

HES 3523 Human Sexuality  
Class Notes on Sexual Behavior (both days)

Masturbation

If you want, you can list some of the slang terms for masturbation right here.....

What is it?

Flick the bean  
Rub one out  
Jack off  
Jerk off  
Fap

Masturbation- rubbing, caressing, or otherwise stimulating the genitals  
-alone  
-with one or more partners  
-For one or more partners

"Masturbation is bad...."

Fun Facts: Kellogg, Graham, and the incredible "wandering uterus"

"The incredible wandering uterus, better known as "Hysteria" in America Dr. Joseph Granville. 1880 (Uterus was not in the right place)

Sylvester Graham- root of all evil is masturbation, people masturbated because of spicy food, created bland, tasteless food, invented graham crackers in 1829

Dr. John Kellogg- believed masturbation was evil too, kind of like graham. Made corn flakes- anti masturbatory way to get kids to eat instead of masturbation

Origin of vibrators created by dr joseph Granville so women would stop coming to the doctor to be masturbated to be relieve of hysteria, made the electric vibrators

Masturbation is good in marriage...

It is shown to increase: \_\_\_ bonding and marital satisfaction \_\_\_\_\_

It is helpful when the partners have: \_\_\_ different libidos \_\_\_\_\_

It is beneficial when one partner is: \_\_\_ ill or away \_\_\_\_\_

### **Masturbation is good for your health!**

It can relieve: \_\_\_\_\_ menstrual cramps \_\_\_\_\_

It is associated with a decreased risk of: \_\_\_ prostate cancer \_\_\_\_\_

It is associated with strengthening: \_\_\_ immune system \_\_\_\_\_

It is positively correlated with: \_\_\_\_\_ self-esteem \_\_\_\_\_

It decreases the risk of: \_\_\_ depression \_\_\_\_\_

It appears to reduce the risk of: \_\_\_ heart disease \_\_\_\_\_

Some studies report that masturbation may decrease a person's risk for: \_\_\_ breast cancer \_\_\_\_\_

It is a great way to: \_\_\_ learn about your body and what pleases you \_\_\_\_\_

Some people: \_\_\_\_\_ do masturbate \_\_\_\_\_

Some people: \_\_\_\_\_ do not masturbate \_\_\_\_\_

It's all: \_\_\_ and its all good \_\_\_\_\_

You're fired!?!

Surgeon general should not have been fired, he did it for the good and educational purposes. He did answer the interviewer in an inappropriate way and the intent was for the well being of people. Schools can have parents sign permission slips to approve or disapprove of the children to attend those types of classes.

Brainstorming....

Sexual VARIATION vs PARAPHILIA – What's the difference? ↓

Variation (the text refers to this as "consensual paraphilia"):

Atypical sexual behavior

Paraphilia (the text refers to this as "nonconsensual paraphilia"):

A mental disorders ad defined  
In the DSM5

Continuum / Degree

Variation ←←←←←←←←←←←←←←←←→→→→→→→→→→→→→→→→ Paraphilia /  
DSM5

consensual

nonconsensual