Adult Sexual Behaviors
What’s Considered Normal Sex?

How is “normal” established?

**Statistically Normal**

- A large number (the majority) of people engage in a behavior
- If you do not engage in a particular behavior that is considered normal, does that make you abnormal?

**What is normal for *how often***?

- Normal frequencies of behaviors are based on an average
What’s Considered Normal Sex?

How is “normal” established?

A Closer Look At Averages

• Averages are computed based on a range of numbers

• Couples in their 20’s and 30’s have sex 7-8 times per month (Clements, 1994)

• So if you have sex 25 times per month does that make you “abnormal?”

![Average frequency of sex per month](chart.png)

Average frequency of sex per month

Couples in their 20's and 30's

Sexual Experiences

- 3.00
- 4.00
- 5.00
- 6.00
- 7.00
- 8.00
- 9.00
- 10.00
- 11.00
- 12.00
- 16.00
- 18.00
- 20.00

Frequency

- 0
- 1
- 2
- 3
- 4
- 5
- 6
What’s Considered Normal Sex?

How is “normal” established?

Conclusions

• No specific frequency or type of behavior is THE ONLY definition of normal

• A range of behaviors and a range of frequencies are considered normal

The Final Word on Normal

• No psychological/physical harm to self or others

• Does not interfere with daily activities or work

Words Of Wisdom For How To Conduct Your Sex Life

• Be GGG!

Good – Be good at what you do

Giving – Giving equal time and equal pleasure

Game – Be willing to try new behaviors that are within reason
What’s Considered Normal Sex?

Sexual Scripts

**Definition**

- A set of culturally defined behaviors that guide our expectations for a sexual encounter

**Empirical Evidence**

*Rose & Frieze (1993)*

- Males and Females asked: “What do you do on a typical first date?”

**Results**

- Dress, pick up, get to know, evaluate, eat, make out, and go home

**Empirical Evidence**

*Jemail & Geer (1977)*

- Males and Females asked to arrange 25 sentences describing sexual behaviors

- “What is the most likely to occur?”

**Results**

- High degree of agreement among all participants

- Standard Sequence: kissing, hand stimulation of the breasts, then genitals, mouth-genital stimulation, intercourse, orgasm
One-Person Sex: Masturbation

Attitudes Toward Masturbation

The Church’s View

• Sex is for procreation only - masturbation is an unnatural, sinful act
• Masturbation: Derived from the Latin word: *Manus* – “hand” and *Stupore* – “to defile”

Tissot (1741) – “Onania, or a Treatise upon the Disorders Produced by Masturbation

Graham (1834) – If a boy masturbated he would turn into “a confirmed and degraded idiot.”

Kellogg (1887) – “In solitude he pollutes himself, and with his own hand blights all this prospects for both this world and the next. Even after being solemnly warned, he will often continue this worse than beastly practice, deliberately forfeiting his right to health and happiness for a moment’s mad insanity.”

• Invented Kellogg’s to be an anti-masturbation cereal
• Have you ever felt guilty for masturbating?
• 50% of Americans still feel guilty when they masturbate
One-Person Sex: Masturbation

Experiences

“I have a steady girlfriend who satisfies my sexual needs. But sometimes I’m not able to satisfy hers. This is the primary reason why I enjoy masturbating – because I don’t have to worry about trying to satisfy anyone but me.” –Man

“The guilt I feel right after masturbating is so painful that I cry at times.” –Man

“I didn’t masturbate until after I was sexually active, which was in college. In between sex with my boyfriends, I didn’t know there were ways I could ‘pleasure’ myself with sex – and without a partner. Now, after finding it, I truly enjoy it.” –Woman

“I had masturbated long before I became sexually active and, as long as I kept it to myself, I never seemed to have a problem with it. Now, when my boyfriend asks me if I never masturbated, I can’t help but feel guilty.” –Woman

“All through my childhood I thought that masturbation was something only guys could do. But Cosmo started printing all kinds of articles telling women to masturbate so they can show their partner what to do, and I got confused. I know I shouldn’t be ashamed of my body, but I still can’t bring myself to do it.” –Woman
# One-Person Sex: Masturbation

## Methods and Techniques

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Stroke the penis up and down</td>
<td>• Most stimulate the clitoris by stroking it up and down or in a circular motion</td>
</tr>
<tr>
<td>• Lubrication</td>
<td>• Few women stimulate the clit directly</td>
</tr>
<tr>
<td>• Few thrust</td>
<td>• Some women also massage vaginal lips and breasts</td>
</tr>
<tr>
<td>• Beware of the “death grip”</td>
<td>• Only 20% regularly use penetration with finger or dildo</td>
</tr>
<tr>
<td></td>
<td>• Vibrators also common</td>
</tr>
</tbody>
</table>
One-Person Sex: Masturbation

Common Questions

**Do People Masturbate After Getting Married?**
- Yes!
- 66% of men and women believe that it’s normal throughout life
- Married couples who individually masturbate report higher satisfaction with their marriage

**Is It Possible To Masturbate Too Much?**
- Yes, but not likely
- Male masturbation causes friction
  - Burns, blisters, rubbing self raw, carpel tunnel syndrome/hand cramp
- If it interferes with work
### One-Person Sex: Masturbation

#### Common Questions

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Will Masturbation Affect the Curvature of the Penis?</strong></td>
<td>No!</td>
</tr>
<tr>
<td><strong>Can Masturbation Affect the Size/Shape of the Clitoris?</strong></td>
<td>No!</td>
</tr>
<tr>
<td><strong>Will I Lose My Ability to Perform With a Partner if I Masturbate?</strong></td>
<td>Masturbation may slightly help or hinder the skills needed for healthy and satisfying sex</td>
</tr>
<tr>
<td><strong>Will Masturbation Affect My Testosterone Levels?</strong></td>
<td>Yes, but not by much</td>
</tr>
<tr>
<td></td>
<td>Exercising regularly will raise “T” levels more than masturbation</td>
</tr>
<tr>
<td><strong>What if I Don’t Ejaculate When I Orgasm?</strong></td>
<td>Retrograde Ejaculation</td>
</tr>
<tr>
<td></td>
<td>Semen enters bladder instead of going out urethra</td>
</tr>
</tbody>
</table>
Sexual Fantasies

Common Themes

“My sister, who was much older than I, would always have friends over and I would fantasize about making love to them while masturbating.” (man)

“My fantasies almost always include my wife. It may also include another female.” (man)

“I enjoy being male, but have occasionally fantasized about what it is like to be female during lovemaking.” (man)

“During sex I have sexual fantasies about making love to another woman.” (woman)

“My sexual fantasy has been the same since age 16. The man uses me, sometimes beats me, and brings his other females partners around me. This fantasy bothers me.” (woman)

“I have sexual fantasies while making love to my husband, usually about men I’m attracted to from work. I think about how it would be and when I come, it’s stronger and harder than it usually is.” (woman)
Sexual Fantasies
Incidence, Content, and Themes

**Who’s Fantasizing?**

- Nearly all men and 90% of women have sexual fantasies
- 54% of men and 19% of women fantasize daily

**Content**

- Common to fantasize about past or present sexual partner(s)
- Content is related to a person’s sexual experience
- Touching, kissing, oral-genital sex, intercourse, seducing, being seduced, and sex in unusual locations

**Themes**

- Exploration
- Intimacy
- Impersonal Sex/Fetishes
- Dominance/submission

**Gender**

- Men
  - More sexually explicit, visual and activity-oriented
Sexual Fantasies
Incidence, Content, and Themes

Gender, Gender, Gender…

Women
• More emotional and romantic
• More likely to play a role (maiden, victim, dominatrix)
• Reliving past sexual experience
• Sex with partner, another man, a woman, a forbidden act, dominating a man

Fantasies During Two-Person Sex
• Replacement Fantasy
• Is that wrong?
• Nearly ALL men and 80% of women have had replacement fantasies
Sexual Myths: Pheromones

Pheromones

**Definition**
- A chemical substance believed to be excreted from the body (hair, skin, urine, sweat, etc…) that sexually attracts another individual(s)

**How They (Supposedly) Work**
- Hypothesized that humans have a VNO – a special “sixth sense” device in the upper nose
- VNO detects pheromones unconsciously and individuals find themselves sexually attracted to the other person

**What They’ve Found**
- Sexual behaviors of many insects and animals are governed by pheromones
- However, no single chemical has been isolated as a pheromone in humans

**Empirical Study**
- College women given and asked to smell shirts of college men
- Women preferred the shirts of men whose immune systems were genetically dissimilar
Sexual Myths

Aphrodisiacs

**Definition**

- Substances that enhance sexual desire or performance

**Some Common Substances**

- Oysters, bull’s testicles, herbal supplements, Spanish fly, Chocolate, Drugs (alcohol, marijuana, cocaine, amyl nitrites “poppers”)

**Do They Work?**

- Chemically – No!
- Aphrodisiac studies always produce a strong placebo effect

**So Never Use Them?**

- Not necessarily
Two-Person Sex: Getting Ready

Erogenous Zones

**Definition**

- Areas of the body that are particularly sensitive to sexual stimulation

**Think Creatively**

- Breasts, nipples, neck, ears, lips, thighs, feet, toes, calves, back, buttocks…
- Skin – It’s loaded with nerve endings!
- “Hot” areas that respond more to sensual touch are more densely packed with nerve endings

**Why Are They Important?**

- Foreplay
- Intercourse is a whole body activity
Two-Person Sex: Getting Ready

Foreplay

“Why do so many women fake orgasm so much?”

“Because so many men fake foreplay.”

Definition

• Any sensual or erotic behavior that precedes sexual intercourse

Why Do It

• Men: 2 min. for full arousal to achieve orgasm
• Women: 15 min. for full arousal to achieve orgasm
• Enhances overall sexual experience
• Women are more likely to orgasm

Common Behaviors

• Kissing
• Touching/caressing
• Dirty talk
• Undressing in front of each other
• Other signals
  • Text messages
  • Winks
  • Furtive little exchanges
Two-Person Sex: Getting Ready

Lubrication

Why Use It?
• Vagina naturally lubricates, but sometimes not enough
• Anal intercourse
• Clitoral stimulation

What To Use…
• Water-based lubricants

What Not To Use…
• Oil-based lubricants (baby oil, Vaseline, shortening
  • Damage latex condoms
  • May cause vaginal infections
Oral-Genital Sex
Attitudes and Experiences

“I was highly against oral sex because I thought it was so nasty and demeaning. But when I experienced it, my attitude changed. I didn’t realize what I was against could feel so damn good.” (woman)

“…What did surprise me was the fact that I enjoyed giving more than receiving. I think it is a great way for two people to share very intimate moments.” (man)

“It is a great way to relax, feel unpressured and not worry about pregnancy or how good you perform.” (man)

“I do engage in oral-genital sex, but really prefer it as foreplay. I don’t like the idea of a guy coming in my mouth – it gags me!” (woman)

“Oral sex is by far the most pleasurable sexual experience I have ever engaged in. It has produced some of the most intense orgasms that I have ever experienced, especially in the 69 position. I also very much enjoy orally stimulating my partner individually as much as being stimulated myself.” (woman)
Oral-Genital Sex

Who’s Doing It

**Incidence**
- 70-90% of teens and young adults have had oral-genital sex (Gates & Sonenstein, 2000)
- More education = more likely to have oral-genital sex
- Higher levels of religiosity = less likely to have oral-genital sex

**Concerns**
- Is it amoral?
- Is it sanitary?

**Overall**

BE GGG!
Oral-Genital Sex

Fellatio

**Definition**

- Oral stimulation of the penis

**Some Stats**

- 83% of men rated oral sex as very or somewhat appealing
- 57% of women said giving fellatio was very or somewhat appealing
- Only 40% of men said they could climax from oral-genital sex alone
Oral-Genital Sex

Cunnilingus

**Definition**
- Oral stimulation of the vulva (clitoris, labia, and vaginal opening)

**Some Stats**
- 42% of women reported achieving orgasm from oral-genital stimulation alone
- 82% of women rated oral-genital sex as the most satisfying sexual experience

**Concerns**
- Comfort levels with genitalia (both men and women)

**Techniques**
- Clitoris is extremely sensitive
- Start around clit
- Apply lubrication when directly stimulating the clit
Two Person Sex: Coital Positions

Overview

Why do we discuss coital positions in a human sexuality course?

Why is it beneficial to become knowledgeable about different coital positions?

Are there any positions that are amoral or derogatory?
“Before I became sexually active, I believed that everyone who engaged in sexual intercourse did so in the missionary position in the privacy of their own bedroom. Now I look forward to new positions.” (woman)

“Our sex was boring me. We always used the same position – his favorite one.” (woman)

“My boyfriend has the concept that men should be in control of sex. Well, I say ‘What about my pleasure?’ My favorite position is ‘me on top’ because I’m guaranteed to receive an orgasm.” (woman)

“…And also I like having sex standing up with my legs wrapped around the male’s waist and walking around at the same time.” (woman)

“I am a mature, responsible, middle-aged female. I am also an experienced diver with a mate who is equally comfortable under water. In my opinion, the most stimulating, exciting, and extraordinary sex on earth happens beneath the surface of the water. Complete sex beyond the grasp of gravity in a quiet, sensuous, foreign world is beyond our limited language to describe.” (woman)
Two Person Sex: Coital Positions

Overview

**Major Variations**

1. Man-on-top
2. Woman-on-top
3. Side-to-side
4. Rear entry
Two-Person Sex: Coital Positions

Man-on-top

**Missionary Position**

**History**

• Dates back to ancient Greeks, Romans, Indians, Peruvians, Chinese, Japanese

• 1200’s Christian church: women should be subordinate to men

• All other positions are a sin against nature

• Christian missionaries taught natives the position

• Pacific Islanders are responsible for coining the term – thought it was strange

**Missionary Position**

**Facts and Figures**

• **1948:** Kinsey reported that 66% of couples never tried any other position

• **1975:** 75% of couples had tried at least one other position

• Missionary position is the most popular position worldwide
Two-Person Sex: Coital Positions

Man-on-top

**Missionary Position**

**Advantages**

• Face-to-face allows for intimacy

• Good position for conception
  • Vagina retains more semen

**However…**

• Man must continually support weight

• Women have little control
Two-Person Sex: Coital Positions

Woman-on-top

**Advantages**

• Direct or primary stimulation of the clit
• Manual stimulation of clit possible
• Also…
  • Less intense stimulation of the penis → good for premature ejaculation
Two-Person Sex: Coital Positions

Side-to-side

**Advantages**

• Neither partner has to support their body weight

• Good for late stages of pregnancy
Two-Person Sex: Coital Positions

Rear Entry

**Facts**

- Universal among mammals, reptiles, and birds

**Advantages**

- Certain positions may be good for stimulating the G-spot
- Good for conception
  - Sperm pools near the cervix

**However...**

- No direct clit stimulation
- Penis may slip out
Two-Person Sex: Coital Positions

Sitting

**Advantages**
- May be extremely intimate and sensual
- Close body contact
- Both individuals may be equally involved
- Meditative: primary objective may not be active penetration/thrusting

**Variations**
- Chair woman facing forward/backward
- Edge of bed
- Woman leans back
Two-Person Sex: Coital Positions

Standing

**Advantages**
- Spontaneous

**Variations**
- Congress: man leans against the wall and woman sits on the man’s clasped hands
- Woman lies on flat surface, man stands
Two-Person Sex
Non-Penetrative

**Mutual Masturbation**

- Stimulate partners genitals with hand
- Both partners masturbate together

**Why?**

- Use as a preliminary to vaginal intercourse
- May be extremely freeing
- Demonstrates high level of comfort with your partner
Two-Person Sex

Afterplay

**What Is Afterplay?**

- Sexual contact during the resolution phase (following orgasm)

**Gender Differences**

- Men pass out
- Women want to cuddle

**Sexual response cycle**

- Men are light bulbs – women are irons
- Men: lose erection within 1 min.
- Women: swelling of genitals recedes in 5-10 min.
“The first time I had ever heard of anal sex was in 1987. A girl I worked with told me that she and her boyfriend had used this. I knew that male homosexuals had intercourse in that manner, but it never once occurred to me that heterosexuals did also!” (woman)

“Las summer my boyfriend decided he wanted to try some of the different types of things… I will never try sex again in the anus because it was so painful.” (woman)

“I do very much enjoy anal stimulation, if done properly. For me, anal stimulation during oral sex has produced the ‘ultimate’ orgasm… if it is done gently and not forcefully.” (woman)

“I like anal sex, probably a lot more than most females. When I first had anal sex, I didn’t like it… The difference is in how fast or slow the guy is in penetrating and also how turned on I am before he goes in.” (woman)

“My boyfriend and I sometimes use a mini-vibrator while making love. While we’re in the missionary position, I insert the vibrator through the anus. At the same time, he continues to penetrate. I receive the ultimate feeling in sexual pleasure.” (woman)
Two Person Sex
Anal Eroticism and Intercourse

Who’s Doing It?
• 75-80% gay men
• 20-25% of heterosexual couples have tried it (Baldwin & Baldwin, 2000)
• 10% reported doing it within the last year

Redbook Magazine Survey (n = 100,000)
• 43% women have tried it
• 19% sometimes have anal intercourse
• 2% report doing it regularly

Taboo Territory
Bolling, 1988
• 3 Interviews with women on separate occasions
• 1st interview: few women reported having anal intercourse
• 3rd interview: 72% of women reported having anal intercourse - *not a nationally representative sample

Why deny it?
Two-Person Sex
Anal Eroticism and Intercourse

Why Do It?
• Anus has numerous nerve endings
• **Men:** dominance, power, forbidden fruit, tighter
• **Women:** More intense orgasm, enjoy submissiveness

How Is It Done?
• Fingers
• Dildos
• Oral-anal intercourse “analingus”
• Penetration with penis

Procedures
• Anus has 2 bands of sphincter muscles (inner and outer)
• Sphincter muscles take 30-60 sec. to relax
• Go Slow!
• Use a lot of lube!

Concerns
• Rupture capillaries, i.e., tears skin
  • Increased risk of HIV transmission
• Wash penis following anal sex!!!!!
Two-Person Sex

Anal Eroticism and Intercourse

**Male Anal Stimulation**

- Prostate gland: The male “G-spot”
- Nerve bundles located on prostate
- Prostate and female G-spot developed from same embryonic tissue

**Methods**

- Insert a lubricated finger, press toward front of the body
- “Pegging”

So, will that make me gay?
Two-Person Sex

Anal Eroticism and Intercourse
Gay Male and Lesbian Sexual Intercourse

Common Behaviors

**Top, Bottom, or Versatile – Gay Males**

**Anal Intercourse**
- 70-80% of men engage in anal sex
- 20% prefer only one sex role

**Oral Intercourse**

**Mutual Masturbation**

**Top, Bottom, or Versatile – Lesbians**

**Penetration typically occurs with fingers/hands**
- Few women use dildos

**Frontage**
- Rubbing genitals on one another

**Oral Intercourse**

**Mutual Masturbation**
- Lesbians have orgasms more regularly than heterosexual females
# Sexual Preferences

## Cross-Cultural Comparisons

<table>
<thead>
<tr>
<th>Incidence of Sexual Behaviors Among Ethnic Groups in the United States</th>
<th>Whites</th>
<th>African Americans</th>
<th>Latinos</th>
<th>Asian Americans</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Masturbation</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>67%</td>
<td>40%</td>
<td>67%</td>
<td>61%</td>
</tr>
<tr>
<td>Women</td>
<td>44</td>
<td>32</td>
<td>35</td>
<td>no data</td>
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<tr>
<td><strong>Oral-Genital Sex</strong></td>
<td></td>
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</tr>
<tr>
<td>Men</td>
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<td>26</td>
<td>23</td>
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<tr>
<td>Women</td>
<td>23</td>
<td>10</td>
<td>17</td>
<td>no data</td>
</tr>
</tbody>
</table>
### Sexual Preferences

**Cross-Cultural Comparisons**

#### Rank Order of Preferred Behaviors Among Ethnic Groups in the United States

<table>
<thead>
<tr>
<th></th>
<th>Whites</th>
<th>African Americans</th>
<th>Latinos</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Vaginal intercourse</td>
<td>Vaginal intercourse</td>
<td>Vaginal intercourse</td>
</tr>
<tr>
<td>2.</td>
<td>Receiving oral sex</td>
<td>Watching partner undress</td>
<td>Watching partner undress</td>
</tr>
<tr>
<td>3.</td>
<td>Watching partner undress</td>
<td>Receiving oral sex (distant)</td>
<td>Receiving oral sex</td>
</tr>
<tr>
<td>4.</td>
<td>Giving oral sex</td>
<td>Giving oral sex (very distant)</td>
<td>Giving oral sex</td>
</tr>
</tbody>
</table>
Sexual Preferences

The Sexually Healthy Person

**Definition**

- Not measured by the frequency or types of sexual behaviors

A. Comfortable with sexuality – does not view sex as bad, naughty, or sinful

B. Can engage in sex without guilt

C. Feels free to choose his/her sexual behaviors

- By definition a sexually inexperienced person can be considered healthy