

DIMENSIONS OF HUMAN SEXUALITY

Fifth Edition

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CURTIS O. BYER • LOUIS W. SHAINBERG • GRACE GALLIANO

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CIP

To our students.

- *CB and LS*

*To Linda, who always inspires me,
whether at my side or across the country.*

- *GG*

PREFACE

While the cover may indicate this is the fifth edition of *Dimensions of Human Sexuality*, this is virtually a new text. Almost every aspect of this book has been rethought, reworked, and rewritten in the light of several decades of varied experience in teaching and writing about human sexuality. The authors have combined and integrated their expertise in biology, health, and psychology to produce a book with a balanced and practical approach to human sexuality. This integrated perspective has been developed with a lively awareness of the sexual environment in which North American students currently live and love. It is an environment of ever increasing ethnic and cultural diversity, an intense pace of social change, relatively high openness about sexual matters, rapid technological innovation, strong mass media influence, and an ideal, at least, of gender equality. Moreover, the authors have attempted to create a scholarly work that reflects the most current thinking and empirically based knowledge about human sexuality.

The authors began work on this text with several shared goals:

- To provide students with the most current perspectives and information about human sexuality in order to assist them in wiser sexual decision-making.
- To broaden the students' conceptualization of sexuality well beyond the notion of genital arousal, so that they might recognize that many aspects of living are expressions of our sexuality.
- To guide students in appreciating and celebrating the diversity of human sexual expression.
- To facilitate higher levels of sexual health and sexual well-being among students, as well as their partners, spouses and families.
- To facilitate students' exploration and articulation of their own personal sexual values and attitudes.
- To offer students sound critical-thinking skills that are useful for comprehending and evaluating new sexuality-related information.
- To make optimal use of well-established pedagogical principles to assist the student to both master and evaluate important

information in the light of new findings and understandings.

- To make a small contribution toward creating an environment of sexual understanding, sexual respect and personal sexual enrichment for the next generation and their children.

ON A PERSONAL NOTE FROM GRACE GALLIANO

After several years of teaching undergraduates about human sexuality, and many more years of reflection and writing about the art and craft of college instruction, I was invited to join two seasoned authors (Curtis Byer and Louis Shainberg) for this new edition of *Dimensions of Human Sexuality*. That invitation presented an irresistible opportunity to put my own knowledge and values about sexuality education into written form. The process of doing so was quite a challenge. The invitation also provided a stimulating experience of scholarly collaboration and creativity.

THEMES

There are four major themes that run all through this text.

1. *While our sexuality is based upon our biological and psychological potentials, human sexuality is always shaped by interaction with external or environmental forces.* These environmental forces include cultural norms, our time in history, social and economic realities, and the impact of technological innovation.
2. *Scientific inquiry is a useful and reliable source of sexual knowledge and understanding.* The philosophical argument about whether science offers "objective truth" or is merely a "socially constructed" version of the world continues. For our purposes, science is ultimately freeing because it offers a body of knowledge that is always under scrutiny and revision, rather than a set of precepts that are rigid and unchanging.
3. *Diversity in human sexual expression is approached with respect, openness, and curiosity, rather than with fear or prejudice.*

Appreciating sexual diversity based on gender, ethnicity, culture, age, sexual orientation, religious tradition, level of formal education, social class, or disability ultimately allows us to be more accepting and appreciative of our own sexual individuality.

4. *Various perspectives are valid.* About 70% of all human beings live in a non-Western culture. To gain a valid picture of *human* sexuality, norms of Western sexuality must not be set as an ethnocentric norm against which other groups are compared or judged. Along the same lines, feminist researchers and theorists have identified the biases and imbalances that persist when male sexual patterns are used as a baseline against which female patterns are compared. The authors have strived to avoid these ethnocentric and phallocentric traps.

WHAT'S NEW AND DIFFERENT?

- The text has been reorganized into six sections that deal with all the major aspects of human sexuality. These include the distinctively human aspects of sexuality, the physical aspects of sexuality, sexual response and pleasure, a life-span approach to understanding sexuality, a comprehensive presentation of reproductive sexuality, and finally, the many social issues that surround sexuality.
- A multi-cultural and cross-cultural perspective permeates virtually every topic or issue discussed in the text. This material is fully integrated throughout the text and is highlighted in a special feature called "Dimensions of Diversity."
- Material about same-sex and bi-sexual orientation is fully integrated throughout the text. Similarities and differences between same-sex and other-sex partnering are fully discussed and treated as normal variations from the behavior of the sexual majority.
- A separate chapter is devoted to the most recent knowledge regarding HIV and AIDS. It is presented with a full appreciation that significant developments in this field occur almost monthly and that by the time students have this text in their hands, changes are likely to have occurred. The authors offer both a national and global perspective on this issue.
- There are chapter-long presentations of topics often neglected by sexuality texts: communication and sexuality, sexuality and aging, and sexuality in disability and illness.
- There are numerous opportunities throughout the book and in the "Where Do I Stand?" boxes for self-reflection and self-assessment regarding one's personal sexual values, attitudes and behaviors.
- The text offers an in-depth presentation of the basic principles of critical thinking and then poses critical thinking challenges throughout the text in order to facilitate application of these principles. This is done in a conscious effort to promote critical thinking about the deluge of sex-related information and misinformation that surrounds the student.
- There is a strong emphasis on empirical research findings as the basis for the information and theories presented in the text.
- The findings of the National Health and Social Life Survey (Laumann et al., 1994) are integrated throughout the text.
- Topics of high personal interests are covered throughout the text. These include such issues as sex and the single parent, sexuality education in the home and school, and coping with the destructive elements of romantic relationships such as excessive dependency and sexual jealousy.
- The text offers the most current information about rapidly developing issues such as sexually transmitted diseases (the relatively unrecognized chlamydia epidemic), innovations in assisted reproduction (frozen eggs), or the rising rates and risks of multiple births. It also presents the latest thinking about controversial issues such as same-sex marriages, protecting children from internet pornography and predators, the weakening boundary between contraception and abortion, the validity of recovered memories of sexual abuse, or the bioethical concerns raised by the genome project and genetic testing.
- Where appropriate, the authors offer practical advice to students about dealing with sexuality related issues in one's own life: How to conduct breast or testicular self-examination, how to deal with obscene telephone calls, informed decision-making regarding contraceptive options, choices for a childbirth experience or consideration of hormone replacement therapy.
- This text represents a true collaborative effort among three teacher/scholars in the areas of biology, health and social psychology. This provides a balance of perspective that makes the text suitable for sexuality courses taught

in psychology, sociology, anthropology, health science, biology, human development, or physical education departments. The authors hope that students will hold onto this text beyond the end of their sexuality course, to use it as a personal and family reference book for their sexuality-related questions.

SPECIAL FEATURES

1. *Go Ask Alice* is a brand new feature for this edition. In most chapters there is at least one real student-generated question to which Alice (spokesperson for the Healthwise Office at Columbia University in New York City) answers in plain language. These are real questions, asked by real students in their own words. Students too shy to voice their questions in class are invited to contact the Alice Web Site, where they can submit their questions anonymously. Their questions and Alice's on-line responses then become part of the retrievable *Go Ask Alice* archive. For example, one student expresses concern about the curvature of his erect penis.
2. *Where Do I Stand?* These boxes allow the student/reader to explore his or her own values, attitudes or opinions regarding a number of sexuality-related issues. For example, responses to one questionnaire allow the student to assess her or his risk level for HIV infection.
3. *Dimensions of Diversity* boxes examine some aspect of sexuality across several cultures or historical periods. They allow the student to see how differently various societies may regard a particular sexual behavior or issue. For example, the social and sexual meaning of kissing is examined across several societies and historical epochs.
4. *At Issue* boxes provide a closer examination of some controversial issue in human sexuality. Most are followed by critical thinking questions which may serve as the basis for classroom discussion or written papers. For example, the history and impact of Megan's Law (required public notification if a sex offender comes to reside in a community) is examined.
5. *Case Study*. Several case studies interspersed throughout the book look at a sexuality-related issue as it is manifested in a single individual. They allow the student/reader to experience how a particular behavior or issue is represented in a real individual. For example: a young child is interviewed about his confused gender identity.

6. *Healthy Sexuality*. This feature deals with sexuality-related issues with the goal of enhancing sexual health and well-being. For example, one piece describes the proper way to do "Kegels" and thus strengthen the pubococcygeus muscle.

PEDAGOGY

Careful attention has been given to well-established pedagogical devices that can assist students in achieving mastery and understanding. These include:

- Learning objectives presented at the beginning of each chapter.
- A running glossary presented on the same spread on which new terms are first presented in the text.
- Numerous tables that compare and contrast related concepts provided throughout.
- A detailed summary at the end of each chapter.

Moreover, the text adopts an appropriately conversational tone that attempts to interact with the student/reader. It often invites the reader to consider alternatives, to self-reflect, or to observe more systematically. This promotes active involvement with the text.

SUPPLEMENTS

The following items are available with *Dimensions of Human Sexuality*. Same restrictions may apply. Please consult your local McGraw-Hill Sales Representative for policies, prices, and availability.

- *The Student Workbook and Study Guide*, specifically written to accompany this edition of the text, is a collection of valuable and interesting student activities that provoke an examination of sexual values, attitudes, and behaviors. For every chapter, this ancillary provides learning objectives, a self-test of key terms and major concepts, an opportunity for students to assess their own sexuality, exercises in applying and integrating sexuality information to real-life situations, a reference section providing further readings and resources, and a self-quiz. It is a highly recommended adjunct to *Dimensions of Human Sexuality*.
- An *Instructor's Manual/Test Bank* is designed as a planning guide to accompany *Dimensions of Human Sexuality*, Fifth Edition,

and is keyed to the text's twenty-two chapters. The Instructor's Manual section presents learning objectives, teaching strategies, and a detailed lecture outline for each chapter. The Test Bank section, expanded since the fourth edition, offers multiple choice, true-false, matching, and short-answer questions designed to test basic knowledge as well as to challenge the student in the application, synthesis, and analysis of the text material. These questions are also available in Windows and Macintosh via the *MicroTest* computerized testing program.

- The *AIDS Booklet* by Frank D. Cox contains the latest information on AIDS.
- NEW! *Sources: Notable Selections in Human Sexuality* will be available 3/98.
- *Annual Editions: Human Sexuality* is a compilation of current articles from over 300 public press sources.
- *Taking Sides: Clashing Views on Controversial Issues in Human Sexuality* is designed to introduce students to controversial issues in an area of study. The pro-and-con format is particularly effective for developing critical thinking skills and generating classroom discussion/debate.
- *McGraw-Hill Human Sexuality Transparencies*, with approximately 100 transparencies, are also available to qualified adopters.
- A *Human Sexuality Web Site*, with comprehensive instructor and student resource sections, as well as links to other relevant sites on the Internet, will be available in the summer of 1998. Please see your sales representative for further information on accessing this site.

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BRIEF CONTENTS

PART 1

SEXUAL DIMENSIONS 1

- 1 THINKING ABOUT HUMAN SEXUALITY 3
- 2 UNDERSTANDING HUMAN SEXUAL BEHAVIOR 25
- 3 COMMUNICATION AND SEXUALITY 49
- 4 ATTRACTION, LOVE, AND PARTNERSHIPS 79

PART 2

PHYSICAL SEXUALITY 105

- 5 FEMALE ANATOMY, PHYSIOLOGY, AND SEXUAL HEALTH 107
- 6 MALE SEXUAL ANATOMY, PHYSIOLOGY AND SEXUAL HEALTH 145
- 7 SEXUALLY TRANSMITTED DISEASES 171
- 8 HIV AND AIDS 209

PART 3

SEXUAL RESPONSE AND PLEASURING 241

- 9 PATTERNS OF SEXUAL RESPONSE 243
- 10 SEXUAL PLEASURING 265
- 11 SEXUALITY IN DISABILITY AND ILLNESS 287
- 12 SEXUAL DYSFUNCTIONS AND THERAPIES 303

PART 4

DEVELOPMENTAL SEXUALITY 323

- 13 BIOLOGICAL SEXUAL DEVELOPMENT 325
- 14 GENDER IDENTITY AND GENDER ROLES 343
- 15 CHILDHOOD AND ADOLESCENT SEXUALITY 369
- 16 ADULT SEXUALITY 399
- 17 SEXUALITY AND AGING 429

PART 5

REPRODUCTIVE SEXUALITY 449

- FERTILITY MANAGEMENT 451
- CONCEPTION, PREGNANCY, AND CHILDBIRTH 485

PART 6

SOCIAL ISSUES IN SEXUALITY 521

- 20 VARIATIONS IN SEXUAL BEHAVIOR 523
- 21 THE COMMERCIALIZATION OF SEX 543
- 22 COERCIVE AND VIOLENT SEXUAL BEHAVIOR 563

CONTENTS

PREFACE xxiii

PART 1

SEXUAL DIMENSIONS

1 THINKING ABOUT HUMAN SEXUALITY 3

WHY DO PEOPLE ENGAGE IN SEXUAL BEHAVIOR WITH OTHERS? 4

- HUMAN SEXUALITY AS A COMPLEX BIOPSYCHOSOCIAL PHENOMENON 5
- THE STUDY OF HUMAN SEXUALITY IS MULTIDISCIPLINARY 6

SOURCES AND FOUNDATIONS OF OUR PERSONAL SEXUALITY 6

- SOCIAL AND CULTURAL FORCES THAT INFLUENCE OUR SEXUALITY 7
- SOCIAL INSTITUTIONS THAT AFFECT OUR SEXUALITY 8
- RECENT SOCIAL CHANGES THAT AFFECT OUR SEXUALITY 8

DIMENSIONS RELEVANT TO OUR PERSONAL STUDY OF HUMAN SEXUALITY 11

CRITICAL THINKING ABOUT HUMAN SEXUALITY 16

- WHAT IS CRITICAL THINKING? 16
- SOME GENERAL GUIDELINES FOR THINKING CRITICALLY ABOUT HUMAN SEXUALITY 17
- CRITICAL THINKING CHALLENGE 19

STUDYING HUMAN SEXUALITY 20

- WHY STUDY HUMAN SEXUALITY? 20
- THEMES FOR OUR STUDY OF HUMAN SEXUALITY 21
- BY THE WAY, WHAT IS SEXUALITY? 22

SUMMARY 23

2 UNDERSTANDING HUMAN SEXUAL BEHAVIOR 25

WAYS WE SEEK TO UNDERSTAND HUMAN SEXUALITY 26

- THE TYPICAL PERSON 26
- THE SEXUALITY SCHOLAR 26

SELECTIONS FROM THE KNOWN HISTORY OF HUMAN SEXUAL BEHAVIOR 26

- EARLIEST HUMAN CULTURES (MESOPOTAMIA) 26
- NORTH AFRICA AND THE MIDDLE EAST 27
- ASIAN TRADITIONS 28
- GRECO-ROMAN SEXUAL MORES 28
- CHRISTIANITY 30
- OUR VICTORIAN LEGACY 32
- FEMINISM 36

THE CROSS-CULTURAL APPROACH TO UNDERSTANDING SEXUALITY 37

- A QUICK LOOK AT SOME CULTURAL VARIATIONS 37

THE SCIENTIFIC APPROACH TO UNDERSTANDING SEXUALITY 39

- WHY YOU SHOULD UNDERSTAND THE SPECIFIC METHODS USED TO STUDY HUMAN SEXUALITY 40

| | |
|-----------------------------------|----|
| THE SURVEY: TAKING A "PHOTOGRAPH" | |
| OF PATTERNS OF SEXUAL BEHAVIOR | 41 |
| NATURALISTIC AND LABORATORY | |
| OBSERVATION | 42 |
| THE EXPERIMENT: SEARCHING | |
| FOR CAUSES | 43 |
| EXAMINING CORRELATIONAL STUDIES | 45 |
| CLINICAL RESEARCH | 45 |
| THEORETICAL PERSPECTIVES ON HUMAN | |
| SEXUALITY | 46 |

ETHICAL ISSUES IN SEXUALITY RESEARCH, PRACTICE, AND EDUCATION 46

SUMMARY 48

3 COMMUNICATION AND SEXUALITY 49

PRINCIPLES OF COMMUNICATION 50

THE CONTEXT OF COMMUNICATION 51

| | |
|---------------------------|----|
| GENDER AND COMMUNICATION | 51 |
| CULTURE AND COMMUNICATION | 53 |

NONVERBAL COMMUNICATION 55

| | |
|------------------------------------|----|
| WHEN VERBAL AND NONVERBAL MESSAGES | |
| CONFLICT | 56 |

COMMUNICATION IN NEW RELATIONSHIPS 56

| | |
|-----------------------------|----|
| FLIRTING | 56 |
| MEETING AND GETTING TO KNOW | |
| SOMEONE | 56 |

NEGOTIATING SEXUAL BEHAVIOR 58

| | |
|-------------------------------|----|
| SEXUAL COERCION VERSUS SEXUAL | |
| CONSENT | 58 |
| SAYING YES TO SEX | 59 |
| SAYING NO TO SEX | 60 |

GAY AND LESBIAN COMMUNICATION 62

COMMUNICATION IN CONFLICT 63

| | |
|------------------------|----|
| CLARIFY YOUR THOUGHTS | 63 |
| USE "I" STATEMENTS | 63 |
| CONSTRUCTIVE CRITICISM | 63 |

| | |
|-----------------------------|----|
| RECEIVING CRITICISM | 64 |
| CONFLICT RESOLUTION | 64 |
| STYLES OF HANDLING CONFLICT | 65 |

BECOMING A BETTER COMMUNICATOR 66

| | |
|-------------------------|----|
| SEXUAL VOCABULARY | 67 |
| EFFECTIVE SPEAKING | 67 |
| EFFECTIVE LISTENING | 67 |
| RESPONDING | 69 |
| ASSERTIVENESS | 70 |
| NONSEXIST COMMUNICATION | 72 |

SEXUALITY EDUCATION: VITAL SEXUAL COMMUNICATION 73

| | |
|------------------------------|----|
| GOALS OF SEXUALITY EDUCATION | 73 |
| HOME SEXUALITY EDUCATION | 73 |
| SCHOOL SEXUALITY EDUCATION | 75 |

SUMMARY 77

4 ATTRACTION, LOVE, AND PARTNERSHIPS 79

ATTACHMENT STYLES 80

WHAT GETS PEOPLE TOGETHER: ATTRACTION 81

| | |
|--------------------------------|----|
| PHYSICAL TRAITS | 81 |
| AGE | 81 |
| GENDER DIFFERENCES | 82 |
| DO LIKES OR OPPOSITES ATTRACT? | 82 |
| SOME UNREALISTIC BELIEFS | 82 |

INFATUATION 83

WHAT KEEPS PEOPLE TOGETHER: INTIMACY 84

| | |
|----------------------|----|
| WHAT IS INTIMACY? | 84 |
| RISKING INTIMACY | 84 |
| BENEFITS OF INTIMACY | 84 |
| TRUST AND INTIMACY | 85 |

WHAT KEEPS PEOPLE TOGETHER: LOVE 85

| | |
|----------------------------|----|
| PROFESSIONAL VIEWS ON LOVE | 85 |
| LOVE STYLES | 88 |

| | |
|---------------------------------------|----|
| PASSIONATE LOVE AND COMPANIONATE LOVE | 89 |
| CULTURAL AND GENDER VIEWS ON LOVE | 90 |
| LOVE AS GROWTH | 91 |
| "FALLING IN LOVE" | 92 |
| INCLUSION OF THE OTHER IN SELF | 92 |
| THE TRIANGLE OF LOVE | 92 |
| LOVE AT FIRST SIGHT? | 93 |
| DO YOU LOVE ME? | 93 |

PARTNERSHIPS 94

| | |
|------------------------------|----|
| SEXUAL ORIENTATION | 94 |
| GAY AND LESBIAN PARTNERSHIPS | 94 |
| BISEXUALITY | 95 |

LOVE AND HONESTY 96

LOVE AND SEX 97

INABILITY TO LOVE 97

DESTRUCTIVE ELEMENTS IN RELATIONSHIPS 98

| | |
|----------------------|-----|
| EXCESSIVE DEPENDENCY | 98 |
| JEALOUSY | 100 |

THE DISINTEGRATION OF PARTNERSHIPS 100

| | |
|-------------------|-----|
| DIFFERENTIATING | 100 |
| CIRCUMSCRIBING | 101 |
| STAGNATING | 101 |
| AVOIDING | 102 |
| FINAL TERMINATION | 102 |

BREAKING UP 102

SUMMARY 104

PART 2

PHYSICAL SEXUALITY

5 FEMALE ANATOMY, PHYSIOLOGY, AND SEXUAL HEALTH 107

EXTERNAL SEX ORGANS 108

| | |
|------------|-----|
| MONS PUBIS | 108 |
|------------|-----|

| | |
|-----------------|-----|
| LABIA MAJORA | 108 |
| LABIA MINORA | 109 |
| PERINEUM | 109 |
| CLITORIS | 110 |
| VESTIBULE | 110 |
| VAGINAL ORIFICE | 111 |

INTERNAL SEX ORGANS 111

| | |
|-----------------|-----|
| VAGINA | 111 |
| CERVIX | 111 |
| UTERUS | 111 |
| FALLOPIAN TUBES | 114 |
| OVARIES | 114 |

THE BREASTS 114

| | |
|------------------------------|-----|
| BREAST STRUCTURE | 115 |
| VARIATIONS IN SHAPE AND SIZE | 116 |

HORMONES AND THEIR ACTIONS 118

| | |
|--------------------------------|-----|
| REGULATORY CONTROL OF HORMONES | 118 |
|--------------------------------|-----|

THE SEX GLANDS 118

| | |
|------------------|-----|
| THE HYPOTHALAMUS | 118 |
| THE PITUITARY | 119 |
| THE OVARIES | 120 |
| THE ADRENALS | 120 |

SEX HORMONES IN WOMEN 120

| | |
|------------------------------------|-----|
| ESTROGENS | 120 |
| PROGESTERONE | 121 |
| HUMAN CHORIONIC GONADOTROPIN (HCG) | 121 |
| ANDROGENS | 121 |
| OTHER FEMALE SEX HORMONES | 121 |

HORMONAL CONTROL OF THE WOMAN'S REPRODUCTIVE CYCLE 122

| | |
|------------------------------|-----|
| MONTHLY REPRODUCTIVE CYCLE | 122 |
| MENARCHE AND MENOPAUSE | 122 |
| MENSTRUAL CONCERNS AND MYTHS | 125 |
| MILK PRODUCTION (LACTATION) | 129 |

THE SEXUAL BODY: PROMOTING HEALTH AND TREATING ILLNESS 131

| | |
|---------------------------|-----|
| GYNCOLOGICAL EXAMINATIONS | 131 |
|---------------------------|-----|

| | |
|--|-----|
| INFECTIONS AND THE REPRODUCTIVE SYSTEM | 133 |
| GYNCOLOGICAL CANCERS | 135 |
| BREAST CONDITIONS | 136 |

SUMMARY 142

6 MALE SEXUAL ANATOMY, PHYSIOLOGY, AND SEXUAL HEALTH 145

EXTERNAL SEX ORGANS 146

| | |
|-------------|-----|
| THE PENIS | 146 |
| THE SCROTUM | 153 |

INTERNAL SEX ORGANS 153

| | |
|------------------|-----|
| TESTES | 153 |
| GENITAL DUCTS | 155 |
| ACCESSORY GLANDS | 156 |
| SEMEN | 157 |
| EJACULATION | 158 |

THE BREASTS 160

THE SEX GLANDS 160

| | |
|-----------------|-----|
| HYPOTHALAMUS | 161 |
| PITUITARY GLAND | 161 |
| TESTES | 162 |
| ADRENALS | 162 |

SEX HORMONES IN MEN 162

| | |
|--|-----|
| TESTOSTERONE PRODUCTION | 162 |
| THE HYPOTHALAMUS-PITUITARY-TESTES CONNECTION | 163 |
| HORMONES AND SEXUAL BEHAVIOR | 164 |
| THE MALE CLIMACTERIC | 165 |

THE SEXUAL BODY: PROMOTING HEALTH AND TREATING ILLNESS 167

| | |
|----------------------|-----|
| TESTICULAR DISORDERS | 167 |
| PROSTATE DISORDERS | 168 |
| URETHRITIS | 170 |

SUMMARY 170

7 SEXUALLY TRANSMITTED DISEASES 171

BASICS OF COMMUNICABLE DISEASES 172

| | |
|------------------------------------|-----|
| PATHOGENS | 172 |
| TRANSMISSION OF PATHOGENS | 173 |
| INCUBATION PERIOD | 173 |
| COMMUNICABLE PERIOD | 173 |
| ASYMPTOMATIC CARRIERS | 173 |
| BODY DEFENSES AGAINST DISEASES | 173 |
| TREATMENT OF COMMUNICABLE DISEASES | 175 |
| DRUG RESISTANCE | 175 |

HISTORY OF STDs 175

| | |
|-----------------|-----|
| ANCIENT HISTORY | 175 |
| RECENT HISTORY | 176 |

INCIDENCE OF STDs TODAY 176

| | |
|---------------------------|-----|
| WHO CONTRACTS STDs? | 177 |
| WHY IS THERE SO MUCH STD? | 178 |

GENDER ISSUES AND STDs 179

STDs AND YOUNG PEOPLE 180

PREVENTING SEXUALLY TRANSMITTED DISEASES 180

| | |
|-------------------------|-----|
| PERSONAL RISK REDUCTION | 180 |
| PUBLIC HEALTH MEASURES | 185 |

VIRAL INFECTIONS 186

| | |
|--|-----|
| GENITAL HERPES VIRUS INFECTIONS | 187 |
| VIRAL HEPATITIS | 192 |
| PAPILLOMA VIRUS INFECTIONS (GENITAL WARTS AND CERVICAL CANCER) | 193 |

BACTERIAL INFECTIONS 194

| | |
|---------------------|-----|
| GENITAL CHLAMYDIA | 194 |
| GONORRHEA | 196 |
| NSU/NGU | 199 |
| SYPHILIS | 199 |
| CYSTITIS | 201 |
| BACTERIAL VAGINITIS | 201 |

| | |
|--------------------------------|-----|
| UNCOMMON BACTERIAL INFECTIONS: | |
| CHANCROID AND LYMPHOGRANULOMA | |
| VENEREUM | 202 |

OTHER TYPES OF INFECTIONS 203

| | |
|---------------------------|-----|
| CANDIDA (YEAST INFECTION) | 203 |
| TRICHOMONAS | 203 |
| SCABIES | 205 |
| PUBIC LICE | 205 |

WHERE CAN A PERSON GO FOR STD TESTING AND TREATMENT? 206

PSYCHOLOGICAL ASPECTS OF STDs 206

SOCIAL ISSUES SURROUNDING STDs 206

| | |
|-------------------------|-----|
| WHO SHOULD BE TESTED? | 207 |
| CONFIDENTIALITY | 207 |
| WHO PAYS FOR TREATMENT? | 207 |
| CONCERN FOR PARTNERS | 207 |
| PARTNER NOTIFICATION | 207 |
| LIABILITY ISSUES | 208 |

SUMMARY 208

8 HIV AND AIDS 209

HISTORY OF HIV: THE GLOBAL PERSPECTIVE 210

| | |
|-----------------------|-----|
| EARLIER HISTORY | 210 |
| CURRENT STATUS OF HIV | 210 |

HUMAN IMMUNE MECHANISM 213

| | |
|------------------------|-----|
| ANTIGENS | 214 |
| IMMUNE RESPONSES | 214 |
| CELL-MEDIATED IMMUNITY | 214 |
| HUMORAL IMMUNITY | 216 |

BIOLOGY OF HIV 216

| | |
|--------------------|-----|
| RETROVIRUS | 217 |
| HIGH MUTATION RATE | 218 |

TRANSMISSION OF HIV 218

| | |
|---------------------|-----|
| SEXUAL TRANSMISSION | 218 |
|---------------------|-----|

| | |
|-----------------------------|-----|
| BLOOD-BORNE TRANSMISSION | 219 |
| TRANSPLACENTAL TRANSMISSION | 220 |

DEVELOPMENT OF HIV DISEASE 220

| | |
|--------------------------------------|-----|
| FIVE IMPORTANT TIME PERIODS | 220 |
| TYPICAL PROGRESSION OF HIV INFECTION | 221 |
| CURRENT DEFINITION OF AIDS | 222 |
| KAPOSI'S SARCOMA | 222 |
| <i>PNEUMOCYSTIS CARINII</i> | |
| PNEUMONIA | 222 |
| TUBERCULOSIS | 223 |
| OTHER OPPORTUNISTIC INFECTIONS | 223 |

DETECTING HIV INFECTION 223

| | |
|--|-----|
| COUNSELING IN ASSOCIATION WITH HIV TESTING | 224 |
|--|-----|

TREATING HIV AND ITS COMPLICATIONS 224

| | |
|---------------------------------|-----|
| AVAILABLE TREATMENTS | 226 |
| WHEN TO BEGIN TREATMENT | 226 |
| POST-EXPOSURE HIV PROPHYLAXIS | 226 |
| CARING FOR ADVANCED HIV ILLNESS | 227 |

HIV AND WOMEN 227

PSYCHOLOGICAL IMPLICATIONS OF HIV 228

| | |
|---|-----|
| FEAR OF HIV | 228 |
| DATING AND COURTSHIP IN THE AGE OF HIV | 229 |
| GETTING THE NEWS: LEARNING THAT YOU'RE HIV POSITIVE | 229 |
| HIV DISCLOSURE | 229 |

SOCIAL ASPECTS OF HIV 230

| | |
|--|-----|
| HIV IN FAMILIES | 230 |
| HIV AND THE HEALTH CARE SYSTEM | 231 |
| ORGANIZATIONS HELPING PEOPLE WITH HIV/AIDS | 231 |
| HIV IN THE WORKPLACE | 232 |
| HIV IN SCHOOLS | 233 |
| LAWS CONCERNING HIV | 233 |

| | |
|-------------------------------|-----|
| IMPACT OF HIV ON COMMUNITIES | 234 |
| SOCIAL ISSUES SURROUNDING HIV | 235 |

EFFECTIVELY PREVENTING HIV INFECTIONS 235

| | |
|---|-----|
| RISK-REDUCING STRATEGIES | 235 |
| EFFECTIVE BARRIER USE | 237 |
| THE ALCOHOL AND OTHER DRUGS/HIV CONNECTION | 238 |
| INJECTION DRUG USERS | 239 |
| HIV PREVENTION PROGRAMS | 239 |
| VACCINE DEVELOPMENT | 239 |

SUMMARY 240

PART 3

SEXUAL RESPONSE AND PLEASURING

9 PATTERNS OF SEXUAL RESPONSE 243

THE BODILY BASES OF SEXUAL RESPONSE 244

| | |
|--|-----|
| THE CENTRAL NERVOUS SYSTEM: THE BRAIN AND SPINAL CORD | 244 |
| THE AUTONOMIC NERVOUS SYSTEM | 246 |
| HORMONES AND SEXUAL INTEREST | 246 |

MODELS OF HUMAN SEXUAL RESPONSE 247

| | |
|---|-----|
| MASTERS AND JOHNSON'S RESEARCH | 247 |
| MASTERS AND JOHNSON'S FOUR-PHASE MODEL | 250 |
| KAPLAN'S TRIPHASIC MODEL | 258 |
| SEXUAL RESPONSE MODELS AND REAL PEOPLE | 259 |

ISSUES AND CONTROVERSIES ABOUT SEXUAL RESPONSIVENESS 259

| | |
|-----------------------------|-----|
| CULTURE AND SEXUAL RESPONSE | 259 |
| GENDER AND SEXUAL RESPONSE | 260 |
| SIMULTANEOUS ORGASM | 261 |
| MULTIPLE ORGASMS | 261 |
| FEMALE EJACULATION? | 261 |

| | |
|--|-----|
| THE G SPOT | 262 |
| APHRODISIACS: OLD-FASHIONED AND NEW-FANGLED | 263 |

SUMMARY 264

10 SEXUAL PLEASURING 265

ATTITUDES AND APTITUDES 266

PRIVATE, SOLITARY PLEASURING 267

| | |
|----------------|-----|
| EROTIC FANTASY | 267 |
| MASTURBATION | 269 |

SHARED PLEASURING 272

| | |
|------------------------------|-----|
| THE BEGINNINGS OF PLEASURING | 272 |
| KISSING | 272 |
| TOUCHING | 272 |
| ORAL-GENITAL SEX | 274 |
| ANAL SEX | 276 |
| COITUS | 277 |
| GAY AND LESBIAN SEX | 282 |

ENHANCING SEXUAL PLEASURE 283

| | |
|---------------------------------------|-----|
| ADULT TOYS AND SEXUAL GADGETRY | 283 |
| AMBIENCE, ATTITUDES, AND AFTERGLOW | 283 |

SUMMARY 284

11 SEXUALITY IN DISABILITY AND ILLNESS 287

THINKING ABOUT PERSONS WITH DISABILITIES AND ILLNESSES 288

| | |
|---|-----|
| DISABILITIES AND LANGUAGE | 288 |
| DISABILITY ONSET AND SEXUAL LEARNING | 289 |
| PHYSICAL AND MENTAL CAPACITIES FOR SEXUAL EXPRESSION | 289 |

SOME COMMON DISABILITIES AND ILLNESSES THAT AFFECT SEXUALITY 290

| | |
|-------------------------|-----|
| SENSORY IMPAIRMENTS | 290 |
| NEUROMUSCULAR DISORDERS | 291 |

PSYCHIATRIC CONDITIONS 295

MENTAL RETARDATION 295

CHRONIC ILLNESS AND SEXUALITY 297

CARDIOVASCULAR DISEASE 297

ARTHRITIS 298

DIABETES 298

HIV INFECTION 299

CANCERS 299

DISFIGUREMENTS AND APPLIANCES 300

SKIN PROBLEMS 300

AMPUTATIONS 300

OSTOMIES 300

SEXUAL FULFILLMENT FOR PERSONS WITH DISABILITIES 301

SUMMARY 301

12 SEXUAL DYSFUNCTIONS AND THERAPIES 303

THINKING ABOUT SEXUAL DYSFUNCTIONS 304

TYPES OF SEXUAL DYSFUNCTIONS: ORIGINS AND INTERVENTIONS 304

DISORDERS OF DESIRE 304

DISORDERS OF AROUSAL 309

DISORDERS OF ORGASM 310

PAIN-PRODUCING PROBLEMS 314

DYSFUNCTIONS DUE TO MEDICAL CONDITIONS AND TREATMENTS 317

SEEKING HELP FOR SEXUAL DYSFUNCTIONS 318

PROFESSIONAL ETHICS 320

SEX THERAPY FOR GAY MEN AND LESBIANS 320

A CRITICAL EVALUATION OF SEX THERAPY 320

IN CONCLUSION 321

SUMMARY 321

PART 4 DEVELOPMENTAL SEXUALITY

13 BIOLOGICAL SEXUAL DEVELOPMENT 325

THE GENETIC BASIS OF SEXUAL DEVELOPMENT 326

GENES 327

CHROMOSOMES 327

THE HUMAN GENOME PROJECT 327

MITOSIS (CELL DIVISION) 328

MEIOSIS (SEX CELL FORMATION) 329

GENETIC DETERMINATION OF ONE'S SEX 330

SEX CHROMOSOME ABNORMALITIES 331

FRAGILE X SYNDROME 332

DEVELOPMENT OF THE SEX ORGANS 332

ORGANIZING VERSUS ACTIVATING EFFECTS OF HORMONES 332

GONADAL DEVELOPMENT 333

PRENATAL DEVELOPMENT OF OTHER SEX ORGANS AND STRUCTURES 333

DEVELOPMENT OF AMBIGUOUS GENITALS 335

XY FEMALES 336

ADRENOGENITAL SYNDROME 337

NEWBORNS WITH AMBIGUOUS SEX ORGANS 338

BREAST (MAMMARY GLAND) DEVELOPMENT 339

PRENATAL SEXUAL DEVELOPMENT OF THE BRAIN 339

SUMMARY 341

14 GENDER IDENTITY AND GENDER ROLES 343

GENDER AND GENDER IDENTITY 344

WHAT'S IN A NAME? 344

THE DEVELOPMENT OF GENDER IDENTITY AND GENDER ROLES 346

AGENTS OF GENDER-ROLE

SOCIALIZATION 347

THEORIES OF GENDER-ROLE

DEVELOPMENT 352

REAL AND IMAGINARY GENDER

DIFFERENCES 353

GENDER AND SEXUAL BEHAVIOR 357

GENDER AND SEXUAL ATTITUDES 357

GENDER AND RESPONSES

TO EROTICA 358

MALE AND FEMALE SEXUAL SCRIPTS 358

GENDER AND SEXUAL SCRIPTS IN OTHER-SEX

COUPLES 359

GENDER AND SEXUAL SCRIPTS IN SAME-SEX

COUPLES 360

VARIATIONS IN GENDER DEVELOPMENT 361

IS THERE A CONTINUUM
OF TRANSGENDERISM? 361

DIAGNOSING A GENDER IDENTITY
DISORDER 362

INTERVENTIONS IN GENDER IDENTITY
DISORDER 363

ANOTHER PERSPECTIVE ON TRANSGENDERED
BEHAVIOR 366

SUMMARY 367

15 CHILDHOOD AND ADOLESCENT SEXUALITY 369

CHILDREN ARE SEXUAL 370

PARENTS AND THEIR CHILDREN'S
SEXUALITY 370

THE "RIGHT FROM THE START"
GUIDELINES 371

CHILDHOOD EXPRESSIONS OF SEXUALITY 372

CHILDHOOD MASTURBATION 372

CHILDHOOD SEX PLAY 372

SAME-SEX ATTRACTIONS 373

CHILDREN AND EROTIC MATERIAL 373

FAMILY AFFECTION AND CHILDHOOD SEXUALITY 373

PARENT-CHILD AFFECTION 374

PARENTS' PARTNERSHIPS 374

ADOLESCENT DEVELOPMENT 375

BIOLOGICAL ASPECTS OF
ADOLESCENCE 375

DEVELOPMENTAL TASKS FOR
ADOLESCENTS 379

DEVELOPMENT OF SEXUAL ORIENTATION 380

BIOLOGICAL THEORIES 380

PSYCHOLOGICAL THEORIES 380

CULTURAL THEORIES 381

EMERGENCE OF SEXUAL
ORIENTATION 381

ADOLESCENT SEXUAL OUTLETS 381

FANTASY 381

MASTURBATION 381

HETEROSEXUAL PARTNER ACTIVITIES 383

DISCOVERING A LESBIAN OR GAY
ORIENTATION 386

ADOLESCENT MARRIAGE 388

COMBATING PREMATURE MARRIAGE 389

ADOLESCENT PREGNANCY 389

ADOLESCENT PREGNANCY RATES 389

COSTS OF ADOLESCENT CHILDBIRTH 390

INCOMPLETE EDUCATION 390

EFFECTS ON THE CHILDREN 391

CAUSES OF ADOLESCENT
PREGNANCY 391

PREVENTING ADOLESCENT
PREGNANCY 391