

Sexuality: Pathways to Understanding 3



Sexuality Is a Broader Concept than Sex 4

Studying Sexuality Has Practical Benefits 4

Sexuality Has Changed over Time 4

Sexuality has been influenced by evolution 5

Society has changed sexuality 5

Box 1.1 Meet My Dads 6

Urbanization has been a curse and a blessing 8

Marriage has been transformed 8

Box 1.2 The Media: TV or Not TV? 9

Sex researchers followed diverse paths 10

Box 1.3 Freud and Hirschfeld: Contrasting Theories on Sexual Orientation 12

Sexuality Can Be Studied with a Wide Variety of Methods 13

Biomedical research focuses on the underlying mechanisms of sex 14

Psychology includes diverse approaches to sexuality 15

Cultural anthropology focuses on sexual diversity across cultures 16

Sociologists focus on the connection between sex and society 16

The economic approach weighs costs and benefits 18

Organizations promote sex research 19

Women's Bodies 23



The Whole Body Is an Erogenous Zone 24

A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris 24

There is more to the clitoris than meets the eye 26

Box 2.1 Pubic Hair Removal 27

The appearance of the vaginal opening is variable 28

Box 2.2 Female Genital Cutting 29

The Vagina Is the Outermost Portion of the Female Reproductive Tract 31

The vagina undergoes changes during arousal 32

The G-spot is a controversial erogenous zone 33

The Anus Can Also Be a Sex Organ 33

Box 2.3 Genital Self-Examination 34

The Uterus Serves a Double Duty 35

Cancer can affect the cervix or the endometrium 35

Other uterine conditions include fibroids, endometriosis, abnormal bleeding, and prolapse 36

Should hysterectomy be so common? 37

The Oviducts Are the Site of Fertilization 38

The Ovaries Produce Ova and Sex Hormones 38

Box 2.4 The Feedback Loop That Controls Female Hormone Production 39

Menstruation Is a Biological Process with Cultural and Practical Aspects 41

The menstrual cycle has three phases 42

The cycle is driven by hormonal changes 43

Does the menstrual cycle influence sexuality? 44

Attitudes toward menstruation vary 44

Women use pads, tampons, or cups during menstruation 45

Box 2.5 Where Tampons Aren't an Option 46

Menstrual Problems Are Common but Treatable 47

Menstrual pain may or may not reflect underlying pelvic disease 47

Premenstrual syndrome has physical and psychological aspects 48

Menstruation stops during pregnancy—and for other reasons 49

Sex steroids affect more than the reproductive tract 49

The Breasts Have Both Erotic and Reproductive Significance 50

Breast Cancer Mortality Can Be Reduced 50

Many factors affect the risk of breast cancer 52

Clinical breast exams save lives 52

Treatment depends on the diagnostic findings and the woman's choice 53

Chapter

3

Men's Bodies 59



The Male External Genitalia Are the Penis and Scrotum 60

The penis combines erotic, reproductive, and urinary functions 61

Box 3.1 Male Circumcision 63

Some disorders affect penile function 63

Box 3.2 How Big Should a Penis Be? 65

Box 3.3 Diphallia 66

Penile Erection Involves Nerves, Blood, and Chemistry 67

Erection is the filling of the penis with blood 67

Muscles are also involved in erection 68

Erections occur during sleep 68

The scrotum regulates the temperature of the testicles 68

The Testicles Produce Sperm and Sex Hormones 70

Box 3.4 Declining Sperm Counts 71

Cancer and other disorders can affect the testicles 72

Other glands contribute secretions to the semen 73

What is semen? 75

Ejaculation Requires Coordination of Muscles and Glands 76

Chapter

4

Sex Development and Diversity 87



Genes and Hormones Guide Sex Development 88

Female and male reproductive tracts develop from different precursors 88

Female and male external genitalia develop from the same precursors 90

The gonads descend during development 91

Puberty is sexual maturation 91

The brain also differentiates sexually 92

Sex Development Is Not Always Binary 93

Unusual sets of chromosomes affect growth and fertility 93

The gonads or genitals may be sexually ambiguous 94

Box 4.1 My Life with Androgen Insensitivity Syndrome 96

There Are Sex Differences in Many Mental Traits 97

Gender identity does not always match anatomical sex 97

Women and men differ in a variety of cognitive and personality traits 97

The testicles secrete sex hormones 77

Box 3.5 The Secret Life of Semen 78

The brain and pituitary gland regulate hormone levels 79

Box 3.6 Steroids and Sports 80

Nudity Is Culturally Regulated 81

There are many differences in sexuality 98

Many sex differences arise early in life 100

Biological Factors Underlie Sex Differences 101

Evolutionary forces act differently on females and males 101

Box 4.2 Gendered Play in Primates 102

Experiments demonstrate a role for sex hormones 102

Life Experiences Mold Sex Roles 103

Girls and boys are socialized differently 103

Cognitive developmental models emphasize thought processes 107

Transgender People Challenge Society's Deepest Division 107

Box 4.3 The Boy Who Was Raised as a Girl 108

Transexual individuals are of more than one kind 109

Box 4.4 Trans Men and Women in Cross-Cultural Perspective 110

Changing sex is a multistage process 111

Many transgender people do not want surgery 114

Trans people struggle for awareness and acceptance 115

Box 4.5 Tempest in a Toilet 117

Attraction, Arousal, and Response 123



Sexual Attraction: It Takes Two 124

Beauty is not entirely in the eye of the beholder 124

Culture influences the attractiveness of bodies 126

Box 5.1 Culture and Body Weight 128

Attractiveness involves senses besides vision 129

Behavior and personality influence sexual attractiveness 130

Familiarity may increase or decrease attraction 132

Perceived attractiveness varies around the menstrual cycle 133

Asexual women and men do not experience sexual attraction 133

Sexual Arousal Has Multiple Roots 135

Fantasy is a common mode of sexual arousal 135

Arousal occurs in response to a partner 137

Gonadal steroid hormones influence sexual arousability 138

Conditioning may influence arousal 139

Sexual Arousal Follows a Response Cycle 139

Box 5.2 Aphrodisiacs and Drugs 140

In the excitement phase, genital responses begin 141

In the plateau phase, arousal is maintained 142

Orgasm is the climax of sexual arousal 143

Box 5.3 Female Ejaculation 144

Brain imaging suggests where orgasm may be experienced 145

Box 5.4 Foot Orgasms 146

In the resolution phase, arousal subsides 147

The phases may be linked in different ways 147

Men experience a refractory period 148

Pituitary hormones influence the sexual response cycle 149

The Masters and Johnson cycle may be incomplete 149

Sexual Behavior 155



People Derive Pleasure from Diverse Sexual Behaviors 156

Masturbation Is a Very Common Form of Sexual Expression 156

Box 6.1 Sex and Happiness 157

Negative attitudes toward masturbation are still prevalent 157

Several demographic factors influence masturbation 158

Women use more diverse techniques of masturbation than men 160

Gay people masturbate more than heterosexuals 161

**The Kiss Represents True Love—
Sometimes 162**

Sexual Touching Takes Many Forms 162

Oral Sex Is Increasingly Popular 163

Fellatio is oral stimulation of the penis 163

Cunnilingus is oral stimulation of the vulva 165

Most Male-Female Sex Includes Coitus 166

Coitus can be performed in many different positions 166

Box 6.2 Progress in Coitus Research 167

The man-above position is a traditional favorite 168

The 1970s women's movement encouraged alternative positions 169

**Anal Sex May Be a Part of Either Opposite-sex
or Male Same-sex Behavior 172**

**Men and Women May Have Different
Preferences for Sexual Encounters 174**

**Sex Toys Are Used to Enhance Sexual
Pleasure 174**

Sex May Be in Groups 177

Box 6.3 What Is "Great Sex"? 178

**Sexual Behavior and Attitudes Vary Across
Cultures 179**

The Kama Sutra is the classic work on how to make love 179

Taoists recommended the avoidance of ejaculation 180

The Aka emphasize the importance of frequent sex 180

Box 6.4 Dry Sex 181

**Many Disabled People Have Active
Sex Lives 182**

Many intellectually disabled people are competent to make sexual choices 182

Spinal cord injuries present a major challenge to sexual expression 183

Arthritis is the number one disability affecting sex 185

People Are Having Less Partnered Sex 185

Chapter

7

Sexual Relationships 191



**Sexual Relationships Are Motivated
by Many Factors 192**

**Demographic Factors Affect Sexual
Attitudes 192**

Box 7.1 Who May Marry? 194

**Casual Sex Has More Appeal to Men
than to Women 195**

Hooking up—the new norm? 196

Box 7.2 Straight Women, Gay Sex 197

The hookup culture—some like it, some loathe it 198

Casual sex is more accepted in the gay male community 200

Negotiating sex involves flirting 201

**Non-Cohabiting Relationships Are Often
Short-Lived 202**

Long-distance relationships can be very successful 204

Same-sex relationships have their own scripts 204

Non-cohabiting relationships may evolve rapidly 205

Love Cements Many Sexual Relationships 205

There are different kinds of love 205

Liking and reciprocal attraction precede falling in love 207

Researchers are probing the biological basis of love 207

Life Experiences Mold Our Sexual Relationships 208

Relationship styles are influenced by childhood attachments 208

Couples in relationships resemble each other 209

Communication Is a Key Factor in the Success of Relationships 210

Communication may be inhibited by upbringing or by the gender barrier 210

Marriage and relationship education teaches communication skills 211

How couples deal with conflict affects the stability of their relationships 212

In sexual relationships, sex matters 213

Box 7.3 Lasting Relationships: Gottman's Seven Principles 214

Love, Jealousy, and Infidelity Are Intertwined 215

Jealousy can have a positive function 215

Unrequited Love Is Painful for Both Parties 216

The rejector may experience guilt 217

Extra-Pair Relationships Have Many Styles and Motivations 218

Personal and evolutionary factors influence infidelity 218

Box 7.4 We Just Clicked 219

Extra-pair relationships are uncommon 220

Chapter

8

Fertility, Pregnancy, and Childbirth 225



Pregnancy and Childbirth Raise Major Health Concerns 226

The Fertilization of an Ovum Is Followed by Implantation 226

Box 8.1 Birth Facts 227

Pregnancy Is Confirmed by Hormonal Tests 228

Infertility Can Result from a Problem in the Woman or in the Man 229

A variety of factors can reduce sperm counts 229

Box 8.2 The Scent of an Ovum 230

Sperm can be donated 230

In vitro fertilization can circumvent many sperm problems 231

Abnormalities of the female reproductive tract may reduce fertility 233

Failure to ovulate can be dealt with by drugs or by egg donation 233

Box 8.3 Choosing Children's Sex 234

Surrogate mothers bear children for others 235

Adoption is limited by the supply of healthy infants 235

Fertility declines with age 235

Box 8.4 Commercial Gestational Surrogacy—An Ethical Minefield 236

Many Embryos Do Not Survive 238

Rh factor incompatibility can threaten second pregnancies 238

Ectopic pregnancy can endanger the mother's life 239

Pregnancy Is Conventionally Divided into Three Trimesters 239

The First Trimester Is a Period of Major Changes 240

Prenatal care provides health screening, education, and support 241

Adequate nutrition is vital to a successful pregnancy 242

Tobacco, alcohol, drugs, and radiation can harm the fetus 243

The Second Trimester Is the Easiest 244

Tests can detect fetal abnormalities 245

Sex during pregnancy is healthy 246

Moderate exercise during pregnancy is beneficial 247

The Third Trimester Is a Time of Preparation 247

A hospital is the best location for childbirth if complications are foreseen 248

Childbirth classes prepare parents for birth 248

The fetus also makes preparations for birth 249

Labor Has Three Stages 250

The first stage of labor is marked by uterine contractions and cervical dilation 250

The second stage is the delivery of the baby 251

Box 8.5 Pain-free Childbirth 252

The newborn child adapts quickly 253

The third stage is the expulsion of the placenta 253

Premature or delayed birth is hazardous 254

Box 8.6 Cesarean Section 255

The Period after Birth Places Many Demands on Parents 256

Postpartum depression may be accompanied by disordered thinking 256

Childbirth and parenthood affect sexuality 257

Breast-Feeding Is the Preferred Method of Nourishing the Infant 257

Lactation is orchestrated by hormones 257

The content of breast milk changes over time 258

Infant formula is an alternative to breast milk 258

Breast-feeding has many advantages and some drawbacks 259

Chapter

9

Contraception and Abortion 265



Birth Control Has a Long History 266

Feminists led the campaign to legalize contraception 266

Box 9.1 Margaret Sanger and the Birth Control Movement 267

Contraception has not yet solved the problem of unintended pregnancy 268

Different users have different contraceptive needs 268

Physical Methods Block Sperm Transport 270

Male condoms are reliable when properly used 270

Female condoms are relatively intrusive 273

Box 9.2 Male Contraceptives of the Future? 274

Diaphragms and cervical caps are inconvenient but have few side effects 275

Spermicides are not very reliable when used alone 276

Hormone-Based Methods Are Easy to Use 277

Combination pills offer health benefits 277

Continuous use of combination pills eliminates menstrual periods 280

Progestin-only pills have fewer side effects 280

Hormones Can Be Administered by Non-Oral Routes 281

Transdermal patches last a week 282

Vaginal rings last three weeks 282

Depo-Provera lasts three months 283

Implants are extremely reliable 284

Intrauterine devices require little attention 285

The Availability of Hormonal Contraceptives May Be Limited 286

Behavioral Methods Can Be Demanding 287

In fertility awareness methods, couples avoid coitus during the fertile window 287

The withdrawal method is simple but challenging 289

Noncoital sex can be used as a means of avoiding pregnancy 290

Combining long-acting methods and condoms makes sense 290

Box 9.3 Contraceptives and the Environment 291

There Are Contraceptive Options after Unprotected Coitus 292

Sterilization Is Highly Reliable 293

Vasectomy is a brief outpatient procedure 293

Tubal sterilization is more invasive and expensive 295

Disabled Persons Have Special Contraceptive Needs 296

Lack of Access to Contraception Is a Global Problem 297

Several Safe Abortion Procedures Are Available 298

Box 9.4 Abortion in the United States: Key Statistics 299

Vacuum aspiration is the standard first-trimester surgical method 299

Dilation and evacuation is used early in the second trimester 300

Induced labor and hysterotomy are performed late in the second trimester 300

Medical abortions are two-step procedures 300

Abortions do not cause long-lasting ill effects 302

Americans Are Divided on Abortion, but Most Favor Restricted Availability 302

The availability of abortion is decreasing 303

Box 9.5 Feticide 304

Chapter 10

Sexuality across the Life Span: From Birth to Adolescence 309



Some Forms of Childhood Sexual Expression Are Common 310

In contemporary Western culture, children are insulated from sex 310

Box 10.1 Talking with Children about Sex 311

Some children engage in solitary sexual activity 312

Sex with others can occur during childhood 313

Cultures vary in their attitudes toward childhood sexuality 314

Some Children Have Sexual Contacts with Adults 315

Most adult-child contacts involve older children and are single encounters 315

Some kinds of adult-child sex are more harmful than others 316

Box 10.2 Sex and Suggestibility 317

Strategies to prevent adult-child sex are quite effective 317

Preadolescence May Be Marked by an Increase in Sexual Interest 318

Preadolescent children segregate by sex 318

Strict gender norms may traumatize children who become gay or trans adults 318

Puberty Is a Period of Rapid Maturation 319

Puberty is marked by visible and invisible changes 319

Box 10.3 My First Period 321

Puberty occurs earlier in girls than boys 323

What drives puberty? 323

The body signals its readiness for puberty to the brain 325

Puberty may come too early or too late 325

Adolescence Is a Time of Sexual Exploration 326

Many cultures have puberty rites 326

There are social influences on teen sexual behavior 327

Box 10.4 Sex-ed—What Teens Say 329

Social media have risks and benefits 330

Males masturbate more than females 330

The sexual activity of American teens increased and then decreased 331

The meaning of “virginity loss” varies 333

Teen Sexuality Is Central to Identity Development 334

Teen relationships are often short-lived 334

Teen pregnancy is declining but is still too common 335

Chapter

11

Sexuality across the Life Span: Adulthood 341



In Young Adulthood, Conflicting Demands Influence Sexual Expression 342

Most young men and women have only a few sex partners 342

Dating relationships are short-lived 342

Cohabitation is an increasingly prevalent lifestyle 343

Cohabitation has diverse meanings 343

Cohabitation does not harm a subsequent marriage 345

Marriage Takes Diverse Forms 345

The formalization of sexual unions has social and personal functions 346

Many societies have permitted polygamy 346

Box 11.1 Mormon Polygamy 347

Polyamory includes a variety of nonmonogamous relationships 348

The Institution of Marriage Is Evolving 349

Companionate marriage makes the availability of divorce a necessity 350

Marriage is becoming a minority status 351

Relationship options have diversified 352

Most Long-Term Couples Are Satisfied with Their Sex Lives 353

The frequency of sex declines over the course of long-term relationships 353

Marital satisfaction declines during middle age 354

Box 11.2 You Know the Future of Your Marriage 355

A Variety of Factors Bring Relationships to an End 355

Several demographic factors increase the likelihood of a breakup 356

There are more personal reasons for breakups 356

Marital Disruption Can Have Negative and Positive Consequences 357

Divorced men and women can suffer psychological, physical, and economic damage 357

Divorce may be the start of a new life 358

Many divorced people remarry 358

Does marriage have a future? 358

Menopause Marks Women's Transition to Infertility 359

Menopause may be caused by depletion of ova 360

Women may experience a decline in sexual function at menopause 360

Decreased hormone levels affect a woman's physiology 361

Hormone therapy can reduce menopausal symptoms 362

Men's Fertility Declines Gradually with Age 362

Old People Face Challenges to Their Sex Lives—Often Successfully 364

Aging is accompanied by physiological changes in the sexual response 364

Medical conditions, drugs, and social factors can impair the sexuality of older people 365

Old age may be a time for romance 365

Box 11.3 Seniors on Sex 366

Chapter

12

Sexual Orientation 371



There Is a Spectrum of Sexual Orientations 372

Sexual Orientation Is Not an Isolated Trait 373

Box 12.1 Boys Will Be Girls 374

Diverse Theories Attempt to Explain Sexual Orientation 375

Freud proposed psychodynamic models 375

Sexual orientation has been attributed to socialization 376

Biological theories focus on prenatal hormones and genes 376

Box 12.2 Why Gay Genes? 379

The Gay Community Has Struggled for Equal Rights 380

The gay rights movement began in Germany 380

Box 12.3 Gay Martyrs 381

Gay rights are a global issue 382

Growing Up Gay Presents Challenges 384

Coming out is a lifelong process 385

Lesbians and gay men are well represented in certain occupations 386

Gay People Who Belong to Minorities Have Special Concerns 387

Gay Sex Has Its Own Style 389

Some same-sex couples differ in gender characteristics 389

Gay people aren't all of a kind 390

Box 12.4 Beyond Gay and Straight 391

Some gay people are parents 392

Changing One's Sexual Orientation Is Difficult or Impossible 393

Homophobia Has Multiple Roots 393

Cultural indoctrination transmits homophobia across generations 394

Gays are seen as rule breakers 394

Box 12.5 Born That Way? And Does It Matter? 395

Overcoming homophobia is a communal enterprise 396

Bisexual People Are Caught between Two Worlds 397

The prevalence of bisexuality depends on definitions 398

Bisexual people face prejudice 399

Lesbian, gay, straight, bi, other—more alike than different 400

Chapter 13 Atypical Sexuality 405

13



Sexual Variety Is the Spice of Life 406

Sadomasochism involves the infliction or receipt of pain or degradation 406

Box 13.1 In the Dungeon 409

Most fetishes are related to the body 409

People cross-dress for a variety of reasons 411

Box 13.2 Crush Fetishes 413

Box 13.3 Rubber Fetishism and the Internet 414

Some men are aroused by trans women 414

Adult babies reenact infancy 415

Furries wear animal costumes 415

Paraphilic Disorders Cause Distress or Harm Others 416

Exhibitionists expose themselves to nonconsenting persons 417

Obscene telephone calling is related to exhibitionism 418

Voyeurs are aroused by watching others 418

Frotteurism involves surreptitious physical contact 419

Box 13.4 Frotteurism: First-person Accounts 420

Some Adults Are Sexually Attracted to Children 420

Pedophilia and child molestation are not synonymous 420

"Child molestation" is a behavioral and legal term 421

Priests and others may molest children under their care 422

Some organizations support "minor-attracted people" 423

A Variety of Other Paraphilic Disorders Exist 423

Zoophiles are sexually attracted to animals 423

In necrophilia, nonresistance of the partner may be arousing 424

Sexual violence can be paraphilic 425

Box 13.5 Autoerotic Asphyxia 426

Sex Offenders Do Not Necessarily Repeat Their Offenses 427

There Are Numerous Theories of Paraphilic Disorders 427

Theories of Causation Have Suggested a Variety of Treatments 429

Conditioning is intended to change sexual desires 430

Chapter

14

Sexual Disorders 437



Sexual Disorders Are Common 438

A multidisciplinary approach to treatment is preferred 438

Box 14.1 Sensate Focus 439

Female Sexual Arousal Disorder Involves Insufficient Genital Response 440

There Are Many Reasons for Sexual Pain in Women 441

Vaginismus may make intercourse impossible 442

Box 14.2 Dyspareunia: A Case History 442

Difficulty in Reaching Orgasm Is Common among Women 443

Psychotherapy and directed masturbation may be helpful 443

Box 14.3 Kegel Exercises 446

Faked orgasms offer a questionable solution 447

Lack of Interest in Sex Is Not Necessarily a Problem 447

Estrogen or androgen treatment may improve sexual desire in women 448

Cognitive therapy is aimed at preventing repeat offenses 430

The efficacy of psychological treatments is limited 431

Drug treatments interact with neurotransmitters or hormones 431

Castration is a treatment of last resort 432

Few "Kinks" Are Disorders 432

Sex therapy may be helpful for low sexual desire in women 449

Alternative views on women's response cycles may influence treatment options 449

Premature Ejaculation Is Men's Number One Sex Problem 451

There are different kinds of premature ejaculation 451

Sex therapy helps some men 452

Drug treatment may be effective 453

Delayed Ejaculation Is Not Well Understood 454

Erectile Disorder Has Many Causes and Treatments 454

Erectile disorder can have physical or psychological causes 455

Simple measures may alleviate the problem 455

Psychological treatments may be useful 456

PDE5 inhibitors have become the leading treatments 456

Erectile disorder can be treated with devices and implants 457

Men May Have Little Interest in Sex 459

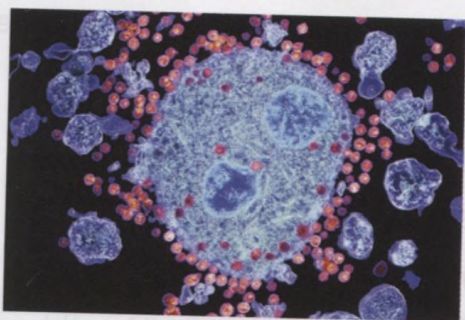
Sexual Pain Is Uncommon in Men 459

Too Much Interest in Sex Can Cause Problems 460

Treatment depends on theoretical models 461

LGBT People Have Special Concerns 461

Sexually Transmitted Infections 467



Venereal Diseases Were Seen as Punishment for Sexual License 468

STIs Are Still a Major Problem in the United States 468

Lice and Mites Are More of an Annoyance Than a Danger 471

Pubic lice itch, and that's all they do 471

Scabies may be transmitted sexually or nonsexually 472

Trichomoniasis Is Caused by a Protozoan 473

Bacterial STIs Can Usually Be Treated with Antibiotics 474

Syphilis Is Down but Not Out 474

Untreated syphilis progresses through three stages 474

Syphilis has resisted elimination 475

Box 15.1 The Tuskegee Syphilis Study 476

Gonorrhea Can Lead to Infertility 477

Chlamydia Causes a Common Infection with Serious Complications 478

The Status of Bacterial Vaginosis as an STI Is Uncertain 479

Urethritis Can Be Caused by a Variety of Organisms 479

Box 15.2 Zika—The virus that came and went 480

Viral STIs Can Be Dangerous and Hard to Treat 481

Molluscum Contagiosum Is a Self-Limiting Condition 481

Genital Herpes Is a Lifelong but Not Life-Threatening Infection 481

Recurrent outbreaks are the rule 482

Drug treatment can shorten or prevent outbreaks 483

Human Papillomaviruses Can Cause Genital Warts—and Cancer 484

An HPV vaccine is available 485

Hepatitis Viruses Can Be Sexually Transmitted 485

AIDS Is Caused by the Human Immunodeficiency Virus 486

Sexual transmission is chiefly by coitus and anal sex 487

HIV infection progresses in a characteristic way 488

Antiretroviral drugs suppress but don't eliminate HIV 489

You Can Reduce Your STI Risks 491

Abstinence prevents STIs 491

Sexually active people can reduce their risk of STIs 491

Box 15.3 Partner Notification 492

Some sexual behaviors are riskier than others for STI transmission 493

Condoms are the mainstay of STI prevention 493

Not Everything Is an STI 494

Sexual Assault, Harassment, and Partner Violence 499



What Is Sexual Assault? 500

Young women are the most frequent victims 500

Most sexual assaults are not reported 501

Box 16.1 It Happened to Me 502

Sexual Assaults in College Are Becoming Less Common 503

Many sexual assaults are committed by college athletes 504

Colleges must balance the rights of the accuser and the accused 505

The number one "date rape drug" is alcohol 506

Sexual Assault Can Have Severe Effects on the Victim 507

Box 16.2 Reducing the Risk of Sexual Assault 508

Services are available for rape victims 509

Rape can inflict long-lasting harm 509

Box 16.3 Ten Ways Men Can Prevent Sexual Violence 510

Male victims have special concerns 511

LGBT people are at high risk 512

Rape Laws Have Become More Protective of Victims 512

Reforms began in the 1970s 513

What happens to men who rape? 513

Repeat offending is common 514

Why Do Men Rape? 514

Rape may have evolutionary roots 515

Some characteristics distinguish rapists from nonrapists 515

Social forces influence the likelihood of rape 516

Box 16.4 Rape and War 517

Intervention Programs Are of Uncertain Value 518

Intimate Partner Violence Is a Crime with Many Names 518

Intimate partner violence follows an escalating cycle 520

Breaking up is hard to do 521

Help is available 521

Sexual Harassment Occurs in Many Environments 522

There are two kinds of workplace sexual harassment 522

Sexual harassment often begins early 523

Box 16.5 The Superstar Harasser 524

Sexual harassment harms its victims 525

Victims of sexual harassment can take steps to end it 525

There Are Three Kinds of Stalkers 526

Sex Work 533**Sex Is an Industry 534****Prostitution Is on the Decline 534**

Historically, prostitution was viewed as a necessary evil 534

There are moral and practical reasons for the decline 535

There Is a Hierarchy of Prostitution 536

Street prostitution has many risks 536

Box 17.1 The Economics of Prostitution 537

Female, male, and transgender streetwalkers have different experiences 538

Some prostitutes work out of massage parlors and strip clubs 538

Escort services are the main form of prostitution in the United States 539

Many prostitutes work for pimps 541

Box 17.2 Sugaring 541

Men who use escorts have liberal attitudes 542

Some women use male prostitutes 542

Juvenile prostitution is of special concern 543

Box 17.3 Juvenile Prostitutes in Portland, Oregon 543

Sex trafficking is a global business 544

There Are Conflicting Views on Prostitution 546

There are several options for legal reform 547

There Is More to Sex Work than Prostitution 548

Stripping is going mainstream 548

Phone sex has diversified 548

Pornography Has Always Been Part of Human Culture 549

Pornography has battled censorship 550

New technologies mean new kinds of pornography 550

Box 17.4 What's It Like to Be a Porn Star? 552

There is some pornography for women 553

There Are Conflicting Perspectives on the Value or Harm of Pornography 554

Research has not resolved the question of pornography's effects 555

Sex Is Part of the Mass Media 556

Sex sells, sometimes 557

Sex and Evolution 563**Rival Theories Offer Explanations for Sexual Reproduction 564**

Sexual reproduction removes harmful mutations 565

Sexual reproduction may generate beneficial gene combinations 565

Hermaphrodites combine male and female reproductive functions 567

Evolution Has Led to Diverse Methods of Sex Determination 568

In mammals, sex is determined by chromosomes 568

Why Are There Two Sexes? 566

Sexual Selection Produces Anatomical and Behavioral Differences between Males and Females 568

Males and females follow different reproductive strategies 568

Females and males are exposed to different reproductive risks 569

Males often compete for access to females 569

Females often choose among males 570

Sometimes males make significant investments in reproduction 573

If males invest, sexual selection may work differently 573

Sexual selection protects against extinction 575

Diverse Relationship Styles Have Evolved 576

Social and sexual arrangements are not necessarily the same 576

Male promiscuity offers obvious evolutionary benefits 577

Why are females promiscuous? 577

Female promiscuity leads to adaptive responses by males 578

Males may copulate with females by force 578

Sometimes, Helping Relatives Reproduce Is a Good Strategy 579

Avoiding Incest Is an Evolved Behavior 580

Sex Has Acquired Other Functions beyond Reproduction 581

Female and male bonobos engage in nonreproductive sex 581

Bonobos use sex for conflict resolution and alliance formation 582

Appendix

B

Sex and the Nervous System

Box B.1 The Nervous System 586

Erection Can Be Mediated by a Spinal Reflex 589

Sensory innervation of the genitalia 589

The pudendal and pelvic nerves 589

585

Erectile Tissue Forms a Hydraulic System 591

Muscles Are Also Involved in Erection 591

The Brain Influences Erection and Ejaculation 592

Glossary G-1

References R-1

Author Index AI-1

Subject Index SI-1