

PREFACE

A PERSONAL NOTE FROM SHARON SHRIVER

I have been delighted to work on this new, updated edition of *Dimensions of Human Sexuality*. As a biologist and sexuality educator, I appreciate the solid foundation of the text in empirical research, and I find that the strong biological perspective of the book provides an understandable and accessible starting point for undergraduates in my sexuality classes. My background in health science research allowed me to update the text with the most recent research findings, a process that was educational and rewarding. I have also used my experiences as an instructor of undergraduates to revise the text to reflect current issues in a practical way, with examples and exercises that students can use in real-life situations. The result is a text that is current, accurate, and accessible, and I am pleased to have had the opportunity to contribute to it and continue the shared goals of the author team:

- To provide students with the most current perspectives and information about human sexuality in order to assist them in wiser sexual decision-making.
- To broaden the students' conceptualization of sexuality well beyond the notion of genital arousal, so that they might recognize that many aspects of living are expressions of our sexuality.
- To guide students in appreciating and celebrating the diversity of human sexual expression.
- To facilitate higher levels of sexual health and sexual well-being among students, as well as their partners, spouses, and families.
- To facilitate students' exploration and articulation of their personal sexual values and attitudes.
- To offer students sound critical thinking skills that are useful for comprehending and evaluating new sexuality-related information.
- To make optimal use of well-established pedagogical principles to assist the students to both master and evaluate important

information in the light of new findings and understandings.

- To make a contribution toward creating an environment of sexual understanding, sexual respect and personal sexual enrichment for the next generation and their children.

WHAT'S NEW AND DIFFERENT IN THIS EDITION

The text has been reorganized and condensed into **18 chapters** for a more clear and concise presentation. Important topics are highlighted and expanded, and updated material is incorporated throughout the text:

- Chapters 1 and 2 have been combined.
- Chapter 12 on Sexual Dysfunctions has been deleted and the relevant material has been moved into chapter 8 on Sexual Response.
- Chapter 17 on Sexuality and Aging has been deleted and the relevant material has been moved into chapters 8, 11, and 14.
- Chapters 21 and 22 have been combined and condensed. Relevant material has been moved into the Sexually Transmitted Infections chapter.

Topics of social importance, such as infant male circumcision, have been updated to reflect the most recent information and changes. When appropriate, these topics are placed in a historical context so that the sources of change in society can be evaluated.

The chapter on Sexually Transmitted Diseases has been thoroughly updated and renamed Sexually Transmitted Infections, a more accurate term reflecting recent information about these infections and their causes. There is a strong emphasis in the text on understanding the biological basis of these infections, their transmission, and their prevention.

Critical Thinking Challenges have been incorporated into the end of each chapter. These encourage students to develop critical thinking skills through the thoughtful review of chapter material and to apply new concepts to relevant situations in their own lives.

Links to sites on the World Wide Web have been added to boxed material where appropriate. These links encourage students to pursue interesting topics on their own.

The text style has been modified for ease in reading and clear organization. All headings have been numbered to show the relationship between various topics in the text. Indexing of topics and headers at the beginning of each chapter using a scientific numbering system provide a clear outline of the presentation of material.

The text is fully accessible to students of all sexual orientations. Where relevant, similarities and differences between same-sex and other-sex partnering are fully discussed, and presented as normal variations in sexual behavior.

The overall physical appearance of the text has been modernized and updated to reflect the current topics and research that the text presents. Illustrations and figures throughout the text have also been updated and revised. Figures represent the diversity of human sexual expression among people of all ethnicities and sexual orientations. Whenever appropriate, illustrations provide detailed photographs, rather than artistic renderings, which support material presented in the text.

WHAT HAS BEEN RETAINED

The text continues to cover major aspects of human sexuality, including communication about sexuality, critical thinking about sexual research and information, sexual anatomy and physiology, social aspects of sexuality (including sexually transmitted infections, prostitution, and pornography), sexual response and pleasure, and a comprehensive presentation of reproductive sexuality.

A life-span approach to understanding sexuality has been incorporated throughout the text. Material about sexual development in the prenatal period, sexuality in childhood, adolescence, and adult life, and during the aging process is presented.

There continues to be a strong emphasis on empirical research findings as the basis for the information presented in the text. The most up-to-date research findings are incorporated whenever available.

The text presents practical information to students to aid in dealing with sexuality issues: How to conduct breast or testicular self-examinations, making informed decisions about sexual activity, negotiating condom use, and complete information regarding contraceptive options. The Critical Thinking Challenges in each chapter ask students to consider the practical application of this information in various situations.

Topics of high personal interest continue to be covered throughout the text. These include such issues as sexuality education in the home and school, parenthood, communication in relationships, and destructive elements in relationships.

There are numerous opportunities throughout the book and in the “Where Do I Stand” boxes for self-reflection and self-assessment regarding one’s personal sexual values, attitudes, and behaviors.

A multi-cultural perspective permeates virtually every topic or issue discussed in the text. The material is fully integrated and highlighted in a special feature called “Dimensions of Diversity.”

A separate chapter is devoted to the most recent scientific data regarding HIV and AIDS, utilizing both a national and global perspective on this issue. Because this is a rapidly changing area, these topics are presented with a full appreciation that significant developments are occurring constantly, and the text aims to provide students with the background and skills necessary to evaluate new information as it arises throughout their lives.

Valuable pedagogical tools such as the running glossary and detailed end of chapter summary are included in this edition.

All the boxed features of the fifth edition have been retained with web links added as appropriate.

- *Go Ask Alice*—In most chapters there is at least one real student-generated question which Alice (spokesperson for the Healthwise Office at Columbia University in New York City) answers in plain language. These are real questions asked by real students in their own words. Students too shy to voice their questions in class are encouraged to contact the Alice Website, where they can submit their questions anonymously. These questions and Alice’s responses then become part of the retrievable *Go Ask Alice* archive.
- *Where Do I Stand?*—These boxes allow the student/reader to explore his or her own values, attitudes, or opinions regarding a number of sexually-related issues.
- *Dimensions of Diversity*—These boxes examine some aspect of sexuality across several cultures or historical periods. They allow the student to see how differently various societies may regard a particular sexual behavior or issue.
- *At Issue*—These boxes provide a closer examination of some controversial issue in human sexuality. Many are followed by critical thinking questions, which may serve as the basis for classroom discussion or written papers.

- **Case Study**—Several case studies interspersed throughout the book look at a sexuality-related issue as it is manifested in a single individual. They allow for the student or reader to experience how a particular behavior or issue is represented in a real individual.
- **Healthy Sexuality**—This feature deals with sexuality-related issues with the goal of enhancing sexual health and well-being.

The text continues to represent a collaborative effort among teachers and scholars in the areas of biology, health, and social psychology. This provides a balance of perspective that makes the text suitable for sexuality courses taught in biology, human development, health science, psychology, sociology, anthropology, or physical education departments. Beyond the end of their sexuality course, students may keep the text for use as a personal and family reference book for sexuality-related questions.

SUPPLEMENTS

The following items are available with this text. Some restrictions may apply. Please consult your local McGraw-Hill Sales Representative for policies, prices, and availability.

The updated **Student Workbook and Study Guide** continues to be a collection of valuable and interesting student activities that provoke an examination of sexual values, attitudes, and behavior. For every chapter, this ancillary provides learning objectives, a self-test of key terms and major concepts, an opportunity for students to assess their own sexuality, exercises in applying and integrating sexuality information to real-life situations, a reference section providing further readings and resources, and a self-quiz.

A combined **Instructor's Manual/Test Bank** is designed as a planning guide to accompany *Dimensions of Human Sexuality, Sixth Edition*, and is keyed to the text's 18 chapters. The Instructor's Manual provides learning objectives (keyed to those in the outline for each chapter in the main text), teaching strategies, and a detailed outline for each chapter. The fully updated Test Bank offers multiple choice, true/false, matching, and short answer questions designed to test basic knowledge as well as to challenge the student in the application, synthesis, and analysis of the text material. The Test Bank is also available on CD-ROM [a testing program], both in Windows and/or Mac format.

The **Dimensions of Human Sexuality Website** is the official website for the text. It contains Chapter

Outlines, Practice Quizzes, Interactive Exercises, Links to Relevant Psychology sites, an Internet Primer, Career Appendix, and more. Visit us at www.mhhe.com/byer6

McGraw-Hill's Sexuality Drop-In Center Super-site provides a superstructure that organizes and houses all of our human sexuality text websites. It acts as a place where faculty and students can access a multitude of resources to support our human sexuality titles. In addition to book-specific resources, an Activity Center contains interesting online activities and exercises, a Counseling Room provides links to the popular *Go Ask Alice* site as well as many other counseling sites, and a Resource Room provides still more links to useful sexuality-related resources. Visit us at www.mhhe.com/sexuality

The Aids Booklet by Frank D. Cox contains the latest information on AIDS.

Sources: Notable Selections in Human Sexuality provides interesting further reading for students.

Annual Editions: Human Sexuality is a compilation of current articles from over 300 public press sources.

Taking Sides: Clashing Views on Controversial Issues in Human Sexuality is designed to introduce students to controversial issues in an area of study. The pro and con format is particularly effective for developing critical thinking skills and generating classroom discussion and debate.

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We welcome and appreciate comments from readers, which help us continue to improve *Dimensions of Human Sexuality*.

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