



gmi



Sex During COVID-19

Findings from a study conducted by the Love Tank & GMI Partnership

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ABBREVIATIONS

GUM	Genito Urinary Medicine or sexual health
HIV	Human Immunodeficient Virus
LHPP	London HIV Prevention Programme (Do it London Campaign)
MSM	Men who have Sex with Men
NHS	National Health Service
PrEP	Pre-Exposure Prophylaxis
SBN	Stark Bollock Naked
SHL	Sexual Health London
STI	Sexually Transmitted Infections
UAI	Unprotected Anal Intercourse

1 SUMMARY

More than two-thirds of respondents reported physical sexual contact with other people during the 3 months prior to completion of the survey. Those aged 26-35 were more likely to have had sex than other age groups. Those from White Other ethnicities were more likely to have sex than White British respondents.

Of those reporting sex with others, 71% were having sex with casual partners from different households. This was significantly higher in men under 40.

The average number of sexual partners in those reporting casual sex was 8 in the previous 3 months.

Of those having casual sex most (94%) used hook-up apps to find partners and a quarter met partners in cruising grounds.

Half of those reporting casual sex took one or more extra precaution to reduce COVID risks. One-third took no extra precautions at all.

One fifth of respondents had received an HIV positive diagnoses.

45% of those who did not have HIV had tested in the past 3 months. Of those who had tested in the last 12 months, 42% had used a self-testing or sampling kit. Those aged 26-35 were significantly more likely to test for HIV this way, and those 46-55 less likely to.

Over three-quarters (78%) of respondents had tested for STIs in the past 12 months and this was higher (88.5%) in those with casual partners. 40% had used STI self-sampling kits, and those under 36 were significantly more likely to test this way, and those over 45 less likely to. Men with diagnosed HIV were less likely to use self-sampling to test for STIs. 8.6% of those who had tested in the last year had been diagnosed with an STI.

1 in 10 of respondents reported accessing the Freedoms free condom scheme in the last 3 months.

2 BACKGROUND

The [GMI Partnership](#) (GMI), established in 2008, comprises [Positive East](#), [Spectra](#) and [Metro Charity](#), and deliver the largest outreach and community-based HIV testing service in London, UK.

[The Love Tank](#) (TLT) is a not-for-profit community interest community (CIC), established in 2018, that promotes the health and wellbeing of underserved communities through education, capacity building and research.

GMI and TLT were commissioned together to deliver pan-London HIV prevention services for Men who have sex with men (MSM) in the financial year 2020-2021.

During the COVID-19 pandemic, the UK government has instituted a series of measures from mid-March 2020, such as social distancing, local and national lockdowns and tier systems [1]. GMI and TLT were forced to cease almost all face-to-face activities including core outreach and HIV testing services.

However, GMI and TLT sought creative ways to deliver services and products to key target groups with the consideration that the COVID-19 control measures may impact on sexual health and wellbeing, as well as other aspects of health, GMI's three partners developed an online survey [2] in early April. This survey explored Londoners' recent sex life and activities, changes in sexual behaviours and sexual health service use, as well as a

UK COVID RESTRICTIONS [1]

1. The first national lockdown started on March 23 – banning gatherings from different households and closing all non-essential retail.
2. June 1- people from different households were able to meet in groups of six in gardens and outdoor spaces.
3. June 15 - non-essential shops were allowed to open. Face covering were made compulsory on public transport.
4. Mid July - face coverings were made compulsory in indoor settings such as shops.
5. 'Rule of six' came into force on September 14 in England.
6. October 12 - the three-tiered local lockdown system was introduced.
7. London was placed under Tier 2 on October 17.
8. The second lockdown measures came into force on November 5. Unlike the last lockdown, schools, colleges and universities remained open.
9. December 2 - the second lockdown finished, and the nation return to the three-tiered local lockdown system. London returned to Tier 2 restriction.

subsequent qualitative phase that deepened exploration of these subjects. TLT also undertook research, led by the University of Westminster, on the sexual behaviours of hook-up app MSM users, during the first lockdown period.

After the lifting of the first lockdown, resumption of social behaviours was witnessed and social gatherings were reported [3, 4]. This raised GMI and TLT's concern of possible change in sexual behaviours. Therefore, a new online survey was conducted in November to capture any changes in London MSM's sexual behaviours. Alongside the survey, we also conducted a literature review examining existing data and information related to COVID-19's impact on MSM's sexual wellbeing, covering MSM's sexual behaviour, mental health and sexual needs.

This report aims to provide an in-depth analysis of the results from the November survey. The literature review is documented in a separate report, as are the comprehensive conclusions and recommendations drawn from both surveys undertaken by GMI.

3 METHODOLOGY

This anonymous online survey was promoted online for four weeks between mid-November and early December 2020, targeting MSM living in Greater London, UK, aged 16 or over. For the purpose of the survey, sexual activity was defined as any activity - solitary, between two persons, or in a group - that induces sexual arousal, including penetrative and non-penetrative sex, including masturbation [5].

To maximise engagement with the survey, the survey was anonymised and short (approximately 4 minutes to complete) and was piloted among MSM volunteers prior to its launch.

There were fewer than 20 questions for each respondent based on the pre-set logical pathways. Information was collected in three areas:

1. Demographic information
2. Sex activities in the last 3 months
3. Sexual health & wellbeing

In total, 918 respondents were recruited via the following channels:

- Paid advertisement on Scruff, a hook-up/dating app
- During online outreach
- Agencies' mailing lists
- Agencies' social media platforms: Twitter, Facebook and Instagram
- Supportive agencies' distribution lists and/or social media platforms
- Snowballing

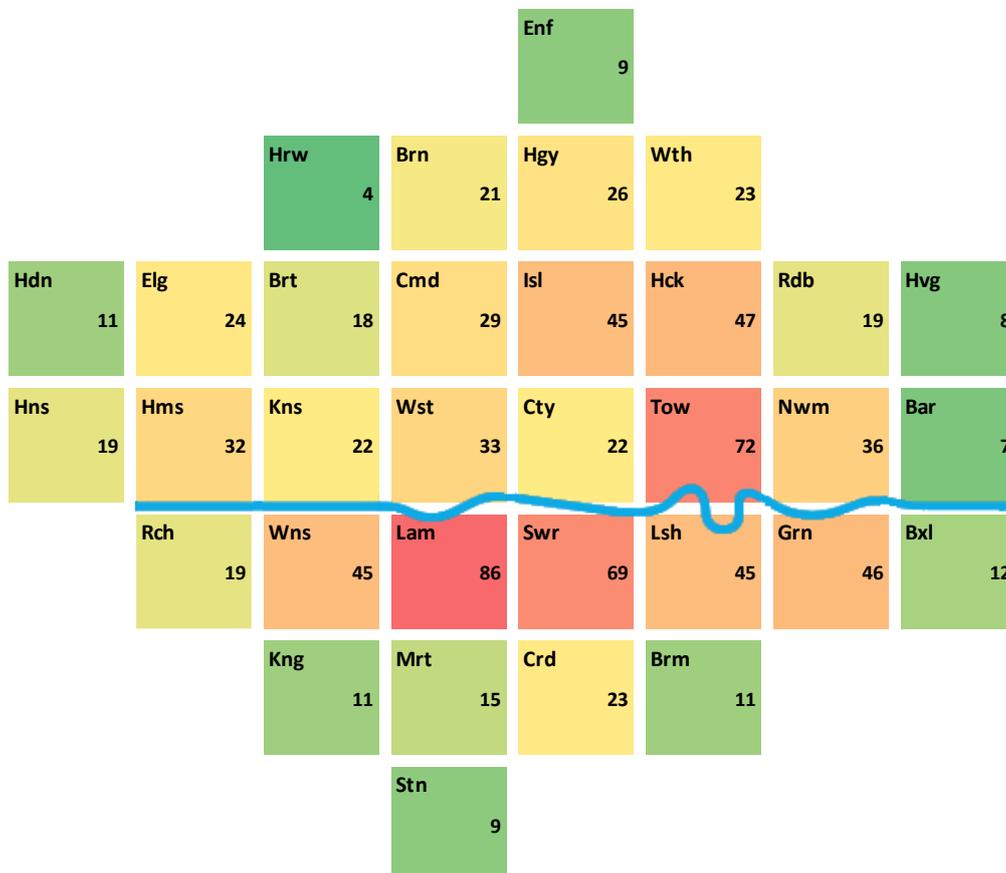
4 FINDINGS

During the survey period, 4,856 people viewed the survey and 918 valid responses were collected and analysed.

4.1 RESPONDENTS' DEMOGRAPHIC INFORMATION

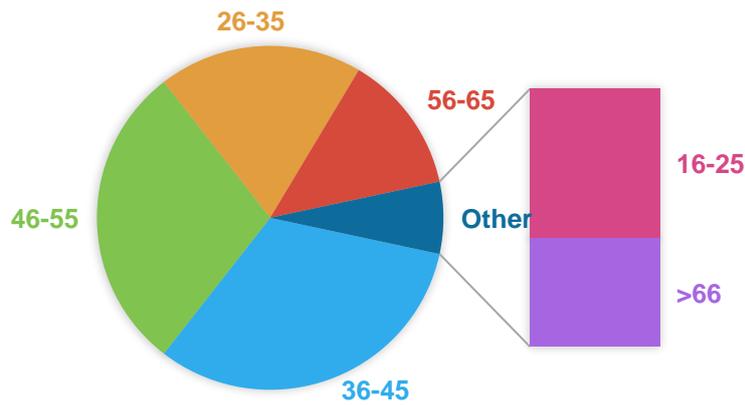
4.1.1 Location

The survey was designed for MSM living in Greater London. Boroughs with most respondents were Lambeth, Tower Hamlets and Southwark.



4.1.2 Age

The age range for all 918 respondents was 18 to 77, with an average of 44 years old.



4.1.3 Gender Identities

4.1.3.1 Gender Identities of Respondents

The majority of respondents were cis men (859, 93.6%). A small proportion of respondents reported trans and non-binary identities (50¹, 5.4%) including those who identified as queer or gender fluid.

Current	Female (including trans female)	Male (including trans male)	Non-Binary / Queer / Gender fluid	Prefer not to say
At birth				
Female		8		
Male	3	859	38	5
Prefer not to say		1	1	3
Total	3	868	39	8

4.1.3.2 Gender Identities of Usual Sex Partners

Usual Partner	Male (including trans male)	Female (including trans female)	Non-Binary / Queer / Gender fluid	Diversified ²	Prefer not to say
Selves					
Cis Man	790	2	16	43	8
Non-Binary / Queer / Gender fluid	11		18	10	
Trans Man	5	1		2	
Trans Woman	3				
Other ³	1		2	2	1
Unknown					3
Total	810	3 ⁴	36	57	12

Most respondents reported usually having sex with male (including trans male) sex

¹ Sum of 39 Non-binary/queer/gender fluid and 11 transgendered participants.

² Diversified: having partners with multiple gender identities.

³ Other: people assigned as male at birth but not confirmed their current gender identity.

⁴ These participants were recruited from gay dating app (Scruff) and the other one admitted sex with other men in later questions.

partners (810, 88.1%).

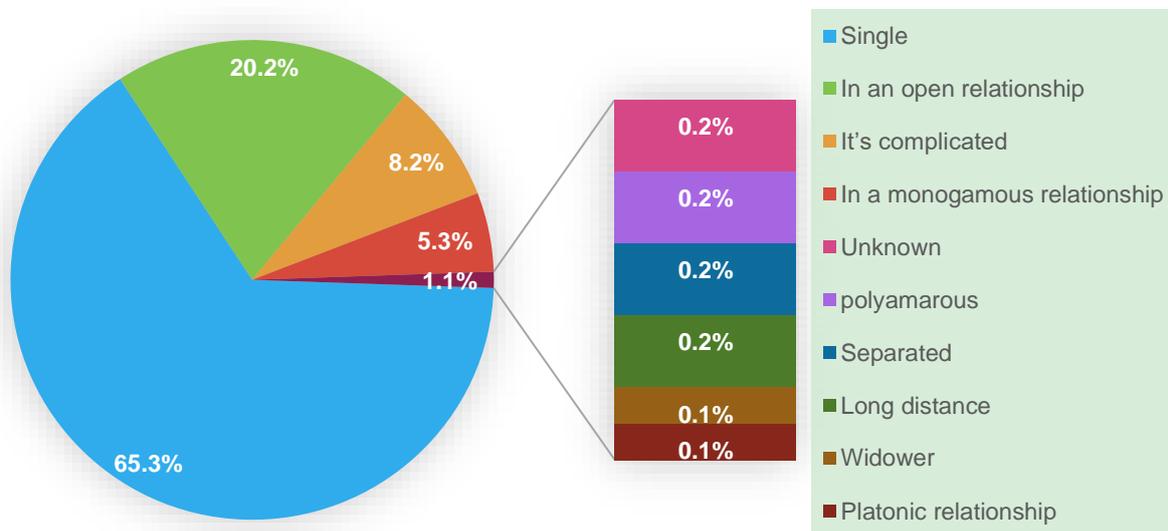
4.1.4 Ethnicity

The ethnic groups listed here were categorised using UK government classifications [6]. The majority of respondents were from White ethnic groups (82%) and almost half were White British. Over a third of the respondents were not born in the UK.

Ethnic Groups	Not Born in UK	Born in UK	Unknown	Total
White	27.5%	54.6%		82%
<i>White British</i>	2.7%	46.9%		49.7%
<i>White Others</i>	24.7%	7.6%		32.4%
Other	2.1%	2.9%		5.0%
Mixed	3.1%	1.7%		4.8%
Asian	1.3%	2.6%		3.9%
Black	3.2%	0.5%		3.7%
Unknown	0.2%	0.2%	0.1%	0.5%
Total	37.3%	62.6%	0.1%	100.0%

4.1.5 Relationship Status

Most respondents (65%) were single at the time of this survey, and about one-fifth were in open relationships.



4.1.6 Living Situation

Most respondents were living alone (43.5%) with a quarter living with partners (24.4%) and a further quarter with friends or housemates (24.3%).

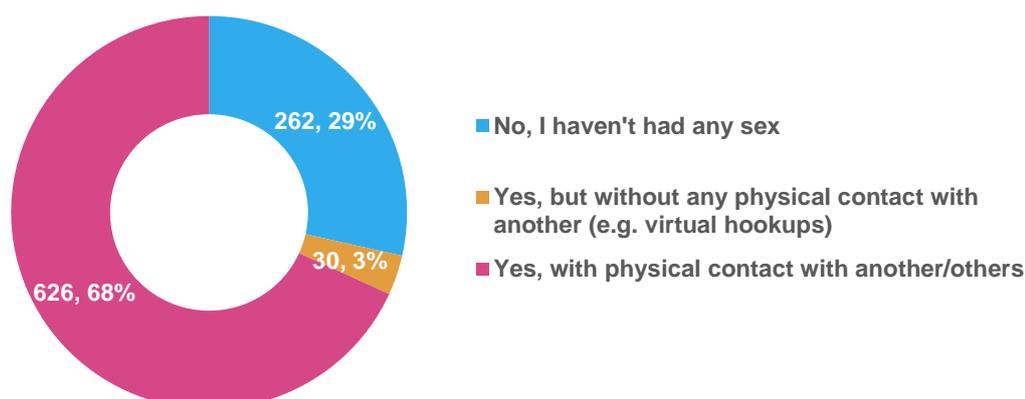
%	Single	In an open relationship	In a monogamous relationship	It's complicated	Other	Total (N=918)

Alone	57.8%	10.8%	16.3%	25.3%	62.5%	43.5%
With partner(s)	0.2%	80.5%	71.4%	50.7%	12.5%	24.4%
With friends /housemates	32.6%	4.9%	6.1%	20.0%	12.5%	24.3%
With family	6.5%	2.2%	4.1%	1.3%	12.5%	5.1%
In shared accommodation	3.0%	0.5%	2.0%	2.7%	0.0%	2.4%
Other	0.0%	1.1%	0.0%	0.0%	0.0%	0.2%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	99.9%

4.2 SEXUAL ACTIVITIES IN THE LAST 3 MONTHS

4.2.1 General status of sexual activity

More than two-thirds (68.2%) of respondents reported physical sexual contact with other people during the last 3 months prior to completion of the survey. 28.5% respondents reported not having sex.



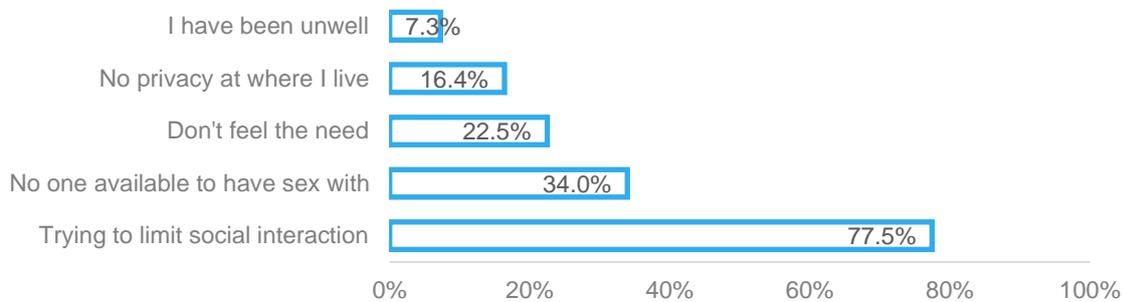
Those aged between 26 and 35 were more likely to have had sex with physical contact with others ($p < 0.01$). When compared with White British MSM, MSM of White Other ethnicities were more likely to have had sex with physical contact with others ($p < 0.1$).

	No		Yes, but without any physical contact with another		Yes, with physical contact with another/others		Total Responses
	Percentage	Count	Percentage	Count	Percentage	Count	
16-25	22.2%	8	2.8%	1	75.0%	27	36
26-35	20.6%	36	0.6%	1	78.9%	138	175
36-45	29.2%	86	2.4%	7	68.5%	202	295
46-55	34.2%	91	2.6%	7	63.2%	168	266
56-65	27.5%	33	8.3%	10	64.2%	77	120
>66	30.8%	8	15.4%	4	53.8%	14	26
White British	31.4%	143	3.5%	16	65.1%	297	456

White Other	25.6%	76	2.7%	8	71.7%	213	297
Not White	26.3%	42	3.8%	6	70.0%	112	160
Unknown	20.0%	1	0.0%		80.0%	4	5
Total	28.5%	262	3.3%	30	68.2%	626	918

4.2.2 Reasons for not having sex

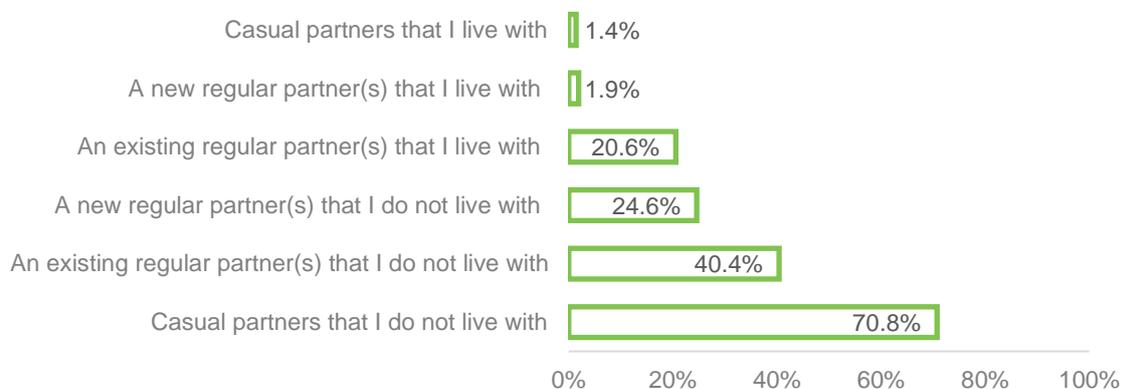
Among all those reported not having had any sex in the past 3 months (n=262), most stopped having sex to follow social distancing guidance. Some of them specifically expressed that the anxiety and stress caused by COVID-19 had caused the no-sex responses. Over one-third reported that no sex partner(s) being available was the reason that stopped them from having sex.



4.2.3 Physical sex partner(s)

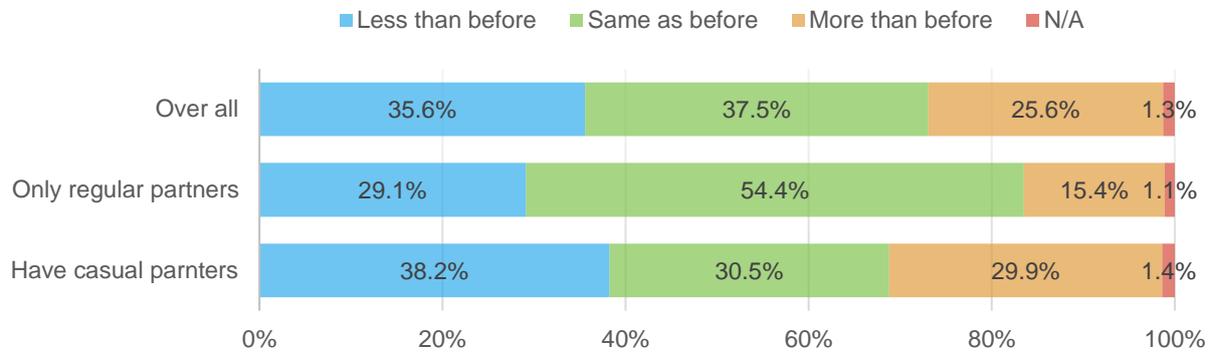
Among those who reported having had sex with physical contact (n=626), 70.8% were having sex with casual partners from different households.

Those aged under 40 were significantly more likely to have sex with casual sex partners that they don't live with (56.3%, n=320) than those aged 40 and above (46.2%, n=598) (p<0.01).



Among those who had physical sex contact with casual partners from same or

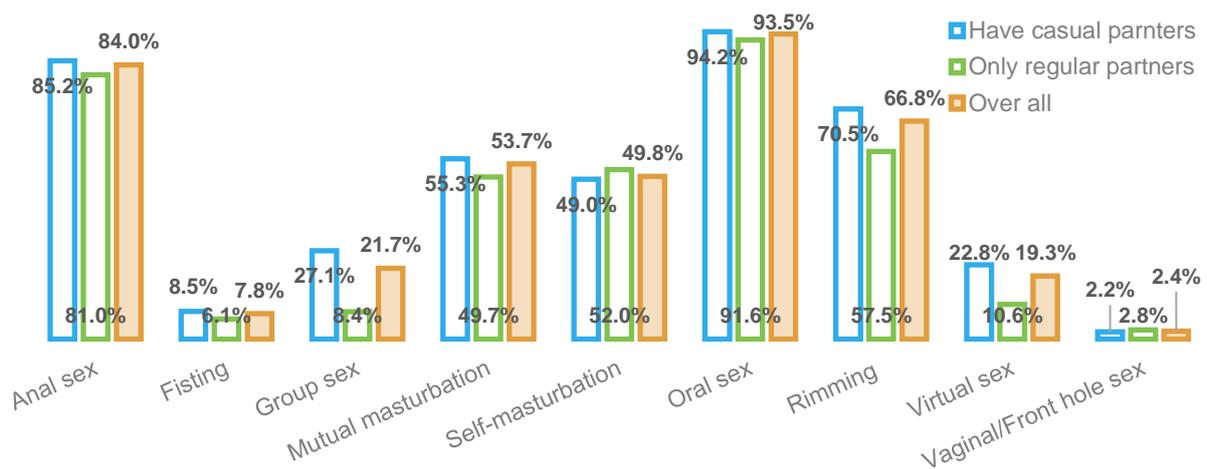
different households, the average number of sexual partners in the past 3 months was 8; while among those who only had physical sex contact with regular partners, new or existing, cohabiting or not, the average was 4.



4.2.4 Type of sex

Among those that had sex with physical contact (n=626), the most performed sexual activity was oral sex with 93.5% reported.

Anal sex and rimming were also popular sexual activities, with 84% and 66.8% reported respectively. Interestingly, rimming seemed to be more popular among those that had casual sex partners (70.5%) than those with only regular sex partners (57.5%). A similar difference was also evident in group sex and virtual sex activities, with 27.1% compared to 8.4% and 22.8% to 10.6% respectively.



4.2.5 Hook up platform and sex venue for casual dating

Among the 447 people who had casual sex, most people used dating/sex apps to find partners (94.2%), followed by hook-ups in cruising grounds (24.5%).

The venues where sex activities most frequently took place were at where either partner(s) lived (both >70%) and outdoors (29.8%).

Platforms	%	Sex venue	%
Dating/sex app (e.g. Grindr)	94.2%	At their place	73.4%
Cruising grounds	24.6%	At my (our) place	70.5%
Social media (e.g. Twitter or Instagram)	16.1%	Outdoors	29.8%
Sex clubs/saunas	10.7%	Hotel/hostels	16.1%
Parties/events	7.6%	Sex clubs/saunas	13.6%
Bars/pubs/clubs	7.4%	Bars/pubs/clubs	4.9%
		Parties/events	4.9%

4.2.6 COVID prevention measures for casual dating

Just over half of those who reported having casual sex said that they took one or more extra precautions to reduce coronavirus transmission risk. However, over one-third of those reporting casual sex said that they had not taken any additional COVID19 precautions.

COVID Measure	% (n=447)
N/A, I haven't taken any additional COVID19 precautions.	36.2%
I've used hygiene techniques such as hand-washing or showering before and/or after sex	51.5%
I've had sex with reduced mouth to mouth contact such as kissing	23.5%
I've avoided sex that might expose me or my partner/s to faeces (poop) (e.g. not rimmed or been rimmed; been extra careful during or after fingering)	6.9%
I've used condoms for penetrative sex more frequently than I usually would	6.0%
I've had sex with a face covering on	5.8%
I've changed the type of sex I have during hook-ups	5.8%
I've had sex that involved physical distance (e.g. watching each other in the same room without touching)	5.6%
I've changed where sex takes place	5.4%
I've used condoms for oral sex more frequently than I usually would	0.9%

In addition to the listed options, stated extra COVID19 measures included: only hooking-up with guys who have had COVID already; requesting a recent COVID negative test result; having sex with gloves on; reducing group sex and/or casual partners; and forming a sex bubble (a group of people only have sex with others in the group).

4.2.7 Popular MSM venues

According to the respondents, the most often visited gay friendly venues/places (pre- and post- initial lockdown period) for social gathering with friends in London were:

- Duke of Wellington
- Royal Vauxhall Tavern
- Comptons
- Rupert Street
- The Yard
- The Two Brewers
- The King's Arms
- Heaven
- The Eagle
- Retro Bar

Besides private accommodation, the most reported places respondents last visited for sex were:

- Hampstead Heath
- The Vault
- Clapham Common
- Pleasuredrome sauna
- Chariots sauna
- Locker Room
- Backstreet
- SBN
- Burgess Park
- Hyde Park

4.3 SEXUAL HEALTH AND WELLBEING

4.3.1 HIV status

Respondents were asked to report their known HIV status. Those reporting that they were HIV positive were asked if they had a detectable viral load. Those who said that they were HIV negative were asked if they had had any HIV risk since their last HIV test. Respondents that reported being HIV negative and on PrEP were categorised into "Tested HIV negative and NOT have any risk since" as they would have had minimal risk of acquiring HIV. There were a small amount of respondents (<5%) who were not aware of their HIV status.

HIV Status	All respondents (N=918)	Having sex with casual partner(s) (n=447)
Tested HIV negative and NOT have any risk since	60.1%	52.8%
HIV positive, undetectable viral load	19.3%	24.8%
Tested HIV negative but have had some risk since	15.7%	17.0%

Don't know	4.6%	4.7%
HIV positive, viral load detectable or not sure	0.3%	0.7%
Total	100.0%	100.0%

Most HIV positive respondents had an undetectable viral load (98%, n=180).

4.3.2 HIV test

Among all those who reported that they were not diagnosed with HIV (n=738), most (79.7%) had tested for HIV within the past 12 months. Of those who reported having had physical sexual contact with a casual partner who weren't HIV positive, 87.8% reported having had an HIV test in the past 12 months.

HIV Test	All HIV negative / don't know (n=738)	And having sex with casual partner(s) (n=368)
Within a month	19.5%	26.6%
Within 3 months	25.5%	30.7%
Within 6 months	16.9%	17.4%
Within 1 year	17.8%	13.0%
More than 1 year ago	16.0%	9.0%
Never tested	2.8%	2.4%
Not stated	1.5%	0.8%
Total	100.0%	100.0%

The 588 people who reported having had an HIV test within 12 months were asked how the test was delivered. Almost 42% of respondents said that their last test involved samples being collected by someone else, with a similar proportion (42.8%) reporting that they had used a self-sampling or self-testing kit. Most of them didn't need any extra help while using the kit.

How did you last test for HIV?	% (n=588)
Samples collected by someone else	41.8%
Used a self-sampling kit	31.1%
Used a self-testing kit	11.7%
Rapid tested by someone else	12.8%
Not stated	2.5%
Total	100.0%

Among these 588 people, those aged between 26 and 35 were significantly more likely to test themselves with self-sampling and self-testing kits (55%, n=137, p<0.01); whereas the those aged between 46 and 55 were less likely to test themselves (32%, n=151, p<0.01). 39% Non-white MSM (n=98) and 45% (n=291) White British MSM reported they had tested themselves, although the difference is not statistically significant.

The table below shows the top five types of providers for different HIV tests reported by respondents.

Rapid tested by someone else	Samples collected by someone else	Source of self-sampling kit	Source of self-testing kit
Local GUM clinic	56 Dean Street	SHL	56 Dean Street
56 Dean Street	Local GUM clinic	56 Dean Street	Local GUM clinic
GP	Hospital	SH:24	Charities
Hospital	GP	Local GUM clinic	Online (not detailed)
Charities	10 Hammersmith Broadway	Metro charity	Hospital

4.3.3 STI screening

Most respondents (78.4%) reported that they had tested for STIs within the past 12 months. This proportion was higher among those who reported had physical sexual contact with casual partners (88.5%).

STI Test	All (N=918)	Having sex with casual partner(s) (n=447)
Within a month	25.1%	31.3%
Within 3 months	15.6%	15.2%
Within 6 months	20.4%	28.4%
Within 1 year	17.4%	13.6%
More than 1 year ago	17.3%	9.8%
Never tested	4.1%	1.6%
Not stated	0.1%	-
Total	100.0%	100.0%

The 720 people who reported that they had been tested for STIs within 12 months were asked how the test was delivered. More than half (52.4%) said that their samples had been collected by someone else and 40.3% said they had used a self-sampling kit.

How did you last test for STI?	% (n=720)
Samples collected by someone else	52.4%
Used a self-sampling kit	40.3%
Not stated	7.3%
Total	100.0%

Among the 720 respondents, the self-sampling behaviour was decreasing with age. Those under 36 were significantly more likely to use self-sampling kit (56%, n=179, p<0.01) while those over 45 were less likely (31%, n=300, p<0.01). HIV positive

MSM were less likely to using self-sampling kit for STI screening (32%, n=157, p<0.05). There was no significant difference reported among different ethnic groups.

The table below shows the top three providers for the two types for STI screening reported by respondents.

Samples collected by someone else	Source of self-sampling kit
56 Dean Street	SHL
Local GUM clinics	56 Dean Street
Hospitals	Local GUM clinics

8.6% of all those who tested within the last 12 months reported being diagnosed with an STI. The same proportion was higher among those who were having physical sexual contact with casual partners (12.9%). Most reported STIs were chlamydia and gonorrhoea. No significant differences were identified between demographic groups.

4.3.4 Condom use

Over a third of those who had been sexually active in the last 3 months did not use condoms during any of their sex. Over half obtained their condoms through commercial channels, and one in ten reported getting their condoms via the Do it London/Freedoms scheme.

Supply of condoms and lube in the last 3 months	Total (n=626)	With casual partner(s) (n=447)
I didn't use any	37.5%	36.0%
Purchase in the shop/pharmacy	29.9%	30.4%
Purchase online	22.5%	22.4%
Free ones from an NHS services (e.g. C Card scheme)	8.9%	10.3%
Do it London/Freedoms packs from venues	7.2%	8.1%
Free ones from other non-NHS services (e.g. charities)	3.7%	4.0%
By the partner(s)	2.2%	2.9%
Do it London/Freedoms ordered online	1.4%	2.0%
Total	100.0%	100.0%

4.4 COVID IMPACT

Over half of respondents shared their thoughts about how COVID had impacted on

their sex life. The majority of the responses were negative and showed frustration around not being able to enjoy sex as they used to.

Well in my age I feel like I'm dying in my room, horrible to be alone.

Very depressed generally, more than normal. No confidence anymore.

Most people agreed that COVID had reduced or even completely stopped their sex life. Some had explored other forms of sex, such as virtual sex and voyeurism. For a few, there had not been any impact at all.

I completely ignored COVID and my life become better.

I had COVID in February. It didn't affect my sexual activity.

5 LIMITATIONS

We identified several limitations of this survey as follows:

- This survey was created to capture changes in the sexual behaviours of London MSM after COVID lockdown. However, by the time the survey was launched, COVID prevalence had increased and the nation was forced to lockdown again in the last week of this survey. The changes in COVID prevention measures during recruitment to the survey could affect people's behavioural patterns which the survey tried to capture in the 3 months prior to the survey.
- The majority of responses were recruited via the dating app Scruff. This could introduce sampling bias into the survey where the respondents might not represent MSM in London, or MSM using dating apps in London.
- Although the survey was designed to be easy to read and understand, and underwent piloting with the target group, some terminology could have caused confusion in responses. For example, there seems to be a misunderstanding in the difference between self-testing and self-sampling, despite the description given in the survey. A number of respondents claimed to get their HIV self-testing kits from [SHL](#) while this is a renowned self-sampling service only.
- There were a number of other similar surveys running during this same period. To avoid duplicate of questions, we purposely excluded questions around PrEP given the data being collected through the national PrEP survey.

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