

Preface

Why another edition of *Human Sexuality: Making Informed Decisions*? One sexuality teacher noted that giving the same tests every year was routine—while the questions were the same, the answers kept changing. The chapters in this sixth edition have been thoroughly revised, with more than 400 new research citations (many 2019 references). The revision also features original data from over 13,000 undergraduates who revealed their sexual attitudes and behaviors.

Finally, this sixth edition reflects an awareness of changes in gender terminology in our society. Where appropriate, the term cisgender (meaning one's genitalia matches their gender identity) has been used. The term has not been used when referring to some research because not all researchers indicated whether their respondents were asked their gender or their gender identity.

The theme of the text remains the same: to encourage you to make informed, deliberate sexual decisions. Young adults might recognize that by not making a decision (e.g. to use a condom/safe sex), they have already made a decision by default (e.g. not using a condom/unsafe sex). In this regard, making informed/deliberate decisions involves being aware of the options/consequences of the various choices, making a decision, and following through.

Examples of new content for this edition include:

New to this Edition

Chapter 1: Human Sexuality: An Introduction

- Concept of sex positivity explained
- Sexual health as part of the definition of human sexuality
- The experience of casual sex
- Deciding to improve one's sexual growth
- Self-Assessment: Sexual Growth Beliefs Measure
- Being in a dating/romantic relationship with an older partner
- Decreasing double standard
- Hedonism is contextual (e.g. sexual tourism)
- Spatial context for sex (e.g. in a parked car)
- Abstinence-only-until-marriage programs funded in spite of ineffectiveness
- Impact of religion on sexual attitudes and behaviors
- Effect of time spent on social media on one's relationship fidelity
- Exposure to media (women's magazines) associated with negative self-sexualization
- World Association for Sexual Health
- Definitions of virginity among LGBTQIA members
- Conditions of sexual agency
- Sexual values of 13,000-plus undergraduates
- Happier reported marital satisfaction with fewer previous sexual partners
- The sexual behavior of dating app users compared to non-app users
- Japan's Rorikon as "Lolita Complex"
- Mischievous research responders and outrageous responses
- Sexual well-being and freedom not to be sexual
- Romantic breakups associated with sexual values becoming more liberal
- Snapchat sexual messaging
- Double standard reflected by Asian American men
- Religious persons, lower mental health, and less ability to control sex thoughts
- Gang members' expectations of "sexing-in" and "running trains"
- Alcohol's role in getting a woman to have sexual intercourse without a condom

Chapter 2: Sex Research and Theory

- Profile of respondents who typically participate in sex research
- Sexuality throughout the world—China
- Problems associated with sex research on black males
- Sociobiology becoming more tenuous as an accepted theory
- Effect on individuals who become involved in “sensitive sex research topics”
- Federal funding as a reflection of values of administration in power
- Theories used to interpret analysis of the data
- New statistical opportunities through open-source software: taxometric analysis, tests of measurement variability, differential item functioning, and equivalence testing

Chapter 3: Female Sexual Anatomy, Physiology, and Response

- Female genital cutting experienced by millions of women worldwide
- Variability of female sexual response
- Gambian men compare the sexuality of cut and uncut partners
- Criminalization of menstrual huts in Nepal
- Female orgasm discrepancy—what husbands think versus reality
- Increased sexual self-esteem in men when their partner has an orgasm
- Alternative rights of passage (to genital cutting)
- View of female breasts by sexual minority women of Taiwan
- Menstrual equality legislation
- Clitoral stimulation’s role during sexual intercourse for orgasm
- The use of sex toys by sex educators to close orgasm gap in heterosexual relationships

Chapter 4: Male Sexual Anatomy, Physiology, and Response

- Recommendations to ban male circumcision by Icelandic and Danish health officials
- Penis length of sexually experienced college males
- Preferences of 1,592 women in regard to circumcised/uncircumcised penis

Chapter 5: Gender and Sexuality

- New terminology for gender-fluid individuals/relationships
- Need for sensitivity for intersex individuals in regard to genital exams
- Inconsistencies in parental attitudes toward egalitarian gender role socialization and actual behavior (traditional)
- What constitutes being a woman—the case of the 2012 Miss Universe pageant
- Transgender Inclusive Behavior Scale (TIBS)
- Male sexuality described as negative (e.g. rape) with little focus on sex positivity
- Women and men preferences regarding egalitarian relationships/women in subordinate role
- Effect of telling contemporary intersex youth of their intersex status
- Percent reporting satisfaction with sex reassignment surgery
- Higher levels of sex guilt in women versus men
- Limited public acceptance of transgender individuals using public restrooms
- How bisexual parents socialize their children in regard to gender
- Number of lifetime sex partners reported by British women
- Higher sexual inactivity among transfeminine individuals without surgery
- How bisexual mothers rear their children in regard to gender
- Minimizing stigma and trauma on individuals identified as intersex
- Body perception by black women versus white women
- High sex agency (assertiveness) and higher positivity about sex in some women
- Male sexuality discussion as negative (e.g. men rape) more than positive
- Preferences about child gender by undergraduates

Chapter 6: Love and Sexuality

- Love languages
- Updated data from Annual Office Romance Survey of Vault.com
- Consensually non-monogamous relationships linked to positive sexual health outcomes
- Self-Assessment: Consensual Non-Monogamy Scale
- Comparison of relationship quality among monogamists and polyamorists
- Comparison of sexual satisfaction between consensual non-monogamous and monogamous couples
- Love relationship with a robot?
- Sex as primary motive for friends with benefits relationship
- Likelihood of marriage by persons who first hook up
- Persons in a friends with benefits relationship
- Love at first sight versus strong attraction labeled as love
- Rates of sexual satisfaction (and orgasm) in monogamous relationships versus consensually non-monogamous relationships
- Equal relationship satisfaction
- Sexual satisfaction rates in swingers versus persons in monogamous relationships
- How the motivation for hooking up impacts emotional outcome (pleasure versus coping)
- How sexual values change as a result of a romantic breakup

Chapter 7: Communication and Sexuality

- Impact on the relationship of rejecting the partner kindly versus having sex reluctantly
- Catfishing
- Feminist openness about what they want sexually/frequency of fake orgasm
- Sexting as both objectifying and liberating
- Receiving unwanted sexting/coerced sexting associated with depression, anxiety
- Discussing sexual exclusivity
- Self-disclosure and sexual satisfaction
- Sexual compatibility and sexual satisfaction
- Importance of discussing condom use—reasons for not using condom
- Sexual communication associated with desire, arousal, orgasm, and less pain
- Research on words lovers say and the noises they make during sex
- Sexting in long-distance relationships
- Goal of men who sent dick pics

Chapter 8: Individual and Interpersonal Sexuality

- Percent of US adults reporting interpersonal sex at least once a week
- Threesomes with two males and one female reflect expanding boundaries of male sexuality
- Sex toy use: frequency, types, demographics of users, frequency of cleaning
- View of manual, oral, and anal sex as not “having sex”
- Potential violence and danger in the “incel community” (involuntary celibate)
- Vibrator use among Chinese women
- Online availability of fully functional sex dolls

Chapter 9: Lifespan View of Sexuality

- Numbers of 18–29 year olds reporting no partner sex in the last 12 months
- Patterns of number of sexual partners ages 16–22
- Sexual bereavement of persons who lose a long-term partner
- Being realistic about monogamy and whether to end a relationship
- Reasons for extradyadic emotional, sexual, cybersexual involvement
- Romantic love in late life of 14 previously divorced/widowed women (ages 65–84)
- Primary reasons spouses give for remaining faithful
- Similarity of adolescent precocious sexual behavior in single-parent homes
- Focus of sexual debut education on making deliberate sexual decisions
- Sexual compliance
- Japan's rent-a-family industry
- Use of synthetic surrogates by couples for threesomes
- Partner's reaction to infidelity
- Content analysis of *Hot in Cleveland* by women over 50
- Divorce as a time of empowerment for women in both exploration and satisfaction
- Avoiding involvement in an affair
- Identification of 77 motivations for sexual intercourse
- Adolescent girls' preference of mothers and sisters (over friends) when talking about dating and sex
- Sexual guilt associated with engaging in sexual behavior in adolescence
- Parental discussion with adolescents about sex associated with delay in first intercourse
- Likelihood of office workers over age 50 to have romantic relationship with a coworker
- Variety for men and neglect for women as top reasons identified for having an affair
- No mention of sex in online dating profiles of those over 60
- The role of better health in sexual functioning and satisfaction
- Social construction of menopause as an illness rather than empowerment

Chapter 10: Diversity—LGBTQIA

- Trans partner relationships
- Korean acceptance of homosexuality across a 5-year period
- How asexuals are impacted by a compulsory sexuality-focused society
- Effect of religion on gays and lesbians
- Five facts about same-sex marriage
- Lower sexual satisfaction among same-sex individuals than heterosexuals
- Increasing bans of conversion therapy by states
- Higher depression/anxiety among bisexuals than heterosexuals or lesbians/gay males
- How age impacts openness (being out of the closet)
- Discrimination of LGBT individuals in elder-care settings
- Relationship quality of same-sex couples versus other-sex and bisexual couples
- Prison as a context that blurs genders and sexualities
- Health, health behavior, and sexual orientation
- Longitudinal study comparing children of lesbian mothers and normative scale
- "Bear" identity
- Negative outcomes for mental health in gay and religious persons
- Higher incidence of internet hate targeting experienced by LGBT in the South
- Asexuals and discovery of interest/desire on first experience
- Higher mental distress by pansexuals versus bisexuals
- Low percentage of men and women reporting minimal interest in sex
- Preferences in elementary school children for children with other-sex parents

Chapter 11: Health and Sexuality

- Disabled individuals not an automatic determinant of asexuality
- Sexual frequencies of those with lower cognitive ability
- Positive association of cannabis use with sexual functioning and sexual satisfaction
- Association of diabetes in women to sexual satisfaction/higher sexual dysfunction

Chapter 12: Contraception and Abortion

- Condom use resistance among men with history of sex aggression/alcohol abuse
- Stealthing as a form of abuse
- Georgia's "Fetal Heartbeat Bill" outlawing abortion once heartbeat in womb detected
- Increase in states passing legislation to ban most abortions at every stage and criminalize the procedure for physicians
- Availability of safe, reliable hormonal male contraception in 2030
- Number of states regarded as hostile toward abortion rights

Chapter 13: Pregnancy and Childbirth

- Factors in decision of lesbians and gays to have a biological child
- Drop in sexual frequency and satisfaction for parents after birth of their child
- Annual use of donor sperm (alone or mixed) by women
- Limited research support for including partners in postpartum depression interventions
- Dangers of childbirth for the mother
- Peripartum depression
- Association of vaginal delivery with lower frequency of orgasm/intensity when compared to Caesarean delivery

Chapter 14: Sexual Dysfunctions and Sex Therapy

- Vyleesi, designed to boost female desire, being touted as "female Viagra"
- Self-Assessment: Sexual Destiny Beliefs Measure
- Group mindfulness-based cognitive therapy for sexuality (MBCT-S) and low libido
- Number of sexuality courses required for marriage and family therapy graduate programs
- Use of the "good enough" model for sexual enjoyment/satisfaction
- Treatment of discrepancy in desired sex frequency
- Reasons women give for not having an orgasm during partnered sex
- Surrogate partners in therapy
- Use of synthetic surrogate in sex therapy
- Impact of genitopelvic pain on self-worth in women
- Personal and relationship distress impacted by presence of sexual dysfunctions
- Effects of age on sexual frequency and dysfunctions
- Effects of chronic disease on one's desire/sexual functioning
- Lower interest in sex by women who breastfeed
- Percentage of couples seeing a marriage/family therapist for a sexual problem

Chapter 15: Variant Sexual Behavior

- Nudism
- International data from Quebec on paraphiliac desires and behavior
- Making out: frequencies, motivations, and outcomes
- Concept of "virtuous pedophile"
- Use of the internet by pedophiles to find minors to have sex with
- Fluidity/switching in gendered bondage, discipline, sadism, masochism (BDSM) roles
- Age-play (e.g. littles) and how it has been pathologized

Chapter 16: Sexually Transmitted Infections

- PEP (post-exposure prophylaxis)
- Outcomes of HIV prevention messages about self/partner benefits of antiretroviral therapy
- Frequency of condom use among more involved/committed partners in a relationship
- Tourism as a context of increased sexual risk taking
- Condom assertiveness
- Stealthing
- Use of video games to improve use on condoms

Chapter 17: Sexual Coercion

- Revised Sexual Coercion Inventory
- How sexual consent is best understood along a continuum rather than a dichotomy
- Personal Experience: “And the Lights Went Out”
- Stages of grooming
- Personal Experience: Child Sex Abuse by My Father
- Gang rapes in the Second Congo War (1998–2003) and Bosnian War (1992–1995) and kidnapping by Boko Haram
- Broad definition of sexual harassment
- Cyberstalkers
- Increased reporting of sexual harassment due to Harvey Weinstein exposure
- Use of protective behavioral strategies to help prevent rape
- Personal Decisions: Spring Break at the Beach
- Comparison of testosterone levels of sex offenders and non-sex offenders
- Benefits of polygraph testing while perpetrator is in supervision
- Delay of new Pentagon data on sexual assault based on fears of slowed recruiting
- Pennsylvania Grand Jury Report of over 300 priests sexually assaulting over 1,000 children in massive cover up
- #MeToo Movement—Have we gone too far?
- Themes of treatment in child sexual abuse
- Sexual agency—importance of females being assertive

Chapter 18: Commercialization of Sex

- Sex worker motivation for getting into the business
- Nuances of sugar baby and sugar daddy—chemistry or prostitution?
- Global view of male escort websites
- Tunisian professional boyfriends
- Potential lockdown, restricted mobility of sex workers in Nevada’s brothels
- Egyptian parents allowing children to “marry” tourists for legal sex
- Feminist porn
- Revenge porn—men violence against women?
- Cybersex addiction
- Advertisements of escorts on the internet
- Erotic Review as a source of information and socialization of the novice client
- Primary reason sex workers want to exit the business
- Positive effects of online pornography for women
- Effects of pornography use related to shared (watch together), concordant (watch separately), or discordant use (only one watches)
- The Problematic Pornography Consumption Scale (PPCS)
- State-level anti-trafficking legislation
- “Strichplatz” areas—“sex boxes”—in Zurich, Switzerland for “drive-in” sex
- Male escorts offering emotional intimacy, interaction, personality—the “boyfriend” experience
- Downloaded pornography content primarily women pleasuring men
- 2018 FOSTA (Fight Online Sex Trafficking Act) and SESTA (Stop Enabling Sex Traffickers Act) bills

Supplements and Resources

Instructor Supplements

A complete teaching package is available for instructors who adopt this book. This package includes an online lab, *Instructor's Manual*, exam bank, PowerPoint® slides, LMS integration, and LMS exam bank files.

Online Lab	BVT's online lab is available for this textbook on two different platforms—BVT <i>Lab</i> (at www.BVTLab.com), and LAB BOOK™ (at www.BVTLabBook.com). These are described in more detail in the corresponding sections below. Both platforms allow instructors to set up graded homework, quizzes, and exams.
<i>Instructor's Manual</i>	The <i>Instructor's Manual</i> helps first-time instructors develop the course, while also offering seasoned instructors a new perspective on the materials. Each section of the <i>Instructor's Manual</i> coincides with a chapter in the textbook. The user-friendly format begins by providing learning objectives and detailed outlines for each chapter. Then, the manual presents lecture discussions, class activities, and/or sample answers to the end-of-chapter review questions, along with citations that provide the rationale for the answers. Lastly, additional resources—books, articles, websites—are listed to help instructors review the materials covered in each chapter.
Exam Bank	An extensive exam bank is available to instructors in both hard-copy and electronic form. Each chapter has approximately 50 multiple-choice, 25 true/false, 10 short-answer, and 5 essay questions ranked by difficulty and style. Each question is referenced to the appropriate section of the text to make test creation quick and easy.
PowerPoint Slides	A set of PowerPoint slides with about 40 slides per chapter is available and includes a chapter overview, learning objectives, slides covering all key topics, key figures and charts, and summary and conclusion slides.
LMS Integration	BVT offers basic integration with Learning Management Systems (LMSs), providing single-sign-on links (often called LTI links) from Blackboard, Canvas, Moodle (or any other LMS) directly into BVT <i>Lab</i> , eBookPlus or the LAB BOOK platform. Gradebooks from BVT <i>Lab</i> and the LAB BOOK can be imported into most LMSs.
LMS Exam Bank Files	Exam banks are available as Blackboard files, QTI files (for Canvas) and Respondus files (for other LMSs) so they can easily be imported into a wide variety of course management systems.

Student Resources

Student resources are available for this textbook at both the BVT*Lab* platform and the LAB BOOK platform, as described below. These resources are geared toward students needing additional assistance, as well as those seeking complete mastery of the content. The following resources are available:

Practice Questions	Students can work through hundreds of practice questions online. Questions are multiple choice or true/false in format and are graded instantly for immediate feedback.
Flashcards	BVT <i>Lab</i> includes sets of flashcards that reinforce the key terms and concepts from each chapter.
PowerPoint Slides	For a study recap, students can view all of the instructor PowerPoint slides online.
Additional LAB BOOK Resources	On the LAB BOOK platform, comprehension questions are sprinkled throughout each chapter of the eBook, and detailed section summaries are included in the lab. Study tools such as text highlighting and margin notes are also available. These resources are not available in BVT <i>Lab</i> .

BVTLab

BVTLab is an affordable online lab for instructors and their students. It includes an online classroom with grade book and class forum, a homework grading system, extensive test banks for quizzes and exams, and a host of student study resources.

Course Setup	BVTLab has an easy-to-use, intuitive interface that allows instructors to quickly set up their courses and grade books and to replicate them from section to section and semester to semester.
Grade Book	Using an assigned passcode, students register into their section's grade book, which automatically grades and records all homework, quizzes, and tests.
Class Forum	Instructors can post discussion threads to a class forum and then monitor and moderate student replies.
Student Resources	All student resources for this textbook are available in digital form within BVTLab. Even if a class is not taught in the lab, students who have purchased lab access can still use the student resources in the lab.
eBook	BVTLab includes both a webBook™ and a downloadable eBook (on the VitalSource® platform). For some product bundles, BVT's LAB BOOK can also be accessed from within BVTLab, offering enhanced eBook features and study tools for students, as described below.

LAB BOOK

LAB BOOK is a web-based eBook platform with an integrated lab providing comprehension tools and interactive student resources. Instructors can build homework and quizzes right into the eBook. LAB BOOK is either included with eBook^{Plus} or offered as a stand-alone product.

Course Setup	LAB BOOK uses the BVTLab interface to allow instructors to set up their courses and grade books and to replicate them from section to section and semester to semester.
Grade Book	Using an assigned passcode, students register into their section's grade book, which automatically grades and records all homework, quizzes, and tests.
Advanced eBook	LAB BOOK is a mobile-friendly, web-based eBook platform designed for PCs, Macs, tablets, and smartphones. LAB BOOK allows highlighting, margin notes, and a host of other study tools.
Student Resources	All student resources for this textbook are available in the LAB BOOK, as described in the Student Resources section above.

Customization

BVT's Custom Publishing Division can help you modify this book's content to satisfy your specific instructional needs. The following are examples of customization:

- Rearrangement of chapters to follow the order of your syllabus
- Deletion of chapters not covered in your course
- Addition of paragraphs, sections, or chapters you or your colleagues have written for this course
- Editing of the existing content, down to the word level
- Customization of the accompanying student resources and online lab
- Addition of handouts, lecture notes, syllabus, and so forth
- Incorporation of student worksheets into the textbook

All of these customizations will be professionally typeset to produce a seamless textbook of the highest quality, with an updated table of contents and index to reflect the customized content.

Acknowledgments

Human Sexuality: Making Informed Decisions 6th edition is the result of the work of many people. We are indebted to members of the BVT Publishing team for their focused professionalism. Specifically, that includes Publisher and Managing Director Richard Schofield; Production and Fulfillment Manager Janai Escobedo; Permissions Coordinator Jade Elk; Designers Stephanie Elliott and Tim Gerlach; Managing Editor Anne Serbulea; Copyeditor Regina Roths; Proofreader Teresa Daly; and Ancillary Coordinator Tiffany Koopal.

Appreciation is also expressed to Dr. Robert Sammons, who continues to provide awareness of cutting-edge sexuality content, and to Dr. Lindsay Briggs for her suggestions regarding Chapter 5.

We are always interested in ways to improve the text. As such, we invite your feedback and suggestions for material to include in subsequent editions. We welcome dialogue with professors and students about sexuality issues, and we encourage you to e-mail us.

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