Guiding Principles for This Class

- Personal Choice and Responsibility
- Authoritative Information
- Acceptance of Your Own Sexuality
- Real-Life Relevancy
- Physical and Emotional Health and Wellness
- Critical Analysis of Research
- Awareness and Respect for Sexual Diversity

“There is a tendency to consider anything in human behavior that is unusual, not well known, or not well understood, as neurotic, psychopathic, immature, perverse, or the expression of some other sort of psychological disturbance.” - Alfred Kinsey

Some Vocabulary

- Gender Identity
- Sexual Orientation

Sex and Emotions

Morals and Values

- What are some of the morals and values you have heard, regarding sex, through the course of your life?
Sex Education and Abstinence Only Education

- **Abstinence-only approach** is based on the idea that teens should resist engaging in any and all sexual activities and should wait until marriage for sexual intimacy.

- **Abstinence-only approach** was the education program funded by the federal government from 2000-2008.

- **Abstinence-only approach** had very mixed results.
  - Inaccurate information.
  - No decrease in teen sexual activity.
  - No decrease in STIs
  - In some places increased teen pregnancy rates.

- **Note:** Teen Pregnancy is Tricky
  - Overall, teen pregnancy is down over 60% since 1991.
  - Recently dropping nearly 10% overall, since 2013.
  - Among sexually active teenagers (15-17) unintended pregnancies increased 300% (from 40/100,000 to 147/100,000).
  - Among sexually active 18 and 19 year olds unintended pregnancies increased 50% (from 108/100,000 to 162/100,000).
  - How do we make sense of this?
Studying Human Sexuality

- Some answers: On average…
  - Males first engage in intercourse at age 18.
  - Females first engage in intercourse at age 17.
  - The most sexually active age group is 31 to 45 year-olds (87 percent).
  - 18 to 30-year olds are not far behind (85 percent).
  - 41 percent of females and 49 percent of males report that they were not sexually active in college.
  - An IUD or Birth Control Implant are the most effective ways to prevent pregnancy.
  - Neither protect against STIs.

Studying Human Sexuality: Surveys

- Self-administered
- Face-to-face interview
- Telephone interview
- Internet surveys

Issues in Survey Data

- There is always the chance that respondents are exaggerating or minimizing their behaviors, feelings, or knowledge.
- Telephone surveying is limited to people who are able to be reached by phone and willing to talk on the phone.
- The internet respondents are a self-selecting group.

Issues in Survey Data - Random and Representative

- Random and non-ransom sampling review.
- Volunteers and non-volunteers
- Self-selection bias and penis size.
Issues in Survey Data - Random and Representative

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<th>Characteristics</th>
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Studying Human Sexuality: Surveys

- In-class voluntary survey
  - 79 percent of you reported having a personal sexual philosophy.
  - Most of you first learned about sex from your mother (31 percent).
  - Friend was next (21 percent).
  - 11.6 was the average age someone talked to you about sex for the first time.
  - 57 percent of you report that you could ask questions about sex in your home, growing up.
  - You ranked friends as providing the greatest about of information.
  - You ranked the media as the most influential source of information on sexuality.
  - 54 percent of you are “very aware” of what brings you sexual pleasure.
  - 63 percent are “very comfortable” communicating your sexual desire to your partner.
Studying Human Sexuality: Surveys (Continued)

- **In-class voluntary survey - Grafenberg-Spot**
  - Half report knowing what the Grafenberg-spot is.
  - Overall, 40 percent report knowing where it is.
  - 88 percent of males report knowing where it is.
  - 29 percent of females report knowing where it is.

- **In-class voluntary survey - Pornography**
  - 89 percent of you report that you have viewed pornography (at least once).
  - 93 and 91 percent of you did not think it was disgusting or offensive, respectively.
  - Two-thirds do not believe that it can be part of a healthy sexuality.

**Alfred Kinsey**
- Pioneer in sexuality research relied on survey method for his research.
- Publications:

**Kinsey Reports**
- Sexual Orientation
  - 7-point scale ranging from completely heterosexual to completely homosexual.
Kinsey Reports (Continued)

- Sadomasochism
  - 12 percent of females and 22 percent of males reported having erotic response to S-M story.

- Marital Coitus

Major Surveys

- Meta-Analysis

Observational Studies - Masters and Johnson

- Sexual Response Cycle
  - Excitement
  - Plateau
  - Orgasm
  - Resolution
Correlational Research
- Positive Correlations
- Negative Correlations
- No Correlation

Experimental Research
- Experimental Group and Control Group
- Manipulate the independent variables
- Measure the differences in the dependent variable.

DM in the Treatment of Anorgasmia

Reliability and Validity
- Reliability is consistent results.
- Validity is measuring what you intended to measure.

Studying Human Sexuality
- Ethical Guidelines
  - Protection from Harm
  - Informed Consent
  - Freedom to Withdraw
  - Debriefing
  - Confidentiality