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## UNIT 1 Social and Cultural Foundations

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- 1. Gender Is Powerful: The Long Reach of Feminism**, Nancy MacLean, *OAH Magazine of History*, October 2006  
Readers of this article will gain a greater appreciation of the significance of the **women's movement**. By studying the women's movement, we are in a better position to fully understand **civil rights**, and numerous other **social and political movements** in the United States. 3
- 2. A Woman's Curse?**, Meredith F. Small, *The Sciences*, January/February 1999  
An anthropologist's study of the **ritual of seclusion** surrounding **women's menstrual cycle** has some rather profound implications regarding **human evolution**, certain **cultural practices**, and **women's health**. 8
- 3. Everyone's Queer**, Leila J. Rupp, *OAH Magazine of History*, March 2006  
The title of this **article on nonnormative** sex may have caught your eye, but reading it is likely to maintain your interest, as well as increase your understanding of the evolution of **what is considered normal** over the last 60 years. 12
- 4. Christian Eye for the Queer Guy**, Michael Stoltzfus, *Journal of Lutheran Ethics*, August 2005  
**Christian churches** continue to struggle with how to address issues of **homosexuality**. This article applies the concepts of **love** and **grace** to contemporary discussions surrounding **sexual orientation**. 16
- 5. Afterbirths in the Afterlife: Cultural Meaning of Placental Disposal in a Hmong American Community**, Deborah G. Helsel and Marilyn Mochel, *Journal of Transcultural Nursing*, vol. 13, no. 4, 2002  
For **Hmong Americans**, the **placenta** has special significance for the **soul** in the **after-life**. Western medical practices and Hmong American culture can sometimes be at odds over the **disposal of the placenta**. 22
- 6. How AIDS Changed America**, David Jefferson, *Newsweek*, May 15, 2006  
The **1981 to 2006 timeline** tells the story of AIDS in America. This article describes the development in **knowledge** about HIV/AIDS, and the change in **personal, social, and cultural responses** towards HIV/AIDS over the quarter century. 27

The concepts in bold italics are developed in the article. For further expansion, please refer to the Topic Guide.



## UNIT 2

### Biological Foundations

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#### Part A. Reproductive Capacities

7. **Starting the Good Life in the Womb**, W. Allan Walker and Courtney Humphries, *Newsweek*, September 17, 2007

Choices that women make while they are **pregnant** may have a life-long impact on their **baby**. This article suggests ideas for mothers to improve their baby's chances to grow into **healthy adults**.

33

8. **Success at Last**, Deborah Kotz, *U.S. News & World Report*, May 7, 2007

Couples fighting **infertility** have some control over **conception** through the **alteration of diet, exercise, and stress levels**. Many factors in these areas can affect **ovulation and hormone levels** in women, thus influencing fertility, but men's habits matter as well.

35

9. **A Man's Shelf Life**, Mark Teich, *Psychology Today*, September/October 2007

As men age, their **fertility** decreases. That's not the only **reproductive challenge** men face as they get older. Some **birth defects** increase in frequency with **paternal age**. Potential parents need to know the information discussed in this article.

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10. **The Curious Lives of Surrogates**, Lorraine Ali and Raina Kelley, *Newsweek*, April 7, 2008

**Medical technologies** have made surrogacy safer and more successful. The United States has about 1,000 surrogate **pregnancies** each year. Gestational surrogates carry a **fetus** to term, for the **genetic parents**. This article describes multiple **motivations** and **ethical** concerns. Gestational surrogates report **empowerment** and **self-esteem** as well as **financial gains**.

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#### Part B. Attraction, Pleasure, and Desire

11. **Scents and Sensibility**, Elizabeth Svoboda, *Psychology Today*, January/February, 2008

While **sexual attraction** remains one of life's mysteries, researchers believe that **scent** is an important component of who we end up with. Physical attraction may actually be based on smell, which may be an important part of what we refer to as the "**chemistry**" of attraction.

47

12. **The Orgasmic Mind**, Martin Portner, *Scientific American Mind*, April/May 2008

**Sexual desire, arousal, and orgasm** involve complex **physiological, cognitive, and affective phenomena**. This fascinating article explores the complexities of desire and orgasm through scientific research on the **brain**.

52

13. **What Do Women Want?**, Daniel Bergner, *The New York Times Magazine*, January 2009

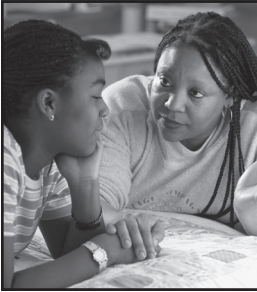
Daniel Bergner reports on research findings from research on **female sexual arousal** and female sexualities. What does research tell us about **genital arousal** in women? This article explores an understudied area.

56

14. **Women's Sexual Desire: A Feminist Critique**, Jill M. Wood, Patricia Barthalow Koch, and Phyllis Kernoff Mansfield, *The Journal of Sex Research*, vol. 43(3), August 2006

The **biomedical model of female sexual desire** is challenged in this article. The authors offer an **alternative approach**, a "**New View**," that calls into question the **scientific and therapeutic communities'** current understanding of **female sexual desire**.

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## UNIT 3

### Sexualities, Education, and Development

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15. **At UC Santa Barbara, Sex as a Matter of Course**, Larry Gordon, *Los Angeles Times*, August 1, 2009

Larry Gordon reports on a large lecture **human sexuality course** taught by a **husband-wife team** at the University of California's Santa Barbara campus. The professors' approach provides students with a unique educational experience. The course and the professors themselves have become a **campus institution**.

77

16. **The Birds and the Bees and Curious Kids**, Margaret Renkl, *Parenting*, June 2006

Read about the best strategies for handling the kinds of scenarios that catch **parents** off guard about **bodies, body parts, and sexual behavior**, as well as how to—and not to—approach “**the talk**.”

80

17. **How to Talk about Sex**, Heidi Raykeil, *Parenting*, February 2006

Although this article was written for partners who are also parents, it generalizes as well to **couples with varying interest/towards needs for sex**. Its encouragement of and guidance for **outing the secret** is important, as the **risk** of letting things go too long is real.

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18. **The Myths of Teen Sex**, Jennie Yabroff, *Newsweek*, June 9, 2008

Jennie Yabroff argues that it is important to separate fact from fiction in evaluating whether there is currently a **teen oral sex pandemic**. What people believe to be true about the sexual behaviors of young people may not reflect most teens' lived experiences.

85

19. **Teenage Fatherhood and Involvement in Delinquent Behavior**,

Terence P. Thornberry, Carolyn A. Smith, and Susan Ehrhard, *The Prevention Researcher*, November 2004

This paper investigates the relationship between **teenage fatherhood** and various indicators of **deviant behavior**. By using a large sample of students, first interviewed in the 7th or 8th grades and again when they were 21 years old, the authors are able to explore the link between teenage **fatherhood** and **delinquent behavior** along the adolescent life course.

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20. **Good for the Gander**, Karen Holt, *Working Mother*, October 2008

This article explores issues, such as **paternity leave** and various other **father-friendly benefits** in the corporate world. If new fathers take advantage of such policies, how will this impact their careers? The messages men receive about **work, fatherhood, and family** are often mixed and confusing.

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21. **No Kids, No Grief: The Case against Having Kids**,

Anne Kingston, *Maclean's*, August 3, 2009

Being a **parent** can create a multitude of **financial, career, relationship, and personal challenges**. More and more people today are choosing to be **child-free**. But is this decision respected and validated by our society? Social reactions to people who choose to be child-free are revealing.

95

22. **The Secret Lives of Single Women**, Sarah Mahoney,

*AARP The Magazine*, May/June 2006

There are a number of **myths and stereotypes** that the public holds regarding **older single women**. This article discusses the accuracy or inaccuracy of some of these perceptions.

99

23. **An Affair to Remember**, Melinda Henneberger, *slate.com*,

June 10, 2008

**Elderly people**, including those in institutional settings, still experience the need for **emotional and physical intimacy**. These needs may be at odds with prevailing cultural beliefs about **sex** and the elderly.

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## UNIT 4

### Intimacies and Relationships

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24. **This Thing Called Love**, Lauren Slater, *National Geographic*, February 2006

What we recognize as **passionate love or infatuation** shares a chemical profile that is surprisingly similar to that of obsessive-compulsive disorder. In order for relationships to last, we **cannot depend on retaining feelings of passionate love** throughout the duration of the relationship.

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25. **Free as a Bird and Loving It**, Sharon Jayson, *USA Today Newspaper*, April 12, 2007

Is marriage becoming less desirable? **Being single** is not seen as a temporary and undesirable state anymore; more individuals are choosing to **put off marriage or simply not marry** at all. This article addresses some of the benefits of remaining single.

114

26. **Peer Marriage**, Pepper Schwartz, *The Communitarian Reader: Beyond the Essentials*, Amitai Etzioni, Andrew Volmert, and Elanit Rothschild, Rowan & Littlefield, 2004

Pepper Schwartz celebrates the concept of **peer marriages** in which spouses regard each other as full **social equals**. Both have **careers**, and share family **decision-making** and **child-rearing** responsibilities. She argues that peer marriages generally result in **stronger families** and **greater satisfaction**.

116

27. **Against All Odds**, Anne Kingston, *Maclean's*, August 24, 2009

This article asks: "Is it crazy to marry someone you've known only a few weeks?" Perhaps a better question to ask would be if "**instant relationships**" stand much of a chance of long term success?

122

28. **Five Years on, Gay Marriage Debate Fades in Massachusetts**, David Crary, *Associated Press*, May 9, 2009

**Gay marriage** has been a hot button issue in the United States over the past several years. Crary examines the case of **Massachusetts** where gay marriage has been a legal option for **lesbian and gay couples** since 2004.

125

29. **My Cheatin' Heart**, Daphne Gottlieb, *Utne Reader*, March/April 2006

Infidelity . . . affair . . . new and **forbidden** love versus **committed monogamy**. All of these are bluntly and powerfully addressed in this **essay** that looks at **cheating** from both sides—the cheater and the partner.

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30. **You're Driving Me Crazy!**, Jay Dixit, *Psychology today*, April 2009

Learning more about some of the top **relationship annoyances** that are explored in this article may make the difference between a **successful relationship** and **breaking up**.

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## UNIT 5

### Gender and Sexual Diversity

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#### Part A. Perspectives on Gender

31. **Gender Bender**, Sadie F. Dingfelder, *APA Monitor on Psychology*, April 2004

The author describes recent research evidence on **the role of genes and prenatal hormones in gender identity and gender-related behaviors**. These findings help illuminate the interplay between **nature and nurture** in boys' and girls' behaviors.

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32. **A Case for Angry Men and Happy Women**, Beth Azar, *Monitor on Psychology*, April 2007  
 People are faster at identifying anger on men's faces as well as seeing happiness on women's faces. This process has been linked to the **evolutionary advantage** of being able to spot and avoid an angry and potentially dangerous male. This article addresses the deeply rooted **connection between gender, emotions, and evolution**. 141
33. **Goodbye to Girlhood**, Stacy Weiner, *The Washington Post*, February 20, 2007  
 This article describes the troubling trend in the way women and girls are **depicted by the media**. Pop culture images are **targeting younger girls**, potentially influencing the development of **eating disorders, lower self-esteem, and depression**. 143
34. **(Rethinking) Gender**, Debra Rosenberg, *Newsweek*, May 21, 2007  
 Debra Rosenberg opens the window on people who are born one **gender** but feel that they are the other gender. Some use **surgery** and/or **hormones** to bring their bodies into compliance with their **identity** . . . Their stories are riveting and their lived experiences raise many questions about gender. 146
35. **Progress and Politics in the Intersex Rights Movement: Feminist Theory in Action**, Alice D. Dreger and April M. Herndon, *GLQ: A Journal of Lesbian and Gay Studies*, vol. 15, no. 2, 2009  
 The history of the **intersex rights movement** has been successful in many important ways. This article explores the **politics of intersex rights** and **feminism**. 150

**Part B. Perspectives on Sexual Orientation**

36. **Finding the Switch**, Robert Kunzig, *Psychology Today*, May/June 2008  
 Is a **homosexual orientation** influenced by biological processes? Research on the influence of **genetics** and **hormones** on the development of **homosexuality** is explored in this article. Scientific evidence suggests that there are **multiple developmental pathways** to homosexual orientations, including multiple biological influences. 161
37. **Children of Lesbian and Gay Parents**, Charlotte J. Patterson, *Current Directions in Psychological Science*, October 2006  
 Does **parental sexual orientation** affect child development? After years of research, **little difference** has been found between children of same-sex parents and those of other sex parents. In fact, the **quality of relationships** in the family seems to matter more than parents' sexual orientation. 164
38. **Matt's Next Act**, Nicholas Fonseca, *Advocate.com*, March 2009  
 A world-class athlete and **Olympic Gold Medalist comes out** as **gay**. Being openly gay in the world of competitive sports can create challenges for **gay athletes** that their heterosexual counterparts do not have to face. 168



**UNIT 6**  
**Sexual Health and Well-Being**

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**Part A. Problems and Interventions**

39. **Sex, Health, & Happiness**, Deborah Kotz, *U.S. News & World Report*, September 15/September 22, 2008  
 A **healthy, active sex life** is not only for the young and acrobatic. Adult Americans of all ages can enjoy an active sex life. This article presents some of the **benefits** and **challenges** of maintaining a healthy sex life at any age. 175
40. **Health Behaviors, Prostate Cancer, and Masculinities: A Life Course Perspective**, John Oliffe, *Men and Masculinities*, January 1, 2009  
 This article examines the intersections of **gender, health, and illness** using a retrospective life course method. This study goes beyond **behaviors and health consequences**, to look at the impact of the **social construction of masculinity on health**. 177

The concepts in bold italics are developed in the article. For further expansion, please refer to the Topic Guide.

41. **When Sex Hurts**, Lisa Collier Cool, *Good Housekeeping*, March 2003  
This fact-filled article addresses a rarely talked about, but often devastating, problem for women and couples: **painful intercourse**. Citing medical research and experts, the seven most likely **conditions** associated with painful sex are explained along with how and where to get **help and effective treatments**. 188
42. **Body Dissatisfaction in Adolescent Females and Males: Risk and Resilience**, Katherine Presnell, Sarah Kate Bearman, and Mary Clare Madeley, *The Prevention Researcher*, September 2007  
The study of **gender and health** is especially important and interesting in the area of **body image**. This important selection looks at **body dissatisfaction in boys and girls**, including some **consequences** that everyone should know. 191

### Part B. Sexually Transmitted Infections and HIV Disease

43. **Hooking Up and Sexual Risk Taking among College Students: A Health Belief Model Perspective**, Teresa M. Downing-Matibag and Brandi Geisinger, *Qualitative Health Research*, vol. 19, September 2009  
“Hooking up” on **university campuses** is not new. However, the **sexual risk taking** behaviors of college students during “hook ups” needs further research. This **qualitative study** yields interesting information about an understudied phenomenon. 196
44. **Rationing Antiretroviral Therapy in Africa—Treating Too Few, Too Late**, Nathan Ford, Edward Mills, and Alexandra Calmy, *New England Journal of Medicine*, April 30, 2009  
The current approach to **antiretroviral therapy** in **Africa** is less than optimal, even though access to these drugs is at an all-time high. The drugs are often started too late and poorly tolerated. The authors argue for a different approach that is not inconsistent with the current emphasis on reaching the widest number of patients as cheaply as possible. 207
45. **HIV Plan B**, Justine Sharrock, *Mother Jones*, May/June 2008  
**Post-exposure prophylaxis (PEP)** treatment can prevent HIV infection in many people who are at-risk of becoming infected after a suspected or known exposure. **PEP** is **FDA** approved, but not always available to those who need it. High **cost** and lack of **knowledge** are among the reasons why some people may have **limited access** to it. 210
46. **HIV Apathy**, Zach Patton, *Governing*, February 2007  
Many new drugs to combat **HIV disease** have changed HIV from a **terminal** to a **chronic condition** that can be **managed** in some people infected with the virus. Partially as a result of new treatments available, some individuals engage in **high risk behaviors** that put them at risk for HIV infection. To combat this, health officials are trying to make **testing** for HIV more available and widespread. 212



## UNIT 7 Sexualities and Social Issues

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47. **Flower Grandma’s Secret**, Susan Wicklund, *Ms.*, Fall 2007  
A **physician** specializing in **reproductive health** and **abortion** is about to go public on national television. She now must visit her grandmother to tell about her medical specialty. The doctor soon discovers that her grandmother has been keeping a long-held secret of her own. 217
48. **Pharmacist Refusals: A Threat to Women’s Health**, Marcia D. Greenberger and Rachel Vogelstein, *Science*, June 10, 2005  
Increasingly, **pharmacists** have refused to fill **prescriptions** for certain drugs which violate their **personal beliefs**. In particular, women seeking prescriptions filled for **birth control pills** and **morning-after pills** have increasingly been turned away. The authors believe that all pharmacies should be required to dispense all drugs regardless of their personal beliefs. 220

<p><b>49. Guess Who's Watching Porn</b>, Monique Polak, <i>Maclean's</i>, June 3, 2008  The <i>Internet</i> has made <i>porn</i> more easily accessible to everyone, including young <i>children</i>. Parents are discovering that their young children are accessing graphic pornography via the Internet. Is this indicative of what has been called the <i>pornification of society</i>?</p>	222
<p><b>50. Porn Panic!</b>, C. Brian Smith, <i>The Advocate</i>, May 2009  The <i>porn industry</i> has new and tougher challenges, including a <i>saturated market</i>, <i>amateur porn stars</i>, and users <i>sharing content</i> from <i>pay sites</i> with <i>internet groups</i>. These are but a few of the new challenges taking a bite out of <i>profits</i> within the porn industry.</p>	226
<p><b>51. Breeder Reaction</b>, Elizabeth Weil, <i>Mother Jones</i>, July/August 2006  The Constitution of the United States identifies the <i>right to procreate</i> as a fundamental human right. Yet there is almost no public policy in the United States regarding <i>reproductive rights</i> and <i>access to reproductive technology</i>. The provocative article discusses this thorny issue; and the results are thought provoking.</p>	230
<p><b>52. Behind the Cloak of Polygamy</b>, Andrea Moore-Emmett, <i>Ms.</i>, Summer 2008  There has been a significant amount of recent media coverage of religious <i>polygamist sects</i> in the United States. Former members of some of these sects recount their experiences with <i>polygamy</i>. This article raises many important concerns including <i>abuse</i> and <i>human rights</i>.</p>	236
<p><b>53. Male Rape Myths: The Role of Gender, Violence, and Sexism</b>, Kristine M. Chapleau, Debra L. Oswald, and Brenda L. Russell, <i>Journal of Interpersonal Violence</i>, May 1, 2008  Do males and females differ in their acceptance of <i>rape myths</i>? What factors impact the acceptance of rape myths? This article reports on research that sheds some light on these issues.</p>	239
<p><b>54. Effects of Sexual Assaults on Men: Physical, Mental, and Sexual Consequences</b>, Richard Tewksbury, <i>International Journal of Men's Health</i>, vol. 6. no. 1, Spring 2007  This interesting article reviews the <i>research literature</i> on the <i>physical, mental, and sexual consequences of sexual assaults on men</i>. This review will provide the reader with an excellent overall understanding of what we know about the effects of <i>sexual assaults</i> on men to date.</p>	247
<p><b>55. Fall Girls</b>, Mark Benjamin, <i>Ms. Magazine</i>, Summer 2008  Mark Benjamin reports on a political scandal involving <i>prostitution</i> and a U.S. senator. <i>Sex workers</i> and <i>clients</i> are often treated differently by the criminal justice system. The consequences of this particular case are especially tragic.</p>	254
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