



# Our Sexuality

EIGHTH EDITION

Robert Crooks  
Karla Baur



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EIGHTH EDITION

ROBERT CROOKS  
KARLA BAUR

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The book cover features a grid of squares in various shades of purple and yellow. The title 'Our Sexuality' is printed in a large, dark serif font on a yellow rectangular background. Below it, 'EIGHTH EDITION' is written in a smaller, dark sans-serif font. The rest of the cover is composed of larger squares in shades of purple and yellow, with a vertical purple stripe running down the left side of the lower half.

# Our Sexuality

EIGHTH EDITION



For our loving spouses, Sami Tucker and Jim Hicks

# 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 and college level spans two decades.

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 with a specialty in 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 several colleges and universities and provides training for other mental health professionals.

The authors have a combined total of over 57 years of teaching, counseling, and research in the field of human sexuality. Together they taught sexuality courses at Portland Community College 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.



# Preface

*Our Sexuality*, now in its eighth edition, offers a comprehensive and academically sound introduction to the biological, psychosocial, behavioral, and cultural aspects of sexuality in a personally meaningful way. The warm and enthusiastic response to the earlier editions has been gratifying and has inspired us to provide you with an even more effective learning tool for you and your students.

## New in This Edition

- More than **1000 new citations**, reflecting the most recent research, have been added, many from 2000 and 2001 literature.
- **How About You?** questions, which ask readers to consider their own experiences and attitudes on relevant sexual issues, appear in the margin a number of times in each chapter.
- **InfoTrac® search terms** are suggested several times in each chapter—called out by a margin icon. A four-month subscription to InfoTrac® College Edition—an online database of articles from over 500 journals and magazines—is available free to purchasers of the eighth edition.
- **Critical Thinking Questions**, most of which are new to this edition, now appear in the margin (identified by an icon) rather than within the narrative of the chapters. These questions are designed to encourage students to apply their knowledge and experience in developing their own outlook on the topic under discussion. 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.
- **New and significantly updated material** has been added on many topics, such as: the impact of the media and the Internet on our sexuality, computerized assessment of sexual behavior, sex research in cyberspace, sexology in the new millennium, transsexualism and transgenderism, female genital mutilation, premenstrual dysphoric disorder, hormone replacement therapy, breast/uterine/ovarian cancers, circumcision, testicular and prostate cancers, hormones in sexual behavior, pheromones, love and sex, unrequited love, cross-cultural perspectives on love and marriage, mate selection, sex differences in communication styles, sexual fantasies, oral–genital stimulation, the genetics of sexual orientation, homophobia and hate crimes, the gay rights movement, new directions in contraception, RU-486, abortion and the law, assisted reproduction technologies, sexual behavior in childhood, homosexuality in adolescence, adolescent coitus, adolescent pregnancy, school-based sex education, cohabitation, extramarital relationships, divorce, sexuality among older adults, interracial marriage, impact of body image on sexuality, sexual dysfunction, sensate focus, Viagra, innovations in sex therapy, sexually transmitted diseases (especially HIV/AIDS and HAART combination therapy), vaginal



### Critical Thinking Question

microbicides, transvestic fetishism, video voyeurism, rape, date-rape drugs, adult–child sexual contact, “recovered memories,” pedophiles in cyberspace, pornography as social criticism, pornography and the Internet, and prostitution.

- A **beautiful new design** was created for the eighth edition, enhancing the visual appeal of the book.

## 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 eighth edition we have retained and strengthened the elements that contribute to this approach.
- **Authors’ files.** One of the most popular features of *Our Sexuality* has been the incorporation of voices of real people woven into the text through the use of Authors’ files. These quotations are taken from the experiences and observations of students, clients, and colleagues and appear interwoven in the text but highlighted by a color screen. The Authors’ files have been given fresh infusion for this edition thanks to feedback from students enrolled in college courses in human sexuality. Each chapter opens with an Authors’ files quote, 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 sexual expression, reflecting our belief that human sexuality is governed more by psychosocial factors than by biological factors. 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.
- **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 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. The chapters also contain improved **Critical Thinking Questions** and new **How About You?** questions, both called out with an icon and placed in the margin. 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**, is provided at the end of the book.

## Organization

The organization of this book has been designed to reflect a logical progression of topics. We begin, in **Part One—Introduction**, with the social and cultural legacy of sexuality in our society. We then describe how sex research is conducted and discuss the difficulties of gathering information in this sensitive area of human behavior. We conclude the opening unit with a detailed exploration of a variety of gender issues.

The three chapters of **Part Two—Biological Basis** present the biological foundations of sexuality, with separate chapters on male and female sexual anatomy, followed by coverage of sexual arousal and sexual response patterns integrated into one chapter. In **Part Three—Sexual Behavior**, a variety of relationship issues and sexual behaviors are discussed.

In **Part Four—Sexuality and the Life Cycle**, we discuss contraception, pregnancy, and issues pertaining to sexuality throughout the life cycle. Sexual problems and their treatment and a detailed chapter on sexually transmitted diseases constitute the three chapters of **Part Five—Sexual Problems**.

The final section, **Part Six—Social Issues**, includes discussions of atypical sexuality, sexual victimization, pornography, and prostitution.



## Integrated Teaching and Learning Aids

**InfoTrac® College Edition.** A fully searchable online university library for students that offers full articles from more than 600 scholarly and popular publications. A four-month subscription to InfoTrac College Edition is packaged free with every new copy of the text and is accessed on a password-protected Web site that is updated daily. For the human sexuality course, InfoTrac provides students with access to articles from such important journals as the *Archives of Sexual Behavior*, *AIDS Weekly*, *Canadian Journal of Human Sexuality*, *Journal of Sex Research*, *Family Planning Perspectives*, and *Sex Roles: A Journal of Research*.

**Instructor's Manual** (ISBN 0-534-57984-1) by Caroline Clements of the University of North Carolina at Wilmington. Includes teaching suggestions for delivering dynamic lectures, evaluating students, exploring new teaching techniques, helping students develop intercultural awareness, using the Internet, and using the student Study Guide. For each chapter of the text, the manual includes learning objectives; lecture notes in outline format; handouts; suggested use of guest speakers, videos, and films; as well as small group projects and suggestions for field research and field trips.

**Test Bank** (ISBN 0-534-57986-8) by Kathryn Black of the University of Arizona. Includes approximately 3000 test items in multiple-choice, true/false, short-answer, and essay format, all page-referenced and keyed to learning objectives. Also contains about 150 questions available on the Internet and questions from the student Study Guide.

**ExamView® Computerized Testing** (ISBN 0-534-57982-5). An easy-to-use electronic test generator that allows you to create and customize tests in minutes, with the help of ExamView's Quick Test Wizard.

**Transparency Acetates** (ISBN 0-534-57983-3). Features over 100 acetates of four-color figures from the text.

**Multimedia Manager for Human Sexuality 2002** (ISBN 0-534-58009-2). Free to adopters of the *Our Sexuality*, eighth edition, a Microsoft® PowerPoint® presentation tool that makes it easy to put together multimedia lectures, including bulleted outlines of each chapter and art, graphics, and CNN video clips ready to be accessed for classroom use.

**CNN Today: Human Sexuality Video** (ISBN 0-534-57985-X). A new video, exclusive from CNN and Wadsworth/Thomson Learning, that provides 20 clips of roughly two to three minutes each on important topics in human sexuality. Dealing with such topics as a transsexual teacher, female circumcision, same-sex marriage, rape drugs, and the morning-after pill, these compelling clips are ideal for launching lectures and encouraging class discussion.

**Our Sexuality's Exclusive Video Library.** Offers a list of videotapes for professors to use, covering such topic areas as Homosexuality, Date Rape and Violence, Pregnancy and Childbirth, Sexual Harassment, AIDS and Other Sexually Transmitted Diseases, Safe Sex and Contraceptives, Communicating About Relationships, and Intimate Relationships.

**Study Guide** (ISBN 0-534-57979-5) by Judy Zimmerman of Portland Community College. Includes learning objectives, chapter concept maps, review of key terms and concepts, chapter overviews with fill-ins, matching exercises, short answer and multiple-choice questions, and critical thinking/personal reflection questions and exercises.

**WebTutor** (WebCT ISBN 0-534-57980-9; Blackboard ISBN 0-534-57981-7). A content-rich, Web-based teaching and learning tool that gives students access to chapter-by-chapter flashcards (with audio), practice quizzes, and online tutorials. Professors can use WebTutor to provide virtual office hours, post syllabi, set up threaded discussions, and track student progress on the practice quizzes, and it is customizable!

**Human Sexuality Research and Activities Guide** (ISBN 0-534-57995-7) prepared by Lisa Douglass of Northwestern University. Features five to eight key terms or hot topics per chapter of the book. Each of the terms and hot topics has an activity, writing assignment, or self-assessment worksheet created around it and articles accessed on InfoTrac® College Edition.

**World Wide Web.** A select number of annotated Web Resources provided at the end of every chapter offer up-to-date information on important sexual topics. Direct links to the annotated sites, as well as chapter-by-chapter practice quizzes and articles about "hot topics" and other information (updated for this edition by Katie Townsend-Merino) can also be found at the *Our Sexuality* eighth edition Web site—go to <http://psychology.wadsworth.com> and find the direct link to *Our Sexuality*.

## Acknowledgments

The quality and longevity of *Our Sexuality* are due to talents and insights that extend beyond those of the authors. We are especially indebted to the staff of Wadsworth, the reviewers, and our students, who have added immeasurably to the merit of our book.

We owe special gratitude to reviewers and contributors to the eighth edition. Instructors who lent their expertise at various stages of the revision process of this and previous editions are listed on the following pages. A number of instructors enlisted their students' reactions and insights to add fresh perspective to some of the Authors' files in the eighth edition. Our sincere thanks to those who provided this assistance!

Our greatest debt for the eighth edition is again to managing developmental editor Jim Strandberg. Considering the magic he worked on the seventh edition, we had high expectations for his contribution to the eighth edition. He did not disappoint us! Jim has provided so much to us over the last two editions that it is difficult to summarize his accomplishments in a few words. In addition to his visionary and creative ideas, his many contributions included suggesting critical new topical content, recommending reorganization strategies for streamlining content, maintaining sharp attention to details, and, perhaps most important, providing warm friendship and empathic listening that helped lighten the days of occasionally grumpy authors. Our sponsoring editor, Marianne Taflinger, provided a broadly faceted vision for this edition that helped to shape its features and guide its production from beginning to end. Marianne's organization skills and ability to resolve issues pertaining to manuscript development were essential to a project of this magnitude. Editorial assistants Suzanne Wood and Stacy Green competently took care of a myriad of details. Roy Neuhaus managed in exemplary fashion the demanding job of designing and implementing the new design elements of this edition. Kirk Bomont, senior production editor, managed in his usual exemplary manner the complicated production efforts. Jennifer Wilkinson, senior assistant editor, supervised the development of the supplements package.

Several talented freelance professionals added their talents. Consummate research assistant Sami Tucker again demonstrated how invaluable her services are to the authors and to the academic strength of the book. The extremely current nature of the eighth edition is due in large part to Sami's exhaustive search of the recent journal literature in a wide range of academic disciplines, including—but not limited to—sexology, psychology, sociology, anthropology, biology, health, and medicine. Margaret Pinette provided editorial and production services in an accomplished and professional manner.

A talented marketing team at Wadsworth was hard at work on promoting this revision long before the last words of the book were written. Special thanks to our marketing manager, Marc Linsenman, and a talented group of marketing and advertising people, including Margaret Parks, Samantha Cabaluna, and Megan Hansen.

Finally, we wish to thank our family and friends who, once again, were faced with the often unenviable task of keeping life moving positively while we were buried (and sometimes a little grumpy). They have been remarkably patient and resilient, for which we are grateful.

*Robert Crooks  
Karla Baur*

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## SEXUAL ORIENTATION COVERAGE

Topics related to sexual orientation are emphasized throughout the book. Highlights include:

### *Chapter 1: Perspectives on Sexuality*

- Sex for reproduction (4)
- Mainstreaming on television programs (6)
- Sex as sinful (10)
- China (15)
- Islam (16)
- Passionate friendships (12)
- Historical perspective (18–19)

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

- Emphasis on (gay) males in research (39)

### *Chapter 3: Gender Issues*

- Gender identity and sexual orientation (63)

### *Chapter 4: Female Sexual Anatomy and Physiology*

- Lesbian health care concerns (110)

### *Chapter 7: Love and the Development of Sexual Relationships*

- Views of love and sex (193–194)

### *Chapter 8: Communication in Sexual Relationships*

- Language (209)

### *Chapter 9: Sexual Behaviors*

- Sexual expression (245)
- Lesbian sexual behavior (252–254)
- Gay male sexual behavior (254)

### *Chapter 10: Sexual Orientation*

- Basic definitions (261)

- Bisexuality (262–264)
- Psychosocial theories of sexual orientation (264–266)
- Biological theories of sexual orientation (266–269)
- Societal attitudes (269–276)
- Homophobia and hate crimes (273–276)
- Lifestyles (277–286)
- Gay rights movement (286–289)

### *Chapter 13: Sexuality During Childhood and Adolescence*

- Same-sex play in childhood (372)
- Homosexuality and adolescence (384–5)
- Gay–straight alliances (385)

### *Chapter 14: Sexuality and the Adult Years*

- Domestic partnership (399)
- Relationships in later years (421)

### *Chapter 15: The Nature and Origin of Sexual Difficulties*

- Same-sex desire and sexual problems in heterosexual relationships (441)

### *Chapter 17: Sexually Transmitted Diseases*

- AIDS risk and men who have sex with men (501)

### *Chapter 19: Sexual Victimization*

- Same-sex sexual harassment (572–573)

### *Chapter 20: Sex for Sale*

- Homosexual prostitutes (593)

## COVERAGE OF CULTURAL DIVERSITY

Comparisons across cultures and among members of ethnic groups within North America are infused throughout the text. Highlights include:

### *Chapter 1: Perspectives on Sexuality*

- Non–Western perspectives (10)
- Slavery, sexuality, and gender roles (13)
- Cross-cultural perspectives (14)
- China (15)
- Islamic Middle East (15)
- Sweden (16)
- U.S. ethnic diversity (16)

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

- Sexuality research in other countries (24–25)
- Demographic bias (29–30)
- Research on American ethnicity and sexuality (30)

### *Chapter 3: Gender Issues*

- Gender roles and the Tchamboli of New Guinea (46)
- Gender roles in New Guinea (58)
- Ethnic variations in gender roles (68–69)

### *Chapter 4: Female Sexual Anatomy and Physiology*

- Female genital mutilation (85–86)
- Hymenoplasty (87)
- Attitudes about menstruation (93–94)

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- Male genital modification and mutilation (119–120)
- Cultural perspectives on penis size (130)
- Prostate cancer rates across cultures (136)

### *Chapter 6: Sexual Arousal and Response*

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- Love and marriage (182–183)
- Partner choice and race (187)

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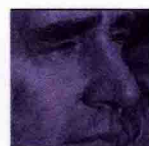
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