

Preface

While many aspects of sexuality (such as sexual orientation) are biologically determined, most sexual behaviors are the result of a decision. The title of this book, *Human Sexuality: Making Informed Decisions*, establishes the book's theme—to encourage and take charge of your life view by making deliberate, informed sexual decisions. Young adults might recognize that by not actively making a decision, they have already made one by default. In this regard, making informed and deliberate decisions involves being aware of the options and consequences of the various choices and taking deliberate action.

Dr. Susan Milstein, a scholar in human sexuality, joins Dr. David Knox (coauthor) for this new edition. Dr. Milstein's contributions are evident throughout the text, especially in the vignettes on *Technology and Sexuality*. This topic is one of her specialties and is one of the courses she teaches at The George Washington University.

The fifth edition of *Human Sexuality: Making Informed Decisions* builds on the features and strengths of previous editions, with new content on women's issues and a new chapter on pregnancy and childbirth. The chapters have been thoroughly revised, with more than 400 new research citations (many 2016 references). They also feature original data on 9,949 undergraduates who reveal their sexual attitudes and behavior. Some of the specific enhancements are as follows:

New to this Edition

Chapter 1: Human Sexuality: An Introduction

- Open Letter to College-Bound Kids About Sex
- Self-Assessment: Sexual Importance Scale
- Female Hedonism
- Technology and Sexuality: There's an App for That!
- Demographics of Sexual Sensation Seekers
- Four Themes of Sexual Decision Making by Women

Chapter 2: Sex Research and Theory

- Research on Sexual Scripting from Interviews with 95 Women
- Feminist Theory of Sexuality
- Early Sex Researchers
- Up Close: Masters and Johnson
- Technology and Sexuality: Online Surveys

Chapter 3: Female Sexual Anatomy, Physiology, and Response

- Role and Function of the Crura
- Human Rights Crisis: Female Genital Cutting
- Menstrual Extraction
- Personal Decisions: Shaving Pubic Hair
- Technology and Sexuality: Cosmetic Surgery
- Percent of Women and Men Pretending to Have an Orgasm

Chapter 4: Male Sexual Anatomy, Physiology, and Response

Male Satisfaction with Penis Size
Female Preference for Penis Size
Continued Controversy on Routine Male Circumcision
Technology and Sexuality: Promises to Increase Penis Length

Chapter 5: Gender and Sexuality

Sexist Objectification in Girls' Clothing
The Genderbread Person Diagram
Sexual Assertiveness Questionnaire
Gender Roles Depicted in the Media
The Mosaic Brain
Technology and Sexuality: Transgender Options

Chapter 6: Love and Sexuality

Love as Top Reason for Engaging in Partnered Sex
Motivations for Hooking Up
Transitioning from Hooking Up to a Romantic Relationship
Friends with Benefits
Couples and Polyamory
Technology and Sexuality: Technology and Romantic Relationships

Chapter 7: Communication and Sexuality

Social Policy: The Law and Sexting
Texting and Interpersonal Communication
When Social Network Becomes a Relationship Problem
Lack of Assertiveness of Females Requesting Cunnilingus
Technology and Sexuality: Sexting

Chapter 8: Individual and Interpersonal Sexuality

Asexuality
Cultural Attitudes on Masturbation
Vibrators
Technology and Sexuality: Sex Toy History and Impact on Relationships
Risks of Anal Sex
Threesomes
Orgasmic Meditation

Chapter 9: Lifespan View of Sexuality

Technology and Sexuality: Effect of Reality TV on Viewers
Contrast of Sex Education by Parents in the Netherlands and in the United States
Influences on Sex Education in Public Schools
Teen Birth Rates in the United States

Chapter 9: Lifespan View of Sexuality (Continued)

Social Policy: Plan B for Adolescents?
Developmental Stages of Women from 20s through 60s
Sexuality Among the Divorced
Definitions of Infidelity
Characteristics of Potential Infidelity
Working through Mutual Infidelity

Chapter 10: Diversity—LGBTQIA

Technology and Sexuality: Online LGBTQIA Support Groups
Apps for Individuals Exploring Their Sexuality
The Dangers of and Legislation Against Conversion Therapy
Difference between Concealment and Nondisclosure
What To Do about LGBT Prejudice and Discrimination
Coming Out as a Bisexual

Chapter 11: Health and Sexuality

Technology and Sexuality: Online Self-Diagnosis and Treatment
Effects of Illness on Sexuality and Well-Being
Effect of Dementia on Sexual Activity
Effect of Hysterectomy on Libido
Post-Mastectomy Options: Going Flat

Chapter 12: Contraception and Abortion

Technology and Sexuality: Contraception
Male Acceptance of the Female Condom
Pat Maginnis and the Army of Three
Impact of Abortion Restrictions in the United States
Increased Use of LARCs (Long Acting Reversible Contraceptives)
Women on Waves

Chapter 13: Pregnancy and Childbirth

Causes of Infertility
Personal Decisions: I Am an Egg Donor
Medication Use in Pregnancy
Childbirth Preparation: Lamaze
Stages of Labor
Pain Control in Labor and Delivery
Technology and Sexuality: Infertility, Birth Defects, Information Sharing
Cesarean Childbirth
Trends: Classes, Birth Centers, Home Birth, and VBAC
Postpartum Depression and Treatment

Chapter 14: Sexual Dysfunctions and Sex Therapy

Technology and Sexuality: The Medicalization of Sexual Dysfunctions
Social Policy: “Even the Score” Debate
Helping Women to Achieve Orgasm
Ogden’s Expanding the Practice of Sex Therapy
Effect of Stress on Sexual Interest, Arousal, and Satisfaction
Effect of Premature Ejaculation on Women’s Sexual Satisfaction
Sexual Problems and Sexual Orientation
Painful Intercourse in Postmenopausal Women

Chapter 15: Variant Sexual Behavior

Technology and Sexuality: Finding Paraphilia Partners via the Internet
Personal Decisions: Whose Business Is a Paraphilia?
Risks of Voyeurism and Objectification of Women
Prevalence of Pedophilia
Cultural Factors: Sexualizing Girls and the Mainstreaming of Pedophilia
Medical View of Sexual Addiction

Chapter 16: Sexually Transmitted Infections

Technology and Sexuality: Notification of Partners
Percentage of Sexually Active Individuals Who Have an STI
Primary Reason Individuals Reveal That They Have a STI
Script for Disclosing an STI
How Treatment for HIV can Be Prevention
Emerging Infectious Disease: Zika Virus and Sexual Transmission

Chapter 17: Sexual Coercion

Technology and Sexuality: Resources for Safety, Information, and Support
Types of Sexual Harassment
Tactics that Pressure a Person to Have Sex
My Defining Moment (Personal Rape Experience)
Rape Culture
Men as Victims of Rape
Title IX and Reporting Rape
Reactions to Being Forced to Have Sex
Secondary Victimization
Social Policy: Rape Culture: A First Lady Speaks Out
Men’s Anti-Rape Resources

Chapter 18: Commercialization of Sex

Technology and Sexuality: Online Porn, Commercial vs. Amateur, and
“Pornification”
Personal Experience: Camming by a College Student

Chapter 18: Commercialization of Sex (Continued)

Self-Assessment: Cyber Pornography Use Inventory

Cultural Effects of Pornography

Personal Experience: Women Prostitutes Speak Out

Sexual Objectification of Women in Advertising

Misogyny and Degradation in Mainstream Porn

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Finally, 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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Supplements and Resources

INSTRUCTORS SUPPLEMENTS

A complete teaching package is available for instructors who adopt this book. This package includes an online lab, instructor's manual, test bank, course management software, and PowerPoint™ slides.

BVTLab	An online lab is available for this textbook at www.BVTLab.com , as described in the BVTLab section below.
Instructor's Manual	The instructor's manual helps first-time instructors develop the course, while offering seasoned instructors a new perspective on the material. Each section of the instructor's manual coincides with a chapter in the textbook. The user-friendly format begins by providing learning objectives and detailed outlines for each chapter. The manual then presents lecture discussions, class activities, and sample answers to the end-of-chapter review questions. Lastly, additional resources—books, articles, websites—are listed to help instructors review the materials covered in each chapter.
Test Bank	An extensive test 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.
Course Management Software	BVT's course management software, Respondus, allows for the creation of tests and quizzes that can be downloaded directly into a wide variety of course management environments, such as Blackboard®, WebCT™, Desire2Learn®, Canvas™, and others.
PowerPoint Slides	A set of PowerPoint slides for each chapter, comprising a chapter overview, learning objectives, slides covering all key topics, key figures and charts, and summary and conclusion slides.

STUDENT RESOURCES

Student resources are available for this textbook at www.BVTLab.com. 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	BVTLab includes sets of flashcards that reinforce the key terms and concepts from each chapter.
Chapter Summaries	Convenient and concise chapter summaries are available as a study aid.
PowerPoint Slides	All instructor PowerPoints are available for convenient lecture preparation and for students to view online for a study recap.

BVTLAB

BVTLab is an affordable online lab for instructors and their students. It includes an online classroom with a grade book and chat room, a homework grading system, extensive test banks for quizzes and exams, and a host of student study resources. Even if a class is not taught in the lab, students can still use the resources described below.

Course Setup	<i>BVTLab</i> 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 for the grade book, which automatically grades and records all homework, quizzes, and tests.
Chat Room	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 at <i>BVTLab</i> .
eBook	Students who have purchased a product that includes an eBook can download the eBook from a link in the lab. A web-based eBook is also available within the lab for easy reference during online classes, homework, and study sessions.

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 on
- 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.