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 eighth edition have been revised, including information from updated research, as well as discussion of the legal and cultural changes that affect people's everyday lives. Images have also been updated to include more diversity.

While language has been updated throughout the book to be more up to date, 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

- Body-satisfaction concerns of men and the impact on their sexual health.
- The lack of data to support the claim that romantic relationships among college students have been replaced by casual sex.
- The decrease of the sexual double standard for men and women.
- Women utilized an information referral source to learn about preventing reproduction, while men used the source to learn how to avoid STIs.
- Single people report high levels of sexual satisfaction if they believe that single people can be happy.
- AI may provide information that is out of date or biased.
- A woman's options if she wants to terminate a pregnancy may be limited by her location and resources.
- Various family factors—including parental behavior, family composition closeness/relationships, values, and economic resources—influence sexual decisions.
- The importance of communication between parents/guardians and youth.
- Adolescent females displaying sexual agency reported parents who discussed sexuality with them and provided emotional support and encouraged autonomy.

Chapter 2: Sex Research and Theory

- The impact of legislative changes and executive orders on sex research.
- The lack of training on sexuality of clinical psychologists and others in behavioral health fields.

- The impact of sexual social scripts on those who do not identify as heterosexual.
- The diversity of sexual scripts in people who do not identify as cis male or cis female.
- A discussion of the work of Magnus Hirschfeld in regard to sexual orientation and sexual identities.
- There is no credible evidence that conversion therapy works.
- The benefits of recruitment of participants for sex research through social networking sites.

Chapter 3: Female Sexual Anatomy, Physiology, and Response

- Discussion about nonsurgical genital procedures, including the 0-shot and the G-shot.
- The increase in women having surgery to have more natural looking breasts.
- The lack of relationship between breast size and shape, and their sensitivity.
- The racial disparities in breast cancer and mortality in the United States.
- Changes in recommendations for mammograms.
- The difference between a pap smear and a pelvic exam, and the timeline recommendations for each.
- Ectopic pregnancies cannot be carried to term.
- The prevalence of period poverty both in the United States and worldwide.
- Period cramping, while common, should not be dismissed.
- Some countries have introduced paid menstrual leave.
- Orgasms that can occur from core workouts.
- Change from PCOS to PMOS.

Chapter 4: Male Sexual Anatomy, Physiology, and Response

- Updated information on the rate of male circumcision in the United States.
- Information on the possible results of being hit in the testicles.
- Using active surveillance as a treatment option for prostate cancer.
- Using a pelvic floor physical therapist to help with the symptoms of an enlarged prostate.

Chapter 5: Gender and Sexuality

- Parent support of their trans children is a protective factor for their child's happiness and well-being.
- Schools can be unsafe places for trans and nonbinary students.
- The increased visibility of trans people in American culture.
- There has been an increase in the number of states that have tried to ban gender-affirming care for youth.

- Choosing X as a gender on a US passport is no longer an option.
- Updated information regarding "alpha" male culture.

Chapter 6: Love and Sexuality

- Sternberg's love types can be viewed as stages.
- The use of dating apps for people who are seeking partners outside their social circles.
- Consensual nonmonogamy is talked about more openly than it had been.

Chapter 7: Communication and Sexuality

- The majority of how we communicate with others is through nonverbal messages.
- Despite how common it is, some people do not enjoy engaging in talking dirty.
- For students ages 13–17, of those who had sent a sext, 46.8% reported that the image had been shared with others without their consent.
- Women are more likely to interpret direct verbal cues as indicative of consent for sex.

Chapter 8: Individual and Interpersonal Sexuality

- For many people, masturbation is used for self-pleasure, or as a stress reliever.
- Men are more likely to masturbate than women, and are more likely to watch porn when they do.
- 50% of Americans reported having ever used a sex toy.
- Women are more likely to have a sex toy than men.
- Those who identified as LGBTQIA+ are more likely to have used a sex toy.
- Tribadism is when one person rubs their vulva against another person's body.
- A discussion of different types of sexual positions.

Chapter 9: Lifespan View of Sexuality

- An overview of the National Sexuality Education Standards.
- People of all genders may develop body dissatisfaction during puberty.
- For those who identify as gender nonbinary, the changes that occur during puberty may add to feelings of gender dysphoria.
- Conversations about sex should not be a one-time event. They should happen over time as children move through adolescence.
- In 2024, 34% of adults, aged 15 and older, living in the United States had never been married.
- The majority of respondents in one study had reported complying to sex at some point in a relationship.

Chapter 10: Diversity—LGBTQIA+ Individuals and Relationships

- Some people may fear disclosing their orientation given the recent uptick in violence and discrimination against members of LGBTQIA+ community.
- The "A" in LGBTQIA+ no longer stands for allies.
- Being aromantic does not mean someone will not be in a relationship.
- Conversion therapy may have serious medical risks.
- There has been an increase in the number of states that have laws banning the discussion of sexual orientation and gender identity in public schools.

Chapter 11: Health and Sexuality

- Over 70 million individuals in the US have a disability.
- TBI is most experienced by three different age groups, kids age birth–4, young adults ages 15–24, and older adults, ages 65 and up.
- Developmental disabilities is a broad term that encompasses both intellectual disabilities and physical disabilities that occur before age 22.
- A concern for those with ID/DD is the prevalence of sexual abuse and assault of people with intellectual disabilities.
- There is a risk of revictimization for those who have ID/DD.

Chapter 12: Contraception and Abortion

- Updates on the reported contraceptive use by college students during last vaginal intercourse.
- The FDA now requires that there be a warning included with both Depo-Provera and Depo-subQ indicating that long-term use can increase a person's chances of developing meningioma.
- All contraceptive patches may be less effective for people who weigh more than 198 pounds.
- Miudella is a new nonhormonal IUD available in the US.
- Updated data on contraceptive effectiveness.
- Revisions to the sections on types of abortion based on current practices.
- In 77 countries a woman can request an abortion.
- Some countries allow abortions based on social or economic reasons.

Chapter 13: Pregnancy and Childbirth

- Some states are not releasing data on maternal mortality rates.
- Non-Hispanic Black women have higher rates of maternal mortality than Hispanic women and non-Hispanic White women.
- At-home pregnancy tests can detect pregnancy within 10 days of conception, though most people are advised to wait until after a missed period.

Chapter 14: Sexual Dysfunctions and Sex Therapy

- Descriptions of many sexual dysfunctions updated to replace changes made in the *DSM-5-TR*.
- Discussion of the newest PDE% inhibitor on the market, Stendra.
- Updated information regarding classification of vaginismus within Persistent genito-pelvic pain/penetration disorder diagnosis.

Chapter 15: Variant Sexual Behavior

- A discussion of BDSM as a choice, not a disorder.
- Updated information on several disorders to match the *DSM-5-TR*.
- While it may be problematic in that it reduces women to social stereotypes, a racial fetish does not meet the criteria for a fetishistic disorder.

Chapter 16: Sexually Transmitted Infections

- Since some STIs are not routinely reported to the CDC, the data regarding their rates is underestimated.
- The greatest number of new HIV infections was reported among individuals ages 25–34.
- Hispanic/Latino populations accounted for more than half of all new HIV cases in 2022.
- The stigma associated with STIs and the general discomfort of discussing intimate aspects of life separates the United States from other industrialized countries.
- There have been cases of antibiotic-resistant gonorrhea in the United States.
- People between the ages of 27 and 45 may be vaccinated for HPV, but should discuss this option with a health-care provider.
- It is not generally recommended that partners be treated for yeast infection or BV unless they are showing symptoms.
- Updates on options for PrEP.
- Changes in vaccination recommendations for HPV.

Chapter 17: Sexual Coercion

- Some states have close-in-age exemptions for statutory rape, sometimes referred to as Romeo and Juliet laws.
- The fact that there are many definitions of rape can obscure data accuracy.
- There is less information about sexual violence experienced by those who are trans or nonbinary.
- Several apps are available to help people remain safe. bSafe has an SOS button that will let preselected contacts or emergency services know there is an issue.
- Recent changes to Title IX relaxed the aggressiveness with which campuses are to pursue sexual assault cases.
- The majority of women who sexually abuse children are White, generally in their late 20s to early 30s, and were more likely to be sexually abused as children.

- Strangers make up only 10% of extrafamilial child sexual abusers.
- Sextortion is illegal in the United States. In some states there are laws that specifically make it illegal.

Chapter 18: Commercialization of Sex

- Sex toy dolls can cost anywhere from $50 to upwards of $6,000.
- Higher-end sex dolls use a type of polymer like plastic.
- Sex dolls can be a way for people to live out their sexual fantasies that may be dangerous or illegal.
- The Take It Down Act was passed making it illegal to publish images without a person's consent.
- There are instances where male sugar babies are looking for sugar mommas.
- There may be sugar relationships where the two people are the same gender.
- The majority of clients for trans masculine and nonbinary sex workers are cisgender White men.
- Male sex workers experience similar stigma that negatively affects their noncommercial romantic relationships.
- Some sex workers operate solely online.

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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 email us.

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