

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 seventh edition have been thoroughly revised, with more than 400 new research citations (many 2023 references). The revision also features original data from more than 16,000 undergraduates who revealed their sexual attitudes and behaviors.

Regarding same-sex, same-gender terminology, historically the term “same-sex” has been used in both popular culture and in legislation when the term “same-gender” is more appropriate. With that in mind, the terms used in this text will stay consistent with the language used in laws and past research, despite the fact that these terms may not be accurate. In addition, 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

- First sexual experiences for students in a human sexuality course.
- Three themes guiding the study of sexuality in this text.
- Enjoyment of sexualization is feeling sexy and delight in showing off one’s body.
- Self-objectification is seeing one’s body as something to be used by others.
- “I Am a Hedonist” (written by an undergraduate).
- Knowledge of one’s individual sexual preferences are important for one’s sexual well-being.
- Effects of COVID-19 on sexual behavior.
- Body image effect on relationships, sexuality, and life satisfaction.
- Black women feel that they have sexier bodies than white women.
- Sexual health includes the right to sexual pleasure.
- Religiosity associated with guilt, shame, and lower sexual satisfaction.
- Television depictions of sexuality are often not in the context of marriage.
- Heterosexual and gay men have greater weight bias than lesbians and bisexuals.
- Alcohol intoxication reduces guilt about having sex.
- African American couples report a positive impact of religion on their sexual satisfaction.
- Sexual authenticity is the congruence of how one feels about sex and sexual behavior.
- College students value sexual decision influence/input from peers and parents.
- Gender, sexual orientation, and race are all associated with body image satisfaction.
- Cultural sexual suppression of Muslim women in Morocco is examined.

- Erobots will increasingly become a choice for having sex with.
- Belief in sanctification of the sexual relationship has a positive outcome for satisfaction.
- Double sexual standard in Arabic, Muslim world.
- Hooking up has become the new sexual imperative on college campuses.
- Giving up social media for a week is associated with improved well-being/less depression.
- Low sexual satisfaction predicts increases in relationship conflicts.
- Resisting pressure to sext should be included in sex education content for adolescents.
- Higher levels in education and income associated with higher levels of sexual satisfaction.
- Gay males and lesbians report more frequent sexual value of hedonism than heterosexuals.
- Ten plus reasons sexual behavior is occurring less frequently.
- Not being in a relationship is associated with lower sexual satisfaction.
- Women more likely to take college sexuality courses.
- Individuals with high scores on boredom more likely to be married or cohabitating.
- The school bus is a context for sex education, with 10% of women reporting nonconsensual sex.

Chapter 2: Sex Research and Theory

- Over 70% of MA/PhD students reported engaging in questionable research practices.
- Sexologists fear being labeled as academically “illegitimate.”
- Most sex research is on Western, Educated, Industrialized, Rich, and Democratic (WEIRD) samples.
- Dr. Celia Mosher collected sexuality data on women during the Victorian era.
- Consistent measurement of concepts is necessary for validity/reliability across studies.
- Feminist theory is particularly applicable in research on interpersonal violence.
- Child sex abuse experienced by males is associated with sexual dysfunction as an adult.
- Sex researchers use numerous theoretical perspectives to understand a phenomenon.
- Older sexual minority women more likely to drop out of longitudinal studies.
- Heterosexual script = males aggressive in sex while female is passive.
- Hookups usually last a maximum of 12 hours.
- Black women distrustful of medical system and scientific research as being too “white.”
- Researchers should ask the populations they study what questions they should be asking.
- Current/former strip club researchers impacted labor rights changes for sex workers.
- Female sexuality data from college and noncollege students is very different.
- Participant observation research by strippers and burlesque performers
- Psychologists as a group could benefit from increased education about sexuality.
- Higher or lower rates of sexual assault occur in reference to the survey/inventory used.
- Research involving transgender, nonbinary, and two-spirited youth is increasing.

Chapter 3: Female Sexual Anatomy, Physiology, and Response

- Sexual desire is in response to sexual stimuli.
- Brain activity is associated with sexual excitation.
- Most women report higher sexual satisfaction in committed than casual sex relationships.

- 200 million women globally have experienced female genital alteration.
- Positive emotions reported by long-term breastfeeding mothers.
- A familiar partner is the context most conducive to sex satisfaction/orgasm for women.
- Female orgasm is particularly related to reported sexual satisfaction.
- The way a woman feels about her genitals impacts her sexual pleasure.
- Spouses/people in long-term relationships are more willing to have sex during menstruation.
- Trim/athletic bodies of women are sexualized but the women are derogated.
- *Cosmopolitan* and *Glamour* magazines advise women not to fake orgasm.
- National data reveal that gendered sexual inequities related to pleasure and orgasm persist.
- Pregnancy before age 18 is associated with lack of information about menstruation.
- Women do not like being objectified sexually/shorten conversations when this occurs.
- Multiorgasmic women report early masturbation, being adventurous, and partnered sex.
- Menstruation should be emphasized as an issue of sexual and reproductive rights.
- Polycystic ovary syndrome is associated with higher sexual interest and behavior.
- Phase of the menstrual cycle is unrelated to female sexual function.
- Spain considering legislation to provide 3 days off per month for menstruating women.
- Women with high pornography exposure more likely to seek vulva designer surgery.
- Women view orgasm as work whereas men view orgasm as natural.
- Breast augmentation surgery is the most frequently performed cosmetic female surgery.
- Orgasm at first intercourse for women associated with higher reported sexual satisfaction.
- Women able to control duration of orgasm for up to 10 minutes via Tantric training.

Chapter 4: Male Sexual Anatomy, Physiology, and Response

- Male body ideal is to be lean, muscular, and a low body fat percentage.
- Self-Assessment: Commitment to Partner's Pleasure Scale.
- Male arousal is usually higher than female arousal and more focused on females.
- Males report that arousal and desire are the same experience.
- Ulwaluko = circumcision tradition practiced by the Xhosa people of South Africa.
- Male sexual function/response depends on the presence of androgen.
- Male sexual arousal is not impacted by negative mood.
- Men report more positive sexual functioning than women.
- Average length of male penis and percent of men satisfied with length.
- Men who had been circumcised felt more comfortable with partners seeing their penis.
- The median age for a male with testicular cancer is 33.
- Average age for diagnosis of men with prostate cancer is 66.
- Men underreport the orgasm gap; gender difference in orgasm frequency.

Chapter 5: Gender and Sexuality

- Traditional gender role beliefs are associated with high media exposure.
- Gender nonconforming children experienced sexual minority stress before adolescence.
- Two percent of 18–29-year-olds self-identify as transgender.

- Half of heterosexual women in one study reported regret in having hooked up.
- Latin American gender roles result in the woman being exhausted/little interest in sex.
- The use of puberty blockers for transgender children continues to be studied.
- Trans individuals who opt out of gender affirmative surgery are typically older.
- Prenatal testosterone exposure is associated with sex type behavior in preschool children.
- It is rare for adolescents who begin hormones for transitioning to stop the hormones.
- Negative male gender role socialization can be muted by healthy relationship programs.
- The overwhelming majority of individuals report that their gender is binary.
- “What sex were you assigned at birth?” is the preferred question to identify biological sex.
- High scores on femininity associated with heterosexual women, masculine scores with lesbians.
- Physical beauty of a partner influences male capacity regarding being sexually satisfied.
- Parents who have gender reveal parties tend to have traditional gender role beliefs.
- Research on experiencing a transitioning with one’s love partner.
- The more typical an adolescent’s gender presentation, the more popular the person.
- Children feel pressure to conform to gender stereotypes.
- Egalitarian relationships for Black heterosexual women associated with orgasm.
- About 13% of transgender persons who go through gender affirmation detransition.
- Transgender individuals may be fetishized (some view this as being sexually desired).
- Women engage in stereotypical behavior (tilting head downward) to elicit male interest.
- Muscular/shirtless men on Tinder viewed as less competent/risk taker.
- Transgender adults who get gender reaffirming surgery report less suicide ideation.
- Egalitarian relationships associated with sexual desire and sexual satisfaction.
- Reality TV exposure associated with traditional gender role scripts.
- Women hide from a new partner that they have been raped; men, having had a threesome.
- Perry’s *The Case Against the Sexual Revolution*.
- Films released in the US message that romance is more important to women than men.
- Adolescents who see father engaging in housework have more egalitarian role norms.

Chapter 6: Love and Sexuality

- Evolutionary explanations for jealousy by women and men.
- Rewards and costs of hooking up.
- Higher sexual satisfaction associated with similar sleep needs/rhythms.
- The stigma associated with seeking a partner online is disappearing.
- Partner preferences are influenced by the degree to which a society is modernized.
- Between 5% and 20% of US adults self-identify as a polyamorist.
- Five percent of individuals report being in a consensually nonmonogamous relationship.
- Some polyamorist relationships are “partially open” due to disagreements.
- Compassionate love is similar to the triangular theory of love.
- Swingers more permissive and erotophilic than polyamorists.
- One’s past hedonistic sexual behavior is predictive of one’s future hedonistic behavior.
- Compersion and jealousy can coexist.

- Nonheterosexual relationships are five times more likely to be in open sexual relationships.
- Shifting from polyamory to monogamy: one person's experience.
- Sexual pleasure is primary goal for hooking up, with relationship formation secondary.
- Twenty percent of new love relationships begin with a swipe right.
- Mental illness is stigmatized, which decreases self-esteem and partner involvement.
- Hooking up may be the new pathway, rather than a roadblock, to romantic relationships.
- Being in love with the partner is associated with sexual satisfaction with the partner.
- The presence of alcohol predicts negative outcomes for hooking up.
- Women develop more relationship commitment feelings than men in FWB relationships.
- Similar religious values associated with fidelity and relationship stability.
- Being in love during COVID-19 was associated with not taking COVID precautions.
- Higher relationship and sexual satisfaction associated with having similar love languages.
- Heterosexual women more jealous than men when he had a new platonic friendship.
- Individuals can develop feelings of intimacy and passion for an AI assistant.

Chapter 7: Communication and Sexuality

- Touch is an important medium for communicating information to a partner.
- The higher the conflict in a relationship, the lower the sexual satisfaction.
- Topics of finances, parenting, and sex are particularly difficult for most couples.
- Sexting begins around age 16 and is erotically charged.
- Partners typically appreciate when their partner shares a sexual secret with them.
- Mutualistic sex talk = positive outcomes for the couple relationship and sexual satisfaction.
- Sexual self-disclosing is associated with sexual communication satisfaction.
- Couples who talk about HIV/STIs report engaging in safer sex behavior.
- Shame and embarrassment typically await one who discloses an interest in kink/fetishes.
- Sexual narcissism and sexual compulsivity are associated with lying to obtain sexual access.
- Gaslighting definition and strategies.
- Sexual satisfaction is associated with quality sexual communication.
- Higher levels of emotional intelligence are associated with improved sexual communication.
- Communicating during sex activity is positively associated with sex arousal and satisfaction.
- Sexting is a normal part of adolescent sexual development.
- Sexual comfort is associated with comfort discussing sexuality.
- The greater the shame the lower the level of sexual self-disclosure to a partner.
- Downside of sexting is pressure from partner to sext and fear of showing photos to others.
- Relationship sexting has positive consequences for the partners and their relationship.
- Men recognize a "female flirting facial expression" as a cue to initiate interaction.
- Heterosexual women have predominantly negative reactions to unsolicited "dick pics."
- Gay/bisexual men have predominantly positive reactions to unsolicited "dick pics."

- Cheating on a cohabiting or marital partner is associated with heavy alcohol use.
- The higher the number of sexual communication behaviors, the higher the sex satisfaction.
- Parents of LGBTQ+ children emphasize openness, complexity, and consent about sex.
- Marriage satisfaction facilitated by increased frequency of sex.
- Top motive for sex of 599 men and women was “. . . to express love for my partner.”

Chapter 8: Individual and Interpersonal Sexuality

- Over time, spouses report that relationship satisfaction increases, sexual satisfaction decreases.
- Vibrators are viewed as sources of pleasure and most who don't own one, plan to buy one.
- The sexual fantasies of cisgender men/women have similar dominance/submissive themes.
- Men use kissing to increase a woman's libido while women use it as a mate selection test.
- A new focus of sexual liberation is on the sexual autonomy and pleasure of Black women.
- Giving rather than receiving oral sex is related to higher sexual satisfaction.
- Women masturbate as a complement to intercourse; men use as compensation for lack of sex.
- Stress reduction was the primary motivation for masturbation in a study of Brazilian women.
- Rheomism is term for female masturbation via directing a stream of water over genitals.
- Some sexually active women become abstinent due to a previous negative sexual experience.
- Incels are angry and have been violent; their real anguish is lack of acceptance/love.
- The Netflix series *Grace and Frankie* normalized vibrator masturbation for elderly women.
- Women are becoming more assertive with their partner about their sexual needs.
- About 30% of undergraduate women and men include a vibrator in their sexual play.
- One outcome of COVID-19 has been a dramatic increase in the purchase of adult sex toys.
- Haptic technology, known as the 3D touch, involves having interactive sex from afar.
- Two-thirds of undergraduate women/men are satisfied with their sex frequency.
- An increase in playing video games/living with parents is associated with less frequent sex.
- Thirty percent of college women/men report that their respective being on top was favorite sex position.
- Seventy percent of college students believe they can have oral sex and be a virgin.
- Thinking off is a type of orgasm that results from controlling one's breath and energy.
- High rates of kissing are associated with sexual and relationship satisfaction.

Chapter 9: Lifespan View of Sexuality

- The Brook Traffic Light Tool identifies safe to unsafe sex behaviors in children.
- Involvement in a relationship is associated with wanting to have sex.
- Marrying at age 17 and younger is associated with depression and sexual dysfunction.

- Sexual satisfaction and frequencies vary by relationship status (e.g., involved/not involved).
- Poaching relationships are associated with lower quality relationships.
- A relationship discrepancy of four+ years with a teenager may be childhood exploitation.
- Teen sex in a romantic relationship has more positive outcomes than casual sex.
- Cougars identify advantage of having a younger sexual partner who can keep up.
- The elderly are often stigmatized if they do not have regular sex.
- Research on the observation of sexual behavior of children ages 1–6 in a daycare.
- Nonpartnered men are less happy if they report limited sexual activity.
- Cohabitants have higher sexual frequency than spouses.
- Elderly couples report that sexual activity is not essential for relationship quality.
- Some men have extramarital sex to boost their sense of masculinity, which is vulnerable.
- Most elderly think that Sexual Advance Directives are a good idea.
- Interview with couple married over 75 years.
- Wives seek extramarital sex because of emotional neglect; husbands seek new sex experience.
- First sexual experiences: what individuals would have done differently.
- Extended kin are important sources of sexual information for teens.
- Females who send erotic images to men are vulnerable to slut shaming.
- Technology/social media have a major impact on relationships/sexuality.
- Adolescents who have not had sexual intercourse may report manual and oral sex.
- Adolescent love relationships often last less than 6 months.
- Television scripting has impact on gender roles.
- K-pop refers to Korean popular music.
- Profile of who becomes involved in an extramarital affair is predictable.
- 10%–15% of women transition to partnered sexuality in adulthood, not adolescence.
- The average length of a love relationship during adolescence (13–17) is about 6 months.
- Men being dominant, and women passive, are associated with social media exposure.
- High sexual satisfaction is associated with being in a relationship.
- Early marriage associated with depression and sexual dysfunction.
- Forgiveness important in getting over an affair.
- In older women, pain during penetrative sex interferes with the capacity for orgasm.

Chapter 10: Diversity—LGBTQIA

- Seventy-nine countries have laws against same-sex couples.
- Lesbian and heterosexual women report similar levels of sexual satisfaction.
- Use of sex toys with a partner constituted a lesbian definition of “having had sex.”
- Children whose parents accept their LGBT status have fewer mental health problems.
- Coming out is associated with less sexual assault victimization.
- Trans women have difficulty finding partners to see them as a “real” woman.
- Parental rejection of LGBT offspring is associated with increased risk of suicide ideation.
- Conversion therapy is ineffective, dangerous, unprofessional, and banned in some states.
- Divorce rates for same-sex marriages are higher than for other sex marriages.

- The rejection sensitivity model helps to explain lower LGBT mental health.
- LGBT individuals report higher anxiety, depression, suicide ideation, and suicide.
- Gender atypical males more likely to be thought of as gay.
- The more central one's LGBT identity, the greater the reported discrimination.
- Few picture books of LGBT rainbow families are available.
- Social sciences are more friendly toward LGBT students, resulting in career tracking.
- 7.5% of the US adult population consists of LGBT self-identified individuals.
- Electronic or E-contact is helpful in reducing anxiety toward bisexuals.
- Buddhism is more accepting of LGBT than Muslim or Christian religions.
- Bisexual men are viewed more negatively than bisexual females.
- Same-sex partners report stress at not being able to be affectionate in public.
- Multiple factors, not just self-identity, are used to identify one's sexual orientation.
- Homosexism is prejudice against same-sex sexual behavior.
- Sexual identity is subject to change over time.
- Minority women who are parents are typically bisexual women.
- Lesbian and bisexual women profoundly endorse both marriage and parenting.
- Men who have a high number of older brothers have an increased chance of being gay.
- Heterosexual and same-sex women are equally likely to report being sexually satisfied.
- Female-to-male trans report improved quality of life after sex reassignment surgery.
- Sex education for LGBT individuals has 30% less relevant content than for nonminority.
- Lesbian, gay, bisexual individuals score lower on life satisfaction scale than nonminority.
- Florida Parental Rights in Education bill prohibits discussion of sexual orientation in school.

Chapter 11: Health and Sexuality

- Sexual satisfaction varies according to education, income, and occupation.
- Females with type 2 diabetes report more sexual problems.
- Eating disorder and negative body image are associated with lower sexual satisfaction.
- Students scored lower on sex knowledge tests than they predicted they would.
- Black individuals have higher rates of unintended pregnancies, births, and STIs.
- Women with breast, colon, and gynecologic cancer have lower sexual satisfaction.
- College students with disabilities report they are vulnerable to being manipulated sexually.
- How a person processes a spinal cord injury impacts the outcome on their sexuality.
- Urinary incontinence has a negative impact on reported sexual satisfaction.
- PTSD from combat exposure associated with sexual dysfunction.
- Negative personality traits (e.g., psychopath) associated with lower sexual satisfaction.
- Screening students on campus at health clinic for alcohol use could lower negative outcomes.
- Women who stop using SSRI (e.g., Prozac, Paxil) medications report drop in libido.
- Sexual health includes the physical, mental, and social well-being of the individual.
- The rights of the intellectually disabled as well as their consent protection is complex.
- Sexual health needs of the homeless and LGBTQ individuals are underserved.
- The elderly report they are comfortable talking about sex to physicians but don't do so.
- Sexual pleasure is associated not only with overall health but with emotional bonding.

- The intellectually disabled may be apprised of their sexual rights and empowered.
- Partners of cancer patients report a negative impact of cancer on their sexuality/intimacy.
- Late-life depression is the most common mental disorder of the elderly.
- Assisted masturbation for the disabled occurs in Japan.
- Depression decreases marital and sexual satisfaction.
- A stroke is associated with decreased sexual satisfaction.
- Positive physical and mental health are associated with sexual satisfaction.
- The disabled are viewed as being asexual and therefore less desired as a romantic partner.
- Treatment of cancer in the male is associated with loss of erectile capacity.
- Men needing cancer treatment are advised to get their semen frozen if they want children.
- Visually impaired females have higher rates of STIs.

Chapter 12: Contraception and Abortion

- Population control is the primary reason for the development of contraceptives.
- Emotion is the primary aspect involved in a woman's choice of contraception.
- Women using oral contraceptives report higher sexual satisfaction.
- There are about 1 million abortions annually.
- Medication abortion (mifepristone and misoprostol) is safe and 95%–98% effective.
- Higher religious exposure is associated with sexually conservative behavior.
- Drug use is associated with lower condom use.
- Slynd is a progestin only pill.
- Over 40% of women report that stealthing has occurred by their partners.
- One-half of all pregnancies are unintended; 30% of unintended pregnancies end in abortion.
- Reproductive coercion includes sabotaging contraception use.
- Involvement in a love relationship is related to lower condom use.
- Women denied an abortion more likely to report struggling financially/domestic violence.
- Phexxi is new female hormone free contraceptive gel.
- Morocco penal code calls for 2 years in prison for woman who has an abortion.
- Most do not talk about a miscarriage in anticipation of little understanding/support.
- Restrictive abortion laws stigmatize people seeking abortion as well as providers.
- Women who use hormonal birth control report fewer negative mental health outcomes.
- Pregnant women attending a “clinic” to decide about abortion may be shown biased photos.
- Contraception use is driven by online research, social networks, and avoiding side effects.
- Male willingness to use male contraceptives ranges from 3.6% to 83% across 32 studies.
- One in four women have an abortion by age 45.
- Lower income and women of color are most disadvantaged by abortion restrictions.
- Teen parents and their children are more likely to live in poverty.
- Telemedicine will provide abortion pills for over half of annual abortions.

Chapter 13: Pregnancy and Childbirth

- Environmental stress (e.g., earthquakes) has negative impact on pregnancy.
- Mortality death rate in the US is higher than in most other developed countries.
- A third of 10,000 Australian women reported having experienced a miscarriage.
- Similarity of perception of sex during pregnancy is more important than actual differences.
- The pandemic impacted the number of partners available to attend birth of baby.
- COVID-19 was associated with a very medicalized birthing perspective, not holistic.
- Loss of interest in sex postpartum associated with depression in both mother and partner.
- Of 10,000 women, 18% had difficulty getting pregnant; 10% sought fertility treatment.
- Of infertile couples, women had greater desire for pregnancy than men.
- Doula experience resistance from hospitals to implement their patterns of childbirth/care.
- Some cesareans considered unnecessary obstetric violence for physician convenience.
- Vaginal birth after cesarean (VBAC) represents about 15% of all births.
- Cesarean deliveries associated with severe maternal morbidity.
- The female's desires/intentions prevail over the male's in family planning decisions.
- Pregnancy associated with decreased sexual desire, sexual activity, and orgasm.
- Personal Decisions: At-Home Pregnancy Test
- Both stress and sexual dysfunction related to infertility.
- Gestational surrogacy is viewed by some as the commodification of mothers and children.
- LGBT infertile couples report stress confronting the heteronormative medical community.
- The fetal effects of nicotine replacement therapy for pregnant women are unknown.
- Emotionally focused couples therapy has been used for couples coping with infertility.
- Being infertile for a woman is a major life crisis.

Chapter 14: Sexual Dysfunctions and Sex Therapy

- Religion has had a particularly negative impact on female sexuality.
- PTSD tends to result in female sexual dysfunctions more than male sexual dysfunctions.
- Sexual function includes desire, arousal, lubrication, orgasm, satisfaction, and pain.
- Today's sexual relationships are more often egalitarian.
- Mindfulness is positively associated with the absence of sexual dysfunction.
- Destiny and growth views of sexuality may have equally positive outcomes.
- Half of a national sample of Australian women reported lack of interest in sex; men, 28%.
- "Lesbian bed intimacies" is the new focus of the lesbian bed death topic.
- Younger clients have higher rates of responding positively to treatment of sexual dysfunction.
- Male sexual dysfunction is related to the perception that the partner is interested in someone else.
- Older men use SEM (sexual enhancement medication) regularly.
- Psychiatric disorders (e.g., chemical imbalance) impacts function.
- Therapists lack training/acceptance of consensual nonmonogamy couples.

- Neurological functioning (e.g., stroke) may impact sex dysfunction.
- Most frequent sexual dysfunction among men is erectile dysfunction.
- Most frequent sexual dysfunction among women is low sex desire.
- A negative view of one's genitals = associated lower sex pleasure.
- Women who endorse the traditional heterosexual script report lower sex satisfaction.
- OMGYES.com provides information for women desiring sexual pleasure.
- Discrepancy over frequency of sex common among mixed sex couples.
- Cognitive behavioral and mindfulness therapy helpful in improving female sexual desire.
- Therapy delivered online or in person are equally effective.

Chapter 15: Variant Sexual Behavior

- Some regard their interest in kink as a sexual orientation; they were born with this interest.
- Teratophilia kink: enjoyment in sex with monsters.
- No gender differences in BDSM interest.
- Higher interest in BDSM among younger and LGBT individuals.
- Choking typically occurs at the request of the partner.
- Females likely to keep their interest in BDSM a secret from a new romantic partner.
- Women are also pedophiles and should be included in treatment programs.
- Sex robots may have artificial intelligence; sex dolls do not.
- Jealousy and sexual desire discrepancy common among kink practitioners.
- About a third of college women and men reported having been "tied up."
- Testosterone reducing medications and psychotherapy reduced sexual recidivism.
- Pain by a participant of BDSM can be experienced/interpreted as pleasure.
- Participation in nudist activities is associated with increased life satisfaction.
- Most members of the kink community report positive experiences/outcomes.
- While not a "sex addict," persons may struggle with controlling their sexual urges.
- Eighty percent of romantic partners reported "rough sex" (choking, hair pulling, etc.).
- Nonconsensual rough sex considered by some as sexual assault.
- Women keep interest in BDSM a secret from new partners.
- Women have sexual interest in children, which often goes unacknowledged.
- Forward-Focused Model of treatment for adolescent sex offenders shows promise.
- Men more likely to report compulsive sexual/paraphiliac disorders than women.
- Interviews with individuals having a problem with compulsive sexual behavior.
- A sex positive approach may be used to treat some paraphilias (e.g., voyeurism).

Chapter 16: Sexually Transmitted Infections

- Twenty-five percent of college students and 20% of adults in the US have an STI.
- Annual rates for chlamydia, gonorrhea, and syphilis are increasing.
- Increased STI rates are due to increased rates of condomless sex.
- New STI multiplex technological tests are 95% effective.
- Sunlenca is new HIV injectable therapy for patients who cannot not take other drugs.
- A major consequence for STI infection for women is infertility.
- There is no cure for herpes simplex, but medications can shorten the outbreaks.
- Despite its demonstrated efficacy, PrEP uptake and adherence have been discouraging.
- COMPAS sex education program has been shown to be effective in reducing risk.

- The focus on consent should be broadened to include a discussion of one's sexual health.
- About 28% of men and 24% of women in college report using a condom their last sex event.
- Women who have sex with women can infect their partners with HPV.
- Male circumcision is associated with a protective benefit against an STI.
- HIV-positive drug users may not be taking their medication regularly.
- For men who have sex with men, the more attractive the partner the lower the condom use.
- HIV drug cabotegravir injected once every 8 weeks is more effective than pill.
- High machismo among single minority men may be a barrier to taking PrEP.

Chapter 17: Sexual Coercion

- Child sexual abuse associated with being revictimized as an adult.
- Southern Baptist Church has been exposed for alleged sex abuse.
- Lesbians are an understudied group of individuals regarding sex abuse.
- Semester-long course on sexuality is associated with more consent change than a workshop.
- Attention to anger, depression, alcohol/drug use critical to discussions of consent.
- #Metoo movement is associated with increase in men not wanting to work alone with women.
- Apps such as Tinder do not conduct background checks to eliminate sex offenders.
- Most undergraduates do not feel the need to have a conversation with partners about consent.
- Giving in and having sex is not unusual among undergraduate women.
- Being stalked, alcohol/cannabis, and being highly religious are associated with unwanted sex.
- Being sexually abused is associated with further victimization.
- Party rape reflects the culture that creates the context for rape.
- Men are more often raped by women, not by other men.
- Sex abuse of students by faculty in colleges is under-reported due to fear of no change.
- The greater the force in child sex abuse, the greater negative outcome.
- Sextortion
- Transgender and bisexuals have higher rates of sexual coercion than straight people.
- Early trauma exposure alters neurodevelopmental processes.
- Trauma cognitive behavioral therapy effective for sexually abused survivors.
- Childhood sexual assault associated with sexual dysfunction in adulthood.
- Boy Scouts of America has the largest number of sex abuse claims against a single organization.
- Most men continue to be persistent in sex when a woman reverses her sexual consent.
- Catcalling is born out of hostile sexism and the desire of the man to flirt with the woman.
- A positive outcome of the #MeToo movement has been increased dialogue about consent.
- Refusing sex is a learned skill; women are not responsible for the feelings of rejected men.
- Suggestion on how to bring up to a friend that they are in an abusive relationship.

- The more religious the person, the less assertive they are about resisting first-time intercourse.
- Black South African wives accept rape from husbands out of self-sacrifice for family stability.
- Gendered sexual scripting is associated with women having consensual but unwanted sex.
- Heterosexual college women view dating apps as dangerous; college men view them as fun.
- Females report males engage in sexualized aggression at parties routinely.
- One-fourth of graduate student females reported sexual harassment, mostly by peers.
- Female graduate students reluctant to complain of sexual harassment due to need for degree.
- Some college women drink alcohol to reduce sex-related stress.

Chapter 18: Commercialization of Sex

- Homeless shelters are places where sex traffic criminals look for new subjects.
- Some sex workers are exclusively online and report the advantage of safety.
- Sugaring is usually about heterosexuals, rarely members of the LGBT community.
- Transgender individuals more likely to be sex workers and suicidal than cisgender individuals.
- Survival sex trading is often for food and housing.
- The higher the frequency of porn use, the greater the number of reported problems.
- Erotic dancers emphasize that a great deal of emotional labor is involved in their job.
- Partners of “sex addicts” report a variety of negative effects: relational, physical, sexual.
- Motives men report for hiring a sex worker include avoiding sex failure.
- Women paying men for sex want their own sexual needs met.
- Pornography reflects traditional gender role stereotypes.
- Sexual consent in pornography is variable from consent to force.
- Couple pornography viewing is associated with sex satisfaction for both.
- Pornhub is the most popular, free porn site: 58 million visits a day.
- Pornography consumption is associated with unrealistic sex expectations.
- Differences between burlesque and stripping.
- Male sex workers are also targets of verbal abuse/threats/violence.
- Males viewing virtual reality porn report higher arousal/connection.
- Porn education involves awareness that the scenes rarely involve consent/contraception/condoms.
- Traditional porn is “heteronormative, coupled, vanilla sex.”
- Three percent of 367 female cisgender female sex workers in Maryland reported liking their job.
- Thirty percent of sugar babies are college females. Annual salary of sugar daddies = \$280,000.
- High-frequency pornography watching is associated with sexual objectification.
- Internet sites can post porn of 15-year-old and experience no legal consequence.
- Sugar daddies prefer the “girlfriend” experience.
- Sugar babies often experience unfulfilled promises and feel trapped.
- Sugar babies often drift into the arrangement.
- Transgender individuals more likely to trade for sex than cisgender individuals.
- Young girls most often trafficked by a romantic partner who sells the dream of togetherness.