

Ch. 11 – Sexual behaviors

- Sexual ethics changed greatly during the late 1960's/70's= sexual revolution; adolescents accept an individualistic ethic: belief that all people must decide on their own standards for themselves
- Premarital sex
 - Only 7% experience sex before 13; 30% between 15-17; 66-70% between 18-19
 - Men: most have sex because of opportunity; women: most said because they were in love
 - Males more satisfied with first sex than women
 - Today's teens are less likely to have sex at a very young age (13), less likely to have ever engaged in sex, less likely to be currently sexually active, and less likely to have 4+ partners than 90's kids
 - Serial monogamy: one dates and has sex with one partner at a time
 - Most teens remain a virgin until 18
- Factors associated with adolescent sexual activity
 - Age: older they are, the more likely to have premarital sex
 - Race and ethnicity: blacks have more sex than whites; blacks: more sex as high schoolers, sexually active at a young age; latino's fall in between whites and blacks; Asians= least likely
 - Religion: large number claim to be abstinent because of religion... correlational relationship
 - Boyfriend/girlfriend: with it, more likely to be sexually active
 - Young age at first intercourse: those youngest at first intercourse=more partners than those in older age; younger=more likely to be victim of sexual violence; indicator of an adolescent in trouble
 - Age at puberty: earlier menarche=likely to have sex younger- same with boys; hormones= correlation between puberty and age at sex
 - Parental behaviors and relationships: warm close relationship=more abstinent; parents who talk to their kids about sex/values delay intercourse
 - Peer standards: friends promote more positive affirming messages about sex than parents; "everyone's doing it"
 - Siblings: link between older siblings and sexual activity and younger siblings; younger sisters of a teen mom are 5x more likely to get pregnant
 - Gender: girls more likely to link sex & romance; gender differences in sexual motivations diminish in late adolescence
 - Problem behaviors: likely delinquency, drug use, and promiscuity are clusters (those who engage in one probably engage in another); strong predictor of sexual activity is alcohol use
 - SES: more likely to have sex if in a lower SES
- Other mutual sexual behaviors
 - Just because a "virgin" doesn't mean you haven't done everything else
 - Masturbation: any type of self-stimulation regardless of whether arousal proceeds to orgasm; professionals say it's part of growing up
- Sex and its meaning
 - What are they seeking? Driven by needs that have nothing to do with sex, rather emotional needs like curiosity, affection, loneliness, bolstering self-esteem, and to prove masculinity/femininity
 - Sexual pluralism: Americans live in a pluralistic society; different individuals accept not one but a number of standards of sexual behavior; standards: abstinence till marriage, sex with affection,

commitment, and responsibility, sex with affection without commitment, or sex without affection

- Sex without commitment has become common among adolescents; 50-60% of college kids
- Ulterior motives of sex: to punish, to win or return favors, to control behaviors, to build up ego
- Double standard of sexual ethics: more acceptable for males than females; diminishing but still present
- Sexual aggression
 - Blacks most likely; forcible rape against women=more common than men; unwanted sexual activity, have sex because they feel obligated/think they will be broken up with; no racial differences in the ability to say no; *stranger rape*: forced, unwanted sex with someone the victim doesn't know; *acquaintance rape*: forced, unwanted sex with someone the victim knows; *date rape*: unwanted sex with a date
- Contraceptives and sexually transmitted diseases
 - 90% of sexually active and non-birth control girls will get pregnant within a year; 96% of girls use birth control; most common forms of BC=condom
 - 1977 court case: no state could legally restrict the distribution of contraceptives to minors, clinics do not have to notify parents before distributing/prescribing contraceptives to minors; contraceptive knowledge has no effect on sexual behavior
 - STD's
 - More widespread with adolescents than adults; 25+ diseases that can be transmitted sexually; HPV is the most common with more than 4.5 million new cases a year; most infections are asymptomatic (don't need treatment, they clear up on their own); ¼ will develop an STD per year; HPV is associated with cervical cancer in women; second most likely-trichomoniasis; girls are far more likely to get STD's and more likely to develop complications
 - Blacks more likely to get STD's than whites, whites are more at risk than latinos; two best predictors of STD risk: number of sexual partners & regularity of condom use
 - AIDS
 - 6th leading cause of death in 15-24 year olds; acquired during teen years; blacks are more likely to become infected
 - causation and diagnosis of AIDS: caused by the human immunodeficiency virus; attacks T-cells, white blood cells, attacks the immune system and the body's ability to fight disease, destroys T-cells
 - treatment/transmission of AIDS: no cure; HAART= most successful treatment so far, highly active anti-retroviral therapy; reduce replication; HIV can be found in blood, semen, vaginal secretions, urine, saliva, tears, and breast milk; can't be contracted by casual contact
- Unwed pregnancy/abortion
 - 750,000 American girls become pregnant each year; more than 80% of American teen pregnancies are unplanned; black teens are 3x more likely to get pregnant than white
- Causation theories
 - Differences in pregnancy rates are not due to higher rates of intercourse; americans are less likely to use contraception than other countries; poverty rate is higher in the US than many other developed countries=poverty associated with more pregnancies

- US government provides fewer health care services to middle class citizens; economic incentive to delaying childbearing in other countries; less shame is associated with sexual behavior in other countries; American society is more tolerant of adolescent childbearing than other nations sex ed is favored
- Pregnancy outcomes
 - Four possible outcomes: 1. Adolescent can choose to keep the baby, 2. Adolescent can elect to have an abortion, 3. Adolescent might miscarry 4. Adolescent can have the baby and then give it up for adoption
 - Motherhood
 - About 97% moms keep their babies; believe that having a baby will improve their relationship with the father
 - Theory that it is not because of the baby that mother's lives turn out poorer, but more so that the girls were more distressed to begin with and motherhood is just a symptom
 - Fatherhood
 - Male is usually only 2-3 years older; less than 40% of teen's fathers were living with baby and mom after a year; father thinks there's maternal resistance and mother thinks there's paternal disinterest (both! Frustrations of mom might come off as lack of desire and father's embarrassment seen as unwillingness)
 - Fathers usually leave school early, have lower earning jobs, and work fewer weeks per year; teenage fathers are twice as likely to be a delinquent and 3x as likely to be drug users
 - Abortion
 - About 20% of abortions are by teenagers; rate dropped in late 90's/early 2000's; the higher the SES of teen, the more likely she is to abort; usually have at least 1 parent's knowledge
 - Adoption: moms have higher self-image; less likely to be clinically depressed
- Gay and lesbian youth
 - **Homosexuality**: someone who has sexual interest in their own gender; heterosexuality; everyone has a mix of both, *bisexuality* (live a typical heterosexual life but enjoy homosexual sex as well for example); only 2-5% of men and 1-2% of women are completely heterosexual; most gay men recognize their sexuality early in life but lesbians aren't usually aware during adolescence
 - Determinants of sexuality
 - Biological theories
 - 1. Genetic differences: majorly genetic (if a twin MZ twin was gay, 2/3 chance twin is also); 2. Exposure to atypical concentrations of prenatal sex hormones: elevated and lowered testosterone can affect hypothalamus development (which is large determinant of sex drive); 3. Differences in brain structure: bundle of nerve fibers in hypothalamus found 3x larger in homosexual males than heterosexual
 - Psychoanalytic/parenting theories
 - Very little evidence showing that parenting affects sexuality; 90% of sons of gay fathers are straight
 - Social learning theory
 - It is thought that one may lean towards homosexuality if they've had negative heterosexual experiences
 - Adjustment