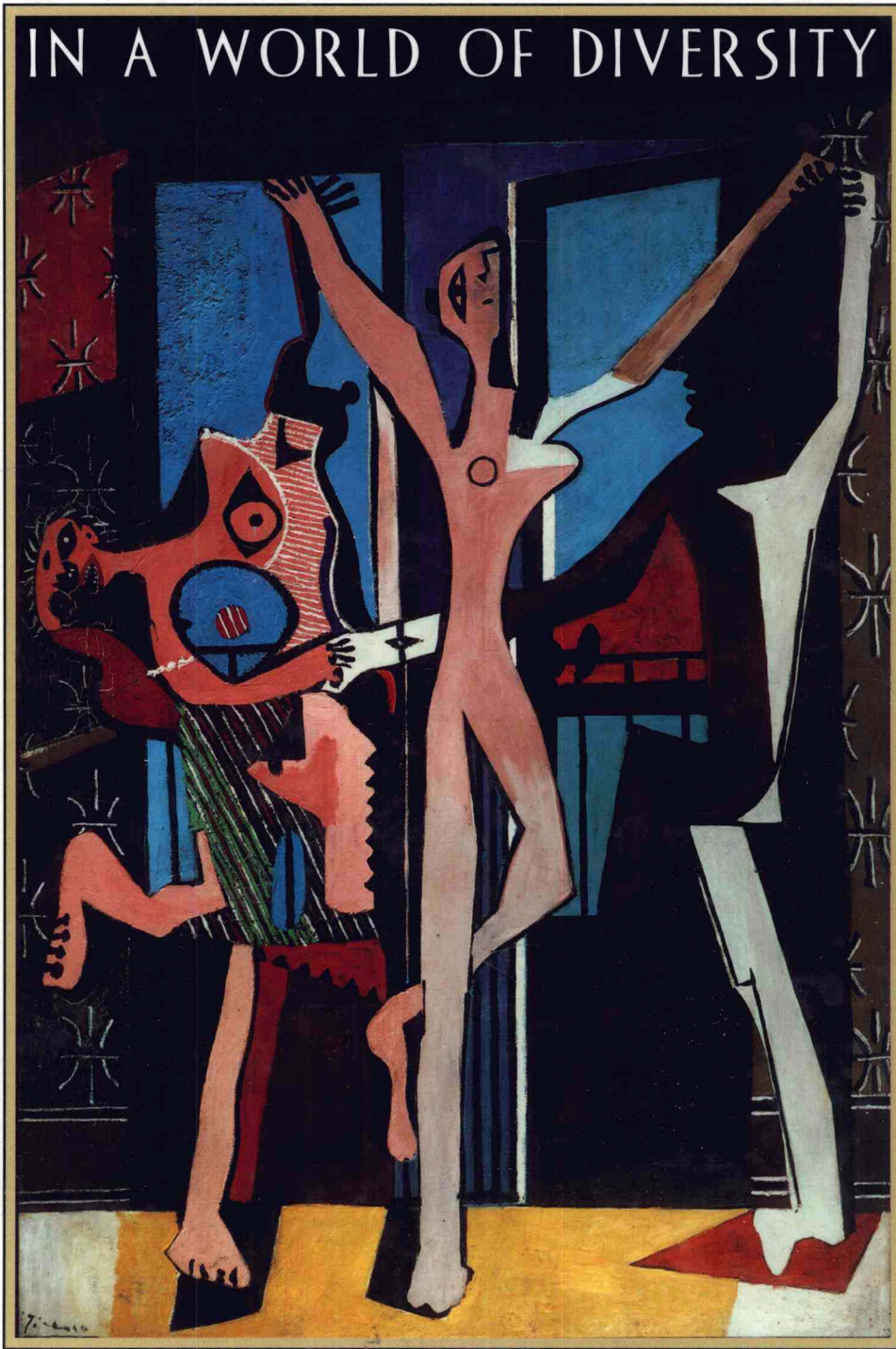


FIFTH EDITION

HUMAN *Sexuality*

Learning just got more exciting
It all starts here --
www.ablongman.com/rathus5eic

IN A WORLD OF DIVERSITY



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

fifth edition

Human Sexuality in a World of Diversity

Spencer A. Rathus

Montclair State University

Jeffrey S. Nevid

St. John's University

Lois Fichner-Rathus

The College of New Jersey

Allyn and Bacon

Boston ■ London ■ Toronto ■ Sydney ■ Tokyo ■ Singapore

Executive Editor: *Rebecca Pascal*
Senior Marketing Manager: *Caroline Croley*
Production Administrator: *Susan Brown*
Editorial/Production Services: *Kathleen Deselle*
Text Designer: *Glenna Collett*
Formatting/Page Layout: *Omegatype Typography, Inc.*
Cover Administrator: *Linda Knowles*
Composition Buyer: *Linda Cox*
Manufacturing Buyer: *Megan Cochran*
Photo Researcher: *Helene Prottas*



Copyright © 2002, 2000, 1997, 1995, 1993 by Allyn & Bacon
A Pearson Education Company
75 Arlington St.
Boston, MA 02116
Internet: www.abacon.com

All rights reserved. No part of the material protected by this copyright notice may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the copyright owner.

Between the time Website information is gathered and then published, it is not unusual for some sites to have closed. Also, the transcription of URLs can result in unintended typographical errors. The publisher would appreciate notification where these errors occur so that they may be corrected in subsequent editions.

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. 5th ed.

p. cm.

Includes bibliographical references and index.

ISBN 0-205-33517-9

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

HQ21.R23 2002

306.7—dc21

2001022871

Printed in the United States of America

10 9 8 7 6 5 4 3 VH 04 03

Photo Credits: **Chapter 1:** p. 7, David Austen/Stock Boston; p. 10, Ali Meyer/The Bridgeman Art Library, Ltd.; p. 14, © Bettmann/Corbis; p. 19, Kent Meireis/The Image Works; p. 21, © Hulton Getty; p. 22, © Birkhead/Animals Animals; p. 26, Jerome Delay/AP/ Wide World Photos; p. 31, Elizabeth Crews/The Image Works. **Chapter 2:** p. 41, Courtesy of Farrall Instruments; p. 45, © Hulton Getty; p. 50, Rick Browne/Stock Boston; p. 52, L. Ka Tai/Woodfin Camp & Associates. **Chapter 3:** p. 67, (all) © Susan Lerner 1999/Joel Gordon Photography 2001; p. 71, Catherine Leroy/SIPA Press; p. 79, John Giannicchi/Science Source/Photo Researchers; p. 82, (left) © Susan Werner/Joel Gordon Photography 2001, (middle) Custom Medical Stock Photo, (right) Joel Gordon/©Joel Gordon Photography 2001; p. 83, Charles Gupton/Stock Boston; p. 97, Ed Honowitz/© Stone; p. 98, George Gardner/The Image Works; p. 102, © Mark Richards/PhotoEdit; p. 105, Dan Bosler/© Stone. **Chapter 4:** p. 113, (left and right) Joel Gordon/© Joel Gordon Photography 2001, (middle) Custom Medical Stock; p.116, © David Young-Wolff/PhotoEdit; p. 118, Cleo/PhotoEdit; p. 119, Professor P. Motta/Dept. of Anatomy/Rome University/SPL/Science Source/Photo Researchers; p. 120, © Jack Clark/Animals Animals; p. 124, Laurent Rebours/AP/Wide World Photos; p. 126, Robert Meece/AP/Wide World Photos.

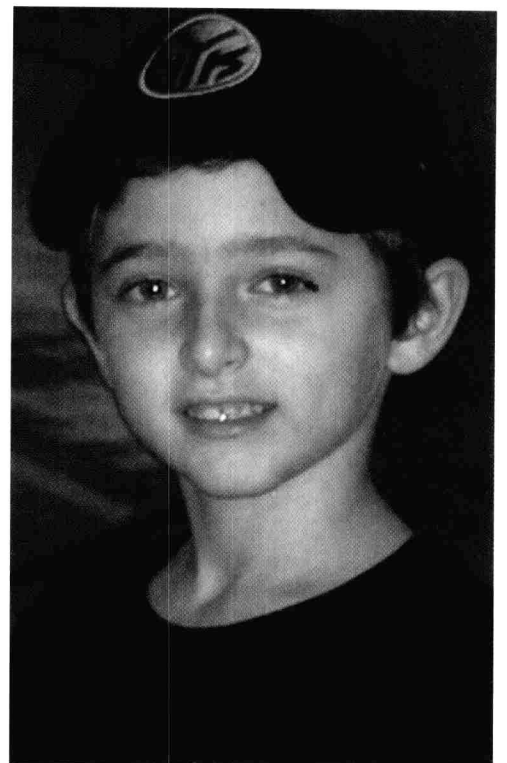
Photo credits continue on page xii, which constitutes a continuation of the copyright page.

*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*



© Ron J. Berard.

*Taylor Lane Rathus
November 3, 1990*



*Michael Zev Nevid
January 17, 1991*

Photo Credits: (continued from page x) **Chapter 5:** p. 144, © D. Thompson/Animals Animals; p. 145, Luc Beziat/Stone; p. 146, © CAP Features/The Image Works; p. 148, © Ralph Reinhold/Animals Animals; p. 150, Bruce Lee Smith/Gamma Liaison; p. 157, © M. K. Denny/PhotoEdit. **Chapter 6:** pp. 177 and 178, from John Money, *Sex Errors of the Body and Related Syndromes: A Guide for Counseling Children, Adolescents and Their Families*, 1994, pp. 37 and 46. Published by Paul H. Brookes Publishing Co., P. O. Box 10624, Baltimore, MD 21285-0624. Used with permission of the author; p. 184, Courtesy of Jayne Thomas; p. 187, Brian Smith; p. 190, Loren Santow/ © Stone; p. 193, Christopher Arnesen/ © Stone; p. 196, © Tony Freeman/PhotoEdit. **Chapter 7:** p. 208, (top left) Adam Wolfitt/Woodfin Camp & Associates, (top middle) Reuters/Fred Prouser/Archive Photos, (top right) Claus Meyer/Black Star, (bottom left) Mitch Kezar/Black Star, (bottom right) Nicholas DeVore III/Photographers Aspen; p. 210, © Spencer Grant/PhotoEdit; p. 211, (both) D. Perrett, K. May, and S. Yoshikawa, University of St. Andrews/SPL/Science Source/Photo Researchers; p. 215, Frank Siteman/Stock Boston; p. 220, Chris Weeks/© Liaison Agency. **Chapter 8:** p. 233, Brian Smith; p. 237, Michael Newman/PhotoEdit; p. 240, Paul Edmondson/© Stone; p. 243, © Hulton Getty; p. 246, Joel Gordon/© Joel Gordon Photography 2001; p. 252, Robert Harbison. **Chapter 9:** p. 274, Costa Manos/Magnum Photos. **Chapter 10:** p. 291, Joel Gordon/© Joel Gordon Photography 2001; p. 301, Jonathan Nourok/PhotoEdit; p. 305, Rommel Pecson/Impact Visuals; p. 319, Chuck Nacke/Woodfin Camp & Associates; p. 321, Karen Beard/© Stone. **Chapter 11:** p. 329, Francis LeRoy/Bio Cosmos/SPL/Science Source/Photo Researchers; p. 331, Anna Zuckerman/PhotoEdit; p. 335, © Zig Leszczynski/Animals Animals; p. 337, Mehau Kulyk/SPL/Science Source/Photo Researchers; p. 342, (all) Petit Format/Nestle/Science Source/Photo Researchers; p. 352, Will Hart; p. 358, SIU/Science Source/Photo Researchers; p. 365, © A. Ramey/Stock Boston. **Chapter 12:** p. 377, Joel Gordon/© Joel Gordon Photography 2001; p. 383, © Will & Deni McIntyre/Photo Researchers; p. 385, Joel Gordon/© Joel Gordon Photography; p. 386, (left) Courtesy of Alza, (right) PhotoTake. **Chapter 13:** p. 423, Rick Smolen/Stock Boston; p. 428, © Michael Newman/PhotoEdit; p. 431, David Harry Stewart/Stone; p. 435, Bob Torrez/Stone; p. 443, Mark Lewis/© Stone; p. 445, Yvonne Hemsey/Gamma Liaison. **Chapter 14:** p. 456, Frank Herboldt/Stone; p. 458, Frank Siteman/Stone; p. 463, B. D. V./© Corbis; p. 468, (left) B. Petry/Gamma Liaison, (right) AP/Wide World Photos; p. 473, AP/Wide World Photos; p. 478, Laurence Monneret/Stone. **Chapter 15:** p. 492, © Michael Newman/PhotoEdit; p. 497, Paul Gauguin. *And the gold of their bodies.* Photo: B. Hatala. Musée d'Orsay, Paris, France. Courtesy of Réunion des Musées Nationaux/Art Resource/NY; p. 502, Robert A. Mitchell/© Stone; p. 506, © Tom McCarthy/PhotoEdit; p. 511, G. Thomas Bishop/Custom Medical Stock Photo; p. 513, © David Young-Wolff/PhotoEdit; p. 515, © CLANG/CMP. **Chapter 16:** p. 529, Jim Corwin/Stone (This photograph is used for illustrative purposes only.); p. 536, Courtesy of Dr. Nicholas J. Fiumara; p. 537, Dr. David Chase/PhotoTake; p. 538, Custom Medical Stock Photo; p. 540, Brian Palmer/Impact Visuals; p. 543, National Medical Slide/Custom Medical Stock Photo; p. 547, Bill Longcone/Science Source/Photo Researchers; p. 549, Douglas Mason/Woodfin Camp & Associates; p. 553, Jana Birchum/Impact Visuals; p. 554, © F. Martinez/PhotoEdit; p. 557, Dr. John Wilson/Science Source/Photo Researchers; p. 559, BioPhoto Assoc./Science Source/Photo Researchers; p. 561, E. Gray/SPL/Science Source/Photo Researchers. **Chapter 17:** p. 575, Herb Snitzer/Stock Boston; p. 576, Donna Binder/Impact Visuals; p. 585, Photo: David Appleby/© Fox Searchlight/PhotoFest; p. 588, © David Young-Wolff/PhotoEdit; p. 596, Bob Daemmrich/The Image Works. **Chapter 18:** p. 607, © Richard Pasley/Stock Boston; p. 613, Michael Nichols/Magnum Photos; p. 617, Carolina Kroon/Impact Visuals; p. 622, Courtesy of LaPorte County Child Abuse Prevention Council; p. 627, Charles Gupton/Stone; p. 632, John Coletti. **Chapter 19:** p. 643, © A. Woodfitt/Woodfin Camp & Associates; p. 645, Douglas Mason/Woodfin Camp & Associates; p. 648, Ian Jackson/© Stone; p. 652, Paul Chesley/© Stone; p. 656, (left) Reuters/Jeff Christensen/Archive Photos, (right) *Patrice*, 1977. Copyright © 1977 The Estate of Robert Mapplethorpe. Used with permission.

p r e f a c e

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 sociocultural fabric of human society. 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.

Let us first consider what has changed in the fifth edition, which is, in many ways, a very new book. Then we will consider the themes of the text, which represent continuing concerns in the realm of human sexuality. We will also discuss the features that give the book its vitality and motivational force and those that enhance its service as a pedagogical tool.

What's New in the Fifth Edition

Although previous editions of *Human Sexuality in a World of Diversity* have been well received, we are always aware of the instructor's concern, which can be expressed as "What have you done for my students lately?" The answer is: *Much*. The fifth edition of *Human Sexuality in a World of Diversity* contains many exciting changes—changes that reflect our entrance into the largely unknown universe of the new millennium. The key new elements in the fifth edition include some of the very latest research.

A GENERAL UPDATING OF INFORMATION Because of the rapid developments in the behavioral and social sciences, and in biology and medicine, there are literally hundreds of new references from the 2000s throughout the text. No part of the text has been left untouched by change. Just two handfuls of examples of updatings within chapters include:

- Chapter 3: New coverage on the debate over whether menstruation should be optional
- Chapter 4: New information concerning treatment options for prostate cancer
- Chapter 6: New research concerning the SRY (sex-determining region Y) gene
- Chapter 6: New research concerning gender differences in response to stress
- Chapter 10: New research and theory concerning the origins of sexual orientation
- Chapter 11: New information concerning developments in birthing children
- Chapter 12: The latest developments in the search for safe and effective contraceptives
- Chapter 15: New research on biological treatments of sexual dysfunctions
- Chapter 16: The latest information on the worldwide epidemic of HIV/AIDS and its treatment
- Chapter 17: The latest information on biological treatments for paraphilias

ENHANCED EMPHASIS ON THE EVOLUTIONARY PERSPECTIVE The behavioral and biological sciences today recognize the influence of evolution not only on physical traits but also on social behavior, including sexual behavior. The process of natural selection has led to some fascinating adaptations among species throughout the animal kingdom, including

humans. As humans and their ancestors evolved over millions of years, their fitness for survival gained prominence in terms of physical and psychological traits that permitted them to reach sexual maturity and bear and rear children—not only their brawn, their sharpness of eye, and their fleetness of foot but also their ability to acquire skills, their language ability, and their tendency to form bonds of attachment with their mates and their children.

The fifth edition of *Human Sexuality in a World of Diversity* demonstrates recognition of the importance of the evolutionary perspective in a new section in Chapter 1 called “The Evolutionary Perspective.” However, the overlaps between evolution and sexuality are illustrated in nearly every chapter, as noted in the following examples:

- Chapter 1: New discussion of evolution and “erotic plasticity” and of (the lack of) female monogamy throughout much of the animal kingdom
- Chapter 4: Discussion of the evolution of the penis
- Chapter 5: Discussion of the evolution of sexual attractants (for bees, if not for birds) in plants
- Chapter 6: Discussion of (possible) evolutionary contributors to gender-typed behavior patterns
- Chapter 7: Discussion of (possible) evolutionary contributors to gender differences in preferences for mates
- Chapter 8: Discussion of evolution and (possible) gender differences in jealousy
- Chapter 10: Discussion of the possible evolution of differences in sexual orientation
- Chapter 11: Discussion of the evolutionary advantages (we can’t think of any others!) in “morning sickness”
- Chapter 18: Discussion of the controversial issue as to whether sexual aggression is “natural” in males (but we show that even if it is, sexual aggression remains completely unacceptable)

HUMAN SEXUALITY ONLINE Perhaps the single most exciting change in the fifth edition is the inclusion of a *new* boxed feature entitled Human Sexuality Online. This feature highlights the ways in which human social and sexual experience is being transformed as we connect with, and spend more time dwelling on, the “information superhighway.” People today not only go online to arrange for travel to foreign countries but also to arrange for sexual liaisons around the world. People go online not only to obtain information about dieting and wills and pop stars but also about pregnancy, breast feeding, and cancers of the sexual organs. People go online not only for photos and films of Paris and Buenos Aires but also to interact with pornographic sites. A few years ago, American Express advertised its credit card with the slogan “Don’t leave home without it.” Today, many people in search of experience no longer leave home at all. Instead, they surf for sex on their personal computers or Web TVs. Yet the World Wide Web has done much more than bring titillation into the home; it has brought instant access to the great libraries and archives and research institutes of the world. And much of the information is free.

Each chapter of the text has a closing Human Sexuality Online feature that lists and annotates Web sites related to the material in that chapter. For example, Chapter 11, “Conception, Pregnancy, and Childbirth,” has a closing Human Sexuality Online feature titled “Web Sites Related to Conception, Pregnancy, and Childbirth.” The Web sites in the feature include the American College of Obstetricians and Gynecologists, the American College of Nurse-Midwives, the Doula of North America, “The Universe of Women’s Health,” Childbirth.org, and La Leche League. The annotation for La Leche League explains that “La Leche League [is] an ‘international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breast-feed.’ There are meetings for breast-feeding mothers, as well as future breast-feeding mothers, and information about how to obtain a consultant near you. The league also updates health care professionals on research on lactation management.”

Human Sexuality Online features are also found throughout the text of the chapters. Here is a sampling of the new Human Sexuality Online features that are found in the fifth edition:

- Chapter 4: Another Sort of Gender Equality: Up-Jock Pics Now Compete with Up-Skirt Photos
- Chapter 5: www.seduction.net
- Chapter 7: Hospital Holds 'Net Auction for Breast Reduction
- Chapter 8: In Modern E-Mail Romance, "Trash" Is Just a Click Away
- Chapter 8: Long-Distance Romance, Web Enabled
- Chapter 11: Childbirth Advice Is Just Keystrokes Away
- Chapter 14: "Someone to Watch Over Me"? Yes—Snoopware
- Chapter 15: Buying Viagra and Other Drugs Online
- Chapter 17: "Cybersex Addiction"—A New Psychological Disorder?
- Chapter 18: Online Registries of Sex Offenders: Boon or Boondoggle?
- Chapter 19: Online Sex Workers Have Rights Too
- Chapter 19: Filtering Sex Sites: Tough Work, But . . .
- Chapter 20: What's Wrong with Virtual Adultery? A Sin Is a Sin Is a Sin

QUESTIONS FOR CRITICAL THINKING Each chapter also has a closing section titled Questions for Critical Thinking. These questions prompt active consideration of key issues in human sexuality—many of which are quite controversial. They may also serve as the basis of class discussions.

The Themes of Human Sexuality in a World of Diversity

The fifth edition of *Human Sexuality in a World of Diversity* builds upon the strong themes for which it has come to be known. Four themes thread their way through the text:

- The rich diversity found in gender roles, sexual attitudes, and sexual behaviors and customs
- Critical thinking
- Making responsible sexual decisions
- 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 whom endorse culturally distinct beliefs about appropriate gender roles for men and women and sexual practices and customs. Diversity is yet greater within the global village of the world's nearly 200 nations and those nations' own distinctive subcultures. *Human Sexuality in a World of Diversity* incorporates a multicultural, multi-ethnic perspective that reflects the diversity of sexual experience in our society and around the world. Our book thereby broadens the student's understanding of the range of cultural differences in sexual attitudes and behavior around the world and within our own society. Discussion of diversity encourages respect for people who hold diverse beliefs and attitudes. We also encourage students to question what is 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 out truth from fiction. Not only do politicians, theologians, and community leaders influence our gender- and sex-related attitudes and behaviors, but newspapers, TV programs, 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 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 re-

quires 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 the 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, the fifth edition fosters critical thinking through the sections titled Questions for Critical Thinking, which are found at the conclusion of every 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 our 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 actively make their own sexual decisions on the basis of accurate information.*

Decision making is deeply intertwined with our sexual experiences. For example, we need to decide

- Whom to date, and how and when to become sexually intimate
- Whether to practice contraception and which methods to use
- How we will protect ourselves against HIV/AIDS and other sexually transmitted infections (STIs)

Responsible sexual decision making is based not only on accurate information but also on carefully evaluating this information in the light of one’s own moral values. We encourage students to actively consider their own values, needs, and interests, rather than go along with the crowd or accede to the 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 sexually transmitted diseases.

Moreover, Chapter 20, “Making Responsible Sexual Decisions,” explains the major ethical systems that are used in moral reasoning and provides a decision-making model that will help students weigh the pluses and minuses of the choices they face.

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, *proactive*—role in health promotion. For example, it includes exercises and features that will help students examine their breasts and testes for abnormalities, reduce the risk of HIV infection, and cope with menstrual discomfort.

Features

The fifth edition of *Human Sexuality in a World of Diversity*, as earlier editions, contains various features that stimulate student interest and enhance understanding.

HUMAN SEXUALITY ONLINE New Human Sexuality Online sections highlight the relationships between human sexuality and the technological and societal transformations that people are experiencing as they enter the new millennium. Developments in electronics not only gave birth to the “information superhighway,” they also made surfing the Internet a way of finding dates, seeking sexual stimulation and gratification, and learning about biomedical developments, like innovations that aid in the detection and treatment of diseases of the sex organs and STIs.

WORLD OF DIVERSITY World of Diversity boxes highlight the rich variety of human sexual customs and practices in our own society and around 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 heritages as themselves, may feel differently than they do about sexual intimacy. Students will learn about cultural differences that relate to gender roles, sexual orientation, sexual jealousy, and premarital and extramarital sexual patterns.

CLOSER LOOK Closer Look sections provide in-depth discussions of scientific techniques (e.g., “Physiological Measures of Sexual Arousal”), self-scoring questionnaires (e.g., “The Triangular Love Scale”), skill-building exercises (e.g., “Breast Self-Examination,” “Self-Examination of the Testes,” “What to Do If You Suspect You Have Contracted an STD,” “How to Respond to an Exhibitionist”), even humor (e.g., “Big” and “Sex and the Single Lizard”).

THE WRITING STYLE Despite the stimulating role that sexuality plays in people’s lives, most human sexuality textbooks manage to convert that which is energizing into just another dull textbook. *Human Sexuality in a World of Diversity*, by contrast, conveys the excitement of the science of human sexuality in all its dimensions. The text is written in a style intended to capture student interest in the material and at a level that students will find compelling and accessible, but not oversimplified, prurient, or patronizing. The selective use of humor and personal asides build interest and enliven descriptions.

Learning Aids

A textbook is more than a “good read.” It is also a teaching tool—a device for presenting material in a way that stimulates learning and critical thinking. *Human Sexuality in a World of Diversity* was designed to maximize this goal by means of several pedagogical aids.

CHAPTER OUTLINES Each chapter begins with an outline that organizes the subject matter for the student. Headings were created to be succinct and to promote student interest in the topics they address.

TRUTH OR FICTION? AND TRUTH OR FICTION REVISITED SECTIONS Many students assume that they are experts on sexual matters. After all, they have seen the soap operas and the TV talk shows and have “been around” for a while.

Are they? Truth or Fiction? sections allow students to find out just how expert they are. These unique chapter-opening devices motivate students by challenging common sense (which is just as often common *nonsense*), 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 the light of the evidence presented in the chapter.

RUNNING GLOSSARY Research shows that most students do not make use of glossaries at the ends of books. Searching for the meanings of terms is a difficult task and distracts them from the subject matter. *Human Sexuality in a World of Diversity* therefore has a running glossary. Key terms are boldfaced in the text and defined in the margins where they appear. Students can readily find the meanings of key terms and also maintain their concentration on the flow of the material.

HUMAN SEXUALITY ONLINE Human Sexuality Online sections at the conclusion of each chapter point students in the direction of supplementary online information—information that they can use to enhance their general knowledge of human sexuality, and information that they can apply to help them cope with sexually related issues in their own lives.

SUMMING UP SECTIONS To prompt students’ memories, the Summing Up sections at the end of each chapter organize and review the subject matter according to the heads within the chapter.

QUESTIONS FOR CRITICAL THINKING These chapter-concluding sections follow the summaries and pose challenging questions for critical thinking and possible class discussion.

The Package

Human Sexuality in a World of Diversity, Fifth Edition, is supported by a wide range of ancillaries and teaching aids. Every copy of the text is packaged with a unique, Pin-protected **Interactive Companion Website**. This Website offers a wide variety of teaching and learning aids organized by each major section of each chapter of the text, including video and audio clips, Web activities, matching and identification activities, essay questions, annotated Web links, multiple-choice practice tests, and much more. Please see the Pincode package inside the front cover of your textbook for access information.

Additional teaching and learning aids include:

- *Instructor's Resource Manual*, Dr. Luis Montesinos, Montclair State University. Each chapter contains a Chapter-at-a-Glance table that keys material within the manual to the corresponding material within the text; learning objectives; teaching tips; discussion questions; recommended readings, videos, and Websites; and a rich collection of activities, handouts, and additional lecture material, complete with notes on how to incorporate them into your lesson plans.
- *Test Bank*, David Libhart. A separate test item file containing more than 2000 test items provides teachers with an array of items to use for assessing students' knowledge and retention of basic concepts in *Human Sexuality*. The test items are available as both a print supplement and in computerized format.
- *Allyn and Bacon Test Manager—Computerized Test Bank*. (Available for Windows, CD-ROM and disk, and Macintosh disk; DOS disk available upon request.) Allyn and Bacon Test Manager is an integrated suite of testing and assessment tools for Windows and Macintosh. You can use Test Manager to create professional-looking exams in just minutes by building tests from the existing database of questions, editing questions, or adding your own. Course management features include a class roster, gradebook, and item analysis. Test Manager also has everything you need to create and administer online tests. For first-time users, there is a guided tour of the entire Test Manager system and screen wizards to walk you through each area.
- *PowerPoint Presentation CD-ROM with Instructor's Manual*. New to the Fifth Edition, this book-specific presentation provides detailed outlines of key points for each chapter, supported by charts, graphs, diagrams, and other visuals from the textbook. Resources from the Rathus *Instructor's Resource Manual* and Companion Website are also integrated into each chapter of this presentation, for ultimate customization. This material is also available in a Web format accessible at www.abacon.com/ppt.
- *Allyn and Bacon Transparencies for Human Sexuality*. A full set of color acetate transparencies is available to enhance classroom lectures and discussion. These images come from a wide range of sources to support and extend teaching and learning.
- *Custom Videotapes*. Two custom videos are available upon adoption of the Fifth Edition of *Human Sexuality in a World of Diversity*. Each includes a wide variety of brief video clips and is designed to stimulate critical thinking and support the main topics covered in the textbook. Ask your local Allyn and Bacon representative for more information about the Allyn and Bacon Interactive Video and Sexuality in Society Videotape.
- *Contraceptive Kit*. In conjunction with Planned Parenthood, Allyn and Bacon makes available this kit containing a wide range of sample contraceptives for classroom presentation. Ask your local Allyn and Bacon representative for more information regarding availability.
- *Practice Tests*, Janet Snoyer, Cornell University. New to the Fifth Edition of *Human Sexuality*, this practice test booklet contains twenty-five all new multiple-choice questions per chapter that will aid students in preparing for course exams. An answer key appears in the back of the booklet; answer justifications have been provided to give students an even deeper understanding of the material.
- *Study Guide with Practice Tests*, Janet Snoyer, Cornell University. The student *Study Guide* contains chapter summaries, learning objectives, and a variety of exercises geared toward helping students retain the material from the text: fill-in-the-blank, matching, vocabulary, and labeling activities; short answer questions; and twenty-five multiple-choice questions per chapter, complete with appropriate page references and learning objectives.

- *On the Net: Human Sexuality, 2001.* Updated to reflect the most current URLs related to the study of human sexuality, this easy-to-read guide helps point you and your students in the right direction when looking at the tremendous array of information related to psychology on the Internet. This guide also includes an overview about doing research on the Internet and a variety of Internet-based activities for additional exploration.
- *Companion Website.* The companion Website for *Human Sexuality in a World of Diversity*, which can be accessed at www.ablongman.com/rathus offers a wide range of resources for both instructors and students. Each chapter contains learning objectives; annotated Web links; Web activities; interactive online quizzes; labeling activities; and multiple-choice practice tests.

Acknowledgments

The authors 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 is represented in these pages. Underscoring the interdisciplinary nature of the field, we have drawn upon 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 wish to thank our professional colleagues who reviewed this text at various stages in its development:

Reviewers for the fifth edition are Sharon M. Ballard, East Carolina University; Keith E. Davis, University of South Carolina; Lyndall Ellingson, California State University, Chico; Richard Ellsworth, Chapman University; Jerry Marshall, Green River Community College; Jason Moses, University of the Virgin Islands; Suzanne L. Osman, Salisbury State University; and John Wiebe, University of Texas at El Paso.

Reviewers of previous editions of *Human Sexuality in a World of Diversity* are Richard Archer, Southwest Texas State University; Elaine Baker, Marshall University; Judith Baker, Texas Woman's University; Kenneth Beausang, Black Hawk College; Larry Bell, Northeastern University; Thomas Billimek, San Antonio College; Barry R. Burkhart, Auburn University; Jean Byrne, Kent State University; Willie A. Campbell, South Suburban College; Jerome Cerny, Indiana State University; Michael Cleary, Slippery Rock University; Mona Coates, Orange Coast College; Clive Davis, Syracuse University; Laurie Desiderato, Bemidji State University; Linda DeVillers, Chaffey College; Beverly Drinnin, Des Moines Area Community College; Vera Dunwoody, Chaffey College; Katherine Ellison, Montclair College; Basil Fiorito, California Polytechnic State University; Heinz Fischer, Long Beach City College; Julio R. Garcia, Southwestern College; Michael Gonzalez, University Psychological Associates; Elizabeth A. Guillette, University of Florida; Ralph Hammond, University of Arkansas at Little Rock; Richard J. Hardy, Central Michigan University; Robert Holdsambeck, Allan Hancock College; Karen Huffman, Palomar College; G. David Johnson, University of South Alabama; Vicki Krenz, California State University, Fresno; Herbert H. Laube, University of Minnesota; R. Martin Lobdell, Pierce College; John T. Long, San Antonio College; Deborah McDonald, New Mexico State College; Gilbert Meyer, Illinois Valley Community College; Gregory D. Murrow, Edinboro University of Pennsylvania; Robert Pollack, University of Georgia; Daphne Long Rankin, Virginia Commonwealth University; Jane Ellen Smith, University of New Mexico; Tom Springer, Louisiana Tech University; Marlene Tufts, Clackamas Community College; Mary Ann Watson, Metro State College of Denver; Charles Weichert, San Antonio College; and Paul Zellhart, East Texas State University.

Spencer A. Rathus
Montclair State University

Jeffrey S. Nevid
St. John's University

Lois Fichner-Rathus
The College of New Jersey

1	What Is Human Sexuality?	2
2	Research Methods	36
3	Female Sexual Anatomy and Physiology	64
4	Male Sexual Anatomy and Physiology	108
5	Sexual Arousal and Response	140
6	Gender Identity and Gender Roles	170
7	Attraction and Love	204
8	Relationships, Intimacy, and Communication	227
9	Sexual Techniques and Behavior Patterns	259
10	Sexual Orientation	288
11	Conception, Pregnancy, and Childbirth	326
12	Contraception and Abortion	372
13	Sexuality in Childhood and Adolescence	418
14	Sexuality in Adulthood	452
15	Sexual Dysfunctions	486
16	Sexually Transmitted Infections	526
17	Atypical Sexual Variations	570
18	Sexual Coercion	600
19	Commercial Sex	638
20	Making Responsible Sexual Decisions—An Epilogue	660

contents

Preface *xxvi*

1 What Is Human Sexuality? 2

Outline 3

Truth or Fiction? 3

What Is Human Sexuality? 5

The Study of Human Sexuality 5

A World of Diversity Around the World in Eighty Ways—

A Preview 6

Sexuality and Values 6

Thinking Critically About Human Sexuality 8

Principles of Critical Thinking 8

Perspectives on Human Sexuality 9

The Historical Perspective 9

The Biological Perspective 19

The Evolutionary Perspective 20

A Closer Look Females Throughout the Animal Kingdom
Are Monogamous—*Not!* 22

The Cross-Species Perspective 24

The Cross-Cultural Perspective 24

A World of Diversity Love Finds a Way in Iran:
“Temporary Marriage” 26

Psychological Perspectives 28

Sociocultural Perspectives 31

Multiple Perspectives on Human Sexuality 33

Human Sexuality Online Web Sites on Human
Sexuality 34

Summing Up 34

Questions for Critical Thinking 35

2 Research Methods 36

Outline 37

Truth or Fiction? 37

A Scientific Approach to Human Sexuality 38

The Scientific Method 38

Goals and Methods of the Science of Human
Sexuality 39

Operational Definitions 40

A Closer Look Physiological Measures of Sexual

Arousal 41

Populations and Samples: Representing the World
of Diversity 42

Sampling Methods 42

Methods of Observation 44

The Case-Study Method 44

The Survey Method 45

A Closer Look With a Horse? 47

A World of Diversity Surveys of the Sexual Behavior
of Diverse Populations 50

The Naturalistic-Observation Method 53

The Ethnographic-Observation Method 54

The Participant-Observation Method 54

The Laboratory-Observation Method 54

The Correlational Method 56

Limitations of the Correlational Method 56

The Experimental Method 57

Aspects of the Experimental Method 57

Ethics in Sex Research 59

Pain and Stress 59

Confidentiality 60

Informed Consent 60

The Use of Deception 60

Human Sexuality Online Web Sites for Use in Research
on Human Sexuality 61

Summing Up 61

Questions for Critical Thinking 62

3 Female Sexual Anatomy and Physiology 64

Outline 65

Truth or Fiction? 65

External Sex Organs 66

The Mons Veneris 67

The Labia Majora 67

The Labia Minora 68

The Clitoris 68

The Vestibule 69

The Urethral Opening	69
A World of Diversity Clitoridectomy—Ritual Genital Mutilation	70
The Vaginal Opening	72
The Perineum	73
Structures That Underlie the External Sex Organs	73
A Closer Look Kegels	74
Internal Sex Organs	75
The Vagina	75
The Cervix	76
The Uterus	77
The Fallopian Tubes	78
The Ovaries	78
The Pelvic Examination	79
The Breasts	80
Breast Cancer	82
A World of Diversity African American Women and Breast Cancer	83
A Closer Look Breast Self-Examination	86
The Menstrual Cycle	88
Menstruation Versus Estrus	88
Regulation of the Menstrual Cycle	89
Phases of the Menstrual Cycle	90
A World of Diversity Historical and Cross-Cultural Perspectives on Menstruation	94
Coitus During Menstruation	95
Menopause	95
A World of Diversity Symptoms of Menopause, Ethnicity, Socioeconomic Status, and Lifestyle	96
A World of Diversity Osteoporosis—Not for Women Only	98
A Closer Look Myths About Menopause	99
Menstrual Problems	100
Dysmenorrhea	100
Amenorrhea	101
Premenstrual Syndrome (PMS)	101
A Closer Look “Lifting the Curse”—Should Monthly Periods Be Optional?	102
How to Handle Menstrual Discomfort	104
Human Sexuality Online Web Sites Related to Female Sexual Anatomy and Physiology	105
Summing Up	106
Questions for Critical Thinking	107

4 Male Sexual Anatomy and Physiology 108

Outline	109
Truth or Fiction?	109

External Sex Organs	111
The Penis	111
A Closer Look On Penis Size and Sexual Performance	115
The Scrotum	115
Human Sexuality Online Another Sort of Gender Equality: Up-Jock Pics Now Compete with Up-Skirt Photos	116
Internal Sex Organs	116
The Testes	117
A Closer Look Is There a <i>Manopause</i> ?	118
The Vas Deferens	119
A Closer Look Big	120
The Seminal Vesicles	120
The Prostate Gland	121
Cowper’s Glands	121
Semen	121
Diseases of the Urogenital System	122
Urethritis	122
Cancer of the Testes	122
Disorders of the Prostate	123
A Closer Look Lance Armstrong—Winner of Two Contests	124
A Closer Look More Options, and Decisions, for Men with Prostate Cancer	126
Male Sexual Functions	130
Erection	130
Spinal Reflexes and Sexual Response	131
Ejaculation	135
Human Sexuality Online Web Sites Related to Male Sexual Anatomy and Physiology	137
Summing Up	137
Questions for Critical Thinking	139

5 Sexual Arousal and Response 140

Outline	141
Truth or Fiction?	141

Making Sense of Sex: The Role of the Senses in Sexual Arousal	142
Vision: The Better to See You With	142
Smell: Does the Nose Know Best?	142
A Closer Look The Buds and the Bees	144
The Skin Senses: Sex as a Touching Experience	144
Taste: On Savory Sex	145
Human Sexuality Online www.seduction.net	146
Hearing: The Better to Hear You With	146
Aphrodisiacs: Of Spanish Flies and Rhino Horns	146

A Closer Look	Sex Toys for Pandas?	148
Anaphrodisiacs		149
Psychoactive Drugs		149
Sexual Response and the Brain:		
Cerebral Sex?		151
The Geography of the Brain		151
Brain Mechanisms in Sexual Functioning		153
On Pushing the Right Buttons: Are There Pleasure Centers in the Brain?		153
Sex Hormones: Do They “Goad” Us into Sex?		
Sex Hormones and Sexual Behavior: Organizing and Activating Influences		154
Sex Hormones and Male Sexual Behavior		155
Sex Hormones and Female Sexual Behavior		156
The Sexual Response Cycle		
Excitement Phase		158
Plateau Phase		159
Orgasmic Phase		160
Resolution Phase		162
Kaplan’s Three Stages of Sexual Response: An Alternative Model		163
Controversies About Orgasm		
Multiple Orgasms		164
How Many Kinds of Orgasms Do Women Have? One, Two, or Three?		165
The G-Spot		166
Human Sexuality Online	Web Sites Related to Sexual Arousal and Response	168
Summing Up		
Questions for Critical Thinking		

6 Gender Identity and Gender Roles 170

Outline	171
Truth or Fiction?	171
Prenatal Sexual Differentiation	
Genetic Factors in Sexual Differentiation	174
The Role of Sex Hormones in Sexual Differentiation	175
Descent of the Testes and the Ovaries	175
Sex-Chromosomal Abnormalities	176
Prenatal Sexual Differentiation of the Brain	176
Gender Identity	
Nature and Nurture in Gender Identity	176
Hermaphroditism	177
Transsexualism	179
A Closer Look	Boys Who Are Reared as Girls
	180
A World of Diversity	Using the Back Door in Iran: Can a Transsexual Change Her Mind?
	183

A Closer Look	Jayne Thomas, Ph.D.—In Her Own Words
	184
Gender Roles and Stereotypes	
	186
Sexism	
	188
Gender Differences: Vive la Différence or Vive la Similarité?	
	189
Differences in Cognitive Abilities	189
Differences in Personality	190
A World of Diversity	Men and Women Iron Their Way to Domestic Equality
	191
On Becoming a Man or a Woman:	
Gender Typing	
	191
Biological Perspectives	191
Cross-Cultural Perspectives	192
Psychological Perspectives	194
Gender Roles and Sexual Behavior	
	198
Men as Sexually Aggressive, Women as Sexually Passive	198
Men as Overaroused, Women as Underaroused	199
Psychological Androgyny: The More Traits, the Merrier?	
	199
Psychological Androgyny, Psychological Well-Being, and Personal Development	200
Psychological Androgyny and Sexual Behavior	201
Human Sexuality Online	Web Sites Related to Gender Identity and Gender Roles
	201
Summing Up	
Questions for Critical Thinking	

7 Attraction and Love 204

Outline	205
Truth or Fiction?	205
Attraction	
	207
Physical Attractiveness: How Important Is Looking Good?	207
Human Sexuality Online	Hospital Holds ‘Net Auction for Breast Reduction
	210
A World of Diversity	Wide-Eyed with . . . Beauty?
	211
A World of Diversity	Gender Differences in Preferences in Mates Across 37 Cultures
	214
The Matching Hypothesis: Who Is “Right” for You?	
	215
Similarity in Attitudes: Do Opposites Attract?	215
Reciprocity: If You Like Me, You Must Have Excellent Judgment	216
Love	
	216
The Greek Heritage	217
Romantic Love in Contemporary Western Culture	217

Questionnaire Are You a Romantic or a Realist? The Love Attitudes Scale 218

Contemporary Models of Love: Dare Science Intrude? 220

Questionnaire Sternberg's Triangular Love Scale 224

Human Sexuality Online Web Sites Related to Attraction and Love 226

Summing Up 227

Questions for Critical Thinking 227

8 Relationships, Intimacy, and Communication 228

Outline 229

Truth or Fiction? 229

The ABC(DE)'s of Romantic Relationships 230

A World of Diversity Don't Flirt (with Anyone!) in Qir 231

The A's—Attraction 231

Human Sexuality Online Modern Matchmaking 232

The B's—Building 232

A Closer Look How to Improve Date-Seeking Skills 235

Human Sexuality Online In Modern E-Mail Romance, "Trash" Is Just a Click Away 236

The C's—Continuation 238

The D's—Deterioration 239

Human Sexuality Online Long-Distance Romance, Web Enabled 240

The E's—Ending 240

Human Sexuality Online Advice for Young Women: How to Prepare for Married Life 242

Loneliness: "All the Lonely People, Where Do They All Come From?" 244

Causes of Loneliness 244

Coping with Loneliness 245

Intimacy 246

Knowing and Liking Yourself 246

Trusting and Caring 246

A Closer Look Heaven Sent: The Blind Date Who Is Your Destiny 247

Being Honest 248

Making a Commitment 248

Maintaining Individuality When the *I* Becomes *We* 248

The Michelangelo Phenomenon 248

Communicating 249

Communication Skills for Enhancing Relationships and Sexual Relations 250

Common Difficulties in Sexual Communication 250

Getting Started 251

Listening to the Other Side 252

Learning About Your Partner's Needs 252

Providing Information 253

Making Requests 254

Delivering Criticism 254

Receiving Criticism 255

When Communication Is Not Enough:

Handling Impasses 257

Human Sexuality Online Web Sites Related to Relationships, Intimacy, and Communication 258

Summing Up 258

Questions for Critical Thinking 259

9 Sexual Techniques and Behavior Patterns 260

Outline 261

Truth or Fiction? 621

Solitary Sexual Behavior 262

Masturbation 262

A Closer Look The Technology of Orgasm: "Hysteria," the Vibrator, and Women's Sexual Satisfaction 265

Use of Fantasy 270

Sexual Behavior with Others 272

Foreplay 272

Kissing 273

Touching 273

Stimulation of the Breasts 275

Oral-Genital Stimulation 275

A World of Diversity Sociocultural Factors and Oral Sex 276

Sexual Intercourse: Positions and Techniques 278

A World of Diversity Are African Americans Sexually Permissive? Cultural Myths Versus Data 284

Human Sexuality Online Web Sites Related to Sexual Techniques and Behavior Patterns 286

Summing Up 287

Questions for Critical Thinking 287

10 Sexual Orientation 288

Outline 289

Truth or Fiction? 289

Sexual Orientation 291

Coming to Terms with Terms 291

Sexual Orientation and Gender Identity 292

Classification of Sexual Orientation 292

Bisexuality 297