

# Sex Frequency by Age Chart

Sex frequency of people irrespective of relationship status				Sex frequency of couples			
Age group	Sex frequency per month	Men	Women	Age group	Sex frequency per month	Men	Women
18 to 24 years	5	5	6	18 to 24 years	9	8	10
25 to 34 years	7	7	8	25 to 34 years	8	8	8
35 to 44 years	4	4	4	35 to 44 years	7	7	6
45 to 54 years	6	6	6	45 to 54 years	6	6	5
55 to 64 years	2	2	2	55 to 64 years	2	2	2
65 to 74 years	1	2	0	65 to 74 years	1	2	0
75+ years	0.2	0.3	0.1	75+ years	0.3	0.4	0.1
All	4	4	4	All	6	6	6
Sex frequency of singles				Sex frequency of married and unmarried couples			
Age group	Sex frequency per month	Men	Women	Age group	Married	Unmarried	All
18 to 24 years	1	1	1	18 to 24 years	11	7	9
25 to 34 years	7	7	7	25 to 34 years	9	6	8
35 to 44 years	2	2	2	35 to 44 years	6	7	7
45 to 54 years	4	4	4	45 to 54 years	5	7	6
55 to 64 years	0.4	1.5	0.3	55 to 64 years	2	3	2
65 to 74 years	0.1	0.1	0.1	65 to 74 years	1	2	1
75+ years	0.1	0.1	0.1	75+ years	0	0	0
All	2	2	2	All	5	5	5
Sex frequency of singles				Sex frequency of married and unmarried couples			
Age group	Married per week	Unmarried per week	All	<div><ul style="list-style-type: none"><li>On average, individuals between the ages of 50 and <b>80 engage in sexual activity</b> approximately <b>twice a month</b>.</li><li><b>38% of people</b> aged 50 to 80 years reported abstaining from sexual activity.</li><li><b>Twenty-seven percent indicated</b> they had sexual intercourse at least once a month.</li><li>Among singles in the 50 to 80 years age group, <b>14% expressed willingness to engage in sex</b> on a first date.</li><li>Additionally, <b>30% of singles</b> in the same age range disclosed that they had engaged in sexual activity within the first two dates.</li></ul><p><i>This chart's data is derived from 120.78 million data points collected from over 90,000 participants between 1995 and 2023. The values have been rounded for clearer presentation.</i></p></div>			
18 to 24 years	3	2	2				
25 to 34 years	2	1	2				
35 to 44 years	1	2	1				
45 to 54 years	1	2	1				
55 to 64 years	0.4	0.5	0.4				
65 to 74 years	0.2	0.4	0.3				
75+ years	0.1	0.1	0.1				
All	1	1	1				
Additional notes							