

Human Sexuality Today

NINTH EDITION

Bruce M. King
Clemson University

Pamela C. Regan
California State University, Los Angeles



330 Hudson Street, NY NY 10013

Director, Portfolio Management: Ashley Dodge
Development Editor: Joanne Dauksewicz
Marketing Manager: Christopher Brown
Program Manager: Erin Bosco
Project Coordination, Text Design, and Electronic Page Makeup: Integra-Chicago

Cover Designer: Jennifer Hart Design
Cover Photos: Jae Rew/DigitalVision/Getty Images; Fuse/Corbis/Getty Images; natalie_board/istock/Getty Images
Manufacturing Buyer: Carol Melville
Printer/Binder: LSC Communications, Inc.
Cover Printer: Phoenix Color/Hagerstown

PEARSON, ALWAYS LEARNING, and REVEL are exclusive trademarks in the United States and/or other countries owned by Pearson Education, Inc., or its affiliates.

Unless otherwise indicated herein, any third-party trademarks that may appear in this work are the property of their respective owners and any references to third-party trademarks, logos, or other trade dress are for demonstrative or descriptive purposes only. Such references are not intended to imply any sponsorship, endorsement, authorization, or promotion of Pearson's products by the owners of such marks, or any relationship between the owner and Pearson Education, Inc., or its affiliates, authors, licensees, or distributors.

Library of Congress Cataloging-in-Publication Data

Names: King, Bruce M., author. | Regan, Pamela C., author.
Title: Human sexuality today / Bruce M. King, Pamela C. Regan.
Description: 9th edition. | Hoboken, N.J. : Pearson, [2017] | Revised edition of the authors' Human sexuality today, [2014]
Identifiers: LCCN 2017023434 | ISBN 9780134804460 (soft cover)
Subjects: LCSH: Sex instruction for youth—United States. | Sex. | Sex (Biology) | Sex—Philosophy. | Sexual health—United States.
Classification: LCC HQ35.2 .K56 2017 | DDC 306.7—dc23
LC record available at <https://lcn.loc.gov/2017023434>

Copyright © 2019, 2014, 2012 by Pearson Education, Inc. All Rights Reserved. Printed in the United States of America. This publication is protected by copyright, and permission should be obtained from the publisher prior to any prohibited reproduction, storage in a retrieval system, or transmission in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise. For information regarding permissions, request forms and the appropriate contacts within the Pearson Education Global Rights & Permissions Department, please visit www.pearsoned.com/permissions/.

1 18



www.pearsonhighered.com

Rental Edition:

ISBN-10: 0-134-80446-5
ISBN-13: 978-0-134-80446-0

Revel Access Card:

ISBN-10: 0-134-79170-8
ISBN-13: 978-0-134-79170-6

A La Carte:

ISBN-10: 0-134-81175-5
ISBN-13: 978-0-134-81175-8

IRC Edition:

ISBN-10: 0-134-81180-1
ISBN-13: 978-0-134-81180-2

Brief Contents

Preface	xiii	10 Life-Span Sexual Development	232
About the Authors	xvi	11 Adult Sexual Behaviors and Attitudes	262
1 Why a Course in Human Sexuality?	1	12 Love and Relationships	289
2 Our Sexual and Reproductive Anatomy	28	13 Sexual Problems and Therapy	315
3 Hormones and Sexuality	51	14 Paraphilias and Sexual Variants	349
4 Similarities and Differences in Our Sexual Responses	70	15 Sexual Victimization: Rape, Coercion, Harassment, and Abuse of Children	374
5 Sexually Transmitted Infections and Sexually Related Diseases	100	16 Selling Sex: Social and Legal Issues	423
6 Birth Control	131	Suggested Reading and Resources	459
7 Pregnancy and Childbirth	159	Answers	468
8 Gender Identity and Gender Roles	188	References	476
9 Sexual Orientation	213	Index	516



Contents

Preface	xiii	The Urethral Opening	33
About the Authors	xvi	The Breasts	33
1 Why a Course in Human Sexuality?	1	BOX 2-A Sexuality and Health: Breast Cancer and Examination	35
Cross-Cultural Comparisons	5	Internal Female Anatomy	36
Sexual Attractiveness	5	The Vagina	37
Sexual Behaviors and Attitudes	6	The Uterus	39
Cultural Diversity Within the United States	8	The Fallopian Tubes	39
Historical Perspectives	8	The Ovaries	39
Judaism	8	BOX 2-B Sexuality and Health: Cancer of the Female Reproductive System	39
The Greeks and Romans	9	External Male Anatomy	41
Christianity	9	The Penis: Outer Appearance	42
The Victorian Era	11	The Penis: Internal Structure	42
The Sexual Revolution	12	The Scrotum	44
What Influences Our Attitudes About Sex Today?	13	BOX 2-C Cross-Cultural Perspectives/Sexuality and Health: Male Circumcision	44
The Media as a Socializing Agent	13	Internal Male Anatomy	45
Sexual Socialization: Cause and Effect?	13	The Testicles	45
Sex as a Science	15	BOX 2-D Sexuality and Health: Testicular Cancer and Self-Examination	45
Sigmund Freud (1856–1939)	17	The Duct System	46
Henry Havelock Ellis (1859–1939)	17	The Prostate Gland and Seminal Vesicles	46
Alfred C. Kinsey (1894–1956)	18	The Cowper’s Glands	46
Masters and Johnson	19	BOX 2-E Sexuality and Health: Prostate Problems and Examination	47
Edward O. Laumann and the National Health and Social Life Surveys	19	Our Sexual Bodies	47
The 2010 National Survey of Sexual Health and Behavior	20	Study Guide 48	
Scientific Methodology	20	3 Hormones and Sexuality	51
Surveys and Samples	20	The Endocrine System	52
An Example of Problems in Survey Studies: What Do “Sex,” “Had Sex,” and “Sexual Relations” Mean?	21	The Menstrual Cycle	53
Correlation	22	Preovulatory Phase (Days 5 to 13)	54
Direct Observation	22	Ovulation (Day 14)	54
Case Studies	22	Postovulatory Phase (Days 15 to 28)	54
Experimental Research	23	Menstruation (Days 1 to 4)	55
Sexuality Education	23	Length of the Menstrual Cycle	56
The History of Sex Education in the United States	23	Relationships Between the Menstrual Cycle, Pheromones, and Sexual Desire	56
Debates Over the Curriculum	23	Regulation of Male Hormones	57
Study Guide 26	24	Attitudes About Menstruation	58
2 Our Sexual and Reproductive Anatomy	28	Historical Attitudes	58
External Female Anatomy	29	BOX 3-A Cross-Cultural Perspectives: Menstrual Taboos Versus Menstrual Celebrations	59
The Mons Veneris	30	Contemporary Attitudes	60
The Labia	31		
The Clitoris	32		
The Vaginal Opening	32		

Menstrual Problems	61	Sexuality and People with Disabilities	95
Amenorrhea	62	Attitudes About Sex and Disability	95
Premenstrual Syndrome (PMS)	62	Dealing with Injuries and Impairments	96
Dysmenorrhea	63	Study Guide 97	
Heavy Bleeding (Menorrhagia)	63		
Endometriosis	64	5 Sexually Transmitted Infections and Sexually Related Diseases	100
Toxic Shock Syndrome (TSS)	64	What Are They, Who Gets Them, and Where Did They Come From?	101
Menstrual Suppression: A Cure or More Negativity?	64	Gonorrhea	102
Hormones and Sexual Desire	65	Symptoms and Complications	102
BOX 3–B Sexuality and Health: Anabolic Steroids	66	Diagnosis and Treatment	104
Study Guide 67		Chlamydia and Nongonococcal Urethritis	104
4 Similarities and Differences in Our Sexual Responses	70	Symptoms and Complications	104
Sexual Responses: Types and Measurement	71	Diagnosis and Treatment	105
Sexual Desire	71	Pelvic Inflammatory Disease (PID) in Women: A Likely Consequence of Untreated Chlamydia or Gonorrhea	105
Sexual Arousal	72	Syphilis	105
Sexual Activity	73	Symptoms and Complications	105
Sexual Affect and Cognitions	73	Diagnosis and Treatment	107
Models of Sexual Response	73	Other Bacterial STIs	107
Men’s Sexual Response: The Five-Phase Linear Model	75	Mycoplasma Genitalium	107
Sexual Desire	75	Less Common Bacterial STIs	107
Excitement (Arousal)	76	Herpes	108
Plateau	77	Prevalence	109
Orgasm	77	Symptoms—Primary Attack	109
Resolution	78	Recurrent Attacks	109
Women’s Sexual Response Cycle	79	Asymptomatic and Unrecognized Infections	109
Sexual Desire	80	Serious Complications	110
Excitement (Arousal)	80	Diagnosis and Treatment	110
Plateau	81	The Personal Side of Herpes	110
Orgasm	82	Hepatitis	111
Resolution	82	Hepatitis A	111
Continuing Questions and Controversies About Orgasms	83	Hepatitis B	111
Are All Women Capable of Orgasm During (Heterosexual) Sexual Intercourse?	83	Hepatitis C	111
What Is the Purpose of the Female Orgasm?	84	Genital Human Papillomavirus Infection	112
How Many Types of Female Orgasm Are There?	85	Genital Warts	112
Do Women Ejaculate During Orgasm?	86	Cancer	113
Can Men Have Multiple Orgasms?	87	Vaccination as a Preventative Measure	113
BOX 4–A Cross-Cultural Perspectives: Female Genital Mutilation or Cutting	88	Other Viral Infections: Molluscum Contagiosum and Zika	114
Penis Size: Does It Matter?	90	Molluscum Contagiosum	114
Historical Perceptions	90	Zika Virus	114
Contemporary Attitudes	90	HIV Infection and AIDS	114
Comparisons of Size When Fully Erect	92	HIV and the Body’s Immune System	115
Enhancement Techniques	92	Progression of HIV Infection	115
Do Women Really Care?	93	Where and When Did Human Immunodeficiency Virus Originate?	116
Aphrodisiacs: Do They Affect Sexual Response?	93	How Is HIV Spread?	116
Alcohol	94	Who Has HIV/AIDS?	117
Drug Use	94	The Human Side of AIDS	117
Natural Products	94		
Pheromones	94		

BOX 5–A Cross-Cultural Perspectives/Sexuality and Health: AIDS in Africa	118	The IUD	148
Testing for HIV	119	Hormone Implants	149
Treatment for HIV/AIDS: Hope and Limitations	119	Long-Term Versus Short-Acting Contraception	149
Prevention of HIV Infection	120	Voluntary Sterilization	149
Public Reactions to AIDS	120	Vasectomy	149
Parasitic Infestations	120	Tubal Ligation	150
Vaginal and Bladder Infections	122	Complications	151
Trichomoniasis (Trichomonas Vaginalis Infection)	122	Can Sterilizations Be Reversed?	151
BOX 5–B Sexuality and Health: Vaginal Health Care	123	BOX 6–A Sexuality and Health: Contraceptive Methods That Help Prevent Sexually Transmitted Infections	151
Moniliasis (or Candidiasis)	123	Future Technology	152
Bacterial Vaginosis	124	Female-Controlled Barrier Methods	152
Cystitis	124	Vaccination	152
Practicing Safer Sex	124	Legal Concerns	153
BOX 5–C Sexuality and Health: Impediments to Practicing Safer Sex	125	Terminating Pregnancies: Abortion	153
What to Do and Where to Go If You Think You May Have an STI	126	The Present Status and Future of Abortion in the United States	154
Positive Sexuality in the Era of AIDS	127	Choosing a Contraceptive Method	155
Study Guide 128		Study Guide 156	
6 Birth Control	131	7 Pregnancy and Childbirth	159
World Population	132	Conception and Implantation	160
U.S. Births and Use of Birth Control	132	Problems with Implantation	162
Teenage Pregnancy Rate	133	Pregnancy	162
Prevailing Attitudes Toward Birth Control	134	The First Trimester—The Mother	162
Evaluating Birth Control Methods	134	The First Trimester—The Embryo/Fetus	163
Contraceptive Myths and Relatively Ineffective Methods	136	The Second Trimester—The Mother	163
Contraceptive Myths	136	The Second Trimester—The Fetus	164
Relatively Ineffective Methods	136	The Third Trimester—The Mother	164
Abstinence-Only Sex Education	136	The Third Trimester—The Fetus	165
Lactational Amenorrhea Method	137	Sexual Intercourse During Pregnancy	165
Fertility Awareness: Abstaining from Sex During Ovulation	137	Complications of Pregnancy	167
Calendar Method and Standard Days Method	138	Smoking	168
Billings Method (Cervical Mucus or Ovulation Method)	138	Alcohol	168
Symptothermal Method	138	Narcotics (Including Pain Killers)	169
Conclusions	139	Other Drugs	169
Barrier Methods: Preventing Sperm from Meeting the Egg	139	Preeclampsia	169
Male Condoms	139	Rh Incompatibility	170
The Female Condom	141	Detection of Problems in Pregnancy	170
The Diaphragm	142	Fetal Surgery	170
The Cervical Cap and FemCap	143	Miscarriages (Spontaneous Abortions)	171
The Contraceptive Sponge	143	Nutrition and Exercise During Pregnancy	171
Spermicides: Substances That Kill Sperm	144	Preparing for Childbirth	171
Barrier Methods and Spontaneity	144	The Lamaze Method	172
The Pill, Patch, Ring, and Shot	144	The Bradley Method	173
Oral Contraception (the Birth Control Pill)	144	The Leboyer Method	173
The Patch and the Ring	146	Home Birth, Birthing Rooms and Centers, Modern Midwifery, and Doulas	173
Injectable Contraception (“the Shot”)	147	Anesthetics or “Natural” Childbirth?	174
Emergency Contraception	147	Childbirth	175
Long-Acting Reversible Contraception	147	True Versus False Labor	175

Stages of Labor	176	An Example of Evolving Gender Roles:	
Episiotomy	177	The Sexuality of Women	207
Problems with Childbirth	177	Gender Differences in Sexuality	208
Stillbirths and Newborn Deaths	177	Study Guide	209
Breech Births	177	9 Sexual Orientation	213
Placenta Previa	178	Definitions	214
Cesarean Sections and Induced Labor	178	Prevalence of Homosexuality and Bisexuality	214
Preterm Infants	178	Defining Sexual Orientation: Another Look	214
After Childbirth	179	Asexuality	216
Breast-Feeding the Baby	179	Sexual Orientation, Gender Identity,	
Postpartum Depression	179	and Gender Roles	216
Sexual Intercourse After Childbirth	180	The Origins of Sexual Orientation	217
Spacing Pregnancies	181	Psychoanalytic Explanations: Do Parents	
Infertility and Impaired Fecundity	181	Play a Role?	217
Infertility in Men	181	The Effects of Environment	217
Infertility in Women	182	Biological Explanations	217
Assisted Reproductive Technology	184	Conclusions	219
Surrogate Mothers	184	Being Homosexual	219
Delayed Childbearing and Assisted Reproductive		BOX 9–A Cross-Cultural Perspectives:	
Technology	184	Homosexuality in Other Cultures	220
Superfertility	185	Historical Attitudes About Homosexuality	220
Study Guide	185	Sexual Prejudice Today	222
8 Gender Identity and Gender Roles	188	Sexual Identity Development (the “Coming Out”	
Definitions of Gender, Gender Identity,		Process)	224
and Gender Roles	189	Recognizing a Same-Sex Orientation	224
Biological Influences on Gender Identity	189	Getting to Know Other Homosexuals	224
The Role of Chromosomes	189	Telling Others	225
The Role of Hormones	189	Lifestyles and Relations	226
Sexual Differentiation of the Brain	191	Gay Marriage	227
Disorders of Sex Development	191	Gay Parenting	227
Chromosome Disorders	191	Media Portrayal of Homosexuals	227
Hormonal Disorders	192	Can (Should) Sexual Orientation Be Changed?	228
How Many Sexes Are There?	194	Study Guide	229
Attempts to Reassign Sex in Infancy	194	10 Life-Span Sexual Development	232
Gender Incongruence	195	Early Infancy (Ages 0–1)	233
Gender Identity Disorder in Children	195	Early Childhood (Ages 2–6)	233
Gender Incongruence in Adults	196	The Initial School-Age Years (Ages 7–11)	235
Psychological Theories of Gender Identity	198	Puberty (Ages 7–15)	235
Development	198	Changes in Girls	236
Freudian Theory	198	Changes in Boys	237
BOX 8–A Cross-Cultural Perspectives: The Native	198	Precocious and Delayed Puberty	237
American Two-Spirit and Samoan Fa’afafine	198	Sexual Behavior	238
Social Learning Theory	199	Adolescence (Ages 13–17)	238
Cognitive-Developmental Theory	200	Masturbation	239
Gender Role Theories	200	Pattern(s) of Sexual Initiation	239
Gender-Role Development During Childhood	202	Peer Pressure	241
Role of the Media	204	Emerging Adulthood (Ages 18–25)	242
What Causes Developmental Gender Differences?	204	Young Adulthood (Ages 26–39)	243
Adult Gender Roles in the United States:		Marriage	243
Historic Overview	205	Living Together (Cohabitation)	244
Adult Gender Roles Today	205		

Extramarital Sex—In Supposedly Monogamous Marriages 245

Extramarital Sex—Consensual Arrangements 245

Middle Age (Ages 40–59) 246

 Frequency of Sex 247

 Female Sexuality: Physical Changes with Age 248

BOX 10–A Cross-Cultural Perspectives: Menopause in Different Cultures 250

 Male Sexuality: Physical Changes with Age 250

The Elderly Years (Age 60+) 251

Addendum: Talking with Your Children About Sex 253

 Which Parent Should Talk with the Children? 254

 Does Telling Children About Sex Lead Them to Do It? 254

 Why Should I Talk to My Child About Sex? 255

 Will a Single “Birds and Bees” Talk Suffice? 255

 When Should I Start Talking with My Child About Sexuality? 255

 What Should I Tell My Children About AIDS and Other STIs? 256

 How Detailed Should Sex Discussions Be? 256

 What If I Feel Embarrassed? 257

 How Should I Talk with My Child? 257

 What About Morals? Aren’t They Important Too? 258

 Can My Behavior Affect My Child’s Attitudes and Behavior? 258

 How Do I Know If I Have Succeeded? 259

Study Guide 259

11 Adult Sexual Behaviors and Attitudes 262

What Is Normal? 263

Masturbation 264

 Attitudes About Masturbation 264

 Incidence of Masturbation 267

 Methods of Masturbation 268

 Functions of Masturbation 269

BOX 11–A Cross-Cultural Perspectives: Ethnic Differences in Sexual Behavior 269

Sexual Fantasies 271

Sexual Intercourse 273

 Frequency and Duration 273

 Coital Positions and Locations 274

BOX 11–B Cross-Cultural Perspectives: Sexual Intercourse 276

Oral-Genital Sex 279

Anal Sex 281

Preferred Sexual Behaviors 283

The Sexually Healthy Person 283

Laws Against Consensual Sex 284

BOX 11–C Cross-Cultural Perspectives: Illegal Sex Around the World 285

Study Guide 286

12 Love and Relationships 289

A Brief History of Love 290

Robert Sternberg’s Triangular Theory of Love 292

John Lee’s “Colors of Love” Theory 293

 The Primary Colors 293

 The Secondary Colors 294

 Finding a Good Match 295

BOX 12–A Find Your Love Style: The Love Attitudes Scale 296

 Which Theory Is Correct? 297

Passionate Love—What It Means to Be in Love 297

 How Do I Know If I’m Really in Love? 299

BOX 12–B Cross-Cultural Perspectives: Love and Marriage 300

Companionate Love—What It Means to Love 301

The Biochemistry of Love 302

What Initially Attracts Us to Someone? 303

 Desirable Characteristics 303

 Moderate Sexual Experience 304

 Physical Appeal 304

 Similarity and Receptivity 304

How Do Relationships Develop, and What Keeps Them Alive? 305

Prerequisites for Love: Becoming a Better Partner 306

 Accept Yourself 306

 Accept Your Partner 306

 Communicate Positively 307

 Embrace Change 308

 Stay Engaged 309

 Trust Each Other 309

Ending a Relationship 310

 Coping with Breakups 310

Study Guide 311

13 Sexual Problems and Therapy 315

Sexual Problems Are Common 316

Individual Differences and Interpersonal Difficulties 316

 Different Expectations About Sexual Interactions 316

 Different Assumptions About Male and Female Sexuality 317

 Differences in Desired Frequency of Sex 318

 Differences in Preferred Sexual Behaviors 318

 Interpersonal Conflict and Relationship Distress 319

Sexual Therapy 319

Components of Sexual Therapy 320

 Medical History 321

 Sexual History 321

 Educational Information 321

 Sensate Focus 321

 Specific Exercises 322

Classification of Sexual Disorders	322	Pedophilia	358
Male Sexual Disorders	323	Fetishism, Transvestism, and Related Paraphilias	359
Hypoactive Sexual Desire	324	Fetishism	359
Erectile Disorder	325	Transvestism	360
Premature Ejaculation	328	Related Fetish-Like Paraphilias	362
Male Orgasmic Disorder	329	Sadomasochism	364
Sexual Pain Disorders	330	Differentiating Between Mild Sadomasochistic Sex Play and Sadism or Masochism	365
Female Sexual Disorders	330	The BDSM Subculture	365
Female Sexual Interest/Arousal Disorder	331	Other Paraphilias	367
Female Orgasmic Disorder	332	What Causes Paraphilias?	367
Sexual Pain Disorders	334	Why Are Paraphilias/Paraphilic Disorders More Common Among Men?	368
Postcoital Dysphoria	336	Therapy	369
Hypersexuality: Addiction, Compulsion, or Myth?	336	Study Guide 370	
Concluding Thoughts	339		
BOX 13–A Cross-Cultural Perspectives: Sexual Therapy			
Addendum: Talking with Your Partner About Sexual Differences and Problems	339	15 Sexual Victimization: Rape, Coercion, Harassment, and Abuse of Children	374
Why Is It Difficult to Talk About Sex?	340	Sexual Assault	375
How Can My Partner and I Get Used to Talking About Sex?	340	Rape	375
What If I Am Uncomfortable with the Language of Sex—What Words Should I Use?	341	Prevalence of Rape	376
When (and Where) Should I Try to Talk to My Partner?	341	Other Statistics	376
How Should I Approach My Partner with Concerns About Our Sexual Relationship?	341	Types of Rape	378
What If I Think That My Partner Is to Blame—Can I Ever Complain?	341	Stranger, Acquaintance, and Date Rape	378
How Should I Express My Needs and Desires?	341	Sexual Coercion	380
How Can I Find Out About My Partner’s Desires and Needs?	342	Marital (Intimate Partner) Rape	382
Is Listening Important? If So, How Can I Become a Better Listener?	342	Gang Rape	383
Is It Possible to Communicate Nonverbally?	342	Statutory Rape	385
Dealing with Anger and Conflict: An Example	342	Same-Sex Rape and Coercion	385
What If We Cannot Agree?	342	Can a Man Be Raped (Sexually Assaulted) by a Woman?	386
Study Guide 346	343	BOX 15–A Cross-Cultural Perspectives: Sexual Assault Around the World	387
14 Paraphilias and Sexual Variants	344	Factors Associated with Rape	388
What Makes a Sexual Behavior “Unusual” or “Abnormal”?	344	Personal Factors	388
BOX 14–A Cross-Cultural Perspectives: Sexual “Normality” and “Abnormality” Around the World	344	Interpersonal Factors	390
Sexual Variants, Paraphilias, and Paraphilic Disorders: An Important Distinction	346	Environmental (Social and Cultural) Factors	390
Prevalence and Co-Occurrence of Paraphilias	346	Putting All the Factors Together	392
The Courtship Disorders	349	Rape Myths	393
Voyeurism	350	Myth 1: Women Who Are Raped Usually Provoked the Attack by Their Dress and Behavior.	393
Exhibitionism	351	Myths 2 and 3: Women Subconsciously Want to Be Raped; No Woman Can Be Raped if She Truly Does Not Want to Be.	394
Telephone Scatologia	351	Myth 4: Women Frequently Make False Accusations of Rape.	394
Frotteurism	351	Reactions to Rape	395
	353	By the Victim	395
	353	By Significant Others	396
	354	What Happens When a Rape Is Reported?	397
	355	BOX 15–B Sexuality and Health: Sexual Victimization, Pregnancy, and STIs	397
	357	Preventing Rape	398
	357		

Sexual Harassment	398	Pornography Consumption: Trends, Attitudes, and Motives	432
Definition	399	The Effects of Pornography	433
Types of Harassment	399	Pornography and Sexual Arousal	435
Sexual Harassment of Students	400	Pornography and Risky Sexual Behavior	436
Stalking and Unwanted Sexual Attention	402	Pornography and Psychological Well-Being	436
How to Deal with Sexual Harassment	403	Pornography and Relationship Well-Being	436
Sexual Abuse of Children	403	Pornography and Sexual Assault	437
What Is Child Sexual Abuse?	404	Pornography and Rape-Supportive Attitudes	437
Who Molests Children?	404	Pornography and Self-Reported Sexual Assault	437
Female Perpetrators of Child Sexual Abuse	407	Pornography and Actual Physical Aggression	438
Child Pornography	408	Continuing Controversies About Pornography	439
Effects of Child Sexual Abuse	409	Prostitution	440
Recovered (False?) Memory Syndrome	410	A Brief History of Prostitution	440
Incest	411	Defining Prostitution	442
Incest Between Siblings	411	Types of Prostitution	443
Parent–Child Incest	412	Street Prostitution	443
BOX 15–C Cross-Cultural Perspectives: Incestuous Inbreeding—A Universal Taboo?	414	Establishment-Based Prostitution	443
Preventing and Dealing with Child Sexual Abuse	415	Outcall Prostitution	445
Prosecution and Treatment Options for Sexual Offenders	416	Male Prostitution	446
Prosecution of Rape	416	Contributing Factors and Outcomes Associated with Prostitution	447
Prosecution of Child Sexual Abuse	417	Who Pays for Sex—and Why?	449
Conviction of Sex Offenders	417	Sex Trafficking	449
Therapy for Rapists	418	Continuing Controversies About Prostitution	452
Therapy for Child Molesters	418	Legal Status	452
Therapy for Victims	419	Prostitution as “Work”	453
Study Guide 419		Other Social Considerations	454
		Does Legalization Work?	454
		Study Guide 455	
16 Selling Sex: Social and Legal Issues	423	Suggested Reading and Resources	459
Sexually Explicit Media: Historical Perspectives	424	Answers	468
Sexually Explicit Media in Contemporary Societies	426	References	476
Sexually Explicit Media and the Role of the Internet	428	Index	516
Pornography and Erotica: What’s the Difference?	429		
BOX 16–A Personal Perspectives: Sculptural Vulvae: Erotic or Pornographic, Artistic or Obscene?	431		



Preface

The many editions of this textbook have been a wonderful journey for me. Unhappy with the leading sexuality textbooks of the 1980s, I began work on my own book in 1985 resulting in two classroom testing versions coauthored with Cameron Camp. The first edition published by Prentice Hall appeared in late 1990, and I was the sole author for editions two through seven. I have always believed that a human sexuality book should be not only factual and thorough but also readable and interesting. My writing style is purposely conversational in many places, and the book has always included numerous case studies (most contributed by students) to personalize the coverage of scientific studies.

I am now in my 70s, and thus, for the eighth edition I added Pam Regan as a coauthor. Pam has been an outstanding scholar in the field of sexuality since the 1990s. In addition to her earlier work on the role of hormones, she brings considerable expertise to the book in the areas of relationships, sexual desire, and love. Pam shares my views on the purpose and style of a sexuality textbook. For this current ninth edition, Pam revised Chapters 4 and 11 through 16. I am turning the book over to Pam for the next edition but hope to continue to contribute wherever I can.

There has never been a greater need for comprehensive human sexuality education. Compared to many other nations, the United States has very high rates for sexually transmitted infections and teenage pregnancies, yet it is rare that, at the beginning of a semester, more than 30% of the students indicate that they have ever had a meaningful discussion with their parents about sexuality. As a result, there is much ignorance and misinformation about the topic (King, 2012). Unfortunately, a lot of information has been presented in a negative way. While one of our goals is for students to understand the relevant facts in order to make responsible decisions in their daily lives, an equally important goal has been to present the information in a warm, nonthreatening manner that leaves students with positive feelings about sex and their own sexuality.

—Bruce King

New in the Ninth Edition

Each chapter in this new edition contains the latest data and research findings. In addition, here is a detailed list of additions and updates:

Chapter 1. Why a Course in Human Sexuality?

- Condensed section “What Influences Our Attitudes About Sexuality Today”

- Extensively revised section “Sexuality Education”

Chapter 2. Our Sexual and Reproductive Anatomy

- Correlated Learning Objectives more closely with chapter

Chapter 3. Hormones and Sexuality

- Moved section “Regulation of Male Hormones” based on reviewer suggestions
- Rearranged and added Learning Objectives
- Updated coverage with new research and citations

Chapter 4. Similarities and Differences in Our Sexual Responses

- Expanded discussion of types and measurement of sexual responses; updated presentation of male and female sexual response cycles
- Expanded discussion of female genital mutilation
- Updated depiction of linear sexual response cycle to include five phases

Chapter 5. Sexually Transmitted Infections and Sexually Related Diseases

- Updated content with new research and citations
- Streamlined HIV/AIDS section
- New graph showing worldwide HIV cases and deaths

Chapter 6. Birth Control

- Condensed sections on birth and abortion
- Updated figures and tables to include latest statistics

Chapter 7. Pregnancy and Childbirth

- New images throughout

Chapter 8. Gender Identity and Gender Roles

- Several new images throughout
- Updated coverage of gender identity disorder and gender incongruence
- Updated information on gender roles

Chapter 9. Sexual Orientation

- Updated research on prevalence of homosexuality and bisexuality
- Updated research on attitudes toward marriage and parenting

Chapter 10. Life-Span Sexual Development

- Updated research on puberty and hormone therapy
- Updated statistics on sexual behavior of teenagers

Chapter 11. Adult Sexual Behaviors and Attitudes

- Updated research and citations throughout
- New table on sexual behaviors of U.S. men by self-identified sexual orientation

Chapter 12. Love and Relationships

- Updated research and citations throughout
- New table on styles of loving

Chapter 13. Sexual Problems and Therapy

- Revised and updated discussion of sexual problems and treatment
- New information on sexual disorders (DSM and ICD) as well as hypersexuality and sex addiction

Chapter 14. Paraphilias and Sexual Variants

- New discussion of the distinction among sexual variants, paraphilias, and paraphilic disorders
- Updated discussion on BDSM subculture
- New discussion about origins of paraphilias and why they are more commonly observed among men

Chapter 15. Sexual Victimization: Rape, Coercion, Harassment, and Abuse of Children

- Reorganized discussion of and updated research on sexual assault/victimization
- New section on the personal, interpersonal, and social factors implicated in sexual assault victimization and perpetration

Chapter 16. Selling Sex: Social and Legal Issues

- Expanded discussion of sexually explicit media and the Internet, as well as a detailed exploration of the distinction among pornography, erotica, and obscenity
- Extensively revised and expanded throughout to include research exploring the link between pornography viewing and personal well-being, relationship satisfaction, and sexual violence
- Significantly revised sections on prostitution and sex trafficking
- New discussion of the legal status of prostitution around the world as well as the contributing factors and personal and social consequences of sex work

Revel™

For the first time, the ninth edition of this text is available in Revel—educational technology designed for the way today’s students read, think, and learn. When students are engaged deeply, they learn more effectively and perform better in their courses. This simple fact inspired the creation of Revel. Built in collaboration with educators and students nationwide, Revel is the newest, fully digital way to deliver respected Pearson content.

Revel enlivens course content with media interactives and assessments—integrated directly within the authors’ narrative—that provide opportunities for students to read about and practice course material in tandem. This immersive educational technology boosts student engagement, which leads to better understanding of concepts and improved performance throughout the course.

Human Sexuality Today, 9e features many of the dynamic interactive elements that make Revel unique. In addition to the rich narrative content, *Human Sexuality Today* includes the following:

- Audio recordings of the text narrative help students who prefer to listen to the narrative to better absorb the content.
- Videos reinforce concepts, provide additional information, and keep students fully engaged.

- Key terms with pop-up inline definitions allow students to see the meaning of a word or phrase while reading the text, providing context.
- Hands-on, interactive activities connect students in an immediate and personal way, helping to improve their understanding and retention of the content.
- Practice exercises and key term flashcards aid with study and retention.
- Graded multiple-choice end-of-module and end-of-chapter quizzes test students' knowledge and comprehension.
- Journal prompts provide ample opportunity for students to write about topics and concepts and further explore themes presented in the chapter.
- Shared Writing prompts provide peer-to-peer feedback in a discussion board, facilitating the development of critical thinking skills and helping to foster collaboration

Learn more about Revel at www.pearsonhighered.com/revel/.

Features of the Ninth Edition

Human Sexuality Today includes the following pedagogical features:

- **Special sections on “Cross-Cultural Perspectives” and “Sexuality and Health”** are presented throughout the book to provide students with a global perspective and to familiarize them with the impact of cultural and ethnic factors.
- **End-of-chapter Study Guides featuring interactive reviews and true/false, matching, and fill-in-the-blank questions** provide students with self-contained, self-assessment tools (answers are provided at the end of the book).
- **Learning Objectives at the beginning of each chapter, boldfaced key terms, and marginal glossaries** provide students with tools to help them focus and build their understanding of the material.
- **Numerous case histories provided by students** draw students into the content and make the material more relevant.

Supplements

INSTRUCTOR'S MANUAL AND TEST BANK Thoroughly updated to reflect the new research included in this edition. The Test Bank, prepared by the authors, Bruce M. King and Pamela C. Regan, contains between 75 and 100 test questions per chapter. The Instructor's Manual

and Test Bank are available to adopters at www.pearsonhighered.com.

MYTEST The Pearson MyTest is a powerful assessment-generation program that helps instructors easily create and print quizzes and exams. Questions and tests can be authored online, allowing instructors ultimate flexibility and the ability to efficiently manage assessments anytime, anywhere. For easy access, this software is available via www.pearsonhighered.com.

POWERPOINT PRESENTATION This completely revised PowerPoint presentation has been created specifically for the ninth edition and incorporates text art and outlines key points for each text chapter. The PowerPoint presentations are available to adopters at www.pearsonhighered.com.

Acknowledgments

Bruce King thanks his wife, Gail, without whose support this book would never have been possible. Pam Regan thanks her parents, Jim and Deborah, for their continued support and Bruce for inviting her to collaborate on this book.

Our sincere appreciation and thanks to the following colleagues for their valuable input and constructive feedback in reviewing the ninth edition of this book:

Mara Aruguete, Lincoln University
 Dr. Trisha Bellas, Irvine Valley College
 Nicholas Fernandez, El Paso Community College
 Kym Long-Wallace, the College of Charleston
 Dena R. Mullins, Ball State University
 Sangeeta Singg, Angelo State University

Thanks to everyone who reviewed previous editions. For the first edition, Susan Graham-Kresge, University of Southern Mississippi; Kendra Jeffcoat, Palomar College; Deborah R. McDonald, New Mexico State University; Ken Murdoff, Lane Community College; Janet A. Simons, University of Iowa; and Janice D. Yoder, University of Wisconsin–Milwaukee. For the second edition, Kendra Jeffcoat, Palomar College; Deborah R. McDonald, New Mexico State University; Ken Murdoff, Lane Community College; and Janet A. Simons, University of Iowa. For the third edition, Donna Ashcraft, Clarion University of Pennsylvania; Robert Clark/Labeff, Midwestern State University; Betty Dorr, Fort Lewis College; and Priscilla Hernandez, Washington State University. For the fourth edition, Nanette Davis, Western Washington University; Xiaolin Xie, Cameron University; Betty Dorr, Fort Lewis College; Carrie Yang Costello, University of Wisconsin–Milwaukee; Lillian Rosado, New Jersey City University; and Judith A. Reitan, University of California, Davis. For the fifth edition, Bob Hensley, Iowa State University; Sonia Ruiz, California State University, San Marcos; Patricia A. Tackett, San Diego State University; and Mary Ann Watson, Metropolitan State College of Denver. For the sixth edition: Elizabeth Amaya-Fernandez, Montclair State University;

Tony Foster, Kingwood College; Debra L. Golden, Grossmont College; Dawn Graff-Haight, Linfield College; Katherine Helm, Lewis University; Suzy Horton, Mesa Community College; Judith Stone, SUNY Suffolk; Mary Ann Watson, Metropolitan State College of Denver; and Edward Zalisko, Blackburn College. For the seventh edition: Scott Arcement, Canyon College of Idaho; Helen Benn, Webster University; Sheryl Buotte, Tri-Country Technical College; Christopher Ferguson, Texas A&M International University; Jennifer Myers, University of North Carolina, Wilmington; Kendra Ogletree, University of South Carolina; Staci Simmelink-Johnson, Walla Walla Community College; and Kevin Sumrall, Lone Star College–Montgomery. For the eighth edition: Christine Beyer, Coastal Carolina University; Marianne Jennifer Brougham, Arizona State

University; Jennifer Dale, Community College of Aurora; Traci Elliott, Alvin Community College; Debra Golden, Grossmont College; Nicholas Grosskopf, York College of the City University of New York; Lauren Polvere, Clinton Community College; Katherine K. Rose, Texas Woman's University; Kym Long-Wallace, the College of Charleston; and Carol Weisfeld, University of Detroit Mercy.

Finally, we cannot thank enough the thousands of students who provided us with chapter reviews and/or case histories. This book was written with students in mind. We hope it helps them to lead healthier, happier, and more fulfilling lives.

Bruce M. King
Pamela C. Regan

About the Authors



Bruce M. King

Bruce M. King received a B.A. in psychology from UCLA in 1969 and a Ph.D. in biopsychology from the University of Chicago in 1978. He taught for 29 years at the University of New Orleans and is presently in the Department of Psychology at Clemson University. He has taught human sexuality to over 60,000 students. In addition to conducting research in

the field of human sexuality, he has published numerous papers in peer-reviewed journals on the biological basis of feeding behavior and obesity and has coauthored a textbook on statistics (B. M. King, P. J. Rosopa, & E. W. Minium, *Statistical Reasoning in the Behavioral Sciences*, 6th ed., John Wiley & Sons, 2011). Dr. King is a Fellow in the Association for Psychological Science, the American Psychological Association, and the International Behavioral Neuroscience Society. He shared his thoughts about 30-plus years of teaching human sexuality in an article published in *American Journal of Sexuality Education* (2012, vol. 7, pp. 181–186). In 2017, Dr. King authored a paper on the prevalence of human sexuality and gender/women's studies courses in U.S. higher education (*Health Behavior and Policy Review*, vol. 4, pp. 213–223).



Jim Lyle

Pamela Regan is Professor of Psychology at California State University, Los Angeles. She received her Ph.D. in Psychology with a supporting program in Statistics from the University of Minnesota and her undergraduate degree in English from Williams College. Her research interest is in the area of interpersonal relationships, with an emphasis on passionate love,

sexual desire, and mate preference. She has published more than 100 journal articles, book chapters, and reviews (and has given over 75 professional presentations) on the dynamics of sex, love, and human mating, and she is the author of *Close Relationships* (Routledge, 2011) and *The Mating Game: A Primer on Love, Sex, and Marriage* (Sage, 2017) and the coauthor (with Ellen Berscheid) of *The Psychology of Interpersonal Relationships* (Pearson, 2005) and *Lust: What We Know About Human Sexual Desire* (Sage, 1999). In 2007, she was honored with the Outstanding Professor Award by her university for excellence in instructional and professional achievement.

