Preface

There are more things in heaven and earth, Horatio, Than are dreamt of in your philosophy.
—Shakespeare, Hamlet

There are indeed more kinds of people in this world, and more ways in which people experience their sexuality, than most of us might imagine. Human sexuality may be intimately related to human biology, but it is embedded within the fabric of human cultures and societies. The approach that has separated *Human Sexuality in a World of Diversity* from other human sexuality textbooks is its full embrace of the richness of human diversity.

We would like to begin by discussing what has changed in the ninth edition, including new features. We will introduce the unique themes of our text, which represent continuing concerns in the realm of human sexuality. We will also review the supplements and media that accompany the text, which were carefully selected to engage students and enrich the learning process.

**What’s New in the Ninth Edition**

The ninth edition of *Human Sexuality in a World of Diversity* embodies many exciting changes—changes that reflect the rapid developments in the behavioral and social sciences, and in biology and medicine. In addition to what is listed in the following sections, there are literally hundreds of new references throughout the text that reflect the newest research in the field of human sexuality. No part of the text has been left untouched by change. The following are just a few examples of updates within chapters.

**CHAPTER 1**

*New:* List of biblical sexual prohibitions of Leviticus
*New:* Results from the 2011 National Survey of Sexual Health
*New:* Update on erotic plasticity
*New:* My Life, My Sexuality: Talking Critically about Sexual Advice on the Internet—Are there any Quick Fixes?

**CHAPTER 2**

*Updated:* Coverage of National Surveys of Family Growth (NSFG)
*Updated:* Coverage of objective and subjective approaches to measurement of sexual arousal: “What Does a Woman Want?”
*Updated:* Coverage of effectiveness of Viagra with women
*New:* My Life, My Sexuality: Thinking about Research Methods in Human Sexuality

**CHAPTER 3**

*Updated:* Coverage of female genital mutilation
*Updated:* Coverage of cervical cancer, especially screening and treatment results at various stages
*Updated:* Coverage of risk factors for, and prevention of, endometrial cancer
*Updated:* Coverage of risk factors for ovarian cancer
*Updated:* Coverage of risk factors for breast cancer and the cost-benefit considerations of mammography
*Updated:* Coverage of menstrual problems
*New:* My Life, My Sexuality: Taking Charge of my Sexual Health

**CHAPTER 4**

*Updated:* Coverage of the controversies surrounding circumcision
*Updated:* Coverage of prostate cancer, including risk factors and new screening guidelines
*New:* My Life, My Sexuality: What do I Know about my Health Needs?

**CHAPTER 5**

*Updated:* Coverage of the role of body odor in sexual attraction
*Updated:* Coverage of use of alcohol and sexual response
*Updated:* Coverage of sex hormones and sexual response
*New:* Coverage of female orgasm in response to exercise (“coregasm”)
*New:* My Life, My Sexuality: What Role do Vision and Smell Play in Sexually Arousing me?*
CHAPTER 6
New: Vignette about the experiences of a transgendered woman: Jayne Thomas
Updated: Coverage of factors in gender identity
Updated: Coverage of cognitive gender differences (and similarities)
New: My Life, My Sexuality: Feminine, Masculine or Androgyny? *

CHAPTER 7
New: Vignette about sexual attraction and the color red
Updated: Coverage of possible genetic contributions to gender differences in preferences for mates
Updated: Coverage of the attraction–similarity hypothesis
New: My Life, My Sexuality: What do you Think you Should be Thinking about when in the Market for a Long-Term Relationship?

CHAPTER 8
New: Coverage of online dating’s role in matchmaking
Updated: Coverage of jealousy and evolutionary theory
New: Coverage of the cognitive perspective on jealousy
New: My Life, My Sexuality: Communication Skills for Enhancing Relationships and Sexual Relations—How To Do It

CHAPTER 9
New: Update on demographic factors and masturbation
New: Coverage of women’s and men’s beliefs about the use of vibrators
New: Coverage of demographic factors and frequency of marital sex
New: My Life, My Sexuality: What Would you do with Whom?

CHAPTER 10
Updated: Discussion of the classification of sexual orientation
Updated: Polls relating demographic factors to self-identification as LGBT

CHAPTER 11
Updated: Discussion of attraction of sperm to odor resulting from changes in calcium ions
Updated: Discussion of male and female fertility problems, including causes and methods of treatment
New: Feature on LGBT family building
Updated: Discussion of the effects of use of marijuana, alcohol, and cigarettes during pregnancy
New: Update on the prevalence of C-sections
New: Discussion of global fertility rates
New: Update on factors in global maternal and infant mortality
New: Update on factors in, and benefits (and risks) of, breastfeeding
New: My Life, My Sexuality: Selecting an Obstetrician

CHAPTER 12
Updated: Information on the effectiveness, benefits, and risks associated with methods of contraception
New: Discussion of the revived interest in the IUD
New: Feature on errors in using condoms
Updated: Coverage of global sex selection through abortion of female embryos
Updated: Polls concerning U.S. attitudes toward abortion
New: My Life, My Sexuality: Talking with your Partner and Contraception

CHAPTER 13
Updated: Coverage of the effects of co-sleeping with children
Preface

Updated: Coverage of the ways in which children and adolescents learn about sex

Updated: Coverage of “sexting”

New: Update on the (declining) incidence of sexual intercourse among teenagers

Updated: Information on teenagers’ use of contraception, attitudes toward their first sexual experience, and reasons for not having sex

New: Update on the declining incidence of teenage pregnancy—and why

New: Coverage of demographic factors and geographic location in teenage pregnancy

New: My Life, My Sexuality: Talking with your Children about Sex

CHAPTER 14

New: Update on median age at first marriage

New: Update on lifestyles associated with being single

New: Coverage of factors in “sexual hookups”

New: Update on increasing incidence of cohabitation and of high school seniors’ attitudes toward cohabitation

New: Update on the declining incidence of marriage—and why

New: Coverage of high school seniors’ attitudes toward marriage

New: Coverage of intermarriage—“marrying out” versus “marrying in”

Updated: Coverage of factors in marital satisfaction

Updated: Coverage of factors that increase and decrease the incidence of divorce

New: My Life, My Sexuality: Making Decisions about Your Style of Life

CHAPTER 15

Updated: Terminology and definitions for certain sexual dysfunctions, according to changes in the DSM (DSM-5)

Updated: Discussion of biological factors in sexual dysfunctions

Updated: Discussion of biological treatments for sexual dysfunctions

New: My Life, My Sexuality: Finding a Qualified Sex Therapist

CHAPTER 16

Updated: Discussion of trends in the incidence of sexually transmitted infections (STIs)—the latest findings from the CDC’s STI Surveillance

Updated: Discussion of geographical factors in rates of syphilis, chlamydia, and other STIs

Updated: Discussion of ethnicity and infection by HIV

New: Diversity feature on whether use of hormonal methods of contraception is increasing the risk of being infected with HIV in sub-Saharan Africa

Updated: Discussion of human papilloma virus and its links to cancer in both women and men

New: My Life, My Sexuality: Talking with your Partner about STIs

CHAPTER 17

Updated: Discussion of the meaning of normal versus deviant sexual behavior

Updated: Discussion of cybersex addiction

New: Discussion of the new DSM-5 category, hypersexual disorder

New: My Life, My Sexuality: How to Respond to an Exhibitionist

CHAPTER 18

New: Vignette about the Penn State scandal involving Jerry Sandusky and Joe Paterno

Updated: Information on the incidence of rape

New: Information about violence committed by intimate partners

New: Update on the incidence of childhood sexual abuse

New: My Life, My Sexuality: Rape Prevention

CHAPTER 19

New: Vignette about the scandal involving secret service agents and prostitutes in Columbia

Updated: Information about the various kinds of prostitutes, female and male

New: Increased discussion of whether prostitution is harmful to prostitutes and whether prostitution should be legalized throughout the United States

New: My Life, My Sexuality: Developing Self Control to Avoid Use of Commercial Sex Outlets
The Themes of Human Sexuality in a World of Diversity

The ninth edition of *Human Sexuality in a World of Diversity* builds on the strong themes for which it has come to be known:

1. The rich diversity found in gender roles, sexual attitudes, and sexual behaviors and customs
2. Critical thinking
3. Making responsible sexual decisions
4. Sexual health

**Theme 1: Human Diversity**

Colleges and universities are undertaking the mission of broadening students’ perspectives so that they will appreciate and tolerate human diversity. The United States is a nation of hundreds of different ethnic and religious groups, many of which endorse culturally distinctive beliefs about appropriate gender roles for men and women, and distinctive sexual practices and customs. Diversity is even greater within the global village of the world’s nearly 200 nations and the subcultures of those nations. *Human Sexuality in a World of Diversity* incorporates a multicultural, multiethnic perspective that reflects the diversity of sexual experience in our society and around the world. Our book thereby broadens students’ understanding of the range of cultural differences in sexual attitudes and behavior worldwide and within our own society.

In addition, the “A World of Diversity” feature highlights the rich variety of human sexual customs and practices in our own society and in others around the world. Discussion of diversity encourages respect for people who hold diverse beliefs and attitudes. We also encourage students to question what is deemed appropriate for women and men in terms of social roles and sexual conduct in light of cultural traditions and standards.

**Theme 2: Critical Thinking**

Colleges and universities in the new millennium are also encouraging students to become critical thinkers. Today’s students are so inundated with information about gender and sexuality that it can be difficult to sort truth from fiction. Not only do politicians, theologians, and community leaders influence our gender- and sex-related attitudes and behaviors, but newspapers, TV programs, the Internet, and other media also brim with features about gender roles and issues concerning human sexuality.

Critical thinking means being skeptical of information that is presented in print or on the Internet, or uttered by authority figures or celebrities. Critical thinking requires thoughtful analysis and probing of the claims and arguments of others in light of evidence. Moreover, it requires a willingness to challenge conventional wisdom and common knowledge that many of us take for granted. It means scrutinizing definitions of terms, evaluating the premises or assumptions that underlie arguments, and examining the logic of arguments.

Throughout this book we raise issues that demand critical thinking. These issues are intended to stimulate student interest in analyzing and evaluating their beliefs and attitudes toward gender roles and sexuality in light of the accumulated scientific evidence. Moreover, this new edition fosters critical thinking through a section called “Thinking Critically about Human Sexuality” in Chapter 1, and by including “Critical Thinking” questions throughout each chapter.

**Theme 3: Responsible Sexual Decision Making**

We also encourage students to make responsible sexual decisions. There are psychological and physical dangers in “going with the flow” or being passive about one’s sexuality. Of course we do not encourage students to be sexually active (such a decision is personal). On the other hand, we do encourage students to make their own sexual decisions actively, on the basis of accurate information.

Decision making is deeply intertwined with individuals’ sexual experiences. For example, each person needs to decide

- whom to date, and how and when to become sexually intimate
- whether to practice contraception and which methods to use
- how to protect himself or herself against HIV/AIDS and other STIs

Responsible sexual decision making is based not only on acquiring accurate information but also on carefully evaluating this information in the light of one’s own moral values. We encourage students always to consider their own values, needs, and interests, rather than going along with the crowd or merely acceding to the wishes or demands of their partners. Throughout the text we provide students with the information they need to make responsible decisions about their physical health, the gender roles they will enact, sexual practices, birth control, and prevention of STIs. We also provide students with a unique opportunity to consider their feelings and think critically about their sexual philosophy with our new “My Life, My Sexuality” feature.” We have created a feature for every chapter, all of which can be accessed in MyDevelopmentLab and via QR code.
Theme 4: Sexual Health Human Sexuality in a World of Diversity places a strong emphasis on issues relating to sexual health, including extensive coverage of such topics as HIV/AIDS and other STIs, innovations in contraception and reproductive technologies, breast cancer, menstrual distress, sex and disabilities, and diseases that affect the reproductive tract. The text encourages students to take an active—in fact, a proactive—role in health promotion. For example, the book includes exercises and features that help students examine their bodies for abnormalities, reduce the risk of HIV infection, and cope with menstrual discomfort.

Features

Like earlier editions, the ninth edition of Human Sexuality in a World of Diversity contains various features that stimulate student interest and enhance understanding.

NEW! Learning Objectives Featured at the beginning of each chapter, new learning objectives help guide student reading by identifying main ideas and defining learning goals. These learning objectives appear again in the end of chapter summary, to help reinforce key information. They are also used to organize the Test Bank and Instructor Manual.

NEW! My Life, My Sexuality For every chapter, we have created a new online feature that encourages students to consider their feelings, think critically about their sexual philosophy, and apply what they have learned in the course. These features introduce topics and issues that students will likely face, like how to manage their sexual health or how to build effective communication skills with a partner. Each one of these online features is accompanied by a brief video clip that explores the issue further, as well as critical thinking questions that make it easy to assign. These features are available in MyDevelopmentLab and via QR code. To use QR codes, first download any free QR reader or bar code scanner app from your smartphone or tablet computer.

Real Students, Real Questions What do students know about human sexuality? What are they too embarrassed to ask of professors, peers, or parents? This feature highlights questions, collected from college students from across the country, on any human sexuality topic concerning them—big or small. We then answer their questions. Sample questions include the following:

- One of my breasts is bigger than the other. Is this normal?
- How do you tell someone the relationship is over?
- How can I keep my partner interested in sex? We’ve been together for five years.

A World of Diversity The “A World of Diversity” feature highlights the rich variety of human sexual customs and practices in our own society and in those throughout the world. Viewing human sexuality in a multicultural context helps students better understand how cultural beliefs, values, and attitudes can influence the expression of sexuality. Students may come to understand that their partners, who may not share the same ethnic or religious heritage as themselves, may feel differently than they do about sexual intimacy. Students will learn about cultural differences related to gender roles, sexual orientation, sexual jealousy, and premarital and extramarital sexual patterns.

A Closer Look The “A Closer Look” feature provides in-depth discussions of scientific techniques (for example, “Physiological Measures of Sexual Arousal”) and skill-building exercises (“Breast Self-Examination,” “Self-Examination of the Testes”).

Self-Assessments Self-scoring questionnaires stimulate students’ interest and provide self-insight by helping them satisfy their curiosity about themselves. These questionnaires also enhance the relevance of the text to students’ lives. Examples include “Would You Tell an Interviewer the Truth on a Survey about Your Sexual Behavior? The Social-Desirability Scale” and “Sternberg’s Triangular Love Scale” (which may help students decide whether they are “in love” and, if so, just what type of love they are in). Scoring rubrics are found in the appendix at the end of the text.

Truth or Fiction and Truth or Fiction Revisited These unique chapter-opening devices motivate students by challenging common sense, stereotypes, and folklore. “Truth or Fiction Revisited” sections are interspersed throughout each chapter and provide feedback to students regarding the accuracy of their assumptions in light of the evidence presented in the chapter.

Running Glossary Research shows that most students do not make use of glossaries at the end of books. Searching for the meanings of terms is a difficult task and distracts them from the subject matter. Therefore, Human Sexuality in a World of Diversity has a running glossary. Key terms are in bold type in the text and are defined in the margins near to where they appear. Students can readily find the meanings of key terms without breaking their concentration on the flow of the material.
A Comprehensive Supplements and Media Package

*Human Sexuality in a World of Diversity* presents instructors and students with a wide range of ancillaries and teaching aids.

**INSTRUCTOR RESOURCES**

**MyDevelopmentLab for Human Sexuality** NEW! MyDevelopmentLab for Human Sexuality combines proven learning applications with powerful assessment to engage students, assess their learning, and help them succeed.

**Instructor’s Manual** Updated for the ninth edition, this online instructor’s manual is a wonderful tool for classroom preparation and management. Organized by the same learning objectives that appear throughout the text, each chapter begins with an "at a glance" grid, which makes it easy for instructors to survey the available teaching tools and and find what they need. Each chapter contains a wealth of teaching tips, lecture launchers, discussion questions, activities, and references to online resources, and is hyperlinked to make navigation simple.

**Test Bank** A thoroughly revised and updated test bank helps instructors prepare for exams with challenging questions that target key concepts. Each chapter includes more than 100 questions, including multiple choice, true/false, short answer, and essay, each with a page reference, a difficulty rating, type designation, and reference to the textual learning objective it reinforces. This product is also available in MyTest and BlackBoard/WebCT cartridges for ease in creating exams.

**Powerpoint Presentation** NEW for this edition, we are happy to offer highly visual, designed PowerPoint slides that support instructors in creating dynamic lectures. We also offer simple lecture PowerPoints that are easily modified to suit a variety of teaching styles.

**MyDevelopmentLab Video Series for Human Sexuality** The NEW MyDevelopmentLab Video Series for Human Sexuality engages students and brings course material to life through a wide range of videos, featuring over 125 carefully selected clips. Drawn from a variety of sources including the Associated Press, ABC News, and Science Central, this video series contains the most recent research, science, and applications in human sexuality. Many of the videos are accompanied by media assignments in MyDevelopmentLab that allow instructors to assess student comprehension. For maximum flexibility, the videos are also available for viewing on iPad and iPhone.

**STUDENT RESOURCES**

**MyDevelopmentLab™** NEW! MyDevelopmentLab for Human Sexuality combines proven learning applications with powerful assessment to engage students, assess their learning, and help them succeed.

An individualized study plan for each student, based on performance on chapter pre tests, helps students focus on the specific topics where they need the most support. The personalized study plan arranges content from less complex thinking, like remembering and understanding—to more complex critical thinking skills—like applying and analyzing and is based on Bloom’s taxonomy. Every level of the study plan provides a formative assessment quiz.

Media Assignments for each chapter—including videos with assignable questions—feed directly into the gradebook, enabling instructors to track student progress automatically.

The Pearson eText lets students access their textbook anytime and anywhere, and any way they want, including listening online. With assessment tied to every chapter, students get immediate feedback, and instructors can see what their students know with just a few clicks. Instructors can also personalize MyDevelopmentLab to meet the needs of their students.

The NEW MyDevelopmentLab Video Series for Human Sexuality engages students and brings course material to life through a wide range of videos, featuring over 125 carefully selected clips. Drawn from a variety of sources including the Associated Press, ABC News, and Science Central, this video series contains the most recent research, science, and applications in human sexuality. Many of the videos are accompanied by media assignments in MyDevelopmentLab that allow instructors to assess student comprehension. For maximum flexibility, the videos are also available for viewing on iPad and iPhone.
Acknowledgments

We owe a great debt of gratitude to the many researchers and scholars whose contributions to the body of knowledge in the field of human sexuality are represented in these pages. Underscoring the interdisciplinary nature of the field, we have drawn on the work of scholars in such fields as psychology, sociology, medicine, anthropology, theology, and philosophy, to name a few. We are also indebted to the many researchers who have generously allowed us to quote from their work and reprint tabular material representing their findings. We also thank our professional colleagues who reviewed this text at various stages in its development:

- Michael Bailey, Northwestern University; Keith E. Davis, University of South Carolina; Randy D. Fisher, University of Central Florida; Kam Majer, Glendale Community College; Patricia A. Tackett, San Diego State University; Michael L. Vinson, College of Charleston; and Mark A. Yarhouse, Regent University.

In addition, the following instructors provided invaluable feedback in their reviews. Their comments have contributed substantially to this edition. Several reviewers also supplied anonymous Real Students, Real Questions from their students, for which we are grateful:

- Cindy Arem, Pima Community College; Rebecca L. Bosek, University of Alaska, Anchorage; Ted Coleman, California State University, San Bernardino; Ruth Conrad, Miami Dade College; Nancy P. Daley, The University of Texas at Austin; Darci Dance, Linn-Benton Community College; Dale Doty, Monroe Community College; Mary E. Doyle, Arizona State University; Laura Duvall, Heartland Community College; Steve Ellyson, Youngstown State University; Kathy Erickson, Pima Community College; Debra L. Golden, The Grossmont–Cuyamaca Community College; Jerry Green, Tarrant County College; Tawanda M. Greer, University of South Carolina; Chuck Hallock, University of Arizona; Mark L. Harmon, Reedley College–North Centers; Deborah Kindy, Sonoma State University; Amy Kolodji, Ithaca College; Gloria Lawrence, Wayne State College; Holly Lewis, University of Houston–Downtown; Sonya Lott-Harrison, Community College of Philadelphia; Ana Lucero-Liu, California State University, Northridge; Jason McCoy, Cape Fear Community College; Mary L. Meiners, San Diego Miramar College; Eva Mika, Loyola University Chicago; Ramona M. Noland, Sam Houston State University; Grace Pokorny, Long Beach City College; Jim Pond, Butler Community College; Marilyn Pugh, Texas Wesleyan University, North Texas; Rosalind Shorter, Jefferson Community College; Noam Shpancer, Otterbein University; Bette Speziale, Ohio State University; Virginia Sticinski, Delaware Technical Community College; Dana Stone, Virginia Tech; Virginia Totaro, Virginia Commonwealth University; Mixon Ware, Eastern Kentucky University; Mary Anne Watson, Metropolitan State College of Denver; O’Neal Weeks, Eastern Kentucky University; Steve Weinert, The Grossmont–Cuyamaca Community College; Lester Wright, Western Michigan University; and Brian Zamboni, Health University of Minnesota.

Last, we thank our long-time buddy David McPatchell, Associate Professor of Psychology, Compton Community College—and his students—for providing the heart of many of this edition’s personal stories, including “Real Questions, Real Answers” features. It just would not have been the same without him—and them.

Spencer A. Rathus
Jeffrey S. Nevid
Lois Fichner-Rathus