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TWELFTH EDITION

Our Sexuality

Robert Crooks

Karla Baur

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



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

Photos courtesy of Robert Crooks

About the Authors

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

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

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

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

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

Brief Contents

	<i>Prologue</i>	xxxvii
1	Perspectives on Sexuality	1
2	Sex Research: Methods and Problems	29
3	Female Sexual Anatomy and Physiology	49
4	Male Sexual Anatomy and Physiology	86
5	Gender Issues	110
6	Sexual Arousal and Response	145
7	Love and Communication in Intimate Relationships	179
8	Sexual Behaviors	225
9	Sexual Orientations	248
10	Contraception	278
11	Conceiving Children: Process and Choice	310
12	Sexuality During Childhood and Adolescence	342
13	Sexuality and the Adult Years	373
14	Sexual Difficulties and Solutions	397
15	Sexually Transmitted Infections	433
16	Atypical Sexual Behavior	487
17	Sexual Coersion	507
18	Sex for Sale	542

Contents

Prologue xxxvii

1 Perspectives on Sexuality 1

Sexual Intelligence 2

A Psychosocial Orientation 3

Controversy and Diversity in Human Sexuality 4

The United States 4

LET'S TALK ABOUT IT A Chile/Parent Sex Talk 5

The Islamic Middle East 7

China 8

Our Cultural Legacy: Sex for Procreation and Rigid Gender Roles 10

Sex for Procreation 10

Male and Female Gender Roles in Sexuality 11

Sexuality in the Western World: A Historical Perspective 12

Judeo and Christian Traditions 12

Sex as Sinful 13

Eve Versus Mary 13

A Sex-Positive Shift 14

The Victorian Era 14

The Beginning of the 20th Century 16

After World War II 17

The Times They Are a-Changin' 18

The Media and Sexuality 19

Television 20

Music Videos 22

Advertising 23

Magazines 23

Cyberspace and Sexuality 23

Sexuality: Where the Personal Is Political 26

Media Resources 28

2 Sex Research: Methods and Problems 29

The Goals of Sexology 30

Nonexperimental Research Methods 31

Case Studies 31

Surveys 33



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SEX AND POLITICS	Sex Research Under Siege	38
	Direct Observation	40
	The Experimental Method	41
	Technologies in Sex Research	42
	Electronic Devices for Measuring Sexual Arousal	43
	Computerized Assessment of Sexual Behavior	44
	Sex Research in Cyberspace	44
	Ethical Guidelines for Human Sex Research	45
	Evaluating Research: Some Questions to Ask	46
	<i>Media Resources</i>	48

3 Female Sexual Anatomy and Physiology 49

	The Vulva	50	
	The Mons Veneris	50	
	YOUR SEXUAL HEALTH	Genital Self-Exam for Women	52
	The Labia Majora	52	
	The Labia Minora	53	
	Genital Alteration	53	
	The Clitoris	54	
	The Vestibule	56	
	The Urethral Opening	57	
	The Introitus and the Hymen	57	
	The Perineum	57	
	Underlying Structures	58	
	Internal Structures	58	
	The Vagina	59	
	YOUR SEXUAL HEALTH	Kegal Exercises	60
	The Cervix	62	
	The Uterus	62	
	The Fallopian Tubes	63	
	The Ovaries	63	
	Menstruation	64	
	Attitudes About Menstruation	64	
	Menarche	65	
	Menstrual Physiology	65	
	The Menstrual Cycle	66	
	Sexual Activity and the Menstrual Cycle	68	
	Menstrual Cycle Problems	69	
	Menopause	71	
	Hormone Therapy	73	
	Gynecological Health Concerns	75	
	Urinary Tract Infections	75	
	Vaginal Infections	75	
	The Pap Smear	76	
	Surgical Removal of the Uterus and Ovaries	77	
	The Breasts	77	
	Breast Self-Exam	79	
	YOUR SEXUAL HEALTH	How to Examine Your Breasts	80
	Breast Cancer Screening	80	
	Breast Lumps	81	
	Breast Cancer	82	
	<i>Media Resources</i>	85	



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4 Male Sexual Anatomy and Physiology 86

Sexual Anatomy 87

- The Penis 87
- Strengthening Musculature Around the Penis 90
- The Scrotum 90
- The Testes 92

YOUR SEXUAL HEALTH Male Genital Self-Examination 94

- The Vas Deferens 94
- The Seminal Vesicles 95
- The Prostate Gland 95
- The Cowper's Glands 96
- Semen 96

Male Sexual Functions 96

- Erection 96
- Ejaculation 97

Concerns About Sexual Functioning 99

- Penis Size 99
- Circumcision 102

SEX AND POLITICS "Intactivists" Attempt to Criminalize Infant Circumcision in San Francisco

Male Genital Health Concerns 104

- The Penis: Health-Care Issues 104
- Testicular Cancer 105
- Diseases of the Prostate 106

Media Resources 109

5 Gender Issues 110

Male and Female, Masculine and Feminine 111

- Sex and Gender 111
- Gender Identity and Gender Role 112

Gender-Identity Formation 112

- Gender Identity as a Biological Process: Typical Prenatal Differentiation 113
- Atypical Prenatal Differentiation 119
- Social-Learning Influences on Gender Identity 123
- The Interactional Model 128

Transsexualism and Transgenderism 128

- Variant Gender Identity and Sexual Orientation 130
- Transsexualism: Etiology, Sex-Reassignment Procedures, and Outcomes 130

LET'S TALK ABOUT IT Respectful Communication With a Transsexual or Transgendered Individual 131

Gender Roles 133

SPOTLIGHT ON RESEARCH Cross-Cultural Sex Differences in Personality Traits 134

SEX AND POLITICS The Religious Right Embraces Traditional Gender Roles 135

- How Do We Learn Gender Roles? 135
- Gender-Role Expectations: Their Impact on Our Sexuality 139

Transcending Gender Roles: Androgyny 142

Media Resources 144

Jack Dagley Photography/Shutterstock.com



6 Sexual Arousal and Response 145

The Brain and Sexual Arousal 146

SPOTLIGHT ON RESEARCH Monitoring Brain Function During Sexual Arousal With Functional Magnetic Resonance Imaging 149

The Senses and Sexual Arousal 150

- Touch 150
- Vision 151
- Smell 152
- Taste 153
- Hearing 153

Aphrodisiacs and Anaphrodisiacs in Sexual Arousal 154

- Aphrodisiacs: Do They Work? 154
- Anaphrodisiacs 155

The Role of Hormones in Sexual Behavior 157

- Sex Hormones in Male Sexual Behavior 158
- Sex Hormones in Female Sexual Behavior 159
- How Much Testosterone Is Necessary for Normal Sexual Functioning? 160
- Testosterone Replacement Therapy 161
- Oxytocin in Male and Female Sexual Behavior 162

Sexual Response 162

- Kaplan's Three-Stage Model 162
- Masters and Johnson's Four-Phase Model 163

SPOTLIGHT ON RESEARCH Monitoring Genital Changes During Sexual Arousal With Functional Magnetic Resonance Imaging 165

Aging and the Sexual Response Cycle 170

- The Sexual Response Cycle of Older Women 170
- The Sexual Response Cycle of Older Men 171

Differences Between the Sexes in Sexual Response 173

- Greater Variability in Female Response 173
- The Male Refractory Period 173

SPOTLIGHT ON RESEARCH Sex Differences in Sex Drive 174

- Multiple Orgasms 175

Media Resources 178

7 Love and Communication in Intimate Relationships 179

What Is Love? 180

Types of Love 181

- Passionate Love 181
- Companionate Love 182
- Sternberg's Triangular Theory of Love 182
- Lee's Styles of Loving 184

Falling in Love: Why and With Whom? 185

- The Chemistry of Love 186
- Proximity 187
- Similarity 187
- Reciprocity 189
- Physical Attractiveness 189

Love and Styles of Attachment 191

- Attachment Styles 192
- Adult Intimate Relationships as an Attachment Process 193



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Issues in Loving Relationships	194
What Is the Relationship Between Love and Sex?	194
Jealousy in Relationships	196
LET'S TALK ABOUT IT	Coping With Jealously, the Green-Eyed Monster 198
Maintaining Relationship Satisfaction	199
Ingredients in a Lasting Love Relationship	199
Sexual Variety: An Important Ingredient	200
The Importance of Sexual Communication	201
SPOTLIGHT ON RESEARCH	Differences in Men's and Women's Desire for Sexual Variety 202
Talking: Getting Started	202
Talking About Talking	202
LET'S TALK ABOUT IT	The Benefits of Affectionate Communication 203
Reading and Discussing	203
Sharing Sexual Histories	203
Listening and Feedback	204
Be an Active Listener	204
Maintain Eye Contact	204
Provide Feedback	204
Support Your Partner's Communication Efforts	205
Express Unconditional Positive Regard	205
Discovering Your Partner's Needs	205
Asking Questions	205
Self-Disclosure	207
Discussing Sexual Preferences	208
Giving Permission	209
Learning to Make Requests	209
Taking Responsibility for Our Own Pleasure	210
Making Requests Specific	210
Using "I" Language	210
Expressing and Receiving Complaints	211
Constructive Strategies for Expressing Complaints	211
Receiving Complaints	215
Saying No	216
A Three-Step Approach to Saying No	216
Avoid Sending Mixed Messages	217
Nonverbal Sexual Communication	218
Facial Expressions	218
Interpersonal Distance	218
Touching	219
Sounds	219
Communication Patterns in Successful and Unsuccessful Relationships	220
Gottman's Constructive Communication Tactics	220
Gottman's Destructive Communication Tactics	221
<i>Media Resources</i>	224

8 Sexual Behaviors 225

Celibacy	226
Erotic Dreams and Fantasy	227
Erotic Dreams	227
Erotic Fantasy	227

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Male/Female Similarities and Differences in Sexual Fantasy 228

Fantasies: Help or Hindrance? 229

Masturbation 230

Perspectives on Masturbation 230

Purposes of Masturbation 231

Ethnicity and Masturbation 233

Self-Pleasuring Techniques 233

Sexual Expression: The Importance of Context 234

The Context of Sexual Expression 235

The Maltz Hierarchy 235

Frequency of Partner Sexual Activity 236

Kissing and Touching 237

Kissing 238

Touching 238

Oral-Genital Stimulation 239

Anal Stimulation 242

Coitus and Coital Positions 243

Intercourse the Tantric Way 245

Media Resources 247



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9 Sexual Orientations 248

A Continuum of Sexual Orientations 249

Sexual Fluidity 250

Asexuality 251

Bisexuality 251

Homosexuality 253

What Determines Sexual Orientation? 254

Psychosocial Theories 254

Research Into Biological Factors 255

SPOTLIGHT ON RESEARCH Where Does Straight End and Gay Begin? 256

Societal Attitudes Regarding Homosexuality 258

Judeo-Christian Attitudes Toward Homosexuality 260

From Sin to Sickness 261

Homophobia 262

The Gay Rights Movement 264

The Stonewall Incident and Beyond 264

Decriminalization of Private Sexual Behavior 265

Antidiscrimination 265

Legal Civil Marriage for Same-Sex Couples 266

Homosexuality and the Media 268

Coming Out 269

LET'S TALK ABOUT IT Guidelines for Coming Out to Friends 272

Homosexual Relationships in Context 274

Media Resources 277

10 Contraception 278

Historical and Social Perspectives 279

Contraception in the United States 279

Contraception as a Contemporary Issue 280

Contraception as a Global Issue 281

SEX AND POLITICS	The Power of Pro-Life Anti-Contraception Politics	282
Sharing Responsibility and Choosing a Birth Control Method	It Takes Two	283
	Choosing a Birth Control Method	283
YOUR SEXUAL HEALTH	Which Contraceptive Method Is Best for You?	288
	“Outercourse”	288
Hormone-Based Contraceptives		288
	Oral Contraceptives	289
	The Vaginal Ring and the Transdermal Patch	291
	Injected Contraceptives	292
	Contraceptive Implant	292
Barrier and Spermicide Methods		292
	Condoms	293
LET’S TALK ABOUT IT	Don’t Go Inside Without Your Rubbers On	295
	Vaginal Spermicides	296
	Cervical Barrier Devices	297
Intrauterine Devices		299
	How the IUD Works	299
Emergency Contraception		300
Fertility Awareness Methods		301
	Standard Days Method	302
	Mucus Method	303
	Calendar Method	303
	Basal Body Temperature Method	304
Sterilization		304
	Female Sterilization	304
	Male Sterilization	305
Unreliable Methods		306
	Nursing	306
	Withdrawal	306
	Douching	307
New Directions in Contraception		307
	New Directions for Men	307
	New Directions for Women	307
	<i>Media Resources</i>	309

11 Conceiving Children: Process and Choice 310

Parenthood as an Option		311
Becoming Pregnant		312
	Enhancing the Possibility of Conception	312
	Infertility	313
	Reproductive Alternatives	315
	Pregnancy Detection	318
Spontaneous and Elective Abortion		319
	Miscarriage and Stillbirth	319
	Elective Abortion	320
	How Women Decide	320
	Shared Responsibility	320
	Psychological Reactions to Abortion	321
	Pregnancy Risk Taking and Abortion	321
	Rates of Abortion	321



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Procedures for Abortion 322

Illegal Abortions 324

The Abortion Controversy 324

SEX AND POLITICS Abortion Restrictions at the State Level 326

The Experience of Pregnancy 327

The Woman's Experience 327

The Man's Experience 328

Sexual Interaction During Pregnancy 328

A Healthy Pregnancy 329

Fetal Development 329

Prenatal Care 330

YOUR SEXUAL HEALTH Folic Acid and Fetal Development 332

Risks to Fetal Development 332

Pregnancy After Age 35 334

Fatherhood After Age 45 335

Childbirth 335

Contemporary Childbirth 335

Stages of Childbirth 336

After Childbirth 338

Breast-Feeding 338

Sexual Interaction After Childbirth 339

Media Resources 341

12 Sexuality During Childhood and Adolescence 342

Sexual Behavior During Infancy and Childhood 343

Infant Sexuality 343

Childhood Sexuality 344

SPOTLIGHT ON RESEARCH Normative Sexual Behavior in Children: A Contemporary Sample 346

The Physical Changes of Adolescence 348

Sexual Behavior During Adolescence 351

The Sexual Double Standard 351

Masturbation 352

Noncoital Sexual Expression 353

Ongoing Sexual Relationships 353

Adolescent Sexting 354

Sexual Intercourse 355

Homosexuality 360

SEX AND POLITICS Antigay Harrassment/Bullying of Teenagers 361

The Effect of AIDS on Teenage Sexual Behavior 362

SEX AND POLITICS U.S. Congress Considering Measures to Reduce Teen Pregnancy Prevention Programs 363

Adolescent Pregnancy 363

Negative Consequences of Teenage Pregnancy 364

Use of Contraceptives 364

Strategies for Reducing Teenage Pregnancy 365

Sex Education 367

Answering Children's Questions About Sex 367

Initiating Conversations When Children Do Not Ask Questions 368

School-Based Sex Education 370

SEX AND POLITICS Abstinence-Only Sex Education 370

Media Resources 372



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13 Sexuality and the Adult Years 373

- Single Living 374**
 - Singles and the Internet 375
- Cohabitation 375**
- Marriage 376**
 - Marriage in Current Collectivist and Individualist Cultures 376
- SEX AND POLITICS Marriage in Crisis 378**
 - Marriage in the Western World 380
 - Changing Expectations and Marital Patterns 380
 - Interracial Marriage 381
 - Predicting Marital Satisfaction 381
 - Sexual Behavior and Satisfaction in Marriage 382
- YOUR SEXUAL HEALTH Know Your Partner 383**
- Nonmonogamy 384**
 - Consensual Extramarital Relationships 385
 - Nonconsensual Extramarital Relationships 385
- Divorce 388**
 - Explaining the High Divorce Rate 389
 - Reasons People Give for Divorce 389
 - Adjusting to Divorce or Breakup of Long-Term Relationships 390
- Sexuality and Aging 390**
 - The Double Standard and Aging 391
 - Sexual Activity in Later Years 392
 - Last Love 394
 - Widowhood 395
- Media Resources 396*

14 Sexual Difficulties and Solutions 397

- Specific Sexual Difficulties 400**
 - Desire-Phase Difficulties 400
- YOUR SEXUAL HEALTH Index of Sexual Satisfaction 401**
 - Excitement-Phase Difficulties 401
 - Orgasm-Phase Difficulties 402
 - Dyspareunia 405
- Origins of Sexual Difficulties 406**
 - Physiological Factors 407
 - Cultural Influences 411
 - Individual Factors 413
 - Relationship Factors 416
- Basics of Sexual Enhancement and Sex Therapy 419**
 - Self-Awareness 419
 - Communication 419
 - Sensate Focus 420
 - Specific Suggestions for Women 422
 - Specific Suggestions for Men 424
 - Treating Hypoactive Sexual Desire Disorder 428
 - Seeking Professional Assistance 429
- Media Resources 432*

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15 Sexually Transmitted Infections 433

LET'S TALK ABOUT IT Telling a Partner 437

Bacterial Infections 437

- Chlamydia Infection 438
- Gonorrhea 439
- Nongonococcal Urethritis 441
- Syphilis 442

Viral Infections 444

- Herpes 444
- Genital Warts 449
- Viral Hepatitis 452

SEX AND POLITICS Arguments Against and for Mandatory HPV Vaccinations 453

Common Vaginal Infections 455

- Bacterial Vaginosis 455
- Candidiasis 456
- Trichomoniasis 457

Ectoparasitic Infections 458

- Pubic Lice 458
- Scabies 459

Acquired Immunodeficiency Syndrome (AIDS) 459

- Incidence 461
- Transmission 466

SPOTLIGHT ON RESEARCH Circumcision as a Strategy for Preventing HIV Infection 467

- Symptoms and Complications 468
- HIV Antibody Tests 469
- Development of AIDS 470
- Treatment 471
- Prevention 475

Preventing Sexually Transmitted Infections 477

- Prevention Guidelines 477

SEX AND POLITICS U.S. Policy During the Bush Administration Reduced Condom Promotion in Africa 480

Media Resources 486

16 Atypical Sexual Behavior 487

What Constitutes Atypical Sexual Behavior? 488

- Noncoercive Versus Coercive Paraphilias 490

Noncoercive Paraphilias 490

- Fetishism 490
- Transvestic Fetishism 492
- Sexual Sadism and Sexual Masochism 493
- Other Noncoercive Paraphilias 495

Coercive Paraphilias 496

- Exhibitionism 497
- Obscene Phone Calls 498
- Voyeurism 499
- Other Coercive Paraphilias 501

Sexual Addiction: Fact, Fiction, or Misnomer? 502

Media Resources 506



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17 Sexual Coercion 507

Rape 508

- Prevalence of Rape 508
- False Beliefs About Rape 510
- Factors Associated With Rape 511

YOUR SEXUAL HEALTH Dealing With Rape and Attempted Rape 516

- Wartime Rape 518
- The Aftermath of Rape 520
- Rape and Sexual Assault of Males 521

LET'S TALK ABOUT IT Helping a Partner or Friend Recover From Rape 522

Sexual Abuse of Children 524

- Characteristics of People Who Sexually Abuse Children 525
- Prevalence of Child Sexual Abuse 526
- Recovered Memories of Childhood Sexual Abuse 528
- Pedophiles in Cyberspace 529
- Effects of Child Sexual Abuse 530
- Preventing Child Sexual Abuse 531
- When the Child Tells 533

Sexual Harassment 533

- Varieties and Incidence of Sexual Harassment on the Job 534
- Cyberstalking 537
- Sexual Harassment in Academic Settings 538

Media Resources 541

18 Sex for Sale 542

Pornography 543

- Erotica 543
- Variations in Straight, Gay, and Lesbian Pornographic Films 544
- To Each His or Her Own 544
- Child Pornography 545
- Historical Overview 545
- Freedom of Speech Versus Censorship 546

SEX AND POLITICS Pornography as Social Criticism 547

- The Marriage of Technology and Sexually Explicit Materials 549
- The "Pornification" of U.S. Culture 550
- Is Pornography Helpful? 550
- Is Pornography Harmful? 550

Prostitution and Sex Work 552

- History of Prostitution and Sex Work 553
- Adult Male and Female Prostitutes 554
- The Internet and Sex Work 555
- Teenagers in Sex Work 555
- Worldwide Trafficking of Women and Children in Prostitution 556
- The Personal Costs of Sex Work 558
- Customers of Sex Workers 559
- Glorification of Pimps in the United States 559
- Legal Status and Sex Work 560

Media Resources 562

Glossary G-1

References R-1

Author Index A-1

Subject Index S-1



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