

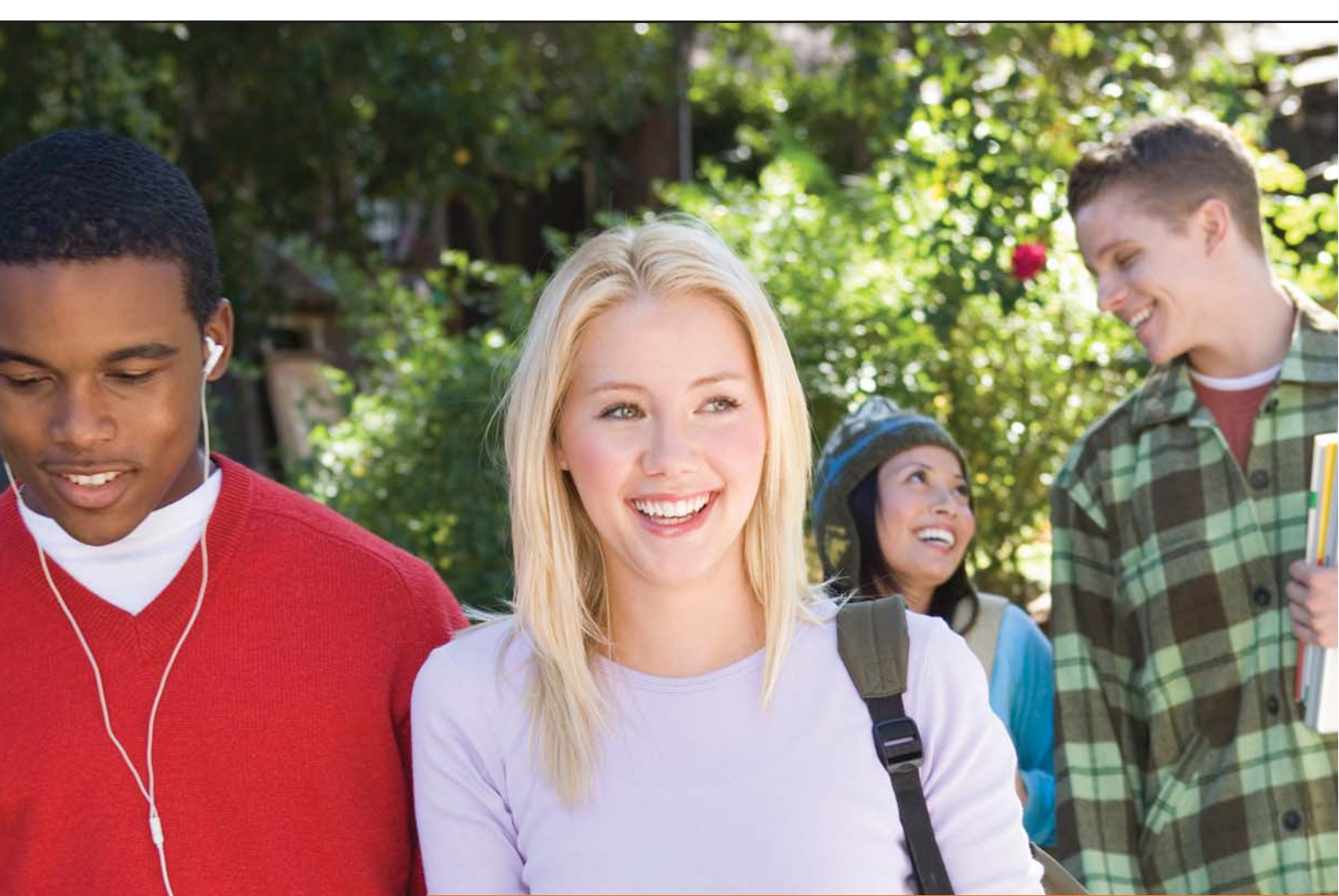
Ninth Edition

Human Sexuality

in a World of Diversity

Spencer A. Rathus • Jeffrey S. Nevid • Lois Fichner-Rathus





Why Do You Need This New Edition?

10 good reasons why you should buy this new edition of *Human Sexuality in a World of Diversity!*

- 1 Thorough updating of **new scientific developments** in the field throughout the text.
- 2 The new “*My Life, My Sexuality*” personalizes the study of human sexuality by encouraging students to reflect upon their own feelings, beliefs, and experiences and to think critically about topics discussed in the text.
- 3 **Integration** of print and digital media through use of QR codes in text that directly link students to online resources, including related videos and “*My Life, My Sexuality*” features.
- 4 **New pedagogical features** that support student learning and encourage critical thinking, including new learning objectives and a new review summary for each chapter.
- 5 Coverage of **new topics** such as surgical restoration of virginity prior to marriage, the relationship between intelligence and semen quality, the sexual appeal of the color red, and many others.
- 6 **Updated coverage of topics** such as **gender differences** (or, should we say, similarities?) in math ability, research reporting that boys and girls show visual preferences for gender-typed toys (trucks and dolls) at the ages of 3 to 8 months, and many others.
- 7 Twenty new “*Closer Look*” and “*World of Diversity*” boxed features.
- 8 **New *Real Students—Real Questions*** boxed features throughout the text.
- 9 **New case studies**, including Penn State child sexual abuse scandal involving Jerry Sandusky, Joe Paterno, and university officials, and 2012 Secret Service scandal involving prostitutes in Colombia.
- 10 This edition is accompanied by the **new *MyDevelopmentLab Video Series for Human Sexuality***, which contains over 125 clips that the most recent research, science, and applications in human sexuality.

This page intentionally left blank

Human Sexuality

in a World of Diversity



Ninth Edition

Human Sexuality

in a World of Diversity

Spencer A. Rathus

The College of New Jersey

Jeffrey S. Nevid

St. John's University

Lois Fichner-Rathus

The College of New Jersey

PEARSON

Boston Columbus Indianapolis New York San Francisco Upper Saddle River
Amsterdam Cape Town Dubai London Madrid Milan Munich Paris Montréal Toronto
Delhi Mexico City São Paulo Sydney Hong Kong Seoul Singapore Taipei Tokyo

Editorial Director: *Craig Campanella*
Editor in Chief: *Jessica Mosher*
Acquisitions Editor: *Amber Chow*
Editorial Assistant: *Alexis Rodriguez*
VP, Director of Marketing: *Brandy Dawson*
Marketing Manager: *Jeremy Intal*
Marketing Assistant: *Frank Alarcon*
Director of Production: *Lisa Iarkowski*
Managing Editor: *Denise Forlow*
Project Manager, Production: *Shelly Kupperman*
Operations Supervisor: *Mary Fischer*
Operations Specialist: *Diane Peirano*

Creative Design Director: *Leslie Osber*
Interior/Cover Design: *Wanda Espana / Wee Design Group*
Digital Media Editor: *Amy Trudell*
Digital Media Project Manager: *Caitlin Smith*
Director of Development: *Sharon Geary*
Development Editor: *LeeAnn Doherty*
Full-Service Project Management: *GEX Publishing Services*
Printer/Binder: *Courier/Kendallville*
Cover Printer: *Lehigh-Phoenix Color/Hagerstown*
Cover Image: © *Blasius Erlinger/zefa/Corbis/Glow Images*
Text Font: *Sabon LT Std 10.25/13*

Credits and acknowledgments borrowed from other sources and reproduced, with permission, in this textbook appear on the appropriate page of appearance.

Copyright © 2014, 2011, 2008 by Pearson Education, Inc. All rights reserved. Printed in the United States of America. This publication is protected by Copyright and permission should be obtained from the publisher prior to any prohibited reproduction, storage in a retrieval system, or transmission in any form or by any means, electronic, mechanical, photocopying, recording, or likewise. To obtain permission(s) to use material from this work, please submit a written request to Pearson Education, Inc., Permissions Department, One Lake Street, Upper Saddle River, New Jersey 07458 or you may fax your request to 201-236-3290.

Library of Congress Cataloging-in-Publication Data

Rathus, Spencer A.

Human sexuality in a world of diversity / Spencer A. Rathus, Jeffrey S. Nevid, Lois Fichner-Rathus.—Ninth Edition.
pages cm

ISBN-13: 978-0-205-90946-9 (hbk. : student edition)

ISBN-10: 0-205-90946-9 (hbk. : student edition)

ISBN-10: 0-205-95533-9 (pbk. : student edition)

ISBN-13: 978-0-205-95533-6 (pbk. : student edition)

[etc.]

1. Sex. I. Nevid, Jeffrey S. II. Fichner-Rathus, Lois, 1953-III. Title.

HQ21.R23 2014

306.7—dc23

2012047345

10 9 8 7 6 5 4 3 2 1

PEARSON

Student Edition (casebound) ISBN-10: 0-205-90946-9
ISBN-13: 978-0-205-90946-9
Student Edition (paperback) ISBN-10: 0-205-95533-9
ISBN-13: 978-0-205-95533-6
Books á la Carte ISBN-10: 0-205-95227-5
ISBN-13: 978-0-205-95227-4

Dedication



Dedicated with love to our children, Taylor Lane Rathus and Michael Zev Nevid, who were born at the time the first edition of this book was written.



Brief Contents

- 1** What Is Human Sexuality xxvi
- 2** Research Methods in Human Sexuality 30
- 3** Female Sexual Anatomy and Physiology 54
- 4** Male Sexual Anatomy and Physiology 94
- 5** Sexual Arousal and Response 122
- 6** Gender Identity, Gender Roles, and Gender Differences 152
- 7** Attraction and Love—Binding Forces 184
- 8** Relationships and Communication 208
- 9** Sexual Behaviors and Fantasies 230
- 10** Sexual Orientation 258
- 11** Conception, Pregnancy, and Childbirth 290
- 12** Contraception and Abortion 334
- 13** Sexuality in Childhood and Adolescence 372
- 14** Sexuality in Adulthood 398
- 15** Sexual Dysfunctions 434
- 16** Sexually Transmitted Infections 468
- 17** Atypical Sexual Variations 504
- 18** Sexual Coercion 532
- 19** Commercial Sex 566

Contents

Feature Boxes xvii

Preface xix

1 What Is Human Sexuality? xxvi



Learning Objectives xxvi

The Science of Human Sexuality? 4

The Study of Human Sexuality 4

Sexuality and Values 4

Value Systems for Making Sexual Decisions 5

Thinking Critically about Human Sexuality 8

Principles of Critical Thinking 9

A Closer Look ▶ *The National Survey of Sexual Health and Behavior: Who Does What with Whom?* 10

Perspectives on Human Sexuality 11

The Historical Perspective 11

The Biological Perspective 20

The Evolutionary Perspective 20

The Cross-Species Perspective 22

Sociological Perspectives 22

Psychological Perspectives 23

A World of Diversity ▶ *An “Honor Killing” in Germany* 24

Feminist Theory 26

Queer Theory 26

Multiple Perspectives on Human Sexuality 27

Chapter Review 28

Test Your Learning 29

2 Research Methods in Human Sexuality 30



Learning Objectives 30

A Scientific Approach to Human Sexuality 32

The Scientific Method 32

Goals of the Science of Human Sexuality 33

Populations and Samples: Representing the World of Diversity 34

Sampling Methods: Does Size Matter? 35

Methods of Observation 36

The Case-Study Method 36

The Survey Method 36

Self-Assessment ▶ *Would You Tell an Interviewer the Truth on a Survey about Your Sexual Behavior? The Social-Desirability Scale* 42

The Naturalistic-Observation Method 43

The Ethnographic-Observation Method 43

The Participant-Observation Method 43

A World of Diversity ▶ *Gender Roles and Aggression* 44

The Laboratory-Observation Method 44

A Closer Look ▶ *How to Show That Viagra Works for Women When It Doesn’t Work for Women* 46

Correlation 47

The Experimental Method 48

Experimental and Control Groups 49

Ethics in Sex Research 50

A World of Diversity ▶ *The Tuskegee Syphilis Study: Ethics Turned Upside Down in Research Gone Wrong* 51

Chapter Review 52

Test Your Learning 53

3 Female Sexual Anatomy and Physiology 54



Learning Objectives 54

External Sex Organs 57

The Mons Veneris 57

The Labia Majora 58

The Labia Minora 58

The Clitoris 58

The Vestibule 59

The Urethral Opening 59

A World of Diversity ▶ *Female Genital Mutilation* 60

The Vaginal Opening 61

The Perineum 62

Structures That Underlie the External Sex Organs 62

Internal Sex Organs 63

The Vagina 63

A Closer Look ▶ *The G Spot and Female Ejaculation: Realities or Myths?* 64

The Cervix 66

The Uterus 67

The Fallopian Tubes 68
 The Ovaries 69
 The Pelvic Examination 70

The Breasts 71

Breast Cancer 72

A Closer Look ▶ *Breast Self-Examination* 75

A World of Diversity ▶ *African American Women and Breast Cancer* 76

The Menstrual Cycle 77

Regulation of the Menstrual Cycle 78
 Phases of the Menstrual Cycle 79
 Sex during Menstruation 83
 Menopause, Perimenopause, and the Climacteric 83

A World of Diversity ▶ *Historical and Cross-Cultural Perspectives on Menstruation* 84

Hormone Replacement Therapy: Good Medicine or Menace? 85

A Closer Look ▶ *Myths about Menopause* 86

Menstrual Problems 87

Dysmenorrhea 87
 Amenorrhea 88
 Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder (PMDD) 88
 How to Handle Menstrual Discomfort 89

Self-Assessment ▶ *Do You Experience PMS or PMDD?* 90

Chapter Review 92

Test Your Learning 93

4 Male Sexual Anatomy and Physiology 94



Learning Objectives 94

External Sex Organs 97

The Penis 97
 Penis Size 100
 The Scrotum 101

Internal Sex Organs 102

The Testes 102
 The Vas Deferens 104
 The Seminal Vesicles 104

A Closer Look ▶ *Andropause: When Hormones Rage No More* 105

The Prostate Gland 106

Cowper's Glands 106

Semen 106

Health Problems of the Urogenital System 107

Urethritis 107
 Cancer of the Testes 107
 Benign Prostatic Hyperplasia (BPH) 108
 Prostatitis 109
 Cancer of The Prostate 109

A Closer Look ▶ *Screening for Prostate Cancer: What the American Cancer Society Recommends* 112

Male Sexual Functions 113

Erection 113

A Closer Look ▶ *Prostate Cancer: Treat It or Wait It Out?* 114

Spinal Reflexes and Sexual Response 115
 Ejaculation 118

Chapter Review 120

Test Your Learning 121

5 Sexual Arousal and Response 122



Learning Objectives 122

Making Sense of Sex 125

Vision: The Better to See You With 125
 Smell: Does the Nose Know Best? 125
 The Skin Senses: Sex as a Touching Experience 127

A Closer Look ▶ *The Search for a "Magic" Love Potion: On the Threshold?* 128

Taste: On Savory Sex 129

A Closer Look ▶ *Strippers: A Treat for the Eyes or the Nose?* 130

Hearing: The Better to Hear You With 130

Aphrodisiacs: of Spanish Flies and Rhino Horns 131

A Closer Look ▶ *YSEX—That Is, Why Do People Engage in Sexual Intercourse? Is the Answer (Always) Obvious?* 132

Anaphrodisiacs 133
 Psychoactive Drugs 133

Sexual Response and the Brain: Cerebral Sex? 135

On Pushing the Right Buttons: Are There Pleasure Centers in the Brain? 136



Sex Hormones and Sexual Behavior 137

- Organizing and Activating Influences 137
- Sex Hormones and Male Sexual Behavior 138
- Sex Hormones and Female Sexual Behavior 139

Sexual Response 140

- The Four-Phase Masters and Johnson Sexual Response Cycle 140
- Kaplan's Three Stages of Sexual Response: An Alternative Model 146

A World of Diversity ▶ “Coregasm”?—When Women’s Exercise Leads to More Than Flexibility and Strength 147

- Controversies about Orgasm 147

Chapter Review 150

Test Your Learning 151

6 Gender Identity, Gender Roles, and Gender Differences 152



Learning Objectives 152

Prenatal Sexual Differentiation 155

- Genetic Factors in Sexual Differentiation 156
- The Role of Sex Hormones in Sexual Differentiation 157
- Descent of the Testes and the Ovaries 158
- Sex Chromosomal Abnormalities 158

Gender Identity 159

- Nature and Nurture in Gender Identity 159
- Transgenderism 161

A Closer Look ▶ Boys Who Are Reared as Girls 163

Gender Roles and Stereotypes 165

- Sexism 165

A World of Diversity ▶ Third Gender/Third Sex 167

- Gender Roles and Sexual Behavior 169

Gender Differences 170

- Differences in Cognitive Abilities 170
- Differences in Personality 171
- Differences in Social Behavior 171

A World of Diversity ▶ Women in STEM Fields 172

On Becoming a Man or a Woman: Gender Typing 173

- Biological Perspectives: It’s Only Natural 173

A World of Diversity ▶ The Eye That Roves around the World? 175

- Psychological Perspectives 176

Psychological Androgyny and the Reconstruction of Masculinity–Femininity: The More Traits, the Merrier? 180

Chapter Review 182

Test Your Learning 183

7 Attraction and Love—Binding Forces 184



Learning Objectives 184

Physical Attractiveness: How Important Is Looking Good? 187

- Is Beauty in the Eye of the Beholder? 187
- Lesbians’ Preferences Concerning Waist-to-Hip Ratio 188

A Closer Look ▶ Thin May Be In, But Not with Bust Size 189

A World of Diversity ▶ Wide-Eyed with ... Beauty? 190

- Nonphysical Traits Affect Perceptions of Physical Beauty 191

A World of Diversity ▶ Gender Differences in Preferences in Mates across 37 Cultures 191

- How Behavior and Names Affect Perceptions of Physical Attractiveness: On the Importance of Not Being Earnest 192

The Attraction–Similarity Hypothesis: Who Is “Right” for You? 193

- Attitudes: Do “Opposites Attract” or Do “Birds of a Feather Flock Together”? 194
- Reciprocity: If You Like Me, You Must Have Excellent Judgment 195

Love: “The Morning and the Evening Star”? 196

A Closer Look ▶ Watching New Love as It Sears the Brain 197

Romantic Love 198

- Infatuation versus “True Love”: Will Time Tell? 198

Contemporary Models of Love: Dare Science Intrude? 199

- Biological Mechanisms 199
- Love as Appraisal of Arousal 200
- Styles of Love 200
- Sternberg’s Triangular Theory of Love 201

Self-Assessment ▶ Sternberg’s Triangular Love Scale 203

Chapter Review 206

Test Your Learning 206



8 Relationships and Communication 208



Learning Objectives 208

The ABC(DE)'s of Romantic Relationships 210

Not-So-Small Talk: An Audition for Building a Relationship 211

“Opening Lines”: How Do You Get Things Started? 211

A Closer Look ▶ Online Dating—A Revolution in Matchmaking? 212

Self-Disclosure: You Tell Me and I’ll Tell You ... Carefully 213

A Closer Look ▶ They Say You Can’t Hurry Love ... But How about Speed Dating? 215

Intimacy: Sharing Innermost Thoughts and Feelings 216

Jealousy: Is the World a Real-Life Temptation Island? 219

Jealousy and Evolutionary Theory 220

Lack of Gender Differences in Responses to Affairs Among Gay Males and Lesbians 220

A Cognitive Perspective 221

Communicative Responses to Jealousy 221

Deterioration of Relationships 221

Responses to Deterioration of a Relationship 221

Breaking Up: “Breaking Up Is [Often] Hard to Do” 222

Loneliness: “All the Lonely People, Where Do They All Come From?” 223

Effects of Loneliness 224

Satisfaction in Relationships: Communication as Key 225

Conflict Resolution 225

A World of Diversity ▶ Relationships between Heterosexuals, Gay Males, Lesbians, Bisexuals, and Transgendered Individuals 227

Chapter Review 228

Test Your Learning 228

9 Sexual Behaviors and Fantasies 230



Learning Objectives 230

Sex Without a Partner 233

Historical Medical Views of Masturbation 234

A Closer Look ▶ St. Augustine’s Influential Views on Sex 235

A World of Diversity ▶ Demographic Factors and Masturbation 236

Masturbation Techniques 237

Techniques Used by Males 237

Techniques Used by Females 238

Partnered Sex 240

Precoital and Noncoital Partnered Sex 240

Kissing 240

Touching 241

Stimulation of the Breasts 243

Oral–Genital Stimulation 243

A World of Diversity ▶ Gay Males, Lesbians, and Partnered Sex 244

A World of Diversity ▶ Demographic Factors and Oral Sex 245

A Closer Look ▶ Good Vibes 247

Sexual Intercourse: Positions and Techniques 248

The Male-Superior (Man-on-Top) Position 248

The Female-Superior (Woman-on-Top) Position 250

The Lateral-Entry (Side-Entry) Position 251

The Rear-Entry Position 251

Anal Intercourse 252

Sexual Fantasies 253

Sexual Fantasies of Lesbian, Gay, and Bisexual Individuals 255

Chapter Review 256

Test Your Learning 257

10 Sexual Orientation 258



Learning Objectives 258

Getting Oriented toward Sexual Orientation 260

Coming to Terms with Terms 261

Sexual Orientation and Gender Identity 261

Classification of Sexual Orientation: Is Yes or No Enough? 261

Bisexuality 266

Perspectives on Gay Male and Lesbian Sexual Orientations 267

Historical Perspectives 267

Cross-Cultural Perspectives 268

A World of Diversity ▶ Ethnicity and Sexual Orientation: A Matter of Belonging 269

Cross-Species Perspectives 270



Biological Perspectives 270

Psychological Perspectives 273

A Closer Look ▶ *Pheromones and Sexual Orientation* 274

Gender Nonconformity 276

Sexual Orientation in Contemporary Society 277

A World of Diversity ▶ *Latin American Attitudes toward Gay Males and Lesbians* 280

Sexual Orientation and the Law 280

Gay Activism 280

Stereotypes and Sexual Behavior 282

Adjustment of Gay Males and Lesbians 282

Homophobia 283

“Treatment” of Gay Male and Lesbian Sexual Orientations 284

Coming Out: Coming to Terms with Being Gay 285

Coming Out to Oneself 285

Coming Out to Others 286

Chapter Review 288

Test Your Learning 288

11 Conception, Pregnancy, and Childbirth 290

Learning Objectives 290

Conception: Against All Odds 292

Optimizing the Chances of Conception 293

Selecting the Sex of Your Child 294

Infertility and Assisted Reproductive Technology 295

Male Fertility Problems 295

Female Fertility Problems 296

A World of Diversity ▶ *LGBT Family Building* 298

Pregnancy 300

Early Signs of Pregnancy 300

Pregnancy Tests 300

Early Effects of Pregnancy 301

Miscarriage 301

Sex during Pregnancy 302

Psychological Changes during Pregnancy 302

A Closer Look ▶ *Advice for Expectant Fathers* 303

Prenatal Development 305

Stages of Prenatal Development 305

Environmental Influences on Prenatal Development 309



A Closer Look ▶ *Preventing Your Baby from Being Infected with HIV* 312

Chromosomal and Genetic Abnormalities 315

A Closer Look ▶ *The Effects of Parents' Age on Children—Do Men Really Have All the Time in the World?* 317

Childbirth 318

Stages of Childbirth 319

Methods of Childbirth 320

A World of Diversity ▶ *Birth Rates around the World* 323

Birth Problems 324

A World of Diversity ▶ *Maternal and Infant Mortality around the World* 325

The Postpartum Period 326

Breastfeeding versus Bottle-Feeding 328

Resumption of Ovulation and Menstruation 330

Resumption of Sexual Activity 330

Chapter Review 332

Test Your Learning 333

12 Contraception and Abortion 334

Learning Objectives 334

Contraception 336

Contraception in the United States: The Political Battle 337

Methods of Contraception 339

Hormonal Methods 339

Intrauterine Devices (IUDs) 344

Barrier Methods 346

A Closer Look ▶ *Errors in Using Condoms* 351

Fertility Awareness Methods 352

Sterilization 355

A Closer Look ▶ *Selecting a Method of Contraception* 358

“Nonmethods” of Contraception 359

Abortion 359

A World of Diversity ▶ *Where Are the Missing Chinese Girls?* 360

Self-Assessment ▶ *Pro-Choice or Pro-Life? Where Do You Stand?* 362

Perspectives on Abortion 363

When Does Human Life Begin? 364

Attitudes toward Legalized Abortion: A Nation Divided 364



A Closer Look ▶ *A Death in Wichita* 365

Methods of Abortion 366

- Vacuum Aspiration 366
- Dilation and Curettage (D&C) 366
- Dilation and Evacuation (D&E) 367

A Closer Look ▶ *The Political Battle over Partial-Birth Abortion* 368

- Inducing Labor by Intra-Amniotic Infusion 368
- Hysterotomy 369
- Abortion Drugs 369

Chapter Review 370

Test Your Learning 371

13 Sexuality in Childhood and Adolescence 372



Learning Objectives 372

Infancy (0 to 2 Years): The Search for the Origins of Human Sexuality 374

- The Infant’s Capacity for Sexual Response 374
- Masturbation 375
- Sexual Curiosity 375
- Genital Play 375
- Co-Sleeping 375
- Sexual Orientation of Parents 376

Early Childhood (3 to 8 Years) 376

- Masturbation 376

A Closer Look ▶ *How Should Parents React When Children Masturbate?* 377

- Male–Female Sexual Behavior 378
- Male–Male and Female–Female Sexual Behavior 378

Preadolescence (9 to 13 Years) 379

- Masturbation 379
- Male–Female Sexual Behavior 380
- Male–Male and Female–Female Sexual Behavior 380

Sex Education 380

Adolescence 383

- Puberty 383

A World of Diversity ▶ *The Many Meanings of Menarche* 385

A Closer Look ▶ *Sexting: Of Cell Phones, Sex, and Death* 387

- Types of Sexual Behaviors In Adolescence 388
- Teenage Pregnancy 392

Chapter Review 396

Test Your Learning 396

14 Sexuality in Adulthood 398



Learning Objectives 398

Being Single 400

- Dating—Hooking Up? Having Friends with Benefits? 402

Cohabitation: “Darling, Would You Be My POSSLQ?” 403

- Cohabitation and Later Marriage: Benefit or Risk? 405

Marriage: Tying the Knot 406

A Closer Look ▶ *Is Marriage in Trouble?* 407

- Why Do People Get Married? 409
- Types of Marriage 409
- Arranged Marriage 410
- Gay Marriage 410
- Other Wrinkles in Marriage 411
- Whom Do We Marry: Are Marriages Made in Heaven or in the Neighborhood? 412

A World of Diversity ▶ *The Rise of Intermarriage: “Marrying Out” versus “Marrying In”* 413

- Marital Sex 415
- Marital Satisfaction 417
- Infidelity 419

Divorce: Breaking Bonds 421

- The Cost of Divorce 423
- “All Right, We Fight—Should We Remain Married ‘for the Sake of the Children’?” 423
- Life in Blended Families: His, Hers, Theirs, and ... 424

Sex in the Later Years 425

- Physical Changes 425
- Patterns of Sexual Activity 428

Sex and Disability 428

- Physical Disabilities 428
- Intellectual Disabilities 430

Chapter Review 432

Test Your Learning 433

15 Sexual Dysfunctions 434



Learning Objectives 434

Types of Sexual Dysfunctions 437

- Sexual Desire Disorders 438
- Sexual Aversion Disorder 439



Sexual Arousal Disorders 439
 Orgasmic Disorders 440
 Sexual Pain/Penetration Disorders 443

Origins of Sexual Dysfunctions: A Biopsychosocial Approach 444

Biological Factors 444
 Psychosocial Factors 448

Treatment of Sexual Dysfunctions 451

The Masters and Johnson Approach 452

A Closer Look ▶ *Sex Surrogates: Partners in Therapy or Prostitutes?* 453

Integration of Sex Therapy and Psychotherapy 453
 The Treatment of Specific Sexual Dysfunctions 454
 Sexual Desire Disorders 454
 Sexual Arousal Disorders 455

A Closer Look ▶ *Thinking Critically about Buying Viagra and Other Drugs Online* 460

Orgasmic Disorders 461

A World of Diversity ▶ *Is Viagra for Women?* 464

Sexual Pain Disorders 465

Chapter Review 466

Test Your Learning 467

16 Sexually Transmitted Infections 468



Learning Objectives 468

Epidemic! 470

Bacterial Infections 472

Gonorrhea 472
 Syphilis 477
 Chlamydia 480
 Other Bacterial Diseases 482

Vaginal Infections 483

Bacterial Vaginosis 484
 Candidiasis 484
 Trichomoniasis 485

Viral Infections 485

HIV/AIDS 485

A World of Diversity ▶ *Does Use of Hormonal Methods of Contraception Increase a Woman's Risk of Being Infected with HIV?* 487

A Closer Look ▶ *Is Kissing Safe?* 492

Genital Herpes 493

Human Papilloma Virus 497

Viral Hepatitis 498

Molluscum Contagiosum 499

Ectoparasitic Infestations 499

Pediculosis 499

Scabies 500

Chapter Review 502

Test Your Learning 503

17 Atypical Sexual Variations 504



Learning Objectives 504

Normal versus Deviant Sexual Behavior 506

The Paraphilias 507

Fetishism 508

Transvestism 509

A Closer Look ▶ *Archie: A Case of Transvestism* 510

Exhibitionism 511

A Closer Look ▶ *Michael: A Case of Exhibitionism* 512

Obscene Telephone Calling and Chat-Scatophilia 513

Voyeurism 514

Sexual Masochism 515

Sexual Sadism 517

A Closer Look ▶ *Ron: A Case of Sexual Masochism* 518

Frotteurism 520

Other Paraphilias 520

A Closer Look ▶ *Cybersex Addiction: For Some, Sex Is Nothing but 'Net* 522

Theoretical Perspectives 523

Biological Perspectives 523

Psychoanalytic Perspectives 524

Cognitive-Behavioral Perspectives 525

Sociological Perspectives 525

An Integrated Perspective: The "Lovemap" 526

Treatment of Paraphilias 526

Psychoanalytic Psychotherapy 527

Cognitive-Behavioral Therapy 527

Medical Approaches 528

Chapter Review 530

Test Your Learning 531

18 Sexual Coercion 532



Learning Objectives 532

A Closer Look ▶ *The Penn State Scandal: Anatomy of Sexual Abuse and the Cover-Up* 535

Rape: The Most Intimate Crime of Violence 537

Incidence of Rape 538

A World of Diversity ▶ *Pakistan's War of Terror on Rape Victims* 539

Types of Rape 539

Stranger Rape 540

Acquaintance Rape 540

Date Rape 540

A Closer Look ▶ *Anatomy of a Date Rape: Ann and Jim* 541

Gang Rape 542

Male Rape 542

Partner Rape 542

Rape by Women 543

Social Attitudes, Myths, and Cultural Factors that Encourage Rape 543

A Closer Look ▶ *Ten Cultural Myths That Create a Climate That Supports Rape* 544

A Closer Look ▶ *"Rophies"—The Date Rape Drug* 545

Psychological Characteristics of Rapists: Who Are They? 546

Adjustment of Rape Survivors 547

Rape and Psychological Disorders 548

If You Are Raped ... 548

Treatment of Rape Survivors 548

A Closer Look ▶ *Is Rape Serious?* 549

Childhood Sexual Abuse 550

Patterns of Abuse 551

Types of Abusers 551

Pedophilia 552

A Closer Look ▶ *The Siren Song of Sex with Boys* 553

Incest: Breaking Taboos 554

Effects of Sexual Abuse on Children 556

Prevention of Childhood Sexual Abuse 556

Treatment of Survivors of Sexual Abuse 557

Treatment of Rapists and Child Molesters 558

Castration—Surgical and Chemical 558

Sexual Harassment 559

Sexual Harassment with Victims from Minority Groups 560

Sexual Harassment in the Workplace 561

Sexual Harassment on Campus 561

How to Resist Sexual Harassment 562

Chapter Review 564

Test Your Learning 565

19 Commercial Sex 566



Learning Objectives 566

Prostitution 569

Incidence of Prostitution in the United States 570

Female Prostitutes 570

A Closer Look ▶ *Girls on the Streets of Our Cities* 572

"Johns"—The Customers of Female Prostitutes 576

Male Prostitutes 577

Sexually Transmitted Infections (STIs) and Prostitution 578

Should Prostitution Be Legalized? 580

Pornography and Obscenity 581

What Is Pornographic? 581

Pornography, Law, and Politics 582

Prevalence and Use of Erotica and Pornography 585

Gender Differences in Response to Pornography 586

Pornography and Sexual Coercion 586

Chapter Review 590

Test Your Learning 590

Appendix: Scoring Keys for Self-Assessments 592

References 594

Credits 630

Name Index 631

Subject Index 636

Feature Boxes



A World of Diversity

- An “Honor Killing” in Germany 24
- Gender Roles and Aggression 44
- The Tuskegee Syphilis Study: Ethics Turned Upside Down in Research Gone Wrong 51
- Female Genital Mutilation 60
- African American Women and Breast Cancer 76
- Historical and Cross-Cultural Perspectives on Menstruation 84
- “Coregasm”?—When Women’s Exercise Leads to More Than Flexibility and Strength 147
- Third Gender/Third Sex 167
- Women in STEM Fields 172
- The Eye That Roves around the World? 175
- Wide-Eyed with . . . Beauty? 190
- Gender Differences in Preferences in Mates across 37 Cultures 191
- Relationships between Heterosexuals, Gay Males, Lesbians, Bisexuals, and Transgendered Individuals 227
- Demographic Factors and Masturbation 236
- Gay Males, Lesbians, and Partnered Sex 244
- Demographic Factors and Oral Sex 245
- Ethnicity and Sexual Orientation: A Matter of Belonging 269
- Latin American Attitudes toward Gay Males and Lesbians 280
- LGBT Family Building 298
- Birth Rates around the World 323
- Maternal and Infant Mortality around the World 325
- Where Are the Missing Chinese Girls? 360
- The Many Meanings of Menarche 385
- The Rise of Intermarriage: “Marrying Out” versus “Marrying In” 413
- Is Viagra for Women? 464
- Does Use of Hormonal Methods of Contraception Increase a Woman’s Risk of Being Infected with HIV? 487
- Pakistan’s War of Terror on Rape Victims 539



A Closer Look

- The National Survey of Sexual Health and Behavior: Who Does What with Whom? 10
- How to Show That Viagra Works for Women When It Doesn’t Work for Women 46
- The G Spot and Female Ejaculation: Realities or Myths? 64
- Breast Self-Examination 75
- Myths about Menopause 86
- Andropause: When Hormones Rage No More 105
- Screening for Prostate Cancer: What the American Cancer Society Recommends 112
- Prostate Cancer: Treat It or Wait It Out? 114
- The Search for a “Magic” Love Potion: On the Threshold? 128
- Strippers: A Treat for the Eyes or the Nose? 130
- YSEX—That Is, Why Do People Engage in Sexual Intercourse? Is the Answer (Always) Obvious? 132
- Boys Who Are Reared as Girls 163
- Thin May Be In, But Not with Bust Size 189
- Watching New Love as It Searns the Brain 197
- Online Dating—A Revolution in Matchmaking? 212
- They Say You Can’t Hurry Love . . . But How about Speed Dating? 215
- St. Augustine’s Influential Views on Sex 235
- Good Vibes 247
- Pheromones and Sexual Orientation 274
- Advice for Expectant Fathers 303
- Preventing Your Baby from Being Infected with HIV 312
- The Effects of Parents’ Age on Children—Do Men Really Have All the Time in the World? 317
- Errors in Using Condoms 351
- Selecting a Method of Contraception 358
- A Death in Wichita 365

The Political Battle over Partial-Birth Abortion 368
 How Should Parents React When Children
 Masturbate? 377
 Sexting: Of Cell Phones, Sex, and Death 387
 Is Marriage in Trouble? 407
 Sex Surrogates: Partners in Therapy
 or Prostitutes? 453
 Thinking Critically about Buying Viagra and Other
 Drugs Online 460
 Is Kissing Safe? 492
 Archie: A Case of Transvestism 510
 Michael: A Case of Exhibitionism 512

Ron: A Case of Sexual Masochism 518
 Cybersex Addiction: For Some, Sex Is Nothing
 but 'Net 522
 The Penn State Scandal: Anatomy of Sexual Abuse
 and the Cover-Up 535
 Anatomy of a Date Rape: Ann and Jim 541
 Ten Cultural Myths That Create a Climate
 That Supports Rape 544
 “Rophies”—The Date Rape Drug 545
 Is Rape Serious? 549
 The Siren Song of Sex with Boys 553
 Girls on the Streets of Our Cities 572

Self-Assessment

Would You Tell an Interviewer the Truth on a
 Survey about Your Sexual Behavior?
 The Social-Desirability Scale 42

Do You Experience PMS or PMDD? 90
 Sternberg’s Triangular Love Scale 203
 Pro-Choice or Pro-Life? Where Do You Stand? 362

My Life, My Sexuality

Thinking Critically about Sexual Advice on
 the Internet: Are There Any Quick Fixes? 29
 Thinking about Research Methods in Human
 Sexuality 53
 Taking Charge of My Sexual Health 93
 What Do I Do About My Health Needs? 121
 Making Sense of Sex? 151
 Do You Fit the Masculine or Feminine Gender-Role
 Stereotype? (Do You Want to Fit One of Them?) 183
 What Do You Think You Should Be Thinking about
 When You’re in the Market for a Long-Term
 Relationship? 207
 Communication Skills for Enhancing Relationships
 and Sexual Relations: How to Do It 229

What Would You Do with Whom? 257
 Assessing Your Attitudes toward Gay Males
 and Lesbians 289
 Selecting an Obstetrician 333
 Talking with Your Partner about Contraception 371
 Talking with Your Children about Sex 397
 Making Decisions about Your
 Style of Life 433
 Finding a Qualified Sex Therapist 467
 Talking with Your Partner about STIs 503
 How to Respond to an Exhibitionist 531
 Rape Prevention 565
 Developing Self-Control to Avoid Use of Commercial
 Sex Outlets 591

Preface

*There are more things in heaven and earth, Horatio,
Than are dreamt of
in your philosophy.*

—Shakespeare, *Hamlet*

There are indeed more kinds of people in this world, and more ways in which people experience their sexuality, than most of us might imagine. Human sexuality may be intimately related to human biology, but it is embedded within the fabric of human cultures and societies. The approach that has separated *Human Sexuality in a World of Diversity* from other human sexuality textbooks is its full embrace of the richness of human diversity.

We would like to begin by discussing what has changed in the ninth edition, including new features. We will introduce the unique themes of our text, which represent continuing concerns in the realm of human sexuality. We will also review the supplements and media that accompany the text, which were carefully selected to engage students and enrich the learning process.

What's New in the Ninth Edition

The ninth edition of *Human Sexuality in a World of Diversity* embodies many exciting changes—changes that reflect the rapid developments in the behavioral and social sciences, and in biology and medicine. In addition to what is listed in the following sections, there are literally hundreds of new references throughout the text that reflect the newest research in the field of human sexuality. No part of the text has been left untouched by change. The following are just a few examples of updates within chapters.

CHAPTER 1

- New:* List of biblical sexual prohibitions of Leviticus
- New:* Results from the 2011 National Survey of Sexual Health
- New:* Update on erotic plasticity
- New:* My Life, My Sexuality: Talking Critically about Sexual Advice on the Internet—Are there any Quick Fixes?

CHAPTER 2

- Updated:* Coverage of National Surveys of Family Growth (NSFG)
- Updated:* Coverage of objective and subjective approaches to measurement of sexual arousal: “What Does a Woman Want?”
- Updated:* Coverage of effectiveness of Viagra with women
- New:* My Life, My Sexuality: Thinking about Research Methods in Human Sexuality

CHAPTER 3

- Updated:* Coverage of female genital mutilation
- Updated:* Coverage of cervical cancer, especially screening and treatment results at various stages
- Updated:* Coverage of risk factors for, and prevention of, endometrial cancer
- Updated:* Coverage of risk factors for ovarian cancer
- Updated:* Coverage of risk factors for breast cancer and the cost-benefit considerations of mammography
- Updated:* Coverage of menstrual problems
- New:* My Life, My Sexuality: Taking Charge of my Sexual Health

CHAPTER 4

- Updated:* Coverage of the controversies surrounding circumcision
- Updated:* Coverage of prostate cancer, including risk factors and new screening guidelines
- New:* My Life, My Sexuality: What do I Know about my Health Needs?

CHAPTER 5

- Updated:* Coverage of the role of body odor in sexual attraction
- Updated:* Coverage of use of alcohol and sexual response
- Updated:* Coverage of sex hormones and sexual response
- New:* Coverage of female orgasm in response to exercise (“coregasm”)
- New:* My Life, My Sexuality: What Role do Vision and Smell Play in Sexually Arousing me?*



CHAPTER 6

New: Vignette about the experiences of a transgendered woman: Jayne Thomas

Updated: Coverage of factors in gender identity

Updated: Coverage of cognitive gender differences (and similarities)

New: My Life, My Sexuality: Feminine, Masculine or Androgyny? *

CHAPTER 7

New: Vignette about sexual attraction and the color red

Updated: Coverage of possible genetic contributions to gender differences in preferences for mates

Updated: Coverage of the attraction–similarity hypothesis

New: My Life, My Sexuality: What do you Think you Should be Thinking about when in the Market for a Long-Term Relationship?

CHAPTER 8

New: Coverage of online dating’s role in matchmaking

Updated: Coverage of jealousy and evolutionary theory

New: Coverage of the cognitive perspective on jealousy

New: My Life, My Sexuality: Communication Skills for Enhancing Relationships and Sexual Relations—How To Do It

CHAPTER 9

New: Update on demographic factors and masturbation

New: Coverage of women’s and men’s beliefs about the use of vibrators

New: Coverage of demographic factors and frequency of marital sex

New: My Life, My Sexuality: What Would you do with Whom?

CHAPTER 10

Updated: Discussion of the classification of sexual orientation

Updated: Polls relating demographic factors to self-identification as LGBT

Updated: Discussion of biological factors—genetics, the brain, and hormonal influences—on sexual orientation

Updated: Discussion of the status of gay marriage around the world

Updated: Discussion of U.S. attitudes toward recognition of committed gay and lesbian relationships

New: Discussion of the end of “Don’t ask—don’t tell”

New: My Life, My Sexuality: Assessing your Attitudes toward Gay Males and Lesbians

CHAPTER 11

Updated: Discussion of attraction of sperm to odor resulting from changes in calcium ions

Updated: Discussion of male and female fertility problems, including causes and methods of treatment

New: Feature on LGBT family building

Updated: Discussion of the effects of use of marijuana, alcohol, and cigarettes during pregnancy

New: Update on the prevalence of C-sections

New: Discussion of global fertility rates

New: Update on factors in global maternal and infant mortality

New: Update on factors in, and benefits (and risks) of, breastfeeding

New: My Life, My Sexuality: Selecting an Obstetrician

CHAPTER 12

Updated: Information on the effectiveness, benefits, and risks associated with methods of contraception

New: Discussion of the revived interest in the IUD

New: Feature on errors in using condoms

Updated: Coverage of global sex selection through abortion of female embryos

Updated: Polls concerning U.S. attitudes toward abortion

New: My Life, My Sexuality: Talking with your Partner and Contraception

CHAPTER 13

Updated: Coverage of the effects of co-sleeping with children



Updated: Coverage of the ways in which children and adolescents learn about sex

Updated: Coverage of “sexting”

New: Update on the (declining) incidence of sexual intercourse among teenagers

Updated: Information on teenagers’ use of contraception, attitudes toward their first sexual experience, and reasons for *not* having sex

New: Update on the declining incidence of teenage pregnancy—and why

New: Coverage of demographic factors and geographic location in teenage pregnancy

New: My Life, My Sexuality: Talking with your Children about Sex

CHAPTER 14

New: Update on median age at first marriage

New: Update on lifestyles associated with being single

New: Coverage of factors in “sexual hookups”

New: Update on increasing incidence of cohabitation *and* of high school seniors’ attitudes toward cohabitation

New: Update on the declining incidence of marriage—and why

New: Coverage of high school seniors’ attitudes toward marriage

New: Coverage of intermarriage—“marrying out” versus “marrying in”

Updated: Coverage of factors in marital satisfaction

Updated: Coverage of factors that increase and decrease the incidence of divorce

New: My Life, My Sexuality: Making Decisions about Your Style of Life

CHAPTER 15

Updated: Terminology and definitions for certain sexual dysfunctions, according to changes in the DSM (DSM-5)

Updated: Discussion of biological factors in sexual dysfunctions

Updated: Discussion of biological treatments for sexual dysfunctions

New: My Life, My Sexuality: Finding a Qualified Sex Therapist

CHAPTER 16

Updated: Discussion of trends in the incidence of sexually transmitted infections (STIs)—the latest findings from the CDC’s STI Surveillance

Updated: Discussion of geographical factors in rates of syphilis, chlamydia, and other STIs

Updated: Discussion of ethnicity and infection by HIV
New: Diversity feature on whether use of hormonal methods of contraception is increasing the risk of being infected with HIV in sub-Saharan Africa

Updated: Discussion of human papilloma virus and its links to cancer in both women and men

New: My Life, My Sexuality: Talking with your Partner about STIs

CHAPTER 17

Updated: Discussion of the meaning of normal versus deviant sexual behavior

Updated: Discussion of cybersex addiction

New: Discussion of the new DSM-5 category, *hypersexual disorder*

New: My Life, My Sexuality: How to Respond to an Exhibitionist

CHAPTER 18

New: Vignette about the Penn State scandal involving Jerry Sandusky and Joe Paterno

Updated: Information on the incidence of rape

New: Information about violence committed by intimate partners

New: Update on the incidence of childhood sexual abuse

New: My Life, My Sexuality: Rape Prevention

CHAPTER 19

New: Vignette about the scandal involving secret service agents and prostitutes in Columbia

Updated: Information about the various kinds of prostitutes, female and male

New: Increased discussion of whether prostitution is harmful to prostitutes and whether prostitution should be legalized throughout the United States

New: My Life, My Sexuality: Developing Self Control to Avoid Use of Commercial Sex Outlets



The Themes of Human Sexuality in a World of Diversity

The ninth edition of *Human Sexuality in a World of Diversity* builds on the strong themes for which it has come to be known:

1. The rich diversity found in gender roles, sexual attitudes, and sexual behaviors and customs
2. Critical thinking
3. Making responsible sexual decisions
4. Sexual health

Theme 1: Human Diversity Colleges and universities are undertaking the mission of broadening students' perspectives so that they will appreciate and tolerate human diversity. The United States is a nation of hundreds of different ethnic and religious groups, many of which endorse culturally distinctive beliefs about appropriate gender roles for men and women, and distinctive sexual practices and customs. Diversity is even greater within the global village of the world's nearly 200 nations and the subcultures of those nations. *Human Sexuality in a World of Diversity* incorporates a multicultural, multiethnic perspective that reflects the diversity of sexual experience in our society and around the world. Our book thereby broadens students' understanding of the range of cultural differences in sexual attitudes and behavior worldwide and within our own society.

In addition, the "A World of Diversity" feature highlights the rich variety of human sexual customs and practices in our own society and in others around the world. Discussion of diversity encourages respect for people who hold diverse beliefs and attitudes. We also encourage students to question what is deemed appropriate for women and men in terms of social roles and sexual conduct in light of cultural traditions and standards.

Theme 2: Critical Thinking Colleges and universities in the new millennium are also encouraging students to become critical thinkers. Today's students are so inundated with information about gender and sexuality that it can be difficult to sort truth from fiction. Not only do politicians, theologians, and community leaders influence our gender- and sex-related attitudes and behaviors, but newspapers, TV programs, the Internet, and other media also brim with features about gender roles and issues concerning human sexuality.

Critical thinking means being skeptical of information that is presented in print or on the Internet, or uttered by authority figures or celebrities. Critical thinking

requires thoughtful analysis and probing of the claims and arguments of others in light of evidence. Moreover, it requires a willingness to challenge conventional wisdom and common knowledge that many of us take for granted. It means scrutinizing definitions of terms, evaluating the premises or assumptions that underlie arguments, and examining the logic of arguments.

Throughout this book we raise issues that demand critical thinking. These issues are intended to stimulate student interest in analyzing and evaluating their beliefs and attitudes toward gender roles and sexuality in light of the accumulated scientific evidence. Moreover, this new edition fosters critical thinking through a section called "Thinking Critically about Human Sexuality" in Chapter 1, and by including "Critical Thinking" questions throughout each chapter.

Theme 3: Responsible Sexual Decision Making

We also encourage students to make responsible sexual decisions. There are psychological and physical dangers in "going with the flow" or being passive about one's sexuality. Of course we do not encourage students to be sexually active (such a decision is personal). On the other hand, we do encourage students to make their own sexual decisions actively, on the basis of accurate information.

Decision making is deeply intertwined with individuals' sexual experiences. For example, each person needs to decide

- whom to date, and how and when to become sexually intimate
- whether to practice contraception and which methods to use
- how to protect himself or herself against HIV/AIDS and other STIs

Responsible sexual decision making is based not only on acquiring accurate information but also on carefully evaluating this information in the light of one's own moral values. We encourage students always to consider their own values, needs, and interests, rather than going along with the crowd or merely acceding to the wishes or demands of their partners. Throughout the text we provide students with the information they need to make responsible decisions about their physical health, the gender roles they will enact, sexual practices, birth control, and prevention of STIs. We also provide students with a unique opportunity to consider their feelings and think critically about their sexual philosophy with our new "My Life, My Sexuality feature." We have created a feature for every chapter, all of which can be accessed in MyDevelopmentLab and via QR code.



Theme 4: Sexual Health *Human Sexuality in a World of Diversity* places a strong emphasis on issues relating to sexual health, including extensive coverage of such topics as HIV/AIDS and other STIs, innovations in contraception and reproductive technologies, breast cancer, menstrual distress, sex and disabilities, and diseases that affect the reproductive tract. The text encourages students to take an active—in fact, a proactive—role in health promotion. For example, the book includes exercises and features that help students examine their bodies for abnormalities, reduce the risk of HIV infection, and cope with menstrual discomfort.

Features

Like earlier editions, the ninth edition of *Human Sexuality in a World of Diversity* contains various features that stimulate student interest and enhance understanding.

NEW! Learning Objectives Featured at the beginning of each chapter, new learning objectives help guide student reading by identifying main ideas and defining learning goals. These learning objectives appear again in the end of chapter summary, to help reinforce key information. They are also used to organize the Test Bank and Instructor Manual.

NEW! My Life, My Sexuality For every chapter, we have created a new online feature that encourages students to consider their feelings, think critically about their sexual philosophy, and apply what they have learned in the course. These features introduce topics and issues that students will likely face, like how to manage their sexual health or how to build effective communication skills with a partner. Each one of these online features is accompanied by a brief video clip that explores the issue further, as well as critical thinking questions that make it easy to assign. These features are available in MyDevelopmentLab and via QR code. To use QR codes, first download any free QR reader or bar code scanner app from your smartphone or tablet computer.

Real Students, Real Questions What do students know about human sexuality? What are they too embarrassed to ask of professors, peers, or parents? This feature highlights questions, collected from college students from across the country, on any human sexuality topic concerning them—big or small. We then answer their questions. Sample questions include the following:

- One of my breasts is bigger than the other. Is this normal?

- How do you tell someone the relationship is over?
- How can I keep my partner interested in sex? We've been together for five years.

A World of Diversity The “A World of Diversity” feature highlights the rich variety of human sexual customs and practices in our own society and in those throughout the world. Viewing human sexuality in a multicultural context helps students better understand how cultural beliefs, values, and attitudes can influence the expression of sexuality. Students may come to understand that their partners, who may not share the same ethnic or religious heritage as themselves, may feel differently than they do about sexual intimacy. Students will learn about cultural differences related to gender roles, sexual orientation, sexual jealousy, and premarital and extramarital sexual patterns.

A Closer Look The “A Closer Look” feature provides in-depth discussions of scientific techniques (for example, “Physiological Measures of Sexual Arousal”) and skill-building exercises (“Breast Self-Examination,” “Self-Examination of the Testes”).

Self-Assessments Self-scoring questionnaires stimulate students' interest and provide self-insight by helping them satisfy their curiosity about themselves. These questionnaires also enhance the relevance of the text to students' lives. Examples include “Would You Tell an Interviewer the Truth on a Survey about Your Sexual Behavior? The Social-Desirability Scale” and “Sternberg's Triangular Love Scale” (which may help students decide whether they are “in love” and, if so, just what type of love they are in). Scoring rubrics are found in the appendix at the end of the text.

Truth or Fiction and Truth or Fiction Revisited These unique chapter-opening devices motivate students by challenging common sense, stereotypes, and folklore. “Truth or Fiction Revisited” sections are interspersed throughout each chapter and provide feedback to students regarding the accuracy of their assumptions in light of the evidence presented in the chapter.

Running Glossary Research shows that most students do not make use of glossaries at the end of books. Searching for the meanings of terms is a difficult task and distracts them from the subject matter. Therefore, *Human Sexuality in a World of Diversity* has a running glossary. Key terms are in bold type in the text and are defined in the margins near to where they appear. Students can readily find the meanings of key terms without breaking their concentration on the flow of the material.



A Comprehensive Supplements and Media Package

Human Sexuality in a World of Diversity presents instructors and students with a wide range of ancillaries and teaching aids.

INSTRUCTOR RESOURCES

MyDevelopmentLab for Human Sexuality NEW! MyDevelopmentLab for Human Sexuality combines proven learning applications with powerful assessment to engage students, assess their learning, and help them succeed.

Instructor's Manual Updated for the ninth edition, this online instructor's manual is a wonderful tool for classroom preparation and management. Organized by the same learning objectives that appear throughout the text, each chapter begins with an "at a glance" grid, which makes it easy for instructors to survey the available teaching tools and find what they need. Each chapter contains a wealth of teaching tips, lecture launchers, discussion questions, activities, and references to online resources, and is hyperlinked to make navigation simple.

Test Bank A thoroughly revised and updated test bank helps instructors prepare for exams with challenging questions that target key concepts. Each chapter includes more than 100 questions, including multiple choice, true/false, short answer, and essay, each with a page reference, a difficulty rating, type designation, and reference to the textual learning objective it reinforces. This product is also available in MyTest and Blackboard/WebCT cartridges for ease in creating exams.

Powerpoint Presentation NEW for this edition, we are happy to offer highly visual, designed PowerPoint slides that support instructors in creating dynamic lectures. We also offer simple lecture PowerPoints that are easily modified to suit a variety of teaching styles.

MyDevelopmentLab Video Series for Human Sexuality The NEW MyDevelopmentLab Video Series for Human Sexuality engages students and brings course material to life through a wide range of videos, featuring over 125 carefully selected clips.

Drawn from a variety of sources including the Associated Press, ABC News, and Science Central, this video series contains the most recent research, science, and applications in human sexuality. This brief clips are ideal for display in lecture. Many of the videos are accompanied by media assignments in MyDevelopmentLab that allow instructors to assess student comprehension. For maximum flexibility, the videos are also available for viewing on iPad and iPhone.

STUDENT RESOURCES

MyDevelopmentLab™ NEW! MyDevelopmentLab for Human Sexuality combines proven learning applications with powerful assessment to engage students, assess their learning, and help them succeed.

An individualized study plan for each student, based on performance on chapter pre tests, helps students focus on the specific topics where they need the most support. The personalized study plan arranges content from less complex thinking, like remembering and understanding—to more complex critical thinking skills—like applying and analyzing and is based on Bloom's taxonomy. Every level of the study plan provides a formative assessment quiz.

Media Assignments for each chapter—including videos with assignable questions—feed directly into the gradebook, enabling instructors to track student progress automatically.

The Pearson eText lets students access their textbook anytime and anywhere, and any way they want, including listening online. With assessment tied to every chapter, students get immediate feedback, and instructors can see what their students know with just a few clicks. Instructors can also personalize MyDevelopmentLab to meet the needs of their students.

The NEW MyDevelopmentLab Video Series for Human Sexuality engages students and brings course material to life through a wide range of videos, featuring over 125 carefully selected clips. Drawn from a variety of sources including the Associated Press, ABC News, and Science Central, this video series contains the most recent research, science, and applications in human sexuality. Many of the videos are accompanied by media assignments in MyDevelopmentLab that allow instructors to assess student comprehension. For maximum flexibility, the videos are also available for viewing on iPad and iPhone.



Acknowledgments

We owe a great debt of gratitude to the many researchers and scholars whose contributions to the body of knowledge in the field of human sexuality are represented in these pages. Underscoring the interdisciplinary nature of the field, we have drawn on the work of scholars in such fields as psychology, sociology, medicine, anthropology, theology, and philosophy, to name a few. We are also indebted to the many researchers who have generously allowed us to quote from their work and reprint tabular material representing their findings. We also thank our professional colleagues who reviewed this text at various stages in its development:

Michael Bailey, Northwestern University; Keith E. Davis, University of South Carolina; Randy D. Fisher, University of Central Florida; Kam Majer, Glendale Community College; Patricia A. Tackett, San Diego State University; Michael L. Vinson, College of Charleston; and Mark A. Yarhouse, Regent University.

In addition, the following instructors provided invaluable feedback in their reviews. Their comments have contributed substantially to this edition. Several reviewers also supplied anonymous Real Students, Real Questions from their students, for which we are grateful:

Cindy Arem, Pima Community College; Rebecca L. Bosek, University of Alaska, Anchorage; Ted Coleman, California State University, San Bernardino; Ruth Conrad, Miami Dade College; Nancy P. Daley, The University of Texas at Austin; Darci Dance, Linn-Benton Community College; Dale Doty, Monroe Community College; Mary E. Doyle, Arizona State University; Laura Duvall, Heartland Community College; Steve Ellyson, Youngstown State

University; Kathy Erickson, Pima Community College; Debra L. Golden, The Grossmont–Cuyamaca Community College; Jerry Green, Tarrant County College; Tawanda M. Greer, University of South Carolina; Chuck Hallock, University of Arizona; Mark L. Harmon, Reedley College–North Centers; Deborah Kindy, Sonoma State University; Amy Kolodji, Ithaca College; Gloria Lawrence, Wayne State College; Holly Lewis, University of Houston–Downtown; Sonya Lott-Harrison, Community College of Philadelphia; Ana Lucero-Liu, California State University, Northridge; Jason McCoy, Cape Fear Community College; Mary L. Meiners, San Diego Miramar College; Eva Mika, Loyola University Chicago; Ramona M. Noland, Sam Houston State University; Grace Pokorny, Long Beach City College; Jim Pond, Butler Community College; Marilyn Pugh, Texas Wesleyan University, North Texas; Rosalind Shorter, Jefferson Community College; Noam Shpancer, Otterbein University; Bette Speziale, Ohio State University; Virginia Sticinski, Delaware Technical Community College; Dana Stone, Virginia Tech; Virginia Totaro, Virginia Commonwealth University; Mixon Ware, Eastern Kentucky University; Mary Anne Watson, Metropolitan State College of Denver; O’Neal Weeks, Eastern Kentucky University; Steve Weinert, The Grossmont–Cuyamaca Community College; Lester Wright, Western Michigan University; and Brian Zamboni, Health University of Minnesota.

Last, we thank our long-time buddy David McPatchell, Associate Professor of Psychology, Compton Community College—and his students—for providing the heart of many of this edition’s personal stories, including “Real Questions, Real Answers” features. It just would not have been the same without him—and them.

Spencer A. Rathus
Jeffrey S. Nevid
Lois Fichner-Rathus

1 What Is Human Sexuality?

Learning Objectives



THE SCIENCE OF HUMAN SEXUALITY

LO1 Define the science of human sexuality

SEXUALITY AND VALUES

LO2 Define the value systems people use in making sexual decisions

THINKING CRITICALLY ABOUT HUMAN SEXUALITY

LO3 Explain how you can become a critical thinker

PERSPECTIVES ON HUMAN SEXUALITY

LO4 Discuss the historical perspective on human sexuality

LO5 Describe the biological perspective on human sexuality

LO6 Describe the evolutionary perspective on human sexuality

LO7 Describe the cross-species perspective on human sexuality

LO8 Describe sociological perspectives on human sexuality

LO9 Describe psychological perspectives on human sexuality

LO10 Discuss feminist theory

LO11 Discuss queer theory

LO12 Explain why it is useful to look upon human sexuality from multiple perspectives



MY LIFE, MY SEXUALITY: THINKING CRITICALLY ABOUT SEXUAL ADVICE ON THE INTERNET: ARE THERE ANY QUICK FIXES?

sex, *n.*

sex, *v.*

sex, *adj.*



Explore the video, **Adolescent Sexuality**, by scanning this QR code with your mobile device. If you don't already have one, you may download a free QR scanner for your device wherever smartphone apps are sold. You can also view this video in MyDevelopmentLab. For more videos related to this chapter's content, log into MyDevelopmentLab to view the entire Human Sexuality Video Series.

TRUTH OR FICTION?



Which of the following statements are the truth and which are fiction? You will find the answers as you read this chapter.

- 1 Scientific knowledge will enable you to make the right sexual decisions. **T F?**
- 2 In ancient Greece, a mature man would take a sexual interest in an adolescent boy, often with the blessing of the boy's parents. **T F?**
- 3 Throughout most of human history, women were considered to be the property of their husbands. **T F?**
- 4 The production of sex manuals originated in modern times. **T F?**
- 5 The graham cracker came into being as a means for helping young men control their sexual appetites. **T F?**
- 6 Female redback spiders eat their mates after the females have been inseminated. **T F?**
- 7 In our dreams, airplanes, bullets, snakes, sticks, and similar objects symbolize the male genitals. **T F?**



Let's Google the islands off the coast of Europe and in the South Pacific—both in space and time. We go to Google Maps, find Inis Beag, click on the satellite image, further click on 1955 (no, you can't really do this—yet), and swoop in ...

And suddenly we find ourselves visiting two islands that are a world apart—sexually as well as geographically. Our first stop is Inis Beag, which lies in the Atlantic, off the misty coast of Ireland. Our second stop will be Mangaia, which lifts languidly out of the blue waters of the Pacific.

The distant satellite image shows Inis Beag as a green jewel, fertile and inviting. The residents of this community do not believe that it is normal for women to experience orgasm. Anthropologists have reported that any woman who finds pleasure in sex—especially the intense waves of pleasure that can accompany orgasm—is viewed as deviant.

Premarital sex is all but unknown on Inis Beag. Prior to marriage, men and women socialize apart. Marriage comes late—usually in the middle 30s for men and the middle 20s for women. Mothers teach their daughters that they will have to submit to their husbands' animal cravings in order to obey God's injunction to "be fruitful and multiply."

But the women of Inis Beag need not be overly concerned about frequent sex, since the men of the island believe, erroneously, that sexual activity will drain their strength. Consequently, men avoid sex on the eve of sporting activity or strenuous work. Because of taboos against nudity, married couples have sex with their undergarments on. Intercourse takes place in the dark—literally as well as figuratively.

During intercourse, the man lies on top. He is always the initiator. Foreplay is brief. The man ejaculates as fast as he can, in the belief that he is the only partner with sexual needs and to spare his wife as best he can. Then he turns over and falls asleep. Once more the couple have done their duty.

On to Mangaia, which is a pearl of an island. It lies on the other side of the world from Inis Beag—in more ways than one. From an early age, Mangaian boys and girls are encouraged to get in touch with their own sexuality through sexual play and masturbation. At about the age of 13, Mangaian boys are initiated into manhood by adults who instruct them in sexual techniques.

Boys practice their new techniques with girlfriends on secluded beaches or beneath the listing fronds of palms. They may visit girlfriends in huts where they sleep with their families. Parents often listen for their daughters to laugh and gasp so that they will know that they have reached orgasm with a visiting young "sleepcrawler." Parents often pretend to be asleep so as not to interfere with courtship and impede their daughters' chances of finding a mate. Daughters may receive a nightly succession of sleepcrawlers and have multiple orgasms with each one.

Mangaian look on virginity with disdain, because virgins do not know how to provide sexual pleasure. Thus, the older male makes his contribution by initiating the girl.

Mangaian expressed concern when they learned that many Western women do not regularly experience orgasm. Orgasm is apparently universal among Mangaian women. Therefore, Mangaian could only assume that Western women suffered from some abnormality of the sex organs.



Mangaia. Perhaps they didn't wear coconut shells, but a generation or so ago, sex on Mangaia was free wheeling. In other places and at other times, sex has been seen as a necessary evil to follow God's command to "be fruitful and multiply."




The residents of Inis Beag and Mangaia have similar anatomical features but vastly different attitudes toward sex. Their cultural settings influence their patterns of sexual behavior and the pleasure they gain—or fail to gain—from sex. Sex may be a natural function, but few natural functions have been influenced so strongly by religious and moral beliefs, cultural tradition, folklore, and superstition.

We are about to embark on the study of human sexuality. But why study human sexuality? Isn't sex something to do rather than to talk about? Isn't sex a natural function? Don't we learn what we need to know from personal experience or from our parents or our friends?

Yes. And no. We can learn how our bodies respond to sexual stimulation through personal experience, but experience teaches us little about the biology of sexual response and orgasm. Nor does experience inform us about the variations in sexual behavior that exist around the world. Experience does not prepare us to recognize the signs of sexually transmitted infections (STIs) or to evaluate the risks of pregnancy. What many of us learned about sex from our parents can probably be summarized in a single word: "Don't." The information we received from our friends was probably riddled with exaggeration, even lies. Many young people today receive accurate information through sex education courses in the schools, but they are usually taught about STIs and contraception, not about sexual techniques.

You may know more about human sexuality than your parents or grandparents did at your age, or do today. But how much do you really know? What causes an erection or vaginal lubrication? What factors determine sexual orientation? What are sexual dysfunctions and what causes them? How do our sexual responsiveness and interests change as we age? Can you contract a sexually transmitted infection and not know it? If you have no symptoms, can you infect others?

These are just a few of the issues we will explore in this book. One feature of this text, "Real Students, Real Questions," illustrates some of the questions and erroneous ideas many of us have about sex. 

 **Watch the Video**
Gender versus Sex:
 Florence Denmark
 on **MyDevelopmentLab**

Real Students, Real Questions

Q *I am 17 years old, and the topic of sex in my family is nonexistent. How do I begin a conversation with my family?*

A Most people find it difficult to talk about sex. You'll find ideas for initiating conversations about sex with family members and other people throughout this text—conversations about contraception, STIs, and problems in relationships. In all cases, think about selecting a good time and place to talk. Consider asking permission to talk about a sensitive topic, as in "I know that talking about birth control is a no-no in this house, but I have some questions. Can we talk about them?" Or, "I could use some help. Can we talk about it?" People who care about you might just surprise you by accepting the challenge of trying to communicate about topics that can be off-limits. If you desire parental help, you might think about catching the more receptive parent when he or she is alone.





The Science of Human Sexuality?

What is human sexuality? This is not a trick question. Consider the meaning, or rather meanings, of the word *sex*. One use of the term *sex* refers to our anatomic sex, male or female. The words *sex* or *sexual* are also used to refer to anatomic structures, called sex organs or sexual organs, that play a role in reproduction or sexual pleasure. We may also speak of sex when referring to physical activities involving our sex organs for purposes of reproduction or pleasure, as in *having sex*. Sex also relates to erotic feelings, experiences, or desires, such as sexual fantasies and thoughts, sexual urges, or feelings of sexual attraction.

Many researchers reserve the word *sex* for reference to anatomic or biological categories, but prefer the word *gender* when they are referring to social or cultural categories. For example, one might say that “reproductive anatomy appears to depend on the *sex* (not the *gender*) of the individual, but in so-called traditional societies, *gender roles* (not *sex roles*) are often seen as polar opposites.”

The term *human sexuality* refers to the ways in which we experience and express ourselves as sexual beings. Our awareness of ourselves as females or males is part of our sexuality, as is the capacity we have for erotic experiences and responses. Our knowledge of the gender roles in our culture also has a profound influence on us.

 **Watch the Video**
The Big Picture: The Power of Sex
on MyDevelopmentLab

THE STUDY OF HUMAN SEXUALITY

The study of human sexuality draws on the scientific expertise of anthropologists, biologists, medical researchers, sociologists, and psychologists, to name some of the professional groups involved in the field. These disciplines all make contributions, because human sexuality reflects biological capabilities, psychological characteristics, and social and cultural influences. Biologists inform us about the physiological mechanisms of sexual arousal and response. Medical science teaches us about STIs and the biological bases of sexual dysfunctions. Psychologists examine how our sexual behavior and attitudes are shaped by perception, learning, thought, motivation and emotion, and personality. Sociocultural theorists examine relationships between sexual behavior and religion, race, and social class. Anthropologists focus on cross-cultural similarities and differences in sexual behavior.



TRUTH OR FICTION REVISITED: Although science provides us with information, it cannot make sexual decisions for us. In making sexual decisions, we also consider our **values**. The Declaration of Independence endorsed the fundamental values of “life, liberty, and the pursuit of happiness”—not a bad beginning. Our religious traditions also play a prominent role in shaping our values, as we see in the following section.

Gender The behavioral, cultural, or psychological traits typically associated with one sex.

Gender roles Complex clusters of ways in which males and females are expected to behave within a given culture.

Human sexuality The ways in which we experience and express ourselves as sexual beings.


Values The qualities in life that are deemed important or unimportant, right or wrong, desirable or undesirable.

Sexuality and Values

Our society is pluralistic. It embraces a wide range of sexual attitudes and values. Some readers may be liberal in their sexual views and behavior. Others may be conservative. Some are pro-choice on abortion, others pro-life. Some approve of premarital sex for couples who know each other casually. Others hold the line at emotional commitment. Still others believe in waiting until marriage. People’s sexual attitudes, experiences, and behaviors are shaped to a large extent by cultural traditions and beliefs. They influence how, where, and with whom we become sexually involved.

As noted by feminists, some of the variability in sexual behavior between males and females reflects power rather than choice (Smith & Konik, 2011). Throughout history and in many places, for example, women have been considered the property of men. Even today, women are often “given away” by their fathers to their husbands.



Let's consider the various value systems that people draw on in making sexual decisions. 

VALUE SYSTEMS FOR MAKING SEXUAL DECISIONS

Although sex is a natural function, most of us choose how, where, and with whom to become sexually involved. We face a wide array of sexual decisions: Whom should I date? When should my partner and I become sexually intimate? Should I initiate sexual relations or wait for my partner to approach me? Should my partner and I practice contraception? If so, which method? Should I use a condom to protect against STIs, or insist that my partner does? Should I be tested for HIV (the virus that causes AIDS)? Should I insist that my partner be tested for HIV before we have sex?

Value systems provide a framework for judging the moral acceptability of sexual options. We often approach sexual decisions by determining whether the choices we face are compatible with our moral values. Our value systems—our sexual standards—have many sources: parents, peers, religious training, ethnic subcultures, the larger culture, and our appraisal of all these influences. Value systems include legalism, situational ethics, ethical relativism, hedonism, asceticism, utilitarianism, and rationalism.

Legalism The legalistic approach formulates ethical behavior on the basis of a code of moral laws derived from an external source, such as a religion. The Hebrew and Christian Bibles contain many examples of the moral code of the Jewish and Christian religions. In the Book of Leviticus (20:10–17) in the Hebrew Bible we find many of the prohibitions against adultery, incest, sexual activity with people of one's own gender, and bestiality:

10: And the man that committeth adultery with another man's wife, even he that committeth adultery with his neighbour's wife, the adulterer and the adulteress shall surely be put to death.

11: And the man that lieth with his father's wife hath uncovered his father's nakedness: both of them shall surely be put to death; their blood shall be upon them.

12: And if a man lie with his daughter in law, both of them shall surely be put to death: they have wrought confusion; their blood shall be upon them.

13: If a man also lie with mankind, as he lieth with a woman, both of them have committed an abomination: they shall surely be put to death; their blood shall be upon them.

14: And if a man take a wife and her mother, it is wickedness: they shall be burnt with fire, both he and they; that there be no wickedness among you.

15: And if a man lie with a beast, he shall surely be put to death: and ye shall slay the beast.

16: And if a woman approach unto any beast, and lie down thereto, thou shalt kill the woman, and the beast: they shall surely be put to death; their blood shall be upon them.

17: And if a man shall take his sister, his father's daughter, or his mother's daughter, and see her nakedness, and she see his nakedness; it is a wicked thing; and they shall be cut off in the sight of their people: he hath uncovered his sister's nakedness; he shall bear his iniquity.

18: And if a man shall lie with a woman having her sickness,¹ and shall uncover her nakedness; he hath discovered her fountain, and she hath uncovered the fountain of her blood: and both of them shall be cut off from among their people.

¹That is, menstruation.

 **Watch the Video**
Special Topics: Cultural Norms
and Sexual Behavior
on **MyDevelopmentLab**



Many religious followers accept the moral codes of their religions as a matter of faith and commitment. Some people find it reassuring to be informed by religious authorities or scripture that a certain course of action is right or wrong. Others, however, take a more liberal view. They say that the Bible reflects the social setting of the time in which it was written, not just divine inspiration. Now that population growth is exploding in many parts of the world, biblical injunctions to be fruitful and multiply may no longer be socially and environmentally sound. Prohibitions, such as that against sexual relations during menstruation, may have been based on prescientific perceptions of danger. Some people thus view religious teachings as a general framework for decision making rather than as a set of absolute rules.

Situational Ethics Episcopal theologian Joseph Fletcher (1966, 1967) argued that ethical decision making should be guided by love for others rather than by rigid moral rules, and that sexual decision making should be based on the context of the situation that the person faces. For this reason, his view is termed *situational ethics*. According to Fletcher, a Roman Catholic woman will have been taught that abortion is the taking of a human life. Her situation, however—her love for her existing family and her recognition of her limited resources for providing for another child—might influence her to decide in favor of an abortion.

Fletcher argues that rules for conduct should be flexible. “The situationist is prepared in any concrete case to suspend, ignore, or violate any principle if by doing so he can effect more good than by following it” (1966, p. 34).

Ethical Relativism Ethical relativism assumes that diverse values are basic to human existence. Ethical relativists reject the idea that there is a single correct moral view about subjects as diverse as wearing revealing clothing, masturbation, premarital sex, oral sex, anal sex, contraception, and abortion. One person may believe that premarital sex is unacceptable under any circumstances, whereas another may hold that “being in love” makes it acceptable. Still another person may believe that sex is morally permissible without an emotional commitment. The ethical relativist



How do you make sexual decisions? What value system or systems do you employ?



believes that there is no objective way of justifying one set of moral values over another. In this view, the essence of human morality is to derive one's own principles and apply them according to one's own conscience. Opponents of ethical relativism argue that allowing people free rein to determine what is right or wrong may bring about social chaos and decay.

One form of ethical relativism is *cultural relativism*. From this perspective, what is right or wrong must be understood in terms of the cultural beliefs that affect sexual decision making. In some cultures, premarital sex is tolerated or even encouraged, whereas in others, it is considered immoral.

Hedonism The hedonist is guided by the pursuit of pleasure, not by whether a particular behavior is morally or situationally justified. “If it feels good, do it” expresses the hedonistic ethic. The hedonist believes that sexual desires, like hunger or thirst, do not invoke moral considerations.

Asceticism Religious celibates, such as Roman Catholic priests and Buddhist monks, choose *asceticism* (self-denial of material and sexual desires) in order to devote themselves to spiritual pursuits. Many ascetics in Eastern and Western religions seek to transcend physical and worldly desires.

Utilitarianism Ethical guidelines can be based on principles other than religious ones. The English philosopher John Stuart Mill (1806–1873) proposed an ethical system based on *utilitarianism*—the view that moral conduct is based on that which will bring about “the greatest good for the greatest number” (Mill, 1863). The utilitarian characterizes behavior as ethical when it does the greatest good and causes the least harm. This is not the same thing as freedom of action. Utilitarians may come down hard in opposition to premarital sex and bearing children out of wedlock, for example, if they believe that these behavior patterns jeopardize a nation's health and social fabric. Mill's ethics require that we treat one another justly and honestly, because it serves the greater good for people to be true to their word and just in their dealings with others.

Rationalism Rationalism is the use of reason to determine a course of action. The rationalist believes that decisions should be based on intellect and reason rather than emotions or faith. The rationalist assesses the facts in a sexual situation and then weighs the consequences of various courses of action to make a decision. The rationalist shares with the utilitarian the belief that reasoning can lead to ethical

Real Students, Real Questions

Q *Is a person who takes a vow of chastity, such as a nun, no longer considered a sexual being?*

A A person who takes a vow of chastity only promises not to be a sexually active being. The reason usually involves dedication to values in which self-denial of sexual desires plays a key role, as in a religious tradition. But this doesn't mean that the person is no longer a sexual being. The person remains female or male, and continues to be subject to the sexual drives, sexual health issues, and cultural expectations that affect females and males.



**Table 1.1****Value Systems for Making Sexual Decisions**

System	Core Belief	Example
Legalism	Ethical behavior is derived from an external source, such as a religion.	The Old Testament contains prohibitions against adultery, incest, sexual activity with people of one's own gender, and bestiality.
Situational Ethics	Ethical decision making should be guided by the situation and by genuine love for others.	A woman who has been taught that abortion is the taking of a human life may find herself with limited resources and decide in favor of an abortion.
Relativism	There is no objective way of justifying one set of moral values over another.	Cohabitation is tolerated in some cultures but considered immoral in others.
Hedonism	Pursuit of pleasure is the guide.	Hedonists might argue that sexual desires, like hunger or thirst, do not involve moral considerations.
Asceticism	One denies sexual desires to devote oneself to spiritual pursuits.	Many ascetics in Western and Eastern religions seek to transcend physical and worldly desires.
Utilitarianism	Moral conduct brings about the greatest good for the greatest number.	We should be honest and just because it serves the greater good for people to be true to their word and treat each other justly.
Rationalism	Sexual decisions should be based on intellect and reason, not blind obedience.	The rationalist might decide that the personal consequences of continuing an unhappy marriage outweigh the effects on the family or the community at large.

behavior but is not bound to the utilitarian code that makes choices on the basis of the greatest good for the greatest number. The utilitarian may decide, for example, to prolong an unhappy marriage because of the belief that the greater good of the family and the community is better served by maintaining an unhappy marriage than by dissolving it. The rationalist might decide that the personal consequences of continuing an unhappy marriage outweigh the consequences to the family or the community at large.

These ethical systems represent general frameworks of moral reasoning or pathways for judging the moral acceptability of sexual and nonsexual behavior. Whereas some of us may adopt one or another of these systems in their purest forms, others adopt a system of moral reasoning that involves some combination or variation of these ethical systems. Table 1.1 summarizes some of the value systems in use.

Many students will think critically about which values to apply to a given situation. They may also apply critical thinking to the claims and arguments about human sexuality they come across from authority figures, colleagues, friends, and advertisements. In the following section, we explore the nature of critical thinking.

Thinking Critically about Human Sexuality

We are flooded with so much information about sex that it is difficult to separate truth from fiction. Newspapers, TV shows, popular books and magazines, and the Internet contain one feature after another about sex. Many of them contradict one another, contain half-truths, or draw unsupported conclusions.



Most of us also tend to assume that authority figures such as doctors and government officials provide us with factual information and are qualified to make decisions that affect our lives. But when two doctors disagree on the need for breast surgery, or two officials disagree as to whether condoms should be distributed in public schools, how can both be correct? Critical thinkers never say, “This is true because so-and-so says that it is true.”

To help students evaluate claims, arguments, and widely held beliefs, most colleges encourage critical thinking. The core of critical thinking is skepticism—taking nothing for granted. Critical thinking means being skeptical of things that are presented in print, uttered by authority figures or celebrities, or passed along by friends. Another aspect of critical thinking is thoughtful analysis and probing of claims and arguments. Critical thinking means scrutinizing definitions of terms and evaluating the premises of arguments and their logic. Critical thinkers maintain open minds. They suspend their beliefs until they have obtained and evaluated the evidence.

CRITICAL THINKING

What kinds of intellectual and interpersonal conflicts are likely to be encountered by people who decide that they would like to become critical thinkers?

PRINCIPLES OF CRITICAL THINKING

Here are some principles of critical thinking:

1. *Be skeptical.* Politicians, religious leaders, and other authority figures attempt to convince you of their points of view. Even researchers and authors may hold certain biases. Accept no opinion as fact until you have personally weighed the evidence.
2. *Examine definitions of terms.* Some statements are true when a term is defined in one way but not in another. Consider the maxim, “Love is blind.” If love is defined as head-over-heels infatuation, there may be substance to the statement. Infatuated people tend to idealize loved ones. But if love is defined as deep caring and commitment based on a more realistic (if still somewhat slanted) appraisal of the loved one, then love is not blind—just a bit nearsighted.
3. *Examine the assumptions or premises of arguments.* Consider the statement, “Abortion is murder.” *Webster’s New World Dictionary* defines murder as “the unlawful and malicious or premeditated killing of one human being by another.” The statement is true, according to this dictionary, only if (a) the victim is a human being and (b) the act is unlawful and malicious or premeditated. Many pro-life advocates argue that embryos and fetuses are human beings from the moment of conception. Many pro-choice advocates argue that embryos and fetuses do not become human beings until various stages of development. Thus, the judgment that abortion is murder will rest in part on one’s beliefs as to whether—and when—an embryo or fetus is a human being.
4. *Be cautious in drawing conclusions from evidence.* Research finds that teenagers who listen to rap, hip-hop, pop, and rock music with sexually explicit lyrics—or with lyrics that refer to women as sex objects—are more likely to initiate sexual activity at early ages (Martino et al., 2006). The popular media seem obsessed with the idea that “dirty” songs instigate sex, and lots of it. However, teens who choose to listen to these songs may differ from those who do not in their values, so that they not only spend hours with their iPods blasting sexual lyrics into their ears but also choose to have sex at early ages. The evidence of an association between listening to this music and having sex is open to various interpretations—which brings us to our next principle of critical thinking.
5. *Consider alternative interpretations of research evidence.* For example, teens who dwell on sexual song lyrics may also be more open to sexual activity because they are generally less traditional than teens who (literally) turn these songs off. Correlations or associations between events do not necessarily reveal cause and effect.