

Preface

Our goal in creating the Second Canadian Edition of *Understanding Human Sexuality* was to maintain the best features of the highly regarded American textbook while providing a truly Canadian focus. Over the past two decades, *Understanding Human Sexuality* has been widely recognized for its comprehensive and multidisciplinary coverage of a broad range of topics, its commitment to excellent scholarship, and its appeal and accessibility to students. The Second Canadian Edition retains these strengths while incorporating the latest information about a range of sexual topics including the prevention and treatment of AIDS, new methods of contraception, the causes and treatment of sexual disorders, and legal decisions related to the rights of gays and lesbians.

What Is Unique about the Second Canadian Edition of *Understanding Human Sexuality*?

A Commitment to Canadian Content

First and foremost is the Canadian content. There are many ways in which sexuality in Canada is different than sexuality in the United States—whether it's rates of breast-feeding, teenage pregnancy, and STIs; attitudes towards same-sex relationships; or laws regulating sexuality. These differences are

reflected throughout the text—every chapter has significant Canadian content. Thus, students are provided with information that is relevant to their own lives, their own experiences, and their own communities. In keeping with the substantial amount of excellent sexuality research being conducted in Canada, the textbook also highlights Canadian sexuality research and researchers. Professors who reviewed the Second Canadian Edition were extremely positive about the inclusion of Canadian content, enthusiastically praising both the *extent* and *relevance* of Canadian information compared to other texts on the market.

A Focus on Diversity and an Inclusive Approach

Second, in the Second Canadian Edition we have paid special attention to making the text more inclusive. In keeping with the diversity within Canadian society, we use inclusive language that respects diversity and does not assume any particular lifestyle or life choices. Thus, for example, we have substituted “partner” for “spouse,” and we have used language that applies equally to gay, lesbian, bisexual, and heterosexual students. We have also highlighted sexuality in Canadian ethnocultural communities, including the Chinese, South Asian, Caribbean, and First Nations communities, as well as regional differences, such as between Canadians living in Quebec and those living in other provinces.

Canadian Legal Information in Every Chapter

Third, we have incorporated discussion of Canadian laws and Canadian legal issues (formerly Chapter 22, “Sex and the Law”) into each chapter. This includes laws related to homosexuality, sexual assault, child sexual abuse, contraception and abortion, pornography, and prostitution, among others. We have provided a complete list of the sexually related statutes in the Criminal Code of Canada, as well as a history of the evolution of some of these statutes.

Relevant, Engaging Focus Boxes

Fourth, we highlight research and issues of particular interest to Canadian students in each chapter’s Focus boxes. For example, the Second Canadian Edition features Focus boxes on the history of birth control and abortion in Canada, the sexual behaviour of Canadian students on holiday, sexual assault in the Canadian military, the extent to which Canadians have changed their behaviour in response to AIDS, and attitudes of Canadians towards sexual health education. Approximately ten Focus boxes have been extensively updated or are new to this edition.

Integration with PowerWeb

Last but not least, the Second Canadian Edition of *Understanding Human Sexuality* provides icons in the margins that correspond to premium PowerWeb resources available in the password-protected portion of the Online Learning Centre (<http://www.mcgrawhill.ca/college/hyde>). *Web Search* icons provide students with suggestions for further online study using PowerWeb’s Northern Lights search engine. *Web Reading* icons alert students to articles in PowerWeb’s extensive online library.

Plan of the Book

First and foremost, we have tried to keep in mind at all times that students *want* to learn about sexuality and that our job as writers is to help them learn. We have covered topics completely, in as clear a presentation as possible, and have made a special effort to use language that will enlighten rather than intimidate; because students so often know only slang terminology regarding sex, we have included slang terms in parentheses following definitions of scientific sexual terms, to connect the two terminologies.

In the selection and preparation of illustrations for the book, the goal has always been to convey as much information as possible, simply and clearly.

The book assumes no prior university or college courses in biology, psychology, or sociology. It is designed as an introduction following the three major objectives of our own courses in human sexuality:

1. To provide practical information needed for everyday living (information about sexual anatomy, contraception, and sexually transmitted infections, for example) and to deal with problems in sexual functioning (such as erection problems or inability to have an orgasm).
2. To help students feel more comfortable with thinking and talking about sex, both to minimize their own personal anguish about a tension-causing topic and to help them become responsible decision-makers in an important aspect of their lives.
3. To familiarize students with methods used in research on sexuality, and particularly with problems inherent in some of these methods, so that they can read research reports critically and intelligently.

Our own courses are surveys, designed to provide students with a broad range of information about sexuality. Reflecting that approach, this book is intended to be complete and balanced in its coverage, so that students will want to save it after the course for use as a reference in future years.

The background of the Hyde, DeLamater, and Byers team is quite compatible with this interdisciplinary approach. Janet Hyde’s original graduate training was in psychology, with specialties in behaviour genetics and statistics; later her interests expanded to include psychology of women and gender roles. As a result, her expertise is in the biological and psychological viewpoints. John DeLamater’s graduate training was in psychology and sociology, so his expertise includes sociological and cultural viewpoints. Sandra Byers’s graduate training was in clinical psychology. She adds the clinical and Canadian perspectives. The team’s goal has been to cover all aspects of sexuality with integrity.

Nonetheless, for instructors who feel they lack the time to deal with all the material or who are not prepared to cover certain topics, the chapters have been written to be fairly independent. For exam-

ple, any of the following chapters could be omitted without loss of continuity: Chapter 13, “Attraction, Intimacy, and Love”; Chapter 17, “Sexual Coercion”; Chapter 21, “Ethics, Religion, and Sexuality”; and Chapter 22, “Sexuality Education.”

Certainly there are some aspects of sexuality today that are very serious. Nonetheless, it is our belief that, in modern North American culture, we are in danger of taking some aspects of sexuality far too seriously. We may not be serious about it in the same way as were our Victorian ancestors, but we are serious nonetheless—serious about whether we are using the best and most up-to-date sexual techniques, serious about whether our partners are having as many orgasms as possible, and so on. To counteract this tendency, we have tried to use a light touch, with occasional bits of humour, in this book. We are not advocating that we treat sex in a flippant or frivolous manner, or that we ignore serious issues such as STIs and sexual coercion, but rather that we keep it all in perspective and remember that there are some very funny things about sex.

One thing we are serious about is the quality of research. The quality of sex research is highly variable, to put it mildly. Journalists think they are sex researchers if they have interviewed 10 people and written a book about it! We see other sexuality textbooks that cite an article from the local newspaper with equal authority as a refereed journal article from *The New England Journal of Medicine* or *The Journal of Sex Research*—and readers have to do a lot of detective work to find out what the real source is for a statement. We believe that it is our responsibility as textbook authors to sift through available studies and *not* cite all of them, but rather present those that are of the best quality. We are pleased to observe that the quality of sex research improves every decade. In this edition we were able to prune out many studies of lesser quality and rely much more on recent studies that are of excellent quality, in terms of sampling, research design, and measurements.

What’s New in the Second Canadian Edition?

Building on the First Canadian Edition, this new edition provides Canadian data wherever reliable figures are available, features Canadian research and researchers, describes sexuality in the major

Canadian ethnocultural communities, and highlights issues important to Canadian students. An important organizational change in this edition is the dispersal of material from former Chapter 22, “Sex and the Law,” throughout the text so that Canadian law is discussed in conjunction with each major topic. Some of the major content changes and additions to the Second Canadian Edition are as follows:

Chapter 1: Sexuality in Perspective

- Covers Canadian national surveys that contain questions related to sexuality.
- Discusses sexual behaviour for non-sexual purposes among the bonobos.
- Explains the assumptions inherent in the terms “premarital sex” and “extramarital sex.”

Chapter 2: Theoretical Perspectives on Sexuality

- Clarifies psychoanalytic theory regarding girls’ psychosexual development.
- Explains the influence of the Canadian legal system on sexuality, including a listing of sexually related statutes in the Criminal Code of Canada.
- Lists Health Canada’s eight principles to guide health promotion activities related to sexuality.

Chapter 3: Sex Research

- Describes standards for conducting ethical research involving human participants established by SSHRC, NSERC, and CIHR.
- Defines and explains qualitative research, including a description of Eleanor Maticka-Tyndale’s study of exotic dancers.
- Describes Charles Moser’s observational study of S-M parties.

Chapter 4: Sexual Anatomy

- Provides updated information on the link between HPV and cervical cancer.
- Provides updated information on procedures for conducting a pelvic exam.

Chapter 5: Sex Hormones and Sexual Differentiation

- Defines adrenarche.

Chapter 6: Menstruation and Menopause

- Includes the latest research on the effects of hormone replacement therapy.
- Discusses mid-life psychological changes in both men and women.

Chapter 7: Conception, Pregnancy, and Childbirth

- Updates research related to fathers' role in pregnancy.
- Discusses perceptions of breast-feeding in Canadian ethnocultural communities.
- Discusses transmission of HIV during pregnancy, delivery, or after birth through breast milk.
- Describes proposed Canadian legislation to regulate new reproductive technologies.

Chapter 8: Contraception and Abortion

- Covers the history of Canadian legislation regulating contraception and abortion.
- Updates the table on use of various contraceptives around the world, including Canada.
- Describes Lea's contraceptive, the contraceptive sponge, and several methods under development such as the male contraceptive implant, FemCap, the contraceptive patch, vaginal rings, and nonsurgical tubals.
- Updates statistics on the Canadian teenage pregnancy rate and rates of abortion and live births.
- Provides data on Canadian attitudes towards abortion.
- Discusses women's access to abortion across Canada.

Chapter 9: The Physiology of Sexual Response

- Differentiates between physiological and subjective qualities of arousal and orgasm.
- Describes the deep structures of the clitoris and their contribution to arousal.

Chapter 10: Techniques of Arousal and Communication

- Provides examples of effective communication that use gender-neutral names and dialogue that applies equally to heterosexual and same-sex couples.

Chapter 11: Sexuality and the Life Cycle: Childhood and Adolescence

- Offers increased discussion of gay and lesbian youth.
- Discusses adolescent romantic relationships.
- Reviews research investigating difference in teenage pregnancy rates in Canada and four other Western countries.
- Includes Canadian research on the impact of teenage pregnancy on the mother and the child.

Chapter 12: Sexuality and the Life Cycle: Adulthood

- Defines heterosexism.
- Discusses the role of the media in influencing views about what constitutes mature and appropriate sexuality.
- Discusses common-law relationships in Canada.
- Describes recent court decisions regarding the rights and responsibilities of gay and lesbian couples.
- Examines the reasons why people engage in extradyadic sexual behaviour.
- Provides new research on sexual behaviour of older adults.

Chapter 13: Attraction, Intimacy, and Love

- Provides a new section on love styles.
- Makes the connection between love and sex more explicit.

Chapter 14: Gender Roles, Female Sexuality, and Male Sexuality

- Highlights research by Kenneth Zucker on gender identity disorder in children.

Chapter 15: Sexual Orientation: Gay, Straight, or Bi?

- Discusses the impact of homonegativity.
- Examines attitudes of Canadians towards homosexual relationships and equal rights and benefits for homosexuals.
- Describes the history of legislation regarding same-sex sexual behaviour and equal rights and benefits for gays and lesbians.
- Clarifies Freud's views on sexual orientation.

Chapter 16: Variations in Sexual Behaviour

- Offers increased coverage of sexual addictions and compulsions.
- Provides a new Focus box on sex and the Internet.

Chapter 17: Sexual Coercion

- Reorganizes the material on sexual assault.
- Describes historical and current statutes related to sexual assault and child sexual abuse in the Criminal Code of Canada.
- Provides Canadian data on reported cases of child sexual abuse.
- Discusses child sexual abuse in Mount Cashel and in Aboriginal residential schools.
- Includes recidivism rates for Canadian sex offenders.

- Discusses the pros and cons of mandatory notification of the release of sex offenders.
- Offers a new section on the prevention of child sexual abuse.

Chapter 18: Sex for Sale

- Describes Canadian legislation related to prostitution and prostitution-related activities.
- Discusses the issues surrounding the decriminalization of prostitution.
- Describes Canadian law regarding pornography, obscenity, and child pornography.
- Expands coverage of child pornography and the Internet.

Chapter 19: Sexual Disorders and Sex Therapy

- Offers a critique of the conceptualization of sexual pain disorders.
- Describes biomedical therapies for female sexual dysfunction.
- Offers a new Focus box on “A New View of Women’s Sexual Problems.”

Chapter 20: Sexually Transmitted Infections

- Updates data on rates of STIs in Canada.
- Offers a new Focus box on reducing the risk of contracting HIV/AIDS.
- Discusses HIV/AIDS in sub-Saharan Africa.
- Provides updated information on causes of prostatitis.

Chapter 21: Ethics, Religion, and Sexuality

- Discusses ethical issues surrounding clinical trials for an HIV vaccine.
- Covers the ethical issues around the high cost of drugs for treating HIV.
- Describes federal legislation concerning new reproductive technologies.

Chapter 22: Sexuality Education

- Provides the Health Canada definition of healthy sexuality.
- Offers a new Focus box on attitudes towards sexual health education in Canada.
- Discusses home-based sexuality education.
- Discusses sexuality education in the community, including use of the Internet for sexuality education.
- Provides a new Focus box on talking to your children about sexuality.

Instructor Resources

i-Learning Sales Specialist

Your *Integrated Learning Sales Specialist* is a McGraw-Hill Ryerson representative who has the experience, product knowledge, training, and support to help you assess and integrate any of the below-noted products, technology, and services into your course for optimum teaching and learning performance. Whether it’s how to use our test bank software, helping your students improve their grades, or how to put your entire course online, your *i*-Learning Sales Specialist is there to help. Contact your local *i*-Learning Sales Specialist today to learn how to maximize all McGraw-Hill Ryerson resources!

Instructor’s Manual

The Instructor’s Manual, fully adapted to accord with the Second Canadian Edition, provides classroom ideas and contains a lecture outline for each chapter, discussion questions, classroom activities, Internet activities, out-of-class activities, and handouts.

Test Bank and Computerized Test Bank

The Test Bank furnishes more than 3100 questions based on *Understanding Human Sexuality*, Second Canadian Edition.

The test bank is also available electronically in a format that allows instructors to select, edit, and/or write their own questions, print exams, administer network-based tests, collect grades, compile curve averages, generate reports, print a complete copy of the test bank, and more.

The McGraw-Hill Human Sexuality Psychology Image Database, Overhead Transparencies, and CD-ROM

Over 160 images were developed using the best selection of human sexuality art and tables. Instructors can add their own lecture notes to the CD-ROM as well as organize the images to correspond to their particular classroom needs.

Videocases in Human Sexuality

Four 35-minute videotapes contain spontaneous, unrehearsed interviews. A video guide with case vignettes and classroom discussion questions is

also included. Please see your McGraw-Hill Ryerson *i*-Learning Sales Specialist for further information on policy, price, and availability.

The AIDS Booklet

The fourth edition by Frank D. Cox of Santa Barbara City College is a brief but comprehensive introduction to acquired immune deficiency syndrome, which is caused by HIV (human immunodeficiency virus) and related viruses.

Annual Editions—Human Sexuality

Published by Dushkin/McGraw-Hill, this collection of annually updated articles relates to the latest research and thinking in human sexuality. An instructor's guide containing testing materials is also available.

Sources: Notable Selections in Human Sexuality

This is a collection of articles, book excerpts, and research studies that have shaped the study of human sexuality and our understanding of it. The selections are organized topically around major areas of study within human sexuality.

Taking Sides: Clashing Views on Controversial Issues in Human Sexuality

This debate-style reader carefully examines issues with pro and con essays representing the arguments of leading scholars and commentators. An instructor's guide with testing materials is also available.

Online Learning Centre with PowerWeb



<http://www.mcgrawhill.ca/college/hyde>

Visit the *Understanding Human Sexuality*, Second Canadian Edition Online Learning Centre to download the Instructor's Manual and to access additional instructional material. Please contact your *i*-Learning Sales Specialist to obtain the instructor username and password. The Online Learning Centre also provides a gateway to the premium PowerWeb content referenced in the margins of this text with *Web Search* and *Web Reading* icons, putting over 6000 academic articles and a powerful search engine at the fingertips of students and instructors.

Student Resources

Online Learning Centre with PowerWeb



<http://www.mcgrawhill.ca/college/hyde>

Visit the *Understanding Human Sexuality*, Second Canadian Edition Online Learning Centre to take chapter quizzes with immediate feedback, search the text glossary, access web links for each chapter, and more! PowerWeb, a password-protected portion of the site, is also available and is free with all new copies of the text. The password-protected portion provides students with additional articles and helps them with online research by directing them to more than 6000 high-quality academic sources. *Web Search* and *Web Reading* icons in the margins of this text alert students to specific online articles and research suggestions.

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