Dr. John Gottman

Groundbreaking researcher on marriage & love
Studied couples for almost 40 years
Co-founded the Gottman Institute with his wife
Professor at University of Washington
Created the Love Lab

http://www.youtube.com/watch?v=E94xTxEyDn4
Gottman’s 4 Horsemen of the Apocalypse

1. **Criticism**: being overly critical toward partner

2. **Defensiveness**: refusing to accept responsibility for conflicts

3. **Contempt**: looking down on partner, esp. predictive of ending when contempt from women is directed at men

4. **Stonewalling**: withdrawal from partner, refusal to emotionally interact
On to the good stuff~
Sexuality in Adolescence

What is Sex?
What is Abstinence?
-definitions shifting as we enter this transition?

Lisa Remez
How do we learn about Sex?

Sexual Socialization
-the way adolescents and children are exposed to and educated about sexuality

Restrictive Societies
Semirestrictive Societies
Permissive Societies
Think back... What sequence of sexuality activity did your peers engage in? Now?
Sexual Stages of Activity

ADD Health Study shows males and females engage in a similar sequence.

Boys engage in these activities at a somewhat earlier age.
Stages of Sexuality

Stage 1: Autoerotic behavior
- Sexual behavior that is experienced alone
- Erotic fantasies
- Masturbation
- Nocturnal emissions
Stages of Sexuality

Next stages are with another person

Stage 2: Kissing
Stage 3: Touching
Stage 4: Sexual Intercourse (All)

Oral, Vaginal, Anal? Which one first?
Sexual Stages & Pregnancy

Reese, Haydon, Herring, & Halpern (2013)

Longitudinal study of 6,069 female respondents

Those who reported pregnancy:
- 31.4% initiated vaginal sex first
- 20.5% initiated two behaviors (at same age)
- 7.9% initiated oral-genital sex first

** Protective Factor: Engaging in oral sex first or 2 sexual behaviors in same year (Associated with lower likelihood of becoming pregnant)
Oral Sex: Motivations, Coercion, & Functioning

Fava & Bay-Cheng (2012)
418 Undergraduate Women
Age of cunnilingus - unrelated to coercion
  related to stimulation, gratification, assertive & skillful
Age of fellatio - related to inferiority and self-devaluation

**Challenged the idea that all adolescent sexual activity is negative**
Are there gender differences in the meaning of sex? If so, what are they? Why do they exist?
Gender Differences - Boys

Boys are likely to keep matters of sex and intimacy separate

Early sexual experiences of males
- Has already experienced orgasm through masturbation
- More likely to interpret intercourse in terms of recreation than intimacy
Gender Differences - Girls

Girls' integration of sexual activity into an existing capacity for intimacy and emotional involvement

Girls' view is that sex is combined with romance, love, friendship, and intimacy
Humans select mates that maximize their chance of reproductive success.

Reproductive success is influenced by:

- parental investment
- reproductive characteristics
- environmental concerns

Gender Differences

What do you think?
Criticisms of Evolutionary Theory

- Depends on type of relationship
- Changes in societal views/values
- LGBTQA+ relationships
Gender Stereotypes Predict Sexualized Behaviors

Jewell and Brown (2013)

250 U.S. college students (178F 72M), ages 17-19

- If women agreed with stereotype “men are sex focused,” women exhibited verbal, physical, & indirect stereotypical sexualized behaviors
- If men agreed with stereotype “men are sex focused,” men exhibited verbal & physical SSBs
- If men agreed with stereotype “women are sex objects,” men exhibit physical SSBs
- Perceived peer norms predicted all three kinds of SSBs for both men & women
Homosexuality in Adolescence

- About 4% of adolescents are gay, lesbian or bisexual

- About 8% of young adults are gay, lesbian or bisexual

- A higher percentage have same-sex fantasies or experiences
Same-Sex vs. Heterosexual Behavior

Parkes et al. (2011)
-explored sexual risk taking and unwanted sex associate to partner types
-10,250 middle-schoolers (14-16 year olds)
-boys experienced more pressure for first unwanted sex homosexual genital contact
-girls: no differences in rates of unwanted sex by partner type
**Boys are vulnerable to unwanted sex
Risky Sex and Behaviors

Sex and Alcohol

- ¼ adolescents drank or used drugs before the last time they had sex (CDC, 2008)
- vulnerability to become a victim of sexual assault
- Most commonly used rape drug = alcohol
- 94% of rapes were non-stranger (APDSCU)
- 60% are acquaintance rapes

*Most common case
Tyler et al. (2013) investigated dual method use among 2093 unmarried females 15-24 years, at risk for unintended pregnancy. At their last sexual encounter:

- 21% of women used dual methods
- 34% used condoms alone
- 29% used hormonal contraception/intrauterine device alone
- 16% used another method/none

Adolescents and young women at a higher risk for pregnancy and STIs were less likely to have used dual methods at last sexual encounter.
AIDS/STDs/STIs

Even teens who know they are vulnerable to infection are less likely to protect themselves:
- when they dislike using condoms
- when they are risk takers
- when friends actively engage in risky sex

WHY?
Sexuality Education

4 types of programs currently offered
  Comprehensive
  Abstinence-only
  Abstinence-based
  Abstinence-only-until-marriage

Which is in place in Texas schools?
Which is “right”? 
Thoughts?
Which came first: male or female?
The Genetics of Biological Sex

- Genotype- Male: XY, Female: XX
  - X: 1500 genes, Y: 50 genes
  - SRY on Y chromosome encodes testis-determining factor, which causes development of testes & testicular hormones
    - SRY = sex-determining region
  - Makes fetus develop as male from default pathway as female
The Genetics of Biological Sex

- Differentiation of fetus and development of gonads
- Sexually undifferentiated until end of 1st trimester (9-12 weeks)
- Alternative development (male or female)
Undifferentiated Female Differentiation

External View

Female Differentiation

Male Differentiation
FIN!