# Generation Z: less sex but better sex.. and kinkier!



Research has revealed that Generation Z, despite engaging in sexual activity less frequently than previous generations, is forging a reputation as the most "kinky" and fantasy-oriented cohort. This seeming paradox, as highlighted by Trinity News, unfolds against a backdrop of declining religious purism and a reduction in shame associated with sexual desires, leading to a greater understanding of individual sexual preferences.

According to Talker Research, while Gen Z may have fewer sexual encounters compared to millennials, Gen X, and Boomers at similar ages, they rank as the most satisfied generation regarding their sex lives. This satisfaction occurs alongside a notable trend towards monogamous relationships, with a recent study from the Kinsey Institute indicating that over 81% of Gen Z fantasises about monogamy—half of whom do so regularly. This contrasts sharply with earlier generations, like Gen X and Boomers, who often explore non-monogamous fantasies as a way to release pent-up sexual desires once considered taboo.

The report also delves into the nature of popular kinks among Generation Z. Findings suggest that preferences are increasingly centred around intimacy and connection, with activities such as cuddling and extended physical closeness following climax becoming highly desirable. This shift appears to signal a move away from the more novelty-driven kinks previously favoured by earlier generations. Consequently, traditional kinks like feet, latex, and roleplay have seen a decline in popularity, along with less commonly liked sexual positions such as doggy style and sixty-nine, which are often associated with more impersonal experiences.

Additionally, Gen Z's favourite sexual positions—such as kneeling, face-to-face, and the right angle—illustrate a clear preference for closeness and vulnerability, highlighting a desire for deeper connections during sexual encounters. Luxurious experiences, such as sex in fancy hotel rooms or after at-home spa days, are increasingly attracting interest as well, suggesting that pleasure and aesthetics are interlinked within Gen Z's approach to intimacy.

One emerging kink that sparked debate among peers is the idea of having video games playing during sex, which has drawn mixed reactions. Some individuals perceive such a scenario as appealing primarily to straight men, raising questions about practicality during intimate moments. Comments from peers indicated a general aversion among women towards this trend, suggesting a clear divide in desirability.

While Gen Z's exploration of kinks and sexual fantasies can be attributed to increased acceptance and openness regarding personal desires, it has also led to a concerning dynamic. Many young people, brandishing vast knowledge gleaned from online resources and pornography, find themselves struggling with the interpersonal skills necessary to engage in romantic relationships or casual hookups, particularly those who came of age during the pandemic. This generational context raises vital questions about the interplay of knowledge and practice in the realm of sexual health and satisfaction.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.psychologytoday.com/us/blog/the-myths-of-sex/202409/why-gen-z-is-the-kinkiest-generation-yet> - This article supports the claim that Gen Z is more engaged in kink and fantasy-oriented sexual activities compared to previous generations, despite having fewer sexual encounters. It highlights factors such as reduced stigma and the influence of media in shaping these preferences.
* <https://www.wokewaves.com/posts/gen-z-sexual-behavior-evolution> - This post corroborates the trend of Gen Z engaging less frequently in physical sexual activities but explores digital intimacy more. It also touches on the role of media and societal shifts in shaping Gen Z's sexual behaviors.
* <https://journals.library.ualberta.ca/eureka/index.php/eureka/article/download/28749/21056/75325> - This study provides insights into the sexual behaviors of Gen Z, including their preferences and practices, which can help understand the generational differences in sexual activity and exploration.
* <https://www.psychologytoday.com/us/blog/the-myths-of-sex/202409/why-gen-z-is-the-kinkiest-generation-yet> - This article further supports the idea that Gen Z's openness to kink and fantasy is linked to reduced stigma and increased exploration facilitated by digital media.