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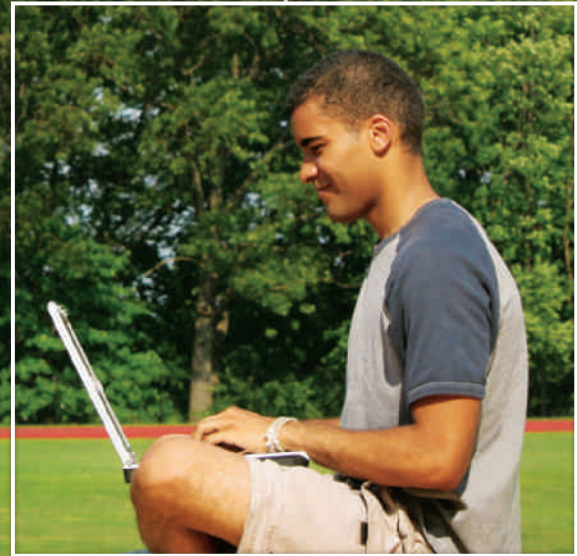
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TWELFTH EDITION

# Our Sexuality

Robert Crooks

Karla Baur



Australia • Brazil • Canada • Mexico • Singapore • Spain • United Kingdom • United States

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**Robert Crooks and Karla Baur**

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For our loving spouses, Sami Tucker and Jim Hicks, and the staff of IT HELPS Kenya. IT HELPS is a tax exempt public charity that has previously conducted an HIV/AIDS intervention program in the southeastern interior of Kenya and is now implementing a new project in the Ukunda south coast region of Kenya.



Photos courtesy of Robert Crooks

IT HELPS peer educators conducting HIV/AIDS prevention workshops for groups comprised of either students or members of the adult community.





# About the Authors

The integration of psychological, social, and biological components of human sexuality in this text is facilitated by the blending of the authors' academic and professional backgrounds.

**ROBERT CROOKS** has a Ph.D. in psychology. His graduate training stressed clinical and physiological psychology. In addition, he has considerable background in sociology, which served as his minor throughout his graduate training. His involvement with teaching human sexuality classes at the university, college, and medical school levels spans over two decades. Recently Bob and his wife, Sami Tucker, have been involved in the establishment and implementation of another HIV/AIDS intervention program in coastal Kenya. Over the previous 10 years, their work with this project includes designing a research strategy for assessing behavior change, developing a peer educator-based educational strategy, and conducting training sessions for Kenyan peer educator staff. In the fall of 2009, Bob and Sami initiated another HIV/AIDS intervention program in Tanzania. Over the previous seven years they have traveled extensively in Africa and have devoted many months to their evolving HIV/AIDS prevention projects.

**KARLA BAUR** has a master's degree in social work; her advanced academic work stressed clinical training. She is a licensed clinical social worker in private practice, specializing in couples and sex therapy. Karla has been certified as a sex educator, therapist, and sex therapy supervisor by the American Association of Sex Educators, Counselors, and Therapists. She has instructed sexuality classes at a medical school and several colleges and universities and has provided clinical training for other mental health professionals. Karla has also found a way to combine her clinical skills with her love of horses by providing performance enhancement training for equestrians. Furthermore, Karla has been involved in the HIV/AIDS program in Kenya, and in 2004 she joined Bob and Sami to train peer educators.

The authors have a combined total of over 70 years of teaching, counseling, and research in the field of sexology. Together they taught college sexuality courses for a number of years. They present workshops and guest lectures to a wide variety of professional and community groups, and they counsel individuals, couples, and families on sexual concerns. Their combined teaching, clinical, and research experiences, together with their graduate training, have provided them with an appreciation and sensitive understanding of the highly complex and personal nature of human sexuality.

It is the authors' belief that a truly sensitive understanding of our sexuality must be grounded in both the female and the male perspectives and experiences. In this sense, their courses, their students, and this text have benefited from a well-balanced perception and a deep appreciation of human sexual behavior.



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AP Photo/Michael Manning



# Special Interest Features

## SEX AND POLITICS Boxes

This feature, added in the 10th edition, is designed to illustrate the significant influence of politics on sexual issues. We utilize this feature to broaden understanding of the influence on sexuality by advocacy groups and government bodies—local, state, federal, and international. We present a range of topics, where sex and politics meet, including:

- Sex Research Under Siege
- “Intactivists” Attempt to Criminalize Infant Circumcision in San Francisco
- Goals of the Gay Rights Movement
- The Power of Pro-Life Anti-Contraception Politics
- Opposition to Emergency Contraception
- Abortion Restrictions at the State Level
- Antigay Harassment/Bullying of Teenagers
- U.S. Congress Considering Measures to Reduce Teen Pregnancy Prevention Programs
- Abstinence-Only Sex Education
- Marriage in Crises
- Legal Marriage for Same-Sex Couples?
- Arguments Against and for Mandatory HPV Vaccination
- U.S. Policy During the Bush Administration Reduced Condom Promotion in Africa
- Pornography as Social Criticism
- Contemporary Censorship and Free Speech Controversies

## LET’S TALK ABOUT IT Boxes

These boxes, integrated throughout the text, provide practical advice on how to communicate effectively about sensitive sexual and relationship issues. Content includes:

- Respectful Communication With a Transsexual or Transgendered Individual
- A Child/Parent Sex Talk
- Coping With the Green-Eyed Monster
- The Benefits of Affectionate Communication

- Guidelines for Coming Out to Friends
- Don’t Go Inside Without Your Rubbers On
- Telling a Partner (about possible transmission of an STI)
- Helping a Partner or Friend Recover From Rape

## SPOTLIGHT ON RESEARCH Boxes

These boxes highlight recent important research studies. Examples of this feature include:

- Cross-Cultural Sex Differences in Personality Traits
- Monitoring Brain Function During Sexual Arousal With Functional Magnetic Resonance Imaging
- Monitoring Genital Changes During Sexual Arousal With Functional Magnetic Resonance Imaging
- Sex Differences in Sex Drive
- Differences in Men’s and Women’s Desire for Sexual Variety
- Normative Sexual Behavior in Children: A Contemporary Sample
- Circumcision as a Strategy for Preventing HIV Infection

## YOUR SEXUAL HEALTH Boxes and Marginal Icons

This feature highlights and emphasizes important sexual health matters. Boxes include:

- Genital Self-Exam for Women
- Kegel Exercises
- How to Examine Your Breasts
- Male Genital Self-Examination
- Which Contraception Method Is Best for You?
- Folic Acid and Fetal Development
- Know Your Partner
- Index of Sexual Satisfaction
- Dealing With Rape and Attempted Rape





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# Preface

*Our Sexuality*, now in its twelfth edition, provides students with an engaging, personally relevant, politically astute, and academically sound introduction to human sexuality. The text's comprehensive integration of biological, psychological, behavioral, cultural, and political aspects of sexuality has been consistently well received in each previous edition.

## New in This Edition

- More than 1,000 new citations, reflecting the most recent research in sexology, have been added. Most of these citations are current, drawn from data published in 2011 and 2012.
- A wealth of new and significantly updated information in every chapter, highlights of which are described below:

### Chapter 1: Perspectives on Sexuality

- Increase in interracial dating.
- Increasing controversy about the laws and meaning of Muslim women wearing headscarves.
- New research about correlation between gender equality and similarity of male/female sexual attitudes and behaviors.
- Updates on the media and its various impacts on sexual attitudes and behaviors.

### Chapter 2: Sex Research: Methods and Problems

- Updates pertaining to the Sex and Politics box, "Sex Research Under Siege."
- Discussion of one of the largest nationally representative sexual health and behavior surveys to date, the National Survey of Sexual Health and Behavior (NSSHB).

### Chapter 3: Female Sexual Anatomy and Physiology

- New resources for the appreciation of vulva diversity.
- New section on genital alteration.
- New figure of the complexity of the clitoral complex.
- Expanded information on the G-spot.
- Updated information on female genital cutting.
- Expanded information about ovulation and sexual response.
- Research updates on hormone replacement after menopause.

### Chapter 4: Male Sexual Anatomy and Physiology

- Updated discussion of circumcision including a new Sex and Politics box detailing efforts to ban circumcision in San Francisco.
- Major revision and updates of material dealing with prostate cancer with integration of recent research findings.
- Discussion of new diagnostic tools that may aid in assessing the aggressiveness of prostate cancer.

### Chapter 5: Gender Issues

- Inclusion of data from a new national study pertaining to the performance of males and females on mathematics tests and inclination to enter a math intensive professional occupation
- New information about the relationship between endorsing traditional gender roles and attitudes about what constitutes an ideal partner of the other sex.
- New Sex and Politics box discussing how the religious right has influenced American politics.
- New information regarding parental influence on the development of gender roles, especially as related to the gendered division of household labor.

- Updated discussion of the impact of children's books on the development of gender roles.

## Chapter 6: Sexual Arousal and Response

- Expanded discussion of aphrodisiacs and anaphrodisiacs.
- Updated discussion of hormones and sexual behavior.
- Discussion of findings from the NSSHB survey pertaining to human sexual response, especially female orgasm.
- New information about the use of MRI technology in Grafenberg Spot research.
- Latest information about genital cosmetic surgery.
- NSSHB findings regarding multiple orgasms.

## Chapter 7: Love and Communication in Intimate Relationships

- New research on the link between feelings of being in love and the release of neurotransmitters and other brain chemicals.
- Recent research on the relationship between use of hormonal contraceptives and women's attractiveness to potential love/sex partners.
- Latest research on partner choice and race.
- Expanded discussion of adult intimate relationships as an attachment process.
- Latest research findings on friends with benefits relationships (FWBRs).
- Revised and updated information pertaining to Internet relationships.

## Chapter 8: Sexual Behaviors

- New research on religiosity and sexual fantasy.
- Updated data on attitudes toward and patterns of masturbation.
- Detailed information about G-spot stimulation during self and manual stimulation and intercourse, including a new drawing of the "tailgate" position.
- New research on how people define "real sex."
- New data on incidence of anal sex.

## Chapter 9: Sexual Orientations

- Expanded definition of sexual orientation.
- Increased emphasis on sexual orientation as a multidimensional phenomenon.
- Inclusion of new terms, "heteroflexibility" and "homoflexibility."
- New table on self-identified sexual orientation.
- New research about asexuality.
- Information about the unique arousal pattern of bisexual men.
- New research about differences in beliefs about the underlying sexual orientation of bisexual men versus women.

- New section on "performative bisexuality."
- New Spotlight on Research box about the inconsistent parameters that research studies use to define homosexuality.
- Current data on belief whether or not homosexuality is innate.
- New section on the separation of same-sex behavior and self-identification as homosexual among men in the Pastun tribe of Afghanistan.
- Updates on global trends in persecution or acceptance of homosexuality.
- Updates and controversies on "conversion therapy."
- Updates on continuing increases of acceptance of homosexuality in the United States.
- Reversal of "Don't ask, don't tell."
- Detailed discussion on gay marriage and its ever-increasing support from the general public.
- Updated information about greater inclusion of gay, lesbian, and bisexual characters on television.
- Many examples of the detrimental effect of antigay prejudice.
- Updated information on the increase in adoption by same-sex couples.

## Chapter 10: Contraception

- New data about teen use of contraceptives.
- Increased political activism to reduce access to contraception.
- New regulations requiring private health insurance to cover contraceptives.
- Updated data on need for increased worldwide contraceptive use.
- Updated information on all methods of contraception.
- Compensation for victims of forced sterilizations.

## Chapter 11: Conceiving Children: Process and Choice

- Increasing rates of women choosing not to have children.
- Updated information about sex selection abortions and infanticide of females.
- Increase in twin births from assisted reproductive technologies and women having children later in life.
- New statistics on rates of unplanned pregnancy and abortion in United States and across the globe.
- New data on the characteristics and context of women who are more likely to have abortions after 13 weeks of pregnancy.
- Updated information on anti-abortion political activism.
- Updated statistics on worldwide maternal mortality.
- Increase in rate of caesarean section in the United States.
- More data about benefits of breastfeeding.



## Chapter 12: Sexuality During Childhood and Adolescence

- Findings from the NSSHB survey regarding adolescent sexual behavior.
- Recent research findings on the predictive relationship between oral and vaginal sex.
- Addition of a new section dealing with the emerging social phenomenon of adolescent sexting.
- Inclusion of the latest research findings on adolescent coitus.
- Significantly updated and expanded discussion of adolescents online.
- A new unit on adolescent multi-person sex (MPS).
- A new Sex and Politics box on antigay harassment/bullying of teenagers.
- Expanded and updated section dealing with adolescent pregnancy.
- A new Sex and Politics box focusing on steps by the U.S. Congress to reduce teen pregnancy.
- Expanded discussion of the use of contraceptives by teenagers, including adolescents' access to emergency contraception (EC).
- Discussion of factors that have influenced a reduction in school-based abstinence-only sex education.

## Chapter 13: Sexuality and the Adult Years

- Latest data on the increase in number of single adults.
- Male/female similarities and differences in reactions to non-committed sexual relationships.
- Characteristics of individuals who cohabit.
- Update on decrease in percentage of U.S. households of married couples.
- New information about forced marriage.
- New section on child marriage.
- Current statistics on the increase of the rates of and the public approval for interracial marriage.
- New data on extramarital relationships.
- Differences in reasons for extramarital affairs between men and women.
- The relationship between power and likelihood of affairs.
- New data about women's sex lives improving later in life.
- Gender differences in likelihood of orgasm with relationship and non-relationship partners.
- New data about the importance of tenderness for men compared to women.

## Chapter 14: Sexual Difficulties and Solutions

- Expanded information about faking orgasm.
- New DSM5 name for vaginal pain with intercourse.

- Impact of sexual guilt on sexual function.
- Differences in body image concerns between groups of women.
- Male sexual functioning with on-going as compared to non-relationship partners.

## Chapter 15: Sexually Transmitted Infections

- Major updating throughout the chapter.
- Latest data pertaining to the incidence and treatment of sexually transmitted infections.
- Discussion of oral sex, HPV transmission, and throat cancer.
- Updated Sex and Politics box dealing with HPV vaccination.
- New information on the treatment of hepatitis C infections.
- Latest incidence data on HIV/AIDS in the United States and worldwide.
- Discussion of the impact of the economic downturn on the treatment of HIV/AIDS.
- Discussion of immunosenescence, a form of premature aging, as a result of HAART treatment of HIV/AIDS.
- Discussion of recent evidence indicating that treating HIV-infected people with antiretroviral medications at an early stage of the disease can reduce the likelihood of transmitting HIV to an uninfected partner.
- Significantly revised and updated section on the search for an HIV/AIDS vaccine.
- New information about the role of pre-exposure prophylaxis (PrEP) in reducing the transmission of HIV.
- New findings about the search for effective microbicides.

## Chapter 16: Atypical Sexual Behavior

- Updating throughout chapter.
- Expanded and updated discussion of video voyeurism.

## Chapter 17: Sexual Coercion

- Inclusion of latest rape incidence statistics and updated discussion of this topic.
- Detailed discussion of the FBI's revised definition of rape and its impact on our understanding of this coercive behavior.
- Major expansion of the impact of rape on survivors, with emphasis on the tendency for college survivors of rape to be victimized again due in large part to a lack of institutional response to allegations of sexual assault.
- Addition of information about the rape and sexual assault of Jewish women during the Holocaust.
- Updated section on rape and sexual assault of males.



- Expanded discussion of factors that lead to the underreporting of child sexual abuse.
- Addition of a discussion of sexual abuse by members of the clergy with emphasis on a report by the Catholic Church on abuse by priests and reactions to same.
- Revised and expanded discussion of pedophiles in cyberspace.
- Significantly updated discussion of sexual harassment on the job and in academic settings.
- A new section dealing with cyberstalking.

## Chapter 18: Sex for Sale

- Legal dilemmas dealing with sexting.
- Peter Lenk's "Global Players" included in pornography as social criticism.
- Updates on revenues from pornography.
- New table of countries that spend the most on pornography.
- Expanded section of ways pornography can be harmful to individuals and couples.
- Emphasis on pornography as poor sex education.
- Updated information about call girls.
- Increase in sex workers advertising on the Internet and Facebook.
- Increased information on recruitment and trafficking of teenagers into sex work in the United States.
- New research about customers of sex workers.
- New section about the glorification of pimps in the United States.
- Updated information about legal status of sex work and prosecution of customers.

## Other Continuing Features

- **A personal approach.** Users of the text have responded favorably to our attempts to make the subject human and personal, and in this twelfth edition we have retained and strengthened the elements that contributed to this approach and expanded coverage of the impact that political decisions and policies have on individuals and groups.
- **Authors' files.** One of the most popular features of *Our Sexuality* has been the incorporation of voices of real people through the use of authors' files. These quotations—taken from the experiences and observations of students, clients, and colleagues—are woven into the text but set apart in conversation bubbles. Each chapter opens with an authors' file quotation illustrating an important concept pertinent to that chapter.
- **Nonjudgmental perspective.** Consistent with our personal focus, we have avoided a prescriptive stance on

most issues introduced in the text. We have attempted to provide information in a sensitive, nonsexist, inclusive, nonjudgmental manner that assumes the reader is best qualified to determine what is most valid and applicable in her or his life.

- **Psychosocial orientation.** We focus on the roles of psychological and social factors in human expression, reflecting our belief that human sexuality is governed more by psychological factors than by biological determinants. At the same time, we provide the reader with a solid basis in the anatomy and physiology of human sexuality and explore new research pertaining to the interplay of biology, psychology, and social learning.
- **Critical Thinking questions**, some of which are new to this edition, appear in the margin. These questions are designed to help students apply their knowledge and experience while developing their own outlook. Each question encourages students to stop and think about what they are reading, in an attempt to facilitate higher-order processing of information and learning.
- **Sexuality and Diversity discussions**, integrated throughout the text, deal with topics such as ethnic variations in gender roles, female genital cutting, cultural variations in sexual arousal, ethnic variations in intimate communication, cross-cultural issues in preselecting a baby's sex, the clash between sex therapy practices and cultural values, AIDS in Africa, and cultural values that punish women who have been raped. Many of these Sexuality and Diversity discussions have been revised, expanded, and updated for the twelfth edition.
- **At a Glance tables** designed to present important information in summary form. Examples of this feature include tables that summarize sex research methods, factors involved in typical and atypical prenatal differentiation, major physiological changes during the sexual response cycle, information to consider when choosing a birth control method, and features of common sexually transmitted infections.
- **Pedagogy.** Individuals learn in different ways. We therefore provide a variety of pedagogical aids to be used as the student chooses. Each chapter opens with an outline of the major topic headings, complete with **chapter opening questions** that focus attention on important topics. **Key words** are boldfaced within the text, and a pronunciation guide follows selected key words. A **running glossary** in the text margin provides a helpful learning tool. Each chapter concludes with a **Summary** in outline form for student reference, annotated **Suggested Readings**, and annotated **Web Resources**. A complete **Glossary** as well as a complete **Bibliography** are provided at the end of the book.

# Integrated Teaching and Learning Aids

## For Students

### CourseMate

Cengage Learning's Psychology CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support the printed textbook. Access an integrated eBook, learning tools including glossaries, flashcards, quizzes, videos, weblinks, and more in your Psychology CourseMate. Go to [CengageBrain.com](http://CengageBrain.com) to register or purchase access.

## For Instructors

### The Safer Sex and Contraception Kit

(1-285-17722-9)

The kit is available to qualified adopters in the United States only. This kit is intended for classroom demonstrations of various forms of contraceptives. It includes the new O-ring, the patch, the diaphragm, contraceptive jelly, birth control pills, and more. A Virtual Safer Sex and Contraception Kit includes photos of all these devices and is available to all adopters on the Instructor's Resource CD-ROM in PowerPoint®.

### CourseMate

Cengage Learning's Psychology CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support the printed textbook. CourseMate includes an integrated eBook, glossaries, flashcards, quizzes, videos, weblinks, and more—as well as EngagementTracker, a first-of-its-kind tool that monitors student engagement in the course. The accompanying instructor website, available through [login.cengage.com](http://login.cengage.com), offers access to password-protected resources such as *an electronic version of the instructor's manual, test bank files, and PowerPoint® slides*. CourseMate can be bundled with the student text. Contact your Cengage sales representative for information on getting access to CourseMate.

### WebTutor

Jumpstart your course with customizable, rich, text-specific content within your Course Management System. Whether you want to Web-enable your class or put an entire course online, WebTutor™ delivers. WebTutor™ offers a wide array of resources including access to the eBook, glossaries, flashcards, quizzes, videos, weblinks, and more.

### PowerLecture™ With ExamView®

(1-285-17500-3)

PowerLecture instructor resources are a collection of book-specific lecture and class tools on CD or DVD. The fastest and easiest way to build powerful, customized media-rich lectures, PowerLecture assets include chapter-specific PowerPoint® presentations authored by Lindsay M. Jorgensen of University of Utah, images, animations and video, instructor manuals, test banks, useful web links, and more. PowerLecture media-teaching tools are an effective way to enhance the educational experience. ExamView offers a Quick Test Wizard and Online Test Wizard that guide you step by step through the process of creating tests, while its “what you see is what you get” interface allows you to see the test you are creating on the screen exactly as it will print or display online. JoinIn content (for use with most “clicker” systems) delivers instant classroom assessment and active learning. Take polls and attendance, quiz, and invite students to actively participate while they learn.

### Instructor's Manual With Test Bank

(1-285-17499-0)

The Instructor's Manual and Test Bank (IMTB) contains a variety of resources to aid instructors in preparing and presenting text material in a manner that meets their personal preferences and course needs. It presents chapter-by-chapter suggestions and resources to enhance and facilitate learning. Helpful instructional materials, such as a sample syllabus and teaching techniques, will be included in an appendix. The test bank has been extensively revised and includes more than 100 questions per chapter, each indicating their level in Bloom's Taxonomy.

# Acknowledgments

Upon completion of the twelfth edition of *Our Sexuality* we reflect on the enormous contributions of others to the quality and success of this textbook. We are indebted to the dedication and skills of the reviewers and professionals who have had a hand in this edition. We also remain indebted to our students who inspired our first edition.

Professors and specialty reviewers who lent their expertise at various stages in revising this and previous editions are listed on the following pages. Of all the members of the highly professional, competent, and supportive staff of Wadsworth who contributed to this and previous editions, Thomas Finn, freelance developmental editor, was a pleasure to work with and he contributing many insights, some gleaned from his experiences in the classroom, that contributed positively to the twelfth revision. Our acquisitions editor, Jaime Perkins, effectively established the focus of the twelfth edition and supported the authors in their efforts. Editorial Assistant, Audrey Espey, competently took care of a myriad of details. Pat Waldo and Samen Iqbal, content production editors, efficiently managed the often complicated and hectic production schedule. Senior art director Vernon Boes, together with Lisa Buckley, managed the demanding job of developing the new design elements of this edition—which has turned out to be the authors' favorite design of any edition. Jessica Alderman, assistant editor, adeptly managed the development of the excellent print supplements and Jasmin Tokatlian, media editor, lent her valuable expertise to make the media products meaningful assets to students and professors.

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# Prologue

Throughout this textbook we discuss sexual attitudes, ideals, and behaviors of the past and present. We highlight similarities and differences in the Western world and beyond and emphasize the controversies inherent in sexual issues.

Finding one's way through the complex and conflicting perspectives related to human sexuality is both a personal and a societal challenge. We would like to open *Our Sexuality* with the Declaration of Sexual Rights, adopted by the World Association of Sexology,\* as possible unifying guidelines:

Sexuality is an integral part of the personality of every human being. Its full development depends upon the satisfaction of basic human needs such as the desire for contact, intimacy, emotional expression, pleasure, tenderness, and love.

Sexuality is constructed through the interaction between the individual and social structures. Full development of sexuality is essential for individual, interpersonal, and societal well-being.

Sexual rights are universal human rights based on the inherent freedom, dignity, and equality of all human beings. Since health is a fundamental human right, so must sexual health be a basic human right. In order to assure that human beings and societies develop healthy sexuality, the following sexual rights must be recognized, promoted, respected, and defended by all societies through all means. Sexual health is the result of an environment that recognizes, respects, and exercises these sexual rights:

1. **The right to sexual freedom.** Sexual freedom encompasses the possibility for individuals to express their full sexual potential. However, this excludes all forms of sexual coercion, exploitation, and abuse at any time and situations in life.
2. **The right to sexual autonomy, sexual integrity, and safety of the sexual body.** This right involves the ability to make autonomous decisions about one's sexual life within a context of one's own personal and social ethics. It also encompasses control and enjoyment of our own bodies free from torture, mutilation, and violence of any sort.
3. **The right to sexual privacy.** This involves the right for individual decisions and behaviors about intimacy as long as they do not intrude on the sexual rights of others.
4. **The right to sexual equity.** This refers to freedom from all forms of discrimination regardless of sex, gender, sexual orientation, age, race, social class, religion, or physical and emotional disability.
5. **The right to sexual pleasure.** Sexual pleasure, including autoeroticism, is a source of physical, psychological, intellectual, and spiritual well-being.
6. **The right to emotional sexual expression.** Sexual expression is more than erotic pleasure or sexual acts. Individuals have a right to express their sexuality through communication, touch, emotional expression, and love.
7. **The right to sexually associate freely.** This means the possibility to marry or not, to divorce, and to establish other types of responsible sexual associations.
8. **The right to make free and responsible reproductive choices.** This encompasses the right to decide whether or not to have children, the number and spacing of children, and the right to full access to the means of fertility regulation.
9. **The right to sexual information based upon scientific inquiry.** This right implies that sexual information should be generated through the process of unencumbered and yet scientifically ethical inquiry, and disseminated in appropriate ways at all societal levels.
10. **The right to comprehensive sexuality education.** This is a lifelong process from birth throughout the life cycle and should involve all social institutions.
11. **The right to sexual health care.** Sexual health care should be available for prevention and treatment of all sexual concerns, problems, and disorders.

\*Originally declared at the 13th World Congress of Sexology, 1997, Valencia, Spain. Revised and approved by the General Assembly of the World Association for Sexology (WAS) on August 26, 1999, during the 14th World Congress of Sexology, Hong Kong, and People's Republic of China. Reprinted with permission.



# Perspectives on Sexuality

# 1

## **Sexual Intelligence**

What are the components of sexual intelligence?

## **A Psychosocial Orientation**

What does it mean to take a psychosocial approach in the study of human sexuality?

## **Controversy and Diversity in Human Sexuality**

Why is it important to be inclusive when accounting for human sexuality?

What factors contribute to diversity and similarity of sexual attitudes and behaviors within the United States?

How have sexual norms changed over time in the Middle East and China?

## **Our Cultural Legacy: Sex for Procreation and Rigid Gender Roles**

What importance do the historical themes of sex for procreation and male/female gender roles have today?

## **Sexuality in the Western World: A Historical Perspective**

How did the legacies of sex for procreation and rigid gender roles develop through Western history?

What major scientific development has helped separate sexual pleasure from reproduction?

## **The Media and Sexuality**

How have mass media reflected and influenced sexual norms?

What elements are unique to sexuality on the Internet compared with other mass media?

## **Sexuality: Where the Personal Is Political**

How can something as personal as sexuality be “political”?

LWA/Stephen Welstead/Blend Images/age fotostock

I wish I'd had this course and read this book when I was younger. It's not always easy to sort out what to do or not do sexually, who to do it with, why and when to have sex. Sometimes, even what is sex? Did I have sex if I gave a hand job? (Authors' files)

## Sexual Intelligence

The multiple dimensions of sexuality affect us throughout our lives, and most students take this course, at least in part, to enhance their understanding of themselves sexually and their ability to relate well in a sexual relationship. Understanding oneself sexually and having interpersonal sexual skills and integrity are two characteristics we consider to be part of **sexual intelligence**, and these abilities help us make responsible decisions about our sexual behavior based on our personal values.

### sexual intelligence

Sexual intelligence involves self-understanding, interpersonal sexual skills, scientific knowledge, and consideration of the cultural context of sexuality.

Sexual intelligence also depends on having accurate scientific knowledge about sexuality. Sexual science is a relatively young field. However, great leaps in research-based knowledge over the last century allow us to know, for example, about what happens to our bodies during sexual arousal and how to enhance pleasure, about biological components to sexual orientation, and about how to best protect ourselves and others from sexually transmitted infections.

The fourth component of sexual intelligence is the critical consideration of the broader cultural and political contexts of sexual issues. As the authors of *Sexuality, Health, and Human Rights* state, "Sexuality cannot be understood in isolation from the social, political, and economic structures with which it is embedded—or without reference to cultural and ideological discourses that give it meaning" (Correa et al., 2008, p. 3). The website by Marty Klein, PhD, [www.SexualIntelligence.org](http://www.SexualIntelligence.org), is an excellent source for provocative articles that examine the sexual implications of current political and cultural issues.

When it comes to sexuality, the phrase "the personal is political" is apropos. For example, a woman's access to emergency contraception depends on her state's "conscience clause" law. Many states have laws that make it legal for pharmacists to refuse to fill a woman's pre-

scription for emergency contraception if the pharmacists' personal beliefs oppose the use of such medication. Other states have laws that make the pharmacists' refusals illegal (Guttmacher Institute, 2011c; National Conference of State Legislatures, 2011a).

State laws that make abortion more difficult to obtain are perhaps the most volatile issue in which the personal is political in the United States. In 2011, states enacted significantly more provisions to restrict abortion than in any previous year, as shown in Figure 1.1 (Gold & Nash, 2012). We will discuss the specific restrictions further in Chapter 11. The most controversial laws require women to undergo an ultrasound or receive information on having an ultrasound prior to abortion. The ultrasound device

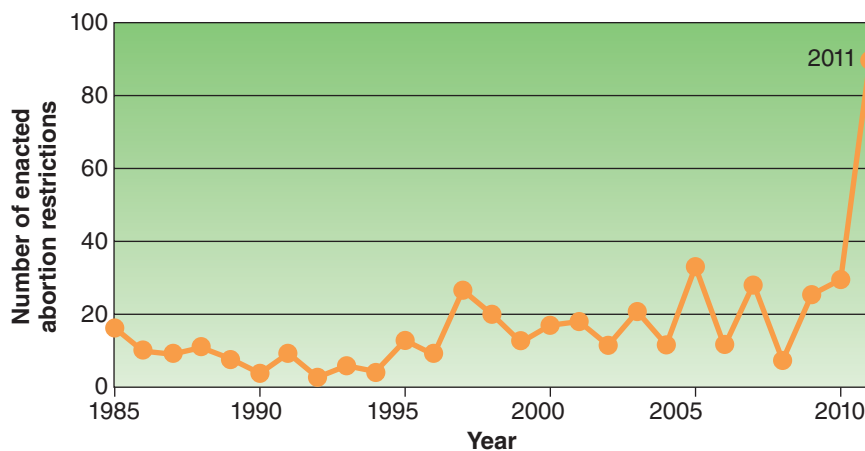
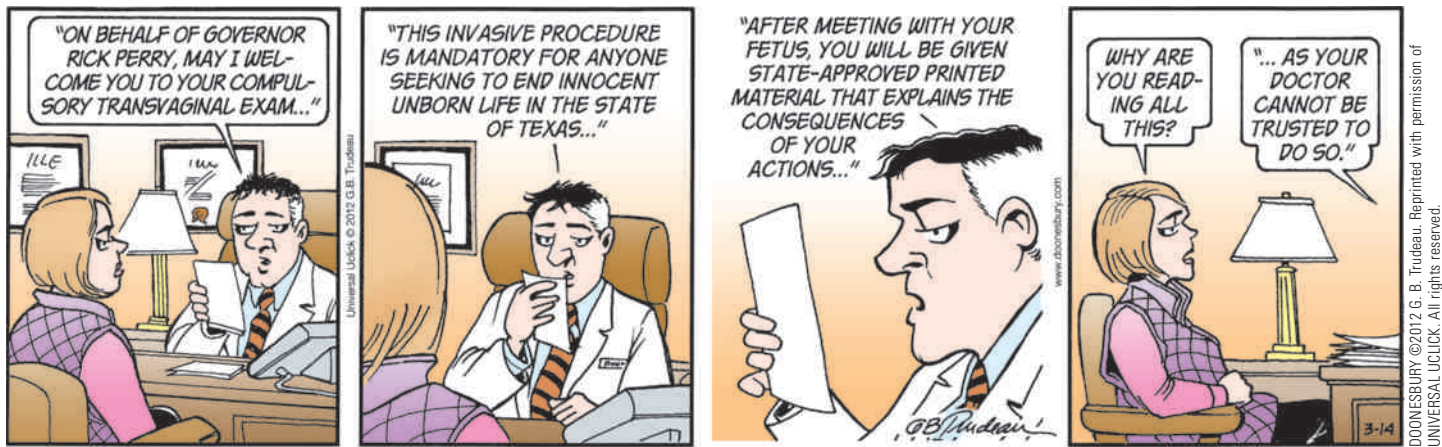


Figure 1.1 Enacted abortion restrictions by year.

SOURCE: Gold & Nash (2012) "Troubling Trend: More States Hostile to Middle Ground as Middle Ground Shrinks"; *Guttmacher Policy Review*, 15, 14-20. Copyright © 2010 Guttmacher Institute. Reprinted by permission.





creates a blurry picture of the fetus and makes the sound of the fetal heartbeat audible when placed on the woman's belly or inserted inside her vagina. An ultrasound is not medically necessary for a safe abortion and increases its cost. The most extreme law came into effect in February 2012 when Texas began requiring women in that state to have a vaginal ultrasound 24 hours before the abortion procedure (Kristof, 2012; Nash, 2012). Republican Governor Rick Perry signed the bill into law and became the subject of *Doonesbury* comic strips that mocked Perry's support of the law (Stanford, 2012).

Throughout this text, we strive to provide opportunities to support and develop the four aspects of sexual intelligence for our readers, understanding that the final expert on your sexuality is *you*. We welcome you to this book and to your human sexuality class.

## A Psychosocial Orientation

To assist you on your journey to greater sexual intelligence, this book takes a **psychosocial** approach, reflecting our view that psychological factors (emotions, attitudes, motivations) and social conditioning (the process by which we learn our social groups' expectations and norms) have a crucial impact on sexual attitudes, values, and behaviors. *Our Sexuality* also covers the crucial biological foundations of human sexuality, including the roles of hormones and the nervous system, the biological components of sexual orientation, theories about the role of genetic selection through thousands of years of human evolution, and the impact of specific genetic variables on an individual. The term *biopsychosocial* describes the integration of the three dimensions.

We may not always be aware of the extent to which our sexual attitudes and behaviors are strongly shaped by our society in general and by the particular social and cultural groups to which we belong (Laumann et al., 1994). The subtle ways we learn society's expectations regarding sexuality often lead us to assume that our behaviors or feelings are biologically innate, or natural. However, an examination of sexuality in other periods of Western history or in other societies (or even in different ethnic, socioeconomic, and age groups within our own society) reveals a broad range of acceptable behavior. What we regard as natural is clearly relative. For example, Margaret Mead's studies of Pacific Islanders from 1928 to 1949 found that Islander parents encouraged adolescents to be sexually active, demonstrating that expectations in the United States for adolescents to be chaste were by no means universal (Correa et al., 2008).

### psychosocial

Refers to a combination of psychological and social factors.

The diversity of sexual expression throughout the world tends to mask a fundamental generalization that can be applied without exception to all social orders: All societies have rules regulating the conduct of sexual behavior. “Every society shapes, structures, and constrains the development and expression of sexuality in all of its members” (Beach, 1978, p. 116). Knowledge about the impact of culture and individual experience can make it easier to understand and make decisions about our own sexuality. Therefore, the major emphasis in *Our Sexuality* will be on the psychosocial aspects of human sexuality. We hope this approach serves as an asset to you throughout this course and throughout your lives.

## Controversy and Diversity in Human Sexuality

Few topics generate as much attention and evoke as much pleasure and distress as the expression and control of human sexuality. In a sexuality class, students represent a diversity of ages, ethnic and religious backgrounds, life experiences, and liberal and conservative attitudes. Students’ sexual experiences vary; most students who have had sexual experiences relate sexually only with the other sex,\* while some seek sexual relationships with members of the same sex, and still others seek sexual contact with both sexes. Some students have had no sexual partners; others have had many partners; still others have had one partner; and some have had long-term partnerships and marriages.

Students’ sexual choices and experiences also vary greatly in the degree of pleasure or distress that accompanies each situation. There are virtually no universals in sexual attitudes and experiences. With this in mind, we have attempted to bring an inclusive philosophy to our book. We begin this chapter with an overview of sexual practices and beliefs within the United States, the Islamic Middle East, and in China.

### The United States

*Our Sexuality* explores the sexual attitudes and behaviors of people in many places around the globe, including the United States. Individuals of many ethnic and religious groups have made their homes in the United States, resulting in a wide range of sexual values and behaviors here. An ethnic group typically shares a common historical ancestry, religion, and language. We must also note that there is fluidity within the same ethnic group. Educational level and socioeconomic status are crucial in influencing sexual attitudes and behaviors. For instance, people with more education masturbate more often than less-educated people do (Kinsey et al., 1948; Michael et al., 1994). Another group-related difference has to do with oral–genital sex, which tends to be most common among young, college-educated Whites and least common among African Americans and individuals with less education (Michael et al., 1994).

It should be stressed that differences between groups are generalities, not universal truths; even within groups, great diversity exists (Agbayani-Siewert, 2004). For example, Asian Americans include the descendants of Chinese laborers brought to the United States in the 19th century to build railroads, refugees from the Vietnam and Korean wars, and individuals

\*We use the term *other sex* instead of *opposite sex* to emphasize that men and women are more alike than opposite.



The Museum of Sex opened its doors in New York City in September 2002 with an exhibit about the history of sex in that city. The museum’s mission is to preserve and present the history and cultural significance of human sexuality.

To expand your understanding of your attitudes and experiences related to sexuality, you might consider interviewing your parents about their experiences and beliefs if you have not already had this type of conversation.

“WHAT?!? Talk to *my* parents about sex?!?”

The following ideas and suggestions may make this endeavor seem less daunting.

“But my mom and dad would *never* answer any questions about sex.”

You might be quite surprised by how open your parents are to your interest. The tell-the-children-when-they-ask parenting approach is common. Plus, you can test the waters first: Start with a low-key question, and if they respond with a direct or an indirect “I don’t want to talk about it,” stop the interview and change the subject.

The first step is to pick your interviewee.\* You may feel most comfortable beginning with a grandparent or another relative instead of a parent. Find a time when you will not be rushed and a place that will be private. (Alternatively, you can use e-mail, a phone call, or a letter; you might also find that several shorter conversations work best for you.) A possible way to begin is, “I’m taking a human sexuality class this term, and it made me wonder if you had any sex education in school!”



The father–son “sex talk” scenes in the film *American Pie* depict the awkwardness that parents and children often experience when they discuss sexuality.

Now you have broken the ice, and if you have had a good reception, you can ask specifics about your interviewee’s sexual education. Be sure to encourage elaboration after each question, and don’t rush to the next one: “What types of things did you learn about sex in school? What did you learn outside of school—from friends, your parents, books? What did your religion teach you? What sorts of bad information did you get about sex? What do you wish someone had told you?”

If things are rolling along, you might take a more personal bent: “How did you feel about your body changing from a child to a teenager? How quickly did you mature compared with your classmates?

Did you know about menstruation/ejaculation before you experienced it? Who was your first crush? What do you wish you knew as a child or young adult that you know now? What do you think was easier, and what was more difficult, about sexuality for your generation than for mine?”

If your interview has come this far, you probably have a greater understanding and appreciation for the important aspects of your interviewee’s life and, hopefully, of your own. So, who’s next?

\*Do not choose someone to interview unless there is a lot of goodwill in the relationship.

from Hong Kong, Japan, the Pacific islands, and many other Asian places (Brotto et al., 2005). Similarly, Muslims in the United States originate from more than 60 countries, and the Hispanic population comes from 22 different countries. Many of these subgroups within the Muslim, Asian American, and Hispanic populations consider themselves culturally distinct from one another. However, in spite of the intragroup differences, when research looks at patterns, some inter-group differences emerge. For example, Asian Americans, *on the whole*, have more conservative sexual attitudes and are less likely to engage in premarital intercourse than are Hispanic Americans, African Americans, or Americans of European descent (Benuto & Meana, 2008; Woo et al., 2011). Again, Hispanic culture, *on the whole*, often endorses sexual exploration for males but places a high value on chastity before marriage for women (Deardorff et al., 2010).

The degree of *acculturation*—that is, replacing traditional beliefs and behavior patterns with those of the dominant culture—also creates differences within subcultures. Recent immigrants tend to be close to the traditional values of their places of origin, but most individuals whose families have lived in North America for several generations are well assimilated. Films such as *My Big Fat Greek Wedding*, *American Desi*, and *Monsoon Wedding* depict the conflicts that can arise in immigrant families when the younger generation becomes more Americanized.





Stand-up comic and second-generation Korean American Margaret Cho shatters stereotypes of the submissive, reticent Asian female in her act. She takes provocative topics—such as bisexuality, what it would be like if men menstruated, and needing foreplay to have an orgasm—over the top.

A factor that blurs differences between ethnic groups is that a significant, and ever-increasing, proportion of the U.S. population is *multiracial*; that is, some people have descended from two or more racial groups. President Barack Obama is biracial, having an African father and a Caucasian mother.

Race and ethnicity are rarely simple, nonoverlapping classifications. “People all over the world have engaged in various degrees of mixing, particularly in the United States. . . . There is no way to look at every person and determine their exact racial background” (Wyatt, 1997, p. xv). The merging of ethnicity will likely increase over time in the United States because attitudes in each younger generation have become more accepting of interracial dating. About 50% of the general population has dated someone from a different racial group (Poulin & Rutter, 2011).

Sexual attitudes, behaviors, and beliefs about sexuality and gender often vary widely even within the same religious group. For example, although the traditional Roman Catholic view condemns all sexual activity that does not potentially lead to procreation, the views and behaviors of American Catholics vary greatly on issues such as contraception, abortion, and homosexuality, often disagreeing with the long-standing tenets of the Church. For example, 98% of sexually experienced Catholic women have used contraception (Jones & Drewke, 2011). Furthermore, fundamentalist Christians, who claim to interpret the Bible literally, differ greatly in their views about sexuality from Christians who do not ascribe to literal biblical interpretation (Ostling, 2000). For example, fundamentalist Christianity typically holds that sexual intercourse before marriage is sinful, and it may oppose the use of birth control, whereas liberal Christianity emphasizes caring in a relationship and appreciates how contraception can enhance sexual intimacy. Similarly, Orthodox Jews have much more conservative views regarding sexuality and gender roles than do Reform Jews. For example, Orthodox Judaism forbids sexual intercourse during menstruation, whereas Reform Judaism allows for individual preferences.



Barack Obama and his maternal grandparents lived together in Hawaii during most of his high school years. He is one of the many individuals in the United States who have multiracial and multiethnic families.

Fundamentalists—whether Christian, Muslim, or Jewish—are far more restrictive of sexual behavior and roles for men and women than are their more-liberal counterparts. Researchers have found that from “Afghanistan to Arkansas . . . the subordination of women is often a significant . . . objective” (Phillips, 2006, p. 370). A key desire of fundamentalists is to impose their own concept of truth on a diverse and plural world. Over the last decade, extreme fundamentalism in these religions has increased and has engaged in political activism in conflicts over sexual and gender-role issues, often following cultural traditions rather than religious teachings (Artyk, 2008; Correa et al., 2008).

These similarities and differences in sexual beliefs, values, and behaviors are part of the *psychosocial* orientation of this textbook.

## The Islamic Middle East

Islam is the world’s fastest-growing religion, and its followers are called Muslims. Islam predominates in the Middle East, yet it is present in many other parts of the world: One fifth of the world’s population is Muslim, and about 2.6 million Muslims live in the United States (Hodge & Nadir, 2008; Pew Forum on Religion and Public Life, 2011). Muslim Americans are more affluent and integrated than are Muslim communities in other countries in the Western world. Their average education and income are on par with those of other groups in the United States, whereas in Europe their standard of living is lower than that of many Europeans (Miller, 2007).

Muslims adhere to the teachings of the prophet Muhammad (ca. 570–632 CE), which are recorded in the Qur’an. Muhammad opposed intercourse before marriage but valued intercourse within marriage as the highest good in human life, to be enjoyed by men and women alike; he encouraged husbands to be “slow and delaying” (Abbott, 2000). Women are considered inherently sexual. Muhammad’s son-in-law proclaimed, “Almighty God created sexual desire in ten parts: then he gave nine parts to women and one to men.” The Qur’an requires both men and women to show modesty in public by wearing loose-fitting, body-covering clothing. A woman in Islamic dress is said to be like “a pearl in a shell” (Jehl, 1998), too precious to be seen by men other than family members (Kotb, 2008).

Before Islam’s development, *polygamy* (one man having multiple wives at the same time) was a common practice. When war led to a disproportionately higher number of women than men, polygamy provided husbands for widows and fathers for orphans. The Qur’an did not subsequently prohibit polygamy. It allows a man to have up to four wives, provided that the husband is fair to each of them (Khan et al., 2007).

The Qur’an contains many passages that reconcile Islam with women’s rights, religious pluralism, and homosexuality, and moderate Muslims do not share the prejudices of radical fundamentalists who stray from the Qur’an’s teachings (Manji, 2006). Oppression of women and many of the extreme sexually related restrictions and punishments in Islamic countries do not stem from religion and the Qur’an but from Middle Eastern patriarchal cultural traditions and the emergence of fundamentalist sects. For example, Muslim fundamentalists are following patriarchal traditions, not the Qur’an, when they require girls to be genitally cut, insist that women be completely covered by clothing in public, or sanction “honor killing” (murdering a woman who has “dishonored” her husband and family by having been raped or having sex outside of marriage) (Fang, 2007).

RELIGION-BASED BIGOTRY.

CHRIST'S DISCIPLES CONFRONTED IT IN THEIR DAY.  
AFRICAN AMERICANS CONFRONTED IT 40 YEARS AGO.  
HOMOSEXUAL MEN AND WOMEN ARE CONFRONTING IT TODAY.

IT'S NOT NEW. HISTORY HAS PROVEN  
**IT'S HORRIBLY WRONG.**

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A media campaign based on Christian values hopes to break down antihomosexual prejudice.





Courtesy of Dr. Heba Kotb

Dr. Heba Kotb, the first licensed sexologist in Egypt, is host of a sexual advice show in Egypt, *The Very Big Talk*. She bases her teachings on the Qur'an, encouraging a strong sexual relationship between husband and wife. She does not discuss topics that are prohibited by Islam, including sex outside of marriage, anal sex, or sex during menstruation.

Controversy occurs between Muslims over many traditions, for example, women wearing headscarves (Salam, 2012). In an attempt to support secularism, the Muslim country of Turkey has for decades banned women from wearing headscarves in universities. In early 2008 Turkey's Parliament lifted the ban, allowing university women to wear headscarves. However, the issue remained controversial: People opposed to women wearing headscarves protested at some campuses, while some university leaders continued to enforce the ban that Parliament had removed (Naili, 2011).

Conflicts about Muslim traditions also occur in countries where Muslims are a minority of the population. In 2001 the French government banned the wearing of veils in public, basing the policy on the country's principles of secularism and gender equality (Mevel, 2011). Women who violate the ban can be fined \$215.00 or be sent to prison. Protests against the ban are ongoing and are based on freedom of expression and religion (Colchester, 2011).

## China

China's ancient history is rich in erotic literature and art. Indeed, the earliest known sex manuals, produced in China sometime around 2500 BCE, portrayed sexual techniques and a great variety of intercourse positions. In ancient China, Taoism (dating from around the second century BCE) actively promoted sexual activity—oral sex, sensual touching, and intercourse—for spiritual growth and harmony in addition to procreation (Brotto et al., 2005). The sexual connection of man and woman during intercourse was believed to join the opposing energies of yin (female) and yang (male), thereby balancing the essences of the two in each individual. Men were encouraged to ejaculate infrequently to conserve yang energy; orgasm for women helped create more yin energy and was sought after.

These liberal Taoist attitudes were replaced by a much stricter sexual propriety that emerged during a renaissance of Confucianism around 1000 CE. Sexual conservatism



CLARO CORTES IV/Reuters/Landov

Liu Dalin, sexologist and curator of the China Sex Museum in Shanghai, shows snuff bottles with erotic designs dating back to the late Qing Dynasty (late 19th century). Shanghai is rediscovering its uninhibited past thanks to more than a decade of growth and liberalization.

increased further after the Communist victory in 1949, and the government attempted to eliminate “decadent” Western sexual behaviors of pornography and prostitution. Under Communist rule, romantic gestures—even holding hands in public—put people at risk of persecution (Fan, 2006). Sex outside marriage was considered a bourgeois transgression, and sex within marriage more than once a week was deemed a counter-productive diversion of energy. A positive result of these measures and attitudes was that China all but eradicated sexually transmitted infections (Wehrfritz, 1996).

Since China’s economic reform and the Open Door policy of the 1980s, China’s government has eased its control over individual lifestyle choices (Yuxin et al., 2007). As the government has grown more permissive toward sexuality, people’s attitudes and behaviors have changed, including a slightly more open attitude toward homosexuality (Lowenthal, 2010). Sexual behaviors, including masturbation, use of pornography, and premarital intercourse, have increased significantly, particularly among men and women in their 20s and 30s (Wong, 2010). In 2005, 70% of residents in Beijing reported having had sexual relations before marriage, in contrast to 15.5% in 1989 (Beech, 2005). However, virginity before age 20 has remained the norm in rural China, and in all of China, for both men and women, the median interval between first sexual intercourse and marriage is a year or less (Parish et al., 2007).

Unfortunately, sexual knowledge and safe-sex skills have not kept up with the loosening of restrictions on sexual behavior, as shown by an increase in the number of single women obtaining abortions and by the rapidly growing rates of HIV infection, especially among Chinese 15 to 24 years old (Beech, 2005). Young men, both single and recently married, have significantly increased their contacts with sex workers. Combined with minimal condom use, this trend places young men—and the women they date and marry—at high risk for HIV (Parish et al., 2007).



John Stammeier/WII Photo Agency

Younger Chinese in larger cities have embraced Western styles. Punk rock guitarist Li Li, age 20, talks with his girlfriend outside the Zai Hui club in west Beijing, China.