that men and women could be in their own individual 'groups.' Wade and Bogle seem to have a consensual agreement upon the fact that women are highly likely to develop emotions of liking and caring for an individual that they're hooking up with, and that men are highly unlikely to commit to anyone they're hooking up with. I personally don't agree with that, as many of my friends and I hook up freely without dating or having feelings ever crossing our minds. There is also a double standard on gendered groups when it comes to hooking up: men are given praise and women are 'slut shamed.' A woman is looked down upon by men if they have too many sexual partners, however men have as many partners as they please. I don't agree with a lot of the assumptions and double standards in place for hooking up, however I do understand where they come from. A lot of it, even mentioned by Bogle, could be due to psychological reasons – women are born as nurturers and men are born as providers. Men can biologically have many babies and women can only have 1 in 9 months. Personally, I think that could explain a lot of the inferences about the correct way to hookup, even if they only have a minute, subconscious effect on individual's perceptions.

During this time of reflection and research of what hooking up means to different groups, my team spent a lot of time discussing LGBTQ+ hookup culture. One thing that caught our attention was the fact that there is so little representation of this group – it's so hard to find articles, music, movies, or even poems about how this group of individuals chooses to participate in hookup culture. While the acceptance and acknowledgement of this group being pretty recent (within the last 10-15 years), it seems that exposure has been fairly slow. Members of different sexual identities obviously partake

in different measures of hooking up compared to heterosexual individuals. In a poem, *My Lover is a Woman* by Pat Parker, the author is a young, African American lesbian woman (3 marginalized groups in one individual: African American, woman, LGBTQ+ member) who talks about the hardships she faces when partaking in hooking up with her partner. She talks about how happy and secure she is when she touches her partner, however then she starts to remember that she can never tell her family without being shunned for being a lesbian, and she remembers what the African American community went through and continues to go through as far as oppression, even in the sense of hooking up. I think it brought in perspective that I take so many things for granted, even something as simple (or complex, depending on how you look at it) hooking up.

In my early college years, I experimented with my sexuality by hooking up with a woman. While I thoroughly enjoyed it and would do it again, I can't see myself ever pursuing a relationship with a female. So, I guess you could say I identify as Bisexual in terms of hookup culture, but as heterosexual when I want to actively pursue more with someone. I don't really bother putting myself into a box or a label because realistically, I don't care and if you're not having sex with me, you shouldn't care either. However, my interests in other women helps make connects for me to the LGBTQ+ community. I have told my friends but, like many members of that community, I would never tell my family out of fear of being judged. On the other side of my personal experiences, I actually did find my boyfriend through hooking up. I know I said earlier that I don't agree with the stereotype about women seeking relationships and being unable to stick to the lack of commitment of hooking up, which I still stand by. I've had many experiences that were brief, consensual sexual interactions that were just that – hookups. However, with my boyfriend, it did end up developing. We started out as the most platonic friends then eventually, we started as kind of 'friends with benefits.' We just ended up kissing at a party one day. Kissing led to other stuff. Then, after a lot of the 'other stuff' happening multiple times, he said he had feelings for me. That's when I internally put

away my 'no-commitment' cap, and started having feelings for him too. Now, almost 2 years later, here we are. We are monogamous so we don't hookup with others, but we definitely partake in intimate, sexual encounters, we just have commitment and love.



The class definition of hooking up is “a consensual, intimate interaction that is sexual between 2+ people without commitment. I personally have a very similar definition to our class definition. I believe hooking up is having a sexual relationship. Although kissing is a form of hooking up, personally I don't believe that that 'counts' as hooking up. As for how the definition relates to groups, I don't think that I know enough about different group's experiences hooking up to determine whether it is connected or similar to our class definition. Although I am a woman, I am not part of any other minorities. The only knowledge I might have is with hearing a lot of hooking up experiences from my friends of other races or friends who are a part of the LGBTQ+ community. My best friend, who is of another race, has told me many times, when we 'compare' our hookup stories, that in her experience, African Americans are maybe a bit more forward and 'confident' when it comes to hook up cultures at parties. However, this is only a generalization from one person's perspective. Although we are of different races, we have very similar definitions of hooking up and what hook up culture is, which is similar to our class definition.

I think the topic of groups was hard for me to reflect on my own experiences simply because I don't have that much experience in the hookup culture across different groups. However a topic we talked about was age range and our perception of hookup culture. As a group we discussed that hookup culture usually occurs in the college age range, however when in class the mention of elders in homes hooking up, everyone was in shock at the fact that that is more common than we think. This brought me to wonder why and if there is such a stigma about elders hooking up and what would have

to change to change that stigma that hookup culture is primarily with college aged adults.

For our external sources, our team felt it was really important to get information that was current and representative of our culture today. Something that our group struggled a lot with Bogle and Wade's books is the lack of representation of groups. We felt that although there is plenty of data and information, some personal, and some statistical, the variety was very limited. I do not enjoy reading Bogle's book just because of how she explains her findings. I think to a certain extent it is important to show her own experiences, and that is necessary. However, I think she does that too much throughout the chapters and trying to relate this to groups and the LGBTQ+ community is near to impossible, since there is barely any representation of that community or any community other than white, straight women and males. Since in the book there was a lack of representation of those communities, we decided to take another route and use an article that talks about religion. I think it is important for religion to be talked about because although the books are lacking in all those communities, it is also lacking in the hookup culture within religion. This article essentially talks about how different religions see hooking up and the hookup culture we are in. It is a fairly recent article with explanations and data varied throughout most minorities and sexes, through the lens of religion, which is a super interesting perspective.

I do not have much personal experience in the hook up culture in the sense of groups because although I participate in hookup culture, I am not part of the LGBTQ+ community and I am white. So my only personal experience would be stories from my friends who are part of those communities. From my friends, I think that hookup culture is a 'sensitive' topic, from my experience I do think that frat parties and with the help of either alcohol or dating apps, hooking up has become easier than ever and that is why, I believe, that hookup culture is often associated with college aged adults. It is because of how easy it is to hook up with others our age.



During the first week of class, our class collectively decided that the definition of “hookup” culture is, “a consensual, intimate interaction that is sexual between 2+ people without commitment.” Since our definition does not specify what types of people take part in “hookup” culture, I think it connects with the category “groups,” since this category encompasses all age ranges, ethnicities, races, religious affiliations, spiritualities, and sexual orientations that all individuals can identify with. As for myself, I am a white, cis gender, heterosexual, 20-year-old female who was raised Christian. Therefore, as for race, gender, sexual orientation, and religious affiliation, I am a part of the majority. As a female, I am a part of a marginalized group, but I am not a minority. This is why I struggled relating to any of the “groups” subcategories during the past two weeks. Since I was raised Christian, specifically Catholic, I grew up being told that I had to “save sex for marriage.” Therefore, my relatives look down upon the “hookup” culture and those who take part in it. I disagree with this perspective and no longer associate with Catholicism, but these were the values that I was raised upon. I believe they have influenced the way I am today because I do not have sexual encounters with men who I do not have a strong emotional connection with. Although I do not take part in “hookup” culture, I believe everyone has the right to do what they want with their body, and do not judge others for doing so. I do question though, for those who identify with religions which shame those who participate in “hookup” culture, how their mental health is impacted by hooking up. I would like to learn more through the readings about how religious values and norms impact those who participate in “hookup” culture during the present day.

Both of the readings from Bogle and Wade during Week 4 and 5 exposed aspects of “hookup” culture related to different groups on college campuses (2008; 2017). Some of these facts surprised me, and others resonated and strongly aligned with my personal

experiences. Bogle states that students who are racial minorities are least likely to “hookup”, along with those who are very religious, and in committed relationships (25). I was surprised that racial minorities “hookup” significantly less than white people. I would like to learn more about how race plays a role in the “hookup” lifestyle. On the other hand, I understand why those who are very religious or are in committed relationships “hookup” less. A few of my friends are very religious and some are in committed relationships and some are single. Whether they are single or not, they have expressed that they will only kiss the other person and will not participate in any other sexual activities. Additionally, as for those who are in committed relationships, it makes sense that they are less likely to “hookup” because according to our class definition of “hookup” culture, one requirement for an interaction to be considered a “hookup” is that there is no form of commitment between the 2+ people involved. While Bogle discussed race and religiosity, Wade focused on the differences between age groups related to “hookup” culture (2008; 2017). Wade explained that current college students are significantly more depressed, overwhelmed and anxious than they have been in the past 10-20 years, and this is partially due to the sexual environment on campus (7). This information resonated with me because many of my female friends are negatively emotionally impacted but the “hookup” culture on campus. Most of them become emotionally distraught after they “hookup” with someone and are “ghosted” by the individual afterwards. I question what the “hookup” culture was like 10-20 years ago and why it did not take the same emotional toll on people as it does in the present day.

My team, the Freaky Five, found two scholarly articles while conducting our research for the category “Groups” for our annotated bibliography. Religion is one of our subcategories and one of the articles we analyzed is called “Hooking Up’ at College: Does Religion Make a Difference?” by Amy M. Burdette, Terrence D. Hill, Christopher G. Ellison, and Norval D. Glenn (2009). This study was conducted at 11 college and university campuses during

2000 and 2001, with a 919-person sample-size (Burdette et al.). Each individual was asked if they had “hooked up” while attending school, how often they attend religious services, how religious they thought they were, and if they attend a religious educational institution or not. The results show that higher religious service attendance is correlated with lower rates of “hookups.” On the other hand, attending a religiously affiliated college or university, especially Catholic-affiliated, was correlated with higher rates of “hookups” (Burdette et al.). This information was shocking to me because I was raised Catholic and was taught that sex was only meant for two married people to participate in. I thought the findings of this study would have been opposite of what the research shows. LGBTQ+ communities are also one of our subcategories and the other article we analyzed is called, “Navigating Campus Hookup Culture: LGBTQ Students and College Hookups” by Ellen Lamont, Teresa Roach, and Sope Kahn (2018). This article explained how “hookup” culture on college campuses is typically heteronormative and therefore, those a part of the LGBTQ+ community are excluded from this scene. They express how their perspective on “hookup” culture focuses on respect between the individuals “hooking up,” and pleasure for all individuals involved as well (Lamont et al.). They also explain how the current, dominant “hookup” culture is predominantly influenced by heterosexual cis gender men and is the root cause of the toxicity of the “hookup” culture (Lamont et al.). After reading this article, I wish that LGBTQ+ individuals were given a larger platform to speak about their “healthier” “hookup” culture practices, in order to have a greater influence upon the dominant “hookup” culture on college campuses today.

The only times I have “hooked up” with men are when I had a deeper emotional connection with them and thought that our friendship had the potential to become a committed relationship. I believe that the reason for my choice in only “hooking up” with those who I am interested in forming an exclusive relationship with may stem from my religious upbringing and values that my parents held. Additionally, I fear becoming emotionally attached to the

person and then them leaving, because “hookups” do not require commitment. This is another of the many reasons why I do not typically take part in the “hookup” culture. Although those “hookups” never turned into committed relationships, the individuals I chose to “hookup” with, held the same perspective regarding “hooking up” as myself. They did not “hook up” with individuals who they did not have a strong emotional connection with either. One of the men identified as a Christian and the other identified as Jewish, so I am not sure whether they held these perspectives due to their religious upbringing, or due to other factors in their life and personality.



During the first two weeks of class, we created our definition of “hookup” culture. Our definition was: a consensual, intimate interaction that is sexual between 2+ people without commitment. When it comes to this week’s category, Groups, the definition is a hit or miss. When considering the LGBTQ community, I think this definition applies to majority of the community aside from people who identify as asexual. Ethnic minorities would be included in this definition as well. Religious groups would probably not fit this as their definition as it is heavily against most religious morals. They would consider hooking up to the extent of kissing or only with the same person and feelings attached. I think that I agree with this statement because I do not consider myself religious and I am a part of the LGBTQ and ethnic minority communities. Personally, I do not engage in hookup culture. This is because I am in a long term relationship which is closed and intimate. I believe that hookups must be where both/all participants are consenting to everything occurring from start to finish. The noncommittal circumstance makes hookups infamous. Personally, I do not agree with that lifestyle for myself. I feel as though I only feel comfortable with one partner with the communication that all feelings would be equal and intimate.

Like most in the LGBTQ+ community, I feel suffocated in the hetero normativity. As a bisexual in a heterosexual relationship, I used to find myself encouraged by society to only be with the opposite gender to myself. Because of this, I was never able to fully pursue someone of the same gender as me. Seeing how other people went through a lot to come out as bisexual, gay, trans, and lesbian, I knew that coming out as a high school sophomore in 2016 was not an issue. I was able to date someone of the same gender publicly. However, when people saw my new relationship with someone of the opposite gender, they thought I “turned straight”. This is true for many others. I know this because an article by Slate says, “84 percent of self-identified bisexuals in committed relationships have a partner of the opposite sex, while only 9 percent are in same-sex relationships” (Marusic 2016). I never felt like hookup culture was an option to me when I was dating someone of the same gender. Because I am of an ethnic minority, my parents were very careful with the idea of boys. It was not normal for them to see college students date and engage in hookup culture. Luckily, my mom was able to see that dating is still a form of commitment, and was able to support me and my relationship. I think a big reason for why I don’t choose hookup culture is because of my parent’s morals set onto me. Even though I don’t fully follow them, I stay close enough to be confident in what I am doing and making the proud of me in the end.

My team’s external sources for the Category ‘Groups’ are consisted of an interview and a book. The interview will be held with multiple people of different minority groups. We are interviewing a few African American college students to get the view of a minority race. This is the perfect minority race to choose as interracial relationships within Americans and African Americans was heavily oppressed in the past. We will also be interviewing members of the LGBTQ+ society to see how hookup culture differs to them. I think a lot of people lack the knowledge of how loving away from the norm has its downs. This interview will shed light on the LGBTQ+ minority. The book we have in mind is called *College Sex: A*

Philosophy for Everyone. It discusses how each type of college kid is involved in sexual activity on campus. However, this book doesn't address much of the LGBTQ+ minority. As far as the class books, I don't think Bogle was able to give much information on the groups that I represent in her book *Hooking Up: Sex, Dating, and Relationships on Campus* (2008). This is because the book was written around a time when the LGBTQ+ community wasn't accepted or talked about as often as it is now. Even though Wade published her book, *American Hookup: The New Culture of Sex On Campus*, in 2017, it still lacked the knowledge I wish I would've known when I was introduced to hookup culture. Both books lack the information of the ethnic minority perspective as well.



I have been thinking really long and hard about what group I “belong” in. I don't actively participate in hooking up but I am not opposed to it. I am not really comfortable with using tinder to hook up. Like the whole fact that you match with someone on tinder and just go over some random guys house to have sex with, does not appeal to me at all. Some of my friends have horror stories involving tinder hookups and I think I am extremely scared to participate in hookup culture that way. I would want to meet someone like at a bar or party, and go from there. I feel like it is also hard for me to join hookup culture since the only sex I have ever had was with my ex-boyfriend. I don't really know how to pursue hooking up with someone or even how to meet someone (that's not on tinder). My roommates are also the type to judge me if I brought someone home from the bar. I wish this wasn't another reason why I am not actively participating, but it is. So I guess I am in the group called “I would want to hookup but I do not know how to pursue it and tinder really makes me nervous.”

I am really glad that we chose to read Bogle because it really showed me how close minded people can be. One thing that really pissed me off about the book written by Bogle was how she thinks

about girls and hookup culture. Her views are mostly “girls are sluts if they participate in hookup culture, but boys can have sex with whoever they want”. It is quite annoying. Also, I consider myself as a person who likes to party. Does that mean I bang every guy I meet? No. I can drink and have a good time without being associated with being easy. Even if I want to have sex, who cares!! I feel like her whole book is more on judgement than actual facts about hookup culture. That is why I am so excited that we are going to be able write a book that actually is correct about hookup culture and that has no judgement or shame connected to it.

Another thing discussed from the books was that there are steps of hooking up. There really are not steps. Everyone does their own thing. It's very generalized in the book. Not everyone uses the “base system”, like 1st base, 2nd base, etc. I feel like the book is really just puts everyone in the same group and does not talk about all the variety that comes with hookup culture. Some people may consider kissing a lead way to hooking up while some can consider kissing just a fun thing to do that.

My group really talked about the LGBTQ community and how it is rarely talked about. With my experience, people are more willing to come out in college. But once they are out, they do not know where to go from there. My high school sex education class did not even talk about the LGBTQ community. STDs could be more common if people do not get the proper education on how they can prevent them. Gay and lesbian sex was never brought up in sex education and ways to prevent STDs. This is not fair to the LGBTQ community that they are overlooked with sex education which could harm their health. Even in media especially music, LGBTQ sex is never really talked about. Why is that? Heterosexual sex is talked about all the time but not LGBTQ sex. If more songs were created that brings in all different type of sex then it could be more educational and talked about more often.

PART II

SOCIAL/COMMUNICATIVE

Elements:

Social media

Match.com vs. Tinder/today's hook ups

Ghosting

Sexting

Consensual

Friends With Benefits (FWB)

Disclosure of possible STDs

Drinking/intoxication

Substances

Opportunities for “hooking” up



Chapter Summary

Our class decided that it was important to include the social media and communicative side of hookup culture in this book as it is of high importance to majority of the people who engage in hookup culture. Social media has always been the epicenter to showing the world who you are. In hookup culture, it is seen as a way to stay connected with a stranger you met at a party. Better yet, social media could be the exact way you run into your hookup partner. That brings me to dating applications. Apps like Tinder, Grindr, and bumble are constantly bringing in new profiles of people ready to become a member of hookup culture. The deliberate attention to every detail everyone has on dating apps is what causes the stereotypes to hold true. As humans forming connections, we tend to focus on how a person communicates as a telltale of what business they are in. Things like “ghosting” and “sexting” are becoming more normal to society today. Issues like “catching feelings” arise as a relevant phenomenon across the teenage age group. Common items in between the partners of a hookup scene seem to be alcohol and drugs. Why is this? Well, what would you expect when most college hookups begin at a party or a bar? The venue of the beginning is key in setting the vibe for the night. Fast forward to just before the moment... Do they discuss contraception? Or STDs? That seems to vary across the spectrum.

Throughout this semester we were able to discover many resources from others that have researched similar topics to us in order for us to better understand hookup culture. One major theme that we found is that our category of social and communicative, has probably the largest impact on hookup culture especially with the development of technology. The social and communication aspect of hookup has changed its nature a lot over time. In an article we discovered written by Mel Robbins titled “Has tinder replaced dating in the hookup culture?.” We learned a lot about how our

definition of hookup culture is built and based on the ideas that hookup apps such as Tinder have created. This means that our idea of a hookup being able to be so instant and immediate, all you have to do is swipe right a few times and someone will be ready to hookup. Although hook up culture is a phenomenon that has been around for centuries, our social approach to it has developed over time because of the apps and development of technology. We found many articles that enhanced our understanding and another valuable source were different ted talks. One ted talk in particular discussed how apps like Tinder, or bumble, have enabled for the shame to be taken away when it comes to women being a part of hookup culture. Although it is still present, it has become reduced because of the fact that men need the women to swipe on their profile and it cannot be a one way attraction- for tinder specifically. Due to the mass amount of people using these apps, the idea of hooking up has become much more normalized, reducing the shame associated with it. As humans, we all strive to make connections, the apps and many users allow for those brief connections and have allowed for hookup culture to be a popularized phenomenon.

Reflections

Our class' definition of hookup culture connects to my personal definition because it includes everyone. I think often because we live in such a diverse world we tend to forget that we have a lot of shared experiences. When it comes to hooking up, I don't think it's any different. It doesn't matter what race, ethnicity, or sexual orientation you identify as, the definition of hooking is relatable to some degree.

This week's topic of the social communicative aspects of hookup culture really resonated with me. As someone with horrible social anxiety, it is hard meeting people and initiating a hookup with them in person. On apps like snapchat I am more comfortable initiating hookups because the apps give me the feeling of having somewhat of a protective barrier or shield. On snapchat I'm able to flirt and say things I would probably never be able to say in person. I don't use tinder, but from what I've heard a lot of people are more forward on the app about what they want than they would be in person.

My group's key points for the groups category was that a lot of "other" groups aka people who aren't seen in mainstream media are always usually left out in surveys and research regarding hookup and or dating culture. This is a problem because it causes people within those "other" categories to be confused about what they should actually be doing because there's no data that focuses on them. As for the social/communicative categories my group found that because of social media apps the dating/ hookup pool for individuals have been expanded globally. Social media apps like twitter, grindr, and tinder make it possible to meet people all over the world. Whether these people are far or near social media enables us to meet individuals that we, otherwise wouldn't have met and it allows us to meet these people from the safety of our homes.

As someone who is taking a break from hookup culture, I've found that it's almost inescapable. Although I don't go out much anymore,

guys on this campus still somehow find me on twitter. They come into my direct messages with something very innocent and casual such as a compliment and within two days of us talking they get blocked. They usually do a 180 and start trying to meet up with me to 'hang out'. It's annoying, i feel like i can't even make genuine friendships with guys because they always try to overstep the "PLATONIC" boundaries I've set.



During the first two weeks of class, we created our definition of "hookup" culture. Our definition was: a consensual, intimate interaction that is sexual between 2+ people without commitment. The social and communicative side of hookup culture relates to this definition in many ways. First off, consensually. Giving and getting consent from a hookup partner(s) is very important. Secondly, staying safe and protected. STDs and unplanned pregnancies are big risks in hookup culture. Thirdly, meeting on dating apps. Almost all hookups begin with social media apps due to this generation's rise in technological connection. Fourthly, the use of drugs and alcohol in aid of the hookup. And lastly, ghosting. To me, this definition is pretty important. Even though I am not engaged in hookup culture because I am in a committed relationship, I want to make sure both parties feel safe in the environment. This means that consent is given and received all around. I also want to stay protected from STDs so I need to communicate with my partner and make sure they are clean. Another thing I make absolute sure of is that my partner is aware of the contraception I want to use, I don't plan on getting pregnant anytime soon and wouldn't want to. Personally, I don't prefer the use of dating apps. This is because I think that members are just judging others by their looks before their personality. Regarding ghosting, I don't think it's a problem, I just think it's people being rude.

Now that we have gotten my "Agree" and "Disagree" out of the way, I can go in depth with why I prefer these things. I truly believe

that the only way to make a relationship work is to have equal feelings across all members involved. My boyfriend and I live by that. We keep each other involved in what we want. This is why consent, contraception, and STDs aren't a problem. He knows and agrees with everything I want to do. We are both clean and are loyal to each other. We also understand where we are on having kids and don't plan on it happening anytime soon.

My Team is doing a survey for this category. This is because my team and I want to try surveying people around our campus of different races, ethnicities, genders, and sexualities. This way, we can make connections of how different people view the communication and social scene of hookup culture. We want to ask questions regarding their thoughts on dating apps, friends with benefits, sexting, ghosting, consent, social media, alcohol, drugs, and opportunities for hooking up. This will give us a clear understanding of what they believe in regards to hooking up and why they think that way. We also found a few articles and a book that discuss all the topics we want to cover in the survey. I found a particular article very interesting. They discuss many topics that most women face when it comes to engaging in hookup culture. In particular, the New York Times slapped their readers across the face with the thought that you are meeting up with a complete stranger (Lett 2018). The idea of this is terrifying to me, but I am guilty of calling Uber drivers to drive me around. The fact that I am not seeing the problem with getting in a complete stranger's car is terrifying. Now think about stepping into a complete stranger's home.

I can recall one time I was ghosted. I was talking to this person for a while and thought that it would go farther than just a few weeks. She was a year older, so I figured she was too cool for me anyway. After a few days of her not texting me back, I figured I'd text her "what's up." Took me another few days to realize she ghosted me (lol). I wasn't too hurt because again, I figured she was too cool for me. I think it's just rude and annoying that people ghost, but it's also the fault of the other person not guarding themselves.



Our definition of hookup culture does not really explicitly discuss social/communicative but it is affected by every aspect of it. You cannot have a hookup without communication or engaging in social activities because you need to talk to a person to have intercourse/relations with a person. Our definition of social/communicative involves ghosting and friends with benefits etc. I agree with every aspect that we discussed in the category of social/communicative. I most relate to the question of ghosting. Why should you care if you're ghosted after a hookup? It was just a hookup? But I feel like it's always more than a hookup, which is an opinion not many people share with me.

A while ago, I had a conversation with a friend about STDs. Because of our terrible sexual education in middle school and high school, people that I know never thought they had to legally disclose STDs with a potential partner. To be honest, it has caused many issues in the past with people I know. In my experiences, I've only gotten with virgins and I always know their parents, so I was always pretty sure they were clean of STDs. However, if I were to get with someone that had previous partners, I would ask them immediately to get an STD test prior to hooking up with them! It is something that is very important to me and it is so much better to be more open at the beginning then to get into a situation you cannot escape from or cure. To me, it seems like people avoid having awkward conversations with strangers, but it feels just as difficult as having sex with a stranger so I guess in my opinion it is just easier to have the awkward conversation before potentially changing your life forever!

Our sources for social/communicative were vast. Most of our sources come from one large Tumblr page that has a bunch of photos and visuals regarding hooking up and being just friends. We also focused on dating apps and found a source that describes how hooking up and dating apps are related to each other and how they

are not. However, the study focuses mostly on women when we need to focus on all genders in our study. I am unsure if it is specific about sexual orientation or race etc but it is a helpful source. It does not discuss hookup culture as a whole and we need to focus on that more than one specific gender.

Like I previously discussed, I only hookup with virgins. That being said, my opinions and experiences seem to be distinctly different than everyone else in our class. I have never personally used social media or apps like Tinder to meet people or especially not to hook up with someone so I have no experience with that! I do feel like it affects me though because all of my closest friends do use Tinder and other dating apps to meet people and to potentially hookup with them. Ghosting is also not really a part of my life in the aspect of hooking up. I also have not heard of any of my friends really being ghosted after hooking up with someone so unfortunately I am not knowledgeable about that either. FWB is a big one that I feel like most people have contemplated doing before. Personally, I do NOT drink or do drugs and then hookup with people because I am a big believer in the fact that you cannot consent intoxicated.



The social and communicative category for the past two weeks has reinforced my knowledge about the contemporary understanding of hookup culture, and I would say that it's made me reflect on how I've navigated the elements in my past hook-up experiences. As we've discussed in class, hook-up culture and its practices in the 21-century has constantly evolved and currently holds a normalized position in topics of sex and intimacy. I think technology plays a large role in this as it can provide social networking platforms for people to interact and connect with each other and thus reflects public opinion on topics people actively engage in.

An element that immediately stuck out to me in this category was "social media" as this was a core method I've utilized in order

to hook up with people in the past; I downloaded Tinder during the summer of my sophomore year as during that time I decided for myself that I wanted to gather “experiences” with other people. When looking back to how I utilized the app, I think what I both appreciated and disliked about Tinder was that there was already a narrative constructed around the purpose of the app and therefore I never felt forced to explain why I was using it. When I matched and interacted with a man-identifying person on the app, for example, there was always a tone of suggestive flirting from them that ranged from a compliment on my profile/appearance to explicit language of wanting to have sex with me. Originally this made me uncomfortable because when I first started on the app, I simply wanted to learn how to talk to people, but as I became accustomed to the men on the app, and their immature communication skills, I knew what to expect if I were to meet with someone and I could determine the kind of hook-up experience I wanted out of them.

Removing the face-to-face aspect of talking to people in order to hook-up also served me well when using social dating apps as I was able to be selective with who I talked to on the app which was based on who I swiped right on and matched with. Such ability reminds me of the conversations we had in class when addressing the “game” aspect of hooking up. I would say that hooking up is a game; you have to be willing to dedicate time and effort towards communicating with people you’re attracted to and potentially sustaining casual sex. Going back to the men I interacted with on the app, it was always interesting to me how regardless of how well-rounded their profile seemed, or how gentlemen-like they were when communicating to me, they all found a way to bring the conversation to towards the topic of sex, but this wasn’t always a bad thing especially if I was also interested. I loved the fact that I was automatically matched with a person that had some sort of sexual interest towards me because at the baseline of our interaction I knew I could attain sex if I wanted to; people that became unattractive to me could easily be removed from me by a simple delete. What came after the convenience of mutual sexual

attraction though was sustained communication in order for the hook up to actually happen. A con to online dating is that people get bored very easily, and regardless of how attractive I found someone to be, if I didn't keep up with entertaining them, then the hook-up would fall short. My experiences speak directly to what Nancy Jo Sales speaks about in her "Hit it and Quit It" section of her paper as there are many steps involved when trying to keep someone engaged with you online because people are aware of how they can access better profiles that are more interesting than yours. Accepting the narrative that "Tinder is a hook-up app" made seeking a hook-up easier because it allowed me to avoid awkward sex conversations with strangers/people I knew, and it also presented new challenges in keeping up with the infinite abundance of people who are willing to hook up.

When reflecting on the work that my team did for this week's category, think we did a good job of speaking on what we agreed and disagreed with when thinking through Bogle and Wade's opinions on the social dynamics imbedded in hooking up. We collectively acknowledged how there wasn't much said about social media in the books, and we figured that this was because things like dating apps weren't as prevalent in the years the books were published, and I personally think that because of this, their stances on the gendered interaction in hooking up was a little dated. For example, Bogle's piece on women being more emotional and seeking validation for potential hook-ups is partially true, because I think both men and women partake in the emotional and acceptance aspect of hooking up. In regard to the social concept that there needs to be approval/permission for women to participate in hooking up, I think it has some validity in that other women's approval of a potential partner can increase one's participation in hook up culture. Having friends back up a decision can make a person more willing to act, and therefore persuade them into making a move on someone, but once again this is evident male and female circles. If I matched with someone I was still unsure of, I would show some of my friends their profiles to get their take on them; many of my guy friends have used

me to look at people they wanted to have sex with or asked me for advice towards how to talk to a certain person they thought were attractive.

I also appreciated the work my group put forth in our “podcast” for Assignment 3 because we reflected a lot about the sources we compiled from Assignment 1, and had critical conversations about what we understand so far. One person in our group brought up the concept of meaninglessness in hooking up online in dating apps, and this really made me rethink how I understood meaning in my hooking up experiences. Though I understood my hook-ups to be temporary, I wouldn’t define all of them as meaningless because I personally find meaning through the intimacy/ overall connection I share with people even if that connection is centered on sex. If anything, I think I learned more about how in the year 2020, dating apps are almost synonymous with hooking-up, and I think we could add on this recognized truth in our definition. It’s clear that pre-hooking up can take place through both real-world social interactions and digital ones, and since we’re in this age of technological advancement, we should acknowledge its ever-expanding influence on how people hook-up.



With our class definition of “hookup” and the elements and subcategories that we came up with, I have learned a lot up to this point (about hookup culture in general and also about myself). The past two weeks, we’ve focused on the category of “social/ communicative”, and this element has posed some questions and topics that really resonate with me personally.

As far as research goes for this subcategory, my team and I have really just been sharing a lot of personal experiences and stories in order for all of us to learn more and expand our horizons on the subject. It was a bit uncomfortable and even a little bit embarrassing for me at first (even though I’m very comfortable with my

teammates at this point), but eventually, in the end, it felt really good to talk to someone about all of those Tinder hookups gone wrong.

An enormous aspect of the social/communicative element of hookup culture is, as mentioned before, the dating/hookup app Tinder (there are other apps that come into play as well such as Bumble and Hinge, but Tinder is the biggest one and the one I have the most personal experience with). I have been using Tinder since my freshman year here at Michigan State (I'm a sophomore now), and I've definitely had my fair share of negative experiences. In fact, when I really started to reflect on, I realized that I don't think I've had one positive outcome from using Tinder. I have met guys who have made me feel shameful, taken advantage of me, and used me. Basically, most of my Tinder encounters have made me feel like shit, for lack of a better description.

With that being said, even though Tinder usually makes me feel really negatively about myself in the end, I tend to keep getting sucked back into it because it's such a huge part of hookup culture, especially in college. All of my friends are always using it, and it almost turns into this fun type of game. Who doesn't love drunkenly swiping through different guys on a Friday night and seeing what kinds of matches you can get?

Based on personal experience and from what I've heard from my classmates and also my friends, Tinder also seems to create a lot of confusion between people that can lead to hurt feelings. Even though Tinder is notoriously just a "hookup app", sometimes the boundaries and labels are still unclear when meeting up with someone from Tinder. This is especially true when you meet up with the same Tinder hookup repeatedly for extended periods of time. Deep down, I knew it was just a hookup and I didn't really have a right to have any romantic feelings, but I still found myself feeling jealous and not good enough when he would post a Snapchat story with another girl.

With all of this being said, I think communication in hookup culture tends to just be really blurred and not clear enough. Are we friends with benefits? Are we only here for the benefits? Are we

more than just a hookup? What are we? All of these questions come with hookup culture, whether we like to admit it or not, and apps like Tinder do nothing but fuel those issues (in my personal opinion).



The category of Social/Communicative doesn't really connect with our class definition because we sort of generalized what a hookup is just to define it, leaving the specific categories to be discussed in our book. In today's day and age though, the social/communicative aspect of a hookup is sort of habitually known through previous experience or from a friend that has experienced it. I've even noticed that the catchphrases people use to "slide into people's DMs" constantly get developed and are changed all the time. Ghosting is something that comes with hooking up with someone because most of the time, the sex is just for sex and nothing more.

Throughout history, dating has always been a thing that is on every young adult's mind because everyone is trying to get cuffed (slang for in a relationship) sooner or later. This week's categories of social/communicative really show how dating has changed over the past years, and a lot of it has to do with people wanting to get married later in their life compared to older generations where people got married very young. Social media has made today's generation shallow, in a sense, because we are getting a first impression of a person through pictures online and deciding if one would "smash or pass" (hookup). I guess this resonates with me when I get lonely and I want dating to go back to the old days of meeting face to face, but then sometimes I get in the mood of hooking up and there I am thanking social media for making hooking up easier.

For this week's category, our external sources sort of came from other group members previous experiences and what social media apps we've used in the past since we're sort of living in the hookup age. We did look up statistics about hooking up and we stumbled

upon a blog that had information about the most used types of social media apps.

As previously stated, I have a love/hate relationship with social media because while it is easy and accessible for a hookup, sometimes I wish it wasn't when I'm you get in the mood to date. Although it does provide a good insight about someone's looks, it sucks because we don't know the other person's true intentions with you unless you ask about it, even if you don't want to know the answer sometimes. But usually hookups followed with ghosting is fine because you both know what you want and nothing more.



Although hookup culture is not considered a new phenomenon, the digital age has transformed the way we perceive and engage in it. With the rise of social media and dating apps in the past years, hooking up has become more convenient and easier than before. When we review our definition of hookup culture in relation to this category, there may be some contradiction. For this course we included the term intimate in our definition however, researchers feel that social media and dating apps have contributed to a decline in intimacy.

Dating apps and social media provides individuals with the ability to essentially hide behind a screen. This prevents any opportunity to truly get to know another person since they are being perceived solely based on the persona they provide. One of the sources my group found through research was a documentary that highlighted various aspects of hooking up in the digital age. A particular segment of the documentary that sparked my interest was a discussion that highlighted how profiles on social media and dating apps are mainly guided by physical appearance. This would help explain why there is a decline in intimacy since people are more focused on physical appearance rather than personality. This also could explain why ghosting has become so popular.

Most things covered within this category has been very relevant

due to belonging to a generation that grew up in the digital age. The issues discussed and highlighted over the past two weeks are considered norms to me and simply a part of everyday life. After watching the segment from the documentary on hookup culture, I realized how much we focus on physical appearance which could explain why some individuals are disappointed when they finally meet someone in-person due to them not living up to the idea of them that had been conceptualized. Although I engage in hookup culture via social media and dating apps, I prefer in-person interactions. This prevents a person from hiding behind a screen and you are able to better conceptualize them, taking into account their personality and physical appearance collectively.



In the college scene, I believe hook up culture is most prominent at parties or at the bars. At these places dancing might be a common thing, and Wade says that dancing initiates hooking up. I believe that is truthful, but there is a lot of instances that this is not the case. She goes on to say that there are other interactions that are not just from dancing. Of course when you are at these places each person will be with their friends. Usually when talking to someone you potentially want to hook up with, you look to your friend. Mostly, if the friends of the girl agree with the girl, then they're more willing to go home with someone. "A silent confirmation." Basically every time I have talked to a girl at a party, there is always a yes or no from friends, and they usually all collectively agree. I don't think guys need that confirmation from friends, but their friends may say something if the girl is not within what they think the guys standards are.

I think the social side of hookup culture is the most important one. The place that you meet the other person, your first interactions, and anything that happens after. It is very true that alcohol impacts hookup culture and it just goes hand-in-hand with partying where most people end up finding somebody.



At the beginning of the semester we all had multiple discussions on how to get a definition of hookup culture that the class all relatively agreed with. This definition as I've said in my past reflective narrative, is very broad and I don't have any big problems with it. I would say that there are situations where commitment is involved like in the instance of a 'friends with benefits' situation. Although this is just my personal definition interfering, I figured I should still mention it. Other than that there is nothing that I disagree with pertaining to the social/communicative category.

Throughout history there has always been a means for linking up and finding people to hook up with. In the past this could have been a physical place, but now it is a digital place. People can much more easily look through people that want to link up and who already think you're attractive. These apps and the rise of internet communication as a whole, has been a game changer in terms of hookup culture. I'm not sure what the future holds for hookup culture but it's only going in one direction.

As a group when we were gathering sources we decided that a graph would suit our needs and direction best. The graph we chose depicts the percentage use of alcohol and marijuana in a sexual encounter with partner groups spanning from stranger to someone with an established romantic partner. This graph does a good job of showing the steep decline in substance use correlating with the length of the relationship and history. This outcome is most likely due to the societal norms to drink on the first date or when hooking up so in that lens it isn't an odd thing to see but I didn't expect marijuana to fluctuate the way that it does and I would like to look further into this to possibly find and answer. I believe this source could even be used in the book to show the reader that there really is a correlation that shows this link within hookup culture.

My personal experience with the social/communicative side of hookup culture, is quite open. I have been engaged in dating apps

and social media for potential hookups and I think that this is a very normal thing for many other students here at MSU and people my age in general. I wouldn't say that I'm unique by using these apps and it does make things much easier and everyone tends to be on the same page while using apps like that. I would say that there are still some advantages to meeting people in public as opposed to through apps but I have seen many different things come from apps like tinder so I believe that it depends on your personal goals and what you want for yourself.



I would define “hookup” in a similar way that we did so in class. I think that it is correct in saying consensual and agree that hookups are always intimate. As we discussed the topic of social/communicative throughout this week, I think that it is important to pause and highlight “consensual” in our definition. As humans, we know that there are many ways of communicating with others. Through body language, eye glances, speech, hand gestures, and of course today through technology. Receiving or giving consent to/from someone is something that I think should be limited to one way of communication-speech. Because so often misinterpretations can occur and the one method which truly allows radical transparency is through speaking honestly to another individual. This is something that in my personal definition I would include as to what kind of communication consent should be.

One thing that particularly resonated with me throughout this week's discussion is the idea of falsely communicating your intentions or self through social media and technology. It is so easy to hide behind a screen and to post photos that imply something completely different. I often have conversations with my mom where she sees some of my friends' photos on Facebook or Instagram and questions me as to what their intentions are. Some assumptions she has shared with me is that they are “looking for attention” or “communicating that they live a vicarious lifestyle” or

“what would their future employer think”. She often goes on to say, “Now I know I’m old but there are so many more factors that play a role in your career and people you attract”. While I am just used to scrolling through Instagram and seeing girls my age posing a certain way in bikinis, my mom is absolutely right. In knowing that there are so many perspectives around us and methods of communication, it’s eye opening as to how careful and transparent you must always try to be throughout social media and in life.

My team and I had a great discussion this week regarding the concept of “ghosting.” We talked about how it is so common in the hookup culture around us. The very fact that it exists allows us to feel insecure in relationships from the beginning. We worry about the possibility that we could develop the titles of “needy” or attached.” Having this predisposition and constant stress is saddening and does not allow relationships to develop healthily majority of the time. A story was shared about how an individual has as roommate who has been talking to a guy for a year now, and they are exclusive but not dating. Yet, she fears and panics every night that his taking 2 hours to respond to her is him “ghosting” her. She lives in this constant limbo of not knowing what tomorrow will bring. I hope that people will begin to stand up to this stigma and break the norm, because relationships are supposed to be fun and most importantly in my eyes, a friendship.

The scenario above is something that I have definitely experienced to an extent. I have been in those “relationships” where you have to wait a certain amount of time before texting the other individual because you do not wish to seem “too desperate” or “needy”. It is not fun to be in that position or have to worry about that especially when you just want to talk to the person. I soon became tired of it and just practically said “fuck it,” if he thinks that me wanting to talk to him is asking too much then he can hit the road. I think that as women it is important to have standards for yourself that you know will not contribute in a positive way to your mental health and stand by them no matter what is expected of you.

This is definitely something that I feel is necessary to communicate and how found it to be very beneficial to do so.



Our definition of hookup culture fits very well with my personal definition as it relates to the topic of social/communicative. First, I connect with the part of the definition that states that hookup culture is “consensual,” because I think that the two or more people participating in it have to fully agree and consent to this in order for it to classify as a hookup. The people participating need to communicate their intentions, whether it is in person or over text, and need to make sure they are both in agreement on what is going to occur. “Consensual” means that the people agree to the hookup, however this does not address the feelings or emotions that the hookup may cause the people to feel. The consensual nature does not assure that both people will feel neutral about the other people during/after the hookup, which is what a hookup is supposed to be; hence the another part of the definition I agree with, “without commitment”. This causes distorted feelings and emotions, and where the term “friends with benefits” originates from, stemming from the social/communicative subgroup. It is hard to clearly communicate your feelings for another person during a hookup, because you are both expected to feel neutral about one another. Some of the time, this doesn’t happen, and people can get hurt. One part of the definition I do not agree with is the “sexual” component. I don’t think a hookup necessarily has to involve a sexual act, as I know many people who will say they have hooked up without having sex. Again, this all falls back to communicating with what the intentions are.

Referring to the social/communicative category with history, I can see a lot of differences, as well as some similarities. One major difference between hookups now and in history is how people meet the people they want to hook up with. In history, the only way to meet someone you wanted to hook up with was meeting them

in person; maybe at a party, event, at the bar, or a mutual friend. There was no other way than talking to them in person. In addition, meeting people to hook up with in history seemed a lot less casual than now, as we were shown people very dressed up at social events to meet one another. Nowadays, if you want to meet someone to hook up with, the opportunities are endless. You can always meet someone in person at a social event, but social media seems to be the predominant way to meet someone to hook up with. Some outlets people use are Instagram, snapchat. Tinder, and bumble to name a few. These options on social media to meet people to hook up with were not available in history, and I think that they have fueled hookup culture and make it as easy as ever to meet and hook up with someone. I think that social media plays a huge role in general with this as well, as people are able to see every aspect of someone's life online, and can judge whether they want to hook up with them or not. For example, in history, all you had was what you heard or knew about the person, and what you could tell from meeting them. Now with social media, you can judge and decide if the person would be right for you to hook up with based on not just what you see or know about them, but also about what their social media perceives them to be. I think that social has made it easier and has given people more opportunity to hook up. Lastly, one way hookup culture has changed through the years is the amount that drinking has to do with the culture. Now, it seems like hookups are almost always associated with drinking and partying, and are very casual. In history, it seems like drinking did not play as much of a role in hooking up, and depending on how far you go back in history, it seems like social settings with alcohol are a lot more formal than what we see today.

For the social/communicative category, our team used an article titled "Taking Parties Seriously: Gendered Sexuality and Hookup Culture at Greek Social Events." Our team found both pros and cons to this article. Firstly, although this article has a lot to do with the social/communicative category, as people are socializing at parties, it also takes into account different groups involved in a hookup. It

subcategorized people by gender, sexuality, college students, people who party, and people who are part of Greek life- and their take on hookup culture. Differentiating between these groups gives us a unique view on hookup culture. Furthermore, some good things about this article was it specifically focused on Greek life on college campuses and Greek parties, which gave us great insight into this group and how they socialize. It also relates to our class very much, as we are all college students. It puts into perspective what social cues this group may use to initiate a hookup. Some not so good things about this article include it only focusing on parties and the social cues that occur at parties to hook up. It does not take into account the overall social/communicative cues someone may have to hook up not at parties or under the influence. It also focuses only on Greek life and parties, where there are many other places (bars, other parties, etc.) where communicating to hook up is just as prevalent as hooking up from Greek events.

From my personal experience of hookup culture, the social/communicative category plays a large role. Like I said in my previous reflection, I used to participate in hookup culture a lot my freshman year, but have strayed away from it due to losing interest in temporary “things” and my emotions being confused. Firstly, I have no experience meeting people through social media. I have only met the people I hooked up with through other people, at social events, at parties, or even in my classes. I know social media is a good way to meet people if you are specifically looking to do this, but I wasn’t exactly out to find someone, it would just happen. I experienced a lot of negative effects from hooking up, as I would gain feelings for the other person that they didn’t feel back, or vice versa. This led to ghosting on either my part or theirs, which is not a good feeling to have from either end. I really did not like it, and decided I did not need the stress of being confused or hurting someone, so I don’t participate as often. As regards to substances and hooking up, I think that a lot of people who hook up are under the influence, as I have been there myself. I think parties play a huge role in initiating hook ups, but being under the influence while doing this can cause

other negative benefits as well, such as not being 100% in control of your actions or socializing with someone you don't know.



From the topics we have discussed and the knowledge I gained in the first two weeks of our class, I believe that our definition of hook-up culture is reflective of the social and communicative groups we have discussed. In discussing the aspects of social and communicative groups, as well as the roles they play in regards to hook-up culture. One very interesting question that was brought up in discussing these groups was the reasoning behind ghosting. Why is ghosting a possibility when a hook-up is a pre-disclosed, no-strings-attached agreement?

I believe the answer is difficult, but at the same time understandable. The different and confusing stages of hooking up is what brings room for ghosting. Since there is no emotions affiliated, there is also not much emphasis on effective communication. Many people ghost in anticipation of cutting off feelings they believe the other person may have been catching, even if this was not the case at all. Similarly, not a lot of people can deal with constant physical intimacy with a person and have no feelings towards them, especially if the hook up is satisfactory.



Throughout the past few weeks we have developed and discussed what hookup culture is. I really related to the class definition of "hookup" because it personally followed my beliefs of hooking up. Not only this; I also believe that the definition of hooking up is fluid and that also relates to my definition. I think that the definition being fluid allows individuals to identify and find their place inside the culture. This allows for everyone to connect on some level within the community. This all leads back to the connection people want from others.

I really enjoyed talking about the social part of hooking up

because this part doesn't necessarily come easy to everyone. If certain people come off in the wrong way the hookup probably won't happen. This could happen from someone being too straight forward and scaring the potential person away. Another outcome could be that you don't show your intentions at all leading to yourself entering a state of friend-zone or potentially nothing at all. Lastly this can change depending on what people want and what rules they have established for themselves. If someone doesn't hook up on the first day knowing someone ever this could lead to a whole new situation that requires more work and effort to achieve whatever goal is intended.

This week the group discussion of ways we communicate for hooking up led to many discoveries for our group. This later developed into many important discoveries for assignment 3. The process of hooking up involves a place to start. Whatever this place is on an app on your phone, or a bar/party we have to communicate in these situations. Furthermore, questions came up about what happens after the hookup. Does getting ghosted or even if people talk about you after it is done. These issues are seen as important but largely don't cause too many problems for the culture. With this in mind we even noticed that there are this involve using a script as well. People have to talk their way into the situation sometimes and this can be a process and isn't always successful.

One thing that was really interesting to me is that people get upset by hookup culture.

This was really interesting to me because it shows that not everyone understands the rules of hooking up. Even more so even when people communicate there wants from a situation some people can still get the wrong idea. This can happen when someone says they only want to hookup and one party ends up getting attached for some reason even though they know what is going on. This can send the wrong message and make one party change their mind on everything. This violates the rules of hook up culture which could lead to the ghosting or other negative outcomes. This is why I feel hookups become complicated because not everyone is

on the same page or people think the pages have changed without discussing it first.



Although our class definition covers a lot of the aspects of “hookup” culture because of its broadness, I feel as though the definition does not do justice to everyone individually. Everyone has their own definition of “hooking up” and “hookup” culture, so I feel as though our class definition wouldn’t apply to every group or person. Me personally, I can connect to this definition when I think of “hooking up” I think of sexual intercourse of any kind between people who are not together. This definition especially applies to “hookup” culture in my generation because majority of people in my age range use social media to initiate “hooking up.” Apps like Instagram, Snapchat, and Tinder are huge platforms that people communicate to hook up with one another.

Something that resonated with me in this week’s category was that females tend to seek approval from their friends when it comes to pursuing a potential hookup while guys do not. From my experience and from what I’ve seen females will ask their best friends if they should get a guy’s attention to whether it’s to potentially get a relationship or to “hookup.” We will ask if we should pursue a guy based on his looks, how he’s dressed, and if there’s conversation the way he spoke or what he said. Guys, on the other hand, don’t tend to seek approval from their friends. They do what they want and want praise or recognition for sleeping with a girl especially if she is very attractive or “hot” to his friends.

Key points my team made about social communicative are that dating apps are a key component of hookup culture. Erin Miller, a life coach, explained that dating apps contribute the normalization of hookup culture taking away the intimacy of face to face dating. I agree with this point because you never really see people go out and meet potential mates or ask people on dates anymore. A lot of

dating or hookups occur because of social media and dating apps. Our world is becoming more and more tech based.

In my personal experience, as far as under the group of social/communicative, “ghosting” was usually something that was done to me. When I participated in hookup culture, I was usually the one who wanted more than just sex. My feelings would get in the way because I liked them before even hooking up. At the time I didn’t really think I was participating in hookup culture, but when I look back, hooking up was the only outcome of my interactions with guys I liked. No one ever took me seriously.



Our definition of hookup culture is consensual sex with 2+ people. What we’ve talked about in my group is the plays of social media and drinking have in the hookup culture and specifically on a college campus. I think these are extremely relevant to our definition when looking at any college campus. To me personally I feel that the definition we have created connects with my beliefs on hooking up.

The form that has resonated within myself is the overall use of social media in the hookup culture. Since it is so easy to view someone on social media and get in connection, hooking up has become a lot easier. Many people see snapchat and Instagram great ways to make contact and show interest in someone without the in person communication. This also involves sexting which can speed up a hook up between people. The problem with social media is you have to block someone to “ghost” someone. Ghosting someone is the new term for “hit it and quit it”, and I really don’t see the issue with ghosting. Hookups should be no strings attached.

My group talked a lot about the drinking aspect of college, the article we used was “In Hookups, Alcohol Is College Students’ Best Friend.” I believe the article made some great points on drinking in college like for starters, how much more likely you are to hook up with a stranger when drinking than smoking weed. Alcohol is so prevalent in hookups because of the loss of inhibition this basically

means your mind becomes foggy and your sober thoughts become drunk words.

Personally in my life, I believe our definition of hookup culture connects with me. I believe social media and drinking are two extremely big factors in the hookup culture in college. At parties and bars you drink and become more likely to hookup or at least give out your snapchat to someone. Drinking is definitely a part of hookup culture to me because 9 times out of 10 I'm drunk when I hookup with someone.



From our in-class discussions and definition of “hookup” culture, I do not see a direct correlation to the social and communicative aspect of hookup culture. After our in-class discussions, I did feel that our definition should incorporate more of the social aspect of hooking up because there are so many different categories within the social category. For example, the one-night stand at a party vs. a friend with benefits vs. a one-time tinder hookup.

The part from our in-class discussions that resonated with me the most was the topic of dating apps vs. meeting organically. I personally am a big user to dating apps, sometimes I hop on the dating apps when I'm trying to hookup, other times I'll just go on because I'm bored. Dating apps have given me most of my relationships and hookups just because of how easy it is. When you're talking to someone on a dating app, the initial awkward shyness goes away and it's very easy to establish what both of you want. However, meeting someone at the bar, you have to work up the courage to talk to someone, establish that you're interested without sounding creepy, plan to make a move without making the other person uncomfortable, and finally, if you make it past all of those stages, you have to develop a plan of action of taking that person home/having them take you home. Meeting someone to hook up with at the bar is a very delicate dance that doesn't always

work out and you've wasted a big chunk of your time, whereas dating apps are easy and tend to have a higher success rate.

For groups, my team and I found an article that highlights the fact that the ideas of hooking up and hookup culture is very heteronormative. The data on the LGBTQ+'s role is very limited despite this whole group having such a huge role in hookup culture, as a member of the gay community, I can attest to the fact that most people in the gay community are mostly focused on hooking up and that's one of the toxic traits in the gay community. This article interviews 24 students on a college campus and the study tries to prove that the LGBTQ+ community is able to challenge the heteronormative norm that was set in place by society. For the element's aspect, we did a lot of work on social media and sent out a survey to our peers. The survey asked which dating apps they used, how often they use them, and their success rate. After the first draft of the survey, we hope to send out another survey to a wider audience because our survey was slightly biased and our class discussions, we thought of more questions to be added to the survey that would give us better long-term data.

I personally have had hookups from dating apps, and from meeting guys at bars/parties. I definitely have a higher success rate on dating apps due to the fact that I'm very intimidating when I'm out at the bars. Multiple guys later on in our relationships have admitted to me that they were afraid to talk to me when they saw me out because I'm seen as intimidating, stuck up, and mean which couldn't be farther from the truth. On top of that, I'm usually with like 8 girls and I will admit that it's a very scary sight. On dating apps, guys can message me freely and it gives them more courage and then they start to see my personality and they start to see that I'm not this scary, intimidating, mystical creature that I'm painted out to be. Another flaw with meeting in person is the fact that I'm an extremely hard person to read so it takes guys a couple tries for them to find out that I'm interested, whereas on dating apps they know right away.



Looking back at our definition of hookup culture, I believe it can agree and disagree with the social/communicative category. When we think about dating apps, most of them are only between you and another person, there's no third person involved. Also, I'd hope all hookups have consent within the short relationship, but that's not always the case, unfortunately. Lastly, I did discuss this in my first narrative, but I still don't believe hookups can be an intimate situation. If I develop a relationship with someone, I would only consider sex with them as intimate. But there's always going to be a debate about how people individually define 'intimate.'

This was the only question apart of this assignment that I've struggled with. When I think about hookups in past generations, online dating and terms like 'ghosting' didn't exist. So, how can we learn from past mistakes if this how society has evolved over the past 10 years or so? We can see the evolution of how Match.com catered to an older audience and then Tinder became catered toward young college students with the intention of just a casual hookup. What I see that's similar to the past is the opportunities for hookups. Back then it was the party scene on college campuses, especially those involved in Greek life. I still see that today, and as someone that's involved in Greek life, this is very prevalent. Students go to a party, search for people they may be attracted to, and then go home together if they so choose.

My team and I had a really great discussion when we were preparing for our assignment 3 script, but there was one specific thing that surprised me. The topic of sexting wasn't something the class had really discussed, especially when we did presentations. I wanted to look into how this was related to the bigger idea of social/communicative topics. I know that there's plenty of sexting going on in some of the older generations and not just college students, but what I didn't realize is that this is becoming a more prevalent thing in younger teens. There are kids on Snapchat and

texting apps that are being exposed to more sexual conversations. When you see half of the magazine ads on Snapchat, almost all of them are about sex or half-naked women. There's also the idea that Snapchat instantly goes away, so it's easy for younger kids to just believe it disappears forever. So I pose the question, do we think hookup culture is existing with the younger generations? Is this something we need to sincerely worry about?

As a college student, I have downloaded Tinder (of course). But there is the association that Tinder is mainly for hookups, which I totally agree with. In my case, I was on there after a bad breakup and wanted to just experience the college life. I ended up meeting a guy that I eventually dated for about 8 months. I never had the intention of getting into a committed relationship, especially since I met him on Tinder. It would be interesting to see how many Tinder hookups evolved into future relationships. Especially since Bogle and Wade discuss how hookups are limited to just seeing that person once, and usually no more than that (2008; 2017). My experience also makes me think about how there's this idea of reversed steps to a relationship. First, you have sex, then you meet the parents and begin dating. Do we think that this is a new idea? Or did this exist in past generations?



Within the social category, my personal definition of hooking up and “hookup culture” is pretty much the same as our class definition. I believe that hooking up is a social activity in the sense that it is something that takes place between two or more people. I wouldn't describe masturbation as hooking up because a lot of what makes hooking up hooking up is the social aspect of it. Whether it be the preparation such as the use of dating apps like Tinder or Bumble or the actual action of hooking up, there's some kind of social component happening.

There are a lot of similarities and differences between each of the subcategories within the social category as well as within different

periods of history that have resonated with me. The use of social media for “hookup culture” is something that continues to change every few years. Different social media apps like Facebook, Instagram, TikTok, etc. continue to go in and out of style within the same generation. These are all different ways for people to communicate with each other and to find others to connect/possibly hookup with. Facebook has even taken advantage of this with Facebook Dating. Social media and dating apps have started to blend more and more together with elements like this incorporated in. Sexting also gets incorporated into it with the use of apps like Snapchat, which is commonly used for sexting because of the disappearing chat layout. The use of all these different methods of conversation and meeting others without actually having to physically meet them has made our hookup scene different from other generations because of the unlimited availability of partners.

My group didn’t have any external resources for the social/communicative category because we plan on using the opportunity to instead interview and survey those about their experiences within this category since it is such a big component of “hookup culture.” I have been able to learn from others though and from other categories we’ve researched some aspects of the social category. For example, in class we talked about different social activities such as grinding at parties. For a lot of our class members, this was deemed as something that was looked down upon and “gross.” For others, however, this was perfectly acceptable and something that was a staple of the parties they went to. We then brought up that it could possibly be a race/ethnicity difference and that different social activities may or may not happen due to differences between groups of people.

One element of the social category that I really connect with and have experience with is friends with benefits. I was in a friends with benefits relationship for about a year. It was with one of my best guy friends who had no interest in me other than sexually. Eventually, I did fall victim to catching feelings for him. Like mentioned in both Bogle and Wades’ books, I became the stereotypical girl who wanted

to turn the hookups into a relationship with the guy. It eventually became evident to the guy that I had feelings with him and out of nowhere, he ghosted me. I think this is where ghosting and hooking up gets intertwined a lot. I think it can be common for someone to want to continue hooking up or to want to continue with a relationship after hooking up and for the other person to not agree and instead ghost the person because it seems like the best way to deal with the situation.



During the first few weeks of class we tried to define what “hookup culture” is, and there were many different opinions on what should be included, highlighting that hookups are different for everyone. Eventually we were able to come to an agreement and defined a hookup as a consensual, intimate interaction that is sexual between 2+ people without commitment. But this is a blanket definition, everybody has their own personal definition of what a hookup actually is. The fact that the definition of hookups is so fluid can cause a lot of problems. In our (campus) culture the norm is to stick to noncommittal sexual relationships, no feelings. However, not everyone subscribes to that same mindset. So when people meet in a bar, at a party, or on a dating app they assume that the other person is looking for the same thing they are (whether that be a casual hookup or an actual relationship). The norm to not talk about intentions or feelings leads to a lot of mixed messages and hurt feelings. In class we have been working on our video project, and in the section of our video where we give advice to those participating in hookup culture all of us thought it was important to communicate your intentions before the hookup starts. That way if you are expecting a one night stand you won’t be surprised when the other person is still trying to talk to you weeks later- and likewise- if you are expecting a love connection you won’t be ghosted. Everybody in our group thought that communication was a very important step before a hookup.

Recently a friend of mine broke up with her boyfriend of nearly four years. It was her decision, but she was told me how scared she was to be single again. She has never had to do college single, she started dating him right before her freshman year at MSU. She had never downloaded any dating apps or had any chance of going out and hooking up with a guy other than her boyfriend. At a girl's night, after a few drinks, we convinced her to download a couple dating apps. She is loving it but texts me every so often questions about the "proper etiquette" of dating apps. A couple of the texts includes "When u message someone new on a dating app do u just jump right in and ask them something about themselves or do u say "how are you?" Or something this is so confusing and hilarious lol" and "When you start talking to them do u like have to talk to them every day? lmao." I have been single most of my college experience, so dating apps are second nature to me. It was so interesting to get the point of view of someone who has been dropped in the middle of hookup culture with absolutely no experience. I have never considered that there is a "proper etiquette" to dating apps, teaching her how to be single has made me realize that hookup culture truly is something that has to be learned.



In weeks 4 and 5 of the semester, we covered the category of social/communicative within the topic of hookup culture. Prior to this focus we came up with a universal definition of hookup culture for the duration of the semester. I don't think our definition particularly incorporates social communicative because when I think of that category I think of the way people approach hooking up versus what that word actually means. Personally I do believe that the category of social/communicative applied to me because I feel like everyone has an approach and uses social media as a major part of hookup culture. My personal definition of hookup culture would include what we have already created but also include more about

the approach people have to hookup cultures or tools people use to aid in that approach.

I think there is a major different throughout history of hookup culture that applies to social/communicative. Especially with the different in the presence of social media in today's culture, people are less likely to be meeting in face-to-face interactions like might have been done in previous generations. Dating apps and apps that are considered to be used for hookups are extremely popular now as opposed to meeting someone out at a bar or a restaurant. I think this also impacts the speed at which a hookup type relationship might occur. From experience, people are more hesitant to meet up with someone they have met on an app versus someone they have met in person. This is also a strange concept because people now a days are not as willing to meet someone in person, but they also are less enthusiastic about meeting someone they have matched with on an app. My parents met while my mom was working at a hardware store, now a days someone would not be approached in public like that if they were interested in someone. In a way I feel like people are less comfortable with approaching someone face to face because of the presence of social media and the ability to say something without having to see someone's visual reaction.

Our team's external sources for this category were two different articles/books. The first book was about parties on college campuses and how this relates to hookup culture. This book talked about how hookup culture within college is focus mainly with frat parties and that frats were the main source of hookups. People go to frats to find someone to hook up with or at least for some sort of sexual relationship with. I don't agree with this statement, I think that there is a stigma about frat boys and what goes on in a frat house that I don't think is necessarily true. This book also states, similar to Wade, that people solely go to parties and frats in order to hook up with someone. From experience and logic I would not say that people only are looking for hookups when they go to a party. Some people like to go out just to enjoy time with their friends or have a fun night out. The second source we had was an article about

tinder. It was a survey of 170 people asking them if and or why they used tinder. From this survey they claimed that people with a higher socio-sexuality are more likely to engage in the use of tinder and are more likely to hook up with someone off of the app. I feel as if this may be true, some people are just not into the idea of meeting up with someone off of an app but other people are more than open to it.

Personally I have used tinder and have met up with people from Tinder. I don't have an issue with meeting up with someone as long as I feel comfortable going and people know where I am. I do think that guys have an odd approach when it comes to picking up girls off of social media and dating apps. I find that there are a lot of extremely crude and honestly offensive comments that are not attractive at all. I think that guys think they need to be impressive or say something that they think will make girls want sex more, which in reality I think that it is just too much and will turn me off from wanting to talk to someone.



The term “hookup culture” is very ambiguous. The idea of “hooking up” means something different to everyone. During the last two weeks of class, we’ve discussed the social and communicative aspects of “hookup” culture. To me, this definition doesn’t specifically address the social and communicative aspect of “hookup” culture, but in my opinion, it has the biggest influence on current “hookup” culture, especially on college campuses.

Looking specifically at college students, the social aspect is one of the biggest parts of “hookup” culture. Dating apps have changed “hookup” culture immensely. One external source that my group found when researching this topic includes a map. This map displays the most popular dating apps used in each state within the United States. Of the 2,033 individuals surveyed, only 34% stated they do not use dating apps in the year 2019 (Marvin 2019). This shows how prevalent the use of dating apps is in the current day.

Dating apps such as Tinder and Bumble (and many others) allow people to have an opportunity to hook up. Instead of dating apps as an opportunity to “hookup,” Kathleen Bogle claims that college students go to dorms, parties, and bars as an opportunity to “hookup” (2008). I think that both dating apps and these places are very important on college campuses for finding a potential “hookup.”

Another source that we found is an article titled “How Often Do Millennials Start Dating Due to Tinder?” In this article, there is a bar graph titled “Why do you use Tinder?” and is based on a survey of 9,761 current college students from 11/10/2015 to 3/21/2017. The results of this survey show that 22.22% of Tinder users surveyed answered that they are “looking for a hookup,” 4.16% said they are “looking for a relationship,” 44.44% said they use it for “confidence-boosting procrastination,” and 29.16% answered that they use the app for other reasons. From this study, it was determined that 72% of millennial college students have used Tinder (Brown, 2017). *I found it interesting that the biggest reason people reported using Tinder for was as a confidence boost or for procrastination. In my experience, all of my friends that I have seen use Tinder had only to find someone to “hookup” with.*

The last article that my group found relating to the social and communicative aspects of “hookup” culture on college campuses is called “Hookups in the age of Snapchat” by Jacqui Neber. This article discusses how snapchat has changed hookup culture (Neber 2017). In recent years, most people will ask for your snapchat username, instead of your phone number. This seems a lot less personal, since they can’t get any personal information from you besides your username. Also, the picture or chat sent disappears immediately. This allows people to say things that they normally wouldn’t say, since there is no proof of it once the snapchat disappears after the set number of seconds. By using snapchat to communicate with someone instead of texting, it is easy to keep things casual and meaningless. It is also easy to pursue “hookups” with people,

since people are more willing to say or show things they normally wouldn't through a text where there is proof that they sent it.

In my personal experience, guys who have attempted to pursue me do so through snapchat. Some of them don't even have my phone number, and don't know much about me. Although I don't participate in the "hookup" culture, I have attended fraternity parties, and at these parties I have been asked for my snapchat username (not my phone number) by frat brothers. There is one guy in particular who I met at a frat party, but never hung out with. He has snapchatted me multiple times at night in an attempt to hang out. It is obvious to me that frat brothers use Snapchat as a means to initiating a "hookup" with someone.



These last few weeks, classmates and I have researched and discussed in our teams and as a class the social/communicative aspects that we believe make up "hookup" culture. We identified the categories that the class felt made the most sense, one being social/communicative. The subcategories that makeup social/communicated that was discussed include: social media, dating apps, consent, ghosting, sexting, friends with benefits, disclosure of STDs, drinking/intoxication, substances, and opportunities for 'hooking' up. All of these topics relate to how people communicate about hooking up whether it's before, during or after. I find myself able to connect almost all of these elements within the social/communicative category. As stated that 'hookups' are consensual in our definition, I feel that the consensual element is highly important.

A big part that caught my attention when researching social/communicative elements was how dating apps such as tinder have changed how we view 'hookup' culture today, which was discussed in the CNN article by Mel Robbins. Based on our definition, we defined that a hookup is sexual and without commitment. As we've learned through both class discussion and research females are

seeking more commitment and want more form hookups. I believe that if you are considering yourself to be hooking up with someone, you can't expect it to lead into a relationship. The casualty of hookups is just something that's been established in the realm of hookup culture. I think that it is sad that it is the norm. I think that if a person wants to hookup and has certain expectations for that it means to them and what they want to get form the hookup it is important to communicate that to the person they're hooking up with or thinking about hooking up with. This way there will be a mutual understanding between them.

In my research, I found a very interesting article about dating apps in college by Mel Robbins, demonstrating how these dating apps have altered dating in college (2015). It was established in the article that users on dating apps such as Tinder are solely interested in 'hookups' or 'one-night stands'. Dating apps allow for easy access to casual sex and it's available to the masses. These new apps give user's validation for having casual sex with a stranger. An interesting statement in the article is: "It's a contest to see who cares less, and guys win a lot at caring less." In addition, the article found that dating apps differs from men and women. It's referred to as a game where men "rack up" as many sexual partners as they can and women try not to lose the person they're "hooking up" with.

In my personal experience of hooking up in terms of the social and communicative aspect, I have found that I am open to communicating about the topic. I actually enjoy talking about my hookup life with my friends and sharing all of our experiences with each other. Sharing our experiences with each other, we have learned and understand more how other people hookup. I've learned in past experiences, that hookups don't end well if there isn't clear communication. I like having no strings attached and the casualty of hookups but if I need meet the right person, I could see a potential romantic outcome. I don't think there is anything wrong about hooking up, I actually think that it is important to talk about it. Talking about hooking up can normalize the topic.



In my personal belief, our class definition of “hookup” culture does not really incorporate the social or communicative aspect of the hookup culture that we have been researching. Based on what research we have already found, hooking up is no longer just a personal thing between two people. Now individuals are looking to their friends for their “stamp of approval” before pursuing a potential hookup. I personally believe that hooking up is still a personal thing between the people involved, and that it is no one else’s business. However, my generation clearly feels different. I know I have been shown messages and profiles between my close friends and people on dating apps such as Tinder and Bumble, as though asking “What do you think, should I do this?” Another aspect that I feel is important to point out is when people go out to the bars or anything like that when pursuing a potential hookup, the individual’s friends play a very vital role. They act as almost “gatekeepers,” in the sense that they need to think you are attractive enough and will gauge you to ensure you are not a crazy person. I just do not feel like our definition incorporates these social and communicative aspects.

As I briefly discussed above, hookup culture is much different than it has been in the past. People tell all of their friends if they are hooking up with people now, and it has lost the “personal secret” aspect in my opinion. Another big way it has changed compared to in the past is dating apps. Apps like Tinder and Bumble are easily accessible ways for people to meet new people to potentially date, but the reality of the apps is that people use this when looking for easy, no strings attached hookups. This was never around until the past few years, and personally I think that it is a wonderful way to show the differing views between generations in regard to hooking up. In one article I discovered, the author goes into detail about how these apps are diminishing the taboo feeling about discussing having sex (Pashankar 2019). Ultimately, I believe that the

hookup culture has certainly changed from the perspective that our parents and older generations had regarding it. This is not to say that the hookup culture is new, I'm sure older generations were still indulging in "skinful" lust, but now people are more willing to be open about and discuss the topic with other individuals.

One article that I have found discusses an in-depth study of the hookup culture surrounding Duke University, and it also discusses how apps have influenced people's mindset in regard to the hookup culture (Pashankar 2019). I believe this is a useful source when looking into how the hookup culture has changed in general due to generational differences. Another source that I find is quite useful when looking into how people at different ages define hookups is a poem one of my group members found. This poem discusses how at a young age, mere kissing may be considered hooking up with an individual, but then as you grow older this is not the case (Mars 2018). Finally, there is an article that I would like to include that was given to the whole class. It discusses how ghosting has become more accepted, and a more regular way for people to simply cut off the hookup relationship without the "pain" of talking about it (Trout 2019). It discusses merely letting situations fade away to nothing, which in my opinion also speaks a great deal about the generational differences.

My own personal experiences in the hookup culture dealing with the social and communicative groups deal mostly with dating apps. When I was 18 years old, I took them a lot more seriously than I currently do. It was a very easy way to find new people to party with and potentially hookup with. However, I quickly realized that Tinder is a joke in my own personal opinion. I no longer use it seriously, but more so as a means to mess around with people while it is slow at work. I'll ask ridiculous questions like "Clowns or magicians?" I just find it amusing to see both what people say, and how serious individuals take this app. In my opinion, if I want to meet someone now, I'll go to the bars or night clubs in the relative area and do "Tinder-in-person." I still keep my "love life" rather personal, not really discussing details with my roommate or friends

due to the fact that I do not think that is anyone who was not involved business. In this way, I do feel different from those close to me because they will indulge every little detail without being asked to. I do not know if this is supposed to be like a “flex,” or what, but I don’t find it classy. Ultimately, I thought this was an interesting couple topics to look into and get to know better in regard to the hookup culture.



In a general sense, I accept our class’s definition of “hookup” culture to be my own as it directly related to my personal perspective of what a hookup is. To broaden that definition, we identified several categories which are made up of elements to accommodate for all the aspects that are incorporated in hookup culture. Over the past two weeks the focus of our discussion has been on the category of social and communicative aspects of hookup culture. This category is made up several elements consisting of social media, dating/hookup apps, ghosting, sexting, friends with benefits, disclosure of possible STDs, drinking and substance use and finally what types of events and situations as viewed as opportunities for hooking up. I feel that our class definition of hookups as well as the relation of the additional context which is included in the social communicative element connects directly to my personal definition of hookup culture.

There were several similarities in our discussions that resonated with me for what I know of the inner workings of hookup culture from an outside perspective. To begin with the places and apps that act as an opportunity for hooking up with people such as the use of tinder and going to frat parties. Based on what I know about my friends who do participate in hookup culture these are the main two ways that people meet and explore the opportunities of hooking up with people in a casual sense with no type of bond or commitment which is formed. Tinder, among other apps, has in a sense made hook up culture what it is today, since it provides

people the opportunity to chat each other up specifically about the possibility of having sex and arranging a meeting, allowing for the interaction to occur, then for people to go on with their day. It practically takes away all of the work of establishing a connection with someone and gets straight to the point of delivering what people want, which is to have meaningless sex. Another element which resonated with me was the use of alcohol and other mind-altering substances to work up the courage to participate in hookups. I relate to this in a similar since, because any time that my boyfriend and I need to discuss something sensitive we make it a point to have a beer so that we are more open with one another and because talking about sensitive topics can be hard to do at times. And this correlates to the way people use alcohol and other substances as a method of courage enhancer to do things which they wouldn't do sober which at time participate in a hookup. Last but not least, I resonate with the element regarding the types of hookup opportunities, such as attending fraternity parties and the bar. I agree with classification of in person interactions that lead to hookups often occurs at parties and bars based on the way my friends express attending such events in search of a hookup. In addition to those examples I believe that each element acts as an important contribution to our social communicative category and our definition of hookup culture.

While researching the aspects of the social and communicative category my group and I identified two critical external resources that provided insight to this category as well as to hookup culture as a whole. The first resource was a book written by Brian Knop which focused on the topic of hookup opportunities at college parties. This book was a valuable resource because it is extremely relatable to college students, which is our target audience of the book. This is because most college students have attended a fraternity party at one point or another during their college experience whether they were in a conscious mindset of looking for a hookup or there weren't and experienced an interaction with someone who was (Knop, 2011). The second resource we utilized was a scholarly article

which concentrated on the use of social media and hookup apps. The article was a collaboration of the results of a qualitative survey based on people's experiences using apps for the purpose of experiencing a casual hookup and people's motivations to do so based on several factors. Such factors included people's sexual digests and socio-sexuality (Sevi et al. 2017). Both of these resources were provided a valuable insight to the elements of hookup opportunities and the use of social media as part of our social communicative category and its overall role in hookup culture.

Since I don't participate in hookup culture, my personal experiences regarding this category of hookup culture are limited to the narratives that my friends have told me about their personal experiences, the situations which I have been in, in which people assumed that I was looking for opportunities to hookup since I was in a position in which other people were. I have never used tinder or any other dating or hookup app. But based on what my friends have told me, they use it as a method of finding people who are on the same page as them and looking for an intimate interaction with the need for a commitment or establishment of a connection. But in addition to using tinder to find hookup they also use it as a method of increasing their self-confidence based on how many people "swipe right" on them as an indicator for their attractiveness and people's willingness to explore the possibility of hooking up with them. My firsthand experiences of the social communicative category of hookup culture are in relation to my membership in my sorority and my attendance at fraternity parties. Since I am in a happily committed relationship my motive for attendance at those parties are to hang out with my girlfriends and have a good time. However not everyone who is in attendance to those parties have the same mindset, and some are using the party as an opportunity to hook up with someone. Because of this the assumption is often made that everyone who is at the party is on the same page and is using the event as an opportunity to find a hookup partner. And as a result of this, I can honestly say that at every party I have ever been to at least one person has invited me home to with the

hope of hooking up. This assumption that people often make is a representative of the hookup opportunity element of the social communicative category of hookup culture.



Throughout the past two weeks of class we have been discussing social and communicative factors and how they play a part in “hookup” culture. Some of these factors include apps such as tinder, bumble, and snapchat. Our class definition is influenced by social media as these apps lead to connections which are typically without commitment.

What resonated with me from this week’s topics was the discussion on “hookup apps.” From a class perspective it seemed like a good amount of the class had experience with most of these apps or at least had used them before. I thought that it was interesting that within my group these apps weren’t as popular. Instead they would typically just hookup with “friends” or people they were more familiar with.

My group didn’t have many external sources for the social/communicative group. However, from other groups’ presentation I came away with some key takeaways. One interesting source was a map that showed the logo of the most popular dating app in the state. For Michigan this was match.com. I expected tinder to be the most popular app in the state, so this surprised me.

As for personal experience, I agree that snapchat is a good way to communicate with a potential hookup. The messages as well as pictures go away shortly after being viewed, this leads to less commitment to the person. When it comes to the dating apps I have used Tinder a few times before, however prefer hooking up with a person I know or have met before.



Hookup culture can be defined many different ways. We have talked about the social and communicative aspects of hookup

culture for the past couple weeks of class. Our class's definition was mostly influenced by social media and the effect it has on people hooking up and what is expected with a hookup. Apps like Tinder, Bumble, and many more all shape hookup culture. These apps are known for finding people just hookup with and not have to worry about the emotional aspect of it or having to commit to the person. According to a study by *The Atlantic*, in 2018 more than 70 percent of all smartphone users worldwide had Tinder on their phone (Fetters "The 5 Years That Changed Dating"). This shows that majority of the population is participated in the online dating world.

The main form of communication throughout the hookup culture is Snapchat. Snapchat gives you an easy way to communicate with people without having the commitment of having to get to know them. In recent years, people will always ask for your snapchat and not your number, asking for your number is seen as being more serious. Snapchats messages also delete after 24 hours or immediately depending on your settings which makes it easier for you to say stuff you normally wouldn't say or do if the message was out there forever. Snapchat has made sexting a normal thing. YouTuber Hannah Witton says that snapchat is perceived as a "low risk factor" meaning people can send explicit pictures with the condition of no screenshotting or saving. According to match.com, millennials are 290 percent more likely than Gen Xers to use snapchat for sexual reasons. This shows that Snapchat in recent years have definitely aided in hookup culture.

Hookup culture has been created into a game of who can care the least. Every message you send you are worried that they might think poorly of you or ghost you. Ghosting has become a huge thing in recent years due to social media apps. Everyone has been ghosted or ghosted someone before and knows how it feels. You always want to have the upper hand in the relationship. Overall, majority of people have participated or are still in the hookup culture and fuel the stereotypes associated with it.



In two weeks, our whole class has been discussing the social and/or communicative factor and how it plays its part in the “hookup” culture. Before these two weeks, we all came to a conclusion on our definition of the “hookup” culture: a consensual and intimate interaction that is sexual and is between two or more people without any prior or current commitment to each other. In simpler words, it is a pretty casual interaction between 2 or more people in a sexual manner. In terms of the social/ communicative factor, our definition doesn’t really cover that aspect. But, I believe that it is the most important aspect to talk about when it comes to discussing “hookups” and how being social contributes to your experience with it.

Looking at college students specifically, the social aspect is a huge part of “hookup” culture. This is because most college students participate in social activities such as fraternity parties, regular house parties, the bar scene, etc. It is easy for college students to go to any of these social activities and the beginning of the “hookup” stages begin at these places. As for the communicative aspect, I would say it is broader than the social aspect. In class, we talked about different apps that could help more people participate in the “hookup” culture. With the use of these apps, the social scene is not completely included. These apps make “hooking” up a little easier because everyone on the app has intentions surrounding “hooking” up. It is also easier for some because you can meet people over a screen and not at a social scene.

I have been really interested in the social/ communicative aspect of the potential book because I attend a few social scenes and used to participate in the “hookup” culture. When I was a freshman a couple years ago, the most exciting thing about college was joining a sorority and hoping to meet many people in the process. This includes both sorority members as well as fraternity members. My freshman and sophomore year, I mostly attended fraternity parties.

These parties obviously had alcohol present and most people were completely under the influence. For most, alcohol makes it easier to interact with people you have never met prior to attending these parties. With flowing conversation with fraternity boys, a lot of my friends including myself participated in the “hookup” culture. This is just how we met new people and would sometimes lead to “hookups”. An article by Rebecca D. Stinson called *“They’re just a Good Time and Move On”: Fraternity Men Reflect on Their Hookup Experiences*, is an article about three different fraternity members discussing their hookups and romantic relationships. Coming from three different men, their views are similar in some aspects and different in others. For example, one said it is just a one-time thing for them to “hookup” with a girl and that is it. I also think that this is true for some sorority members. But, to other sorority members it is the complete opposite. Most girls are known to become easily attached so the “hookup” culture consists of bad experiences for them.



Over the past two weeks, our class has been discussing the category of social and communicative in the college hookup scene. This topic has made me think about how much technology has changed the hookup scene on today’s college campuses. Our running definition of hooking up is defined as a consensual, intimate interaction that is sexual between 2+ people without commitment, which I find extremely relevant when discussing this category.

As a group we discussed how going on dates isn’t the norm when getting to know someone. Traditionally you ask someone on a date to find out someone’s interests and become familiar with their personality. Nowadays people will say that there’s no point in a first date since you can find out the basics about someone though their social media. At first I disagreed, but when I went onto my Instagram profile I realized that someone could easily put together the type of person I am.

Another social media platform we talked about was Snapchat. I only have the phone numbers of people I text or call on a consistent basis. Snapchat can keep things less formal, since you don't save the messages. For example, if I'm "talking" to someone or casually hookup with them on the weekend's we'd communicate over Snapchat. Drunk Snapchats are much more common than a text or a missed call. It's also not as embarrassing in the morning since it's "gone" and it was "just a Snapchat" – leaving no proof of what you said in the message. I've never been on a dating app, but my friends have had all different experiences. One of my friend's went on it to strictly have meaningless hookups, where another friend of mine found a boyfriend. All apps have different stereotypes of their own, but everyone's situation is completely different.

The idea of ghosting is very common in the hookup scene. I'm extremely guilty of ghosting, especially when I lose interest in guys. I don't do it to be mean, but the guy eventually gets the hint that I'm no longer interested and will stop messaging me.



I feel like our definition is very close to what my personal definition of "hookup" is. Our class definition only really hits on one of the elements from this category, which is consent. To me, this element is important and I think before any type of sexual interaction there should always be some type of consent given, we just didn't really talk that much about consent in class discussion. In my opinion, the social/communicative category is probably the biggest part of the "hookup" culture today. The number of apps available for meeting people within your area is crazy, that along with social media really increases people's opportunities for a potential hookup, if that's what they're looking for. Or even how "ghosting" has become almost normalized and expected with these one night stands.

In Wade's *American Hookup*, she goes through "steps" and her process of how to "hook up," I guess (2017). I don't really think there's

a certain way to go about hooking up or getting someone to hook up with you. Every time can be different. I think you can have a little game plan in your head but I don't know anyone that has thought "Oh I have to do this and say this before I can do this next part" I just don't think that's how it works. As a girl, I obviously don't know how guys think about this and how they go about finding someone to hook up with, but I would assume they have their "strategy" maybe a little pick up line to get a conversation going or whatever. Wade also stresses the importance of having to be intoxicated to have meaningless sex. I do not agree with this at all. You don't have to be drunk to hook up with someone and have it not mean anything. I definitely think you can have sober meaningless sex. Of course, this would depend on the type of person you are but overall I wouldn't consider alcohol or any substance to be necessary in order for a meaningless sexual encounter to occur. So I say alcohol isn't necessary but it definitely helps. Especially hooking up with someone for the first time, or just the encounter leading up to it, considering they may be somewhat of a stranger, can be nerve wracking. Alcohol definitely gives you that "liquid courage," whether you're saying something you wouldn't normally say or doing something you wouldn't normally do.

My group didn't really have that many external sources for the social/communicative group. One of our sources was an article on the most used dating apps by state and there was a map that had every state with the logo for whatever dating app dominated that state in 2019. It was interesting to see that Match.com was considered the most popular in Michigan. My group discussed this briefly, we were expecting Tinder to Dominate, but we realized we probably just think that cause on our campus it's what we see most of. I feel like tinder is mostly used within our age range, college students, and then when you're older and you're interested in something more serious than you would use something like Match.com. I also found it interesting that the article used the word "dating" app, when I think of an app like tinder I wouldn't really

consider it to be an app I would use if I was looking for something more on the serious side.

This category of “hookup” is very easy to relate to being on such a big college campus. Whether you’re involved in the hookup culture yourself or are just watching things go down, you know how the social aspect of it works. I feel like a really big part of the culture has become ghosting. From what I’ve seen or even heard about, when it comes to a “no strings attached” or “friends with benefits” thing, someone usually ends up catching feelings. The other person usually notices this and starts to distance themselves, cut off all communication, deletes you on social media, whatever. You get ghosted. It happens all the time, and it sucks. Sometimes it doesn’t even get that far, one person might just not want to continue their strictly sexual relationship, and instead of trying to end it, they just avoid it. So you just never hear from them again. It’s happened to me, it’s happened to my friends, I feel like we just kind of expect something like that to happen now.



The commitment or lack thereof in “hookup” culture is definitely spot-on pertaining to our research on social/communicative groups as both Wade and Bogle emphasized that guys want to “hit it and quit it.” The part that doesn’t quite go along with Bogle’s perspective would be the consensual part. Bogle seems to think that hookup culture is the site and birthplace of rape and even replaces the term hookup culture with “rape culture.” The communicative aspect is not really in our class definition but I guess that the lack of communication can be in the “non-committal” category.

Something that really hit me from the readings was that hookup culture is very much in the power of men and that women will try very hard for men’s approval yet men seeking women’s approval was rarely spoken of. So basically I see a flaw in the author’s biased perspectives as they only see women seeking men’s approval and kind of make females seem powerless. Lastly, I believe Bogle

mentioned that hookup culture can lead to and facilitate anxiety sometimes (2008). This anxiety probably stems from the constant competition between guys to be always hooking up and seeking other guys' approval and also from girls always seeking guys' approval. I basically just took it that people need to stop seeking approval of others! I am also religious and would suggest God as the best source to get approval from as He has the best intentions.

One of my group's external sources was a book titled "Exploring the hook-up app: Low sexual disgust and high socio-sexuality predict motivation to use Tinder for casual sex." The book looked to determine the motivation for having casual sex between the occurrence of sensitivity to sexual disgust, and socio-sexuality (the willingness to participate in willingness to engage in sexual activity outside of a committed relationship). We also located a graduate thesis on "Taking Parties Seriously: Gendered Sexuality and Hook Up Culture at Greek Social Events," which touched on the mindset toward parties and the purpose of them and also Frats as a sort of partying center (Knop 2011).

This week's topics of social and communicative aspects of hookup culture really resonated with me as a female that is a part of these times and trends. Humans are a very smart species so it makes sense that we would take advantage of our smarts such as the apps created like tinder and snapchat and such, but I do not see them as worth having. As a female that would like a committed partner I know and have experienced the dangers of giving into men with the "hit it, quit it", mindset and quite frankly it pisses me off. You start getting all worried about "what do they think of me" and "when will we hangout or even talk again," only to be let down or "ghosted." It really comes down to being a large waste of time for me as a woman seeking a lifetime companion. The article on tinder defined our age very well by exclaiming that we can basically go "online shopping" for a hookup or date now. The ease also comes with danger as this means that someone can easily hide his/her intent behind a screen!



I think the category of social/communicative from these last two weeks relates quite well to our class definition of “hookup” culture. While our class definition doesn’t specifically say anything about the social aspect of “hookup” culture, it definitely plays a very significant role in hookup culture today. The social and communicative part of hookup culture is something that I feel as college students, we experience this category the most. As Lisa Wade said in her book, one of the most important steps in hooking up is going out to a party or a bar (2017). This “social” side of the hookup culture is what we experience almost every weekend when we head out to house parties, fraternity houses and even the bars. The other part of this week’s category was communicative. Our groups, and as a class, we all talked about the many apps that make hooking up easier and happen more often. With all the apps and social media being so big in today’s culture, it really makes hookup culture seem totally normal and not a taboo anymore.

One of the things that really resonated and stuck with me was the part from Bogel’s book when she talked about fraternity/athletic team membership for men (2008). It was very interesting that to me that being in a fraternity or on a sports team in college was a very valued thing for men in college. When it comes to women and sorority/athletic team membership, this wasn’t a valued thing at all and the most important trait for women was just physical appearance. The reason that this was an important trait for men was because it gives them more opportunities to participate in “hookup” culture. This resonated with me the most because I myself am a part of a fraternity. I never really thought about it this way while being in a fraternity, but I would have to agree with Bogel on her point. While not everyone in Greek life hooks up all the time or every weekend, there are most definitely more opportunities to participate in the “hookup” scene of college. It also lets you create a friend group/hookup group that stays around pretty much for all 4

years of college. This group of friends really makes it easier to meet new people, and always have people you know when you are out at a bar or a party.

One external source that I found to be very connected to the social/communicative aspect of hookup culture was a Ted talk called “Stripping Down the Hookup Culture: The Need for Emotional Visibility” by Erin Miller. In the talk, Miller really focuses on the use of Tinder and other “dating” apps. She explains very well how these apps now a day are really taking away all the intimacy from dating. The act of dating now doesn’t even seem to be a thing in our culture anymore. You meet, hookup a few times then either start dating or go your separate ways and don’t really talk to each other anymore. The step of establishing meaningfulness is pretty much done after the first time you hookup with someone, unless there are feelings there. The thing about our generation is we are scared to show our feelings. We don’t want to care about someone who might not have the same feelings for us.

My personal experience with this week’s category is pretty normal to everyone else I would have to say. Being in a fraternity has definitely opened my eyes to the reality and broad scope of hookup culture. Had I not joined Greek life, I’m not sure how it would have changed how I view or participate in hookup culture. I have used apps like tinder and what not but I can’t really say that I used them in a serious manner or to find a real relationship. Like I said before I think that we as college students in this era could be considered “experts” on the social and communicative side of hookup culture.



Throughout the past two weeks, we have been looking at the social communicative aspect of the “hookup” culture. The definition the class gave of a “hookup” coincides with what I believe “hookup” means. In terms of social communicative, the definition is pretty fluid as it means different things depending on the social context. People tend to find people to “hookup” with in very different

settings, which is exactly what is expected. Everyone has a different experience with “hooking” up. All of the social platforms has allowed for this type of experience to occur. It opens up a lot of gateways that were maybe harder to get through in pastimes. I think when I think of “hooking up” I relate it a lot to the communicative aspect; a lot of my friends use Tinder.com. Without a social setting it would be almost impossible to find individuals to hook up with. I think being in this time period has made it very possible to find people to hook up with, if that is what you hope to do.

The things that resonated with me were when the class discussed Wade’s statement about how most hookups occurring between hetero whites (2017). I think it is important to discuss why the focus tends to always be on white individuals. It has become obvious that socially growing up we see mostly white people on TV. Also, growing up mostly all of the main cartoons characters were white. I feel that oftentimes the marginalized and minority groups are not focused on. For our society to flourish and grow we need to be inclusive. It is almost impossible to get the best answers if we are not including everyone. Also, I found interesting the discussion of the existence of social construct. I feel that the social construct stems from the past, for instance, some women wanting to receive approval from friends before hooking up with individuals. Throughout the past women have needed approval before doing things, an example would be voting.

The external sources that our group found stemmed mostly from a Tumblr account. The account has quite a few pictures that depict hookup scenarios. One picture even mentions friends with benefits. All of the pictures have long captions as well as external links that have articles. We thought the account was perfect, because it is on a social media account. After, looking at the posts on the account it gave the team a better idea of how society as a whole viewed hookup culture. Sometimes it feels that a lot of things get missed within the classroom setting, because our class is such a small portion of the individuals we are representing. I know it can be hard to make sure

all aspects are considered, but I think we should consider ways to expand what is mentioned.

As for personal experience, I can add that the reason I ended up with my current boyfriend was because of texting. We had always been friends in high school, but nothing more. We started texting more about homework we had; later it led to us hanging out and going on dates. I feel that the current social environment allows for people to communicate a lot easier than in previous years. Most of my friends have met most of their significant others through mutual friends, so that is another aspect to social culture. Throughout college it becomes easier to meet new people through friends of friends, most of the time it just takes some communication. It is so much easier to get to know someone if you can talk to them 24/7. I know a lot of my friends Snap Chat to communicate with people they intend to “hookup” with or have already been with.



While our class definition of “hookup” culture doesn’t fully address the social/communicative aspect of hooking up, it is definitely a part of it. There is only one way that hooking up is going to occur and you have to be social. Whether that’s going to a party, using dating apps, or texting someone, these all require some form of communication.

I think that all the discussion of dating apps is very relevant today. These weren’t around when our parents were younger, which is a major difference between the times in hookup culture. I personally do not part take in the use of dating apps. I find that the idea of hooking up with people I’ve never met before to be kind of strange. I like to get to know someone and personally have spent time with them before experience any form of intimacy with a guy. I do have plenty of friends who have apps like Tinder, but never meet up with people on them. I think it maybe is used as an activity to do with free time and it can be a confidence booster by getting attention from different guys or girls.

When doing research for this week's category, I found a graphic about how college students use dating apps. The majority of students were on Tinder and almost half were just on it for entertainment. I find this statistic to be true because the people who I know that have the app, are mostly on it for that. Nowadays, there are a lot of people meeting their partners through apps, while I would hope to meet my future partner organically, I know this is always an option out there. There's plenty of options to pick from and who knows it could be better than expected.

I personally am someone who goes out to a lot of social events throughout the week. I love to go out and meet new people, along with seeing friends. I think this is how I relate to the social category. Going to parties is also a great way for friends to introduce you to someone who you may potentially hookup or develop a relationship with. There are so many people out in college going to bars and frats and there is almost always someone you will meet that is nice to be around. It is easy to meet people and even if you don't hookup the night you meet, you can get their info (Snap Chat or numbers) to begin communication with them. This is was I like to do, get to know someone a little before starting a hookup relationship so that you feel more comfortable and safe when you are with them.



I feel that the class definition that “hookup” culture is a consensual, intimate interaction between 2+ people without commitment relates greatly to the social/communicative category. The elements of “ghosting” and “friends with benefits” go with the “without commitment” aspect, while the idea of *consensuality* clearly goes with the “consensual” aspect. In our definition, hookups are meant to be without commitment. We decided that “ghosting” and “friends with benefits” are two things that involve a lack of commitment. When “ghosting” someone, you are basically acknowledging the fact that there was no commitment to begin with. When becoming “friends with benefits” with someone, you

are basically forming an agreement that the relationship is nothing more than multiple sexual interactions.

The aspect of this week's category that resonated with me most was drinking/intoxication. While I personally don't participate in hookup culture, I believe that alcohol plays a big role in my decision to flirt/dance with guys. Alcohol, while not the main reason, adds "fuel to the fire." By this, I mean that a lot of people are under the influence when hooking up, since it provides an "excuse" for their actions. If someone goes to a party, gets drunk, and hooks up with someone, they may wake up the next day questioning their decision. This regret is usually eased by the thought, "I was drunk; it wasn't me." I know I always blame alcohol when I do something that I regret the next day.

My group had many different sources that discussed the social and communicative aspects of hookup culture. We also were able to gain further knowledge from the resources provided by our classmates. Some of my peers used resources that discussed specific dating apps that are predominately used for hookups, others had sources discussing how childhood experiences affect one's participation in hookup culture. All of the websites, articles, and books I've seen have really been informative.

While I don't participate in hookup culture, I feel that certain aspects of the social/communicative category are really important. I think that consent and the disclosure of STDs are very important. This is also where alcohol and other substances that impair one's abilities are important to discuss, as well. While many people have sex while drunk, I really don't think that they are fully able to give consent.



For the topic of groups/communicative, I think our class definition does a good job at relating to it. In our definition we talk about it being an "interaction between two or more people," when

I think of social interactions that is exactly what comes to mind for me.

I think this week really focused on dating apps and how they and we as a society are evolving with them. Dating apps are used for the sole purpose of “hooking up” and many people who participate in the hookup culture have found them useful and enjoy them. Dating apps are a relatively new type of way to find and hookup since smartphones were invented. A way to find a hookup that’s been around for a while that we have talked about in class is parties. If a person decides they want to hook up with someone that night going to a party is probably one of the first ways to accomplish that. In my opinion going to a party, if one wants it, can result in a hookup almost every time. Another topic I found interesting during the discussions in weeks 6 and 7 is ghosting. Many people I know have experienced ghosting in some way, either they were doing the ghosting, or they were getting ghosted. I was curious if ghosting is new among the younger generations or if it has been around for a while. I found an article that discusses how ghosting is now normalized and that with our generation with phones and social media it has become more prevalent in our society. For the purpose of hookups and our class definition, ghosting is technically what should follow if the individuals are only in it for a no commitment hookup.

During these weeks my team found a TedTalk by Emily Nagolski. During the talk she discusses the physiological changes our bodies undergo when we become sexually aroused. She determined we have no control over these functions and many people mistake these processes as consent, but it just is not. Despite what our body does, our bodies do not give consent, it must always be spoken consent.

Personally, I have never used a dating app to hook up with someone, however I have seen many of my friends use them and have both good and bad experiences with them. In my opinion if I was going to look for a hookup I would tend to go to a party because

I like to have that interaction in person. I just feel more comfortable meeting them instead of using an online platform.



Looking at our class definition through the social/communicative aspect is that it is consensual and it is between 2 or more people, and I agree with this definition.

Things have changed over time, now people are more open about “hookup” and are more straight-forward about their intentions. I think that people are bolder about communicating to others that they want to hook up. I see this difference in music videos, in black velvet the singer beat around the bush about what she was talking about. Now singers go all out and talk about sex and also wear minimal clothes during the video.

My team's sources for this topic is we have a study done by Harvard that talks about how most people meet to “hookup”. It talks about how that most people meet online using dating apps. This is a common thing that happens at MSU. A lot of my friends use apps like this and are usually pretty successful. I personally have never used this way of meeting people. I like to meet people in person before I hook up with them. Another source my team has is we are going to interview one of our roommates to see how they view “hookup” culture and where he finds his partners to “hookup” with. This will give us insight on some that is active in “hookup” culture and how they look at the social/commutative aspect.

In my personal experiences I have found partners to hook up with at parties. Other places people may go to find partners is dorms, bars or online. I like going to parties more than the other places because I like the environment there and I believe it's easier to “hookup” at a party than at a dorm. I have not tried going on dating apps because I like to have a conversation with them and know a little about them. I think you can get a better feel for someone if you meet in person. Although online can be easier and more effective

way in finding a partner for “hookup,” I still chose to find people in person.



So, I touched on the social/communicative aspect of hookup culture in my last reflective narrative, but I think in terms of my personal definition, it's really important, so I can talk about it again. As a gay male, any kind of hookup I arrange is done through Tinder. I think this is different from straight people because (to me, it seems) straight people more often hook up at parties. I think this makes my experience of the “hookup” culture different in a couple of ways. One of the authors from the readings introduces the idea of the outsider within to describe students who do not participate in “hookup” culture, but are still existing within it, as they are college students and cannot avoid coming in contact with it in some way. In the same way, I think I'm an outsider within, not because I don't or don't *want* to participate in hookup culture, but because the main hookup scene isn't exactly inclusive for people like me. That's not to say that all of the straight people participating in hookup culture are necessarily homophobic or are deliberately excluding people in the LGBTQ+ community from their parties, it's just that these parties don't offer the same kind of opportunity for gay people that they do for straight people. These parties are mainly composed of straight people, and there aren't x-ray goggles for gay people to put on and see who at the party is gay and who isn't. So, these parties aren't ideal for someone identifying with a sexual orientation other than 'heterosexual' to hookup. Thus, the main way to secure casual sex is with dating apps like tinder and grindr. I hesitate to call them 'dating apps' instead of 'hookup apps,' but let's be optimistic here, right? Anyways, these kinds of apps are the main way for people in the LGBTQ+ community to 'hookup.' Straight people use these apps too, trust me I know, but I believe that these apps are more of an addition to the party hookup scene, as opposed to the main route

through which to hookup. I think that these apps change the way we communicate about hooking up.

In the research my group and I have been doing, we found a study that looked at the difference between straight and gay dating apps. Basically, the study found that straight people had more “topically rich” conversations through apps like tinder, whereas gay people, I believe only gay men were studied, had conversations that consist more so of fact checking (Licoppe “Liquidity and Attachment in the Mobile Hookup Culture”). I find this interesting because while I can’t speak to the content of conversations had by straight people on apps like tinder, I can say that this result, although I hate to admit it, is consistent with the experiences I’ve had, predominantly on grinder. I find that there are a lot of what people my age call “catfish” on grinder. If you don’t know what a catfish is, it basically describes a person who poses as someone other than themselves on social media. This term was popularized by the MTV show ‘catfish’ in which hosts Max and Nev would get in contact with people having relationships online and try to arrange for these people to meet their potential ‘catfish.’ The term can also describe someone who looks really good in photos, through the use of angles, lighting, filters, and the like, but looks very different (not as good) in person. In my experience, on grinder, there are more ‘catfish’ that pose as someone completely different from themselves. To me, most people look more or less the same in person as they do in pictures, so I don’t really think of these kinds of people as ‘catfish.’ What I do see a lot of, on grinder, are profiles that are clearly using pictures that aren’t their own. How do I know this? Really, any time someone seems too attractive to be using a hookup app, you’re probably dealing with a catfish. This may or may not differ for straight people, since they mostly use tinder, and even for me I don’t see many super obvious catfish on tinder, but at least on grinder these profiles aren’t hard to find. Unfortunately, one time I actually fell victim to one of these catfish. I was supposed to go “hookup” with this really hot guy, but when I got to the house, the person who opened the door was most definitely not the person from the pictures. I still went

through with the hookup. That might sound insane, but honestly, I wanted to avoid the awkwardness of being like “Hey, so...you aren’t the guy I was sent pictures of?” So, I think that kind of made me more aware of the reality of hookup apps and that people often aren’t what they say they are. I wonder how often this happens for straight people on tinder and other dating apps. Perhaps that could be a future research question. I think if there is a difference in the number of catfish straight people encounter on dating apps versus the number encountered by gay people that could explain the finding from aforementioned study.



During this two week period of discussion on the social/communicative elements of hookup culture, we as a classes explored the different ways that a person may communicate that they are interested and willing to partake in a “hookup.” Some of the topics under the social/communicative aspects of hookups include using various dating apps, the elements of ghosting and friends with benefits, and sexting. While these are only a few of the multiple ideas that our class came up with, I thought we were right on track in how these all play a part in hookup culture. All of these subtopics have one thing in common: no commitment. When participating in a hookup, one of the key goals is to make it quick and have no strings attached. Using dating apps already insinuates that you are looking for a temporary fling, so that fits with our definition well. Sexting and ghosting are also associated with brief sexual consensual interactions, which also fits the definition. If done right, friends with benefits (FWB) can also have no commitment, but that may get sticky if one person develops feelings because you are around each other often, considering you are friends.

When people use these various techniques to have a hookup, it often results in a clean sexual interaction that both parties enjoy. However, things don’t always go to plan, which can cause one person to have regrets. For example, if a person joined Tinder to

find a partner that they wanted to have a romantic relationship with and date, but they only receive messages that allude to having a quick hookup, they may reevaluate if they want to continue to use that app. A person can learn from that past decision that maybe dating apps such as Tinder aren't so much for dating, but rather for hookups, and go on to try and find a romantic partner in a different way, whether that be in-person interactions or a different, more serious dating app, like Match.com. I am a firm believer that in order to find what you want and like, it is probably a good idea to have some experiences that you dislike so you can confirm what you are actually trying to achieve, whether that be for dating or any other aspect in life.

Looking back at my groups annotated bibliography, we didn't have a wide array of sources for this week's topic of social/communicative. However, during the activity we did in class on Tuesday where people from each group went around to the other groups in class to present their findings made me learn a few new interesting things about the social/communicative aspects of hookup culture. One of the presenters talked this source that said we use social media so much today that we make a judgement about someone's character based off their pictures they post on Instagram, for example. Whether we realize it or not, these false perceptions contribute to us deciding if we want to engage in a hookup with that person before we know anything about them or meet them in person! I thought that was very interesting because I don't think people today realize just how much social media affects us until we actually have conversations about it.

My personal experience with the social/communicative aspects of hookup culture has to do with friends with benefits (FWB), and how that can derail real fast. Last summer, my ex and I broke up and decided that we would still be friends. We didn't talk for the rest of the summer which allowed for both of us to sort of heal, but once school came back around in the fall, we were around each other more often because we are part of the same friend group. Long story short, we started talking again, and ended up hookup up

a few times, but we both clarified that it didn't mean anything and that we were still just friends. However, being the emotional fool that I am, I started to catch feelings again regardless, so the whole FWB thing wasn't so beneficial because I caught those feelings. The whole point of FWB is to not get attached, which I clearly was having a hard time with. We have stopped hooking up, but I still have those feelings regardless, so to an extent, I do regret hooking up because now it feels like we broke up all over again, but young people make mistakes, and you live and you learn. I just have to keep my head up and push through it all.



Our class definition of hookup does not really address the idea of social/communicative. This I feel is because the social aspect is more the means of a hookup instead of the definition of a hookup. You do not define the means of crime in the definition so why would we with hookup. It would complicate the definition much too far and is more easily discussed than defined.

I think that this week I learned the most when discussing the use of dating apps. Dating apps are continuously coming out and getting increasingly more popular. Dating apps are often equated to “Hookup” apps in the sense that very few people use them for dating anymore. This is how most people find their sexual encounters. It is often discussed throughout class times that parties were the main source of find hookups prior too these apps creations. While people may still find themselves hooking up with people they met at bars and parties, if they are a heavy participant in the hookup culture, they are now likely using these apps.

My team used a Tumblr page as a resource for the category of social and communicative. This page for us, showed a view from someone within the hookup culture itself. Scrolling through the blog you will find that the author covers many topics from friends with benefits to consent to statistics on sex and hookups. This is the source we chose because it shows a different perspective

on the social category, as we feel using this social media platform to educate on hookup culture is a way of defining social/communicative in hookup culture.

I personally use dating apps as my way of socializing in the hookup culture. There's a weird stigma behind them still I feel, so I don't really talk about it with my friends. The people I meet on the app are usually looking for a friends with benefits type relationship but I have found a few people who are more for a one night thing. The idea of ghosting happens to me semi-frequently and I found that it happen more frequently with those who do not want the friends with benefits thing. Ghosting to me often is people leaving me on delivered or read, but I have had a few people unadd me on snapchat or block me. The worst ghosting experience I had was with a frat guy where I went over, he gave me his snap and sent me one snapchat. He left my snapchat on delivered for 3 days and then blocked me. It was the first time I had been ghosted after the actual hookup as opposed to before I even met them. At the time I was really new into the hookup culture so it was kind of jarring in the sense that everyone I had sex with before was emotionally invested in me as well.



Hookups... How do we define that accurately? For the past two weeks, our Hookup Culture class has been discussing the phenomena of hooking up in regards to the social and communicative aspect of it. Social and communicative elements refer to the ways in which people discuss hooking up. When thinking about this topic in relation to our class definition, I think it is the most genuine form of socializing and communicating what hooking up means to us. This category includes things such as social media and how people use that to seek hookups, what dating apps communicate, what it means to “ghost” someone, sexting as a form of communicating hookups, the idea of consent, being friends with benefits, disclosing possible STD’s, and how substances tie

into hooking up. All of these elements relate to how people talk about hooking up, whether they are discussing the hookup after it has occurred, using communication to get a hookup, and communicating during a hookup as well. An important element of being able to communicate sexual activities such as hooking up is to have a usable definition about what it all means. I think our definition is a good reference point for college students in the hookup culture when they are thinking about and communicating it.

A big aspect that caught my attention when researching social/communicative elements was how the concept of ghosting ties in with hookup culture, which was briefly mentioned in Lisa Wade's book, *American Hookup: The New Culture of Sex on Campus*.. Relating back to our definition, we explicitly say that a hookup has to communicate a lack of commitment, aka 'no strings attached.' My personal definition of ghosting is the act of completely cutting off all contact with a person following a hookup without offering any explanation as to why. As we've learned through both discussions and research however, ghosting still bothers people, even if they already know and have established that the hookup was meaningless. I believe that if you are considering yourself to be hooking up with someone, you can't accept them to communicate with you after. That's just something that has been established in the realm of college hookup culture. In a way, it can be potentially bad that that is the norm. It has been said to decrease self-esteem sometimes, causing the person getting ghosted to think that something is 'wrong with them' for example. I think if a person wants to hook-up and has certain expectations for what that means differently than our definition that it is important to say that to the person they're hooking up with so there is a mutual understanding between them.

Because it was the most interesting element of the category to me, I spent a great deal of time researching ghosting, as I said before. I found a really interesting article about research by Krossa, Bermana, Mischelb, Smith, and Wager demonstrating the effects of social rejection and the impacts it has on people (2011). In a survey

conducted on a college campus, 64% thought that being ghosted was their fault, even if nothing had truly sparked the ghosting act from their end. In the human brain, rejection has a very negative effect on someone. Humans have an inborn need to want to feel socially accepted so when that need isn't met, it naturally makes us unhappy. It can actually even cause physical pain even though that sounds bizarre to say about a hookup. So, the fact of it is that ghosting does in fact have a negative effect on some people even though it is considered a slight social norm in the hookup culture of college campuses.

In my own personal experience of hooking up in terms of the social and communicative aspect, I have found that I am generally open about the topic. I actually find it fun to communicate about my hookup life with my roommates and have them share their experiences as well. It's honestly a learning resource to understand how other people hookup. When I do hook-up with people, I make it very clear what I expect. I like the no strings attached approach, however if I could see a potential romantic outcome in the end, I might interact differently within that hook-up to communicate that I don't want to be ghosted and that I want to remain in contact, or maybe just remain hooking up honestly! I don't think there's anything wrong with hooking up in general, let alone talking about it. Everyone has the need for intimacy as well as sexual interactions. I think the more we have classes like this and are able to openly discuss such a popular and relevant topic, we can normalize the topic of hooking up.



During this two-week period, we have been discussing the category of Social/Communicative. Within this category we, as a class, established the subcategories to be social media, match.com vs. tinder, ghosting, sexting, consensual, friends with benefits, disclosure of possible STDs, drinking/intoxication, substances, opportunities for “hooking” up. In our class definition of “hookup”

culture, one of the subcategories of the social/communicative category is “consensual.” My personal definition aligns with our class definition very well. Especially the part about consensual. I believe that consensual is a very big part of “hookup” culture. Also, the subcategory of match.com vs. tinder is a very big part of “hookup” culture. The dating app, Tinder, is the most popular way to initiate “hooking” up with someone.

One of the major differences between past “hookup” culture and present “hookup” culture is match.com vs. Tinder. In the past, match.com was a big part of “hookup” culture. It was one of the most popular dating apps. Now, almost every college student uses tinder or has used tinder at one point or another. Tinder is the most popular way for college students to find potential “hookup” partners. Another main app that is very involved in “hookup” culture is Snapchat. Snapchat plays a big role is the sexting part of “hookup” culture. Young teens and college students will use Snapchat to sext another person because it is “safer” than over regular text messaging because the snapchat will disappear. Then there will be little to no evidence that it ever happened.

My team found TedTalk about consensual. In the TedTalk, Emily Nagoski talked about how our bodies physiological respond to a sexual interaction. We are not in control of our body’s physiological responses to a sexual interaction. Emily talks about just because our bodies respond to a sexual interaction in a certain way does not mean that we are consenting to anything.

All of my experiences in “hookup” culture have been consensual experiences. I have never used Tinder to hook up with someone. Through my experiences, I have found that social media plays a very big role in “hookup” culture. Most people will use social media to “get to know” someone before actually getting to know them. People do this by seeing what they post, what they like and who they follow.



Our class definition does not clarify the environment “hookup”

culture takes place in, or the social/communicative ways which lead a “hookup” to occur. I think that our definition should not include this aspect because there are so many ways, series of events, and atmospheres “hook ups” can occur. Therefore, our class definition connects with my personal definition as it relates to the category, “Social/Communicative.” These elements are clarified within the subcategories of our category “Social/Communicative,” which will be a chapter in our book. From my experience as a college student in the present day, I believe that social media, dating apps and partying atmospheres, which may include drinking and substance use, has the greatest impact on “hook up culture” for my age group. As for social media, someone may begin to “like” someone’s pictures on Instagram as a way of catching the individual’s attention, and then proceed to send them a direct message. This is perceived as flirting and shows that the person who is making the advancements is interested in being something more than strangers or friends. As for dating apps, Tinder and Grindr are very popular for our age range. I am not sure how Grindr works, but on Tinder, one creates a profile with a few of their most flattering pictures, their age and a biography. Then, they select how many miles away they want their potential partner to be within, and the age range they are interested in. After these steps are taken, one begins swiping through potential matches and messaging each other to see whether or not they are interested in one another. Although this is a “dating” app, on Michigan State’s campus it is known as a way to find “hook ups,” not find a potential dating partner. As for partying, this atmosphere can sometimes lead to individuals choosing to use substances. Alcohol is sometimes referred to as “liquid courage,” and the effects of this and other substances on the persons’ brain, may lead them to feel more comfortable with “hooking up.”

Both of the Bogle and Wade readings explain social and communicative aspects of “hookup culture” (2008; 2017). Bogle addressed throughout her book that the most common places to find “hookups” in college are at dorms, parties and bars (2008). From my experience as a current college student, I would completely

agree with this statement. Bogle and Wade also express that alcohol consumption is necessary for “hookups” to occur (2008; 2017). Wade believes that alcohol allows for people to obtain “liquid courage,” which makes them more likely to “hookup” than if they were sober (2017). I agree that intoxication may lead to a greater likelihood of “hooking up,” but I do not think you have to be drunk in order to engage in meaningless sex. As for establishing that the sex was in fact, meaningless, Wade describes that after a “hookup,” a reduction in rankings must occur between the two individuals. For example, if the individuals were friends before the “hookup,” they must be at minimum, acquaintances after. If they were already acquaintances, they must become strangers and ignore each other’s existence, which is “ghosting” (2017). On the other hand, the article “Ghosting redefined” by Christopher Trout, due to social media in the current day, “ghosting” is not as simple as the individual disappearing anymore, since they still typically follow the person’s social media accounts and “like” their posts (2019). This is a passive form of communication, but this goes to show that even when “typical” communication is cut off, their presence never really goes away.

My team, the Freaky Five, found one external resource while creating our annotated bibliography relating to the “Social/Communicative” category. This was a map titled, “Mapping State-by-State Tech Trends: Most Popular Dating Apps,” created by Rob Martin in March of 2019. This map shows the most popular dating app in each state. Tinder is ranked as the most popular dating app, followed by Match.com. Out of the 2,033 participants in the survey, 66% of individuals in the study stated that they use dating app, and 34% stated they did not. Therefore, we can conclude that using dating apps is a popular form of communication in our current culture. In regard to the last category we wrote our narrative about, “Groups,” this map also specifies which dating apps are used most frequently by different age groups. 38% of 18-24-year-olds prefer Tinder, and 32% of 25-34 year-olds prefer Plenty of Fish. Those who are 45-65+ years-old typically prefer Match.com.

I downloaded the Tinder app with a few friends once out of

curiosity, although none of us want to engage in “hookup culture.” We all created profiles and swiped through hundreds of pictures of men for about an hour. After receiving many messages, most insinuating “hooking up,” I never responded to any of them because I did not want to mislead anyone, and then proceeded to delete the app. As for other social media, predominantly Instagram, after I post a picture, sometimes I will receive messages from guys regarding my appearance or wanting to “hangout.” I cannot help but perceive these messages as advancements to “hook up” due to our current culture in college. Finally, when I go out to a party and a guy asks me if I want to “hangout” after, I feel more inclined to due to the “let loose and have fun” type of atmosphere that parties have, but ultimately say no after reflecting on my morals and values.



From weeks 6 to 7 of the course we discussed hookup culture in relation to social/ communicative. We identified category elements such as social media, Tinder, consensual, friends with benefits, drinking and hookup opportunities. “Hookup” culture was defined as a consensual intimate interaction that is sexual between 2+ people without commitment. I think the definition is great in specifying without commitment which I believe to be a key element of hookup culture. Additionally, I connect with hookups being defined as consensual since I consider hookups to be something fun for everyone involved.

I personally strongly disagree with several points Wade discussed in the NPR interview and my team elaborated on these points in our discussions as well. First, Wade states to establish meaninglessness, a person cannot engage in more than two hookups with the same person (2020). I am curious if this is different between guys and girls? Being a girl, I would prefer my hookups to be with the same people as this does not increase my body count or give me a representation of ‘getting around’. Second, Wade states meaninglessness is communicated through being drunk, although I highly disagree

(2020). Although drinking plays a significant role in the social aspect on college campuses, it is not required to be drunk or even to take it as far to 'appear to be drunk'. Third, Wade's comment that hookup culture for women is "not a conversation but more of a "You are going to do now what I want you to do" was extremely bothersome to me (2020). Hooking up is consensual and fun and in no way should one person have more power over the other. What Wade is explaining there in my opinion is rape/sexual assault and should not be combined with hookup culture (2020).

Our team's external sources include an article on the complexities of sexual consent among college students and a documentary on social media apps. The article explained how intoxication can create controversy over consent. As I mentioned earlier, hookups are defined as consensual so this article did not resonate with me much in regard to the topic of hookup culture and found it more related to the drinking culture. The documentary elaborated how over the past few years young people have adopted many social media platforms which enable connections and affect the ways people date. The director points out that the goal of platforms such as tinder is to get people to use them as much as possible. It mentions the design of the swipe was inspired by a controversial experiment conducted by a behavioral psychologist and from this I see an overlap between the social media element and psychology category.

Personally I have experience with tinder, friends with benefits, and drinking contributing to hookups. When I was single, I was actively on tinder although more per say out of boredom and entertainment. It's always exciting to match with someone attractive and receive messages. Out of the thousand connections I have only met up with four people off of tinder, and two of which I hooked up with. I think the main reason I felt comfortable meeting up with these guys off tinder was because once we connected on snapchat and Instagram, I discovered mutual friends and then asked my friends what they think about that person. This relates to how females seek approval although in this scenario it was less of approval and more of a confirmation these guys were normal, worth

my time to meet up with and I was going to be in a safe situation. Overall from my experiences, tinder and other social media apps offer a great way for people to connect which can lead to hooking up but does not necessarily have to.



I personally have a very similar definition to our class definition. I believe hooking up is having a sexual relationship. Although kissing is a form of hooking up, personally I don't believe that that 'counts' as hooking up. I think our class definition relates very closely to this week's topic of social and communicative. I personally think that social media and dating apps have allowed for the hooking up culture to be a bit more normalized maybe. It has also allowed for it to not just be about getting drunk and having to go to frat parties or bars, you can match with someone and go straight to their house if you want. It is very easy and convenient to hookup.

I think this week by biggest takeaway was how popular Tinder is and how normalized it has become. When we were going in groups, most groups talked about different articles they talked about and over 90% of them were some sort of article talking about tinder and how popular it is on college campuses.

We had a few articles that talked about data points with tinder. A really interesting quote from one of them is that although when we are young we are taught to not talk to strangers and not meet up with anyone from the internet and all that. With tinder and the concept of it, that is exactly what we are doing. "We are meeting up with virtual stranger on an everyday basis and having sex with them, thinking that that has always been normal". We also talked about snapchat and the fact that it means less commitment, similar to tinder. You don't necessarily give out your phone number and giving someone your snapchat, doesn't mean that you're going to date them. It usually is just a brief interaction.

I have a tinder that I use fairly regularly. Mainly when I am drunk, or bored in bed, I'll go through tinder and see what kind of guys are

around me and who wants to match and talk. I have been on two tinder hookups and both have been bad experiences just because the guys were both soooooo much weirder in person than they seemed when we talked. I still hooked up with them but definitely wouldn't do it again with them – haha. Generally, if I want to hook up with someone I will go to frat parties at frats that I know guys at, and that I know something more will probably happen.



The focus category for weeks 6-7 was social and communicative. Through class discussions we have defined a “hookup” as a consensual, intimate interaction that is sexual between 2+ people without commitment. This definition relates to the category of social/ communicative because “hook ups” can occur in various social settings and under different circumstances. I feel this category also relates well with the “hook up” culture on college campuses since lots of interactions and “hook ups” may happen through different social media platforms. For example, many people meet others through dating apps and communicate via these platforms too. With additional class discussions of “hook up” culture I still think the term “hook up” is vague and can be interpreted differently depending on an individual's personal definition.

Focusing on the category of social/ communicative both the books we have chosen to read by Lisa Wade and Kathleen A. Bogle have items that connect to this category. One item that stood out to me was from Bogle was when she stated, “college students tend to ‘hang out’ socially in groups at dorms, parties, or bars...although the groups at the beginning of the evening may be single-sex, It does not stay that way for long” (29). This shows that people expect “hook ups” to occur in these different environments, even if they weren't planning on “hooking up.” Another item that stood out to me was in Wade's Chapter 1, when she describes the different steps involved in a “hook up.” One of the steps includes drinking and being intoxicated, Wade even uses the term “liquid courage” to

describe how alcohol can ease an individual's nerves and allow them to loosen up. I think many people use "liquid courage" to help give themselves confidence and courage to do things they might have feared doing without alcohol. Another aspect of social/communicative that I feel is common with modern "hook up" culture is ghosting. In the article, *Exes Explain Ghosting, the Ultimate Silent Treatment* by Valeriya Safronova the author interviews individuals to get their take on the concept of ghosting. The article states, "many of those who have ghosted are contrite, citing their own fear, insecurity and immaturity" these seems to be the common reasons people will ghost others. I do feel people ghost others when they are afraid of hurting someone by telling them how they feel. I think all these items play into modern "hook up" culture.

During our initial research as a team, we found a cool graphic showing the most popular dating apps used in different states. This graphic was very interesting as there were some apps I was not familiar with and apps in areas I would not have expected. For example, in Michigan the most popular app was Match.com and I was surprised to see that. I think I was expecting an app such as Tinder or Bumble because I am familiar with a college campus and those apps are most commonly used. It is important to remember "hook up" culture can occur in all age groups and this could be why some apps are more popular in some states.

From my personal experience, I feel like social media does play a large role in current "hook up" culture. Many of my friends and other peers use dating apps such as Tinder or Bumble to flirt with people and find potential hook up opportunities. Another popular social media platform being used is Snapchat. Often when people meet while out, it seems more common for them to exchange snapchats rather than phone numbers. I feel this aspect makes things less meaningful and can be associated with "hook up" culture since we defined a hook up as something without commitment. Snapchat is also a way for people to easily ghost people they no longer are interested in getting to know.



The past two weeks we have discussed “hookup” culture with a primary focus on the topic of Social and Communicative aspect. I have stated in a previous Reflective Narrative that I personally agree with our definition of “hookup” culture, but within regards to the Social and Communicative aspect of “hookup” culture we fail to mention anything relating to this topic in our definition. I believe our definition could be revised with the thought of the social and communicative aspect being involved in that definition as it is such a huge part of “hookup” culture now.

When we reflect over the history of “hookup” culture it has changed greatly from decade to decade, but it has completely been revolutionized since social media has entered and became such a distinct part of our everyday lives. People are in constant communication today and apps such as Tinder, Grinder, Snapchat, Instagram, and many others have enhanced “hookup” culture and made it spread it rapidly. These apps have allowed people to connect with others that might have never crossed path in life if it would not have been for that app. This easy access to sexual encounters has never occurred before and it has caused “hookup” culture to increase greatly across the United States. One major difference from past “hookup” cultures to now can be seen in this quote from, *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*, stating; “Social media and texting are partially to blame for kids taking “flirty” messages too far and has made it hard for boys to understand consent because people are not learning how to read facial expressions and social cues at young ages.” This idea of not being able to see the other person while communicating can be difficult and may become a bigger problem for future generations as children are having access to social media and phones at much younger ages now.

For the past two weeks my team has discussed a lot of the different aspects involving the Social and Communicative aspect of

“hookup” culture. One of the main things we talked about was how social media has raised the amount of communication we have with others greatly compared to past generations. One quote we debated over quite a bit was, “We’re all Ph.D.’s in Internet stalking these days. Online research makes the first date feel unnecessary, because it creates a false sense of intimacy” (Hagelin 2013). We also shared this quote with other groups in our round group discussion on Tuesday. We believe this quote is quite accurate and shows the magnitude social media plays on “hookup” culture and relationships in general.

As a female, white, college student I have found the Social and Communicative aspect of “hookup” culture to be very prominent in today’s culture surrounding this topic. I have personally made my own judgements about people through there Instagram profiles and this plays a big part when it comes to if I were to want to “hookup” with that person in the future or not. I also have noticed that in a lot of cases if someone wants to hit on another person in the hopes of it leading to a hookup they will ask “Can I have your Snapchat?” This would then lead to prior flirtatious contact before the actual hookup. Overall, I think the social and communicative aspect of “hookup” culture is an incredibly important aspect and is very influential in our society today.



I think our class definition of “hookup culture” represents what is meant by a modern hookup. I think our definition suggests that hookups are easy to find and a widely common thing because the technology we have available makes hooking up easy. Social media drives hookup culture. Following other people, seeing their pictures, messaging them, etc. Social media makes people accessible and desirable. Dating apps also drive hookup culture. There are so many different dating apps, some are more serious than others. Tinder and Grindr are mainly used by people looking for a hookup or a one night stand. Hinge and Match.com are typically used by people looking for a more serious relationship, not just a hookup.

Something that I found very interesting during group discussion was that having a good relationship with a caregiver growing up leads to less sexting as an adult, and having a bad relationship with a caregiver growing up leads to more sexting as an adult. This was shared by another group and I think it's very interesting to think about the psychology behind what makes people want to hookup or engage in that kind of behavior, or not. I thought this fact shared by another group was interesting, because I personally don't think anything is wrong with consensual sexting, and the fact seems to be putting the blame on people who sext by saying that they might have been neglected in some way. I don't know much about psychology but this is a topic I'm definitely interested in learning more about.

Our group found a TED talk about consent. The video talks about the concept of arousal non-concordance, which is the lack of predictive relationship between physiological response and subjective experience of pleasure and desire, which basically means that someone could feel a certain way and their body does not reflect that. This TED talk was fascinating to me, because this was a topic I have never heard of, yet it explained so much. Many times, sex-related stimuli is taken as consent, and many times, that is not true. There needs to be a conversation about clear consent. I thought this topic was interesting because it's something I've never thought about. Now I think that it is extra important to get clear, verbal consent and to never make assumptions about what someone wants in response to what their might is showing.

I have never used any hookup apps or 'friends with benefits' or anything. But plenty of my friends do. Most of my friends either have Tinder or Bumble or have a 'friend with benefits.' It's honestly kind of fun to watch them get excited when they match with someone or when someone messages them about hanging out, but I don't think I could ever personally engage in any of that. I like how accessible it all is, but I do think it's important to be careful and cautious about who you might meet and how well you know them.



The social/communicative category is arguably one of the most important parts of researching and talking about hookup culture. To start wit, Tinder is a popular way to hook up with people today. Almost every single person I know has Tinder, but only 5-6 people from that group actually use it to hookup. Although I would most likely never use it to hookup, my friends that do love it. Usually it's just a one-night stand and then they never talk after. I get why people sometimes need that itch scratched, but it just seems like a very weird dynamic to me. Just the fact of meeting up with some random guy and having sex with a complete stranger that you met online just makes me nervous.

One thing I enjoyed during class this week was when all of the different groups got an insight to what the other groups are researching. One piece of research that was presented that really stood out was that “Match.com” is one of the most popular dating sites in the country. I know it is directed towards middle aged people and seems like it is more for finding a relationship, but I wonder if some people use it to hook up. I really want to research this aspect and see if middle aged people do pretty much the same thing as young adults do when it comes to hooking up with strangers online.

Another aspect that is very interesting in the social/communicative category is discussing STDs before you are about to hook up. I feel like this is a very necessary part before you have sex with someone. The first time I had sex I did not even ask my boyfriend of his sexual history. I did that after the fact, which really was a stupid decision I made. He said he was clean but STD testing was not a thing for people in his life. (He grew up in a super small town where a lot of people just had sex with each other and no one got tested.) There was one point when we got into a conversation about STDs and he really thought that even if you “just put the tip in” that you could not get an STD. That made me so nervous and

made me realize how much sex education needs to be taught better, especially in small towns. Personally, with me and my friends we talk about STDs very comfortably and all my friends that participate in hookup culture regularly get tested. But as I said before, I feel like schools do an AWFUL job at teaching everyone that you should communicate to your sexual partners about STDs and how exactly you can get them. Many people even now don't know that you can contract STDs from just oral sex. So, in this book we should address the truths and myths about STDs and really just make it an informational chapter about using condoms and being safe during sex. Maybe even adding places you could get tested would be a great idea too.

Ghosting is also a huge part of the social/communicative part of hookup culture. I feel like ghosting is only okay if someone is constantly bugging you and being quite overbearing. Because personally that is a huge turnoff if you are very all up in my Kool-Aid. I do not think that ghosting is okay when you just hooked up with someone and used them to just have sex. I feel like if you want to just have sex and nothing more you should just communicate your feelings to them. One of my friends had sex with this boy and asked him if it was “just a one night thing or if they are going to continue hooking up”. She even said that she was fine with either, but he never answered. I really think that you should at least give them some sort of response and communicate what you want so no one gets hurt and things do not get messy.



I view the social/communicative aspect of hookup culture one of the most, if not the most important. What people are taught on social media and through their peers is what shapes the culture as a whole. What students see on Twitter and Instagram and what they see on Tinder and other mediums through which people hookup is that the culture is perpetuated and constantly upheld.

What people are taught and accustomed to shapes how they act.

If one is surrounded by people who party a lot and enjoy the hookup culture, they will at some point most likely partake in it as well. Peer pressure and seeing what others do pushes people to act in ways they might not if they weren't with those certain people. If one downloads tinder and judges swiping decisions based on looks and not a mix of looks and personality, then that will inevitably lead to the perpetuation of hookup culture.

Social media does an excellent (or awful?) job at upholding the status quo when it comes to hookup culture. The sexualizing of women through fashion, rumors, magazines, etc only leads many to sexualize everything they see. The watching of porn for many at a youngish age when the brain can't possibly comprehend the implications is crucial. For many boys, that shapes how they view women. Many guys I have known therefore value certain physical characteristics that are pretty unimportant. Many women do the same thing however, by also valuing the physical characteristics they see in their favorite actors and models and such. These unfair standards not only leave a lot of people out, but also contribute to the physical attractiveness prioritization. This prioritizes being into someone for how they look not who they are, which will mean shorter interactions, usually physical. That is the typical hookup situation that many college students face today. This can be not unhealthy if people understand the situation and don't place too many expectations. Viewing hookups as gross or dumb is naive. They can serve as not just emotional support, but they can also alleviate stress. Often times however, it becomes a situation where one person has certain expectations while the other does not. This leads to stupid games being played, perpetuated by social cues and other people, to manipulate and push those people away. That hurts many people and leads to increased depression and other mental health issues. What some people do is not representative of everyone, but unfortunately, as in most places, those are the loudest most visible people. One does not hear or see much about people who do not partake as they are not out and about. Those who are

often the ones the most visible and the most rowdy. This leads to false views of society, and unhealthy expectations

Social/Communicative is what impacts young people the most in my opinion. The combination of a variety of factors that then lead to social pressures and stressful situations is what keeps the hookup culture alive and well. This will not change any time soon. Too many people need that culture to keep their sanity and to maintain their perceived social standing. I do not advocate for the end of the culture, but to a better understanding of it, and for people to understand they can do what they want or who they want, but they should not feel any pressure to and if they don't or do not want to, they should not feel left out.

PART III

PSYCHOLOGICAL

Elements:

Pressure

Post-rape

Gender differences

Trauma

How they dress

Emotional suppression/catching feelings

Weight/body image



Chapter Summary

In the following chapter, our class explored the psychological effects that hookups may have on our person's. No matter how hard we try, our brains always have influence on our actions and emotions, which can be beneficial or detrimental when participating in hookup culture; it all depends on the participant's perception of the situation. Throughout this chapter, we touch on the ways that our emotions affect our ability to suppress "catching feelings" for the other individual(s), along with pressure that may be felt and may cause us to feel like participating in hookup culture is something that we should do, instead of it being a personal choice. Occasionally, this pressure can lead to unpleasant situations, and leave lasting trauma, especially in non-consensual interactions. On the opposite spectrum, our psychological processes contribute to the types of people we are interested in when we want to pursue a hookup. As much as we would like a hookup to be carefree, careless, and spontaneous, there are countless neurological steps and decisions that are taken before we commit to hooking up with someone, and most of these are done without actual cognition of what is happening.

Our psychological biases determine how we perceive a hookup and those who participate in hookup culture. In Michael Castleman's article, "The Surprising Truth About Modern Hook-Ups" featured on Psychology Today, he explores the different ways in which people experienced hookup culture. In the past, there were other methods used for initiating hookup, which include where the people met. For example, Castleman states in his article that in the late 80s to mid-90s the dominant place that people met was a party. Later in 2002, and even in today's age, there are more options for meeting people, like a friend's house, or even dating apps. Castleman's article goes on to talk about other aspects of hookup culture which include the possibility of exploiting women, along with the potential threat

that hookups may pose to the development of long-term relationships.

In Mark Regnerus and Jeremy Uecker's book, "Premarital Sex in America", the two delve into research on how sexual hookups may affect one's emotional health and stability. Research was conducted on male and female participants and questions were asked about how often they hookup, along with how they feel post-sexual interaction. From the samples they obtained, they saw that women who have more sexual hookups and partners tend to have slightly higher rates of depression and malaise. This was contrasted when it came to the findings on men, which stated that there was no correlation between the two (hookup partners and depression/malaise). The researchers concluded that the ability a person has to separate their feelings and emotions from a hookup determines how well they are able to cope with the sexual experience.

Reflections

Personally, I think our class definition perfectly describes the culture most of us live in. Most people our age (college students) aren't in serious relationships, most of us will not be marrying the person we are currently sleeping with and most of us talk to more than one person at a time in the hopes of having sex. What our definition doesn't cover is what that does to a person's head. So many college aged students have mental health issues, and while I am not saying these issues stem directly from hookup culture, I do think hookup culture plays a part. According to Psychology Today's Susan Krauss Whitbourne Ph.D., "Researchers examining the mental health associations of hookup sex also report that participants who were not depressed before showed more depressive symptoms and loneliness after engaging in casual sex" (2013). Meaning that participants in the study were actually sadder after they had casual sex than they were before. College aged kids seem to be against relationships because they don't want anyone holding them back, but they still want the benefits that would come from a relationship (i.e. sex and attention).

According to our definition (and the culture's norms) there should be no commitment and you should not get attached. However, that is rarely the case. Many times one person will develop feelings toward the other. I am guilty of this as well; I have been sleeping with the same person for two years, we are not dating, and it is casual- we have never had "the talk" and we are both free to see other people. However, I do like him and could potentially see myself dating him if the opportunity ever arose. According to our definition, I should not have those feelings. I should only be in it for the sex. But ultimately, that is not human nature. Human nature is to care for others and to be a part of something that means more than sex. I know most of us will get there someday, but until then I

think we are doing what believe we are supposed to be doing at this point in our lives.



Although our definition covers a lot of the aspects of “hookup” culture because of its broadness, I feel as though the definition does not do justice to everyone individually. Everyone has their own definition of hooking up and “hookup” culture, so I feel as though our class definition wouldn’t apply to every group or person. Me personally, I can connect to this definition when I think of “hooking up” I think of sexual intercourse of any kind between people who are not together. This definition especially applies to “hookup” culture in my generation because hooking up and friends with benefits is a mind game to some. People get manipulated or sweet talked into hooking up or mixed signals are given and feelings end up getting hurt.

Something that resonated with me in this week’s category was that the term “hooking up” is widely known to be something where no feelings are supposed to be attached. With that being said, many people go into a hook up or friends with benefits situation with the intent to not bring their feelings along, but most of the time that is what ends up happening. What’s even more interesting is that women are always portrayed to be the ones who catch feelings from a hook up or friends with benefits (unless it’s a random one night stand) and we get our feelings hurt. Yes women are more emotional beings, but I believe men go through it too.

Key points my team made about the psychological element are that hook up culture is ruining our generation’s ideas of sex, relationships, and romance, Donna Freitas researched this concept by surveying thousands of college students and different types of universities. She found that college students hooking up was connected to isolation, loneliness, and boredom. Hook up culture has also stopped college students from pursuing long-term

romantic relationships because so many of us conform to the norms of hooking up and don't bother stepping outside of the box.

In my personal experience, hookup culture played huge mind games on me that were not healthy. I was the one who would catch feelings or past feelings would come back even though they would make clear in the beginning what we were doing. But as always, as things progress, words and boundaries would get blurred making it hard to know what was going on. They would act as if they wanted something but would "ghost" me or barely text back, and I would be the one left waiting for them to say or do something.



Throughout the past few weeks we have developed and discussed the psychological aspect of what hookup culture is. I really related to the class definition of "hookup" because it personally followed my beliefs of hooking up. Not only this; I also believe that the definition of hooking up is fluid and that also relates to my definition. I think that the definition being fluid allows individuals to identify and find their place inside the culture. This allows for everyone to connect on some level within the community. This all leads back to the connection people want from others.

I really enjoyed talking about the psychological part of hooking up because this part affects almost everyone in some way. If certain people come off in the wrong way the hookup probably won't happen. This could happen from someone being too straight forward and scaring the potential person away. Another outcome could be that you don't show your intentions at all leading to yourself entering a state of friend zone or potentially nothing at all. Lastly this can change depending on what people want and what rules they have established for themselves. If someone doesn't hook up on the first day knowing someone ever this could lead to a whole new situation that requires more work and effort to achieve whatever goal is intended.

This week the group discussion of hooking up led to many

discoveries for our group. This later developed into many important discoveries about the psychological aspect. The process of hooking up involves a place to start. Whatever this place is on an app on your phone, or a bar/party we have to communicate in these situations. If some people do not understand the idea of a hook up this can make them have a completely different idea or feeling during these situations. Furthermore, questions came up about what happens after the hookup. Does getting ghosted or even if people talk about you after it is done. These issues are seen as important but largely don't cause too many problems for the culture. With this in mind we even noticed that there are this involve using a script as well. People have to talk their way into the situation sometimes and this can be a process and isn't always successful. Not only this but different groups and people are all affected differently by these situations making it difficult to understand its full psychological effects.

One thing that was really interesting to me is that people get upset by hookup culture.

This was really interesting to me because it shows that not everyone understands the rules of hooking up. Even more so even when people communicate there wants from a situation some people can still get the wrong idea. This can happen when someone says they only want to hookup and one party ends up getting attached for some reason even though they know what is going on. This can send the wrong message and make one party change their mind on everything. This violates the rules of hook up culture which could lead to the ghosting or other negative outcomes. This is why I feel hookups become complicated because not everyone is on the same page. This makes me think that people need a certain level of maturity to participate in the culture without experiencing any of the negative psychological effects.



The focus of these two weeks has been the Psychological aspect of the hookup culture. I believe that the phrase “without

commitment” that we as a class include in the definition is very important. Personally, if I am just hooking up with an individual, whether it be a one-night stand or it happens more frequently, that is really all that it is. It is simply “skinful lust,” and I believe that does have a certain psychological impact on those involved. For example, almost a year ago I had a FWB situation going on with a girl and she wanted more out of our relationship. However, I am moving to a different state in a few months to start a new job so I am not looking to start something that will very quickly turn into a long-distance relationship. So I explained this to her and she understood but told me she couldn’t keep seeing me. I totally understood, but I found myself feeling bad. I was asking myself: “was I being mean,” “did I lead her on and then just ‘drop’ her?” So, while we both knew what we were getting into, and both enjoyed it a lot there was still psychological impact to both of us.

While the hookup culture is still relatively new, people have been looking into this subject. One interesting article that I found discussed how people who participate in the hookup culture tend to become “...more lonely and show depression symptoms after engaging in casual sex,” (Whitbourne 2013). Another very interesting facet of this article is that it states that a FWB situation is less damaging in psychological terms than “sex with a random stranger,” which is how Whitbourne defined the term casual sex (2013). While I believe in historical terms, people have always expressed themselves sexual frequently, I believe that the fact that most people are hooking up with random people after a night out or through Tinder is a relatively new addition to the hookup culture.

My team has been conducting research, specifically on the psychological impact of the hookup culture. One of the sources we have discovered is the Whitbourne article I previously referenced. This was a rather interesting article because it connects psychological damage, in terms of showing more depression-related symptoms, to the hookup culture. Another key aspect of this article was the fact that they found having a romantic partner or FWB situation do not lead to as bad of a psychological impact

(Whitbourne 2013). Another source discussed how more frequent participation in the hookup culture leads to “a greater negative perspective on hooking up” (Napper 2016). It also discusses how psychological aspects, like anxiety and depression, increase related to frequency of hooking up (2016). Ultimately these sources will be a great tool when we are conducting our final drafts for the book.

My own personal experiences with the hookup culture and specifically the psychological aspect of this culture are mostly all positive. It was a good time for both of us, and generally no one catches feelings or anything like that. However, when that does happen it ensures an awkward conversation that leaves at least one person not happy. I will also say that I agree with the article by Whitbourne, that FWB in my experience does not bring the negative psychological impacts. There have been times where after hooking up with a random person after a night of partying where I feel more alone then if I had not hooked up with the individual. There were also times when I would hookup with someone just to feel good about myself, which consequently I received the opposite result. I do think this is the most interesting aspect of the hookup culture that we have researched to date, and am excited to see what people write about and discover.



Our class definition relates to my personal definition of hookup culture regarding our class category of psychology because I believe consent and intimacy are highly important in the aspect of hookup culture. The consent of those involved in the act are incredibly important in my opinion in order to differentiate between a hookup and a sexual assault. This relates to the topic of psychology because of the trauma that can be involved around sexual assault or rather the lack there of in the case of a consensual hookup. I also believe the consent and intimacy deals with the subtopic within psychology of shame. Women have been consistently shamed for their involvements with hookup culture and they themselves sometimes

feel shame and self-guilt for taking part in it. This can have a major effect on their mental health.

I feel as though a major part of the foundation of hookup culture is in human evolution. This is due to several different social psychology theories regarding choice in partners. Throughout early history and reproduction, women have chosen reproductive partners based on who they believed would be able to protect them and their children by providing the best and largest amount of resources. Men, on the other hand, chose their partners based on different physical features that indicated whether or not the women would be able to successfully reproduce and tended to have multiple partners in order to have more offspring. The difference between this is due to the heavy amount of women's time and investment needed in order to carry and raise a child. Even though we don't hookup for reproductive purposes, sex is still rooted in the human brain as a means of reproduction. This means these evolutionary forces influence our hookups and our choice in partners. These forces can help describe why women might get attached to their hookup partners more easily than men do as well as why men with a massive amount of hookup partners might disgust women (lots of sexual partners = low amount of resources left over for mother and child). It can also help describe why men feel as though they may need a lot of hookup partners since it was so common in the past.

One of our team's resources for this category is a textbook called *Discovering Human Sexuality*. Within this textbook, it goes over different psychological concepts that help describe humans experience within sex and hookups. One of the subjects the book covers is attraction and how we choose other partners. One of the important concepts of attraction is symmetry; those whose faces are more symmetrical appear more attractive. This is because symmetry implies that the individual is more highly genetically evolved because of the lack of imperfections. Therefore, people choose partners based off this because of the potential of better genes for their children. The textbook also breaks down what men

and women find attractive in the opposite gender. In women, a big forehead, big eyes, and full lips were all deemed attractive qualities; all qualities that make a woman look younger. In men, a larger jaw, smaller forehead and bushy eyebrows were all deemed attractive qualities.

Being a psychology major, I tend to relate all my sexual and social experiences to psych already. I'm well aware of the shame I feel regarding my sexual experiences, especially those that relate to "hookup" culture. While I feel shame regarding sex in general, the shame with hookups is a different type of shame. It's a disgusting type of shame that makes my skin crawl and something that I've spent years trying to block out. It's something that makes me feel mentally weak and small. Something that I want to hide from as much as I can. Whether this be due to the shame that has been instilled in "hookup" culture or to other personal reasons, it's still something that appears to be somewhat common across women who have participated in hookup culture.



For the most part I agree with our definition of "hookup" culture, besides the part on the 2+ people. I don't see anything intimate about hooking up with more than one person. After learning and reading about psychological situations in hookup culture, I realized that the psychological impacts of hooking up coincide with attachment.

Hooking up comes with all different stages. Normally if you're hooking up with someone it isn't supposed to mean much; or if you go home with someone once it shouldn't mean anything at all. Yet, there can be a gray area when hooking up with people – maybe you agreed you wouldn't catch feelings, or maybe you entirely caught the wrong idea on what the other individual was thinking in the first place.

This unit made me reflect on my personal experience about the psychological affects that come with hooking up. I've had good

luck with friends with benefits and have been the one in the “relationship” that didn’t catch feelings. I ended up having to remove myself from talking to the guy, since it made him extremely upset that I didn’t feel the same about him. We later on became friends again but, he opened up to me on how he’d never want to so friends with benefits with a good friend.



I feel that the class definition of “‘hookup’ culture is a consensual, intimate interaction between 2+ people, without commitment” relates greatly to the psychological category. The elements of pressure, gender differences, body image, and emotional suppression/catching feelings all have to do with this idea of what hookup culture really is. The ones that I think relate most to the definition are the emotional suppression/catching feelings and the pressure aspects. I know that both the “consensual” and “without commitment” parts of the definition are very much so consistent with my idea of what hookup culture is. If a hookup doesn’t involve *consentuality*, then it is sexual assault. If someone goes into a hookup with the intention of something more feelings-based, then it is not technically a hookup. This is easier said than done, though. Personally, I think with my heart, so the idea of just giving myself to someone without having any feelings whatsoever, really doesn’t seem possible. I totally think that a hookup can lead to something more, but I just believe that a true hookup starts off without any commitment between the parties involved.

I feel like a real life consequence to not having this commitment less hookup can lead to emotional distress for one or all of the people involved. I know from experiences people have shared with me, that it is hard to have sex with someone and then just forget about them. Most of the stories I’ve heard that ended with this longing for something more have been shared by female friends of mine, but I feel like this can definitely happen with males, although, it is more often seen (by me) with females.

My team found an article discussing the impact hookup culture has on one's psychology, and how catching feelings is way more common than we like to admit. I feel like this is connected to the idea of ghosting, since it can lead to one being hurt. By this, I mean that if someone catches feelings and then is ghosted, they can experience emotional distress.

I personally have never been affected by any of this since I do not actively participate; however, I do feel that catching feelings (regardless of sexual intercourse) truly does exist more often than not.



We used quite vague terms when we originally defined hookup culture as a class because everyone has a different general definition for hooking up. This could lead to some misunderstanding so we decided to leave it more open. I do agree with all of the psychological aspects of hookup culture that our class outlined, however I probably wouldn't include some of these as part of my own idea. Some aspects like post-rape, body image, and trauma are not things that I have considered in the past because I've never had to worry about them but I think it is good that we covered these bases as a class.

I have in the past and am currently psychologically effected by hookup culture. Obviously there are certain times where this is a bigger deal than other times but it is always in my life. In the past I have felt that it was necessary to hook up with someone because of the pressure of the situation which in my opinion is still within my control and consent, but still something that I would have chosen not to do if given another chance. I'm sure many people have similar regretful stories were they were pressured to do something that they wouldn't have done with a clear head or in a different situation.

As a small group we decided to choose an interview for our psychology source about hookup culture. This interview was given by NPR so we have deemed it to be trustworthy in its dependability.

This interview brings up a really relatable and truthful statement in the fact that we are more sexual as a generation than our parents were but we don't have more sex than our parents' generation on average. This concludes that there is just more of a sexual atmosphere in this stage where there used to be a relationship centered atmosphere. College is an unusual time in life when many people are living alone for the first time in their lives. In my own words, this may cause a spark in sexual experimentation that people feel they can act on in a more open environment like a college campus. This slowly turns the whole focus of college free time into trying to find people to hook up with.

I don't have many more stories of specific times where I have been psychologically effected by hookup culture but in my day to day I do feel a small amount of social pressure to continue hooking up with people so I won't be the only one 'not getting any'.



When reviewing the class definition of hookup culture, the psychological aspect of hookup culture does not really have a connection to it. When I think of my own definition, I also don't find a connection between the two. Although I am unable to find a connection, I do feel that there are psychological aspects to hookup culture. In relation to the elements of this aspect, I find that emotional suppression would serve as the main component when discussing psychological aspects of hookup culture.

Not everyone is able to engage in my or the class' definition of hookup culture if they are unable to separate their feelings from these encounters. This issue could lead to a variety of problems due to one person having emotions that aren't shared by the other individual. I've learn that it is best to keep your feelings and emotions suppressed if you decide to engage in these encounters which would essentially prevent a person from getting hurt.

None of the resources my group researched discussed really discussed the psychological aspect of hookup culture. You could

argue in that in the documentary, *Swiped: Hooking Up in the Digital Age*, they cover some psychological elements not included in the class list. For example, the director included individuals who discussed how dating apps are used by some individuals to build their self-esteem. Also, they mentioned how easy it is to hook up with people in a timely manner so this could possibly contribute to the suppression of feelings element.

Based on personal experiences of hookup culture in relation to the psychological aspect of it, I can say that I have struggled to suppress my emotions at times which complicated things for me. In addition, there have been times where I was on the opposite and that also complicated things. I personally don't believe an individual can truly suppress all of their emotions in instances such as friend with benefits. These forms of relationships are essentially committed relationships without the title. I've been in some and I can attest that feelings and emotions easily present themselves in these arrangements.



So, for the last two weeks, the class has been focusing on the category “psychological.” I wanted to talk about when we read each other's reflective narratives in class, because I felt the one that I read had a lot to do with psychology. I thought the one that I read was really interesting because the student author brings up this idea of women as nurturers and men as providers, which could definitely be an explanatory factor in the differences in terms of shame in the hookup culture, in the double standards we see regarding a large number of hookups or hookup partners. It relates to this thing in social psychology called parental investment theory, which basically says that because women physically invest (and maybe emotionally) more into childbirth than men do, they are choosier when it comes to who they will have sex with. I believe this could lead to women overall hooking up less, and then this reality could kind of give way to the double standard we see today. What I think

maybe happened is women were choosier from the start and so when a woman hooks up a lot, people make the inference that she's less choosy. This inference isn't too problematic as it logically makes sense. If someone is doing something a lot, they probably aren't as choosy about what they do it with. Assuming that there isn't an endless supply of high-quality things that are needed for this person's activity. Anyways, I think there's a reality of women being choosier, and that reality becomes an idea we all hold over time- this led to the double standard. I think in a lot of cases, anytime a person deviates from what is expected of them, especially when it comes to identities in society, there's shame. The thought process is like "I am x, so I should behave in Y ways, but I behave in Z ways and that's not okay." I think society reaffirms this kind of mindset. Therefore, women in a very real sense are choosier, and are expected to maintain behaviors that are consistent with that idea, such as having fewer sexual partners, and when a woman behaves in a way that is contrary to that idea, then there's shame.

My group talked about shame and how it might differ for men and women and how for women the shame typically comes from others. I found that interesting, because, for me, it feels like my shame that I have around hookup culture comes from myself and others. I don't know, for me, hookups in general are a very shameful thing. I wonder if that could have an evolutionary aspect like the thing I was talking about earlier. Like, because we evolved to associate sex with child-bearing, maybe we instinctively feel shame when we have sex and it isn't for that purpose? I like the discussions we have in class because I can live vicariously through these people's experiences. I am a gay male, and don't really share any of the same experiences in terms of hookup culture, with the mainly straight people in this class, so the discussions are fun because it really is a look inside of something that I don't have much experience with. My experiences might be really similar to my class mates, and I'm just not aware, but I kind of feel like my experiences are very different.

Overall, I think that psychology plays a huge role in hookup culture, both individual psychology and the psychology of groups. I

think the way one experiences the hookup culture is really affected by one's personality and the aspects of a person's psychology that were shaped by their environment growing up. I know, for me, one of the biggest differences between my experience of the hookup culture, and what my classmates say about the hookup culture, is the psychological experience of it all. I think the hookup culture really negatively effects my self-image and self-esteem.



I think our class definition is relevant/connects to week 8 and 9, where we talked about psychology in the hook up culture. To me, hooking up with someone is a very mental think. You're judging a lot of factors to the person before you hook up with them. Looks, conversation, body language are all factors that you created in your head to see if they are what you're looking for.

The start of hooking up for me was in high school my sophomore year. I'm still close to the person I lost my virginity to and we have all the same friends from home. Clearly, my past hookup experience shape the way I hookup with people now and who they are. I don't think everyone does this, but I am sure there is a piece of your first hookup that stays with you. So, when you do go to hook up with someone there is maybe some moves or ways that were founded from your first hookup.

What our group has talked about is the psychological part of hooking up which involves mostly the fear. The fear of being judged by your friends or whoever is around you. The fear of pregnancies, STDS and other diseases. The fear of not feeling loved or treated right after the hookup. The fear of becoming a stereotype or getting involved into an environment that isn't you. I think all of this is true, hooking up can be scary for people, but it is a culture and people wouldn't hookup if they didn't want to.

Recently, I hooked up with my best friend since pre-school and that definitely twisted with both of our heads. I think the experience was good and she agreed, so after we talked for a couple hours the

day after, it was all good. The wait is what killed my head. I literally had to wait 15 hours to talk to her about how she felt and what was going to happen. My mind was playing tricks on me, but I stayed focused because I know what I wanted. I was scared of what she was going to say, but it worked out in the end.



Our class definition of hookup culture is something that I believe to be the true definition of the topic. I would in fact simplify it more just by saying that it's the culture where people prioritize sex over any other relationship. This week's topic of the psychological aspect is really important because of factors like ghosting and the "what are we?" conversation.

History and learning from the past is very important topic and that resonated with me the most because being gay, I did have to experiment at a young age with what I liked and didn't like and now I know exactly what I want. There are a lot of things that you'll learn from experiences, like if a guy is hitting you up every night asking you to come over, he doesn't love you he just wants to hook up. That's something freshman year me wouldn't grasp until I went through it and learned.

Our group has utilized a lot of databases so that we can have peer reviewed articles that will be valuable elements to the production of this book, however we did notice that minority groups like the LGBTQ+ community are underrepresented and there's very limited data on their role in hookup culture. This is especially concerning due to the fact that hookup culture is a huge part of the LGBTQ+ community.

Throughout the semester, I have learned a lot about hookup culture and it's really interesting to hear other people's testimonies on the topic that I wouldn't normally get exposed to if I was not enrolled in this class. I surround myself with friends who share the same morals and values and our personalities are very alike and our experiences in hookup culture so it's very interesting hearing

testimonies of people that are in a different demographic. Personally for me, hookup culture is such a big part of college culture because most people aren't ready to slow down and be in a relationship and I personally think that being in a serious relationship would get in the way of my full college experience and I would regret it later on in life.



Looking back at our definition of hookup culture, “a consensual, intimate interaction that is sexual between 2+ people without commitment,” I believe it can relate to our psychological category and our subcategories of pressure, post-rape, gender differences, trauma, how they dress, emotional suppression/catching feelings and body image. Obviously there needs to be no pressure in this definition due to the fact that all hookups should be consensual.

Since we weren't able to discuss this category in class like we did in-depth with the other categories, this narrative is going to be mostly about my opinions, but I think this was possibly one of the most important categories to discuss. I learn better by hearing other's opinions on hookup culture, so I wish I had some knowledge from my class members instead of just reading our resources. After reading a couple of articles, I found an interesting piece published by Psychology Today. After multiple surveys conducted, ‘they found no negative psychological effects of participating in hookup culture’ (Weiss 2). But what surprised me the most is that women are more susceptible to experiencing negative effects because of shaming and emotional suppression. I feel like this is such an important note, and I want to talk about it in the last paragraph more.

As a team, my groupmate had taken a class on women studies, which looks at feminism specifically. This was during the time that this was a specific category, but there's plenty of parts of feminism that relates to the psychology of hookup culture. Women are constantly reminded that they are the ones to typically catch feelings in these relationships. Hookups are supposed to be a mutual

agreement between two partners, so why are women perceived as the ones always catching feelings?

I wanted to focus more on what I talked about in the second paragraph about the idea of how women are more susceptible to emotional distress or attachment to this topic. I'm not sure the exact psychology behind why they believe this, but I'm assuming that women are more in touch with their emotions and that we crave some type of partner. In my personal experience, when you hook up with someone that you've connected with on a deeper level than just sex, it's hard to just ignore that. Instead of just leaving after the hookup, when you stay and talk or even if they just want you to stay after to cuddle, it makes it that much more susceptible for I think women in general to catch feelings. Guys might just make it a courtesy thing or even just to get to know you, but for me, if they continuously do these acts, it can be a little damaging when they don't want to pursue you any further.



From weeks 8 to 9 of the course we discussed hookup culture in relation to psychology. We identified category elements such as pressure, gender differences, trauma, how they dress, emotional suppression/catching feelings and weight/body image. "Hookup" culture was defined as a consensual intimate interaction that is sexual between 2+ people without commitment. I think the definition is interesting in specifying intimacy because an intimate interaction emphasizes the relationship between those in the "hookup" is private/personal/ close.

For spring break I went to Vegas for a week with my two best friends. There are significant benefits to the female gender compared to the male gender regarding clubs. Promoters get paid by clubs to bring in attractive girls. Clubs want to bring in girls so then guys will spend lots of money. Every night me and my friends got into clubs for free, received bottle service and tables and some nights even received free meals. For the male gender to receive

the same every night they would have to pay hundreds and for the nights we had front row tables to see performers such as Zedd, 2Chainz, Timmy Trumpet, Dillion Francis etc. guys would have to pay thousands. Simply being girls we got placed at tables with MLB players, reality TV stars, millionaires and NHL players. My friends and I found we paid more attention to them knowing that they were famous even though sometimes they were not attractive and sometimes didn't have good personalities either. Simply because they were famous and rich, they were more interesting.

Our team discovered two sources in connection to the psychology category. The first source is an article which discusses how vapid exploitations of sex through dating apps, kinks and pornography has led to a major decrease in intimacy between young people. I disagree mainly because our class definition of hookup culture includes the word intimate. Although there are many different definitions, I personally believe a hook up connection is intimate. The next source discusses research on hookup culture and the conclusion the current generation is polluting the ideas of romance and sex. The source frowns upon hookup culture and she states connections with hooking up were made with boredom, isolation and loneliness and are deprived of true romance and intimacy. I think hookup culture is a great way for people to connect and have fun and should in no way be frowned upon. In my opinion there is nothing wrong with hooking up with someone because you are bored. It is a type of interaction that can boost happiness and increase connections.

As I mentioned over spring break I traveled to Las Vegas. Here I viewed the hookup culture in a new setting. My friends and I dressed up and went to the clubs every night. The club setting was overwhelming with opportunities to hookup. As young girls me and my friends were approached by several guys, received high amounts of unwanted attention and cat calls. We would be walking through our hotel casino to the Uber or walking a block to the club at night and it seemed like every man we passed had to look at us or say something. At first it was fun to know we looked good but it got

old very quick. Being in good shape in college our body images contribute to how men view us and our overall experience with guys being friendly and wanting to hook up.



Finding a connection or disconnection between the psychological aspects of hookup culture and our definition of hookup is much deeper than I had originally envisioned. My first thought was that the idea of hooking up is inherently psychological as we tend to crave things such as intimacy as part of our human nature. Making a connection with an obvious psychological undertone seems tedious and monotonous. Thinking more deeply, we begin to look at the multitude of hook up relationships that can be had. With that we begin to question things such as what drives some people to hook ups with strangers and others to friends with benefit relationships. I feel like looking into psychological aspects this way changes the perspective of hook ups as a whole.

I feel like history plays a role in the psychological aspect of hook ups when thinking about the rise of teenagers. The thought of this made me think about the day we discussed questions through sticky notes. The group I had worked with discussed the idea that people hook up sometimes to feel a sense of freedom from their parents and things along those lines. I found an article through the APA that discussed the growing popularity of hook up culture. They discussed that in the 1920's, "young adults left the home and were able to explore their sexuality more freely," which was made possible by the rise of transportation options (Garcia 2013). Most major events in history could be potentially connected to hookup culture as a whole.

Our team had also looked at the gender differences in sexual relationships. The article by Whitton had described that many men had been reported to be looking into one time sexual encounters whereas women were mostly looking for repeated sexual encounters (2018). I thought this was interesting in the fact that it

aligns well with societal stigma. I think that looking into the why of this would be interesting as well.

I feel like I don't really have much personal say on the psychological aspect of hookup culture. I do think I have seen some of my friends and other people use it like a coping mechanism for traumas they've had. They use it like a distraction. That is something else I would like to look into. I know that hyper-sexuality is sometimes the aftermath of sexual abuse and assault, which I feel like is important to remember as the sexual assault advocacy efforts rise.



For the past few weeks, we have talked about the psychological aspect of hookup culture. To me, there are many subcategories when it comes to the psychological aspect, so this was an interesting topic to explore, research, and talk about.

Again, just like with the previous categories we've talked about in relation to hookup culture, I have a lot of personal experiences, opinions, and emotions when it comes to the psychological aspect of hooking up. One of the big things we've talked about under the psychological category has been attachment. I have hooked up with several people since I've been at Michigan State, and with a couple of those hookups, feelings of attachment came with them, which obviously takes a psychological toll, depending on how strong those feelings are. For example, during my freshman year, I ended up hooking up with a guy in my close friend group, and even though I liked him as more than just a hookup, he established that he wanted a no strings attached, friends with benefits type of deal. I agreed, but it ended up harming my emotional and mental health more than anything. I found myself emotionally attached to him for a short period of time and I was left wondering why I was only good enough for a hookup and nothing else. It also put a damper on our friendship when things ended, because frankly, things were just awkward for a while (thankfully we're past that now). All of those

factors really impacted me psychologically and had me to the point of tears on a few occasions, and I have now learned to not put myself in situations while hooking up that will harm me emotionally.

As for the research I've done on this category, I found an interesting article that discusses how men and women seem to feel about "no strings attached" sex/hooking up. The article stated that neither men nor women seem to be very happy with hooking up, but women are even less happy/satisfied with it than men (White). This is interesting because it brings us back to the central issue we always seem to come back to when it comes to talking about and questioning hookup culture: why do women seem to have such different psychological reactions to hooking up compared to men? Or why do we constantly perceive it that way?

In conclusion, attachment is a huge part of the psychological aspect of hookup culture and hooking up can have a negative effect on people's mental health, like it has for me in certain situations. However, it can also have positive psychological effects for people who enjoy doing it, but unfortunately it's been harder for me to experience that during my own experiences with hookup culture.



Hookup culture can be defined in many ways, the definition is different for everyone. Our class definition is very similar to how I would define hookup culture. The psychological part of hookup culture is very broad, but also very prominent during hookups. A lot of what you do is determined by how you think and what you believe.

The way you feel about yourself, others, intimacy, and much more determine how you participate in hookup culture and what part you play in it. Some of your psychological beliefs are determined by stereotypes or what society shows is right or attractive, no one wants to be an outcast or not considered socially acceptable. Who you are attracted to is purely psychological. Psychological also has to do with catching feelings and genuinely liking someone.

Nowadays, no one wants to be emotionally vulnerable or show their feelings, which is why you don't hear or relationships as much.

According to *Psychology Today*, there was a study done by Vrangalova which considered college students for a year and tracking their motivations for hookups and sex and seeing if it overall increased or decreased their overall well-being (2014). The following categories on motivations were autonomous, controlled, amotivational, and relational. After over a year of study, 37% of participations reported to have autonomous motivations, meaning they were interested in the possibility of enjoyment and considered it a positive experience. Looking at this data, you can see that majority of college students experience negative effects from hooking up, and overall decreases their well-being.

Personally, I believe psychology is one of the main aspects of hookup culture and should be thought of more when thinking about it. It is a huge thing and affects people very deeply. When I am hooking up I initially go more on looks and first impressions, but if I am getting more serious with someone I look more at personality and that is more attractive to me.



The psychological category seems a bit broad in my opinion. Psychological could be what people think about hookup culture. It could be what someone feels pressured by in hookup culture. Psychologically, our hookup culture can put a lot of pressure on someone, especially someone our age. I believe that today, people feel a lot of pressure to lose their virginity just to fit in socially. I think the category of psychology fits mostly with the category of social because they share some characteristics.

The psychological category also ties in with the feelings that may be attached to hookup culture. For some people, there may be zero connection to the person they're hooking up with, but in some cases there are feelings. Furthermore, the feelings may not be mutual. One person may catch feelings for the other, but it is not

reciprocated. This can end up taking a toll on someone's mind because this is a gateway into getting ghosted.

Psychology can be a factor in a person's mindset when going out to a party. Some people have the intentions of looking for someone to hook up with when going out to a party or the bars. These people seem to have a bit more confidence, however there is people who go out with less confidence. Confidence is huge in hookup culture; it gives someone the ability to talk to others without being nervous. Confidence comes from what you wear on a certain night or your image in general.



In the first two weeks of school our class defined “hookup” culture as a consensual, intimate interaction that is sexual between 2+ people without commitment. Not everyone agrees with our definition so we have the quotation marks around hookup. The part of the definition that goes with physiological is no attachment. I agree with this part of the definition, I believe that a “hookup” is a little emotion interaction. A “hookup” only happens once or twice and doesn't lead to anything more than a sexual interaction.

From the start of the semester to now I have learned a lot about “hookup” culture. Some parts of the psychological that resonate with me are pressure, how they dress, and emotional suppression. First off pressure, I am male and I have had personal experiences of pressure. I feel that men have more pressure to participate in the “hookup” culture more than women. I have seen on multiple occasions of guys trying to help out their friends and get them laid. Another part of psychological is how they dress. I personally feel like when I go out to parties I don't talk to many people that don't dress well. When you dress better you look more attractive and it shows they care about your appearance. The last part that resonates with me is emotional suppression. When I hear people talk about “hookup” culture they don't say how they hoped for more after a one-night stand. Some people catch feelings but you should have

the mindset going into a “hookup” to not catch feelings because it could get awkward and also someone’s feelings could get hurt. When I participate in the “hookup” culture I don’t look at it as romantic but just as a sexual interaction and nothing more.

The external sources my team has for psychological is interview and survey we will conduct. First of we will survey a roommate of a person in our group. The person we have chosen to interview participates in the “hookup” culture often and is a reliable source to question. They will talk about why they participate in the “hookup” culture and how their emotions play a role in it. The other source our team has is the survey we will conduct. We are giving our survey out to our friends and colleges. We are hoping we can get a lot of responses that will answers crucial questions about the “hookup” culture.

Throughout this week I learned a lot about the psychological aspect of “hookup” culture. A part that stood out to me is pressure to hook up. As a male, I have been pressured and I have pressured others when it comes to “hookup” culture. Men want to help their friends get laid they will help push them to talk to girls and be a wingman for them.



What resonated with me on this topic was when we talked about what makes someone attractive to others, and our need for approval. I do think that there is a lot of pressure on both men and women to reach certain standards of being attractive. If you are attractive or perceived this way, then there is a greater chance of a hookup. When it comes to what makes someone attractive, I think that each person has their own idea of this although society can influence this.

An external source that we found which related to this week’s category is titled “Can Casual Sex Ever Be Good for Your Mental Health?” written by Ashley Laderer. This article gave insights both from professionals as well as normal people who participated in

hookups. The article shows that sexual activity and orgasms are scientifically proven to release multiple hormones that provide mental health benefits. Oxytocin, and dopamine are released which make us feel good and keeps us wanting more.

One subcategory that plays a role within psychology is catching feelings. This is a big part of hookup culture as typically no feelings are involved. If you do end up catching feelings, you could either take it further to a relationship or stop hooking up with the person. As a guy I don't typically have any problems with catching feelings with a girl after a hookup. I understand that they we are not exclusive and if they wanted to be something else, we could have that conversation. I do understand that this is more difficult for girls and they can sometimes struggle with this.



Our classroom definition of hookup culture actually encapsulates the idea of a hook up quite well and is basically how I would define it. This week's category of psychological effects from hook ups is something that most people can relate to compared to the other categories because most people, if not all, think about sex before and after the act (if that makes sense). Personally, I feel like I can talk more about this category because I relate to more of the subcategories compared to previous weeks.

The sticky notes activity resonated with me the most just because my group established that a "hookup" is just that, and nothing more. It's not that big of a deal if you hook up with someone and they end up ghosting you because it's something that is universally agreed upon one you communicate that you're only looking for a hookup. If somewhere along the line you didn't establish that you aren't looking for anything other than a hook up and aren't communicating everything that is where people get their feelings hurt. This resonated with me the most because communication is key to everything in life and this is an example where a sticky situation can be completely avoided.

Our external sources for the psychological category was from the “psychology today” website that mainly discussed the reasons why people hook up. What I got out of it was that today’s generation doesn’t want a “relationship” holding them back from their full potential, but we would still like to satisfy that hunger with a hookup and I completely agree with that mindset. I’m not saying that a relationship will hold me back from things, but some people might feel like they can’t be in a committed relationship which is completely fine with me.

The personal experiences I’ve had with the psychological effects before/after a hookup are usually self-depleting and not very pleasant because I am very insecure about my looks. For a guy, a hookup is probably something they just brush off their shoulders and maybe celebrate after it’s done. A guy could also be praised for sex while the girl could be labeled as a “slut/train” which is something that could be holding one back from participating in hookup culture. For pressure, I feel like it all depends on your friend group and who you hang out with because I have friends who pressure the virgin of the group to “get some action” while other friends could care less about who anyone hooks up with. Also, I know I shouldn’t judge people based on their looks, but I feel like it’s something everyone habitually does anyways. Personally, I am more attracted to anyone who has a good style and good hygiene in general; guy or girl. The effort that they put into their presentation is definitely eye catching and this also plays a huge role in body image. I still struggle with body image because life is basically like tinder without the app because people are looking at you and making a judgement; If someone doesn’t look a certain way, some people can feel self-conscious about themselves which will affect their overall confidence.



Before these two weeks, we all came to a conclusion on our definition of the “hookup” culture. “Hookup” culture is a consensual

and intimate interaction that is sexual and is between two or more people without any prior or current commitment to each other. Keeping this definition in mind, as a class, we wanted to bring up the psychological topic and how it can relate to “hookup” culture.

We haven’t really had a lot of class time to discuss the psychological category, so it was kind of hard to think about this topic deeper. So, I really had to think about my past “hookup” experiences to get a deeper meaning about this topic. Since I don’t actively participate in “hookup” culture anymore it was difficult for me to pinpoint what this really means. But, I started thinking about my own experiences and how I felt about my past decisions, who I’ve hooked up with, how it psychologically affected me, and I also decided to think about my friends experiences as well.

“Hookups” can have a great amount of psychological effects on a person. When I did participate in “hookup” culture, ghosting was a huge thing to do. Basically, this is a way to let someone know that their “hookup” with you was a one-time thing. Any sort of communication just stops and usually it becomes awkward when you do come face to face with this person again. Personally, I have had my fair share of being ghosted as well as being the one to ghost someone. For some, this could be pretty discouraging because you don’t always know what their intentions were when someone did decide to ghost you. It really was either they didn’t see themselves “hooking up” with you any more or in the future or it could be they didn’t like what you did to try to sexually please them. There could be many other reasons for ghosting, but, these are the two main reasons that I could come up with. This could have a different psychological effect on people and could affect everyone differently.

In this article called *7 Sensible Reasons Why Casual Hookups Leave You Emotionally Drained*, by Srija Banerjee, really allows you to think about other reasons “hookups” have a psychological effect on people (2017). I found this article and I really like it because it explains many different ways that hook ups can be emotionally draining and how each of these could affect your psychological

state. I really like it because I think “hookups” are different for everyone and everyone is affected differently.



Our definition is very close and similar to what my personal definition and belief of “hookup” is. Emotional suppression/catching feelings is covered within the psychological category. This element can relate to the “without commitment” part of the definition. No commitment is a huge portion of hooking up. As no commitment is a large part of hooking up, I feel that people struggle with it the most. Emotions can sometimes get involved which doesn’t usually end well. Psychology plays a large role within hookup culture. Psychologically, one of the biggest parts of hooking up is weight and body image. In a relationship with no commitment and strictly just hooking up, you only care that you are attracted to them and nothing else matters.

In Wade’s book, she outlines some gender difference in the way that girls and boys get ready to go out to a party. It is explained that girls usually put a lot of time, effort, and thought into their outfits as they want to look their best. Whereas boys are described as more careless and have a simple process for getting ready (2017 27). I completely agree that girls care and put more effort into their appearance than boys. As a female, I feel that appearance and weight/body image are very important to girls. Many girls wear revealing or tight-fitted clothing when they go to parties. In addition, girls are focused on their image as this is an issue and a huge part of society. Confidence in yourself and how you look plays a role in how comfortable you are with hooking up.

Another subcategory that plays a role within psychology is catching feelings. This happens when you start to have feelings for someone that you didn’t plan on. Usually only one person within the partnership catches feelings and ends up getting hurt. Some individuals are able to hookup without catching any feeling while others may start to develop feelings for the person they are hooking

up with. From my personal experience in hooking up there have been times I have caught feelings. When I expressed those feelings with the guy I was hooking up with, his feelings didn't replicate with mine. It ultimately led to the end of us hooking up. I think that long-term hookups are more likely to lead to caught feelings compared to one-night stands. At least that is the case for me.



For the fourth to fifth week of material we began covering the category of psychological within the topic of hookup culture. Prior to this focus we, as a class, came up with a universal definition of “hookup” culture for the duration of the semester. I don't think our definition particularly incorporates psychological because when I think of that category I think of the way hookups effect people mentally rather than the way a hookup is defined. Personally I don't believe that the category of psychology applied to me because I don't read into hookup culture or what it might mean. My personal definition of hookup culture would include what we have already created but also include more about the approach people have to hookup cultures or tools people use to aid in that approach.

I don't think there is a major difference throughout history of “hookup” culture that applies to psychological. I think this because emotions haven't changed through a period of time, emotions involved with a hookup is something that may have been felt the same in past generations as it does in this generation. Also I think that the same associated with hookups hasn't changed, if anything it has gotten worse through different groups and types of people. Pressure to hookup in college is also something I feel hasn't changed throughout history. This is more present now than it most likely was in the past, but there is an expectation for how people dress when they go out to find a hookup or to meet someone they are hooking up with.

Our source for this section was an article about what happens in the brain during sex. The lateral orbitofrontal cortex becomes

less active, which makes people feel bolder and more confident, it also decreases depression and anxiety. The thalamus helps integrate information about touch, movement, and any sexual memories or fantasies that someone might call upon to help them reach orgasm. Meanwhile, the hypothalamus is busy producing oxytocin and may help coordinate arousal. Dopamine and oxytocin are released which are both hormones. Dopamine is often referred to as a “pleasure chemical” and oxytocin promotes a feeling of closeness and affection. Endorphins, vasopressin, and oxytocin also numb pain receptors (Mitrokostas “Here’s What Happens To Your Body And Brain When You Orgasm” 2019). This source was found before psychological became its own category and we had subgroups within that category. If we would have had more definitions when this was done we probably would have sources for the subgroups such as body image, and gender differences.

I have experienced the stigma with gender differences related to hookup culture and the standards associated with that. It is expected that men will have as much sex as they possibly can and not be judged for it. While women are expected to keep their virginity until marriage or as long as possible. This is an unfair standard and enforces shame upon women. This also promotes judgement and psychologically impacts women that participate in hookup culture.



As a class, we decided to define a hookup as a consensual, intimate interaction that is sexual between 2 or more people without commitment, and while there is no direct mention of anything psychological, the use of “without commitment,” to me, touches on it. Being committed to someone implies that there is some kind of feelings involved. You don’t commit to someone you have no feelings for. Hookup culture is the opposite of “catching feelings.”

I think the talk we had about what makes someone attracted

to another person and our need for approval from other people to agree is what stuck with me most. I do think that there is a lot of pressure for people to strive to be what society thinks of as beautiful. With that comes the pressure to be with people who others find attractive. In my experience, as a woman, I think men care more about the way that women look than women do men and there is more pressure on women to look a certain way. Women tend to go for men often because of their personalities. With that being said, however, men do face pressure to be certain ways both physically and emotionally.

Our group's external resource for the category of psychological is an article from a therapist named Sarah Whitton. It's titled *The Reason Why People Hook Up*. The article talks about different reasons that both men and women choose to hook up. The results from a study recourses a lot of what we have already talked about as a class. The idea of social pressure that women face is brought up and the fact that men are more likely to benefit from hookup culture is discussed.

During the section, we talked, as I mentioned earlier, that often women are the ones who want relationships more than men. I personally have experienced this but I do think women are also more liberated sexually than they ever were before. Slut-shaming still happens but I think that a good majority of women support other women in their decision to hook up. I think as a society we are starting to accept women as more than just an object but rather a person who has the same desires as men.



When looking at our class definition of hooking up, I believe that it relates extremely well to this 2-week category of psychological. As a psychology major, this definition can be broken down into many psychological aspects. The biggest part that can be looked at through a psychological perspective is intimacy and as well as commitment. There are so many psychological factors that play

a role in how a person feels intimacy and as well as having commitment issues (or lack thereof).

This week during our sticky note discussion, there were a few categories/thoughts from other people that really stuck with me. One of the things we talked about in our groups was if the idea of physical appearance played a big role in hooking up. In our group, we said it did. The reason behind this being that our definition of “hookup” is brief and without commitment meaning you don’t really even have time to get to know the person you are hooking up with besides what they look like. Another thing that resonated with me, especially being a psychology student, was attachment or commitment. Many of the sticky notes asked about why some people get attached and others can hook up with hundreds of people and still not feel any type of attachment. One really interesting thing from previous psychology classes that talked about attachment is actually parenting style/how you were raised. While this is a little deeper than hooking up, it does play a role in how people view relationships and could also result in relationship commitment issues and different attachment styles.

One of my favorite external sources this week was an article on dating apps and how they can damage our self-esteem. Dating apps are one of the most common ways for people to “hookup” now a days and they can really do a number to our mental health. Many people are using dating apps to just mess around or have fun but if no one is “swiping” on you then it can have a pretty harsh impact on your self-esteem. One of things that I think dating apps are doing as well is really disconnecting us from the real life dating scene and giving us a false sense of reality. In the article by Dominique Astorino she has a quote in there from author Mark Manson which reads, “Basically, the more options we’re given, the less satisfied we become with whatever we choose because we’re aware of all the other options we’re potentially forfeiting” (2019). This quote describes dating apps to a T, there is always someone who is going to be better looking or have more followers, etc. that you are going to want to go after.

As for my personal experience of the psychological side of hookup culture, there really isn't much too it. Although I have participated in hookup culture all throughout college, I never personally felt any "bad" feelings from participating in hookup culture, though I do know a good number of people who have/do. The psychological aspect of hooking up is definitely an area that still needs some more studying to be done in. The role that hooking up can play on someone's psychological state can be a scary thing and I think that gets overlooked a lot.



The "psychological" category is a bit hard to pin down or find within our class' definition of hookup culture. One thing that could maybe be related to this category of psychology would be how words like intimacy and brief are used in the class definition which are words that are feelings and also relative to time. Feelings of intimacy and time going by stem from the brain which processes both of these. This is a bit far-fetched but those are the closest descriptor words that have any relatedness to the "psychological" category.

Personally I feel that I can relate to the category of the week because as a woman there is a lot of pressure to conform and to get validated by others. I honestly feel badly for women because let's face it, guys run the hookup game, they have the penis and they have the booze. Many women like to compete for approval of guys and get their attention and although this seems pretty blunt and straightforward the "girl competition" is actually pretty covered up. All of the competing and backstabbing is always as mentioned, behind each other's backs. So that is how I relate to the psychological category as sad as it may seem. I have been working on myself and have been trying to make sure that I do not get caught up in trying to seek approval from guys but let's cut to the chase, it feels good to get complimented, just have to try to not let it get to one's head I suppose. Oh and it's so much better not to get caught

up in drama, even though that's the first thing people go to when there's ever a pause in conversation.

The psychological source that my team and I have is from an online article, the title is "Here's What Happens to Your Body And Brain When You Orgasm." Honestly I find the article quite interesting because it dives into the chemicals that are released from the brain during a hookup and also touches on why you feel certain ways from hooking up and around certain people. For example, the article explained how after cuddling or kissing someone certain amounts of the chemical oxytocin will be released which is the same type of chemical released when a mom is breastfeeding her child and that the hormone facilitates feelings of closeness with the baby. I learned that this is part of the reason why you feel so connected to your mother, because of the oxytocin hormone.

I very much enjoyed learning of the psychological impacts that come from hooking up with people because it has only further aided me in my decision to be very cautious with whom I hookup with and I actually decided to stop hooking up with people for a while because it has caused me more harm than good. I am sure the fact that I am a female may have to do with myself getting attached more so than the guy but anyways for good measure I have just been deciding to stay away from hooking up altogether. I would love to see some research on if guys get attached as much as girls do since we all have the same brains right?



At the beginning of the semester, our class collectively decided on a definition for the term "hookup" culture. One of our five main topics our class is focusing in on relating to "hookup culture" is psychological. I believe that our class definition relates to the psychological aspect in some ways, but not in others. On one hand, our definition addresses the concept of no commitment. Usually, having no commitment means that one must suppress their

feelings, or not even catch feelings in the first place, because a “hookup” is usually a one-time thing and people are free to “hookup” with other people as well. I also think that the idea of getting consent is very important, because if there is no consent, this can lead to a traumatic experience for an individual which would cause major emotional distress and psychological problems. Our definition does not address things like how weight, body image, or how people dress could influence people when attempting to engage in “hookup” culture. Another aspect our definition does not touch on is how prevalent pressure is in “hookup” culture. Even if someone is not being pressured directly, I believe that existing and living on a college campus and attending parties, bars, etc. really has an influence on people when considering joining the “common’ hookup culture.” At least at MSU, this culture seems to be the “norm,” and many people may feel the need to fit in and join what “everyone is doing,” even if this is not necessarily true.

Both Kathleen Bogle and Lisa Wade address the psychological components of “hookup” culture in their books (2008; 2017). As Bogle interviews many girls and guys in college, it becomes obvious that there are gender differences when thinking about “hookup culture.” One of the biggest gender differences Bogle addresses is how college men are just looking for sex, whereas college women are looking for and wanting to pursue a relationship (Bogle 76). This difference in the mindset of college men and women often leads to one person “catching feeling” while the other person doesn’t. This can lead to psychological issues for the person who hasn’t suppressed emotions during a “hookup.” One student in Bogle’s book states that “guys like to look at girls and their body structure” as they walk by (73). This same student states that guys watch girls walk by and literally rate them based on their body and how they’re dressed. There is no mention of girls doing this to guys. The more men continue to objectify women’s bodies, the more women are going to worry about how they look during sexual encounters, and the more psychological issues they might develop because of this. In Lisa Wade’s book, she addresses what psychologists think of this.

They claim, “no matter how attractive a woman actually is, the more she worries about how she looks, the less likely she’ll experience sexual desire, pleasure, and orgasm” (Wade 199). Although our class collectively believes that “rape culture” is completely separate from “hookup culture,” Lisa Wade addresses the pressure and danger relating to “hookup culture.” According to Wade, at least one in five women in college, and one in sixteen men, will be a victim of sexual assault (2017). Although sexual assault is different from “hookup culture,” since college campuses have a large “hookup culture,” sexual assault remains a serious problem here.

Our team’s external source from our annotated bibliography relating to the psychological category is a survey we plan to conduct. We will send the survey to members of a fraternity and a sorority here at Michigan State in an attempt to learn more about the psychological impacts of “hookup” culture. We are also interested to see how Greek Life influences “hookup culture.” Our survey questions focus on how appearance, weight, body image, pressure, gender differences, and feelings influence what guides people to participate in “hookup” culture. One downfall to this survey could be that people may lie about their experiences with “hookup culture” as they may feel embarrassed or uncomfortable discussing this topic with others. This is often a problem when conducting surveys, where participants do not answer with complete honesty. Since we have not yet conducted this survey, I cannot elaborate on the outcome of this survey.

From my personal experience, one thing that I notice on a daily basis when living on a college campus is that it seems that girls are “expected” to dress a certain way when attending a party or a bar, but guys literally wear whatever they want, and don’t think twice about what they’re wearing. The reason for this is unclear to me. Also, in my personal experience, I choose to not participate in “hookup culture.” One main reason for this is that I believe that I would “catch feelings” and I would want more out of the “hookup.” I think having a sexual encounter with someone is very intimate, and I

would be unable to suppress my emotions and feelings, and I would feel connected to that person after our experience together.



I think our class's definition sums up exactly what hookup culture is, at least in my opinion. I think no matter what "group" believe they belong to, when asked what their definition of hookup culture they would say something along the lines of what our class came up with.

In terms of history and hookup culture. I think what resonates with me is learning from each "hookup" experience. I think before we participate in hookup culture we all have ideas, and expectations of what it's supposed to be and then once you're a situation, you realize that it can sometimes be completely different from what you initially thought it would be. The more I participate in the hookup culture the more I learn about myself and what I want in a partner, once I do decide I want to get serious with someone. This week my group found that even though every generation before us has participated in their own form of "hookup culture" our generation is the first generation to have this many access to people. Social media has made it possible for us to not only develop friendships with people halfway across the world, but has made it easier for us to have access to a wide variety of potential hookups. Apps like tinder make it easier, because there's no awkward stage of "does this person like me" on tinder when we match with someone who automatically knows they find us attractive because that is the nature of the game.

I have decided to stop participating in hookup culture because I feel it does more damage than good for me. Recently I've learned that I'm codependent and this has affected me in all my relationships. I always find myself craving for more than a hookup, even when deep down I don't like the person all that much. I tend to create meaning where there concerning the guys that I hookup with, I overthink and always end up feeling like my current guy is my dream man who has come to love and save me. This happens

because of my anxious attachment style and obviously I end up with emotionally unavailable partners. I've decided the best thing for me is to take a long time off and just work through my childhood trauma. I think this week's topic of Psychology is something that should definitely be explored regarding hookup culture. I think a lot of people even though they won't admit it are using hookup as a way to deal with past trauma, and self-esteem issues. Psychology plays an important role in our everyday lives and I think the way we think affects what we find attractive and how we see ourselves.



Our definition doesn't clearly state anything about psychology, but it is underlying. I believe psychology plays a large role in hookup culture. Even though I think this, I don't fully understand it. Everyone acts differently while hooking up and it leaves many people confused. I will discuss how feelings and judging people play a big role into hookup culture.

A big part in hooking up is determining whether or not it is more than just sex. It is commonly said that once someone has feelings for the other one, the casual hooking up is over. I think this happens to more girls than guys. Guys have a way of shutting off their feelings while girls tend to express them more. I'm not sure why but this tends to scare guys off or make them not attracted to you for some reason. Whether they didn't want a relationship or don't want an emotional investment it is still a mystery on why they act like they do sometimes. As someone who tends to have lots of emotions towards people, I have learned to suppress it well since it is basically a 'no-no' in hookup culture. I wish I knew the magic way to change guys' minds about their feelings, but this is what I and many others have experienced.

I think that people have a hard time dealing with the 'repercussions' of hooking up. While everyone has different opinions, there are a lot of people who are quick to judge others when it comes to their own decisions. When people are constantly

being torn down either to their face or behind their back, it can have a large impact on them mentally. The psychology behind why this is a bad thing is unknown to me. I don't believe people should be shamed for what they do. If you want to participate in hookup culture, that's up to you and if you don't that is also your personal choice.

It's still confusing on how much psychology play a role into hookup culture. Everyone has their own mind about it and what they do about it. I don't think anyone knows the secret to hookup culture either. It is something we all explore and learn on our own. Whether you are judged for it or shamed for having feelings, there is no reason for it. You should be able to do and feel what you want.



Over the course of our class we have discussed many different aspects of “hookup” culture including the social and communicative aspect and the different groups that are involved in “hookup” culture. These past two weeks have been focused on the psychological standpoint and the many different psychological effects involved in “hook up” culture. When looking at our class definition in regard to the topic at hand this week, psychological, there is not a huge connection between the two. This definition does not discuss or even touch on the psychological aspects that go into how people choose “hookup” partners, how “hookup” culture impacts participants, and its overlying psychological impact on how people are viewing relationships in our current world. For the lack of discussion on the psychological impact’s “hookup” culture has I would have to say our classes definition is a bit disconnected from my own as I do believe it needs to at least briefly touch on the psychological aspect. I am also aware that it is easier to discuss this topic in a more in-depth way compared to just a definition which can add to difficulty of discussing this topic in a definition.

As our class discussed this idea and we had the chance to read our classmates anonymous views I was able to see how “hookup”

culture has had a really negative effect on people's lives. In some of the anonymous papers I read people discussed how they have had negative thoughts about themselves after participating in "hookup" culture which sometimes led to them not wanting to form any type of sexual relationship with anyone. In an article written by Justin Garcia, a researcher at Indian University, he discussed how the 1920s kicked off the time of people participating in hookups and by the 1960s young adults became more sexually liberated and it has continued to grow since this time (Garcia 2013). As our group has discussed this more and have decided that a large majority of people are participating in "hookup" culture, we think this has a large effect on people's mental health as we had gathered from our classmates' writings. Overall, there is not a lot of research on "hookup" culture and it is hard to say exactly how "hookup" culture is impacting the psychology of people when looking at the greater picture as it has increased so much in recent years.

When trying to think about the psychological aspect in relation to my own personal experiences it is hard for me to say exactly the effects. I personally have not participated in "hookup" culture as much as the average person as I have spent quite a few years in a long-term relationship. With that being said I have seen some of close friends participate in "hookup" culture in an extreme way and I have also seen how it has impacted them. I have seen the majority of my friends participating "catch feelings" for a person they are "hooking up" with and when those feelings are not reciprocated it can cause similar feelings as when a couple breaks up. I have also seen how this can impact their mental health such as self-confidence issues, body image problems, and sometimes getting them to a point where they are avoiding the opposite sex all together. I believe the same thing has happened to many others and I think this plays a key part in the way people are viewing relationships and struggling with the idea of only being with one person. As there is not enough research around the psychology of "hookup" culture I do not have search to back me up, but this could be playing a big part on there being more divorces and less

relationships in our current day. Overall, this is a difficult aspect of “hookup” culture to discuss and I believe there needs to be some serious research occurring in the future on this topic.



Our class defined hookup culture as a consensual, intimate interaction that is sexual between two or more people without commitment. I would say that this definition of hookup culture fits very well with my personal definition of hookup culture as it relates to this week’s topic of psychological. First, I agree that hooking up can be seen as consensual and intimate because the two people need to both agree on the hookup, as well as the interaction must be intimate in some sort of way. Both members must mutually consent to the hookup for it to be classified as one. What lands in the gray area, and what fits most with the psychological category, is the idea of how the members of the hookup feel after or during the hookup. The hookup definition does not say anything about the people participating having feelings for one another, or loving each other in any sort of way, and these feelings do not pertain to the hookup itself. People are supposed to see hooking up as a very casual thing, no strings attached, with no label on the relationship between the two people (although some may say that couples who do this can also be seen as hooking up). However, feelings can arise very quickly because of the hookup. The consensual part of the definition addresses that both parties agree to it, but cannot control whether or not one person may catch feelings for the other, and this is the part where it can hurt someone mentally if one person does or does not feel the same way for the other. Consensual also plays a role because since both parties must agree mutually, one person cannot pressure the other person into participating in the hookup if they don’t want to. Pressuring someone into this intimate interaction when they clearly state no can be seen as rape, and this is another gray area that some people deal with as well. The other person must clearly state “yes” for the interaction to be seen as

consensual, and they must ask every time. Assumptions is where this can be misconstrued, and people can be hurt psychologically if the experience does not end with both people giving clear consent.

Pertaining to the psychological category, I can see that there are a lot of similarities and differences where history comes into play. Firstly, the way people dressed back then and the way people dress now are a completely different ball-game. Going back to the 50's/60's, it seemed that people at parties or social gatherings would be very modest in their clothing choices, wearing long, big dresses and being a lot more conservative. This kind of dress does not scream "hookup" to me. Nowadays, when people go out to potentially find someone to hook up with, it seems like the less clothing the better. People dress a lot differently than back then, not necessarily saying they are dressing to find a hookup, because that is not always the case, but dressing in the hopes of meeting someone and looking your best is definitely a prevalent theme. This also comes with another gray area as well, as some guys will use what girls wear as an excuse to get with them or do things to them that the girl would not consent to. This is prominent in the guy saying the girl is "asking for it" by what she wears, which is completely wrong and can mess with a girl psychologically if the guy ends up doing something that the girl does not vocally consent to, (or vice versa). Another difference between back then and now can be seen in how weight/body image is viewed. Some guys (not all) may say that they prefer thinner girls, and this puts a lot of pressure on a girl to look a certain way to seem more desirable to guys who they potentially may want to hookup. I think that this is a more prominent theme than in history, as nowadays girls have social media, where we can easily compare ourselves to other girls and have more of a negative self-image of ourselves, to whereas back then, they did not have so much at their fingertips. This can weigh a lot on a girl because the way she views herself affects her confidence and she can blame herself if she does not get as many hookups as she wants or with the people she desires. The same is vice versa for guys, guys may see a photo

on social media and compare themselves, and have a negative self-image of themselves that can easily affect their confidence.

For the psychological category, our team used an article titled “Here’s What Happens To Your Body And Brain When You Orgasm” by Sophia Mitrokostas. Basically, this article runs through what your brain and body goes through while having sex, down to very specific details about parts of the brain that are affected and how someone feels as a result of it. Firstly, Mitrokostas states that during sex the lateral orbitofrontal cortex becomes less active, which makes people feel bolder and more confident, while also decreasing depression and anxiety (2019). This is an interesting point to make, and may explain why many people get so addicted to having sex. Next, the thalamus helps integrate information about touch, movement, and any sexual memories or fantasies that someone might call upon to help them reach orgasm. Meanwhile, the hypothalamus is busy producing oxytocin and may help coordinate arousal. Dopamine and oxytocin are released which are both hormones. Dopamine is often referred to as a “pleasure chemical” and oxytocin promotes a feeling of closeness and affection. Endorphins, vasopressin, and oxytocin also numb pain receptors (2019). This article is very useful because it goes in depth about the parts of the brain that are affected during sex and what the outcomes are, and provides insight into what scientifically happens to someone when they are having sex to produce the feelings they have. It provides explanations to why sex can be so addicting and such a powerful tool for couples and people who want to hookup who want to get to that intimate level with one another. That amount of closeness and affection provided during sex is what draws people back to one another and contributes to feelings being spread for one another, which is not supposed to be part of the hookup definition. Some downfalls to this article may be that it isn’t very easy to understand if you are not familiar with different parts of the brain and how they fit into the entire piece in the body.

Personally, I have some experience from hooking up that pertains to the psychological category. I have fallen into the trap of hooking

up with someone just to hook up, but instead having the hook up mess with my head, and unintentionally catching feelings for someone when it isn't supposed to be like that, and they did not feel the same way. It is such an emotional burden when you mentally feel that way about someone, but it isn't supposed to be like that, and you know that, but there really isn't anything you can do about it but to try and move on. It doesn't help either that the more you hook up with the other person, the more you may feel these same feelings when the other person does not reciprocate. This can be one of the damaging effects to hooking up, and why I have chosen to not participate as much as I had in the past. In addition, I have had my experience of someone pressuring me to do things that I was not comfortable with doing, and this affects how you feel psychologically as well. I would think into my decision. I knew I did not want to do this with this person, and that it did not feel right for me, but the other person's pressure made me rethink myself and possibly have me questions that maybe there was something wrong with me for not wanting to participate in that way. This is another way that hookups can affect someone. Hopefully in a relationship with someone you trust, your significant other would not act that way. But with hookups, one person may have other ideas in mind than the other, and this can lead to things going wrong, lack of consent, and lack of communication that I have experienced first-hand.



The definition for “hookup” culture that we come up with as a class and my personal definition for “hookup” culture does not saying anything related to the psychological aspect of hooking up. However, the definitions do not disconnect from the psychological aspect. I believe that the psychological part of hooking up cannot be explained in the definition itself. It has to be explained in greater detail, with more thought put into it.

Since we have not had much class time to discuss the

psychological category, we have not been able to go deeply into the history of the psychological aspect of “hookup” culture. However, I believe that a person’s own history of past decisions, actions and real-life consequences can heavily impact their psychological well-being. If a person has had good or bad experiences in “hookup” culture, then that will impact their future decisions and actions.

For this category or chapter of the book, psychological, my group found an article about how “hookup” culture can dominate and diminish a person’s self-worth. The article talks about how it can be hard to define the pros and the cons of a casual relationship. It also talks about how much easier it is to have a casual relationship with someone because of all the dating apps that have come out in the past few years.

Since I do not actively participate in “hookup” culture I do not have any personal experiences with the psychological aspect of it.



The class definition of hooking up is “a consensual, intimate interaction that is sexual between 2+ people without commitment. I personally have a very similar definition to our class definition. I believe hooking up is having a sexual relationship. Although kissing is a form of hooking up, personally I don’t believe that that ‘counts’ as hooking up. I think our class definition relates very closely to this week’s topic of psychology. I think the psychology of why someone hooks up is very interesting to think about and the fact that it took us so many weeks to even determine a definition for hooking up shows the complexity of the subject and people reading this might not agree with my own perspective of hooking up but psychologically, that is what is right for me.

We did an exercise where in groups we answered different questions that were asked by our fellow classmates on Post it notes. I think it is really interesting to think of it from a psychological perspective. One of the questions I found most interesting is a very simple question. What causes someone to hookup? And from

a psychological perspective the main answer that we kept coming across from multiple articles was the fact that it's easy. It's easy to hookup and not have to put emotional feelings in it. Emotions can be exhausting and hookups take that out and put some fun in. There isn't any time or commitment needed which is the fascination of hookups.

In our group we have someone who studies psychology so they used a source that they had used in another class. This source is super interesting because it talks about in a lot of detail the brain functions that happen and what chemicals are released when we are happy, or scared, or excited.... It's a really detailed psychology book that I quite frankly don't know much about. But it's interesting to read for sure.

I think personally looking at my psychological approach to hooking up is very interesting. I find it very hard to hook up with someone and separate feelings and just hookup which is probably why I don't hook up with people very often. I think an aspect that is interesting is who we hook up with. Personally I have a very specific type, and I mainly hookup with people that fit my type. However, I think it's interesting to look at my friends' type for example, and how we are so close yet wouldn't hook up with similar people at all. It is interesting to look at what I find attractive and what my friends find attractive.



I agree with our class's definition and believe it is broad enough to encompass everyone's beliefs surrounding hookup culture. I was very excited when I found out that this week's theme is psychology. I think psychology is very interesting, especially relating to hooking up and the culture that surrounds it.

When I think about psychology in "hookups," my first thought relates to gender and sexuality differences. I think psychologically there are differences, and this could be the source of why men and women view shame and body count differently. For women

especially, it is seemed that shame plays a big role in hookup culture. Women typically receive shame for having more than one partner or even having a one-night stand. Personally, I have friends who participate in hookup culture and while I do not judge anybody I know many people who will say things to me about how they should feel bad about what they are doing and how it is wrong, or that they are “sluts”. For men this is not as common. I have seen first-hand my guy friends brag about how many girls they have slept or hooked up with like it is a prize. They even make a game out of it. My question is why is it ok for guys and no ok for girls? I believe it probably has something to do with stereotypes and gender roles that people hold deep and do not let go of.

Something else I find interesting on the psychology side is how people deal and differentiate between love and a friend with benefits hookup experience. Personally, I do not participate in hookup culture but, I think this would be something that would be very difficult for me. I become attached pretty quickly and I do not think I would be able to deal with the emotional side of just hooking up. My group used the Bogle book these past two weeks for the topic of psychology. In the Bogle book, she talks about this and says that women are looking more for a relationship while men could separate a hookup and emotion (2008). I do not completely agree with this. While there are some, like me, who are looking for a relationship, there are also many who can separate the emotion. I have many friends who find it easy and are only looking for sexual relationships. I also know many guys who want a relationship and are not looking for just a hookup. I think it all depends on the individual and who they are as a person.

I think guys are very different from girls on a psychological level. While there are exceptions I think girls care more about appearance and how they look, and guys do not really focus on that. I think there are standards placed on girls to look a certain way and dress a certain way while guys do not have the societal pressures. Body appearance is more heavily valued for a girl and many girls are not happy with the way they look because they are not like the

Instagram models. From experience I have also seen that guys are more open than girls, guys do not fear that they will be judged while girls tend to hold things in or not want to talk about it because they do not want to be judged or criticized. Again, I believe it is this way because of what society has shaped gender stereotypes to be.



The thing about psychology and hooking up is that there are gender differences relating to it. In most of our research it says that women value finding love and have a harder time hooking up because of intimacy. When you are intimate, it makes it difficult not to catch feelings for the other person. For men, it is seen more as just a hook up and that is that. Therefore, it is harder for some people to disconnect hooking up from love, making the definition a little complicated. To me, intimacy means love and/or commitment, so it is challenging to say that when thinking about psychology that intimacy is a part of hooking up.

Many people close to me study psychology. I never had any real knowledge about it until now. I actually had a discussion about hooking up with my friends who analyzed the conversation. When discussing with my male friends, they disproved the study about men thinking about hooking up as just hooking up. Of course not everyone falls into a category and age may play into it. Every person I talked to has a struggle with disconnecting hooking up from love, both men and women. Talking about experiences with friends helped me feel not alone, therefore helping my psyche. By just analyzing what we have discussed, it is clear that psychology plays a role in every decision we make.

We found an article relating to psychology for our bibliography. It was actually from a website called Psychology Today, how ironic. It follows a study the author did in response to a previous study she conducted about how people act and feel after a hookup. It highlights what percentage of men and women want any contact with the person they hooked up with the night before. It also studies

what percent actually do want a relationship or other romantic aspects to come out of the hookup. Although those seem like direct opposites, there are people that fall in between those categories and potentially want something in between, such as friends.

As stated before, I did not have any knowledge of how psychology related to hooking up. I now understand more about it upon discussing with my psychology majored friends. The main differences come from different genders and also relate to age. Although these two weeks have not been focused on groups, they relate heavily to psychology considering how the brain develops over time. As you get older and your brain can comprehend more, hooking up is seen differently and you are affected differently by an experience. Overall, this category was slightly more difficult to understand because of the lack of class time, but I did my best!



During the first two weeks of class, we created our definition of “hookup” culture. The psychological impacts of hookup culture disagree with this. Post rape and trauma can cause risks of triggers and lack of comfortability during a hookup. This can lead to difficulty for a member to feel weak and scared in an environment that is meant to be consensual and comfortable. I am fortunate to not have any post rape/trauma that affects me because I have always felt safe in hookups. Additionally, the definition does not discuss the pressure that people of different genders and sexualities have to endure. As a women, I feel pressured to not been gaging in hookup culture. I even catch myself shaming myself for not being a “lady” in the bedroom. And because of my place in the LGBTQ community, I feel pressured to either have sex all the time or not have sex at all. Another thing the class definition doesn’t cover, is that people are pressured to look a certain way and be a certain way. We are only the copy of the thing we want to be. We dress a certain way to look attractive to a certain person. This causes the exchange of pressure on appearance between 2 people hooking up. The last

thing the definition doesn't address is feelings being caught. It is very common for people to get into a no strings attached hookup and end up catching feelings for the other person. In fact, I know some girls who know they want an actual relationship but choose to agree to non-committal hookups in hopes to get the other person's attention. And that right there is proof that it's not only a problem on the girls' side because the other person needs to deal with the awkward situation of explaining they don't have the same feelings. As I expressed, I do feel pressure from both sides to either be super engaged in hookup culture and to not be. I know my decision, which is to stay loyal to my partner. This also leads to seeing the pressure my partner faces. I have been able to see many times where my partner's friends don't find a problem with girls around my partner when I'm not around. These past experiences make me paranoid (which is another problem) but I just have to live with the fact that my partner's friends are just like that and that the real issue is whether I trust my partner. I do not feel any association to post trauma. However, I do feel pressured to look good for my partner. Even in a relationship, I see that I want to change my body to look more desirable to what I feel like my partner likes better now. Now that I think about it, even if I felt like I had the perfect body for them, I would want to change to make sure they don't get bored of me. They say that they like whatever I am, and that I am their type, but they don't tell me what they want my new hair look to be or what my nails should look like. Sites like Cosmopolitan endorse women wearing lingerie and dominating in bed (Hsieh 2019). This article is brainwashing their readers to think that this is what men want, and it gets thousands and thousands of reads. And to think, if an article titled "17 sex cravings all girls have" that is directed to a straight male audience came out, men who are insecure of their appearance or activity level in the bedroom would pick up.

My Team is using a TED talk video and an *American Psychological Association* article. The TED talk is about how our society engaging in hookup culture is convenient in this day and age but makes us invisible to forming bonds and connections to people because the

hookups are just distractions from our life. I agree with this idea because I am a believer that love is needed for happiness. Forms of love come from family, friends, and a significant other. If you put yourself in a position of 0 percent contribution of love from a sexual partner, you open yourself up to less love and less happiness. The APA article goes over the highs and lows of hookup culture from the point of view of a straight male and female. It is interesting because even though a straight male and straight female will both feel the highs of sex, they also have to endure the shame, their self-respect, and any feelings they might have.



I believe our class definition is very close to my personal definition of “hookup.” Many of the things such as “consensual” and “brief” really describe it from my personal standpoint. The one main thing I would disagree with due to personal preference is the statement in which we concluded that hookups can be 2 or more people at the time of the hookup. For me personally that isn’t considered hooking up to me. I believe that is the only skewed description for our class definition although it does a great job including and broadening the hookup culture due to others preferring more than one person. Another thing that could be included is the idea of texting the next day. As I think the next day is actually the most important phase of the hookup due to the sober dealings of all the events that happened that prior night. Sometimes the most feared part is the next day as well due to people worrying about the opinions of others and wondering if this will be a recurring thing or just one time. The tension created by this “next day” phase sometimes outweighs even dealing with the hookup in the first place. Therefore, making the next day important.

Many of the things we talked about relate to the psychology of the hookup culture in which I have experienced. One thing that caught my attention was the timing of the text and what is said can affect the way the person may feel about the relationship. If a text is sent

early and has heart emojis that person may conceive that hook up as something more than just a physical experience. Whereas, if there is not a text message sent after the hookup for a while that can relay the un-said message of the relationship just being physical. Many do not realize it, but psychologically that first text can very likely sway the way the person feels about you. There have been times that I thought one way, but a text from the person leads you to think well maybe our relationship could lead to this. Since you sometimes come off of a physical experience with that person that was full of pleasure for both sides it can lead you to look at things with an overly optimistic outlook rather than with real life pros and cons. That is what I found to be the biggest thing that has stuck out to me during our last class session discussing the psychology of hookup culture.



Over the past two weeks, the few times we actually had class, we discussed in depth the psychological aspects of hookup culture. This is a very critical part of the culture, and perpetuates the positives and negatives of it. Psychological ties in both groups, and social/communicative. Through groups, such as friend groups and seeing other people participate, individuals feel pressured to participate in the culture. This is prevalent especially in the bar scene on campus. If one's friends are actively trying to hookup, or do so occasionally/regularly, one feels heightened pressure to not 'fall behind' or be lame. This is purely psychological, and can have very negative impacts on individuals who might not otherwise have participated. Social/communicative is also a critical part of the psychological aspect of the culture. What one sees on social media, dating sites, and other social platforms is crucial to understanding what maintains the prevalence of the hookup culture. Tinder, Twitter, Instagram, and other social media sites encourage individuals to explore and hop around from one person to another. One rarely sees commitment, or a desire for commitment on these

sites, and that certainly impacts young people. If other people can 'have fun' and fuck around, why can't they do it too. But like I've written about before, hookup culture is not inherently bad. What is bad about it is the effect it has on people who might not willingly want to participate. It drags people in its circle of influence who might not want to be involved, but do not have the mental fortitude or will power to stop themselves. This leads to unhealthy life decisions that severely impacts the mental health of younger people, and makes them feel less than and insecure. For many, hookup culture is a good thing. It is a medium of stress relief, experimenting, and fun. These individuals acknowledge what they are doing, and are not necessarily pressured to act any certain way. However, many do not always acknowledge they are not prepared to be in the culture, and realize its adverse effects on them after participating. The psychological aspect is crucial, and is important for everyone to be aware of. I was not aware, as we have discussed several times in class and read in Lisa Wade's book, that people now are not necessarily hooking up more than previous generations. I know many people who would argue that people now are hooking up way more than they have before, but that is a product of the increased presence and influence of social media, and is also a pure product of psychology. Perception is what matters, and not necessarily reality. That is what drives the culture, and what will continue to drive it in the future.



Consensual, intimate interaction that is sexual between 2+ people without commitment is what we defined a hookup to be. It really does demonstrate the psychological part of a hookup. "Without commitment" can really be a hard thing for people to do. Since sex is very intimate people sometimes cannot distinguish between feelings and just sex.

One thing I feel like is talked about a lot is "not catching feelings". Catching feelings is when you realize that someone means a little

more to you than you wanted. I get that getting feelings for someone can be kind of heartbreaking. But now-a-days I feel like we kind of try to have a competition with whoever can be less attached. It is so frowned upon to start liking someone after you hookup with them. Even I am guilty of this with my friends. If one friend is starting to like a boy she was hooking up with, we all kind of hype her up to stay single and that “boys ain’t shit” type of mentality. Which is not healthy. But catching feelings is bound to happen, especially if it is a friend with benefits situation. It is mentally exhausting trying to constantly show that you are the person that doesn’t care more than the other person. I feel like our generation with hooking up is not psychologically healthy.

Shame. Which is such a huge psychological part of hooking up. I really feel like the next couple of generations will eventually almost diminish all types of shame with hooking up. Hopefully. There is no reason that people should be upset or embarrassed for being sexual. It is literally part of our human nature. I feel like mostly with girls that being known as “easy” is so hurtful. It is crazy how having sex can automatically give you a bad reputation. I know of multiple girls of being pretty much harassed in high school for not even having sex just from getting *handsy* and giving oral. It definitely was not good on their mental health. Psychologically it can give them a negative outlook on being sexual, and kind of scare them into doing anything again. I also feel like girls need to stop putting girls down for also having sex. (It has gotten a lot better in the past couple years but I know that some girls still judge.) If we band together we could finally shut down all the shame for just hooking up all other.

Of course there are other reasons for shame, like being drunk and hooking up with someone that you wouldn’t of have if you were sober. I feel like we all regret things, just constantly being hard on yourself will be really bad for your mental health. Long story short hooking up is very psychological so be prepared to possibly catch feelings but things happen don’t let things bug you that are not in your control.



During this two week period, our class explored the psychological aspects of hookup culture. This includes the emotional suppression that comes along with a hookup, or even the opposite of catching feelings when you didn't intend to. As a class, we decided that the definition of a hookup was "a consensual, intimate interaction that is sexual between 2+ people without commitment," and I believe that the elements that we chose for the psychological aspects of a hookup do reflect what goes into a successful brief sexual interaction. A large chunk of being able to have a hookup without commitment is being able to suppress emotional feelings that accompany having sex. For some this is easier than others, and helps deflect any emotional stress, trauma, or guilt from having a hookup that wasn't what you thought it would be. Being able to flip that emotional "switch" is vital to not catch feeling.

When we talk about learning from past decisions, especially decisions about hooking up, there is no way possible that psychology isn't an aspect of that. The whole reason that we are able to learn from the past is by evaluating experiences in the past that were either positive or negative, and based on your own personal evaluation, that is how you decide if you wish to continue a certain action in the future, particularly hooking up. For example, if someone had a hookup and they caught feelings for the other person when they didn't plan to, and that partner didn't reciprocate those same emotions, it can leave a very messy and stressful situation that can influence that person to not want to hook up again for the fear of going through that cycle of catching feelings again. On the other hand, if someone partakes in a hookup that was successful, and no one caught feelings, then they would be more willing to participate in another hookup in the future because they never experienced those negative consequences.

In reference to my team's annotated bibliography, we included one source on the psychological aspects of hookups. In the expert

from the book, researchers looked at men and women post hookup and found that there was a general trend that each person involved in a hookup may feel general malaise or depression, it depends on how well that individual is able to control their emotional feelings towards their hookup partner. This is why it is so important to have larger sample groups when conducting research like this because people are so different in the way that they process their own emotions, and no two people do it in the same way.

When I think about how I process my emotions and psychological processes when it comes to hookups, I think back to one specific event. I was at a friend's house party and I thought one of my friend's friends was attractive. We hit it off talking and by the end of the night we were laughing and eventually exchanged numbers. Later on, we ending up kissing and during the moment, we were both enjoying it. It wasn't until after I went home that night and woke up in the morning and really thought about it that I felt gross for doing that. I couldn't tell you why I felt that way; maybe it was due to the fact that I never pictured myself doing that, but either way, it left a bad taste in my mouth and kind of made me reevaluate how I would go about a similar situation like that in the future. Without me processing that whole event, I wouldn't have come to the conclusion that situations like those maybe aren't my cup of tea. It is crucial that we all use our own psychological evaluations of our own experiences to determine what we like and what we don't like.



Our class defined hookup culture as consensual, intimate interaction that is sexual between 2+ people without commitment. On the surface of our definition, it doesn't seem to mention the psychological topic, but it's there. Implying that something is intimate means that it involves feelings and emotions. Implying that something that is intimate without commitment gets a little messy when feelings are involved. And although our definition doesn't go

into detail discussing the specific psychological aspects of hooking up, it is implied.

There are a lot of emotions involved with hooking up, good and bad. The article “Social Interaction is Critical for Mental and Physical Health” from the New York Times focuses on the importance and benefits of social interaction. Although the article doesn’t touch on the topic of “hookup” culture, it is a form of social interaction, a very intimate form. The article concludes that those who have a higher amount of social interaction will live longer and have fewer health problems. The study found that those with close social ties lived longer, regardless of a healthy or unhealthy lifestyles, implying that social interaction and connectedness is just as important, if not more so, than any other form of healthy living. This ties into our discussions of “hookup” culture because even if one isn’t participating in hooking up, settings like parties and bars that often lead to hookups, are places of high social interaction. It could be very beneficial to immerse oneself into these settings, regardless of hooking up or not.

Another very important psychological part of hooking up revolves around how media portrays “hookup” culture and how that affects one’s view of themselves, their hookup behavior and hookup culture in general. Especially with the rise of dating apps and people meeting partners online, media can be detrimental. Hookup culture has become a major theme for all forms of media, like movies and TV, books and songs. Movies often portray an unrealistic image of what a hookup is. This can create an unrealistic “hookup” script and can make many people feel question if they are doing something right, what they’re doing wrong and critique themselves for not being like the movies. In both books from Bogle and Wade, their research found that many people overestimate how much people are hooking up (2008; 2017). This could be because it is a common misconception that is often portrayed in popular culture, that especially in someone’s college years, they should be hooking up well and often. This places a burden and pressure on students to live up to the ‘expectations’ of society.

Another big topic regarding hookup culture is the feeling of regret. There have been many studies done on college students to measure feelings of regret after hookups. One particular study from “The Surprising Truth About Modern Hookups” found that 74% of women expressed regret after a hookup. This is a similar trend, that more than half of women from each study, felt regret after the hookup. Within this same study it was also found that 35% of people were highly intoxicated during their last hookup. This could contribute to the regret that they felt, feeling like they made some questionable decisions when they were under the influence.

One thing I found very interesting in regards to social interaction was that feelings of loneliness and isolation was the leading cause to seek therapy in recent years. This was surprising but also very surprising to me at the same time. It makes sense to me for that to be a leading cause, but it shocked me that it was the leading cause. On a very personal note, I did seek therapy because of the same feelings of loneliness and isolation mentioned in the article. This makes it easier for me to understand the importance and all the benefits that come with social interaction and connectedness, regardless of hookups, but also allows me to understand how hookup culture is a big part of social interaction in our society today.



Our class has defined a hookup as “A consensual, intimate interaction that is sexual between 2+ people without commitment.” In a general sense, I accept this definition to be my own as it directly related to my personal perspective of what a hookup is. To broaden that definition, we identified several categories which are made up of elements to accommodate for all the aspects that are incorporated in hookup culture. Over the past two weeks the focus of our discussion has been on the category of physiological aspects that are incorporated in hookup culture. This category is made up several elements consisting of pressure, desire, post-rape, gender

differences, trauma, how they dress, and emotional suppression, catching feelings, weight and body image. I feel that our class definition of hookup culture directly relates to my personal definition of hookup culture, however I don't think that the definition itself identifies how our psychological category is related to it. Even though I still believe and agree that psychology is an important element to hookup culture.

There were some elements of the psychological category which resonated with me and there were also some that necessarily didn't. Some of which didn't really resonate with me were the elements of how they dress, weight, and body image. My perspective of these elements is that specific characteristics of people's appearance doesn't play a detrimental role in the choosing of a hookup culture. This is because in most cases people have a type and they are most likely to hook up with someone who is their type. Therefore, they make a collective choice of a type rather than choosing a partner based specifically on what they are wearing, and their body image. As well as the idea that not all hookups are purely sexual and, in some cases,, people develop a friendship with their hookup partner in which case a persons' personality also plays a role in the other persons' desire to hook up with them. On the other hand, there were also elements which I did resonate with, such as trauma, emotional suppression and catching feelings. In terms of the element of trauma, I view that as the occurrence of past experiences, mostly negative, which affect the way in which a person view a hookup and how that affects their perspective and actions regarding hookups in the future, just as trauma of any type for any situation does. The next was the negative effects associated with catching feeling and suppressing emotions due to the likelihood of causing emotional damage to at least one of the participants when occurs. Considering the elements which I did specifically discuss I believe that they those additional elements provide an important contribution to our psychological category and our definition of hookup culture.

While conducting research at the start of the semester regarding hookup culture my group identified a source which provided insight

to how the brain and body process the stimulation of climaxing. This scientific article was written by Sophia Mitrokostas and is titled “Here’s What Happens to Your Body and Brain When You Organism.” This article focused on discussing what happens in the brain while having sex and an organism is reached. As well as how the mind reacts to such stimulations. Due to the activity of the brain during sex it is known to make people feel more confident and bolder, while it decreases depression and anxiety. The article also discussed what types of chemicals are released during sex and how the body reacts to those stimulations. For instance, it identified that dopamine and oxytocin are two major chemicals which are released and affects a people’s mind/body during sex. Specifically, it stated that dopamine is responsible for feelings of pleasure while oxytocin stimulated the feelings of affection and closeness to the person you are interacting with (Mitrokostas, 2019). The main intersectionality of this article and to our category of physiology, is the changes which are experienced in the mind when sex chemicals are affecting a person. As well as the desire for those chemicals and feeling produced during sex. Which increases peoples’ desire to have sex and their willingness to participate in hookup culture since in hookup situations people receive the positive feelings of having sex with someone without the difficulty of being in a relationship.

Since I don’t participate in hookup culture, my personal experiences regarding this category of hookup culture are limited to the narratives that my friends have told me about their personal experiences. From what I have seen and heard from other peoples’ experiences with hookup culture emotional suppression and catching feelings seem to be the most prevalent elements of our psychological category. Some of the common issues with those two elements is when one person is emotionally invested in the interaction while the other isn’t. This can be seen when the intentions of the hookup are not clearly stated and one person in the relationship has the intention on only hooking up and having sex with the person, while the other develops romantic and emotional feelings such as attachment to the other person. *I use the term

relationship very loosely in that sense, as into people interacting in a hookup scenario. Something people have discussed about catching feelings is that when that happens in a hookup scenario is not a good occurrence for either of the participants since it “ruins” the hookup and puts both people in a bad spot. Since the person without feelings is pushed away by the involvement of emotions since that’s not what they were looking for, and the person who caught feelings is then put in a place of emotional damage when those feelings aren’t mutual. In addition to that, from what I have been told about people’s experiences hooking up the occurrence of people being hurt by catching feeling leads to the manifestation of emotional suppression in hookups. Emotional suppression occurs when a person realizes they are developing an emotional connection to the person they are hooking up with and they either continue hookup with the person while hiding the fact they have caught feelings for them, or they end the relationship as soon as they begin developing those feelings to protect themselves from any type of heart break later on. From what I can conclude in general is a lose-lose situation no matter the case when one person in a hookup develops romantic feelings and the other doesn’t.



The focus category for weeks 8-9 was psychological with a variety of subcategories. Through class discussions we have defined a “hook up” as a consensual, intimate interaction that is sexual between 2+ people without commitment. Although this definition does not address the psychological element, the definition relates to the category as “hook ups” can impact individuals differently. Everyone has different experiences and some people may become more attached after a hook up while others may move on quickly. After many class discussions, I still feel that the term “hook up” is vague and can be interpreted differently depending on an individual’s personal definition.

Focusing on the category of psychological both the books we have

chosen to read as a class by Lisa Wade and Kathleen A. Bogle have items that connect to this category. In Wade's book she describes some gender difference in the way that girls and boys get ready to go out. She explains that girls tend to put a lot of time, effort, and thought into their outfits as they want to look their best. As for boys, Wade describes a more careless and simple process for getting ready (2008 27). I do tend to agree that girls seem to care and put more effort into their appearance than boys. Another item from Wade's reading is that she makes a connection between "hook up" culture and rape culture. Wade believes "hook up" culture is a breeding ground for sexual assault as many incidents occur at parties where substances are typically involved. Bogle also briefly discusses rape and how in many states the legal definition of rape is defined as any sexual activity while the victim is intoxicated (64). I don't know if I agree with this definition as I feel sexual assault can occur without an individual being intoxicated. In addition, through class discussion we, as a class, have decided we do not think rape is connected to "hook up" culture. It is interesting that both authors make a connection and relate the two items.

During our research time as a team, we did not find any articles that related to the psychological category. However, we were planning to obtain more information related to the psychological category through a survey. My team was hoping to conduct this survey with students involved in Greek Life because we feel that this community has my individuals who have experience or participate in "hook ups." With this survey we would ask questions related to appearance, body weight or body image, pressure, feelings, and gender differences. Through the survey we hope to gather a better understanding of what factors influence people to "hook up." The only potential trouble with a survey is that people may not answer honestly. I do look forward to conducting this survey and seeing the results.

From my personal experience, I feel like some subcategories of the psychological category are highlighted more than others in our current "hook up" culture. I think appearance and weight/ body

image are two items that are very important to girls. Many girls when they go to parties wear certain clothing such as revealing or tight-fitting tops that they would not wear to other events. I also believe girls are focused on their body image, as this is an issue and is a large part of our society. Everyone wants to be skinny and if they are not, they experience a loss of confidence. Another subcategory that is prevalent in the current “hook up” culture is emotions. Some individuals are able to hook up without catching any feeling while others may start to develop feelings for the person with whom they are hooking up.



My personal definition connects with the class definition in the fact a “hookup” entails a sexual interaction. It is easy to connect with such a fluid definition, and I prefer that the definition be fluid due to many people viewing the topic completely different. The class definition relates to psychological by using the term intimate. I feel that intimate can cause emotion, which is a subcategory of psychological. I know within class we tried to separate “hookup” and feelings, but I think it depends on the individual. Of course there are some individuals who do have feelings about a “hookup” and maybe even both of the individuals that “hooked up” with each other have those feelings. Again, it really depends on the situation and the individuals within that situation.

The thing that resonated the most with me was the idea of how women tend to look more for one partner to provide for them, and men try to get to as many women as possible. This idea stems from scientific research and humans being mammals. Another group had brought this idea up and I had never really thought about the idea in relation to “hookup” culture. Obviously, this isn’t the case for everyone, but it was just extremely interesting to hear about. When you think about animals, the female is searching for one male to breed with, while the male is getting to as many females as possible. I think when you would ask someone if this was the case, they

wouldn't know the answer, because this is more of the individual's instincts acting. Another extremely interesting idea was that most individuals tend to find the "average" looking person to be the most attractive. In class, it was mentioned that combining a bunch of different individual's faces together creates the most "average." Most of the information learned this week is quite different than the topics we have been focusing on. I feel the information provides more scientific meaning to "hookup" culture. The idea of pressure resonated with me as well, I know one of my extremely religious friends ended up "hooking" up simply because all of her friends were doing it. She ended up going against what she had grown up learning. I supported her through whatever decisions she made, but made sure I was there to just be her friend and not judge the situation.

My team had a very limited amount of external resources for the topic of psychological, but the most important one to me was an article about why people actually end up "hooking" up. The article touches on how men are more likely to hookup, but women are more likely to think the hookup will lead to romance. The author goes on to research if these theories actually exist. The article focuses on the gender differences. I liked how the author made sure to mention that obviously these theories regarding gender differences do not hold true for everyone.

Over the last three years of college, I have not been participating in the "hookup" culture, but I have plenty of friends who do. By having plenty of friends who do it is easy for me to hear about the "hookup" culture here at MSU. Relating to psychological, body image is a huge factor. I have a girlfriend that continues to mention how much she has had to eat over the course of the week. This friend tends to "hookup" a lot and she always relates the guys not wanting to be with her because of how she looks, mind you she is extremely small all around. It is also easy for me to comment on gender differences, as I grew up with brothers and have quite a few close guy friends who openly talk about "hooking up". My guy friends are usually more open than my girlfriends; they tend to go into a

lot of detail, whereas the girl mostly focuses on the fact that it only happened and nothing more. My guy friends also make it more into a competition; meaning they talk about the way the girl looked. I know it is very important to realize that this isn't what happens with everyone, but also how everyone has a different experience with "hookup" culture.



Our class definition of "hookup" is: a consensual, intimate interaction that is sexual between 2+ people without commitment. I feel like this definition is very close to what my personal definition of "hookup" is. Our class definition only really hits on one of the elements from the psychological category, which is emotional suppression/catching feelings. This element relates to the "without commitment" part of the definition. That is a big part of the hookup culture. In my opinion, that is the part of a hookup that people struggle with most; emotions sometimes get involved and it doesn't usually end well. I would say this category overall plays a large role in hookup culture. Psychologically, I feel the biggest part of hooking up is weight and body image. If you are strictly looking for a no strings attached, completely physical relationship with someone, you only care that you are attracted to them and nothing else matters.

In Bogle's Hooking Up, she talks gender differences and explains that men think women are usually looking for something more than a hookup, like an exclusive relationship, while women believe that men could hookup with any woman and could separate sex from emotion. I wouldn't necessarily agree with the first point she makes. I think there are some women who are only looking just for a hookup, just like there may be men who are interested in something more than just a quick hookup. I do believe men are better than women at separating emotional relationships from physical relationships. Men just tend to be better at not catching feelings, they aren't as emotional as women normally are. Even when women

try not to get their emotions involved, it happens. And I think it happens more often in women than men. Something we talked about when in smaller groups was how some people struggle to know whether they're actually considered attractive to others. I feel like that's how I am. Yeah, beauty is in the eye of the beholder but I will still always have those "am I good enough" thoughts.

The only external source my group is planning on using for the category of psychological is a survey of people apart of Greek life. We have not yet formally conducted the survey but we have brought up this topic of psychology in hookup culture to our friends to see what they have to say about it. This kind of helps us to form questions for our upcoming survey. Most of our questions will focus on the elements of pressure, body image, appearance, weight, and feelings and how they play a role in whether or not a person decides to hook up with another person. Because we're surveying our peers, we're hoping to get real and honest responses. I personally would be uncomfortable answering these questions for an older person but would probably answer as honestly as possible if it was for a peer because they have a better understanding of college life in 2020 compared to someone in college in the 90's.

I feel like anyone involved in hookup culture can relate to this category, whether on a college campus or not. When going out, the first thing I worry about is what I am going to wear and how I look. Even if I have no plans of wanting to go home with anyone, I want to feel good about my appearance. I feel like guys don't have to try that hard with their appearance. They can throw on some jeans and a button up, or any shirt really, and be considered attractive. Their confidence is enough for them to look attractive. And when you go out, that is visible. You see girls dressed up in an outfit, normally a crop top with any bottoms, a skirt, jeans, leggings, hair and makeup done and then you see guys in just whatever. This shows the gender difference – women are held to higher standards and are expected to dress and look a certain way. And again, Even if I don't want to engage in that hookup culture I dress this way to fit in. Personally, I don't like to get myself involved in anything like a hookup because

I wouldn't want to get emotionally attached to someone who wants nothing more than a physical relationship.



As we discussed the topic of “psychological” throughout these weeks, where the number one connection with our definition is that it is a “brief intimate encounter.” We discussed how this specific aspect can help shape the psychological aspects associated with hooking- up. Being intimate with someone for a brief period of time has been shared to be especially hard for women, as they biologically experience more hormones associated with “love” and emotionally find it easy to become “attached.” I wouldn't have included anything further in my personal definition of “hookup” as I think psychological aspects of the culture can be very subjective and not necessarily purely gender oriented either.

Due to the circumstances and not having much class time to discuss the psychological effects hookup culture has had on others, or what has provoked their mentality today, I can only speak on speculation and my personal history. I believe that the way you were brought up and your past with hookup culture helps shape your psychology of this manner. One thing that particularly resonated with me throughout this week's discussion is that some people struggle with being intimate for a brief period of time. Growing up, I have always been around those who take giving your time and self to someone seriously. I definitely think that this has shaped how I view hooking up and find it hard for me not to genuinely care for those I get to know.

The last class time, we had a great discussion about how emotions are looked at as an “on-off” switch when it comes to hooking up. We talked about how we have witnessed those around us almost have to give themselves a “pep-talk” to get in the right frame of mind so that they do not get attached. In addition, we talked about how a person's looks make it easier or harder to get attached. For example, one girl in my group talked about a guy in a fraternity she used to

get with from time to time. This guy was in a “top-tier” frat and was considered very attractive by many girls. It was also very obvious that he was hooking up with other people and didn’t see what they had as serious. While she knew what they had was casual, the girl got attached quickly and let the guy’s actions affect her.

Personally, I have found it very difficult to not get attached when being intimate with another. To me it is a very special aspect of a relationship, and I am someone who cannot, not genuinely care for another. While this is a blessing, I do sometimes consider it a curse because there are times I wish I could detach myself from an individual or the interaction. Earlier, I mentioned that I think the psychological aspect of hookup culture is very subjective and I truly stand by this as I have seen those of opposite gender experience similar feelings. My guy friend from high school struggled when his girlfriend of a few months broke up with him because she was his first intimate relation.



During the first week of the semester, our class collectively decided on a definition for the term “hookup culture.” Our definition is, “a consensual, intimate interaction that is sexual between 2+ people without commitment.” This definition does not address the psychological contributions or aspects of “hookup culture,” and ‘Psychological’ is one of the categories we have established to focus on in our book. I personally do not know how we could incorporate the psychological aspect of “hookup” culture into our broad definition since everyone’s experiences are so different, but I would like to note how important the psychological aspect of this culture is. Our definition does not address how this culture can pressure people to feel the need to engage in “hookups,” the psychological impacts an individual may experience post-rape, the trauma that “hookups” can cause, how people are able to separate themselves from forming an emotional connection with their “hookup” partner, or how body image, weight, or choice of clothing may influence

the amount of “hookups” someone engages in or has the option to engage in. As an individual who is interested in psychology, I tend to resort to thinking about how behaviors/experiences, thoughts, and feelings interact with each other and affect a person’s well-being. Traumatic experiences within the “hookup culture” can cause extensive emotional distress for an individual, and I feel like this is not talked about enough. Peers engaging in “hookup” culture may influence one to take part in it as well in order to gain a sense of belonging. I think more research needs to be focused on how this culture is both positively and negatively affecting members of our society in order to make it healthier for those involved.

Both of the Bogle and Wade readings explain psychological components of “hookup culture” (2008; 2017). As for gender differences, Bogle explains that men believe women are either looking for something more than a “hookup,” a committed relationship, or to find a person they could see themselves marrying. Women believe that men could “hookup” with any woman and be able to separate the sexual encounter from emotional feelings for the individual and could have sex with someone without having any emotional connection with the other person (2008). As for pressure, Bogle also explains that men and women may feel more pressured to engage in “hookup culture” because there is a common misperception that being a virgin is not common on a college campus, that most people are hooking up, and that they are hooking up with many people (2008). Since people do not want to feel like the “odd one out,” this may influence people to “hookup” in order to fit in. Wade associates “hookup culture” with “rape culture” (2017). Although we have established in our definition that “hooking up” is consensual, it is always good to acknowledge other opinions, and a subcategory within our ‘Psychological’ category is ‘post-rape.’ Wade states that about one in five women, and one in sixteen men in college are sexually assaulted, and “hookup culture” is a core part of campus culture and is therefore, associated with the occurrences of sexual assault (2017). It is also noted that most occur at or after a party, which is the prime locations for “hookups” to take place

(2017). Post-rape, individuals can experience great psychological disturbances. To prevent these situations from occurring, bystanders need to begin intervening more often. College students need to be educated on when and how to intervene in these interactions in order to reduce the harassment, and psychological distress experienced by their peers (2017).

Our team's external source from our annotated bibliography for the 'Psychological' category is a survey we are planning on conducting. We are planning on sending out an online survey to a fraternity and sorority at Michigan State University in order to learn more about the psychological implications and impacts of "hookup" culture, and how "hookup" culture is influenced by 'Greek Life.' We intend to focus the questions on how appearance, weight, body image, pressure, gender differences and feelings influence what guides people to "hookup" with another person. We are concerned that our participants may not answer our survey questions with complete honesty because discussing "hooking up" is uncomfortable for some people. I am very interested to implement and discover the results of our survey, but since we have not conducted it yet, there is not much more I can explain about this matter.

When walking into a party, the first thing you notice about the people in the room are the clothes that they are wearing. Attire allows people to stand out and fit in at the same time. I find that women typically wear crop tops and leggings, jeans, shorts, or skirts, and men wear whatever they want. This goes to show the gender difference in terms of attire: women are expected to wear certain clothes and appear a certain way, and men are not. Although I am not looking to "hookup" with anyone when I attend parties, I still feel the need to dress in a similar manner to the rest of the women who attend the party. Even though I am not looking to "hookup" with anyone, while in that atmosphere, I tend to feel like I should want to engage in a "hookup" because I sense that everyone in my surroundings seems to want to. I am more interested in forming emotional connections with my partner, so I choose to

not engage in “hookups” because they do not fulfill my needs. I also think it would be difficult for me to suppress my feelings for someone I was intimate with and therefore, choose not to engage in “hookup” culture so that I can avoid becoming emotionally attached to a person who does not want anything more than a “hookup.”



For our category titled “Psychological, I learned a lot of information about the social implications behind the actions and behaviors of hooking up, and the effects it can have on individuals. Our class definition doesn’t have much of an explicit stance on the psychology behind hooking up but I think the fact that we acknowledge it as an intimate and non-committed interaction between two people reveals a mental dimension that naturally arises. The core of the psychological implications is the attitudes of how one view themselves or others after a hookup and from my own experience I think this is what creates such a taboo behind the culture even though many people partake in it.

The Castleman article proved this point when revealing how the current generation partakes in hook-up culture at the same rate past generations have, despite mainstream myths that our generation is hyper sexual. I appreciated how the article involved quantitative data to prove the similarities of sexual activity generations and because it is able to reveal how such practices have always been done, and what actually has shifted is the public’s awareness of such topics. Castleman’s article relates a lot to our social/communicative category as well as I do agree that modern dating apps such as Tinder have enabled people to have more access to hooking-up, but the narrative that its oversexualizing individuals aren’t necessarily true. Because narratives like this persist, I think a lot of shame develops within people because they define themselves based on public opinion. I personally can relate to this because before I began casually dating, I refused to use dating apps because I was nervous that peers would see my profile, especially while living

on campus. I had never had sexual intercourse at the time and was terrified of hooking-up, but even the thought of downloading an app and potentially being called out made me internalize that seeking meaningless hook-ups wasn't a good use of my time. I also think due to gendered norms of men having to be the ones who seek sexual gratification while women can only lust after affected my conception of who can and cannot seek hook-ups.

The Brody article also brought up relevant information in regard to the psychology behind social interaction in general as it can bring a lot of benefits to people if they are surrounded by the right people. With hook-up culture, there's always this sort of game one has to play with others whether through the fake profiles they have to navigate on apps, or even the humbling ghosting period after hooking up, and that's why I believe one has to be fully aware of what they involve themselves in so they can protect their peace. I rarely invest in individuals I hook up with because unless communicated, I know that neither of us holds emotional obligations towards one another beyond what our (mostly sexual) interactions involve. I've had many friends get their feelings hurt over hook-ups because they don't fully accept this concept, and instead are too vulnerable around people who don't deserve that side of them. As Brody highlights, it is extremely important that people have healthy and sustained social relationships with others, and I think this is even more important in hook-up culture because there isn't a linear correlation between physical intimacy and mental intimacy. More conversations behind the psychological aspects of hooking up are necessary as its existence evolves in our society.

PART IV

GENDER ROLES

Elements:

Feminism

Shame

Autonomy

Stereotype

Cool for guys

Body count

Walk of shame

Embarrassed



Chapter Summary

Reflections

Our class definition of hook up is very well connected and ties in those keywords involving hook up culture today. There may be a lot of stigma about the hook up culture, but there are options you either participate or you don't. People shouldn't be judged because they do or don't participate because it isn't anyone's decision except for that person. This ties into the common misconception that people who participate are "dirty" or "slutty". Just because you participate doesn't make you anything but yourself. So, people shouldn't be judged because of hooking up.

I believe the biggest thing that resonated with me is the fact that I was judged in high school for hooking up with people even though that is what I wanted to do. My sophomore year of high school I hooked up with a girl and everyone basically shit on me for it. Now, I don't want to sound rude or disrespectful, but my friends said she was beneath what my standards should be. So, I got shit on for hooking up with this girl for years; some friends, right. Besides the fact I think this was a good learning experience if anything. I learned how people can judge others so easily and I also learned what my interests are. Do I regret hooking up with her... no this helped me learn and now we're friends.

This week my team and I talked a lot about gender roles in the hook up culture. A huge point I made is that gender roles matter more now than ever. A man doesn't have to lead everything in a hook up situation. It all depends on the situation and how comfortable you are in that situation. I have had women make the first move on me and lead the hook up rather than I do it, and I have no problem with this. To me it is all about the general vibe of the situation and how comfortable we both are. That is why I believe it is best up front and honest with the person you're hooking up with.

In personal experience the hook up culture has been postponed like everything else. Now that I am at home and most people are

staying in their houses, it is hard to hook up with anyone. I've basically just been hanging out with the girl I've been talking to recently and that's a good thing because we can hook up and also just hangout. I think we both enjoy each other's company and our relationship. It's laid back, but we still want the best for each other. During times like these when everyone is fearful, it helps to have someone to calm you down and talk to.



Our class definition of hookup culture, “a consensual, intimate interaction that is sexual between 2+ people without commitment” goes hand on hand with gender roles. Although gender roles is not specifically mentioned it does use the words “intimate” and “without commitment” which is where gender roles come in.

To start with, in Bogle Chapter 6, it is talked about that college students want carefree sex but men are better at being “carefree.” I do not necessarily agree with this. I do not think that just men are better at leaving out feelings. I think it is about who you are. Everyone is different, some people are better at not catching feelings while some like falling in love.

In Bogle Chapter 8 she talks about how women are more likely to want to turn a hookup into a relationship. I feel like this can go either way, but it also depends on how exactly are you hooking up, if that makes sense. Some people hookup and start acting like they are dating which can be misleading therefore getting feelings. But if you are just having a drunken one night stand it is kind of hard to catch feelings. I feel like the more you hookup with someone, the more you might start to get feelings, even if it is just for a couple days. She also mentions virginity. Virgins are shamed or embarrassed to be a virgin. It is not like a couple generations ago when being a virgin was glorified and pure. I actually agree with this. One of my friends is still a virgin and if we play drinking games that mentioned sex she lies and says her body count is 1. When I asked her why she did that, she said that she feels embarrassed. It is not embarrassing at all and

I am happy that she did not just go have sex with some random guy to get it done and over with. Sex is not that big of a deal and it is sad that virgins feel so pressured to have sex especially when they are not ready.

I really though Bogle Chapter 7 was interesting. First she talked about how men orgasm way more than women do. I also agree with this. I feel like some men still think that women can orgasm just off penetration which is extremely rare. Or they just do not care and just want to get “their nut off.” That is an actual saying many of my guy friends say. I think this is another reason I am not extremely intrigued with hooking up with random guys because I feel like it would not be enjoyable at all. I mean all men are different but I guarantee some do not even care if the women is having a good time. Another thing that is mentioned is oral sex. I also know some guys that expect to get head and not go down on the girl he is hooking up with. Which to me is total bullshit. I feel like the guys should not be having sex if they are the type that think going down on a girl is gross. Of course not all girls like it or feel uncomfortable but I feel like the stereotype that guys automatically should get head when hooking up kind of needs to end.

Gender roles is a thing that needs to eventually die out so that everyone can enjoy hooking up without all the emotional torture and shame.



Our class definition of “hookup” is: a consensual, intimate interaction that is sexual between 2+ people without commitment. I feel like this definition is very close to what my personal definition of “hookup” is. Our class definition doesn’t really relate to the category of gender roles. To me, this is a very important category. I identify as a female, and I think females are more shamed and are more talked about than males if they decide to participate in hookup culture.

The category of gender roles is present in both Bogle and Wade’s

books, along with examples for many of our elements. In Bogle's *Hooking Up*, she brings up the point that men have more power in controlling the relationship. Men are usually the one to decide whether a hookup is just a hookup or if it can become something more and turn into a relationship. Women tend to have less control in the hookup scene; they will sometimes want more from a hookup, but it's the man that typically decides to take the relationship to the next level. This is a big part of gender roles in hookup culture. Why does the guy have the most control? Is this a part of males just stereotypically being the more dominant gender? Bogle also talks about the stereotypical male dominance outside of hookup culture; she says men plan the dates and cover the expenses. In Wade's *American Hookup*, she mentions women's appearance. When going out, women are the gender that tend to care more about how they look, they do their hair, makeup, and spend time deciding what to wear. Women care about fitting in and looking attractive to the majority, they wear what most girls wear when going out, jeans, leggings, or a skirt, with some type of crop top. On the other hand, when guys go out, they barely put any thought into their appearance. They throw on some jeans and any shirt and are ready, and females will still find them attractive and hookup with them. Going into the element of body count, Wade discusses women with high body counts scream red flag while men with high body counts appear to be cool. In a discussion forum from week 10, one post showed an image of man standing with four others labeled "Prince Charming" and a woman standing with four others labeled "Whore." Why the double standard?

While working on our annotated bibliography, my group found a TEDx video that relates to our category of gender roles. The video really resonated with our shame and feminism elements. The presenter, Grace Rosner, explains how hooking up can be a popularity boost for boys while girls tend to feel shame after. Feminists say that "hookup" culture provides an opportunity for equalization and empowerment for women. Rosner explained that over time, the "hookup" culture exemplifies mostly masculine

characteristics. Women are now allowed or encouraged to act like men.

Gender roles are seen everywhere, not just in hookup culture, making it extremely easy to relate to. I don't really participate in hookup culture, but I've seen it go down. A guy asks to buy a girl a drink, they flirt, maybe make out and next thing you know they're leaving together. I've never really seen it where the girl approaches the guy. Outside of hookup culture, I feel like gender roles are still present. My boyfriend insists on paying for every date because he feels that as a man, that's his responsibility; even after a year.



We have not gotten a chance to discuss this crucial topic due to the pandemic, but I wish we had. Gender roles is a vital part of hookup culture, and is part of the reason why this culture impacts people so negatively. I can certainly relate, as it impacted me negatively. How men and women are 'supposed' to act is not always fair, and does not take into account the different personalities people might have. It perpetuates the narrative that men have to be 'hunters' and dominate, while women are 'prey' and are passive and submissive. This is one of my most passionate topics, as I know how much this can impact men and women who don't have that kind of personality. I am a guy who certainly participates in the hookup culture, but I do not have that kind of approach to the culture that some other men do. I do not view women as sexual objects to be exploited, and that certainly hinders me at times, as it seems those who do tend to hookup more somehow. This is a societal issue, and is certainly getting better. Women are becoming more and more confident, and are initiating these interactions a lot more, which is very welcome in my opinion. Many men are also 'letting' women be more assertive, and are not attempting to constantly dominate or assert themselves. This is not just a hookup culture issue obviously, as the way gender roles impact peoples' daily lives is still significant, in countries all over the world.

Men tend to feel, especially in college scenes, that they are hot shit, and women are lining up to get with them. They act cocky, and are full of themselves, even though they are, in my opinion, complete trash. I have had friends (though not for long) with this kind of attitude in my several years here, and it is abhorrent to see. I have also seen plenty of women who lack confidence in themselves and their own abilities, and do not act on their desires or ambitions. They get with men who are way below their league (but do not act like it) because they do not think they can do better. With women more likely to be more assertive now, and make the first move, this issue is starting to be remedied. It is still a major issue, however, due to the role Tinder plays in college environments. Men are usually expected to make the first move, and somehow woo the women and keep them entertained. I have had good experiences where the move was mutual, and respectful. The woman was straight up with me, and I was with her as well.

The opposite is also true, unfortunately. Women are sometimes more than happy to take a backseat and let men chase them. They play games, manipulate, and make men attempt to chase them. I have also had this happen, so I speak from experience. Women on tinder often have a caption in their bio of “Hit me with your best pick up line’ or something like that. Women can also help advance the critical progress that has already been made, and if some continue to manipulate and play games, the culture will be severely flawed and lead to severe mental health issues among both men and women. Due to people’s short attention spans, they lose interest in others quickly, and need to be ‘hooked’ to remain interested. Gender roles play a huge role in maintaining this culture. We have seen progress in advancing the role women play in the culture, and not just being passive and submissive, as well as men being less cocky and disrespectful. Both men and women still have a lot of work to do, however, to ensure people are not forced to play roles they are not comfortable with, as well as ensuring the culture is respectful and healthy.



Recently, we've been talking about gender roles, and shared our personal thoughts on how we see gender roles in society. For my example, I posted a picture of stereotypical names for heterosexual people that are active in hookup culture. For instance, men were labeled as powerful, macho, and confident; whereas women were labeled as "whores, easy, and shameful."

My team has discussed a decent amount on gender roles in dating/hookup apps. We've found a common theme where females tend to be more embarrassed to be on apps instead of men at the start. We don't understand, since both of these individuals are looking for the same end goal. Women are notoriously known to care more about what people think, that's why they have the rep of being more shy and reserved, compared to men who seem to not care what people think about their personal rep.

I've personally never been on a dating/hookup so I can't speak upon experience, but am guilty that I reserve myself in the hookup scene because I don't want to have a "slutty" rep compared to talking to guys that have been with 3x more people than I have. It bothers me that girls can have such a different rep compared to guys!



Although our definition covers a lot of the aspects of "hookup" culture because of its broadness, I feel as though the definition does not do justice to everyone individually. Everyone has their own definition of "hooking up" and "hookup" culture, so I feel as though our class definition wouldn't apply to every group or person. Me personally, I can connect to this definition when I think of "hooking up" I think of sexual intercourse of any kind between people who are not together. Since the beginning of time, women have always been treated different than men for majority of everyday life things.

In terms of hooking up and relationships, there is always a double standard which cause women to be treated negatively because of it.

Although we have not been able to do much discussion together, I am certain that the concept of double standards would have popped up in class. A double standard is a principle or concept that is unfairly applied to different people or in this case groups of people. Double standards have been a pet peeve of mine since I found out what they were. I don't like when women are told they cannot do something or are talked about negatively for something men do. This happens a lot in hookup. It's often seen that a guy (usually in our age range) can have sex with 20 girls and nobody is phased by it and his friends praise him for it. When the roles are reversed and a girl sleeps with 5 guys, she is considered a hoe or slut. It is just mind-blowing to me because men can do whatever whenever and not be punished but a woman must remain a proper lady and be wholesome.

Key points my team made about social gender roles are that women are often shamed for sleeping with 5 or more people. A twitter poll that was made in May of 2019 asked participants "what do you think is the normal/acceptable body count for a lady?" Of 487 voters, 44% answered that 0-5 partners is the appropriate amount of sex partners a woman should have. It is unclear what majority of men and women or what age the participants were, but it shows how much women are shamed and talked about for having several partners, and how we are expected to be lady-like at all times.

In my personal experience, as far as gender roles, I constantly live the double standard because I am a cisgender woman. Yes, I have had multiple partners in my life, but that does not make me a hoe or slut especially because I did not know better and my emotions took over and I would get taken advantage of. I believe I am as classy as it comes for a lady at my age and I shouldn't have to feel bad for the choices I made in the past. If a woman wants to live her life and sleep with 10 guys then so be it, but don't make it into a thing where

a man has multiple partners but when a woman does it she shamed for it. Make it equal.



As a class our overall definition covers a wide range of possible interpretations. Part of this definition is the social/ communicative aspect of how we should define hookup culture. We decided to include things like social media, dating apps, and intoxication as possible social inclusions too hookups. The communicative aspects that we decided to include in our definition were disclosure of STDs, ghosting, and sexting. For my personal definition I would say that more of these social components are relevant to me compared to the communicative.

Part of the class definition of hookup culture includes disclosure of STDs, and I have had a past experience that helped me to learn the impact of STDs and just how careful I have to be. I met a girl on an app and we decided to link up on a random Friday. I had been talking to her for about 3 days but it felt like a lot longer just because of how often and how much we talked about. When she finally showed up and we started to talk I felt like it was the exact same person that I had just spent so much time learning about. I felt like I knew her, so I decided to make a move. The next morning she brought up the fact that she had herpes but she knew I would be okay because it's almost always dormant and cannot spread in that state. I was still surprised to hear this news. I wish she had told me before because I clearly remember asking her, and I wondered if she understood what I was asking about. I asked her and she said she knew but she decided to wait until after the moment because she didn't want to scare me away. I felt let down by the situation because I trusted that she wouldn't lie but she was confident that it wouldn't affect me.

The source we are using to demonstrate the social and communicative aspects of hookup culture, is an info graphic in an article by Psychology Today titled 'In Hookups, Alcohol Is College

Students' Best Friend'. The info graphic shows the relationship between the percent of sexual events and the amount of alcohol or marijuana used, as well as the partner type. We found this graph to be very informative and easy to read.

I don't have any other relevant stories related to the social and communicative aspects of hookup culture.



For this week's category, I think some relevant and dated information was revealed through the different articles and books we explored. Our class definition doesn't really acknowledge a gendered lens in regard to what hooking up is, and I think this is okay as the act itself isn't something that's secluded to a particular person. Everyone has access or the opportunity to hook up with someone in their own way, but the social consequences that come from such an act do have gendered implications of bias.

The comments in Bogle in regard to the roles men and women take on were opinions I agreed with the least, simply because I think they're centered in dated stereotypes and don't accurately portray the power women have claimed over their bodies when engaging in casual sex. In chapter 8 of Bogle, I disagreed with her take that men are the main initiators when it comes to hooking up, and are most dominant in situations because in my experience I've been very forward when trying to meet up with people I was attracted to. I mostly used dating apps to communicate my interest, but even in the moments before the actual hook-up I was the initiator to "set the mood". Perhaps because I was not intimidated by the people I interacted with, I was less hesitant to be forward with them. I have had friends that told me when they were with older men, they were more submissive because they felt less experienced than them.

I thought it was interesting data Castleman revealed when answering the question on if hook-ups exploit women because I think it reflects how I modernly understand the personal choice of wanting to engage in sex. For me, I've never been in a circumstance

where I limited my pleasure for another person, or I gave into someone else's needs in order to feel desirable; I wanted to have sex and I communicated my intentions to the person I was hooking up with. This is not to say I haven't had awkward moments when leading up to a hook-up, but I've always been forward with expressing what I was at least looking for even when I didn't fully know myself. I thought this was an interesting contrast from what Bogle addressed as exploitation by women feeling as though they are only wanted for their bodies now. I think this statement in Bogle is true, but I'd argue that there are women who exist that can simply want a man for sex and this isn't exploitation because women are still most vulnerable when it comes to public scrutiny for their actions while men are always rewarded. The double standard and paradox of blaming women for acting on the same thing men do is still an ongoing issue.

Something that I think is very relevant to understanding the gendered disparities when hooking up is what Wade mentions as the orgasm gap because I think men typically do find more pleasure out of casual dating especially due to the lack of commitment that goes into it. I believe that pleasure is tied to intimacy, but because men are allowed to seek self-gratification they don't put enough time into assuring that their sexual partners are actually satisfied by their performance. In the article, our group found titled, "Why the Young Are Falling out of Love with Sex," the author associates the lack of satisfaction from hook up partners being the result of the hypersexualized digital age we live in because dating apps and pornography reflects idealized desires that don't properly represent reality and therefore leaves people displeased (Strimpel 2019). I think this perspective does hold some truth and compliments the sexual double standards revealed by Wade (2017).



Throughout the past few weeks we have developed and discussed the gender role aspect of what hookup culture is. I really related to

the class definition of “hookup” because it personally followed my beliefs of hooking up. Not only this; I also believe that the definition of hooking up is fluid and that also relates to my definition. I think that the definition being fluid allows individuals to identify and find their place inside the culture. This allows for everyone to connect on some level within the community. This all leads back to the connection people want from others.

I really enjoyed talking about the gender role part of hooking up because this part affects almost everyone in some way. If certain people come off in the wrong way the hookup probably won't happen. This can be seen in some extent with guys usually having to setup the hook up. Without his initial interaction sometimes, nothing will happen. This could happen from someone being too straight forward and scaring the potential person away. Another outcome could be that you don't show your intentions at all leading to yourself entering a state of friend-zone or potentially nothing at all. This can happen if sometimes if some girls want to have the guy make the first move. Lastly this can change depending on what people want and what rules they have established for themselves. If someone doesn't hook up on the first day knowing someone ever this could lead to a whole new situation that requires more work and effort to achieve whatever goal is intended.

This week the group discussion of hooking up led to many discoveries for our group. This later developed into many important discoveries about the gender role aspect. The process of hooking up involves a place to start. Whatever this place is on an app on your phone, or a bar/party we have to communicate in these situations. If some people do not understand the idea of a hook up this can make them have a completely different idea or feeling during these situations. Some ways gender roles affected apps is that most of the time girls wait for guys to message first. Other times like on bumble girls are given the opportunity to message first changing these gender roles a little. Furthermore, questions came up about what happens after the hookup. Does getting ghosted or even if people talk about you after it is done. These issues are seen as important

but largely don't cause too many problems for the culture. With this in mind we even noticed that there are this involve using a script as well. People have to talk their way into the situation sometimes and this can be a process and isn't always successful. Not only this but different groups and people are all affected differently by these situations making it difficult to understand the full impact of gender roles.

One thing that was really interesting to me is that people get upset by hookup culture. This was really interesting to me because it shows that not everyone understands the rules of hooking up. Even more so even when people communicate there wants from a situation some people can still get the wrong idea. This can happen when someone says they only want to hookup and one party ends up getting attached for some reason even though they know what is going on. This can send the wrong message and make one party change their mind on everything. This violates the rules of hook up culture which could lead to the ghosting or other negative outcomes. This is why I feel hookups become complicated because not everyone is on the same page. This makes me think that people need a certain level of maturity to participate in the culture without experiencing any of the negative effects.



I think our class definition of hookup is very broad and general which is good because it means that it's very inclusive. Our class came to the conclusion that our definition was “ a consensual, intimate, interaction between 2+ people without commitment,” and I loved that we incorporated the word “people” because even though it was a small detail, it made our definition very broad and very inclusive of everyone. Although there is a huge double standard when it comes to gender stereotypes, hooking up is the same amongst all genders, but there are “roles” and “scripts” that society tends to follow when it comes to hooking up

Growing up as a gay male, it took me a while to figure out who

I was and what I liked when it came to sexual partners. I experimented with multiple different looks, but I didn't really know who I was until like my sophomore year of college and my dating patterns were all over the place. Everyone has a type and I always find myself dating the more masculine guys because I was usually more feminine and that definitely does mirror the roles in the heteronormative relationship which I sometimes get backlash for. In the gay community, you sometimes get hate for trying to replicate a "heteronormative" relationship and I'm always having to defend myself, because I'm open to everything, but my dating patterns replicate that hetero relationship and that's just how things work out. I'm all about dating whoever you want but that is kind of a weird double standard in the LGBTQ+ community

My team's external sources on the topic were mostly all online articles. This is the topic perfect for online articles because there are so many recent, relevant articles that contain so much content and so many interesting ideas from so many different viewpoints.

In my personal world of hooking up on campus, the guys that I usually attract are the more dominant/alpha types of guys which is fun to a certain degree. If it's just a hookup and nothing more, then a guy can be as dominant as he wants and I don't care however, there is a line once that person wants to peruse a relationship with me my "hookup" personality and "regular" personality are very different and I feel like a lot of people are the same way. If an alpha male in the bedroom tried being like that on a normal day I would have to draw the line because I like being seen as equal and independent in a relationship. I would prefer to not be bossed around and called a dirty slut in a normal setting but that might just be a personal preference.



Just like in my past narratives, our definition of hookup culture states "a consensual, intimate interaction that is sexual between 2+ people without commitment." This week's discussion forums have

been focused on the topic of gender roles. I feel like our definition doesn't specifically go into that topic, but it also doesn't cover the idea of how gender roles play a specific part in hookup culture.

We've had the discussion of how different groups aren't incorporated into a lot of the data collected about hookup culture, which seems to be a trend with the gender topic as well. When I think about the era that my mother grew up in, they weren't exactly thinking about how there could be more than two genders other than just male and female. Today, the generation I'm in, I'm learning about how there are so many more genders to include into hookup culture. But just because it's being discussed today, does not mean that it's accepted. There's plenty of people that don't believe it, or just aren't informed of how there's the possibility of there being more than two genders. For me, I'm totally accepting of people's decisions of how they want to identify themselves and who they want to be, no matter how they were born.

Since we had changed our chapters after the first couple of weeks, we didn't specifically discuss gender roles as a topic by itself. After the few discussion forums we had about gender roles, I found an interesting article from a student attending Dartmouth College that had some interesting points about the topic. The article, Gender Roles in Hookup Culture by Claire Callahan discusses the 'idea is that men are typically the ones pursuing women in online dating apps, like Tinder.' Personally, I agree, which I will talk more about later. What I want to discuss is the fact that only two genders are discussed in this article. Only male and female. I think it's definitely important to create more data about other genders participating in hookup culture.

For me, it's hard for me to include a new perspective on how gender roles play a part in hookup culture. As someone who was born a female and still identifies as a heterosexual female, I've only had encounters with heterosexual males. What I wanted to talk more about is the idea that men are pursuing women on dating apps like Tinder significantly more than women are. I feel like I can completely agree with this because I never message a guy first

on Tinder. I usually wait until they do and then I decide if I want to reply or not. I hate to think that I'm following this gender role stereotype. It's also interesting to see new dating apps that want to break the gender role stereotype, like Bumble, where the woman has to message first in order to start a conversation. But do we think society is changing with this? There's plenty of people using Bumble, but is it enough?



Our class definition of hookup culture relates to gender roles in multiple ways. One of the main ideas of our class definition is the idea that a hookup is a consensual, intimate interaction without commitment. This, however, seems to get murky for some people when it comes to different genders. For example, girls are seen as always wanting some sort of commitment from a hookup whereas guys are in the hookup just for the hookup. I don't believe that this is necessarily true so I do agree with our class definition that doesn't specify anything regarding what roles different genders may take. This, once again, also doesn't limit hooking up to certain genders or sexualities, which I believe is important since "hookup" culture is something that everyone can experience.

Some of the things that resonated with me regarding "hookup" culture and gender roles is the differing opinions and perspectives regarding who has what roles. Like I mentioned before, women have a certain notion that they always want commitment and are too emotional in order to be a part of hookup culture. This is a notion that is continuously perpetuated throughout both Bogle's *Hooking Up* and Wade's *American Hookup*. Both include interviews with students, both male and female, who agree with and speak about this concept. They also speak on how males only want hook ups and most who give interviews have no interest in dating. However, Castleman's *The Surprising Truth About Modern Hookups* article goes against both Wade and Bogle. In this article, Castleman collected more recent statistics of college student hookups than

Wade and Bogle's early 2000's focus. In these statistics, it showed that women would hope for commitment out of a hookup around 65% of the time while men hoped for it 45% of the time. While women hope for commitment more than men like both Wade and Bogle mentioned in their books, it's not nearly as consistent as they make it out to be. Women don't desire it 100% of the time and men desire it way more often than 0% of the time (2008; 2017).

My group found an article called "Hookup culture both dominates and diminishes self-worth" that correlated to the category gender roles, particularly to shame regarding "hookup" culture. It gave statistics regarding the sense of shame both men and women feel as well as other statistics such as the number of hookups you have and feelings of depression and loneliness. This is similar to Castleman's article as he, too, had a section regarding shame in hookups, mostly women's feelings of shame. Women tend to feel shame more often than men and also tend to be more shamed than men regarding "hookup" culture. The article also reflects, however, on dating apps and social media usage, connecting to our other category of social/communicative. These dating apps are helping both women and LGBTQ become more empowered and comfortable in the hookup scene. Hopefully, this helps reduce some of the shame that comes along with "hookup" culture as well as some of the more traditional gender roles within it.

My personal experience with hookup culture has followed more of a Castleman path rather than a Bogle and Wade path regarding my feelings on commitment. Since I'm a woman, I would be expected to be emotionally connected to those I've hooked up with. This isn't necessarily true for everyone. I've had some hookups I've fallen for, such as my friends-with-benefits, but there's others where I've had no problem with it just being a hookup. For example, in one hookup I had, it was the opposite case. One New Year's Eve, I hooked up with a guy at a party. After that night, he wanted to try to form a relationship out of it. I, however, had no feelings whatsoever for him and only wanted it to be a one-night thing. I ended up having to turn him down multiple times because he was relentless, and ended

up shaming me for hooking up with him and not wanting anything serious from it.



Our class has defined the hookup culture as a consensual intimate interaction that is sexual between two or more people without commitment. Given that this week's focus is on gender roles within the hookup culture, this definition fits my personal definition rather well because it does list any information about gender roles. I personally do not believe that gender should define an individual's role in the hookup culture. I am a heterosexual white male that is active in the hookup culture, but I do not always initiate the hookup. Honestly, the majority of the times it is initiated by the female that I am hooking up with and I prefer this way because I never want to place any pressure on someone to hookup. For me, hooking up is not a serious thing, but rather a fun activity that is pleasurable to both parties. Therefore, I would never want to seem pushy or desperate to hook up with an individual because it means more to other people than it does me.

Historically, gender roles have been quite clear in the past. Men are supposed to engage in courting and should make the first move, which is still pretty relevant in today's culture as well. This being said, it is not as prevalent because gender roles seem to be diminishing in our current society. Personally, I know more than a few women that are quite clear about wanting to hookup and initiate it with whoever they want to hook up with. An article that I found also states that a straight woman they interviewed "...engages frequently in hookup culture largely due to her own boldness," (Callahan 2018). I believe that this a rather new development within the hookup culture, and it is shattering the old-time gender roles that state that men should be calling the shots with women. I personally believe that this is a good change and that it is more empowering to women that are participating in the hookup culture. Ultimately, gender roles are changing from what they historically

were and are putting the women involved in a better position of power.

My team has been conducting research on the different roles that gender roles play within the hookup culture and has found information that backs the claim that traditional gender roles are diminishing and that gender roles themselves are changing. One article I found discusses how one woman that they interviewed attributes her frequent participation in the hookup culture to her being bold, in the sense of being direct with what she wanted, and being straight-forward (Callahan 2018). However, this is not a change that is across the board. One article states "...men and women incorporate societal norms into their daily life..." (Kozak 2018). So, while it seems that for some gender roles are changing and more-so empowering women, there still seems to be evidence that many are content with the traditional gender roles. There also still seems to be a sexual double-standard of judging/shaming women for participating in the hookup culture and praising men for the same action (Kozak 2018). Ultimately, gender roles seem to be changing in a lot of ways, but there is still a basis for traditional gender roles still at play.

My own personal experiences within the hookup culture that relate to gender roles has been rather interesting to reflect on. When I was younger, I stuck to the more traditional gender roles and thus I was always initiating the hookup and contacting people first. Then when I got to college this changed to me being more passive in the sense that I would let the female initiate the hookup. I would say that I prefer this way because I have made a lot of close friends that I never had sexual relations with because I simply allowed the "relationship" to take its course and see where it goes. Had I been trying to initiate hookups with these people, I would not have the same close friends that I have today. Another change that is relevant to this is that rather than having short-term hookups, which is what I used to have, this passive mindset on hooking up led to multiple long-term friends with benefits situations. Neither of us wanted a relationship but we enjoyed the physical relationship

that we had so we just slept together. My own personal opinion on gender roles is that they will continue to diminish, and we will come to see women being the initiator or in other terms more in power. This is a change that has already started but will take time to really change in a large sense.



Our class definition of what hookup culture is, is broad enough to be inclusive, generalizable, and relevant to people of all variations. To be exact, our definition of hooking up is, “a consensual, intimate interaction that is sexual between 2+ people without commitment.” The word people, as I said, is extremely fitting to the entire population, men and women, and every other gender in between or beyond. For me, when thinking about the realm of gender roles in terms of hooking up, I think both our class definition, as well as my personal definition, are inclusive to all genders. To me, what hooking up is does not change between genders, but roles between genders may start to differ beyond just the surface level definition, such as what body counts mean and what is okay to wear and what’s not.

I think history is the primary reason that gender roles continue to be reinforced by society, in terms of both relationships and hooking up. For as long back as our history of hookup culture goes, men have been the dominant being in the interactions. Not only is this reinforced by men today, but also women today, even in 2020, do not do anything to break the stereotype of that. There is a stigma that men are the deciders of when, where, why, and how the relationship is going to be with a woman, and a woman’s job is just to ‘accept’ whatever they are given. I think us women have an inkling in our minds that we no longer want to be considered the weaker link in both relationships and hookups, however, there is not enough done to end the stereotypes, stigmas, and negativities of gender roles. Women are JUST as likely to decide they have no feelings for

someone, JUST as likely to crave sex, and JUST as likely to be strong, decisive individuals.

In my team these past 2 weeks, we have taken a deep look into the gender roles expressed in both Lisa Wade and Kathleen Bogle's novels, which both take on the perspective of describing hookup culture in college environments. Both authors, especially Lisa Wade, have entire sections of their books dedicated to identifying, discussing, and explaining gender roles, and what it means to be both a man AND to be a woman hooking up. In both books, it is important to note that both authors only take a perspective of a 2-gender world, as in they only discuss men and women. A common trend in both novels is that the perspective is given from that of a white, heterosexual male. Males are considered the Alphas, as in they make all of the decisions regarding sexual relations. I think it's interesting that even in the 21st century, even though the novels are a few years old, that there is still an emphasis on the traditional way of hooking up. It's just clear evidence that we are writing this book for the greater good, discussing how 1. Gender roles vary, 2. They are socially constructed, and 3. How much has changed since the first writing of these books.

In my personal experience of the hookup world here at MSU, guys that think they are the Alpha are an immediate turn off for me. I like to be able to be considered as JUST an equal in the sexual encounter, as I was literally the other half of it. I like to reestablish to the men that I'm hooking up with that I'm not their typical submissive girl, and I will gladly stick up for myself – before, during, AND after!



During this two-week period, our course has focused its research, discourse, and studies on gender roles in relation to hookup culture. Our class collectively defined hookup as “a consensual, intimate interaction that is sexual between two or more people without commitment.” It is evident that this definition does not mention

or include gender roles as they relate to hookup culture. When I personally define hookup culture my definition is genderless due to hookup culture not having a gender prerequisite in order to engage in it. Any gender is able to engage in hookup culture however, the act of hooking up may vary depending on one's gender. One gender maybe more limited than another when engaging in hookup culture although, it is possible that a certain gender has more freedom when it comes to hooking up.

After studying this week's category of hookup culture I've realized but there is great bias in the research we are currently assessing. When you look at the research of Wade and Bogle, they both tend to mention how women are more likely to get attached in hookup culture however, I personally disagree with that notion. Regardless of your gender, anyone is able to gain an emotional attachment to another person when hooking up. One thing that did resonate with me during this two-week period is that there are individuals who still believe in double standards in regard to genders. For example, my group interviewed another college student for an assignment and a few of the questions pertained to gender roles. During the interview, the college student stated that males should have a higher body count than females, insinuating that it is not socially acceptable for women to have as many sexual partners as men. I was aware that this was a double standard however I was surprised that this double standard still holds truth to certain people, given that we attend a school that is a bit more liberal than others.

After reviewing my team's external sources, the documentary, *Swiped: Hooking Up in the Digital Age*, discusses gender roles in further details as it relates to hookup culture. The documentary highlights how men typically dominate hookup culture due to the fact that it is mainly men who produce dating apps that lead to hooking up. Our team also found a Twitter poll that surveyed the acceptable body count for a woman. Out of 487 votes, 44% of participants stated that women should have between 0 to 5 sexual partners. It is my assumption that this is for their entire lifetime. This goes to show how different genders experience hookup culture

differently and how certain genders may deal with various barriers when attempting to engage in this culture.

From my personal experience I do recognize that gender roles are an essential component in hookup culture however, I do not agree with the stereotypes or double standards that come with them. For example, I have previously engaged in hookup culture where I have developed an emotional attachment for the other person, and I identify as a cis male. My personal experience goes to show that not only women develop emotional attachments, debunking the views of Wade and Bogle. Lastly the double standards within hookup culture are essentially problematic since people have sexual expectations of others in regard to experience. Although you can improve your sexual experience with few individuals, a person is more likely to gain much more experience with multiple people as opposed to one or two individuals. After being with multiple sex partners, I have developed great knowledge on what I like and dislike and also, how to please other people when I hook up.



I don't think that our definition of hook up connects to the category of gender roles. It was purposeful to not include gender in the definition in an attempt to include all identities and sexualities.

There were multiple topics brought up this week that I resonated with. I'm a woman and the majority of the topics brought up were relating to women. I've personally experienced sexism within hook up culture and have witnessed my roommates also be shamed. Slut-shaming is still very much alive and women are shamed for their behavior while men are praised.

For the category of gender roles, my group found a book called *Know My Name*. It is a memoir from a woman who shamed after a sexual encounter and follows her through the aftermath of it all. It is a great testimonial from someone who's been through it all.

As a woman, I do feel pressure to act a certain way. However, I have also caught myself thinking judgmental things about other

women and their sexual choices. I think the idea of gender roles is a social construct that is so prevalent in our society that it will be hard to eliminate completely. I have noticed a shift begging to happen but there is still a long road ahead of us.



Our class definition of “hookup” is, a consensual, intimate interaction that is sexual between 2+ people without commitment. This definition is very similar to how I would define hookup in hookup culture today. In my personal experience, I feel gender roles is a huge part of hookup culture and how it is viewed by many people. There is a notion that men control hookups and are the ones who should decide what happens. Guys are always supposed to make the first move and are known to be the ones to end hookups once they get bored of them. Girls in general aren’t seen to be the more dominant ones when it comes to hooking up.

A lot of guys hook up to show and tell their friends about it. According to Currier, he argues that for men there is “a hyper-focus on heterosexuality and sexual activity, and the importance of bonding with or impressing other men, much more than bonding with or impressing women”. This is something that is very prevalent through men that have not typically matured yet and are not ready for a relationship.

Another part of hookup culture is the relationship between girls and how other girls view each other. Being a woman is difficult, other women are sometimes not the nicest when it comes to hookup culture. In a recent study by Journal of Social and Personal Relationships, it found that both men and women judge promiscuous women. They found that even promiscuous women judged promiscuous women. The judging when it comes to women in hookup culture is a huge part on if women feel comfortable hooking up or not.

Overall, gender roles factor a lot into hookup culture throughout

all ages. Being a girl or a guy are very different from each other and shape stereotypes and stigmas associated with hookup culture.



As we have delved into many different facets of “hookup culture” we always seemingly come up dry in one area, gender roles. This could be for many different reasons, the authors of our books are both heterosexual women with like viewpoints, LGBTQ insiders haven’t come out during our class time and we also still see repercussions of traditional 1950 stereotypical roles of men and woman despite how far we have come throughout the last decade. In my opinion our class definition of hookup culture as a “a consensual, intimate interaction that is sexual between 2+ people without commitment” fails to incorporate gender roles and also leaves out the LGBTQ community altogether.

History can be our best friend, it allows us to truly see our heritage and coming of age, it allows us to see a glimpse of how far we have come and sadly, upon reading Bogle and Wade and searching hard for perspective on “gender roles”, I felt unable to escape the same misandrist viewpoint and the same “woe is me” sputter. As a heterosexual female I was left feeling weak, exploited and used for a moment as I tried to reason with what I read from our assigned chapters this week. One question that raced through my mind was “is this really true?”, “am I really just play toy at the disposal of men?”, “how can we change this mindset in boys starting from a young age?”, “is this something that the human population can outgrow like racism, or homophobia?” Just like the question “How many licks to the center of a tootsie pop?” the world may never know, UNLESS WE TRY! Another aspect of what I believe put me in my momentary fog was that I had also noticed the trend in my “close male encounters” where the guy leaves me feeling dumb and objectified even though I felt that we had a strong relationship prior to. I certainly believe that we still have a lot of traditional thoughts around genders and as mentioned praise heterosexual males for

showing triumph over women, as this seems to be a source of validation in the “man world.”

My group’s external sources were drawn from personal interviews with two heterosexual women. Upon being asked if she was a part of “hookup” culture Girl A (20) exclaimed, “Yes I am a whore.” Although this seems down putting, she also added that “I think feminism almost normalized hookup culture so that men and women are on a more level playing field.” Girl B (21) explained that she thought “hookup culture is dying due to women asking for more respect for themselves and holding themselves to higher standards.” So alas, we still do not have a concrete answer on “who initiates” hookup culture and if one gender dominates the “game” more so than the other... which leads me to believe that these variables strictly rely upon the character of the person that someone is hooking up with.

As stated in the forum, my personal experiences regarding this week’s category of “gender roles” falls mostly on the traditional side. I believe the orthodox views that my parents and grandparents hold on “men go to work; women stay at home and cook” kind of blurs my whole vision of feminism. Yet, I can also see how apps such as tinder and snapchat evens this playing field of hooking up. All of my experiences with men, outside of a dating relationship and within a dating relationship have proven that men are seemingly hornier than women. I believe that this definitely affects the motivation for males to hookup more than women and also creates this “mental and physical game” for males that ends up either promoting or denoting their self-esteem. I do not have many or really any LGBTQ friends to gain information from but do believe that we need to incorporate more from this group because our sources are a bit one-sided as of now.



This category has been my favorite to discuss, reflect on, and learn more about so far. I definitely went into these past two weeks with lots of prior knowledge and experience regarding gender roles

in hookup culture, so it was interesting to expand on that knowledge and share my views.

First off, I'll start by reflecting on the personal experience that sticks out the most to me when it comes to gender roles and hooking up. I definitely believe that men possess much more of the 'power' aspect of hooking up. For example, in my experience, they are almost always the ones to initiate it and also the ones to stop it ("it" being the relationship and the actual act of hooking up). Whenever I hook up with a guy, it's always because he texted me first and asked, or because he approached me first. As a woman, I just have never felt comfortable, safe, or confident enough to take that power into my own hands (unless alcohol is involved). I feel as though a lot of men just tend to have more confidence than women when it comes to hooking up and finding sexual partners, which leads them to usually being the one who initiates things.

Another thing I seem to experience is that men receive a lot more praise than women for having multiple sexual partners. If a girl has a "high body count" (a larger number of sexual partners), she'll often get judged and degraded, by men specifically (in my experience, at least). However, when a man has a large number of sexual partners, he'll tend to get praised for it and people won't even bat an eye. It's unfair and wrong, but that's how it seems to go in a lot of situations.

One of the things I looked into online that I can also relate to is the so called "orgasm gap." A study was conducted involving 800 college students and found that 91% of men reported usually or always experiencing an orgasm during sex, compared to only 39% of women (Mintz). Although I knew there was definitely a gap, those numbers shocked me. Why is there such a huge gap? I think it goes back to the idea of men simply having more power when it comes to hooking up and hookup culture in general. A man's orgasm seems to always be deemed more important than a woman's, and that contributes to his increased "power" over the woman. From personal experience, I know for a fact that we're conditioned to have sex with the mindset that the man orgasming is more crucial than the woman orgasming. If a woman orgasms before the man and is

probably ready to just be done (not usually a common occurrence), the sex doesn't stop. It almost always continues, because it's THAT important for a man to orgasm during sex. I'm making some generalizations here based on my own personal experiences, but the orgasm gap is a real thing that furthers unequal gender roles and power in hookup culture.

In conclusion, gender roles in the hookup world are very real and I wish that everyone would try and work to get rid of those norms and roles, because some of them can be very demeaning, degrading, and harmful.



Over the past two weeks, our class has been discussing how gender roles affect the idea of “hooking up”. While looking at a few texts that explain better how these two concepts interact with each other, I believe I definitely got a better understanding on how gender roles connects as well as disconnects to our definition of a “hookup.” Our class definition of what “hooking up” is looks like this: “Hookup” culture is a consensual and intimate interaction that is sexual and is between two or more people without any prior or current commitment to each other.

While my team and I have not really come together to come up with any external sources, I have found an article on my own that perfectly sums up how gender roles play a part in “hookup” culture. This article is called “Gender Roles in Hook Up Culture” by Claire Callahan. This article focuses on interviewing different students at Dartmouth College and their experiences and thoughts about their “hookups”. I chose this article because it really digs into the Greek life system at that college and how men and women are affected differently. There was a certain point in the article that a woman was being interviewed and I thought it was very interesting. “Because of traditional gender roles, Sally enjoys initiating casual sex”, “Sometimes it’s totally a really wonderful power trip, the woman being the aggressor,” she said. “You’re like, ‘I am in control,’

and when you think about hookup culture, that's not necessarily what you think of." I thought this quote was interesting because even if Sally didn't directly mention it, she's hinting that the opposite sex usually is in control of "hookups". This is very common to think of when talking about gender roles and "hooking up".

My personal experiences with gender roles and "hooking up" makes me think back to the time I first met my now boyfriend here at Michigan State. It was at a frat party during the beginning of my freshmen year. We started talking because I initiated conversation because I wanted to get to know more people since I was out of state and didn't know many people. One thing led to another and I always felt as if I were in control because I initiated the "hookups" as well. I think this control aspect is fairly different in different situations. I don't think it is fair to say men take control more than women because that's not always the case.



For Week 11 we were focused on the theme of gender roles. In hookup culture, gender roles play an extremely important role in how we see and how different people define the hookup culture. There is always going to be different views from different genders in regards to hookup culture. As I was reading through other students replies, one of the things that was mentioned was everyone's different definitions of hooking up when our class was trying to define what a hookup truly was. Although we all have the same similar ideas of what a hookup is, there were some differences between the girls and guy's answers on defining hookups. As for comparing my personal definition to the class definition, I would say they are both extremely similar to each other. I'm not going to lie, the multiple gender construct of society now does confuse me a bit. In no way am I discriminating or would ever discriminate against a certain gender, I just solely don't understand. There is a difficult line in including all genders or just not including gender at all because hooking up can partake between any two+ genders.

When looking at our readings, both Bogle and Wade mention gender roles and gender stereotypes very often (although they are just male and female roles). Although the readings both mention the gender roles, I think they are roles that a lot of us students already know the stereotypes and “usual” outcomes from hookups. In both Bogle and Wade, they mention that women usually get attached and are the ones who generally develop an emotional connection to the person that they are hooking up with. The other thing that is mentioned by Bogle is that women are generally the ones who feel embarrassed or self-conscious about hooking up with someone random. On the opposite side of things, according to Bogle and Wade men are generally proud and praised when they hookup with someone random from the bar. I do generally find this to be true as I have lived in a fraternity house for 2 years so seeing women do the “walk of shame” or run out of the house embarrassed the next morning was a very common sight. Although, if men don’t hookup with someone who their friends think is good thinking I think that they get just as much, if not more, hate/criticism from their friends than women do. This is one of the gender roles that I don’t necessarily agree with. Although women are often shamed for hooking up with a lot of men and men are often praised for the opposite, I don’t think that friends play a large role in that “shaming”. In class we discussed and said that women often get more shamed by their friends but I think men get shamed just as bad.

In terms of personal experience, I think that gender roles are still present in today’s culture of hooking up. Although I feel like the gender roles of hookup culture are getting a bit vaguer and less obvious, they are still very noticeable. I had never really participated in hookup culture until college, being a senior has made me see it all. While not all gender roles and gender stereotypes are necessarily bad, I still believe that there is a need to discuss the stereotypes that generations before us have created.



For this 2 week period, we discussed gender roles within hookup culture. I think our definition, a consensual, intimate interaction that is sexual between two or more people without commitment. While our definition states what hookup culture is, it doesn't necessarily address gender roles. I identify as a straight female and there is definitely a stigma around girls in the hookup culture world

Historically, at least in my mind, men control the hookup. They tend to initiate and decide where it goes even when the girl thinks differently. The girl may want to keep things going whereas the guy may even try to avoid her in hopes of her not 'catching feelings'. This fully creates gender roles in hookup culture. Men have the power, and women are the sensitive followers. I believe that this shouldn't exist. I think that the two or more people participating in that specific hookup should be equals no matter what gender. While times are adjusting to girls participating and initiating hookups, there is still a major difference on who controls the relationship.

While my team didn't get together to find external sources, we did talk about it shortly in class. We all talked similarly about what I discussed before, that men typically hold control. The men in my group agreed that this is not how it should be but it is true that it happens a lot. We weren't sure how to get this to change but we did agree that times have changed in not judging women as much for participating, so maybe in the future it'll be different.

I haven't experience discrimination for gender roles in regard to hookup culture, but I have experienced the feeling of being lesser. It is hard to break out of the cycle of letting the guy take control. In the future I would like to change my mindset and be more confident in the fact that I do also have power in the relationship, whatever it may be. I can only hope that the stigma will change and that partners will be equal no matter what gender.



During the first two weeks of class, we created our definition of "hookup" culture. I think while making this definition, our class was

trying their hardest not to bring up gender roles. What i mean by this is that we engage in hookup culture and can laugh at relatable memes about how the guy wants nothing to do with the clingy girl, but none of that is brought up in this PC definition. I am not trying to rip on guys here, in fact, I'm trying to call out the fact that this definition almost seems fake coming from us. However, this definition still holds true because when you consider groups like the LGBTQ+ community, the things that tend to happen in straight hookups don't hold true to all hookups. But do LGBTQ+ people follow the same gender roles straight hookups face? No, not really. So technically, there are gender roles for straight women, straight men, queer women, bisexual men, etc. And then you can consider the religious groups if you want to go even further, which i am not going to do. I would say that ultimately, gender roles do not tie with this definition as people of different categories will feel different gender roles during a hookup, and none of them are referenced in our definition. Personally, I don't feel like the gender roles of a bisexual woman are lined up here, either (except for maybe the 2+ people if you even count that).

My past with gender roles is pretty abnormal. I went through a time where I was confused with my sexuality and thought that I was a gay female. I can recall feeling pressured to either fit the stereotype of butch or femme (super masculine vs super feminine). I ended up feeling like I had to be a masculine queer woman. Because of this, I started feeling like I had to dress less flowery (which wasn't a problem considering how emo I looked lol). I even began making more dark humored jokes and felt like I had to be more extroverted to fit the fit. I felt like I had to care less about creating meaningful relationships and more about flirting and trying to "attract a mate". Looking back, I don't really hate myself for conforming. This is probably because it was the first time I was MY ideal. Even if I was fitting a stereotype, that stereotype isn't one that I was pressured to put on by/for everyone else; I felt pressured by my own self. After discovering that I am bisexual, I found myself pressured to go back

to a straight female look. I think this is because I felt much less intensity to be either femme vs butch.

My Team chose our external sources to be a scholarly article and a YouTube video. The article goes deep about how women feel less care from their hookup partners and are more prone to sexual regret. It also talks about how this might be because women tend to hook up with a person once and only once or they would hookup with people they have just met within 24 hours. I agree with the fact that this may be why most women tend to regret more. However, I think women were made to care more emotionally in general, and that can seep into hookups and regret. The article goes on to show how hookups are and are not inconsequential for women. The YouTube video is a small podcast snippet discussing why heterosexual women and men tend to feel shamed for the booty call and how they each feel. This video does give insight in how men and women feel, but ultimately doesn't go deeper into the topic of college hookups.



Over the past several weeks I have felt the way I look at the definition of “hookup” has changed quite a bit. My personal definition is the same as that, but could include more information about gender roles; example “hookup” depends on the gender the individual identifies with. The definition our class uses doesn't directly relate to the category of gender roles, but it is simple to apply the ideology of gender roles to the definition. Each gender and individual approaches and deals with “hookup” culture in a different way.

The history of gender roles has not changed much in my opinion. Women are still looked at in a way where they should be more laid back and do what the male asks/wants. Obviously, individuals are more understanding that gender roles are as not as big/followed. In Bogle I did find she seems to have the same views as others. The only issue I found was she tends to leave some genders out.

One of the points that resonated with me in her book was when she mentioned how women tended to look at men's monetary worth, but now it is not as cared about. Nowadays females tend to look at other qualities men have. I think the monetary worth factor does play some of a role, meaning some females do only care about money or vice versa with men. Bogle is just referring to the bigger picture.

My team had a limited amount of resources for the category of gender roles. We used Bogle's book "Hooking up." The best part about her book is that most of the categories are mentioned in the book; there is lots of intersectionality. Bogle talks a lot about virginity as well. For both genders virginity used to be a big deal, meaning people were prided over being virgins. Whereas now people tend to be shamed for being a virgin and it is a constant discussion. I think the shift also has something to do with less people practicing religion. I know with the few of my friends that are still virgins are also very religious and were raised learning you should be a virgin until you are married. Obviously, the reasons vary, but it is an interesting thought. I do have a friend that isn't religious but is still a virgin and he says he is because he wants to be. I truly believe him. I think this just like everything else should be up to the individual.

Throughout my time in college I have had zero experiences in "hookup" culture as I have been in a committed relationship. From the standpoint of gender roles it is easy to comment on it even while being in a relationship. My perspective is that individuals should be able to freely decide what they want their role to be and should not have those roles set dependent on their gender. I think the idea of gender roles had shifted quite a bit; our generation does not focus on gender roles as much, for instance women play a huge part in the workforce and do not follow the typical gender role of staying home. While some of the newer gender roles that come along with social media and the changes within society are still being seen. Most of my girlfriends that participate in the "hookup" culture follow the general gender role of wanting that relationship from a single

“hookup” or feel that by “hooking up” they will be ever to get the person to be their significant other.



In this two-week period, our IAH 231B class focused on the way gender roles affect a hookup scenario. This would include who initiates it (if at all), who is the more reserved vs. the confident one in a pursuit of a hookup, along with how a person is supposed to act once a hookup is over. In my personal view, gender roles play a massive role in deciding if 1 or both (or more) people involved in the encounter are able to walk away from the hookup without a desire for more commitment. This is a huge factor in if a hookup is clean because once one person wants more from the casual sex act, then problems arise.

A large part of the hookup scene comes down to who initiates the first move. Stereotypical gender roles would classify the guy as the one who initiates, while the girl would be the gatekeeper, meaning she ultimately has the power to say whether or not the hookup occurs. Since guys are painted as the initiators, they are viewed as more abrasive and cold one than the girl who is supposed to be the dainty, flower-like, and sensitive one. When two people decide to hookup, the roles in today's age are able to be switched. This was uncommon back in the day because if a girl was to go up to a guy and offer a hookup, she would have a scarlet letter attached to her. Over the years, society has accepted females to be the initiators if they so choose. There is less stigma for a female to have a sexual encounter because we are just finally starting to allow women to explore their sexual desires, which is something that should have been done a long time ago.

When researching the topic of gender roles in our individual groups, mine found a source called “A Lot of Women Don't Enjoy Hookup Culture – so Why Do We Force Ourselves to Participate?” by Leah Fessler, which went into detail and highlighted the different ways that women feel about hookups and how they view the culture.

In the article, it is noted that when women hookup, they believe there is potential for that interaction to lead to a stable relation, whereas men just see it as a hookup, and that's all. I feel like this is how people generally view women to be when participating in a hookup, but I think that is unfair and not always true. It is very rare for society to talk about what happens when a man wants more out of a hookup when the woman doesn't, and I think that would be something interesting to go into detail about since little is known on that topic.

I can count on one hand the number of times that I've hooked up with someone, and all of those times, it didn't end in sex, which is totally okay with me and actually how I prefer it. Once of the times that I did hookup, I met a guy at a friend's house party, and we hit it off and were talking all night. Later in the evening, we were both upstairs, and I decided to flip the gender roles and be the one to initiate the hookup, so I did. We ended up making out in the bathroom for a little while, and it was all good fun, but after we never talked much and parted our separate ways, which is the goal of a hookup. I honestly felt a tinge of empowerment because I was able to be in control of the situation, when usually I'm not (this refers to situations outside of hookups too). That hookup boosted my confidence and I learned that night if there was something I wanted, to just go for it because the outcome may be good, and I'd rather live a life full of "Oh well's" than "What ifs."



For the last couple weeks we have been discussing gender roles within hookup culture, most of that has been what is stereotyped. But in my experience, there stereotypes in gender roles within hookup culture are there for a reason—they are there because they are true. Maybe not all stereotypes concerning gender roles in hookup culture are true, but as a general statement, the stereotypes about gender roles within hookup culture are correct. Men are seen as the initiators as well as the terminators of a relationship. Women

spend so much time tweaking their appearance to look good for their partners, while men do the bare minimum. Men are more concerned with their orgasm than they are if the woman orgasms—a woman orgasm during a hookup is just a “plus.” I never realized how prevent gender roles really are until this section of our class. I never realized how much men play a part in the hookup game. They are the conductors—men start, direct, and end the hookup.

Looking back on my personal experiences, men had all of the control in both hookups and relationships. I have only ended a handful of relationships (hookup partners and actual relationships), and in those instances I was seen as a major bitch. It went against the “natural order.” However, when a man ended a relationship I was (mostly) fine, I never called him names or told him off—I said I understand I went my separate way. The only ex-hookup partners or ex-boyfriends I have ever had to block (either their social media or their phone number) was men I broke things off with. I think the fact that men are expected to control the order of a relationship means that in some cases if it does not play out like they believe it should they do not know how to act.

It may sound like I am being rather pessimistic about gender roles and the stereotypes within hookup culture. But that is not the case I am trying to make, I believe the gender roles are important and hookup culture might fall apart without them. My point of naming some of the problems with the stereotypes within hookup culture is to bring light that actions cannot go unchecked. It is fine to fall into stereotypical gender roles as long as you still have respect and human decency. As participants in hookup culture you have to realize what your actions mean to others, it is not all about the sex. Sex is obviously very important in hookup culture— but you have to remember there is another living, breathing person at the other end of the hookup.



I feel that while the class definition of “hookup” culture is a

consensual, intimate interaction between 2+ people, without commitment,” it doesn’t really delve into the idea of gender roles, hookups themselves have a lot to do with gender roles. The elements of shame, stereotypes, and body count all have to do with this idea of what hookup culture really is. Many times, people, usually women, feel shame following a hookup due to the way society has ingrained in the minds of many this idea that women are supposed to be these pure beings. There is also the stereotype that men are supposed to be the ones in control of a hookup, and that they should be the ones to initiate it. Also, women are stereotyped into the idea that they are overly emotional and always get attached during a hookup. While there’s nothing wrong with having different emotions during/following a hookup, it is not fair to assume that all women are this way. Likewise, we shouldn’t assume that all men are these emotionless beings who just want to have sex. On top of this, there is the idea that it’s cool for men to have a high body count, while if a woman has a high body count, they are considered a “slut.”

Gender roles greatly tie to the other categories, specifically psychological. The subcategories within the psychological categories that overlap with gender roles are emotional suppression / catching feelings, body image, and gender differences. The stereotypical idea that women are the only ones who “catch feelings” has a lot to do with the gender roles assigned by society. Women are also “supposed to be” (according to society) these perfect beings (looks and behavior), so body image also has a lot to do with this category, as well. Also, it’s obvious that the subcategory of gender differences has to do with gender roles.

I personally have never experienced any shaming for hookups; however, I have felt ashamed of dancing with guys at parties. Society has brainwashed me into thinking that me dancing at parties makes me a slut, which is so wrong. Deep down, I know that I have nothing to be ashamed of, but every time I think of what other people could possibly be thinking, I get upset. Another way that I relate to this category is my history of easily “catching feelings” for guys. While I’ve never been involved in a hookup, I have had times where I’ve

“caught feelings” for someone who I shouldn’t have (cause we didn’t have that type of relationship).



For the last two weeks of material we began covering the category of gender roles within the topic of hookup culture. Prior to this focus we, as a class, came up with a universal definition of hookup culture for the duration of the semester. I don’t think our definition particularly incorporates gender roles because when I think of that category I think of the way each gender approaches a hookup. My personal definition of hookup culture would include what we have already created but also include more about the approach people have to hookup cultures or tools people use to aid in that approach.

I don’t think there is a major difference throughout history of hookup culture that applies to gender roles. I do think that there are different groups now a day that maybe weren’t as prevalent back then, which could create different sorts of gender roles such as in the LGBTQ community. Pressure to hook up in college and the stigma against different gender within hookup culture is also something I feel hasn’t changed throughout history. This is more present now than it most likely was in the past, but there is an expectation for how people dress when they go out to find a hookup or to meet someone they are hooking up with, or what gender should be doing what.

We didn’t have a specific source for this category because it was added on after we had completed the assignment. But I did find an article by Claire Callahan in the Dartmouth that was about gender roles within “hookup” culture. Claire talks about the roles of Greek life and how that effects the gender roles. She talks about how a gay man in a fraternity finds it harder to embrace his sexuality and be able to truly act like himself in seeking a hookup with involved with the frat. I haven’t personally experienced this but there is a stigma that certain people are meant to be masculine and certain people are meant to be feminine.

I have not experienced the stigma with gender roles related to hookup culture and the standards associated with that. I have experienced men just trying to get off without thinking about what the girl needs. The specific gender roles that we have talked about in class are not something that I have personally experienced.



The topic we focused on this week was gender roles. Although we did not specifically mention gender roles in our definition, it is important to discuss how gender roles play a factor in “hookup” culture.

Stereotypes have followed gender roles throughout history. For example, in Chapter 8 Bogle talks about how women want to turn a hookup into a relationship (2008). While this is probably true for some girls, it is not true for everyone. Also, I know of some guys that go into a hookup just looking for sex but end up in a relationship because of it. This is just one example of how people are supposed to follow these roles. Another stereotype that was talked about in the text was shaming someone for being a virgin (2008). This is not right as everyone should respect each other’s decisions no matter what you believe in.

As far as external sources for this week’s topic, our group discussed how we could come up with questions that relate to gender roles in our survey. We came up with questions to determine how much gender roles influence people involved in hookup culture.

Personally, I think that gender roles are still very relevant on college campuses. In my experience guys are still expected to initiate contact whether that be starting the initial conversation or buying a drink. I also believe that most guys are just looking to hook up with as many people as possible, while girls are more interested in a consistent hookup or relationship. Gender roles play a huge role in hookup culture and it has been interesting learning more about them this past week.



For the last couple of weeks, the class has been researching and discussing gender roles and how they relate to hookup culture. I think this topic is really interesting for me, because, not being a straight man or woman, I have a more “outsider” kind of perspective on these things. It’s also interesting, because in some ways, I feel that gay people will try to emulate straight gender roles. Anyways, that there are gender roles in hookup culture is undeniable. The culture revolves around sexual intercourse, which has traditionally been thought of as something happening between a man and a woman. Of course, in recent years, we’ve come to understand that gender and sexuality aren’t quite as rigid as previously thought, but for the most part, in most contexts, for most people, when we think of sex, the first thing that comes to mind is sex between a man and a woman. I think this is the same for hookup culture. When we think of hookup culture, we tend to imagine frat boys, at frat houses, with hot girls, and both parties on the prowl for consensual sex. So, there are bound to be gender roles in hookup culture. The “hookup” is inherently gendered.

I think, however, gender roles in hookup culture, for those newly entering the hookup culture, are often difficult to decipher. Several of the authors we’ve read in this class have touched on the idea of “unspoken rules.” That is why, to me, gender roles maybe don’t readily present themselves. Yes, how sexual intercourse between a man and a woman takes place is not a guessing game, but the term “gender roles” refers to much more than the physicality of things. Gender roles in the hookup culture are about who approaches who, they’re about how gender might determine attire, they’re about interpersonal perceptions, and just about any aspect of gender politics in the hookup culture. To me, the best way to describe gender roles is how one thinks about oneself and others, considering gender. For example, men may perceive women to often become emotionally invested in people that are just “hookups.”

This certainly seems to be one of the defining thought processes relating to gender in the hookup culture. Women may also have these thoughts about other women. The reason that I say gender roles come from self-perceptions and perceptions of others, is that we often internalize gender roles. I sometimes wonder, if women didn't internalize stereotypes of over-emotionality and attachment issues, would men still hold onto this belief? Sometimes I wonder, if, for women, it becomes almost like a self-fulfilling prophecy. Like, subconsciously, women think, "ok, I'm a woman, and women are supposed to look for relationships over hookups, so it makes sense that I would develop feelings for someone I was only supposed to be having meaningless sex with." I wonder if, even for girls who are avid participants in the hookup culture, sometimes that stereotype just leaks into their mind and they let it dictate their emotions. I also wonder if the stereotype of men not developing feelings for hookups more so reflects a fear of emotions or maybe a fear of being with a "promiscuous" woman, than a true lower chance of developing feelings or heightened ability keep certain relationships strictly physical. To me, masculinity and femininity are not mutually exclusive. I believe masculinity almost exists on the spectrum of femininity, but femininity does not exist on the spectrum of masculinity. By that, I mean that, to me, masculinity is more so a rejection of femininity. That is why, to me, I believe that the stereotype of men not developing feelings for "hookup" partners may, in reality, not reflect the natural human element to all of this. That is, the stereotypical feminine behaviors in hookup culture of being overly emotional, developing feelings, and being "crazy," are the responses that are most natural to us, irrespective of gender, and the male stereotypes are a rejection of these responses. However, there's also the problem of whether these stereotypes actually hold true to reality. Because, then, the argument I'm making falls pretty flat. How can what is traditionally thought to be feminine behavior in the hookup culture be the natural human response, if this response doesn't actually occur that often? Class discussions seem to suggest that everyone is pretty good at keeping things

strictly physical... I guess, though, this could still reflect fears that we all have. Like, maybe, although we associate that fear with one gender, we actually all have this fear of “catching feelings” for a “hookup” partner. I can see this, because it’s like, once you’ve already had sex with them, if you end up developing feelings for them, it feels almost wrong. I think people in general need to take sex less seriously, but I also understand that it is a special moment when it’s with someone you have feelings for, especially the first time. It contradicts the dating script. You have sex with someone, and then you develop feelings...and then? “But I already had sex with the-...” What happens after that? Do the dating and hookup scripts exist in the same culture, or at least simultaneously, if not in the same culture? And perhaps the two are not compatible with one another, and you can’t switch between the two with the same person, it causes tension. I think because of our evolution and our coming to see intercourse, particularly the first in a relationship, as this sacred thing, we react negatively when it feels as though it’s been spoiled or contaminated with someone that we have feelings for. And maybe we start to associate that person with those negative feelings, and that is why we don’t look for relationships with hookup partners?

I think gender roles in the hookup culture are interesting, because they bring into the discussion the age-old “nature versus nurture” psychology debate. Are these stereotypes that we hold a result of our environments or are these stereotypes reflective of true biology-rooted differences between the genders. Is it a combination of the two? Could it be the case that our evolutionary predispositions almost set the foundation for these kinds of stereotypes to form, and we create an environment that reaffirms these stereotypes in the developing mind?



Before we went in depth with hookup culture, our class had to collectively define what it exactly was: “a consensual, intimate interaction that is sexual between 2+ people without commitment.”

This accurately describes what it is, but does not go into the “strings that are attached” before, after or during the hookup. Personally, my definition of a hookup is accurately described above since it’s just a broad generalization of the act. Once we get into the categories/elements, some may find themselves agreeing/disagreeing with the ideas, which is perfectly fine because to each their own.

This week’s focus under the psychological category was gender roles. Wade and Bogle’s novels are a bit outdated on information, but to summarize their views on it: men are more physical while the women are more emotional (2008; 2017). This resonated with me the most because it makes the woman seem lesser than a man, which could be completely opposite. In today’s time, the woman can be just as or even more than the man. The gender roles aren’t exactly fair either, but they’ve been passed down through time which allows for toxic masculinity and underdeveloped emotions. I’ve noticed that the ideas that stick with me the most between all the categories are the ones that I don’t agree with because it makes me remember that everyone has their own preferences.

Our team had briefly talked about gender roles in class when we would be discussing the differences/similarities each “gender” was stigmatized to do. We didn’t really use sources whenever we did that since we would just base it off of our own experiences. For our previous categories we did have different sources but decided to focus on a Tumblr blog that contained all sorts of different people’s opinions about hookups being normalized in everyday media, friends with benefits, and included some statistics as well. We also noticed that gender roles have no reason to actually exist and that there’s nothing holding them in place except people’s thoughts.

A few categories that I related to the most within these 2 weeks is definitely psychological weight/body image and social/communicative in the social media aspect. As a teenager with body image issues, social media portrayed the perfect person as a certain way. Eventually, people are able to overcome their insecurities and grow to love themselves. This week’s category of gender roles is something I can also relate to because everything (movies, games,

society) portrays the man as the stronger person and as a female I want to be able to do anything they can just as well or even better.



I personally have a very similar definition to our class definition. I believe hooking up is having a sexual relationship. I agree with our definition of 'hookup' culture as it should always be consensual when hooking up. When I refer to 'I hooked up with a guy last night' I am referring that we had sex. I think our class definition relates very closely to this week's topic of gender roles. Stereotypes play a huge role within gender roles. As a female participant in hookup cultures, I try to stay as far away from the stereotypes.

I strongly believe that stereotypes make up a huge part of gender roles. As we have read in both Bogle and Wade, male and female are stereotypes of what each gender should or should not be doing in "hookup" culture (2008; 2017). Traditionally, males are the initiators of a hookup and are said to crave or desire hookups the most. Men are often praised when they hookup with one or multiple females. But, on the other hand, females are shamed for participating in hookup culture or 'acting like men'. Through time, gender roles have changed through different apps such as tinder in male dominated whereas bumble is actually female dominated as they have the power to send a message first.

From personal experience in hookup culture, in relation to gender roles it's all part of the 'game.' From following an attractive guy on Instagram and liking an old photo to get attention, waiting 20 minutes longer than he did to text back, or waiting for him to make the first move. The game never changes. It's always both males and females trying to get attention from the other to initiate a hookup but never one wanting to be the first to say it. The game is played by most people and it only becomes more complicated through social media and dating apps.



My personal perception of hookup culture in relation to gender roles has always been that it is primarily male-driven. Although both genders are involved in the perpetuation of the culture, I certainly think that men are the primary reason it carries on due to various influential factors. Pop-culture and the media contribute to this by pushing the idea that men have to be the instigators of sexual interaction in all movies, books, etc. My personal definition of hookup culture is similar to our class definition in that I think that the gender roles involved in the culture have been illustrated by society and have remained relatively stagnant for a long time.

History is a great educational tool and is useful in helping people learn from the mistakes or triumphs of the past. The history of gender roles in hookup culture demonstrates the progression towards gender equality that has occurred throughout different generations. Although there is still a lot of change that needs to happen, it is becoming more acceptable for women to make the first move and embrace their sexuality. It also demonstrates some of the consequences that society will give an individual if they openly get involved in hookup culture when they are not in a position in which it is considered right to. It reveals the negative effect it can have on a well-known figure's reputation if the rest of society does not think they are going about the culture in a respectful way.

I do not consider myself very experienced in the world of hookup culture, but I have learned a lot about the world that we live in from simply hearing stories from my friends and peers. This class has also given me a lot more insight on the subject and has made me aware of all of the factors that come together to shape hookup culture into what it is. I do not think that this subject is openly communicated about by society as much as it should be, with how prevalent it is in the lives of adolescents and young adults.



I personally have a very similar definition to our class definition. I believe hooking up is having a sexual relationship. Although kissing

is a form of hooking up, personally I don't believe that that 'counts' as hooking up. I think our class definition relates very closely to this week's topic of gender roles and although I don't really want to reveal my identity, I will say that I am writing from a woman's perspective. I think it is really important that as a class and as participants of hookup culture, we separate ourselves, and more importantly our ideas, far away from stereotypes.

I believe that the term gender roles is grounded from stereotypes. What I mean by this is this particular idea that we have of what each gender should be doing in hookup culture is usually just stereotypical, sometimes true, but situational. With traditional roles and just looking at males and females, typically males are expected to really want to be a part of hookup culture. It is often applauded when a guy hooks up with a girl. On the other side, traditionally women are expected to wait for the male to lead and also might be shamed for actually participating in hookup culture, or not wanting that hookup to go anywhere else. Although gender roles are changing and as a team we have spoken a lot about the fact that these stereotypes or traditional gender roles, are fluctuating as different apps like bumble shift that power over to women.

Personally I think that hookup culture relating to gender roles is a big game that we all play. Whether I tell myself I have to wait a certain amount of time before texting him back or if I have to wait for him to invite me over even if I'm the one who wants to hookup. This game that most of us play, is what is making these gender roles and game stereotypes stick, making them the stereotypes we know and associate with hookup culture.



From weeks 10 to 11 we have focused on the impact of Gender Roles and hookup culture. My understanding of gender roles is what both men and women confine to doing as "normal" in hookup culture. Gender roles, to me, seem to be filled with a lot of the stereotypes that come with hooking up.

In the reading, it is mentioned that women are more likely to look for an emotional attachment than for just hooking up. More often women are the ones looking for a relationship to come out of hooking up while men are opposite. In college, men are known for just wanting a hook up and keeping things strictly platonic. However, women do this too. This stereotype is not always true, however. Within college itself, I've seen many times where two people hooking up has led to a relationship. I have also seen guys get really upset when they hook up with a girl and then find out that it was nothing more than that.

Moving forward, I think there are a lot of stereotypes that come with hooking up and gender roles. For example, the idea that men pay for everything on a date. This has definitely been ingrained into previous generations, but I think that is sort of shifting with our generation. Some women have actually taken it upon themselves to kind of crush this social norm. Another social norm I've noticed is how men are typically the ones to make the first move. Whether that be on a "dating app" such as tinder, or at a party. Apps like Bumble have built themselves on making women the first ones to start a conversation with someone they matched with.



When it comes to "hookup" culture the number one element that always seems to come up in conversation is gender roles. In the past two weeks are class has read, did research, and found artistic examples of gender roles playing a major part in "hookup" culture. As we focused on this topic it was hard to see the connection between our "hookup" culture definition and how gender roles play a part in it. I think our class definition is a great example of explaining what a "hook up" is, but it does not touch on all the aspect that surround a "hook up" which create the culture surrounding "hookups."

As I thought about and researched gender roles in today's "hook up" culture it was hard not to think about how much history has

impacted the gender roles we see today, and the standards each gender is supposed to maintain. In chapter 8 of *Hooking Up: Sex, Dating, and Relationships on Campus* by Kathleen A. Bogle she discusses the major differences between the dating era, back then, and the hook up era, which we see now (2008). In these comparisons we are able to see how in today's "hook up" culture women are expected to treat their body as a temple while also being sexual with a partner, but they are only expected to have one partner, or they are viewed as a "slut". On the other hand, men are often praised for having multiple partners and in both the dating era and the hook up era men hold the power in relationships. I personally see history as a major part in gender roles because men are always supposed to have the power and a woman is just supposed to follow and agree with whatever her male counterpart says or does. One positive of this is gender roles are starting to be broken down and defied against by women across the United States participating in "hook up" culture and I personally support that greatly.

Over the past two weeks our group has shared our views on gender roles through discussion posts and through artistic representations. One member of our group chose the song "Different for Girls" and we thought this was a great piece of music to choose because it discusses the differences for males and females in a relationship and a break up and how women are supposed to hold themselves at a higher standard compared to their male counterpart. Our group also discussed how breaking down these gender roles would be a very positive aspect to "hook up" culture because people could be themselves and express themselves more freely. This would also create a more accepting and positive experience for people participating in "hook up" culture.

When I think about gender roles in "hook up" culture in relationship to my own experiences I find it very frustrating as a female. I personally have only been extremely intimate with one person in my life and many males find this attractive because they believe it shows that I hold myself to a high standard. Where on the other hand, a friend of mine has been intimate with over 50

males and when a male finds this out, they are often disrespectful and judgmental of her. This frustrates me because I personally think the world of my friend even though she has been intimate with many more people than I have. I also do not believe that I am better than someone because I have only been with one person and follow societies “gender roles” more. I think every woman should have the choice to be a free with their body as they choose, and should not be judged for the choices they make with it, since it is their body and their life.



For weeks 10 and 11 our class focused on gender roles. Our class definition that we came up with in the beginning of the year is, “consensual, intimate interaction that is sexual between 2+ people without commitment.” While I think it is a good definition, it does not specifically mention anything about gender roles. However, I think the definition does not need to address anything regarding gender roles. Personally, I found this topic to be the most interesting one so far.

I think gender roles are a huge influence on what hook up culture really is. I also found that gender roles and basically just stereotypes. A stereotype is how men usually just want a hookup and how women find that difficult and “catch feelings” for the other person. Chapter 6 of Bogle talks about how men are better at casual sex but, I see this as not necessarily true and a common stereotype most people have. In my life, I have many friends who are girls that only want to have casual sex and I also know a lot of guys who want to have a relationship. I believe it is based off the person and their personal preferences and not about their gender. Chapter 8 of Bogle also talks about how women want to turn a hookup into a relationship. While it is true for some it is not true for everyone. They also discuss virgins and how they are shamed and made fun of for still being a virgin (2008). I have seen people make fun of someone for being a virgin and while the person thought it was a joke, the one who was a

virgin took it seriously and ended up upset. I think everyone should respect everyone and their decisions no matter what you think is right. I feel bad for people who think they have to have sex or lie about it so they are not shamed.

My group has talked about how gender roles would affect our survey. We talked about certain questions we could ask to determine how much gender roles influence people who are involved in hook up culture. These questions will give us a better idea about how more people feel about gender roles outside of our class.

Personally, looking at my own relationship with my boyfriend, we really do not focus on gender roles too heavily. We sometimes have days where I have to be strong for him and there's days he has to do the same for me. I wish that gender roles did not exist and that everyone should be able to make decisions for themselves and be able to do what makes them happy and to not let what society says is normal define them.



From weeks 10 to 11 of the course we discussed hookup culture in relation to gender roles. We identified category elements such as feminism, shame, autonomy, stereotypes, and cool for guys, body count, walk of shame and embarrassment. The class definition does not seem to mention the category of gender roles or any of the elements. I like how it does not specify this as it sets up a “hookup” as having no roles.

Both Bogle and Wade mention how females tend to want the hookup to evolve into something more and men have the power to decide this (2008; 2017). Wade emphasizes how women are seen as more emotional and states most students seem to think men are better at caring less and gender stereotypes accelerate this further (2017). In addition the sources note how women want relationships out of sex. Interestingly Castleman's findings reveal 65% of women and 45% of men said they hoped their hookups would lead to long

term relationships (2016). It would be interesting to see the age groups surveyed since older men and women tend to look for more meaningful relationships. I have discovered this to be true with my guy friends who have been single since freshman year. The focus used to be only on hookups and not becoming attached. Now towards the end of senior year they've expressed that random hookups are not as fun anymore and they want relationships. I know this is not true for all guys but think it is common.

Our team discovered a twitter poll with the prompt asking viewers what the normal/acceptable body count for a female is. The poll received 487 votes on the question, and as Twitter polls automatically have voters anonymous, voters would have no reason to not answer honestly. The poll results indicated 44% identified 0-5 sexual partners as the "correct" answer highlighting the shame for women who have higher sexual partners. I know if the prompt was the acceptable body count for a male the most common answer would be greater than 0-5 sexual partners. It is difficult to change this double standard as there is no real logical reason why it exists.

If you haven't listened to Barstool Sports podcast *Call Her Daddy*, you should. It is a great podcast. The hosts Alexandra Cooper and Sofia Franklyn exploit their lives and dive into explicit details of their lives in NYC while answering sex and relationship questions. One of their episodes highlights the insignificance of body count and I could not agree more. The podcast makes listeners feel no shame in hookups and I think is a great mindset to have. A few weeks ago I went to Las Vegas for spring break. As the night life in Vegas is known for going until the morning, my friends and I frequently found ourselves walking back at five or six in the morning. Although not a true walk of shame, it felt like one. It's sad we felt this way and I believe if we were guys walking through a crowded hotel lobby and casino in our going out clothes from the night, we would feel differently.



Our class has defined a hookup as “A consensual, intimate interaction that is sexual between 2+ people without commitment.” In a general sense, I accept this definition to be my own as it directly related to my personal perspective of what a hookup is. To broaden that definition, we identified several categories which are made up of elements to accommodate for all the aspects that are incorporated in hookup culture. Over the past two weeks the focus of our discussion has been on the category of gender roles that are incorporated in hookup culture. Unlike previous categories we did not assign it any sub elements since in our final list of categories it was defined as a sub-element under the psychology category. However, to specify when discussing gender roles, the term is used to highlight the way in which certain aspects of interactions are “assigned” to one of the parties since culturally they are typically the one to fulfill it. I feel that our class definition of hookup culture directly relates to my personal definition of hookup culture, however I don’t think that the definition itself identifies how our gender roles category is related to it. Even though I still believe and agree that psychology is an important element to hookup culture.

The main idea that I resonated which while researching the category of gender roles over the past two weeks has been the notion of there needs to be a greater amount of inclusion for all genders, rather than only men and women, and the role they have in hookup culture. This lack of inclusion was present in all our resources which were a focus of this category such as Bogle and Wade’s books as well as the Castleman and Brody articles. This is likely because the concepts of incorporating other genders into the focus of discussions is a rather new concepts based on the recent acceptance and openness of the LGBTQ+ community, and many of the resources we are using were written before this development so at no fault of their own they don’t not provide insights on how roles are viewed for genders other than male and female which participate in hookup culture. However, acknowledging this dissociation is the first steps to creating a more inclusive environment to focus on; thus, when writing our book, it is crucial

that we are a source of inclusiveness in terms of gender roles for all genders and their relations to “hookup” culture.

My team’s external resources for this weeks’ category of gender roles focused on two personal interviews regarding the theme of feminism and how it relates to hookup culture. The interview participants were a 20, and 21-year-old female college students. One of which stated that the implementation of feminism is making the topic of women participating in hookup culture more acceptable and less of a societal taboo. But she also took the stance of self-identifying as a “whore” because of her participation in hookup culture. In a general since this dichotomy is increased in scale when you are considering the gender roles of hookup culture since women participating in hookup culture and that isn’t a taboo, but on an individual scale it is derogatory for a young woman to have slept with sever people because of her role in hookup culture.

Since I don’t participate in hookup culture, my personal experiences regarding this category of hookup culture are limited to the narratives that my friends have told me about their personal experiences. From which I would have assumed that while there are underlying assumptions of gender roles in hookup culture but in reality, they have phased out of playing a role in hookups. While some assumptions of gender roles have lessened in recent years they are still partially present in hookup culture. Such as some peoples assuming that the man in the interactions is the one who is taking charge and initiating the hookup as well as deciding if and when there is going to be multiple hookups and when to halt the occurrence. As well as the idea that women are emotional creatures who will get attached and fall in love which whoever they are having sex with. However, in reality neither of these is the case in every situation. In reality there is a fluid matrix between the roles men and women play in hookup culture. Which means that at sometimes those assumptions are correct, but also that just as many times it is incorrect, and those roles are reversed. Now that we have completed our research on the category of gender roles, I still believe this mindset to be true and that moving forward gender

roles in hookup culture should be viewed as a fluid matrix between the parties involved.



I would say that our class definition of “hookup” culture fits very well with my personal definition of hookup culture as it relates to this week’s topic of gender roles. Whoever is involved, whatever their gender may be, is agreeing to the hookup and their opinion is taken into account. I personally believe this as well, that the female and the male have equal power in the hookup, and that they both have control over when the hookup starts or ends, what it consists of, and that they both agree to it. There is no role that the male has that the female does not, and there is no role that the female has that the male does not. Their opinions and preferences are equal and talked about. What I don’t agree with from the definition is the “sexual” part. I don’t believe that a hookup has to be sexual every time to be classified as a hookup, rather whoever is participating has judgement over what it will consist of and what they will do. Saying every hookup is sexual is putting a large classification over every hookup that I don’t think is true, rather it is the mutual decision of the participants equally. Lastly, I think that there should be some specification in the definition stating that both the female and male are equal partners in this hookup.

For this week’s category of gender roles, I believe there is a lot to say about the history pertaining to this category and the difference between gender roles in history and the way gender roles are viewed today. Back in history, gender roles were viewed much more strictly than how they’re accepted today. Males were completely dominant in anything that had to do pertaining to relationships (depending how far you go back) and seemed to have complete control over what female they wanted and what they wanted to do with them. There even used to be arranged marriages where the female had no control over who they were marrying. The male went to work and did his job in the relationship, and the female did

her role as the housewife. If there were hookups, it seemed to be more male dominated, and there was not much talk of the LGBTQ community. Nowadays, I would say we are moving to a much more equal gender structure where both females and males have equal say in a relationship. There is also much more wide recognition and acceptance of female's rights and opinions and the LGBTQ community. These communities used to be very in the shadows, but it seems they are more being brought to light.

For the gender roles category, our team used a photo talking about the nature and definition of consent in relationships, and what it means. It outlines resources you can use, and draws a line between what consent is and what is not consent. Some good things about the visual is it discusses the topic of consent in different situations such as "hookups" at parties, friends with benefits, or even if you're in a committed relationship. It also gives a detailed definition of what consent really is. This visual shows the importance of consent and also gives an explanation of why it is important for us to talk about it. Some things that lack from the visual, however, include that this flyer is one from Illinois Wesleyan University. Something like it should be at all college campuses. This flyer doesn't really mention anything about LGBTQ+ community but also doesn't exclude them. The only thing that it mentions is the statistics of the commonality of men and women being sexually assaulted. In general, it doesn't mention anything about the LGBTQ+ community and is really only implied towards the cis-gendered community. Because of this, I don't think it is a good representation and I think that side should be addressed.

My personal experiences related to hookup culture and this week's category of gender roles are very interesting. (I am a straight female). From my previous experience, the hookups seemed to be male dominated. Now I haven't hooked up a lot, but from what I have done is that mostly they are very male-dominated. I don't think I'm intending for them to be that way, or that it should be that way, it just kind of happens like that. The males have taken control and initiated the hookup or talked about hooking up before I have.

It may be that they know what they want or what they're looking for, whereas I would be fine with a hookup or wouldn't mind if it was something more. It also may just be my personality, maybe I am not as confident or as sure in what the relationship pertains to or what page both of us are on. I also have a pretty introverted personality, so that may also be an effect of them mostly being the male choosing when to start and stop, and me being okay with it. During the hookup, I do see that it is more equal, where each of us communicate what we want from the experience and what we are okay with. But I personally don't really see myself making the first move, but I don't think it necessarily should or has to be that way.



Our class definition does not exclusively imply a set of gender roles, but that doesn't mean gender roles are absent. I think, like most things in our society, hookup culture has a very strict set of gender roles. I don't think that means people have to follow them to accurately participate in hookup culture, but I do think hookup culture influences male dominance, like most other institutions.

Through class readings, I see more and more how gender roles and stereotypes impact hookup culture. Something that stuck out to me in Kathleen Bogle's book *Hooking Up: Sex, Dating and Relationships on Campus*, was that in her interviews and analyses of hookup culture on college campuses, she really focused on the power that the man holds. Her students often talked about how girls would typically want something more than a hookup, and guys didn't, which placed a huge stereotype on women and sometimes made men reluctant to hookup (2008). What bothered me was that it was never mentioned what happened if the girl just wanted to hookup and the guy wanted something more. It was always talked about women getting too attached, but it seemed that guys never got attached, that they had no feelings. But hookups are rarely truly emotionless. I think the reason that there is a lack of information about men's feelings of wanting more than a hookup is because it is

so common for people to think women are the emotional ones; that men are taught to not show or express their feelings. I think some men in the surveys might not reveal their true emotions or not even recognize the feelings they are having.

I also think it's really interesting to look back at how gender roles have changed over time. In the same chapter, Bogle discusses gender roles from the dating era. Gender roles have not vanished but they definitely have changed. Gender roles were extremely strict in the dating era (2008). In the dating era, men were expected to take women out, pay for entertainment, call her, make the first move, etc. Basically, what happened depended on the man and women were completely out of control. In today's hookup culture, I do think that what happens depends a lot on what the man wants, but I think women hold more power today than they did in the past. Women can decide to go out and participate and how they dress. Women have control over if they want to hookup or not, and how far they're willing to take things. I think gender roles are still similar in that there is a set script for a man, and a different set for a woman.

In my personal life, I'm in a relationship and I don't think we pay much attention to gender roles much. He does the majority of the cooking, I do most the cleaning, and we both feel comfortable initiating something. I think we're both pretty independent and sufficient on our own, being together just makes things better.

I don't think gender roles will completely vanish for a long time. I think they will continue to alter according to contemporary life, but I think there will always be some form of gender roles and a gendered script.



At the beginning of the semester, our class collectively decided on a definition for "hookup" culture. Our definition does not seem to include the idea of gender roles. In fact, the definition does not say anything about the many genders that often go unnoticed in our society. I believe that the idea of gender roles when discussing

“hookup culture” is very important, since one’s gender may impact how they experience “hookup” culture. There are many stereotypes linked to certain genders when discussing this topic. I believe that there are many things that influence how a person experiences “hookup” culture, and the gender they identify with is one of the biggest influences.

Both Bogle and Wade addressed differences in gender roles in “hookup culture,” but only relating to men and women (2008; 2017). Specifically, Bogle discusses how many of the college men she interviewed expressed wanting no strings attached with their “hookup.” Further, she discusses that women tend to want more out of a relationship. Therefore, Bogle states that women often believe that men “hold the power” in deciding whether or not a “hookup” turns into a relationship (2008). According to Wade, there is a stigma attached to women that they are the emotional creatures in the relationship and men are the physical ones (2017). Similarly, Castleman acknowledges how women are stereotypically the emotional ones, whereas men are the “physical ones” (2016). Castleman conducted a study that sort of goes against this common stereotype of men and women in “hookup culture” addressed by Bogle and Wade. This study states that 65% of the women and 45% of the men said they hoped their hookups would lead to long-term relationships (2016). Although there is obviously a common theme for gender roles in “hookup culture,” it is important to remember that everyone is different and that these stereotypes are an overall “idea,” but do not pertain to everyone. Everyone has a different experience with “hookup culture,” no matter their gender. Unfortunately, none of these authors touched on “hookup culture” relating to other genders besides men and women. I hope to find more sources that touch on how other genders are “stereotyped” in “hookup culture.”

Our team found two sources relating to this broad category of gender roles. One source that we came across was a book, written by Talburt and Irvine (2018), which designates an entire chapter to the idea of shame in “hookup culture.” This chapter is literally

titled “The Walk of Shame.” In this chapter, the authors discuss many reports of women on college campuses feeling shame and embarrassment as they try to sneak out of their “hookup” partner’s house the morning after the “hookup.” The authors also suggest that “hookups” often take place at the man’s dorm, frat, or apartment (2018). Again, we see a stereotype between men and women in the “hookup culture,” although not every situation follows this idea. Another source that our team found is a TEDx presentation by Grace Rosner (2018) which relates to shame, stereotypes, and feminism, all subcategories of our gender roles category. In her presentation, Rosner explains that women are often labeled negative names such as “slut” for participating in “hookup culture,” whereas men gain a popularity boost for participating in the same “hookup culture.” Relating to feminism, she also discusses how “hookup culture” provides an opportunity for equalization and empowerment for women (2018). Rosner brought up some very good points that I had not thought about before.

Since I do not participate in “hookup culture,” I have experienced pressure to participate from other friends who do. For example, one friend used to try to pressure me into making a Tinder and meet guys off of there like she did, although I did not give into this pressure. Living on a college campus in general has exposed me to many societal pressures of joining “hookup culture.” Although this is common on a college campus, I have many friends who do not participate in “hookup culture.” Sadly, from seeing my friends who do, many of the stereotypes between men and women above do appear to be true, although not always.



Relating to gender roles, my view of hookup culture is not explicitly discussed in our definition. There is no relating to gender roles at all in our definition and I also believe nothing is even implied, for good reason. When talking about gender roles, usually the conversation only includes men and women, even though there

are more than two genders so I am glad that our definition does not discuss gender roles.

When it comes to gender roles, we already focused on the fact that men usually only want the “hookup” whereas women want something more than the hookup from the hookup. This is always an aspect that is focused on in sources relating to hookup culture, but I personally disagree with it considering it puts men and women into a box and does not even acknowledge other genders in the discussion. This is a major fault in many aspects of research because it is ignorant to assume things in research that are easily refuted.

Our group had no specific sources for gender roles because our annotated bibliography was finished before that was an official category, but we had plenty of good sources for the other groups/categories. Gender roles could also debatably go under groups and I have outlined our sources for groups in my first analysis.

I have personally seen the assumed gender roles working in my experiences. There is always an assumption that the guy always just wants to hookup, and I have seen girls assume this every time they hookup with someone and then find out after that they wanted something more. It is also shown through opposites of the gender role assumptions in this way. Mostly, the gender role assumptions in our research do reign true, but there are plenty of examples of it being the opposite. I do not have many examples with genders other than men and women so I cannot speak on that but I can clearly state that gender roles are both proven and fought against on a normal basis in my experiences.



In the first two weeks of school our class defined “hookup” culture as a consensual, intimate interaction that is sexual between 2+ people without commitment. I personally agree with this definition but not everyone agrees with our definition so we have the quotation marks around hookup. There is no part of this definition that specifically relates to gender roles.

Some parts of the gender roles that resonate with me are cool for guys, body count and embarrassed. First off I am a man and in my personal experiences it is a cool for guys to “hook up”. Whenever one of my friends gets laid I am also happy for them. I also see a lot of guys brag about getting laid because in their mind it makes them feel cooler. Another part of gender roles is body count. For most part body count is important to guys and like to brag about it. Some guys like to talk about it but I assume, as you get older it becomes irrelevant. During college having sex is a big part of their life and most guys are vocal about it. Lastly embarrassed is a part of gender roles that resonate with me. I have never met a guy that is talking about how he is embarrassed about “hooking up”. I feel that some men do feel embarrassed but don’t tell anyone. I personally haven’t been embarrassed about “hooking up.” I have talk to girls that is embarrassed about having sex. In the aspect of history of gender roles is that it used to be that a man would always start the conversation, plan dates and pay for dates. Throughout time this has changed because no it is acceptable for other genders to start a conversation, plan dates and pay for dates. I personally still like the aspect of being a gentleman, so I usually start conversations and pay for dates. I don’t think people should assume gender roles and people can take on gender roles if they want to.

For gender roles my group has found a scholarly article that is called Not Just Black and White: How Race/Ethnicity and Gender Intersect in Hookup Culture. This touches on how gender roles are different between genders, races and cultures. This is a great source on this topic because it shows another personas perspective on “hookup” gender roles. I like this source because it gives a look into other people experiences. When doing research on a topic I also love to have different perspectives on the same issue because it can shed light on things I may have over looked. I also don’t know “hook up” culture experiences differ from races, genders and cultures.



The focus category for weeks 10-11 was gender roles with many subcategories.

My personal definition is similar to the class definition, but I do think everyone's definition is different depending on their experiences. Focusing back to gender roles, I do not think this category is directly related to the class definition. However, I do believe there are prevalent gender roles in our current "hook up" culture that need to be discussed.

The category of gender roles is present in both books we have chosen to read as a class by Lisa Wade and Kathleen A. Bogle as they have items that connect to this category and its many subcategories. In Wade's chapter 6, she states that women have a hard time with emotionless sex (2017 134). Bogle and Wade also both make points that women are more emotional as they "catch feelings" and want something more out of the "hook up." In addition, the Castleman reading stated that "65% of women hoped their hook ups would lead to long-term relationships." These widely held beliefs about women's emotions fit into the subcategory of stereotypes. Some women may be more emotional, while others are able to have sex and move on without any emotions. This is one of the misconceptions characterizing gender roles in our current "hook ups." Bogle's chapter 8 touches on the subcategories of shame, embarrassment, and stereotypes. Bogle states that male control has led to women being exploited (2008 179). This is related to the subcategories as women are negatively labeled, putting their reputation at risk. In Wade's chapter 6, she discusses how men are expected to hold the power and how to be "cool" men must need no one and be unattached (2017 134). It is evident from all of these readings that gender roles do play a large part in our "hookup" culture.

During our research, our team found a few items that related to the category of gender roles. One of the items is a TEDTalk called "The Faults in Our Feminism: Discussing Teenage Hookup Culture" by Grace Rosner. This TEDTalk relates to the subcategories of shame and feminism. The subcategory of shame is focused upon

when Rosner discusses the double standard women face as they are labeled sluts for being sexually active, while men are congratulated. As for the subcategory of feminism, Rosner discusses how feminism has become more prominent in recent years, and it encourages women an opportunity for equalization and empowerment during a “hook up.” Another helpful source we found was a book by Susan Talburt and Janice Irvine called “Youth Sexualities: Public Feelings and Contemporary Cultural Politics.” We chose this book as one of the chapters specifically focuses on the category of gender roles. In this chapter, the authors discuss reports of women feeling shame and embarrassment after their “hook ups.” These external sources had lots of key points relating to the category of gender roles.

From my personal experience, there are many gender roles in our current “hook up” culture. Hearing stories from my friends when they return from a guy’s house, they always feel embarrassed or shamed for what happened. When I hear my guy friends talk about their “hook ups” they feel good about them and there is no shame involved. Shame and embarrassment are items that display the gender roles in our “hookups.”



My personal definition of “hookup” culture is very similar to the one was made as a class. However, my personal definition and our class definition does not connect or relate to this week’s category of Gender Roles. Our class definition does not go into great detail of all the aspects of “hookup” culture, gender roles being one of those many aspects.

In the past, gender roles where very simple. Males and females were expected to do their own certain things. Females were taught to stay silent and let the males do all the work. This also applies to “hookup” culture in the past. Men were expected to take the lead and they did just that. Nowadays gender roles aren’t necessarily reversed but I believe that women are expected to more than they were in the past. I believe that is both the man and woman’s job to

initiate a “hookup”. I also believe that is both the man and woman’s job to establish boundaries; that is not a one-person decision.

My team found an opinion article that talks about self-worth. The author talks about how “hookup” culture can both dominate and diminish a person’s self-worth. “Hookup” culture can make you feel really good about yourself if you do something that you are proud of and proud to tell your friends about it. But “hookup” culture can also make you feel horrible about yourself and make you feel very shameful if you did something that you are not proud of and that you wouldn’t want anyone to hear about it.

Since I do not actively participate in “hookup” culture, I do not have any personal experiences that relate to the categorical elements of this category of Gender Roles.



Gender roles are an underlying side-effect within hook-up culture. The definition we created in class does not include gender or gender roles but as a social norm, we all understand that gender roles fit right in. The idea that gender roles would be non-existent in hook-up culture is hard to believe, but writing them into one, short, class definition would be near impossible. I think that excluding gendering terms at all in our definition was a good move because if we were to begin to talk about gender, our definition would be much longer than it already is. While not explicitly named in our definition, conversation surrounding gender roles is important to include.

I feel gender roles and hook-up culture go hand in hand, especially in past generations hook-up expectations. Their ideas of gender roles were very pronounced in the past for daily lives and while talking about hook-ups was taboo at the time (with very little literature on hookups in those older generations), I feel we can still see a general trend in what they would expect from men and women. Looking at the baby boomer generation, one study says gender roles have decreased since that time period (Lynott and

McCandless 2000). I think that with a reduction in gender roles does not mean they have disappeared but instead fluctuating between one genders expectation to another no longer gets criticism. I hear a lot of people say it is the man's role to initiate the sexual contact in a hookup, but I know that a lot of men find it attractive when a woman does it instead.

Our group is looking into many aspects of gender roles as we format our survey. We have discussed using questions asking about current and recent relationships and how those play into the gender roles in hook-ups. We also want to ask about friends and family opinions to see how gender roles are shaped. Looking into these questions gives us a bigger picture on how gender roles are passed down between generations and also gives us an idea as to what parts of gender roles continue to thrive under current hook-up expectations.

Personally, I feel like gender roles affect me a lot but not in a negative way. I have really bad anxiety so fitting into my gender roles makes it a lot easier and more comfortable to engage in hook-up culture. When I hook-up with relatively random people (i.e. people from dating apps, I don't hook-up with complete strangers), I always find it a lot more anxiety inducing to try new things. Having a "script" laid out to tell me what to do in these situations eases the anxiety and makes it a lot more enjoyable for me. If I am asked to go beyond my gender roles, I often oblige because after finding my partners preference, I now have a new "script" to follow.



As we discussed the topic of "gender roles" throughout these week, I was brought back to first couple week's class periods where we had to define a "hookup" together. This process took very long and there were always different opinions flying around- especially between those who identify differently. While it was not a bad thing whatsoever, I found it interesting how certain people fulfilled their stereotyped gender role just in what their focus was throughout

the definition. While I don't know if it is just because they felt as if they should portray themselves as this way or there was no meaning behind it at all, but I have found this topic the most interesting one yet.

The biggest thing that had resonated with me throughout our online discussions and viewing other people's thoughts, is that gender roles are so subjective and truly stereotypical. I started to think about my own history, my own relationships, and I noticed that I've taken on different roles in almost all of them. However, not because I was not being true to myself nor did I feel like I couldn't be. Instead, I believe it's because it's just how me and the other person worked, how we complimented each other. While my assertive personality definitely does not waver, I have found that I am not always the expected "emotional one."

This week I noticed that multiple people had mentioned that most people honestly don't agree nor believe in there being set "gender roles". I liked how one person mentioned that it all depends on how comfortable you are with the person and their personality. I shared with my family that I was raised in a home where we believe in the importance of your "love language" as well as the others we surround ourselves with. The idea is that not everyone gives love nor feels love the same- it is purely dependent on the individual. Having said this, I have seen men whose love language is "words of affection" while most may think that only women would have that as their top three.

My boyfriend and I have been together for three years now and I don't think either one of us truly fit the mold of our gender stereotype. We are best friends and feel comfortable that some days one of us may be the emotional one but the next, it may be the other one. We are both assertive about different things, both respond to things differently, and the list could go on and on. However, we know each other so well that we are okay with compromising our tendencies to fulfill what the other person needs in that moment.



During the first week of the semester, our class collectively decided on a definition for the term “hookup culture.” Our class definition does not specifically address gender roles, although ‘Gender Roles’ is one of the categories we have collectively decided to incorporate into our book. Since gender roles vary across the world, and there are a variety of genders which go unrecognized by our society, it would be difficult to incorporate a broad statement regarding gender roles in relation to “hookup culture” in our definition. If I were to update our definition, I would make it, “a consensual, intimate interaction that is sexual between 2+ people without commitment. Individuals experiences differ, and can be influenced by cultural gender roles, groups they identify with, psychological experiences, social/communicative aspects, and music/television, and film.” Including gender roles in our definition is very important because of the impact it has on people’s experiences within “hookup culture.” This includes, but is not limited to, individual’s experience of shame and stereotypes that exist and how they affect individuals who engage in “hooking up.” Although our definition does not address this social construct, our assigned readings and class discussions have.

Both Bogle and Wade addressed similar findings regarding gender roles in the American “hookup culture,” and only focused on men and women (2008; 2017). According to Bogle and Wade, stereotypically, men and women are hoping for different outcomes when engaging in “hookups.” They acknowledge that women typically hope to get an emotional connection and committed relationship with their “hookup” partner, and men usually want the opposite. This is what society’s ideas are about men and women, but stereotypes are not necessarily accurate. According to Castleman, about half of men and women who are undergraduate college students had discussed potentially being in a committed relationship with their “hookup” partners (2016). Bogle (2008) also

addressed the ‘shame’ and ‘embarrassment’, which are subcategories within our ‘gender roles’ category. In regard to women and their virginity, women typically feel shame and embarrassment if they are virgins. This concept has changed over time because virginity was looked at more positively in the past. This is also complicated because women feel embarrassed and ashamed of themselves if they are a virgin, but then shamed if they engage in “hookup culture.” On the other hand, men feel embarrassed and ashamed of themselves if they are a virgin as well but are praised if they engage in “hookup culture.” Wade addressed the stereotypical thoughts that occur during a “hookup.” Men typically think that if a woman is willing to “hookup” with them that she would be willing to be in a committed relationship with them (2017). This is not always the case and is “benevolent sexism.” Men believe that they are given the power to determine the intensity of the relationship, which can cause women to experience negative psychological impacts. With all of this being said, it is unfortunate that only men and women have been researched and addressed by these authors. Additionally, a takeaway from this analysis should be that stereotypes are extremely harmful, and all people are different, no matter what perspectives are associated with their gender.

As for resources from our team’s annotated bibliography, we found one source which addressed the ‘walk of shame,’ a subcategory of our ‘gender roles’ category. The book written by Talburt and Irvine had one chapter which was designated to discussing the walk of shame and how women experience feelings of embarrassment and shame associated with leaving their “hookup” partner’s place and getting home (2018). Another source we found addressed ‘feminism,’ another subcategory of our ‘gender roles’ category. This TEDx presentation conducted by Grace Rosner acknowledged how “hookup culture” creates a double standard for women, and the toxic impacts of “slut-shaming.” At the same time, from the feminist perspective, “hookup culture” has provided a means for women empowerment.

Since I do not engage in “hookup” culture, I have experienced

feelings of shame and embarrassment for turning men's advances down and not giving in to societal pressures. I have friends who are women that have experienced "slut-shaming" for taking part in "hookup culture," and friends who are men who have been praised by others for taking part in "hookup culture." I wish that everyone could make the decisions that were best for themselves without the influence of societal perspectives. No one deserves to feel guilty or embarrassed for what they chose to do with their body.

PART V

MUSIC, TELEVISION, AND FILM

Elements:

Affective influence of

Ambiance



Chapter Summary

Reflections

When thinking about defining hookup culture and then applying it to real life situations, it can be tricky to put the right words in order. Hooking up is practiced around the world by a significant portion of the population, however, everyone has their own exact definition of what it means to them. To some, it has to include the innate act of sex to be considered hooking up. And to others, it can be just kissing! In our IAH231B class, I believe we selected a definition that can be applied to a wide range of people. Relating it to the topic at hand, music/film/TV, I think the fact that our definition says it's an intimate interaction (that, of course, is consensual), that is sexual – sexual is up to the reader to define for themselves. In film, music, and television, I think hooking up is depicted in many different ways and I believe that it comes from the “Sex sells” phenomena.

Whether we realize it or not, an alarming majority of songs, shows, and movies display sexual acts or hint to sexual activities. Before I was actually studying hookup culture and was just existing in the culture, I never really paid much attention to how much it was glorified. It was only when I actually started looking for it to document it is when I realized how often it occurs. Even in songs on the radio that children hear, and shows such as *Grey's Anatomy* even includes scenes of sexual activities.

A big portion of my team's external sources for this week were based on our survey results, as well as last week's hookup song discussion. We had an idea already that people used music in the background of hookups as a filler noise, but an exciting revelation that we could finally put words to is the ‘Netflix and Chill’ phenomena that is so prevalent in our society today. These days, at least in our college generation, hookups occur a lot while people are watching television, specifically on Netflix, and then a show becomes the background noise instead of a distinct playlist such as in our parent's generation.

Upon personal experience, I do think that background noise in the back of hookups is nice, so I don't mind a Netflix show in the back. I don't enjoy a specific playlist, I think if a guy turns on a playlist just to hookup that I would be turned off.... Pretty cheesy if you ask me! However, also in my personal experience and reflection, I've realized how much sex is included in our daily lives, in ads, in film, in television, and music. It really is a profitable agent and I think that's why it's so included, even in children's content!



Our class definition grasps the general idea of a hookup, leaving room for its details/ complications for our novel to develop. For this week, we had a focus on music/TV and how those play a role on hookup culture as a whole.

What I appreciated about this week's category of music/TV/film is how universal it is. There are different variations for each country/culture around the world, but it can be enjoyed the same way everywhere. From the discussion we conducted with the different songs, it's obvious that everyone has their own taste in music and there's a tune for any mood, especially "hookups." The article that we read from *New York Times* about the underground balls was actually the thing that resonated with me the most this week because it was such an empowering story and I would actually love to go to at least one before I die to see some people confidently express themselves in a safe/non-judgmental environment.

For this week, our team didn't really have any outside resources since everyone has their own taste in music. We just discussed the music/entertainment we enjoy and if one of us had similar taste in music, we would talk about different albums or songs that we loved the most. We didn't really talk about hookup culture through tv/film other than the memes that are associated with it, such as Netflix and chill.

I feel like the type of music someone listens to can definitely be used as a "weeder" I guess because I might be more interested

in someone who listens to a similar genre of music as me, but I would also be attracted to people who introduce me to new music. Personally, I will always think of the person that introduced me to a new song/artist anytime I hear or watch something related to it. I guess people like to remember good times and music/film/TV is definitely an object that can harbor good vibes and positive feelings.



I think that our definition fits this week's category the best out of any of our weeks. Most of rap and pop music talks about brief "hookups." My personal definition aligns with our class definition.

I think the thing that I realized the most with this category is how desensitized that I have been to how prominent "hookup" culture is in our media. Music specifically. I hear these songs about sex and "thots" and sing along with no issue. When I really think about the lyrics, I do think that at times I disagree with what the song is singing about morally. When it degrades women I sing along but normally I'd struggle with these concepts. I wonder how much we ignore the moral issues that our movies, tv, and music represent.

My group did not find any external sources for this category as we were one of the groups who had done the assignment before our classes added music, TV, and film to the list. I think adding this category is important to our books relevance because without it there would be a large part of our culture left out.

I spoke briefly on it but I feel my biggest interaction with this category as it relates to "hookup" culture is music. When I hear popular music, I ignore the issues that it brings up when it comes to the objectification of woman.



Hookup culture can be defined many different ways. We have talked about the music, television, and film aspects of hookup culture for the past couple weeks of class. Music, television, and film

all have a big importance on hookup culture and how it is seen by many.

Music nowadays talks a lot more about sex and hookups than it ever has. In a study published by *Sexuality and Culture*, they reported that in the 1960s 69% of pop music references dating, while in the 2000s 59% of pop music referenced dating. They also reported that in the 1960s 7% of pop music referenced sex, while in the 2000s 40% of pop music referenced sex. As you can see, the amount of sex that has talked about has increased, and the amount of dating and relationships have decreased.

Television and film shows that uncommitted sex, or hookups can be both physically and emotionally enjoyable and occur without strings. Due to this stigma and the way hookup culture and sex is portrayed to the public affects how people view it. For example, in recent years data has shown that between 60 and 80 percent of college students have been involved in hookup culture in the last year. This is a lot of people and this is majorly because what is seen and heard in music, television, and film.

Overall, music, film, and television has a lot of influence on hookup culture. People are very easily influenced by the world around them. This is why all these industries have such a big influence.



Growing up in a generation that is ruled by technology, it's definitely easy for music and TV to influence hookup culture. As our minds were developing, we would watch TV to pass the time and we were always being exposed to TV shows like *Jersey Shore*. Our minds were very impressionable and that's probably how our virgin minds formed the idea of "hookup culture" and I think that stemmed our class definition. When we're young and exposed to TV shows and music about sex and partying it kind of set the tone for the script that we would follow for the remainder of our lives.

I think music is something that I definitely resonated with and

took time to think about; There are some songs that play that just start cause you to act promiscuous. As soon as I hear any song by Tyga or Megan Thee Stallion at the bar, I immediately have to start shaking my ass and dancing like a stripper, it just feels natural. Sometimes I wonder why that is and it got me thinking if bars/clubs playing this type of music on loop have a direct correlation to hookup culture? I honestly think so, when a guy sees someone dancing like that, it usually prompts them to either dance with them, or initiate a conversation with them. Today, most “popular” music references sex or some sort of non-implied sexual interaction, unless the artist is like 16 but even then, it still sometimes happens. So, because of this, I do think that music is one of the biggest parts of hookup culture because it has so many layers and it’s so fluid in hookup culture

My team did find a few articles about music and its role in hookup culture. We even found a detailed list about what genres are the most prominent in hookup culture. The specific article we found talks about the evolution of music in hookup culture and the author included a chart showing how much sex songs have increased since the 60’s.

I would like to draw the attention to “Netflix and Chill.” That term in our generation has become synonymous to sex or “hooking” up. If a guy ever hits me up and talks about wanting a Netflix night in, I have to be prepared to put out, that’s just kind of how it is. Sometimes a guy actually does just want to watch tv with you and hang out but most of the time they want something more because that’s just how we initiate a hookup if you’re not in a club/party setting. I prefer to have some tv playing as background noise during a hookup because I’ve never really been a fan of “hookup” music because I personally think it ruins the mood if you’re in the middle of everything and one of you starts singing the lyrics, it’s just super cringy, from personal experience. Our generation, which are currently probably the biggest players in the game of hookup culture, tend to take something as harmless and pure as Netflix and turn it into something sexual.



The main thing about this current trend of “hookup” culture in television and music is very prominent. Many shows are nowadays have it take place a ton which then influences and passes the trend on to all of its viewers due to the unrealized power of television. Don’t even get me started on how much “hookups” are rapped/sang about in current day culture. A lot of the famous rappers write about how they don’t have one person in their life sexually and push the narrative that if you only have one significant other then you are not “cool.” Many of these people look up to rappers nowadays which then helps spread this idea of hooking up and makes it very prevalent in today’s culture.

My personal experience with television and hook up culture is mainly based around the whole “Netflix and chill” stigma that has arisen from social media. There have been a few times that a hookup was not intended and that I actually wanted to watch some Netflix but since it was implied that if Netflix is turned on then there must be a hookup wanted that it influenced the feeling of the room. Therefore, showing the crazy strong effect of television influence on the hookup culture scene.

My personal experience with hooking up and music is pretty common amongst the college student population. It mainly begins at the pregame and the music selection there. There are generally rules from different music selections on what the mood for the night will be. The first music selection is EDM and that generally leads to people drinking pretty aggressively and dancing which tends to lead to a more hook up vibe. Then there is hip hop genre and that does lead to hooking up, but not as much as EDM. Then there is country and that normally doesn’t lead to a ton of hook ups, but will definitely lead to a good night due to the laid back vibe of the music.



For the past two weeks, we have been discussing the “hookup” culture and how television, film and music plays its part when it comes to this interaction. To start off, our class definition stays the same. Our class definition of what “hooking up” is looks like this: “Hookup” culture is a consensual and intimate interaction that is sexual and is between two or more people without any prior or current commitment to each other.

In this week’s topic, what really resonated with me was my peer’s discussion posts. I really liked seeing other peoples’ thoughts when it came to this topic. Because we all are growing up in a time that has a ton of different music, films and television, this topic seems like it would be a huge part of “hookup” culture. And it really is. Looking back on when I used to participate in the “hookup” culture, I have now realized that all of these digital categories were used when “hookups” were in progress or about to be. Looking at my peer’s responses to our discussion posts a lot of us had the same thing in mind when talking about films, television shows and music. A lot of my peers said that it was more of a “Netflix and chill” type of deal when it came to “hooking up” and it wasn’t as common to have music playing. But, a lot of my peers, myself included know that there are many playlists on Spotify or music apps like apple music that have “hookup” playlists already made particularly for “hookups”. I know my friends and I would always joke that our “hookups” have the show *The Office* playing in the background because most people have seen this show so it doesn’t matter if you miss a little bit of an episode.

The other part of these past two weeks of talking about these categories that resonated with me was when we were given the scenario of being a film producer and being asked to include a “hookup” scene and if we would be comfortable doing so. Most of the responses that my peers wrote were that they were more than comfortable doing so. I also agreed when I wrote my response. I thought that it was interesting that we were all so comfortable doing this and it really made me think that maybe my generation

of peers are more open and more comfortable when talking about “hookups”.



From weeks 12 to 13 of the course we discussed hookup culture in relation to TV, music and film. We identified the category elements of the influence of TV, music and film. In today's culture it is common to see hookups in TV shows and films as well as hearing about hookups in song lyrics. I believe music during a hookup can enhance intimacy and furthermore TV and films commonly display hookups as consensual.

I was interested to learn about the 1980's New York drag ball subculture is when LGBTQ and people of color perform fashion and dance competitions. Ballroom offers a space and a language, both verbal and physical, for people to explore fluid identities. The empowerment built up in the ballroom translates to the rest of life, creating confidence and self-love. I believe my day to day life, interactions with friends and social media would have a larger impact on moving towards reducing shame and increasing inclusivity. The article mentions a D.J. and electronic dance singer who helped spread the idea of ballroom beyond the underground released a music video “Be Honest” focused on free expression. I think music is a great way to share different topics and perspectives and to teach others about different cultures. Music is powerful and has the ability to reach many different people and start conversations to end stigmas and reduce shame by talking openly about it and bringing knowledge to people and encourage further understanding and research. Personally I listen to music every day and by listening to this music and sharing with others it has the potential to make a huge impact.

Our team discovered an article on the topic of music relating to “hookup” culture (McDermott “How the Evolution of Pop Music Explains Hookup Culture”). It describes how pop music has evolved to include more references to sex and less references to dating

compared to pop music from the 1960's. Learning this did not surprise me since most of the songs I listen to reference sex while only a few reference dating. McDermott also touches on the double standard of men vs women talking about sex as the number of female-performed pop songs with references to dating stayed relatively constant across five decades which I discovered to be interesting.

Personally I think playing music during a hookup helps to set a mood and eliminate awkward silence. I feel like slower rhythmic explicit songs in the R&B or hip hop genre are most common for hookup situations. Artists such as Tory Lanez, Chris Brown, Jacquees and Bryson Tiller are a few of many R&B/rap artists that come to mind. In addition to music I think background TV is very common too such as a "Netflix and chill" situation. I also believe having a TV show or movie in the background helps to make the hookup seem more casual.



Our class definition is one I personally don't think fits perfectly with TV and film, but I do think fits perfectly with music. The mainstream music today definitely encourages brief and meaningless relationships. I think music is beautiful and is a great tool to express oneself but some of the lyrics in the songs for sure emphasize meaningless relationship and using sex as an escape. As far as music and film, I think most of the TV shows I watch where two characters start off hooking up, usually end up in a committed relationship because they realize they have feelings for each other. This script goes against our definition because there's commitment in the TV relationships.

In my personal experience, I think watching so many of these TV shows set me up for failure. I'm not a fan of "hookup" culture and when I first started to engage in it, I thought my hookups would end in a relationship like the ones on TV. I wasn't prepared for the emotional pain it caused me and shame I felt when I didn't end up

in a relationship like some of my favorite characters did. I wish TV shows were a bit more realistic in what exactly a “hookup” is and stop selling dreams.

I also think TV shows, music, and films need to show more representations in race and also sexual identity. Growing up it was rare to see someone on a TV screen who looked like me kissing or having sex, it almost felt like people who looked like me didn't engage in those activities. This caused me to feel insecure, because although I had all the same parts as the girls on TV, I had different color parts for instance my nipples were a different shade and I used to think there was something wrong with me. I'm really happy that Hollywood is making an effort to be more diverse in its casting because representation matters.



Growing up in the digital age means that music, TV, and movies are just second nature to this generation. What we watch and listen to has a huge influence in what we like, how we act, and what we do. A large portion of music, TV, and movies include the topic of hook ups. For the most part, these displays tend to match our classes definition of a hookup. It doesn't matter what genre of TV show or movie you pick, most of the time there will be some sort of hookup scene in it. As for music, there is a big chunk that deals with lusting after a partner, and what they do when finally engaging in a sexual act. If I were to pick one thing that music, TV, and movies don't always do a great job in showing about a hookup is the topic of consent. Most of the time in these settings, consent is just assumed while the two people engage in their hookup, but by explicitly showing the exchange of consent, there will be more conversation about the topic, and can hopefully influence more people who partake in hookup culture to do the same.

Over the years, entertainment has drastically changed when it comes to the topic of hookups. When music, TV, and movies were first introduced to the public, it was scandalous to even show a

husband and wife sleeping in the same bed on TV. Talking about sex was a very taboo thing to talk about, even in a heterosexual sense, and it was much more scrutinized when talking about it for any other gender identities. Throughout the decades, society has become much more accepting and understanding on the topic of sex and hookups in all types of relationships. Most movies and TV shows have some sort of hookup elements between the characters, and there is even a sub-genre of music that is known to be for and about sex. While we still have a long way to go, there is more acceptance of hookups in LGBTQ+ relationships, which is something that would have never been allowed back in the day. The media and entertainment industries are responsible for what is created and produced on the topics of sex and hookups, which means they have the power to display these normal parts of life in positive ways, as to eliminate the stigma that already surrounds the topics.

For an outside resource on the topic of music, my group found an article by John McDermott called “How the Evolution of Pop Music Explains Hookup Culture.” In the article, McDermott makes the connection in a chart of how there are significantly more songs about sex now than there were back in the 60s, for example. Because of this factor, the music industry (along with TV and movie industries) have a ton of power in shaping the public’s view about sex and hookups. This is why it is so important for entertainment companies to make accurate and consensual displays of sex and hookups because of the strong influence it has over our population.

Music has always been a way for me to express myself. When you find the perfect song that describes how you feel, there is something very satisfying about that. I know I’m probably not the only one, but I have playlist that is for “hookup songs”. All of the songs on this playlist are very relaxed, smooth, and melodic, with a lot of the music being created by artists like The Weeknd and H.E.R. and Daniel Caesar. Often times I just listen to this playlist when I relax just because I want something softer to listen to, but on the rare occasion that I do put it on during a hookup, it’s nice

to have as background noise to drown out any awkwardness that might arise. The music is especially nice when for example you feel a certain type of way, but might be too shy to come right out and say the words, so you put on the song that sums it all up, and you let the song do the talking. While this might sound cheesy, it can be another creative avenue that allows for self-expression.



Over the course of the last weeks, with our focus on TV, film, and music, I was able to reflect and learn about lots of things. I really realized what a huge influence these things are when it comes to hooking up and hookup culture as a whole.

The first thing that comes to mind that I want to reflect on is music videos. A lot of music videos today, especially hip-hop music videos, revolve entirely around sexual appeal. Rap music videos such as “Rack City” by Tyga (as if the name of the song and the lyrics themselves don’t relate to hookup culture enough) are filled with half-naked women in strip clubs, being eyed by different men. Another music video by the same artist is “Taste” by Tyga. This music video is very sexually explicit and consists almost entirely of women twerking and walking around in revealing bikinis. There is nothing wrong with women choosing to do those things, but I hate the way that they seem to be exploited for male viewing pleasure in music videos like these. These videos definitely relate to hookup culture because they just cram the idea of sex into people’s heads. We all know that these rappers aren’t having real relationships with these women they’re sexually displaying in their videos.

Another thing that comes to mind is a scene from one of my favorite TV shows, *Grey’s Anatomy*. The series starts out with one of the medical interns, Meredith, sleeping with a guy she meets at the bar. They wake up the next morning and it’s just really awkward and uncomfortable, as it usually is after a casual hookup, and they go their separate ways. When she gets to work at the hospital later that day, she sees that the guy she hooked up with is actually

one of her attending physicians. She freaks out a little bit and it's awkward for a bit, but later in the show, she actually ends up in a more serious, romantic relationship with him, and they eventually end up getting married and even having kids together. I think that this whole storyline just kind of contributes to the false image of hooking up that TV shows and movies sometimes portray. I feel like a lot of TV shows and movies romanticize the act of hooking up and casual sex, and they like to show the people falling in love in the end. The same thing happens in "Friends with Benefits", a movie that we discussed earlier this semester in class. Usually, people don't even talk to each other again after having casual sex, let alone fall in love with each other. This could cause some people who have never participated in hookup culture before to maybe view it falsely or have false expectations if they do begin to participate in it.

Lastly, I want to reflect on the concept of "Netflix and Chill." The entire concept is just wild, and it kind of just lets people use watching a movie as an excuse to initiate sex. I've participated in "Netflix and Chill" activities before, and the movie we were "watching" just ends up playing in the background usually instead of "hookup music." With that being said, it related to hookup culture in that way also.



I feel like our class definition is very close to what my personal definition of "hookup" is. I don't really think any part of our definition connects to our music, television, and film category. But, I do think this category plays a big role in hookup culture. Looking at how hook ups are portrayed in media, it is evident that it matches our definition.

Music, TV, and movies are a big part of this generations' lives. I feel like everyone can relate to this category and can see how hookup culture is connected. I have watched a lot of shows that portray hookup culture in one way or another. One example is *The Bachelor*. In the final weeks of that show, with the final women, after their

dates they go into the fantasy suite for the night. The fantasy suites are basically known for the couple to have sex. To me, this is a big part of hookup culture for some of the girls. The bachelor may sleep with all the women, and then he decides to marry one. So the other women are left with nothing and no commitment, kind of like our definition. Also, with *Bachelor in Paradise*. A handful of girls and guys that are sleeping with each other and trying to form potential relationships.

One of my Team's external sources for this category was a song by The Weeknd, *Often*. In this song, the artist describes one of his one night stands. The Weeknd tends to use very vulgar, sexually explicit language to describe the encounters he engages in. A lot of his music also mentions the use of drugs and alcohol that we had at one point in class talked a lot about. We had mentioned alcohol being "liquid courage" and some think it's necessary for hookups to occur. Today, a lot of music is like this – many artists sing about sex, drugs, and alcohol. Some people can interpret these songs differently though, which can be a problem.

I think a big part of music in hookup culture is "setting the mood." For some people, there are certain songs that may put them in the mood to have sex, and for others it may have no effect. I have a friend that, when she knows she wants to go home with a guy, she will listen to a certain song because she says it gives her confidence and gets her excited before going out. The music played in a bar is obviously different than the music someone might listen to while studying. The music played at a bar is usually upbeat, loud, gets people in the dancing mood. Gives people good energy and vibes and makes it a good scene for a hookup to begin – talking to someone and going home with them/taking them home. Outside of the bar, I also know a lot of people that play certain music during the actual physical hookup. It could make things less awkward and more natural.



For the last two weeks of material we began covering the category of music, TV, and film within the topic of hookup culture. Prior to this focus we, as a class, came up with a universal definition of hookup culture during of the semester. That definition was, “hookup” culture is a consensual, intimate interaction that is sexual between two or more people without commitment. I don’t think our definition particularly incorporates the role of TV, music, or film because when I think of that category I think of the small background aspects that might play a part in a hookup. My personal definition of hookup culture would include what we have already created but also include more about the approach people have to hookup cultures or tools people use to aid in that approach.

I think that through history the main thing that has changed is the presence of explicit hookups in music, movies, and television. I think that there are movies now such as 50 shades of grey that would be considered not favorable in previous generations. Also music is much more explicitly sexual now than it was previously, music did have sexual messages in previous time periods, but nothing as forward as it is today.

Our source for music, television, and film was a Spotify playlist. This playlist was explicitly labeled hookup music. This playlist mostly consisted of RnB or slower tempo rap music. This is the most popular music associated with hookup culture in my opinion. This music can set the mood that a person is going for without specifically saying it. People on apps like Spotify or apple music create playlists specifically for these situations and allow them to be available for public use. I could simply lookup a hookup playlist and select whichever one I felt fit the mood the best.

I have used music and TV in my participation in hookup culture. Asking among my friends, it is a common theme that people put The Office on in hookup situations. I think this is because it is a show that most people have watched and like so it is something easy to put on and isn’t distracting in the background. I have also used playlists with my personal experiences, I feel like music is an easy way to communicate what you want or what you are feeling. I

also think that music, television and film are an important aspect of hookup culture that are widely used among different groups.



Over the past couple of weeks we have talked a lot about entertainment and music in relations to hookup culture. I believe entertainment is a strong force in the hookup culture. Who doesn't like a strong and sexy lead in a movie or TV shows? I also believe music plays a huge part in the hookup culture. Some music has a general essence to it that initiates hookups.

Music is for sure a big fact that leads into sexual behavior for those trying or wanting to hook up. EDM (Electronic Dance Music) in my opinion is the most sexual type of music and during festivals the atmosphere is pure love. Though drugs may enhance the feeling of love, the music still plays a huge factor into the sexual vibes. From first-hand experience, the overall atmosphere of an EDM festival is incredible and so extremely positive. The music flows through the crowd and leads into hook up or sexual tension.

This week within our group chat we talked about the entertainment industry in relations to hookup culture. Clearly movies and TV shows portray a much more embraced sense of love than in real life, but to the audience you see two people in sexual love. This leads the audience to be that love is true and that is how the entertainment industry makes their money. Many romantic movies are usually overdone and not realistic, but if the audience buys in then they believe that love can happen like in the movie or TV show.

Personally, I can attest that music is definitely a huge factor into the hookup culture. Throughout my experiences in the hookup culture I have turned on music that fits the vibe when I am going to hook up with someone. My best way to put this is you move your body with the music and it in some ways adds more passion to the hookup. I mean the whole point of a hookup is to satisfy one another so, music helps me with that process.



Within the first couple days of class, we came up with our definition of “hooking up. For this last reflection essay, our category was music, television and film. Although our class definition doesn’t necessarily touch on the elements of hooking up in music, media or film, these things play a large factor in hookup culture in this day in age.

The first topic I want to focus on music. I wanted to talk about this first because in my eyes it is probably one of the most influential in hookup culture from this week’s category. As someone who listens to almost every kind of music, there are definitely differences between the genres. One of the biggest genres of music that plays a huge role in hookup culture today is definitely hip hop/rap. Over the last, say 15 years, rap has definitely changed in the way of lyrics and things that rappers talk about in their songs. As someone who is a fan of rap myself, I can say that a majority of rap songs could be linked to hooking up or casual sex. In fact, you can look up “sex playlists” that are mostly all composed of rap or R&B music. Another thing that really portrays hooking up in the music industry is the music videos. Although music videos aren’t extremely popular, so many of them contain a visualization of sex/hooking up. Even if they don’t have a hot girl/guy in them, the dancing that is done in almost music videos are very sexualized. One of the things that I think is bad about the music industry and what peoples’ music portrays is that it could influence a younger crowd to engage in hooking up before they feel comfortable with it because “that’s what famous people do.”

When touching on the topic of television, I think mostly about streaming platforms like Netflix/Hulu/or Amazon video. I can’t really think of many shows that air on television that really relate to our class definition or my personal definition of hooking up. One show that comes to mind from Netflix is a show called *Californication*. *Californication* stars “Hank Moody” who is played

by David Duchovny. In the show, Hank is a good looking dude with a bad guy appearance who sleeps around with multiple women. Not only does he sleep around but he's still "in love" with his ex-wife who he tries to win back but can't stop sleeping around. There are definitely other shows out there that definitely confirm the hookup culture, but I'm not a big TV person so I don't really watch much.

On the topic of film, I am not a huge believer that hookup culture is portrayed very well in any movies. Sure, in a lot of movies there is sex/relationships/drinking and what not, but most of the time it never plays out how it really does in real life. You don't see people in movies having a one-night stand and then the awkward morning or week after that seeing the person in class or at the bar. It might happen in movies, but most of the time the two people end up falling in love and then their happily ever after story to follow.



Our class definition of "hookup" culture does not necessarily connect or disconnect from this category of music, TV, and film. However, a song, TV show or movie can have its own definition of "hookup" culture that could be very similar to our class definition. It has become very common in TV shows and movies to show a hookup scene, if not more than one. These hookups in TV shows and movies start off the same as how we have defined "hookup" culture, but as the show or movie progresses, the relationship turns into something more than just a hookup. Music, on the other hand, will define "hookup" culture like we have done. No commitment and meaningless.

I believe that "hookup" culture has always been present in music. In the past, it may have been a lot less noticeable than songs these days. However, with TV and film, "hookup" culture has only been showing up and relevant in more recent years. It is so common to see a hookup scene in a TV show or a movie. Kids in high school and college are so used to seeing hookup scenes in TV and in movies, it does not bother us, but it may bother the older generations.

For this category of music, TV, and film, my team found a song that we believe fits into “hookup” culture. The song is by Drake and it is called *Take Care*. This song gives a good description of what we believe “hookup” culture to be and all of the thoughts that go with “hookup” culture.

In my experience with “hookup” culture, I have found that there are hundreds of songs that talk about hooking up. Some of my friends will also have “hookup” playlists that they use. However, I never really listen to music while hooking up, I usually will put on a TV show or movie on in the background, just to have some background noise. Also, TV shows and movies will have a lot of different hookup scenes. But, I have noticed that in movies and TV shows the initial “hookup” situation will eventually evolve into something more or a real relationship.



I think that the category of Music/Television/Film is connected to hookup culture in many ways. While the definition of hookup culture itself doesn’t really tie into the media we discussed, media, television, and film are continuously exploring the idea of it. Whether it’s the song played during a hookup, the movie played during a “Netflix and Chill,” or the hookup between two characters on your favorite TV show, it is clear that the idea of hookup culture is heavily prevalent in today’s media.

Media, television, and film have undoubtedly changed over the years, becoming more and more open with ideas like sexuality, gender roles, and hookup culture itself. Decades ago you would hardly see a hookup on TV and film or a homosexual or biracial relationship; it was almost never heard of to see a hook up between a homosexual or biracial couple. Today, it is more common to see these sorts of interactions, yet it is still not as talked about as it should be. There is still not enough research and portrayal of this in media.

In class, we discussed different music, television, and films that

portray “hookup” culture or could be played during a hookup. I think everyone had the same sort of idea, especially for the music. We agreed that RnB music is a really good hookup song, due to the slow, sensual pace. We all had the general idea that in the hypothetical situation of our boss telling us we have to put a hookup scene in our TV show, we wouldn’t have a problem including it.

While I’ve never had a hookup and don’t plan on having one, I do understand the idea of including various hookup portrayals in different forms of media. It shouldn’t just be a hookup between a white male and a white female. Although it is progress to even include a hookup, we still need to acknowledge the importance of including everyone in this movement.



I was excited to explore our final category on music, television, and film because media outlets are a primary way people can make meaning of hook-up culture even if they don’t participate. I never thought of including an aspect of this category in our class definition because I don’t believe that it’s a vital aspect to understanding hookup culture, especially due to overdramatic representations that can exist of the culture. From childhood, I can recall songs that have involved lyrics about hooking up, and though I didn’t understand what they were talking about, it really developed my imagination of what the act is, and who’s involved. Most of the songs that were out while I was a child were things I couldn’t listen to unless they came on the radio, so I recognized that such an act was something for adults only even though I couldn’t pinpoint why; lyrics back in the day had more covert messages that I couldn’t decode.

The earliest recollection I had of hooking up on TV was with ABC Family’s *The Secret Life of an American Teenager* and MTV’s *Awkward*. On both shows, female lead characters constantly dealt with public scrutiny because other people found out that they were hooking up with classmates, and this sort of representation made

me further associate hooking-up as being something not normal and bad. Similar to what both Wade and Bogle mention, components of drinking or other substances to ease going into something unfamiliar would be major plot themes in these tv shows and this can be harmful if people consuming such media are inexperienced with understanding intimacy. When I reflect back on these shows, I think they accurately showcased the double standard that exists for teenage or adult women when it comes to them exploring their sexuality, but I think such narrative must evolve to how our current world reflects more modern takes on sexual freedoms. Today, there are documentaries dedicated to unraveling misconceptions of sex and how one can hook up with someone else; I think the film *Catfish* was a foundational representation of the relationship between social media and potentially meeting up with people based on their physical features. This example highlights how though there are disparities amongst people interested in hooking up, modern developments such as technology and apps give people more access to interact with people even if it's only virtual.

As a college student, topics on sex are way more mainstream and explicit than when I was younger, and from my experience, it is predominantly seen through music, again. Music today holds numerous “hook-up” anthems and because I actually know what the lyrics are referring to, I can identify my sex life in them more. I have utilized songs in moments where I was about to hook-up with someone so the music could communicate my intentions, and to ease up any awkwardness between me and sex partner. The benefit of using music to speak for you is that you don't have to be so self-conscious with someone you might be meeting for the first time, and you're able to read how the other person is receiving the “mood” you're setting up. When I was on Tinder, I had made a playlist on my Spotify specifically for hook-ups, and I intentionally set up the song order to go from slightly suggestive lyrics to explicit lyrics on hooking-up; one time I timed my “moves” with the person based on the song that was playing. I think that's why music that have hyper-sexual themes are created sometimes because artists are aware that

sex not only sells, but a majority of people are having sex or want to have sex with other people.



Throughout the past few weeks we have developed and discussed the entertainment aspect of what hookup culture is. I really related to the class definition of “hookup” because it personally followed my beliefs of hooking up. Not only this; I also believe that the definition of hooking up is fluid and that also relates to my definition. I think that the definition being fluid allows individuals to identify and find their place inside the culture. This allows for everyone to connect on some level within the community. This all leads back to the connection people want from others.

I really enjoyed talking about the entertainment part of hooking up because this part affects almost everyone in some way. If certain people come off in the wrong way the hookup probably won't happen. This can be seen in some extent with guys usually having to setup the hook up. Without his initial interaction sometimes, nothing will happen. With entertainment this can usually be done by turning on a movie or music to induce the mood for a hook up. This could not happen from someone being too straight forward and scaring the potential person away. Another outcome could be that you don't show your intentions at all leading to yourself entering a state of friend zone or potentially nothing at all. This can happen if sometimes if some girls want to have the guy make the first move. Another example is if someone thinks they're just coming over to watch a movie. Without communicating everything sometimes even well know hook up tricks can even fail. Lastly this can change depending on what people want and what rules they have established for themselves. If someone doesn't hook up on the first day knowing someone ever this could lead to a whole new situation that requires more work and effort to achieve whatever goal is intended.

This week the group discussion of hooking up led to many

discoveries for our group. This later developed into many important discoveries about the entertainment aspect. The process of hooking up involves a place to start. Whatever this place is on an app on your phone, or a bar/party we have to communicate in these situations. If some people do not understand the idea of a hook up this can make them have a completely different idea or feeling during these situations. Some ways entertainment affects us is at the bars or parties when music is going. This gives people an avenue to connect without talking. While the use of entertainment can be useful to achieve a hook up it can also be an escape plan if the attempts are unwanted. Someone could easily discuss what is being said or being done in the entertainment breaking the mood. These issues are seen as important but largely don't cause too many problems for the culture. With this in mind we even noticed that there is script used as well with entertainment. People have their own way of doing things and this even comes with the type of entertainment they like. Not only this but different groups and people are all affected differently by these situations making it difficult to understand the full impact of entertainment.

One thing that was really interesting to me is that people get upset by "hookup" culture. This was really interesting to me because it shows that not everyone understands the rules of hooking up. If someone has never hooked up before but wanted to experience it they would almost have no clue what to do leaving them in the dark. Even more so even when people communicate there wants from a situation some people can still get the wrong idea because not everyone has the same experience. This can happen when someone says they only want to hookup and one party ends up getting attached for some reason even though they know what is going on. This can send the wrong message and make one party change their mind on everything. This violates the rules of hook up culture which could lead to the ghosting or other negative outcomes. This is why I feel hookups become complicated because not everyone is on the same page. This makes me think that people need a certain level of

maturity to participate in the culture without experiencing any of the negative effects.



I personally agree with our class definition, but not everyone does, so we have the quotation marks around “hookup.” There is no part of this definition that specifically relates to music/television and film.

In the past two weeks learning about music/ television and film I have grown more interested in this aspect of “hookup” culture. Through music/ television and film “hookup” culture has become a more comfortable topic to talk about. Media has brought the “hookup” culture out of the shadows and now it is a common thing to see and hear about which has changed society drastically. When looking at older music videos people were dancing around the idea of “hooking up” and not directly talking about it. Now there are songs about sex and in the music videos people are half naked and twerking. This would not have been acceptable in the late 1900’s but it is all you see now.

The external sources my team has for this section is two music videos Tyga – Taste and Nicki Minaj – *Anaconda*. Both of these songs have a sexual lyrics and videos that fit well with the “hookup” culture. The music videos both have women with minimal clothing twerking, which is very common to see in the media today.

In my personal experience, I have never listened to music while “hooking up.” It is something I am not opposed to but it just never came up. I have talked to people that like to listen to music and have told me their favorite songs. These songs either have a sexual base to them or have a good rhythm. In music today there are a lot of sexual songs that could be used during “hookup” and this is just how society is today. Our media these days are filled with sexual songs and television. I wonder how the media will change overtime and maybe someday the “hookup” culture won’t be as prominent as it is today.



Our class has defined the hookup culture as a consensual intimate interaction that is sexual between two or more people without commitment. The topic of this reflective narrative is music, television and films and therefore the definition that the class has created does not necessarily have anything to do about this media. However, when you look at how hookups are portrayed in music, films and television you will see that it generally matches up to our definition quite well. Most depictions of hookups are not love stories, but lust stories. I think this is especially true for music genres like rap and hip-hop. The media's depictions of hooking up does not always match this definition, because in a lot of films there are true love stories. I do believe that media's portrayal of hookups has a big effect on how people view the subject, and even how I personally believe that they match this definition.

Historically, this has not always been the case with media. When I was younger and living in my parent's house, every St. Patrick's Day we would watch *The Quiet Man* which is an older movie that essentially follows John Wayne's character trying to court a young woman in Ireland. The reason this subject came to mind is that the focus of this movie was the courtship that John Wayne went through in order to prove that he loved the woman and ultimately married her. This movie was made in the 50's, and if it were to be made now, I believe that the subject would not be marriage, but rather hooking up. I believe the same can be said with television, because shows made in today's time feature graphic hookup scenes quite regularly and in the past this would not have been acceptable. However, now it is totally fine and almost expected of a show. I mean look at *Game of Thrones*; it is a great story (ignoring the last season), but it was also quite a graphic show in terms of showing sex scenes. If it did not have so much nudity and sex in the show, I do not think it would have had as many viewers personally. I do not think that this is necessarily a bad thing that the media is showing more sex

and talking about sex more, but it is a stark difference compared to media made decades ago.

The team I am apart of along with myself has been conducting research over the past few weeks on this subject and has found a few sources. One source discusses “...how the media has become a source of sex education, often filled with inaccurate portrayals of sexuality” (Garcia). I personally found this to be quite true when considering today’s medias, however not all media is inaccurately portraying sexuality. An example would be Netflix’s show *Big Mouth*, which I think is a better sexual educator then most public-school sex-ed classes. Another source that I found discusses how pop culture has influenced our own perspectives of sex, stating “Modern society has popularized the concept of romantic love as being an ideal to pursue to the point where all our mainstream media is filled with it” (Ng 2017). I certainly agree with this statement that society has imbedded a desire to find “the right one” in all of us, and that is certainly a subject that many focus on rather than living life and finding love along the way. With apps such as Tinder and Bumble made popular as well, I personally think that it is a subject that is focused on by more people than ever before. Ultimately, media certainly has a very strong influence on how we perceive love and sex to look like and this is not always portrayed in an accurate way.

For my own personal experience with this media, I know that it has impacted my perspective of love and sex. I say this because I grew up watching movies with my father as a way to spend time together, and a lot of movies would have sex scenes that did not necessarily have a big impact on the plot as a whole. Growing up I also listened to lot of rap, so this certainly had an impact on me because I would glorify big celebrities that would boast about “getting” a lot of girls. This being said, I am aware of how these media shaped my perspective now and I do try to be conscious of that fact.



Media plays a critical role in perpetuating hookup culture. Whether that is through music/music videos, tv shows, or even regular social media like twitter or snapchat, young people are constantly inundated with sexual content. Music plays a key role, as some genres emphasize physical attraction and sex. As someone who listens to a lot of rap, I can certainly attest to how rap affects people. Although I am not necessarily impacted by rap lyrics to the point where I want to hookup as a result, I know many people are. If rap artists are telling you that life is about having fun and making money, why not follow their advice? Especially if that 'fun' is hookup up with as many people as possible. Music videos, especially hip hop ones, often have rap artists (male ones) surrounded by women in bikinis, dancing in a sexual way. This is certainly a lot to handle for easily impressionable people, especially young boys.

TV shows also perpetuate the hookup culture. With shows out such as Love Island, and Bachelor, these shows, generally (for some reason) watched mostly by women, emphasize hooking up in order to find a life partner. Although the goal of each show is to pair people off, it often involves a lot of sex and sleeping around to find the right person. It is impossible to avoid sexual content/hookup perpetuation unless one doesn't watch TV or go on the internet.

Twitter is also full of people who are active in hookup culture, and tweet about it. These tweets are often shared, and go viral, resulting in many people seeing it. Again, it is impossible to avoid interacting with content like that on social media, unless one does not have any, which is rare.



The last two weeks, our class has been exploring how music, TV and film play a role in "hookup" culture. Although our definition doesn't explicitly acknowledge these different forms of media, I think that the definition is broad enough to cover what goes on in the typical "hookup" scene commonly found in TV shows and films, and also what the lyrics in some songs describe. These different

forms of media have a huge impact on what “hookup” culture currently is. Often, though, the “hookup” scenes portrayed in TV shows and films are too “perfect” or glamorous, setting the standards unrealistically high. This often leads to disappointment in people if their “hookup” isn’t as good as expected after seeing “hookup” scenes portrayed in the media. Since the media has a great influence on what people think, I think that they have the perfect opportunity to negate some of the stereotypes that exist surrounding “hookup” culture. If the media made “hookup” scenes more realistic and included some of the underrepresented groups in our society, people would learn to accept these things more in society.

Both Bogle and Wade touched on the idea of TV and film displaying and influencing “hookup” culture with some specific examples in their books (2008; 2017). Bogle discussed the MTV show, *The Real World*, which is about seven 18-24-year-olds who have been placed in a house with cameras that film everything they do in 4 months. These people did not know each other before living together, and they display expected behaviors such as getting drunk, making out, partying and having sex, among other things. Also, Bogle mentions the HBO TV series *Sex & the City*. This TV series is supposed to display the dating era after college, but it does not do so very accurately or realistically. For example, the characters often have sex on the first date, which does not seem to follow the dating script after college described by real students that Bogle interviews in her book (2008). Wade mentions the Spike network TV show *Blue Mountain State*, which suggests that the college scene is “filled with crazy parties, hot jocks, and sexy/slutty girls who always flash boys” (2017). Wade suggests that the reason that college students tend to overestimate how much sex their peers are having is because of the media, and how they portray the college “hookup” scene, even if it is unrealistic. Wade also mentions other films that have a great influence over the idea of “hookup” culture, such as *American Pie*, *Old School*, *Superbad*, and *Animal House*.

Although Bogle and Wade do not touch on music relating to “hookup” culture, my group discussed certain songs which have lyrics describing what goes on in “hookup” scenes. One song in particular that my group focused on is a song by The Weeknd called *Often*. In a discussion forum with the entire class, many people discussed how numerous songs by The Weeknd have a good beat and would give off a vibe that is appropriate during a “hookup.” In the song *Often*, the lyrics describe a “hookup” that is occurring between the song writer and their partner. It discusses how this “hookup” is happening once, or at least for the first time, but the writer explains that he does this “often,” meaning they engage in “hookups” often. Many lyrics of songs by The Weeknd describe the media’s (often unrealistic) idea of what “hookup” culture is.

Although I do not participate in “hookup” culture, I have heard from multiple friends and classmates that it is more common for people to turn on the TV in the background during a “hookup,” rather than turning on music. The term “Netflix and Chill” came up in this discussion, which further proves the point that TV shows and/or films are used more often during a “hookup,” although music, TV and film all influence people’s ideas and perceptions about “hookup” culture in society.



Over the past few weeks we’ve dived into new categories that pertain to hooking up. I’ve agreed with our class definition besides the part of being intimate with 2+ people. This definition has been great since it’s broad for people to connect on all different levels.

Over the past few weeks we’ve talked a-lot about media, which I’ve grown a huge interest in. Media has almost normalized hooking up whether it’s a dating app, a music video, or a scene on a TV show. Everyone has been presented in some way or form on a daily basis. I believe it’s important to see hookup culture on all different platforms so people can get educated in whatever way makes them comfortable.

My team has done our project on dating apps and stigmas surrounding it. I interviewed some of my friends from home who are new users to the dating app world and they love it. I wasn't surprised that they were originally embarrassed, but didn't care after they started getting matches. After they realized how many people are on (of all genders) they stopped caring and were doing it for the pleasure of themselves. I thought that was awesome and made me happy to see these stigmas slowly break down.

I don't participate in dating apps but I do participate in hookup culture. I don't enjoy hooking up with a new person every weekend, but I would consider myself a part of the culture scene. I use to look at dating apps a certain way, but I've turned the page. Do whatever makes you happy!



As technology continues to play a more influential role in our everyday lives the entertainment industry has continued to thrive. Television shows and movies are being produced at record speeds and music is found everywhere. As we watch and listen to these forms of entertainment in recent years a lot of the music involves topics of love, sex, and hooking up. Our definition of “hook up” culture only partially relates to the topics of music, television, and films. It is important to address that not every television show or not every song relates to “hook up” culture but a large number do. As we have discussed throughout the past 15 weeks “hook up” culture is complex and involves many different aspects and I believe the topic of music, television, and film do not play as crucial of a part as other aspects.

When we look through a “hookup” culture lens on how the music, television, and film industry have changed over time we are able to see the topic of hooking up change immensely. The topic of hooking up is discussed more graphically now than it ever has been. For example, when we look at the television or film industry characters on these shows would rarely be seen kissing back in the 1950s where

now sex scenes are fully on display. I personally believe that this shows we are more accepting as a society of sexual interactions, but I still do not believe that music, television, or films are influencing what people are doing in their hook ups.

As our team further discussed this topic and reviewed other people's discussion posts we focused on the idea of music, television, and film as more of an influencer or a projection of "hook up" culture. For example, many movies involving "hook up" culture is showing what is involved in hooking up in today's society. We can see this in the movie *Friends With Benefits* and how it for the most part shows the audience that hooking up is not supposed to involve feelings and it is primarily sexual, which in turn lines up with our classes definition of "hook up" culture. Our group also discussed how music can also talk about "hook up" culture but often times involves one party of the hook up forming feelings. An example of this can be seen in the song *Hotel Key* by Old Dominion. In this song we hear about a sexual interaction and it later implies that she kept the hotel key to remember the night they had but it also states later in the song, "We both know we can't open the door no more," referring to hooking up again and the hotel room (1).

When I look at this category of music, television, and film in relation to my own hook up experiences and people close to me I see it as more a side aspect and not a crucial part of "hookup" culture. One of my reasons for this is through the music playlist we are creating that would be used during a hook up. This is not a necessity for a hook up to occur and it is usually only played to create a more comfortable and less awkward experience for the two or more parties involved in the hook up. The same can be said for people who "Netflix and Chill" it is not necessary for the hook up to occur it is just a comfort added. I also do not believe that any films or television shows have influenced what I do when participating in hooking up and I believe they just portray to viewers what is occurring in an average person's hook up life. Overall, this is a very interesting aspect of "hook up" culture, but I personally do not believe it is a necessity for hook ups to take place.



Our class definition of “hookup” culture only partially relates to my music/television/film view of hookup culture. In our class definition, “hookups” are considered consensual, which I agree with in my personal definition. However, when it comes to different forms of media, like listed above, I don’t find this to be necessarily true. “Hookups” are often showed in various ways through these media sources, with some of them being nonconsensual. This is often shown in television and film with party scenes. A lot of these “hookups” that occur, at least in perspective, are between individuals who have been drinking, usually one more than the other. Consent is also not always apparent in “hookup” culture music either. There are some songs where the singer is lusting after someone else and talking about all the things they want from them, but when you really break down the lyrics, it’s actually kind of creepy. There’s no record of consent and it seems as though they’re stalking the person.

I think one of the big differences in “hookup culture” is how people express themselves with different forms of music, television, and film. For our class and the majority of our generation, you either “hookup” to two things: R&B music or some show or movie thrown on in the background that you have no intent in actually watching. This is different than past generations due to the limitations in genre. Past generations have used other genres as their “hookup” music, such as rock, and may even have expanded it past that one genre whereas we have kept ours focused on R&B, and to be even more particular, a lot of popular “hookup” music can be accredited to the artist The Weeknd. This is also different than other cultures, such as that of ballroom culture. The traditionally LGBTQ+, black members of ballroom culture use music not as a form of “hooking up”, but instead as a form of expressing themselves. It gives them a presence in “hookup” culture that has been missing for so long, that we in the majority don’t even realize we take advantage of.

Our group picked out the song *Marvin's Room* by Drake for this week's category. We believe it relates to "hookup" culture because of its multiple lines that regard different aspects of "hookup" culture. This song ties into the social/communicative category multiple times by connecting to the party scene of "hookup" culture. For example, Drake spends his time in the club, throwing parties, drinking, etc. within this song and then talks about having sex with multiple girls, demonstrating how these different aspects are involved in "hookup" culture. He also states within the song, that "after a while, girl, they all seem the same" referring to the different girls he's hooked up with. There's so many of them that they all just blend into one for him. This song also relates to our psychological category through the concept of shame. There's a line after he talks about hooking up with all these girls, where he apologizes. I take this as he's apologizing for hooking up with all these women because he feels like he's doing something wrong and is ashamed of himself for lusting after so many different people all the time.

When it comes to hooking up for me, I don't think I have ever hooked up to any sort of music. I will listen to music and think, "hey, this sounds like a good song to hookup to", but I don't think I have ever actually hooked up to any of those songs. I have however, hooked up to a multitude of different TV shows, sometimes some movies. I generally choose what I hook up to based on how well I know it. If it's something I've seen countless times, such as *The Office*, *New Girl*, or *It's Always Sunny in Philadelphia*, then there's a better chance I'll put it on in the background because I know I'm not missing anything I haven't already seen. I'm hesitant to hookup to anything, I haven't seen or have only seen a few times, because I don't want to miss parts of the show/movie. I don't know if that's just because I really like TV/movies or if that's a commonality among others as well.



The past two weeks have been focusing on hookup culture in

music, TV, and film. I've stated before that there are parts to this definition that I don't personally agree with. Intimacy is something that belongs in a relationship. I feel like a hookup is just a hookup, nothing more. When relating our definition to this week's topic, it may not specifically reference TV/music, but there are aspects of this definition that can definitely relate to this week's topic.

Music and film have been around for decades, and so has hookup culture. I remember one week in class researching pictures representing hookup culture in each decade since the 1950s. We see similarities in how minorities are always left out of this research. In music, I feel like it's more about expression and each artist can make their own story. In film/TV, I feel like it's drastically different from how music is. There's an industry that needs to make money and it's typically shown white heterosexual couples in most instances. Have you ever seen a Nicholas Sparks story with a same-sex couple? Or even an African American couple falling in love? I guess I feel like, in music, a lot of lyrics can be up for interpretation, whereas film/TV can only tell one story.

When we first made the book's chapters, we had music as its own topic without including TV and films. What I thought was interesting in today's hookup culture is that most of the hookup songs of my generation are R & B songs. I'm actually not sure why that is, but when my group discussed TV and film, we thought that it was extremely important to mention 'Netflix and Chill.' This is the idea that something on Netflix plays in the background of 2+ people hooking up. This is definitely something that hasn't happened in the past decades. I feel like it was centered on music instead of online streaming services.

When I think about how my own experiences with hookup culture, I think that both the TV and film industry inaccurately portrays it. Most plots end with someone 'catching feelings.' I believe that there are many hookups that don't end with the two people beginning a relationship. Sure, it can happen, but when I participated in hookup culture I didn't want a relationship with any of the people that I hooked up with. Yes, I'd see them more than just

one time, but I never felt like I was going to develop feelings. When I think about a lot of TV shows I watch, there are characters like Fiona from Shameless that participate in hookup culture, but ends up forming relationships with the people she has sex with. But when I think about it, is it necessarily bad that they aren't portraying some of the realities in hookup culture? Truly, I don't know.



I think our class definition works perfectly for music, TV, movies, and the media. Most movies and TV shows include hookup scenes and many popular songs are about hooking up. We made our class definition very broad and I think that worked in our favor. We are able to apply it to so many different things and it still has room for people to interpret it their own way to fit how they see hookup culture.

Over the past two weeks I have found that this week relates to me the most. Music, TV, and movies is a huge part of my life as well as this generation. Everything we do is all under influence and control of the media. When the media makes hooking up a norm and a standard it begins to normalize it in everybody's real life. There is a reason it is more talked about and accepted today than it has been in the past and I think the media plays a big role in that. Bogle does mention sex and the city, and this movie is a perfect example of what hookup culture is along with countless other movies like friends with benefits and reality TV shows. These movies and shows are how I learned most of my knowledge about dating and hookups and I know a lot of people my age learned the same way. It obviously is not the same as the movie, but it gave me a sense of what hooking up was like and it was the first time I had ever seen anything like it.

During my research and looking for "hook up" songs a lot of artist came to mind. The Weeknd, Chris Brown, and Miguel were the first three that came to mind. These artists all make R&B music. I think R&B music has the type of lyrics and rhythm that gives off the hookup vibe feelings. The songs have soothing voices and smooth

tunes which is why most people agree with the same artists and genre.

I do not personally take part in hookup culture because I have been in a relationship. When it comes to “hooking up” sometimes music is on and sometimes it is not. I do not think it is a necessity for myself and neither does my boyfriend. I know some people who always turn on music and I know others who hate having music. I think it has become more and more popular to have a TV show or movie playing in the background during a hookup. I think people just like having something playing in the background while they are hooking up with someone. It might help calm nerves and take pressure off that some feel.



I believe that our definition applies to music, TV, and film well, even though it wasn't explicitly said. There are many different types of relationships portrayed in all these media which makes a broad definition good for fitting in.

Times constantly change along with media sources making it difficult to pinpoint one example. Music has evolved from love songs into rap songs about sex and have a lot of degrading content. Both have to deal with hookup culture, just in very opposite ways. Old TV and movies may have only show straight married couples being intimate but today almost every combination. Whether you are straight, a part of the LGBTQ+ community, participate in hookup culture or not, there is a lot of media portraying this. While straight couples are still the typically pictured, I believe showing everyone's interests is most ideal.

When we were still in class, my team talked about hookup songs. There are many different categories of them, including genres, artists, and topics. There are love songs and slow breakup songs. There are also many rap songs that are all about sex, drugs, and money. My favorite category is RnB, these can be love or just about a hookup, but they have a style I really like. Many of my friends also

agree that they like this type of music rather than the demeaning rap songs or sad love songs. It is almost a happy medium.

As someone who rarely participates in “hookup” culture, I feel that I can relate to this category. I listen to all the types of music about hooking up and watch the TV shows to. It is prevalent in almost every Netflix movie and show so it is hard to avoid if you did not want to see it. I think it is good to show it so people who may be curious about hookup culture or want to learn more, can see it without having to do things they don’t want to.



The class definition does not necessarily reflect the influence that media has on “hooking up.” I’m not exactly sure how this would be included in a formal definition of “hookup” culture, but the way media portrays the “hookup,” I believe, has an influence on how we think about “hooking up” and how we actually go about “hooking up.” I think one of the biggest influences that media has on “hookup” culture is the way “hooking” up is glamourized. Several of the authors we’ve read in class, as well as the documentary we watched a couple of weeks ago, have talked about the difference between “hooking up” in movies and TV shows and “hooking up” in reality. Movies often give us an unrealistic expectation for what the “hookup” is supposed to be like. In movies, “hooking up” is often this super passionate, exciting, and euphoric kind of thing, that’s very smooth and easy, and seldom involves any kind of awkwardness or confusion. Typically, this will start with a man and a woman eying each other from opposite ends of the bar and eventually one walks up to the other and introduces themselves. The conversation that ensues is typically small talk, but has sexual undertones. I notice that the “this isn’t my scene” type of mindset is very popular in movies and TV shows of today. Particularly with female characters, but increasingly with male characters, there’s this obsession with awkward characters that “aren’t into” the “hookup” scene, but are

also likely above-average looking and comfortable being flirty with the objects of their affection.

What happens after these scenes is, I think, another place where representations in media deviate from the reality of things. As I'm writing this, I'm thinking, "Ok, and then the two characters go home and have sex." However, I think this isn't how things typically go, at least if the two characters "hooking up" stay main characters for the entirety of the film or TV show. I've seen movies open with "hook up" scenes that are closer to reality than most, but typically one of the characters involved is there solely for the "hookup" scene and is not featured in the rest of the movie. That leaves us with the "hook up" scenes that involve characters who are front-and-center. I think one of two things usually happens in these movies: the characters do not have sex after meeting and build a connection, which leads to sex, or, they have sex, but the relationship eventually becomes something more than "hooking up." I think that this is probably the biggest difference between "hooking up" in movies and "hooking up" in reality. From the authors we've read, as well as class discussions, the answer to the question of whether "hooking up" is a path to a committed relationship is a resounding "no." I then wonder, why is this not reflected in media? Well, I think there are a couple of reasons. For one, the reality of things doesn't exactly make for a good story. I struggle to think of what would happen after two characters in a movie had casual sex, other than entering into a committed relationship, but that would still make for a good story. I think a movie could be made about the realities of "hook up" culture, but it would have to be more of an informational thing, and would probably not have the wide appeal that movies like "no strings attached" have." I feel it would more so be an art film type of movie than one purely made to entertain. I would actually be really interested in watching something like that. I actually talked about something like that in one of my discussion forum posts. I think it would be really cool to make a movie that had all of the elements of glamour and passion that a typical "hook up" movie does, but that also shows the discrepancy between these expectations and reality.

Admittedly, I'm a little bit divided on whether the way "hooking up" is portrayed in movies is effectively problematic or unhealthy. I think the way female characters are portrayed in the "hookup" culture is what sticks out to me the most. I think the kind of awkward, "not about it" attitude that a lot of female characters have about the "hookup" culture is another way of reinforcing the idea that women should not be interested in "hooking" up, which, to me, is a way of shaming women.



At the beginning of this semester our class defined hookup as "a consensual, intimate interaction that is sexual between 2+ people without commitment." Our class has focused on the media (music, TV, and film) in relation to hookup culture. I believe that the media enhances hookup culture. Movies and TV shows glorify hooking up and view it as a norm, leaving viewers desiring it. Songs are centered on hooking up and sex, resulting in listeners thinking about the person they have been wanted to hook up with or already hooking up with. I believe how the media discusses hookups is similar to our definition.

Media (music, television and film) has played an essential aspect in my generation. I found that the media relates greatly with myself and personal life experiences. Hookup culture is normalized on media in my generation today. With the influence of the media, hooking up has become a more normalized and acceptable. Hooking up is now talked about more freely and without much judgement. For example, songs and movies showcase hooking up, highlighting the good and bad from it. This has allowed me to feel comfortable when discussing this topic and also understanding that others experience similar situations as me when it comes to hooking up.

Personally, I believe that the media encourages and enhances hookup culture. Most people my age have a 'sex' or 'hookup' playlist. Music helps lighten the 'mood' and encourage listeners to want to hook up. Although, I have never played music while hooking up,

usually a TV like *The Office* or a movie on Netflix is playing for background noise. Part of hook up culture that we have discussed is 'Netflix and chill.' I feel like that is why people are more likely to have TV playing in the background over music. I also feel that playing music is more romantic, so it wouldn't really make sense during a hookup as our definition states there is no commitment. I have read that my classmates have similar aspects of the media as well.



Throughout the past two weeks, we have been learning about how Music, Television and Film affect the “hookup” culture. Our class definition is exactly what I believe “hookup” means. I also believe “hookup” is a generalized term and can mean many different things depending on who is using the term. I like how the definition we use covers a lot; by doing so it opens the term to include anything from just kissing to having sex. It is easy to relate our definition to all of these topics; for instance, in almost every television show I watch there is some sort of kissing or groping. Most films nowadays use “hookup” scenes to entice viewers; an extremely popular one in the recent past was *Fifty Shades*. A lot of people enjoy watching this type of television/movie. As for music, if you listen closely basically every song talks about love, or someone falling for someone else in some way or another. The idea of “hookup” has become extremely prominent within our current society.

History can teach an individual so much. Over the last three years in college I have learned so much through taking history-related courses. The article “Paris is Burning Goes Global” is the perfect example of teaching you about history. This article resonated with me, because before reading it I had no idea events like this occurred. Oftentimes events similar to this get forgotten about until someone decides to shine light on it. As it applies to “hookup” culture minorities and other under-represented groups aren't portrayed as much in movies or television shows. This idea relates back to what has been going on all throughout history. It is so important to make

sure these individuals are getting the light they deserve, because that is only how people learn. Also, I found a lot of interest in music and how it relates to “hookup” culture. Most of the songs I listen to mention at least one aspect of “hookup” culture, and that is so interesting to me.

The external resources we used included one scholarly journal, and a song that my team all came to agree really resembled “hookup” culture. The scholarly journal summarizes the key findings about songs between a specified amount of years and how they apply to sex, men, and women. The journal found that men sing more about romantic love and sex than women do, which didn’t surprise me at all. Within the article I did learn that “71% of all songs referenced a dating relationship...” and that validates my point about how it seems like every song I listen to have some aspect of “hookup” culture.

My own experiences with “hookup” culture are limited. Although it is easy to notice that there is a big connection between “hookup” culture and Television/Music/Films. The *Fifty Shades* movie came out right around Valentine’s Day, and obviously it happened for a reason. Many of my friends when I asked them what song they thought of when they heard the word “hookup” easily came up with one. People choose to watch movies that include “hookup” scenes, because they enjoy watching that. There is a reason film and songwriters continue to include “hookup” scenes; it is what makes them money. I know that I really do enjoy quite a few shows that include this type of behavior, for example: *Jane The Virgin*, *Sex Education*, *You*, etc. The more I think about “hookup” culture in Television/Music/Films the more I realize how much is actually in what we watch and hear nowadays.



As we discussed the topic of “media and music” throughout these week, I was brought back to first couple week’s class periods where we had to define “hookup” together. One of the key aspects in our

definition was that a hookup is a “brief, intimate interaction.” While at first I had thought I’ve never heard someone describe a hookup as being “intimate,” my classmates brought up the point that while that word may be hardly used, it is the overall “mood” that is important. I completely agree with this, there is definitely a mood present in the hookup and often times it is set by the most, simple things- music or media.

The biggest thing that had resonated with me throughout our online discussions and viewing other people’s thoughts, is that media in itself has always been influential of our actions. Even thinking back to when I was a kid, all sorts of media were censored from me by my parents, elders, or teachers. We were to listen to “clean versions” of songs and were told to close our eyes during the “mature” portions of movies and TV shows. Now, as I have been exposed to those mature things of life, it is easy for me to see how watching and hearing certain things has been extremely influential in what I consider to be “the norm.”

The past two weeks, I have found myself reflecting personally how sometimes I wish it was all censored from me still. I wish that listening to certain songs didn’t make me desire another person nor that watching a movie would make me think that I need to do more to make another feel loved. I have found it interesting how many have brought up the concept of a “hookup playlist,” and I would be lying if I said I didn’t have one. In fact, mine is named “mood.” In addition, most of the songs mentioned by my peers were very similar, if not the same kind of music that can be found within it.

As I’ve already touched on my personal experience of the intertwining of hookup culture with media and music I have found among all these “narratives,” that we are all more alike than we think. In discussing this topic with my team, we all found ourselves reflecting on moments when a Disney channel movie suddenly made us feel like “we want a boyfriend like Troy Bolton” or how when we found out the real meaning of the song “Right Round” we were slightly mortified for singing it in front of our parents.

Whether it is just a “norm” because of our age or phase in life, I have enjoyed finding out that I am not “the only one,” in a way.



I personally have a very similar definition to our class definition. I believe hooking up is having a sexual relationship. Although kissing is a form of hooking up, personally I don't believe that that 'counts' as hooking up. I think our class definition relates very closely to this week's topic of music, television and film. For the sake of this reflection, I am going to refer to those three categories as media in general. I think that media wraps up every single category we have done so far.

It is important first and foremost to recognize just how influential media is on our lives. Most of our thoughts, experiences, opinions and definitely society's perspectives and opinions all stem from different media forms. We often see something on TV and assume that is true, or how things should be, and thus an opinion is made, whether it is true or not, or right. In terms of media in hookup culture, I believe from what we have looked at this week and just my knowledge in general, I think it is misrepresented. I think many movies want that happy ending so if hookup culture is implemented into the movie it is often shaped so that the couple end up catching feelings, falling in love and happy ever after, all starting with hooking up. However, in class we discussed a lot about how hookups don't have to end in relationships but people are able to just hookup and fall in love. In terms of music, I think hookup songs either talk about love, going back to that happy ever after concept, or they either talk about straight sex, stripped away from the hookup culture.

I do not think it is an artist's responsibility to represent hookup culture through music because that is something from their voice, and they should only write about things that they have experienced. I personally am a romantic and although I can recognize that those hookup movies that end up with happy endings are not realistic and do not accurately portray the hookup culture we discuss in class, I

love those happy romantic movies. Although I participate in hookup culture, because of those movies, I get attached very quickly and can start liking someone even though I know it's just a hookup. So I try to avoid hookups with random people because I know I will make up situations that didn't actually happen to try to romanticize the hookup.



During this two-week period, our course has focused its research, discourse, and studies on media (music, television and film) in relation to hookup culture. Our class collectively defined hookup as “a consensual, intimate interaction that is sexual between two or more people without commitment.” After reflecting on my personal definition of hookup culture I realized that I also didn't mention any of these elements. With these two definitions, there is lack of connection to this two-week period's elements. Although these definitions do not include any of the previously mentioned elements, they have all greatly contributed to how we view and understand hookup culture.

I found that the elements of this two-week period resonated greatly with myself and personal life experiences. Media (music, television and film) has played an essential aspect in my generation. With hookup culture being allowed in media aspects in modern day, it is evident why hooking up has become a more normalized and accepted act. This act of hooking up is now discussed more freely and without much judgement. For example, Michigan State University has a hookup culture course (IAH231B.003 Spring Semester 2020). Additionally, there are songs and movies which showcase hooking up, highlighting the good and bad from it. This has allowed me to feel comfortable when discussing this topic and also understanding that others experience similar situations as me when it comes to hooking up.

After reviewing my team's external sources, the documentary, *Swiped: Hooking Up in the Digital Age*, relates the most to this two-

week period's elements of media (music, television and film). We are now at point in society where “hookup” culture is being showcased and explored through documentaries. “Hookup” culture has gained enough momentum in which producers are willing to invest this topic. This shows how normalized hooking up is becoming and also how people are interested in learning more about this topic that has been previously discussed in discreet manners.

From my personal experiences within “hookup” culture I’ve found that music functions as an essential aspect whenever I engage in hookups. In a discussion post from last week, a student brought up a point about individuals viewing and engaging in a hookup with hopes of essentially living out a fantasy. They furthered their point in highlighting how writers utilize music to intensify a scene which essentially portray a false image of what a hookup really is and can develop into. I’ve become so accustomed to seeing hookups in cinema with music being played in the background which makes the interaction seem more intense than it actually is. Now that I’m older and engage in hookup culture, I play music in attempt to live out this constructed fantasy since it’s been instilled in me through entertainment.



Pertaining to the category, we have been focusing on for the past two weeks, music, TV, and film, I would say that our definition is spot on. The reasoning behind why I say this is because I feel that what we defined a hookup as was left broad enough to be able to fit into what we hear in music and see on TV, and in movies.

History does teach people lessons, so long as you learn about history in general. I personally feel that it was right to cover more LGBTQ related articles such as “Paris is Burning” and the article on *Modern Family*. These opened my eyes to how poorly those apart of LGBTQ have been acclimated into the community. Personally, I do not resonate with the history of the LGBTQ because of my background and lack of “links” or people who do know the history. I

believe that before people make a stance against others, they should try to understand their angle, this is why I think the media such as TV and film is a good connection to inform the uninformed.

My team's source related to this category was a "hookup playlist" on Spotify. The interesting thing was that most hookup playlists on Spotify consist of solely R&B songs. Also, in our group discussion on favorite hookup songs many people chose the same genre. As a music junkie I personally love this. It makes sense that R&B be chosen as the favorited hookup station because of its sensuality, rhythm and beat. I also think it's funny that my team chose this source long before any ideas on what anyone else from the class liked and listens to.

As someone who rarely participates in "hookup" culture, I feel that I can relate to this category much more so than the others as I see people hooking up or singing about hooking up literally all the time. I find it interesting how focused our nation is on promoting promiscuity and using it in the media. The movie *Liberated* really touched on this I believe; sex has been very objectified and used for monetary incentive. I truly believe that this will continue to be so until I am old and gray.



Our definition does not really relate to this topic very much but it is an important topic within the definition of hookup culture. We spent these last two weeks focusing on music, television, and film related to hooking up. It connects because we use these tools to literally hookup sometimes. Either we hookup while these things are on TV or it can help us get in the mood, I would assume. Either way, it correlates to hookup culture because people can use this media to hookup and use it during hookups.

I think this week's category is very relatable. Hooking up is an often-discussed topic in our society and this is shown through media of all forms, not only music, film, and TV. However, I do feel like this has changed over the years. These days, hooking up is a

very outright discussed thing and it is more openly discussed than it used to be. More people are less shy about discussing their sexual encounters with others because thankfully our society has grown in acceptance for being openly sexual and openly open. The fact that a lot of people in our class had the same songs for hooking up as I did makes me relate to people and our society in a different light. Although it is a highly discussed topic, it is not very highly discussed with people in your class, usually. If I am discussing what I hook up to, it is going to be with my close friends or partner.

For our sources relating to this category, we found literal songs. We found songs that remind us of hooking up and songs that other people have discussed as hookup songs. We even chose songs that artists would self-proclaim their songs are about hooking up. We also found a source that is an article discussing how men talk about dating and sex more than women talk about dating and sex. However, this article is just one point of view and maybe not the best source but thankfully we changed the categories since then and can include the movies and TV shows that were discussed in the homework assignment we did last week.

As I said before, we heavily discussed hookup songs and then proceeded to write an assignment about it. Each discussion post by someone helped me relate to these people and their experiences because we had similar types of songs. Although I do not have very many experiences in hookup culture, I do relate to the songs people chose which helped me feel part of a community in our class.



During the first two weeks of class, we created our definition of “hookup” culture. This week’s category is music, television, and film. To me, the definition doesn’t necessarily relate to music, TV and film. I’m sure that artists, directors, and writers use this definition if they wanted to depict a hookup scene to their listeners/viewers. Since I do not engage in hookup culture, I only use this definition as a projection of what hookup culture is for other people. It seems

that in recent years, hookup culture portrayal has been more encouraged in teen-targeted songs, shows, and movies. Personally, I don't think that people are going about this properly. I'm all for showing people their options, but I feel as though younger teenagers can feel forced to fit in with others by engaging in hookup culture. This can be traumatic for someone who doesn't feel comfortable addressing their sexuality to society. For example, it would be extremely hard for an asexual being to not feel pressured to face their sexuality early on due to all the exposure to the hookup culture norms. This person could get caught up in feeling like they need to participate in sexual encounters to figure out what they are feeling and why it isn't portrayed in Hollywood.

It frankly makes me disappointed in content creators to see that people my age base a lot of their everyday actions and words on sexuality. Because I was the only girl in my all girl-friend group in a committed relationship, I always felt uncomfortable drinking around my friends due to the fact that they never stopped talking about who they find hot and other sexual things. I never said anything because I figured it's just how they are. However, when I hang around my family friends they don't do the same. They make the scene fun and not all about sexual topics. I realize it may look like they act differently because they are family friends and not the same as my college friends, but that isn't it. This group is mostly out of college. When I consider the fact that my college friends used to be my high school friends, I ask myself why I wasn't uncomfortable hanging with them in high school. I feel as though when they came to college and decided to engage in hookup culture, they were consumed by the lifestyle of talking about sexual topics often. I believe that this is from how songs, shows, and movies depict how hookup culture in college is. I feel that people will read this thinking that I am either jealous of people engaging in hookup culture or that I am trying to act like I'm more mature than other college students. That's not true. I am more than happy in my committed relationship. I am just unhappy with how the media has made it seem necessary for my friends to talk about sexual topics all the time. I think that

people should realize that there is more to consider than just hookup culture, and that not necessarily everyone agrees with that way of life (and there are tons of other things to talk about). Life has many more aspects than sex.

My team's external sources for this category were two articles. One of the articles contains a graphic that shows how pop music is increasing the talk of "sex" and decreasing the talk of "dating" (Connelly). Our other article similarly addressed how music is made to bring people together, and that songs about hookups encourage the one and done approach of hookup culture (McDermott). This to me shows embracing of the sexual revolution but again, I feel as though it can cause damage to people who truly want to create meaningful relationships or do not want to engage in purely sexual relationships. Before I gained my specific taste in music, I was listening to the radio just like everyone else at my age. The radio played basic pop music that was widely appreciated across many groups of people in a pretty large age range. Because of this, I noticed that male singers wore their sexuality on their chest. It felt as though they were being rewarded for not singing about relationships and love, but pure sexual desire. Soon, I noticed that female pop artists tried to encompass this in their music as well. Soon I found myself brainwashed to care less about getting a caring boyfriend and cared more about getting my first kiss.



Our class was able to come up with our definition based on our personal past experiences and preconceived notions about "hookup" culture, which surrounds us in real life and within the media, allowing us to be familiar with it, regardless if one participates or not.

Media in all forms – music, TV, film – is crucial in our society. Much of our daily lives is based around the media, and hookup culture is very present. What we see in television shows and movies gives us an idea of what hookup culture is, what it's not and how

you're supposed to act. In both Bogle and Wade's interviews with college students showed that students typically overestimate how much their peers were hooking up, because it is so common in TV and movies (2008; 2017). Even in music, the majority of pop songs today allude to hooking up or contain explicit lyrics directly about hooking up. This creates a standard, realistic or not, that people believe they need to follow. Media drives "hookup" culture.

Kathleen Bogle acknowledges that hookup culture "has been part of our culture, portrayed in movies and television for decades" (2008 141). In her discussion of hookup culture after college, she references the TV show *Sex & the City*, which follows the lives of four single women in their 30's while actively engaging in hookup culture. Bogle finds this to be different than the real lives of college alumni. Most graduates find themselves going on dates to hopefully settle down, and not necessarily hooking up every weekend anymore (2018). In this case, the media was inaccurately representing hookup culture and giving people a false reality.

Lisa Wade has similar results in her interviews as well. Many students referenced films like *American Pie*, *Old School* and *Animal House* (2017 75). These films shaped college students' ideas of "hookup" culture and college life in general. These films are centered on parties and "hookup" culture, which created stigmas and sexual ideals for students. This allowed students to express positive attitudes toward hookup culture and party life, and negative views about studying and opting out of hookup culture. To them, these movies portrayed an extreme view of college life, but left lasting effects on students' thoughts and ideals.

"Hookup" culture will also be present in the media. We all know that sex sells. As far as my own experience, I'm not a huge participant in hookup culture, and I rarely turn to any form of media. My friends and I have jokingly made 'hookup playlists,' only to be used once or twice, and I've never watched a movie or show to get things going. Most of the time, an irrelevant show or movie plays in the background, just for noise. But these are just my experiences,

that's not to say for some people, the media is a huge factor in hookup culture. It's just not for me.



In a general sense, I accept our class definition to be my own as it directly related to my personal perspective of what a hookup is. To broaden that definition, we identified several categories which are made up of elements to accommodate for all the aspects that are incorporated in hookup culture. Over the past two weeks the focus of our discussion has been on the category of media that are incorporated in hookup culture. Unlike previous categories we did not assign it any sub elements since in our final list of categories it was defined as a sub-element under the psychology category. This category is made up several elements consisting of music, TV, and film. I feel that our class definition of hookup culture directly relates to my personal definition of hookup culture, however I don't think that the definition itself identifies how our media category is related to it. Even though I still believe and agree that media is an important element to hookup culture.

I resonated with the inclusion of TV, music and film in terms of the media category since all three of which are an important voice of influence for the awareness and understanding of hookup culture. This was a large focus of mine during this past two-week period, inclusion. It has been a topic of concern throughout out the semester that the discussions of hookup culture lack insights to the inner workings of LGBTQ+ communities and for people of different ethnicities that also participate in hookup culture. After reading the *New York Times* article, "Paris is Burning' Goes Global," I came to the conclusion that art industries which produce TV, music, and films have the power to create a more inclusive environment for people of different races and communities who participate in hookup culture, And by doing so there would be more of an open discussion and understanding regarding the topic rather than it being a source of shame because it is an unseen occurrence. This is because by

using the art industries there is a weighted amount of power in the views on hookup culture which can be used to change the focus towards accepting all types of people and their interactions in hookup culture without there being any type of shame for doing so.

While conducting research at the start of the semester regarding hookup culture my group identified a Spotify playlist which provided insight on the type of music which people commonly associate with hookup culture. The play list was titled Sex Playlist/ Late Night R&B. The playlist offered a diverse selection of music with a large selection of songs and a variety of artists. This playlist was created by Nathan Chua who is an expert in the area of hookup music which makes this source more personally based. Because of this the playlist is viewed as one in which people can relate to and understand why R&B music is selected. The most common view of music in hookup culture is that it is used as an encourager to initiate hookups and as a background filler during the encounter.

I personally don't participate in hookup culture. For this reason, I don't have any personal experiences with hookup culture as it relates to media. However, I have viewed the occurrence of hookup culture from what I have seen on TV and in the movies. Since "hookup" culture is such a common occurrence in today's society it isn't surprising that a majority of shows or movies include of the occurrence of hookups in one way or another.



I would say that our definition of hookup culture fits very well with my personal definition of hookup culture as it relates to this week's topic of music/television/film. When hookups are portrayed in music/television/film, they are often sexual and extremely intimate. In a way, it seems like the media may fabricate hookups, making them more desirable or more intimate than they actually would be in real life. Like you would watch a TV show or film, and expect your experience to be exactly like that, when in reality nothing could be as perfect as what you see in films or shows. Like

in music, hookups are fabricated to be perfect and desirable, when in reality that is not always how they turn out. In addition, some TV shows/movies portray this definition well. If the hookup is not perfect, there are times when someone is trying to hook up with the other person and it is not consensual. In this sense, it is more realistic because this happens in real life often. Lastly, stereotypes develop in music/film/ TV shows about what a hookup should be like or what you should do during one, and you may be let down if your hookup experience isn't the same as what you perceive it to be like.

Looking at music/ TV shows/film in history to now in regards to hookup culture, I think there are large differences in how hookup culture is portrayed. To begin, "hookup" culture did not exist in history to the length it is today. Listening to old music and from the older TV shows/movies I have watched, "hookup" culture is more about love and spending your time with one person. It is more intimate in the way that the guy likes one girl, and does his best to pursue her. True love is the theme, and the one girl that the guy or the girl that the girl likes seems so special and superior to everyone else, there is no way they could have relations with anyone else. Although you still see this nowadays, I think the majority talk about multiple relations and people as objects. Especially rap music recently, a lot of it is about the club or taking girls home, no mention of actually loving them or wanting to pursue a relationship. "Hookup" culture has ruined our perception of love and turned it into where one night stands and not actually loving someone is normal, and this is very strictly portrayed in music/films/ TV shows now more than ever. Especially watching the documentary of the group of boys and the two girls on their spring break in Florida, hookup culture is a lot more prominent and straightforward than I thought. The culture of that documentary is something I doubt you would see 20 years ago.

For music/ TV shows/films, our team made a Spotify playlist that demonstrates hookup culture very well. Some good things about using this Spotify playlist to portray hookup culture would be that

it has a large selection of songs to choose from to get a range of views for music. It also has a range of artists on the playlist, it is not just made from one person's music. This could allow someone to find similarities in the music that could better connect it to its use in hookups. Another pro would be that the playlist is not made from someone who is an expert in this area, this makes this source more experience and personally based. This could allow someone to more easily relate or understand the selection of music. The person who made it knows what teens listen to nowadays in hookup culture. A con of this playlist would be that it seems to be selectively made of R&B music. This limits the use of other genres for comparison. The lack of the use of other genres might make it harder to relate other types of music to sex and hookups. Another con would be that this is created from someone's own personal preference. Having this be based off of someone's personal preferences could sway someone into thinking that this is the "norm" of music associated with hookups, and not what everyone perceives it to be.

My personal experiences of hookup culture related to music/ TV shows/films I think are very similar to many teens. I personally do not watch a ton of movies/TV shows, I am not a huge show watcher and don't spend a lot of time doing this. However, when I do, I love romances. Teen romances specifically. There is a lot of portrayal of hookups and love in these types of movies. I think I like them so much because they are so fabricated. The relationships that the characters have are so perfect, so pure, so wholesome, and I can't help to hope my experience will be like that. I think it sets the bar high for me on what I want my relationships to be like and how I want a guy to act towards me and I thrive in it, when in reality real life is nothing like that. I know my experiences will never be as perfect as ones in the film, but I hold on to the idea that it will someday be like that. A good example is high school musical; no guy will ever be the perfect Troy, but I like to think it will be like that. This distorts reality because in real life hookup culture is so prominent, many guys don't want a relationship, but instead want to hook up. The same with music. I listen to music where the idea of

loving someone is so strong, and I hope that that can happen to me one day.



These last few weeks have been focused on hookup culture and the media. Especially with our definition this is important to display to the public eye. Remembering that we specified that to participate in a hookup it has to be consensual, which is often an idea neglected when portrayed in media. I think that while it isn't directly related to our definition, our definition lays out some important things to include while portraying hookups.

Looking at the current media culture, almost everywhere there is some portrayal of hookup culture. I think that media is also hypersexualized in a way that perpetuates rape and hookup cultures. We see kids dressed in designer with full faces of makeup, low cut tops on preteens and famous celebrities are consistently backing products not always aligning with their prime demographics. In 2019, there was one very controversial scene in *Game of Thrones*. Actress Maisie Williams joined the series as a child actor and portrayed a teenager on the show. As the show progressed, Maisie grew older and they added a sex scene into the show, which caused an uproar. This scene was being ridiculed for including an actress many believed to still be underage, as well as for using a teenage character in the scene. This to some seemed to promote sex as teenagers. This to me shows how easily meaning is lost in translation through media as well as how hookup culture plays a large role into media.

My team had discussed how our survey has a play in this category as well. We looked into social influences as part of our survey, such as what influence friends and family had. Because of the growing social media platforms, along with the social presence most people have, I think that this now also falls into the media category. We are no longer influenced by face to face actions alone but instead what

is said and shown through media has much stronger influences on choices we make.

In my experiences, most people I meet are all online in some capacity. I meet some people only because of dating apps. Media makes hookups happen at a faster rate, because there is no getting to know each other. Media is very straight forward. With the Coronavirus, I think media will start to play larger roles in “hookup” culture as well. Personally, I’ve been on video chat with my friends a lot and it makes me think about how “hookup” culture will make its way into online platforms at full force sooner than later.



Our class definition of hookup, “consensual, intimate sexual interaction between 2+ people without commitment,” does not directly relate to this week’s topic of music and television. I do, however, believe that shows and music do talk about hookups being exactly like our definition.

After watching the documentary, *Liberated: The New Sexual Revolution*, it really opened my eyes to how sex really has changed over the years. Now there is no love involved at all and even when hooking up was popular in the 60s and 70s, there was still love involved, it was not emotionless at all. I feel like everyone should watch this documentary; I am definitely recommending it to friends. It really just opens your eyes about sexual assault and the way we are kind of forcing ourselves to act a certain way towards sex and not feeling emotions.

I grew up watching *Jersey Shore* and all those dumb MTV shows that constantly showed hookups without commitment or love. I feel like this really influenced the way that I kind of thought about having sex. That it was totally normal and kind of encouraged to have sex without emotion. I know that Bogle mentioned *Sex and the City*, and ever since I watched the show I really thought that dating in my late 20s early 30s was really how it went (2008). Constant

casual sex and unhealthy toxic relationships, when in reality it is not really that true.

Another thing that I feel like is that our generation really does not listen to music while hooking up. Yeah it might be creating the mood beforehand, but I have asked multiple friends if they listen to music during a hookup and they all said no. Watching TV or Netflix for background noise is way more popular. Also, I feel like listening to music somehow makes it more romantic. In TV and movies, it is common for a character to put on some sensual music and then “make love.” So I feel like it would make a hookup kind of awkward and more romantic.



For weeks 12-13 the category we focused on was music, television and film. I do not think that this category directly relates to our class's definition, however, I do believe some elements are relevant to our “hookup” culture definition.

The category of Music/Television/Film is present in both of Bogle and Wade's texts. The authors discuss how various TV shows and movies promote “hookup” culture. In chapter 7 of Bogle, she focuses on a variety of television shows including *The Real World* on MTV and *Sex and the City* (2008). These shows all put an image in the viewers head on how they are supposed to react in “hookup” culture.

During my research, I found that the recording artist The Weeknd often comes to mind when thinking of “hookup” music. The song that comes to mind initially is *Call out my name*; however, most of his songs are very similar in lyrics etc. On our classes discussion post this seemed to be a common thing as well along with artists such as Chris Brown and Bryson Tiller. I think this is common because all of these artists use soft vocals combined with mellow beats that can set a good vibe which could lead to a hookup.

From my personal experience, I definitely think that the category of music, television, and film does play a huge role in our current

“hook up” culture. Everyone has heard of the term “Netflix and Chill” which college students use to hangout and eventually turn into a hookup. All of these things Music/TV/Film are usually somehow related to a hookup and often help initiate a “hookup” to happen.



For the final weeks of 12-13 the focus category was music, television, and film. My personal definition is similar to our class definition; however, I believe everyone's definition varies a little depending on personal experiences. Focusing back to this week's focus of music, television, and film, I do not think this category directly relates to our class definition, but I do believe there are elements from the category that play a role in our current “hookup” culture.

The category of music, television, and film is present in both class books we have chosen to read by Lisa Wade and Kathleen A. Bogle, as they have items that connect to this category. Bogle and Wade both discuss how TV show and movies promote “hook up” culture. In Bogle's Chapter 7, she states how shows aired on MTV promote “hook up” behaviors (2008 128). In addition, Wade also states how movies such as *Old School*, *Superbad*, and *Animal House* set students up with high expectations of how “hook up” culture should look like in college (75). These movies and TV shows put an image in student's heads of how they are “supposed to” behave and act when out on campus. In a sense people are being primed by modern media. Wade states that media portrays parties and “hook up” culture happening on college campuses (2017 80). When individuals see this type of content through music, television, and film is almost encourages individuals to have sex and participate in “hook up” culture while in college.

During our research, our team chose to look at a song called *Often* by The Weeknd as it related to the category of music, television, and film. We chose this artist as most of his music is about “hook ups” and this song in particular focuses and describes a one-night

stand. The Weeknd uses sexual and explicit language as he describes behaviors he engaged in that night. During the song the artist also hints at the use of drugs and alcohol being involved and this further relates to our class as we have discussed alcohol being used to help initiate a “hook up.” The Weeknd’s song can help set a mood because of its slower tempo and rhythm.

From my personal experience, the category of music, television, and film does play an influential role in our current “hook up” culture. The euphemism or slang term “Netflix and chill” has become a prevalent part of our culture. When people get together to “hangout,” it can usually turn into something more happening. I have had lots of friend who have hooked up with someone while a TV show or movie was playing in the background. Other friends have shared they prefer to “hook up” to music and they have a specific playlist they will use. As you can see, the category of music, television, and film does play a large role in “hook up” culture.



Although our class definition does not acknowledge music, television, and film, these forms of entertainment influence “hookup” culture, that is why we have decided to add the chapter “Music, Television, and Film” into our book. The way that “hooking up” is portrayed in these forms of entertainment is how society develops its understanding of what “hookup” culture is. Stereotypes about “hookup” culture can form depending on how the media represents “hookup” culture, because it influences people’s perception and behaviors. I think that the entertainment industry should begin to use their platform to reject the stereotypes that are currently in place about people of different genders, sexual orientations, races, religions, and ethnicities, in order to benefit society.

Bogle and Wade addressed the influences of television and film upon “hookup” culture, but not music (2008; 2017). Bogle focuses on the television shows, *The Real World* on MTV and *Sex & the City*

which can be found on HBO. The premise of *The Real World* is seven men and women between the ages of 18-24 live in a house together for four months. Bogle explains that what occurs in the house, such as partying, drinking alcohol, and having sexual relations with other house members is representative of the college “hookup” environment. However, after college, when they enter the workforce, the “hookup” script transitions into the dating script (2008). HBO’s hit show, *Sex & the City*, does not portray the dating script very accurately, which gives those entering the dating script a false perception of what realistic dating. In the show, women typically go home with men on the first date, and according to Bogle’s research, this is hardly ever the case (2008). Wade focuses on what is shown on particular television stations and in the movies *American Pie*, *Old School*, *Superbad* and *Animal House* (2017). Much of what is shown on MTV, Comedy Central, and Spike that is related to college shows partying, males of high status, and physically attractive females who try to seduce men. How fraternities are depicted in movies is particularly influential of society’s perception of college. The movie *Animal House* led to students expressing positive feelings about drugs and negative feelings about studying. Additionally, the alcohol industry began marketing toward college students after the release of *Animal House* and alcohol influence “hookup” culture to this day. The perception of specific college campuses as a “party school” or “not a party school” impacts students’ decisions in where they want to attend.

From our team’s annotated bibliography, we found one source which is associated with the music aspect of the category, “Music, Television, and Film.” We found the song *Often* by The Weeknd and feel that this song represents “hookup” culture through its lyrics and could be played when engaging in “hookups.” The song describes a sexual encounter between the artist and a partner that occurred one night, and he explains that he engages in sexual encounters “often.” He also mentions the use of substances (drinking and smoking), which is another aspect of “hookup” culture which we have been discussing in class.

Since I do not engage in “hookup” culture, I asked my friends about a couple aspects of this category. When I asked my friends, many of them said they have playlists that are intended for use when “hooking up” because it sets the mood. The vibe that the music creates through the use of sensual and explicit lyrics, soft vocals, and rhythm allow a song to be considered appropriate to play during a “hookup.” Additionally, most of them also said that they sometimes turn on a television show or movie that them and their partner like, to help them segue into a “hookup,” or use as background noise instead of music.

This is where you can add appendices or other back matter.