Contents

Preface xv

CHAPTER 1 Sexuality in Perspective 1

Sex and Gender 2

The History of Understanding Sexuality: Religion and Science 3 Religion • Science

The Media 6

Cross-Cultural Perspectives on Sexuality 7 Variations in Sexual Techniques

A Sexually Diverse World: Sexuality in Three Societies 9

Masturbation • Premarital and Extramarital Sex • Sex with Same-Gender Partners • Standards of Attractiveness • Social-Class and Ethnic-Group Variations in the United States • The Significance of Cross-Cultural Studies

A Sexually Diverse World: Sex in China 16

Cross-Species Perspectives on Sexuality 18 Masturbation • Same-Gender Sexual Behavior • Sexual Signaling • Human Uniqueness • The Nonsexual Uses of Sexual Behavior

The Sexual Health Perspective 20

Summary 20

Questions for Thought, Discussion, and Debate 21

Suggestions for Further Reading 21

CHAPTER 2

Theoretical Perspectives on Sexuality 22

Evolutionary Perspectives 23

Sociobiology • Evolutionary Psychology

Psychological Theories 26 Psychoanalytic Theory • Learning Theory • Social Exchange Theory

A Sexually Diverse World: Learning Theory and Sexual Orientation in a Non-Western Society 31 Cognitive Theory

Sociological Perspectives 34 The Influence of Society • Social Institutions • Symbolic Interaction Theory • Sexual Scripts • The Social Importance of Sexuality

Summary 39

Questions for Thought, Discussion, and Debate39Suggestions for Further Reading39

CHAPTER 3

Sex Research 40

Issues in Sex Research 41

Sampling • Accuracy of Self-Reports of Sexual Behavior • Interviews versus Questionnaires • Self-Reports versus Direct Observations • Extraneous Factors • Ethical Issues

The Major Sex Surveys46The Kinsey Report

Milestones in Sex Research: Alfred C. Kinsev 48

The NHSLS • Sexual Behavior in Britain and Australia • A Sex Survey of African American and Hispanic Youth • Magazine Surveys

Studies of Special Populations 52

Web-based Surveys 52

Media Content Analysis 53

Laboratory Studies Using Direct Observations 54 Masters and Johnson: The Physiology of Sexual Response

Qualitative Methods 56

Participant-Observer Studies 56

Experiments 57

Statistical Concepts 58 Average • Variability • Average versus Normal • Incidence versus Frequency • Correlation

Summary 60

Questions for Thought, Discussion, and Debate 61

Suggestions for Further Reading 61

CHAPTER 4

Sexual Anatomy 62

Female Sexual Organs 63 External Organs

A Sexually Diverse World: Female Genital Cutting 66 Internal Organs • The Breasts

Male Sexual Organs 72 External Organs • Internal Organs

Cancer of the Sex Organs 76 Breast Cancer

First Person: The Pelvic Exam 78 Cancer of the Cervix, Endometrium, and Ovaries • Cancer of the Prostate

First Person: Testicular Examination 81 Cancer of the Testes

Summary 82

Questions for Thought, Discussion, and Debate 83

Suggestions for Further Reading 83

CHAPTER 5

Sex Hormones, Sexual Differentiation, and the Menstrual Cycle 84

Sex Hormones 85

Sex Hormone Systems in Males • Sex Hormone Systems in Females

Prenatal Sexual Differentiation 87

Sex Chromosomes • Gonads • Prenatal Hormones and the Genitals • Descent of the Testes and Ovaries

Milestones in Sex Research: Endocrine Disrupters 90

Brain Differentiation • Homologous Organs • Atypical Prenatal Gender Differentiation

Sexual Differentiation during Puberty 93

A Sexually Diverse World: The Debate over the Treatment of Intersex Individuals 94 Changes in Girls • Changes in Boys

The Menstrual Cycle99Biology of the Menstrual Cycle• MenstrualProblems• Psychological Aspects of theMenstrual Cycle• Cycles in Men

Summary 107

Questions for Thought, Discussion, and Debate 108

Suggestions for Further Reading 109

CHAPTER 6

Conception, Pregnancy, and Childbirth 110

Conception 111 Sperm Meets Egg: The Incredible Journey • Improving the Chances of Conception: Making a Baby

Development of the Conceptus 114 The Embryo and Its Support Systems • Fetal Development

Pregnancy 116

The Stages of Pregnancy • Sex during Pregnancy • Nutrition during Pregnancy • Effects of Substances Taken during Pregnancy

Birth 125

The Beginning of Labor • The Stages of Labor • Cesarean Section (C-Section) • Childbirth Options

After the Baby Is Born: The Postpartum Period 130

Physical Changes • Psychological Changes • Attachment to the Baby • Sex during Postpartum

Breast-Feeding 132 Biological Mechan

Biological Mechanisms • Physical and Mental Health Problem Pregnancies133Ectopic Pregnancy• Pseudocyesis(False Pregnancy)• Pregnancy-InducedHypertension• Viral Illness duringPregnancy• Birth Defects• RhIncompatibility• Miscarriage (SpontaneousAbortion)• Preterm Birth

Infertility 136

Causes of Infertility • Psychological Aspects of Infertility • Treatment of Infertility

New Reproductive Technologies 138 Artificial Insemination • Sperm Banks • Embryo Transfer • Test-Tube Babies • GIFT • Reproductive Cloning • Gender Selection

Summary 142

Questions for Thought, Discussion, and Debate 143

Suggestions for Further Reading 143

CHAPTER 7

Contraception and Abortion 144

Hormonal Methods 145 The Combination Pill

First Person: Margaret Sanger— Birth Control Pioneer 148 Other Kinds of Pills • The Patch • The Vaginal Ring • Emergency Contraception • Implants • Depo-Provera Injections

The IUD 152

Diaphragms, Caps, and the Sponge 153 The Diaphragm • FemCap and Lea's Shield • The Sponge

Condoms 155 The Male Condom • The Female Condom

Spermicides 159

Douching 160

Withdrawal 160

Fertility Awareness (Rhythm) Methods 161 The Calendar Method • The Standard

Days Method • The Basal Body Temperature Method • The Cervical Mucus (Ovulation) Method • The Sympto-Thermal Method • Home Ovulation Tests

Sterilization 163 Male Sterilization • Female Sterilization

Psychological Aspects: Attitudes toward Contraception 165 Milestones in Sex Research: History of the Development of Sophisticated Methods of Contraception 166

Abortion 167 Abortion Procedures • Psychological Aspects • Men and Abortion

New Advances in Contraception 171 Male Methods • Female Methods

A Sexually Diverse World: Abortion in Cross-Cultural Perspective 172

Summary 174

Questions for Thought, Discussion, and Debate 175

Suggestions for Further Reading 175

CHAPTER 8 Sexual Arousal 176

The Sexual Response Cycle177ExcitementOrgasm• More on Women's Orgasms

Other Models of Sexual Response 182 *Kaplan's Triphasic Model* • *The Sexual Excitation-Inhibition Model*

First Person:

William Masters and Virginia Johnson 184 Emotion and Arousal

Neural and Hormonal Bases of Arousal 186 *The Brain, the Spinal Cord, and Sex*

A Sexually Diverse World: Sexuality and Disability 188 Brain Control of Sexual Response • Hormones and Sex

Milestones in Sex Research: Mapping the Sexual Brain 192 Sex Offenders—Castration or Incarceration?

Pheromones 195

Sexual Techniques 197 Erogenous Zones • One-Person Sex • Two-Person Sex • Aphrodisiacs

First Person: The Protestant Ethic: Sex as Work 210

First Person: A Personal Growth Exercise— Getting to Know Your Own Body 211 Exceptional Sex

Summary 212

Questions for Thought, Discussion, and Debate 213

Suggestions for Further Reading 213

CHAPTER 9

Sexuality and the Life Cycle: Childhood and Adolescence 214

Data Sources 215

Infancy (0 to 2 Years) 216 Self-Stimulation • Infant-Infant Sexual Encounters • Nongenital Sensual Experiences • Attachment • Knowing about Boy-Girl Differences

Early Childhood (3 to 7 Years) 217 Masturbation • Heterosexual Behavior • Same-Gender Sexual Behavior • Sex Knowledge and Interests

Preadolescence (8 to 12 Years) 219

Masturbation • Heterosexual Behavior • Same-Gender Sexual Behavior • Dating and Romantic Relationships • Sexualization of Children

Adolescence (13 to 19 Years) 222 Masturbation

Milestones in Sex Research: The Impact of the Mass Media on Adolescent Sexuality 224

Same-Gender Sexual Behavior • Heterosexual Behavior

Premarital Sex 227

How Many People Have Premarital Intercourse? • First Intercourse • Premarital Sex with a Prostitute • Techniques in Premarital Sex • Attitudes toward Premarital Intercourse • Motives for Having Premarital Intercourse

Milestones in Sex Research: Teen Pregnancy and Parenthood 232

Dating or Friends with Benefits • Internet Use, Risk, and Sexting

How Sexuality Aids in Development 236

Summary 238

Questions for Thought, Discussion, and Debate 238

Suggestions for Further Reading 239

CHAPTER 10

Sexuality and the Life Cycle: Adulthood 240

Sex and the Single Person 241 Sexual Unfolding • The Never Married • Being Single

Cohabitation 244

Marital Relationships 244 Frequency of Marital Intercourse • Techniques of Marital Sex • Negotiating Sex • Masturbation in Marriage • Satisfaction with Marital Sex • Sexual Patterns in Marriage • Sex and the Two-Career Family • Keeping Your Mate Extramarital Sex 250 How Many People Engage in Extramarital Sex? • Attitudes toward Extramarital Sex • Swinging • Internet Infidelity • Equity and Extramarital Sex • Evolution and Extramarital Sex • Polyamory Postmarital Sex 255 The Divorced and the Widowed Sex and Seniors 256 *Physical Changes in Women* • *Changes*

in Men • Attitudes about Sex and the Elderly • Sexual Behavior of the Elderly

Summary 262

Questions for Thought, Discussion, and Debate263Suggestions for Further Reading263

CHAPTER 11

Attraction, Love, and Communication 264

Attraction 265

The Girl Next Door • Birds of a Feather • Physical Attractiveness • The Interpersonal Marketplace • From the Laboratory to Real Life • Attraction Online • Explaining Our Preferences

Intimacy 270

Defining Intimacy • Intimacy and Self-Disclosure • Measuring Intimacy

Love 272

Triangular Theory of Love • *Attachment Theory of Love* • *Love as a Story*

Milestones in Sex Research: Jealousy 276 The Biology of Love

Research on Love 279 Measuring Love • Love and Adrenaline • Cross-Cultural Research

Communication 283

Communication and Relationships • Being an Effective Communicator

Х

A Sexually Diverse World: Gender Differences in Communication 285 Fighting Fair

First Person: How Solid Is Your Relationship? 290 Checking Out Sexy Signals

Summary 291

Questions for Thought, Discussion, and Debate 292

Suggestions for Further Reading 292

CHAPTER 12 Gender and Sexuality 293

Gender Roles and Stereotypes294Gender Roles and Ethnicity• Socialization

Psychological Gender Differences 298

Gender Differences in Sexuality 298

Masturbation • Attitudes about Casual Sex • Use of Pornography • Arousal to Erotica • Orgasm Consistency • Sex Drive

Why the Differences? 301 Are the Differences Bogus? • Biological Factors • Cultural Factors • Other Factors

A Sexually Diverse World: Male Sexuality 304

Beyond the Young Adults 305

Transsexualism 306 The Gender-Reassignment Process • What Causes Transsexualism? • Other Issues •

Summary 311

Questions for Thought, Discussion, and Debate 312

Criticisms of Gender-Reassignment Surgery

Suggestions for Further Reading 312

CHAPTER 13 Sexual Orientation: Gay, Straight, or Bi? 313

Attitudes toward Gays and Lesbians 314 Attitudes • Gays and Lesbians as a Minority Group

Life Experiences of LGBs 318

Coming Out • Lesbian, Gay, and Bisexual Communities • Gay and Lesbian Relationships

Milestones in Sex Research: The Ethics of Sex Research: The Tearoom Trade 321

First Person: A Gay Couple: Lee and Bob 322 Lesbian and Gay Families

How Many People Are Gay, Straight, or Bi? 324

Sexual Orientation and Mental Health 325 Sin and the Medical Model • Research Evidence • Can Sexual Orientation Be Changed by Therapy?

Why Do People Become Homosexual or Heterosexual? 327 Biological Theories • Learning Theory •

Interactionist Theory • Sociological Theory • The Bottom Line

Differences between Gay Men and Lesbians 332

Sexual Orientation in Multicultural Perspective 332

A Sexually Diverse World: Ritualized Homosexuality in Melanesia 333

Bisexuality 335 Bisexual Development

First Person: Bisexual Tendencies 336

Summary 337

Questions for Thought, Discussion, and Debate 338

Suggestions for Further Reading 338

CHAPTER 14 Variations in Sexual Behavior 339

When Is Sexual Behavior Abnormal? 340 Defining Abnormal • The Normal-Abnormal Continuum

Fetishism 341 Media Fetishes and Form Fetishes

First Person: A Case History of a Shoe Fetishist 342

Why Do People Become Fetishists?

Transvestism 343

Sadism and Masochism 345 Definitions • Sadomasochistic Behavior

Milestones in Sex Research: Sexual Addictions? 346

Causes of Sadomasochism • Bondage and Discipline • Dominance and Submission

Voyeurism and Exhibitionism 350 Voyeurism • Exhibitionism

Hypersexuality and Asexuality 352 Hypersexuality • Asexuality

Cybersex Use and Abuse 354

Other Sexual Variations 355 Asphyxiophilia • Zoophilia • Other Variations

Prevention of Sexual Variations 357

Treatment of Sexual Variations 359 Medical Treatments • Skills Training • AA-Type 12-Step Programs • What Works?

Summary 362

Questions for Thought, Discussion, and Debate 363

Suggestions for Further Reading 363

CHAPTER 15

Sexual Coercion 364

Rape 365

Statistics • The Impact of Rape

First Person: A Date-Rape Victim Tells Her Story 366

First Person: How Can Friends Help a Rape Victim? 368

Date Rape • Marital Rape • Causes of Rape

Milestones in Sex Research: Fraternity Gang Rape 371

Rapists • Men as Victims of Rape • Prison Rape • Ethnicity and Rape • Preventing Rape

Child Sexual Abuse 375

Patterns of Child Sexual Abuse • Patterns of Incest • Impact on the Victim • The Offenders

Milestones in Sex Research: False Memory Syndrome? Recovered Memory? 378

Sexual Harassment 380

Sexual Harassment at Work • Sexual Harassment in Education: An A for a Lay • Doctor-Patient Sex

Summary 383

Questions for Thought, Discussion, and Debate 384

Suggestions for Further Reading 384

CHAPTER 16

Sex for Sale 385

Prostitution 386

Venues for Sex Work • The Role of Third Parties • The Career of a Sex Worker • Sex Workers' Well-Being • The Role of Early Abuse • Customers • Male Sex Workers • Sex Tourism

Pornography392TermsTypes of Pornography

First Person: Behind the Scenes: Making X-Rated Videos 394

First Person: Ernie: A Pedophile and Child Pornographer 399

The Customers • Feminist Objections to Pornography • The Effects of Pornography • What Is the Solution?

Summary 405

Questions for Thought, Discussion, and Debate405Suggestions for Further Reading406

CHAPTER 17 Sexual Disorders and Sex Therapy 407

Kinds of Sexual Disorders 408

Desire Disorders • Arousal Disorders • Orgasmic Disorders • Pain Disorders

What Causes Sexual Disorders? 412

Physical Causes • Drugs • Psychological Causes • Combined Cognitive and Physiological Factors • Interpersonal Factors • A New View of Women's Sexual Problems and Their Causes

Therapies for Sexual Disorders 420 Behavior Theraphy

First Person: A Case of Low Sexual Desire 421

Cognitive-Behavioral Therapy • Couple Therapy • Sex Therapy Online • Specific Treatments for Specific Problems • Biomedical Therapies

Critiques of Sex Therapy 427

Some Practical Information 429

Avoiding Sexual Disorders • Choosing a Sex Therapist

Summary 430

Questions for Thought, Discussion, and Debate430Suggestions for Further Reading430

CHAPTER 18 Sexually Transmitted Infections 431

Chlamydia 432

Symptoms • Treatment • Prevention?

HPV 433 Diagnosis • Treatment • Vaccine

Genital Herpes 435 Symptoms • Treatment • Long-Term Consequences • Psychological Aspects: Coping with Herpes

HIV Infection and AIDS 436 An Epidemic? • Transmission

A Sexually Diverse World: AIDS in Thailand 437

The Virus • The Disease • Diagnosis • Treatment • Women, Children, Ethnic Minorities, and AIDS

First Person: An HIV-Positive Man Tells His Story 442 Psychological Considerations in AIDS • Recent Progress in AIDS Research

Gonorrhea 445 Symptoms

First Person: Safer Sex in the AIDS Era 446 Diagnosis • Treatment

Syphilis 447 Symptoms • Diagnosis • Treatment

Viral Hepatitis 449

Trichomoniasis 449

Pubic Lice 450

Preventing STIs 450

First Person: Cool Lines about Safer Sex 451

Other Genital Infections 452 Monilia • Prostatitis

Summary 452

Questions for Thought, Discussion, and Debate 453

Suggestions for Further Reading 453

CHAPTER 19 Ethics, Religion, and Sexuality 454

Basic Concepts 455

Sexuality in Great Ethical Traditions 456 Classical Greek Philosophy • Judaism • Christianity • Humanism

Sexuality in Other Major Religions 461 Islam

A Sexually Diverse World: Dissent over Sexual Ethics in the Roman Catholic Church 462 *Hinduism* • Buddhism Contemporary Issues in Sexual Ethics 466 Sex outside Marriage • Contraception • Abortion • Homosexuality

A Sexually Diverse World: Religious Position Statements on Abortion: Pro-life versus Pro-choice 470 *HIV and AIDS*

Technology and Sexual Ethics 475

Toward an Ethics of Human Sexuality 476

Summary 477

Questions for Thought, Discussion, and Debate 478

Suggestions for Further Reading 479

CHAPTER 20

Sex and the Law 480

Why Are There Sex Laws? 481

What Kinds of Sex Laws Are There? 482 Crimes of Exploitation and Force • Criminal Consensual Acts

A Sexually Diverse World: Universal Sexual Rights 485 Crimes against Good Taste • Crimes against Reproduction • Criminal Commercial Sex

Sex-Law Enforcement 490

Trends in Sex-Law Reform490Efforts at Sex-Law Reform• Right toPrivacy• Equal Protection• VictimlessCrimes• The Problem of Obscenity andPornography• The Controversy overReproductive Freedom• Ethnicity and SexLaws

Sex and the Law in the Future 499

Sex-Law Reform and Backlash • The Legal Challenge of New Reproductive Technologies

Milestones in Sex Research: AIDS and the Law 502

Summary 505

Questions for Thought, Discussion, and Debate 506

Suggestions for Further Reading 506

EPILOGUE

Looking to the Future: Sexuality Education 507

In the Home, in the School, or Somewhere Else? 507

Purposes of Sexuality Education 509

What to Teach at Different Ages 509 Children's Sexual Knowledge • Children's Sexual Interests

The Curriculum 511 Abstinence-only Programs

A Sampling from a Comprehensive Sexuality Education Curriculum 512

The Politics of Sexuality Education • HIV and AIDS Risk Education • Comprehensive, Theoretically Based Programs The Teacher 515 Condom Distribution 515 Effective Multicultural Sexuality Education 516

Bibliography 519 Glossary 567 Acknowledgments 577 Index 581