

# Preface

In our not entirely objective opinion, there is no more exciting course to teach or to take than human sexuality. One of the things that makes it so exciting is the fantastic pace of change we see nearly every day in scientific knowledge, social attitudes, laws, current events, and countless other facets of our lives involving sex. Today we have “friends with benefits” and same-sex marriage. Every year, advances are made in the prevention and treatment of AIDS. New methods of contraception are developed and made available. Viagra bursts on the scene, transforming the sexual experience for thousands of men and their partners, and we wonder what can be done to help women with sexual disorders. Much has changed in the new edition of this textbook as well. At the same time, we have retained the features that instructors and students have praised since the book was first published.

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## Objectives of the Book and the Course

First and foremost, we try 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. This book uses presentational strategies that we have honed in our extensive experience teaching this course over many years. We use language and illustrations that enlighten rather than intimidate, and we convey as much information as possible, simply and clearly. We present the best, most current, and most authoritative scholarship about sexuality in a format that empowers students to make more informed personal choices and to take an educated view of their own and others’ sexuality and the role of sexuality in our society.

The book does not assume that students have taken prior college courses in biology, psychology, or sociology. It is designed as an introduction and

adheres to the four major objectives that guide 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 early ejaculation or inability to have an orgasm).
2. To help students appreciate the fabulous diversity of human sexuality along many dimensions, including age, sexual orientation and identity, ethnicity within the United States (a multiethnic perspective), and culture around the world (a multicultural perspective).
3. To help students feel more at ease with thinking and talking about sex, both to minimize their own personal discomfort with a tension-causing topic and to help them become responsible decision makers in an important aspect of their personal lives and in their roles as citizens and voters.
4. 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, we wrote this book to be both comprehensive and balanced in its coverage, so that students will want to save it for use as a reference in future years. For instructors who lack the time or resources to cover the entire book or who prefer to rearrange the order of topics, we have written all of the chapters to be fairly independent of one another.

Certainly some aspects of sexuality today are very serious. Nonetheless, we believe that, in modern 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 incorporate a light touch, with occasional humor. We hope that this approach will help us all keep things in perspective.

One thing we are serious about is the quality of research. The quality of sex research is highly variable, to put it mildly. Some journalists think they are sex researchers if they have interviewed 10 people and written a book about it! We see other sexuality textbooks that give equal weight to an article from the local newspaper and 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 present only those that are of the best quality and the greatest relevance to this course. We are thrilled to observe that the quality of sex research improves every decade. In this edition we were able to prune away many older 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 10th Edition

A major change in this new edition is that, at the request of many instructors, we have reduced the number of chapters and significantly streamlined the size of the book without sacrificing important content. Previously we had 23 chapters and now we have 20. We removed the chapter on menstruation and menopause; the material on menstruation is now in Chapter 5, Sex Hormones, Sexual Differentiation, Puberty, and the Menstrual Cycle and the material on menopause is now in Chapter 10, Sexuality and the Life Cycle: Adulthood. We eliminated the chapter on techniques of arousal and communication; the material on techniques of arousal now appears in Chapter 8, Sexual Arousal, which also contains all the material (updated) from the old chapter on the physiology of sexual response. The material on communication is covered in Chapter 11, Attraction, Love, and Communication.

In keeping with our focus on top-quality research coverage, we have highlighted some of

the most important new research trends. First and foremost, we discuss cutting-edge research on the biology of sexuality, written so that the average undergraduate can understand it. This coverage includes fMRI studies of brain activity, neuroscience research, and the latest findings in endocrinology. For an example, see the new Focus box, Endocrine Disrupters, in Chapter 5, Sex Hormones, Sexual Differentiation, Puberty, and the Menstrual Cycle. We believe that we can justifiably say that this edition has the best coverage of biology of any text in the field.

The emerging concept of sexual health, as defined by the World Health Organization, is now introduced in Chapter 1. This content can then be used in considering other issues later in the course.

Focus boxes have been reorganized into three themes: Milestones in Sex Research, which features important classic and new studies; First Person, which describes case histories, biographies of individuals who were important in the history of sex research, and personal growth exercises for the student; and A Sexually Diverse World, which covers multicultural studies and studies of sexual minorities.

Important, too, is our extensive updating and integration of Internet issues and Web-based research. See especially the discussion of two-person cybersex in Chapter 8, Sexual Arousal, and on the application of scientific theories by Internet matching services in Chapter 11, Attraction, Love, and Communication.

Following is a brief tour of the highlights of new material in each chapter of *Understanding Human Sexuality*, 10th Edition.

### Chapter 1. Sexuality in Perspective

- New section on sexual health and sexual rights.
- Data on mass media thoroughly updated.

### Chapter 2. Theoretical Perspectives on Sexuality

- Entire chapter streamlined to be more accessible to students.

### Chapter 3. Sex Research

- Streamlined with removal of older material, such as the Bell, Weinberg, and Hammersmith study of homosexuals and heterosexuals.

### Chapter 4. Sexual Anatomy

- Data from the latest international Demographic and Health Surveys on female genital cutting (FGC) added to the Focus box on FGC.

- The latest on circumcision and HIV infection is presented, including halted clinical trials in Kenya and Uganda.
- Information added on the new vaccine against human papillomavirus (HPV) infection and cervical cancer.
- Statistics on cancer and information on treatment have been updated.

### Chapter 5. Sex Hormones, Sexual Differentiation, Puberty, and the Menstrual Cycle

- A new Focus box, Endocrine Disruptors, added with the latest research on environmental pollutants that affect the endocrine system and the behavior of humans and other species.
- Figure 5.5, on the functions of genes linked to sexual differentiation in mammals, updated and expanded. For those teaching a biology-oriented course, or for biologically sophisticated students, the genes are explained and citations to current research on them is provided so that students can pursue this work in more detail. The material is set off in a figure caption so that it can be omitted in courses that do not have a biology focus.
- New terminology for intersex—disorders of sex development—included.
- Material on menstruation streamlined and placed at the end of this chapter.
- Updated Table 5.2 on ages of menarche and other aspects of pubertal development.

### Chapter 6. Conception, Pregnancy, and Childbirth

- Introduces the “pregnancy as silent struggle” perspective, which argues that mother and fetus are in continuing struggle for adequate nourishment and nutrients.
- Updated statistics and discussion of cesarean section deliveries and vaginal birth after cesarean (VBAC).
- Updated coverage of postpartum depression.
- The latest coverage of infertility and new reproductive technologies.

### Chapter 7. Contraception and Abortion

- New data on the economics of contraception added to the introduction.
- Updates from the World Health Organization on contraceptive use—for example, what to do when a pill is missed.
- The latest in developments on male contraception.

### Chapter 8. Sexual Arousal

- Includes material previously covered in chapter on physiology of sexual response, as well as material on techniques of arousal, previously in chapter on arousal and communication.
- In keeping with contemporary trends to modify Masters and Johnson’s model, dropped the distinction between the excitement phase and the plateau phase.
- The latest research on the brain, spinal cord, and sex, including MRI studies.
- Substantially updated discussion of pheromones with new research on humans and other primates.
- New discussion of two-person cybersex.

### Chapter 9. Sexuality and the Life Cycle: Childhood and Adolescence

- Added data from 2002 National Survey of Family Growth (NSFG) and 2005 Youth Risk Behavior Survey (CDC) throughout chapter.
- Added detailed coverage of APA Task Force Report on the Sexualization of Girls.
- Updated statistics on childhood and adolescent sexual experience throughout.
- Updated Focus box on mass media; added new content analyses on sex in the media.

### Chapter 10. Sexuality and the Life Cycle: Adulthood

- Expanded discussion of research on effects of cohabitation on stability of subsequent marriage.
- New research on patterns in couples’ level of sexual desire/lust.
- New research on polyamory.
- New research on sexuality in later life.

### Chapter 11. Attraction, Love, and Communication

- New discussion of the use of scientific theories by Internet matching services.
- Expanded discussion of the theory of evolutionary roots of attraction and mating processes.
- The material on communication, previously in chapter on techniques of arousal and communication, moved to the end of this chapter.

### Chapter 12. Gender and Sexuality

- Research on the media and gender socialization thoroughly updated.

- New research on MRI scans of brains before and during the gender reassignment process.
- New genetic study of transsexuals added.
- The latest on controversies about the treatment of gender identity disorder discussed.

### Chapter 13. Sexual Orientation: Gay, Straight, or Bi?

- New data on gay men and lesbians in civil unions.
- All statistics on attitudes and behaviors thoroughly updated.
- New research on the genetics of sexual orientation.
- Section on psychoanalytic theory deleted in response to instructors' recommendations.
- New research on differences between gay men and lesbians.

### Chapter 14. Variations in Sexual Behavior

- Added discussion of Bancroft and colleagues' high-arousal, low-inhibition perspective on variations.
- New section on asexuality.

### Chapter 15. Sexual Coercion

- Updated statistics on rape, marital rape, and sexual harassment.

### Chapter 16. Sex for Sale

- Added coverage of live sex shows.
- Added discussion of sex industry efforts to upgrade its legitimacy by forming Chamber of Commerce.
- New data from Kinsey Institute survey of users of pornography added (Table 16.2).

### Chapter 17. Sexual Disorders and Sex Therapy

- The New View of Women's Sexual Problems (Tiefer, Basson) explained and integrated throughout (e.g., the concept of "responsive desire" added in the section on desire disorders).
- New Focus: First Person, on a case of low sexual desire, which illustrates an application of the New View.
- The concept of sexual health, introduced in Chapter 1, is revisited in the section on practical advice for preventing sexual disorders and in a Question for Thought, Discussion, and Debate.

### Chapter 18. Sexually Transmitted Infections

- Statistics updated throughout.
- The latest research on HPV, including high-risk and low-risk types, as well as the HPV vaccine.

- New data on the prevalence of HSV-2 and HSV-1 infection in the United States.
- Scientific advances regarding genes that confer resistance to HIV infection.
- The latest developments in microbicides.

### Chapter 19. Ethics, Religion, and Sexuality

- Discussion of Buddhism expanded to include a new discussion of Tantric Buddhism.
- Focus: Dissent over Sexual Ethics in the Roman Catholic Church has been updated.
- Data on attitudes about abortion updated.
- Section on religious positions on homosexuality updated and reorganized into rejectionist, love-the-sinner-but-hate-the-sin, and full acceptance.
- Statements by religions updated and Web sites provided when available.

### Chapter 20. Sex and the Law

- Updated Table 20.2, Americans' Attitudes toward Gay Rights.
- Updated coverage of gays in the armed forces.
- Discussion of activities by owners of adult-oriented businesses to counter attempts to enforce sex laws.
- Added coverage of effects of parental consent requirements on teen abortion rates.

### Epilogue. Looking to the Future: Sexuality Education

- Enhanced coverage of Canadian research on sexuality education.
- Revised discussion of guidelines of the Sexuality Information and Education Council of the United States (SIECUS) to reflect changes made by SIECUS.
- Completely rewritten discussion of sex education curricula and research on effectiveness.
- Material streamlined considerably.

## Resources for Instructors and Students

A number of supplementary materials are available for learning and extending the concepts of the book. Please contact your local McGraw-Hill representative for details concerning policies, prices, and availability as some restrictions may apply.

SexSource Online, a resource for instructors and students using McGraw-Hill human sexuality textbooks, provides more than 60 high-quality

educational video clips carefully chosen by instructors and researchers to illustrate core concepts in human sexuality. Each clip is accompanied by postviewing questions that can be used to generate in-class discussion or completed independently by students. For courses taught wholly online or those supported by course Web sites, the content is fully integrated within course management cartridges, complete with suggested assessment items for instructional use.

## Supplements for the Instructor

The supplements listed here accompany *Understanding Human Sexuality*, 10th Edition. Please contact your McGraw-Hill representative for more information.

### Instructor's Edition

The Instructor's Edition was prepared by Janet Hyde and John DeLamater. It is based on their experience conducting workshops on the teaching of human sexuality at the conference of the Society for the Scientific Study of Sexuality over the past 12 years, and teaching classes of all sizes at the University of Wisconsin–Madison. It contains tips and techniques for leading discussions, introducing difficult topics, and encouraging group work, along with many other useful strategies for new or experienced instructors. The authors welcome feedback on this new instructional resource. Please send comments to Janet Hyde (jshyde@wisc.edu).

### Online Learning Center for Instructors

This extensive Web site, designed specifically to accompany *Understanding Human Sexuality*, 10th Edition, offers an array of resources for both instructor and student. Among the features included on the instructor's side of the Web site, which is password protected, are downloadable versions of the Instructor's Manual, PowerPoint slides, CPS Questions, and Test Bank files. These resources and more can be found by logging on to the text site at [www.mhhe.hyde10](http://www.mhhe.hyde10). Contact your McGraw-Hill representative for your instructor password.

### Instructor's Manual

Written by Sylvester Allred, Northern Arizona University, the Instructor's Manual includes chapter outlines, lecture topics and suggestions, ideas for classroom activities and demonstrations, ques-

tions for use in classroom discussions, ideas for student research papers, and lists of current research articles. New to this edition are suggested discussion topics and activities to help instructors incorporate the material on SexSource into classroom instruction. The manual is organized by chapter and has been designed to assist instructors new to the teaching of human sexuality as well as more experienced professors.

### Test Bank and Dual Platform Computerized Test Bank

Written by Lisa Wade, Occidental College, this comprehensive Test Bank includes more than 1,700 multiple-choice questions, as well as more than 100 essay questions. The test questions are organized by chapter and are designed to test factual, applied, and conceptual understanding. Questions on SexSource video clips are also included.

All questions in the Test Bank are compatible with EZ Test, McGraw-Hill's flexible and easy-to-use electronic testing program. The program allows instructors to create tests from book-specific items and accommodates a wide range of question types; instructors may also add their own questions. Multiple versions of the test can be created, and any test can be exported for use with course management systems such as WebCT or BlackBoard. The program is available for Windows and Macintosh environments. **EZ Test Online** is a new service that gives you a way to easily administer your EZ Test–created exams and quizzes online.

### PowerPoint Presentations

Developed by Valerie Smith, Coast Community College District, Central Park Campus, these presentations cover the key points of the chapter and include charts and graphs from the text where relevant. They can be used as is or modified to meet your specific needs.

### Classroom Performance System (CPS) by eInstruction

This revolutionary system brings ultimate interactivity to the lecture hall or classroom. It is a wireless electronic response system that gives the instructor and students immediate feedback from the entire class. Questions specific to this text, written by Lance Jones at Bowling Green State University, include class-tested polling questions, designed to prompt self-reflection and class discussion. CPS is also a superb way to give interactive quizzes, test understanding, and take attendance.

### Annual Editions: Human Sexuality

This McGraw-Hill publication offers articles on topics related to the latest research and thinking in human sexuality from more than 300 public press sources. These editions are updated annually and contain helpful features such as a topic guide, an annotated table of contents, unit overviews, and a topical index. An Instructor's Guide containing assessment 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 contemporary understanding of it. The selections are organized topically around major areas of study within human sexuality. Each selection is preceded by a headnote that establishes the relevance of the article or study and provides biographical information on the author.

### Taking Sides: Clashing Views on Controversial Issues in Human Sexuality

This debate-style reader introduces students to controversial viewpoints on the field's most crucial issues. Each topic is carefully framed for the students, and the pro and con essays represent the arguments of leading scholars and commentators in their fields. An Instructor's Guide containing testing materials is also available.

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## Supplements for the Student

### Online Learning Center

This extensive Web site, created by Kim Foreman and designed specifically to accompany *Understanding Human Sexuality*, 10th Edition, offers an array of learning tools to support student comprehension and reflection. Included on the student side of the Online Learning Center are chapter outlines, learning objectives, matching exercises for key terms, quiz questions, and Web links for each chapter. These resources and more can be found by logging on to the text site at [www.mhhe.com/hyde10](http://www.mhhe.com/hyde10).

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We love teaching our human sexuality courses, and we've loved writing this text. We hope you will enjoy reading it, learning from it, and teaching with it.

Janet Shibley Hyde

John D. DeLamater