

## CHAPTER 1

### WHY A COURSE IN HUMAN SEXUALITY?

#### TEACHING TIPS

##### A. Potential problems

Early Christian beliefs regarding sex were very negative and still influence modern Christian thought. However, in reviewing this history, be careful that your lecture is not interpreted as a general condemnation of religion. If students become defensive about their own religious beliefs it might possibly make them less open to examine other topics related to human sexuality. Point out that religious views regarding sexuality are constantly evolving and that the views at the clergy level are often less harsh than official dogma.

Some students may have reservations about whether sexuality is a subject suitable for scientific study. Be sure to point out that the purpose of scientific research is to generate factual information and emphasize that it is morally neutral. Scientific results cannot say if a particular attitude or behavior is moral or not, or even if it is advisable. It can determine, however, whether a majority of people believe a particular behavior to be moral or advisable.

##### B. Media resources/Guest lectures

1. "Cultural Influences" (60 minutes), distributed by Jeffrey Norton Pubs., has people from different cultures talk about their beliefs about sexuality. The film shows the wide range of attitudes regarding the subject.
2. "Sex and the Scientist" (86 minutes), distributed by Indiana University Audio Visual Center, examines the career of Alfred Kinsey.
3. "Love & Sex" (52 minutes), distributed by Films for the Humanities & Sciences, is part of the "Human Animal" series that was hosted by Phil Donahue, and also includes Masters and Johnson and June Reinisch (Kinsey Institute). The film looks at sex in a variety of settings, including birth in a hospital, homosexual rights march, and a male strip club. A good, broad introduction—if you have time to show it.
4. "Sex Education: Too Little, Too Late" (26 minutes), distributed by Films for the Humanities & Sciences, assesses sex education. It includes interviews with teachers, policy makers, and teenagers.

5. “Teen Sex: The Chastity Crusade” (27 minutes), distributed by Films for the Humanities & Sciences, examines the controversy about which approach to take in sex education—abstinence only or comprehensive education (including contraception).
6. Invite campus religious leaders (of different denominations) to class to give their religion's contemporary views on various sexual issues. You might also recruit students from different cultures to do the same thing.

### C. Classroom activities/Discussion

1. Ask the students how they scored on the Sexual Knowledge Quiz (pp. 3-5). I created the quiz, but there are several others you might want to use as well. June Reinisch of the Kinsey Institute published an 18-item “Sex Knowledge Test”: Reinisch, J.M. (1990). *The Kinsey Institute new report on sex: What you must know to be sexually literate*. New York: St Martin's Press. Students can compare their grades with those of a national sample. Reinisch found that most Americans received a “D” or “F” on this test.
2. Have the students discuss their feelings about sex for a) reproductive purposes, and b) for pleasure only. Many students will indicate that they have a positive attitude about sex for pleasure, but test their true feelings by asking how they feel about their parents or grandparents having sex for pleasure, having sexual intercourse in different positions, having oral-genital sex, etc. (This topic is covered in Chapter 10.)
3. Have the students make a list of examples of sexual repression and sexual permissiveness in their own community.
4. Have the students discuss how the media have influenced their own sexual behaviors and attitudes. The biggest problem you may encounter here is getting them to acknowledge the cumulative effect of years of exposure to sexually oriented material on television and radio, and in movies, magazines, and advertisements.
5. Have an open discussion of the students' views about the meaning of “sex” and “had sex.”
6. Have the class construct their own questionnaire by each contributing a question or two. Read the questions to the class and discuss the problems with obtaining valid results. Generalize the discussion to the problems that sex researchers face in their own studies.

D. Outside activities

1. Have the students monitor afternoon and evening television programs, morning rock radio programs, and the daily newspaper for references to sexual topics. Do this for 2 or 3 days or longer. Have them classify the references as positive, negative, or neutral.
2. Have the students examine magazine advertisements to determine if the message is product information or identification.
3. Assign the students to read an article from a scientific journal (such as the *Journal of Sex Research* or the *Journal of Sex Education and Therapy*) and another article about sex from a popular magazine (such as *Cosmopolitan*). Have them compare and contrast the magazines' styles. What methods are used to collect data? Does the article from the popular magazine give references or validate its claims?

**TEST QUESTIONS**

A. Multiple Choice

1. A person's sexuality refers to his or her  
p. 1  
Factual  
d  
a. sexual attitudes  
b. sexual feelings  
c. sexual behaviors  
d. all of the above
2. For most teens, the major source(s) of information about sex is (are)  
p. 2  
Factual  
a  
a. friends and the media  
b. parents  
c. sex education  
d. parents and sex education
3. What percentage of Americans favor the teaching of comprehensive sexual education in high schools?  
p. 2  
Factual  
d  
a. about a third  
b. about half  
c. about two-thirds  
d. over 85%
4. Which of these countries has the highest rate of teenage pregnancy?  
p. 2  
Factual  
a  
a. United States  
b. Canada  
c. Sweden  
d. England

- p. 5-8  
Factual  
c
5. Cross-cultural studies of such groups of people as the Inis Baeg, Pohnpeians, and Mंगाians suggest that
- American sexual behavior is normal compared to the strange behavior of others
  - the sexual behavior of these groups is perverted
  - the sexual behavior of Americans may appear as strange to others as their behavior seems strange to us
  - sexual intercourse is not universal
- p. 5-6  
Factual  
d
6. Which of these is associated with erotic arousal in all cultures?
- breasts
  - the navel
  - kissing
  - none of the above
- p. 5-7  
Factual  
d
7. Which of the following is considered erotic in at least one culture?
- the navel
  - a very obese woman
  - the knees
  - all of the above
- p. 6  
Factual  
c
8. Most anthropologists believe that the most sexually permissive society in the world is the
- Gusii
  - United States
  - Mंगाians
  - Inis Baeg
- p. 8  
Factual  
b
9. Most anthropologists consider the \_\_\_\_\_ to be the most sexually repressed culture in the world.
- Mंगाians
  - Inis Baeg
  - Pohnpeians
  - United States
- p. 8  
Factual  
d
10. In the United States, sexual attitudes and behaviors are influenced by
- ethnicity
  - level of education
  - socioeconomic status
  - all of the above

- p. 8-9  
Factual  
b
11. In the United States, sexual attitudes and behaviors are
- similar for all ethnic groups
  - different among ethnic groups
  - are similar for white Americans and African Americans
  - are similar for white Americans and Latino
- p. 8-9  
Factual  
b
12. Among people living in the United States, \_\_\_\_\_ are generally the least permissive in their sexual attitudes and behaviors.
- African Americans
  - Asian Americans
  - Caucasians
  - Latinos
- p. 9-10  
Factual  
b
13. Which of the following was NOT true of the biblical Jews?
- women were considered to be property
  - the genitals were considered to be obscene
  - the primary object of sex was to have children
  - sexual relations between a husband and wife were regarded as something very positive
- p. 9  
Factual  
a
14. The idea that the primary purpose of sex is procreation originally came from
- the biblical Jews
  - early Christians
  - early Protestants
  - early Greeks
- p. 10  
Factual  
a
15. The idea of having spiritual love without sex comes to us from
- Plato
  - the Romans
  - the Hebrews
  - Jesus
- p. 10  
Applied  
a
16. John and Stacy are married, but not to each other. They claim that they love each other, but do not want to express that love physically, only intellectually. Such feelings of love were originally described by
- Greek philosophers
  - the Romans
  - the Hebrews
  - Jesus
- p. 9-10  
Factual  
c
17. Which of these cultures did NOT separate physical and spiritual love?
- Greeks
  - Christians
  - Hebrews
  - all of the above

- p. 10  
Factual  
d
18. Which of these statements is TRUE of St. Paul's writings?  
a. he regarded women as temptresses  
b. marriage was a compromise to deal with the problems of the flesh  
c. he regarded the body as evil  
d. all of the above
- p. 10  
Factual  
b
19. Which of these individuals thought that a celibate life-style was superior to marriage?  
a. Plato  
b. St. Paul  
c. Jesus  
d. Henry Havelock Ellis
- p. 11  
Factual  
b
20. This man was the first to equate sex with guilt, because he linked sex with the downfall of Adam and Eve.  
a. St. Paul  
b. St. Augustine  
c. Pope John Paul II  
d. Jesus
- p. 11  
Factual  
b
21. In Christianity, this person taught that marital sex for the purpose of procreation should be viewed as an unpleasant necessity.  
a. St. Paul  
b. St. Augustine  
c. St. Jerome  
d. Jesus
- p. 10-11  
Factual  
b
22. The belief that sex should not be pleasurable and should be done only for procreation originally came from  
a. the biblical Hebrews  
b. the early Christians  
c. the Victorians  
d. the Inis Baeg
- p. 9-13  
Factual  
a
23. Which of the following did NOT have a negative attitude about the human body?  
a. biblical Hebrews  
b. early Christians  
c. Victorians  
d. all of the above

- p. 9-13  
Factual  
c
24. In Western culture, the two groups that have had the greatest influence on negative sexual attitudes are
- the early Christians and biblical Hebrews
  - the early Christians and the Puritans
  - the early Christians and the Victorians
  - the Puritans and the Victorians
- p. 12-13  
Factual  
d
25. Which of these beliefs were popular in the Victorian era?
- pleasurable aspects of sex should be denied
  - women should be viewed as asexual
  - wives engage in sex only to perform their "wifely duties"
  - all of the above
- p. 12  
Applied  
a
26. The belief that women were asexual can be traced most clearly to
- the Victorian era
  - St. Augustine
  - the Puritan era
  - the biblical Hebrews
- p. 12  
Factual  
d
27. In the 19th century, most physicians believed that masturbation would lead to
- blindness
  - consumption
  - insanity
  - all of the above
- p. 12  
Factual  
c
28. Generally speaking, the Victorian era's views about sexuality were even more negative than earlier Christian views because of
- the writings of Freud
  - the beliefs of the Puritans
  - the mistaken medical beliefs of that era
  - the industrial revolution
- p. 12  
Factual  
c
29. A recently discovered questionnaire conducted by Dr. Clelia Mosher in 1892 reveals that most married Victorian women
- did not enjoy sex, but engaged in it to perform their "wifely duties"
  - engaged in sex only for procreation
  - desired and enjoyed sex
  - were sexually repressed and prudish
- p. 13-14  
Factual  
b
30. Which of the following was NOT a major factor contributing to the start of the sexual revolution?
- the industrial revolution
  - more sexually explicit Hollywood movies
  - the growing women's rights movement
  - the birth control pill and IUD

- p. 14  
Factual  
b
31. Socialization refers to
- a. a form of government
  - b. the way in which society shapes individual behaviors and expectations of behaviors
  - c. the ability to interact with others
  - d. all of the above
- p. 14  
Factual  
d
32. Which of the following is a socializing agent for sexual behavior?
- a. parents
  - b. school
  - c. the media
  - d. all of the above
- p. 14  
Factual  
a
33. Bob is a college freshman. With regards to sex, which of the following is NOT a socializing agent for Bob?
- a. Bob's own sexual behavior
  - b. Bob's peers
  - c. Bob's church and religion
  - d. the media
- p. 14  
Factual  
d
34. Which of the following has the greatest impact on most children's and teenagers' sexual attitudes and behaviors?
- a. parents
  - b. peers
  - c. school-based sexuality education
  - d. the media
- p. 14-18  
Factual  
d
35. For most teens, which of the following is the most influential socializing agent for sexual attitudes and behaviors?
- a. magazines
  - b. music
  - c. movies
  - d. television
- p. 17  
Factual  
d
36. Which branch of the media has research found to be the most powerful socializing agent for teenagers' sexual attitudes and behavior?
- a. magazines
  - b. music (including radio)
  - c. movies
  - d. television

- p. 17  
Factual  
d
37. Brown (2002) stated that \_\_\_\_\_ is (are) “the most powerful storyteller in American culture, one that continually repeats the myths and ideologies, the fact and patterns of relationships that define and legitimize the social order.”
- a. movies
  - b. music (including radio)
  - c. parents
  - d. television
- p. 17  
Factual  
d
38. What percentage of prime time television programs have sexual content?
- a. 10%
  - b. 25%
  - c. 50%
  - d. 75%
- p. 18  
Factual  
c
39. Advertisers use attractive models in sexy or romantic poses to sell their products. This is called
- a. idealization
  - b. socialization
  - c. identification
  - d. a socializing agent
- p. 18-20  
Factual  
c
40. Children and teenagers who watch television shows with a lot of sexual content
- a. are less likely to begin having sexual intercourse earlier than other children
  - b. are no more likely to begin having sexual intercourse than other children
  - c. are more likely to begin having sexual intercourse than other children
  - d. eventually become less influenced by television than other children
- p. 19-20  
Factual  
d
41. Frequent exposure to sexual content on television results in
- a. overestimation of the prevalence of sexual intercourse at an earlier age
  - b. a more liberal attitude about sex
  - c. learning about sexual topics
  - d. all of the above
- p. 20  
Factual  
d
42. European television has greater sexual content than American television. This has resulted in
- a. European teenagers beginning sexual intercourse at an earlier age
  - b. a higher teenage pregnancy rate among European teens
  - c. greater sexual exploitation among European teens
  - d. none of the above

43. \_\_\_\_\_ was a Victorian-era physician who emphasized the sexuality of all human beings.
- p. 20  
Factual  
b
- a. Benjamin Rush
  - b. Sigmund Freud
  - c. Henry Havelock Ellis
  - d. Alfred Kinsey
44. The \_\_\_\_\_, according to Freud, was sexual energy channeled into different areas of the body at different ages.
- p. 20  
Factual  
c
- a. superego
  - b. phallic
  - c. libido
  - d. neuroses
45. Jack is a 13-year-old living in Victorian England. He was taken to a doctor after having his first wet dream. It is likely that the doctor will say that wet dreams are
- p. 21  
Applied  
a
- a. caused by a disease
  - b. normal
  - c. a sign of virility
  - d. caused by the son's sexual desire for his mother
46. \_\_\_\_\_'s tolerant view of sexuality expressed in his seven-volume *Studies in the Psychology of Sex* was a major influence on researchers for several generations.
- p. 21  
Factual  
d
- a. Richard Von Krafft-Ebing
  - b. Sigmund Freud
  - c. Alfred Kinsey
  - d. Henry Havelock Ellis
47. Which of these did Henry Havelock Ellis believe to be true?
- p. 21  
Factual  
d
- a. women are not asexual
  - b. masturbation should be considered normal
  - c. homosexuality should be considered normal
  - d. all of the above
48. The person who conducted two famous surveys about sexual behavior in the late 1940s and early 1950s was
- p. 21  
Factual  
b
- a. Henry Havelock Ellis
  - b. Alfred Kinsey
  - c. Sigmund Freud
  - d. William Masters

- p. 21-22  
Factual  
d
49. Which of these was a finding of Kinsey's research surveys?  
 a. most people masturbated  
 b. women could have multiple orgasms  
 c. many men had a homosexual experience  
 d. all of the above
- p. 22  
Factual  
c
50. \_\_\_\_\_ was (were) the first directly observe and record the physiological responses of humans engaged in sexual activity under laboratory conditions.  
 a. Alfred C. Kinsey  
 b. Henry Havelock Ellis  
 c. Masters and Johnson  
 d. Howard Kelly
- p. 22  
Factual  
d
51. The research of Masters and Johnson  
 a. was appreciated by most people in the medical community  
 b. was based on over 10,000 episodes of sexual activity  
 c. led to a behavioral approach to treating sexual disorders  
 d. all of the above
- p. 22  
Factual  
a
52. A comprehensive nationally representative survey of sexual behaviors was conducted in the 1990s by a research team headed by  
 a. Edward Laumann  
 b. George Gallup  
 c. Masters and Johnson  
 d. Alfred Kinsey
- p. 23  
Factual  
b
53. If a researcher wishes to conclude something about a population from a sample, it is best that the sample be  
 a. large  
 b. taken randomly  
 c. homogenous  
 d. taken from phone books
- p. 23  
Factual  
c
54. A random sample is one in which observations are drawn so that  
 a. the sample is large  
 b. the subjects are selected randomly from a phone book  
 c. each possible sample of that size has an equal chance of being selected  
 d. all of the above
- p. 23-24  
Factual  
a
55. The biggest problem with the Kinsey studies was that  
 a. the groups he studied were not representative samples of the U.S. population  
 b. the interviewers were not well trained  
 c. the samples were very small  
 d. all of the above

- p. 24  
Factual  
d
56. Which of these is a problem for surveys used in sex research?
- lying
  - faulty recall
  - exaggeration
  - all of the above
- p. 24  
Factual  
a
57. Some people refuse to answer questions dealing with their sexual beliefs or behavior. For sex researchers, this creates a problem of
- volunteer bias
  - random sampling
  - exaggeration
  - all of the above
- p. 24-25  
Factual  
d
58. Surveys show that many Americans do not regard \_\_\_\_\_ as “sex”.
- anal intercourse
  - oral-genital contact
  - vaginal intercourse
  - both a and b
- p. 25  
Factual  
b
59. \_\_\_\_\_ measures the degree of relationship between two variables.
- Stratified random sample
  - Correlation
  - Case studies
  - Experimental research
- p. 25  
Applied  
c
60. Researchers have found that there is a high positive correlation between the number of cigarettes smoked per day and lung disease. This means that
- cigarette smoking causes lung disease
  - people who do not smoke will not get lung disease
  - increases in numbers of cigarettes smoked is related to increases in incidence of lung disease
  - all of the above
- p. 25  
Factual  
b
61. The method of study used by Masters and Johnson and most anthropologists is called
- surveys
  - direct observation
  - case study
  - experimental research
- p. 26  
Factual  
a
62. If, in a case study, a therapist’s conclusions are influenced by his or her own values, this is called
- observer bias
  - observer effect
  - an unrepresentative sample
  - noncorrelation

- p. 26  
Factual  
c
63. The scientific method used to demonstrate cause-and-effect relationships is called
- correlation
  - direct observation
  - experimental research
  - all of the above
- p. 26  
Factual  
d
64. In experimental research, the variable that is systematically manipulated by the researcher is called the
- positive variable
  - extraneous variable
  - dependent variable
  - independent variable
- p. 26  
Factual  
c
65. The modern view of children as vulnerable and needing protection arose
- in early Christianity
  - in medieval times
  - during the 1700s
  - with the end of the Victorian era
- p. 27  
Factual  
d
66. In the United States, sex education in schools
- originated as part of a social hygiene movement
  - was initially moralistic and anti-sex
  - originally taught prophylactics –protection from “distorted knowledge”
  - all of the above
- p. 28  
Factual  
b
67. The National Institutes of Health’s Consensus Panel on AIDS concluded that \_\_\_\_\_ programs are most effective in preventing teenage pregnancies and sexually transmitted infections.
- abstinence-only
  - abstinence-plus
  - neither one is effective
  - both are equally effective
- p. 29  
Factual  
c
68. A democratic sexuality education
- teaches the views of sexuality held by the majority
  - reflects a single sexual philosophy
  - is committed to freedom of belief
  - all of the above

B. True-False

- p. 2 Applied b 69. Marge is a 17-year-old high school senior. Like most young women her age, she probably got most of her knowledge about human sexuality from her mother.  
a. True b. False
- p. 2 Factual a 70. Most young people turn to their friends and the media for sexual information.  
a. True b. False
- p. 2 Factual b 71. Despite the sexual revolution, most American teens have not had sexual intercourse by the time they are high school seniors  
a. True b. False
- p. 2, 28 Factual a 72. The teenage pregnancy rates in countries that have extensive sex education programs are much lower than in the United States.  
a. True b. False
- p. 6 Factual b 73. Heterosexual men in all cultures find thin women to more sexually attractive than heavy women.  
a. True b. False
- p. 6 Factual b 74. Men's attraction to female breasts is an unlearned biological response.  
a. True b. False
- p. 6 Factual a 75. In many societies, at least until recently, people never kissed.  
a. True b. False
- p. 6 Factual a 76. The Mangaians represent the most sexually permissive society in the world.  
a. True b. False
- p. 8 Factual b 77. Because the United States is the "great melting pot," there is little difference in sexual behaviors among ethnic groups.  
a. True b. False
- p. 10 Factual a 78. The biblical Hebrews had a positive attitude about the human body and sex within marriage.  
a. True b. False

- p. 10  
Factual  
a
79. In ancient Greece, sexual relations between adult men and adolescent boys was encouraged as part of the boys' intellectual and moral development.  
a. True b. False
- p. 10  
Factual  
a
80. The Greek's ascetic philosophy taught that wisdom and virtue could only be achieved by avoiding strong passions.  
a. True b. False
- p. 10  
Factual  
a
81. Early Christian attitudes about sex were influenced by the Greek concept of dualism.  
a. True b. False
- p. 10  
Factual  
b
82. The major influence on Christian ideas about sexuality came from Jesus.  
a. True b. False
- p. 10  
Applied  
a
83. St. Paul preached that all Christians should lead a celibate lifestyle.  
a. True b. False
- p. 11  
Factual  
a
84. St. Augustine considered marital sex for procreation to be an unpleasant necessity.  
a. True b. False
- p. 12  
Factual  
a
85. In the Victorian era, all pleasurable aspects of sex were denied.  
a. True b. False
- p. 12  
Factual  
b
86. In the Victorian era, women were considered to be temptresses.  
a. True b. False
- p. 12  
Factual  
A
87. Victorian-era physicians believed that the best chance for a woman to conceive was during menstruation.  
a. True b. False
- p. 13  
Factual  
a
88. The industrial revolution was one of the major changes that led to the sexual revolution.  
a. True b. False
- p. 14  
Factual  
a
89. Starting in the early 1990s, there has been a decline in the percentage of American teenagers engaging in sexual intercourse.  
a. True b. False

- p. 15  
Factual  
a
90. Teenagers who watch music videos a lot are generally more sexually permissive than teenagers who do not.  
a. True b. False
- p. 17  
Factual  
a
91. Three fourths of the programs shown on evening prime time have sexual content, with an average of 5.9 scenes per hour.  
a. True b. False
- p. 18  
Factual  
b
92. Advertisers use models in sexy and romantic poses to sell their products in a process called socialization.  
a. True b. False
- p. 19  
Factual  
b
93. Children who watch television shows with a lot of sexual content are no more likely than others to begin having sexual intercourse.  
a. True b. False
- p. 19  
Factual  
b
94. Frequent sexual content on television allows viewers to more accurately estimate the prevalence of sexual activities in the general public.  
a. True b. False
- p. 20  
Factual  
b
95. As a result of the heavier sexual content on European television, European teenagers generally begin having sexual intercourse at a younger age than American teenagers.  
a. True b. False
- p. 21  
Factual  
a
96. Freud believed that the loss of semen was as detrimental to a man's health as loss of blood.  
a. True b. False
- p. 22  
Factual  
b
97. Kinsey's work was immediately recognized as providing important information to the medical community and the general public.  
a. True b. False
- p. 22  
Factual  
b
98. The first large-scale sexual surveys conducted in the United States were done by Masters and Johnson.  
a. True b. False
- p. 23  
Applied  
b
99. Dr. Smith wishes to survey people in an economically depressed area of his state. He blindly draws names from the phone book. His sample can therefore be called a random sample.  
a. True b. False

- p. 23  
Factual  
b
100. Because Kinsey's survey's were large, they are representative of the U.S. population.  
a. True b. False
- p. 24  
Factual  
b
101. Nearly everyone agrees with the meaning of "sex" and "had sex."  
a. True b. False
- p. 25  
Factual  
b
102. A very high correlation between two variables is proof of a cause-and-effect relationship.  
a. True b. False
- p. 26  
Factual  
B
103. The best tool that researchers can use to prove cause and effect is the in-depth case study.  
a. True b. False
- p. 26  
Factual  
a
104. In the experimental method, the variable measured is called the dependent variable.  
a. True b. False
- p. 26  
Factual  
a
105. According to some historians, the idea of childhood did not exist in medieval society.  
a. True b. False
- p. 26  
Factual  
a
106. The biological immaturity of children is an irrefutable fact.  
a. True b. False
- p. 26-27  
Factual  
a
107. Childhood is a concept, not a biological fact.  
a. True b. False
- p. 27  
Factual  
a
108. In some cultures, individuals marry and begin having sexual intercourse before puberty.  
a. True b. False
- p. 27  
Factual  
b
109. In the United States, sex education in schools originated with the start of the sexual revolution.  
a. True b. False
- p. 27  
Factual  
b
110. School-based sex education reflects the views of society, and thus is not a socializing agent.  
a. True b. False

