Human Sexuality

## PSY 225

## Susan Odgers, Instructor, & Michele Howard, Librarian

## Northwestern Michigan College

*This document is a collection of links to a variety of free, open, subscription, and commercial sites that are being used in Susan Odgers’ Human Sexuality course at Northwestern Michigan College. Please check the licensing on materials you want to copy or repurpose.*

**

*This work is licensed under a* [*Creative Commons Attribution 4.0 International License*](http://creativecommons.org/licenses/by/4.0/)*.*



Textbook: *The Psychology of Human Sexuality*, Justin J. Lehmiller, John Wiley & Sons, Incorporated, 2013-12-02.

This textbook is available free though the library databases (ProQuest Ebook Central). Students can read it online or print portions under our license.

Students can also buy or rent it on [Amazon.com](http://amzn.com/1118351215)

#

# **Unit 1: Sexual Perspectives & Research**

#### Ch. 1 Perspectives on Sexuality

Textbook: Ch. 1 Theoretical Perspectives on Human Sexuality

[OpenStax: Perspectives on Sexuality](https://cnx.org/contents/vhL06DXz%407/Sex-and-Sexuality)

#### Ch. 2 Sex Research History, Methods, and Ethics

#### Textbook: Ch. 2 Sexology Research: History, Methods, and Ethics

[Kinsey Confidential: Sex Research & Sex Therapy](https://kinseyconfidential.org/resources/sex-research-sex-therapy/)

[Kinsey Institute Research Program](https://www.kinseyinstitute.org/research/)

[Journal of Sex Research](https://www.tandfonline.com/toc/hjsr20/current#.VQhdwtLF-uk)

# **Unit 2: Human Sexual Anatomy**

Textbook: Ch. 3 Human Sexual Anatomy

[Openstax: Female Sexual Anatomy and Physiology](https://cnx.org/contents/nMy6SWSQ%405/Anatomy-and-Physiology-of-the-)

[Openstax: Anatomy and Physiology of the Male Reproductive System](https://cnx.org/contents/Nw1tEY4R%405/Anatomy-and-Physiology-of-the-)

[24-Year-Old Model Who Lost Her Leg From Using Tampons: "I Was 10 Minutes From Death"](https://www.yahoo.com/lifestyle/24-old-model-lost-her-194100322.html)

[Video of 24-Year-Old Model Story from Vice](https://www.vice.com/en_us/article/8gkbbb/we-revisit-the-story-of-a-model-who-sued-a-tampon-company-after-losing-her-leg-on-todays-daily-vice)

[13-Year-Old Dies From Using Tampons. Mom Warns It Could Happen to You](https://www.yahoo.com/news/13-year-old-dies-from-using-1262473630326838.html)

[omgYes! Women's Pleasure Demystified](https://www.omgyes.com/)

[Dr. Andrew McCullough, How Does An Erection Work Video](https://youtu.be/ygZcV2OgTps)

[Janux: Functional Anatomy of the Male Reproductive System Video](https://youtu.be/k60M1h-DKVY)

[Janux: Functional Anatomy of the Female Reproductive System Video](https://youtu.be/9rs2gNchQig)

[Ted Talk: What We Didn’t Know About the Male Anatomy, Diane Kelly](https://youtu.be/u7SWcQaoaRQ)

# **Unit 3: Gender Issues**

Textbook: Ch 5. Gender and Gender Identity

[Epstein Sexual Orientation Inventory](http://mysexualorientation.com/)

[HuffPost: Gender Dysphoria: DSM-5 Reflects Shift In Perspective On Gender Identity](https://www.huffingtonpost.com/2013/06/04/gender-dysphoria-dsm-5_n_3385287.html)

[How Gender Reassignment Works](https://www.stuffyoushouldknow.com/podcasts/how-gender-reassignment-works.htm)
Radiolab podcast of a comprehensive look at gender identity "disorders" and the gender reassignment process.

[AmeobaWeb: Gender Psychology](https://www.vanguard.edu/research/amoebaweb/gender-psychology)
From Vanguard University. Series of articles, lectures, web posts on issue surrounding gender identity.

[MSU LGBT Resource Center Video: Sexuality & Gender 101](https://www.youtube.com/watch?v=QZ9-qQ68EnQ&feature=youtu.be&list=PLmQTwd6nX4sncFx4wQYswp7OLty9evwjk)

[Films of Demand: Becoming Me: The Gender Within](http://fod.infobase.com/p_ViewVideo.aspx?xtid=40695)
In this Telly Award–winning program, five transgendered individuals between the ages of 20 and 50 speak openly about what it has meant to them to be transgendered—their first experiences of gender confusion, life after coming out, family responses, and more. (40 min.) Contains clinically explicit language.

# **Unit 4: Sexual Arousal**

Textbook: Ch. 4 Human Sexual Response: Understanding Arousal and Orgasm

[APA: The Science of Sexual Arousal](http://www.apa.org/monitor/apr03/arousal.aspx)

Paterson, L.Q.P., Jin, E.S., Amsel, R., & Binik, Y.M. (2014). Gender Similarities and Differences in Sexual Arousal, Desire, and Orgasmic Pleasure in the Laboratory. *Journal of Sex Research* *51*(7), 801-813.

["What Do Women Want?"](https://www.nytimes.com/2009/01/25/magazine/25desire-t.html?_r=2&pagewanted=all)
Substantial NYT Magazine article about research on women's arousal by Meredith Chivers, a sexologist from Queens University in Canada.

[Ted Talk: 10 Things You Didn't Know About Orgasm, Mary Roach](https://youtu.be/7jx0dTYUO5E)

# **Unit 5: Love/Communication/Intimacy/Relationships**

Ch 8. Intimate Relationships: Sex, Love, and Commitment

[The Rise of Dating Sims for Women - iQ by Intel](https://iq.intel.com/the-rise-of-dating-sims-for-women/)

["How to Keep Love Going Strong"](http://www.yesmagazine.org/pdf/56/56poster.pdf)

Infographic based on the work of John Gottman and [The Gottman Institute.](https://www.gottman.com/)

[Why Marriages Succeed or Fail](http://couplestherapydoc.com/images/Why%20marriages%20succeed%20or%20fail.pdf)
Five-page synopsis of ideas from John Gottman's book.

[TedxCU: The sex-starved marriage, Michele Weiner-Davis](https://youtu.be/Ep2MAx95m20)

[Films on Demand: Hormonally Yours](http://fod.infobase.com/p_ViewVideo.aspx?xtid=10895)
From the womb to old age, it is believed that hormones have a powerful impact on gender and sexuality. Drawing on the research of Roger Gorski, professor of neurobiology at UCLA, and Donatella Marazzitti, of Pisa University, this program explores both the role of sex hormones and the biochemistry of love. Case studies of transgendering and a condition in which a woman’s body produces an excess of testosterone are examined. In addition, a group of teenagers—considered "hormones on legs" by Dr. Gorski—share their approaches and reactions to the impulse of sexual attraction.(50:38 min.)

# **Unit 6: Sexual Behaviors**

Textbook Ch. 9 Sexual Behaviors

[The Rise And Rise Of Heterosexual Anal Sex - Atlantic Magazine Article](https://www.theatlantic.com/daily-dish/archive/2010/10/the-rise-and-rise-of-heterosexual-anal-sex/181511/)

[Why have young people in Japan stopped having sex? - Guardian](https://www.theguardian.com/world/2013/oct/20/young-people-japan-stopped-having-sex)

[There Are Very Few 'Uncommon' Sexual Fantasies - Atlantic](https://www.theatlantic.com/health/archive/2014/11/there-are-very-few-uncommon-sexual-fantasies/382377/)

Monto, M.A. & Carey, A.G. (2014). A New Standard of Sexual Behavior? Are Claims Associated With the “Hookup Culture” Supported by General Social Survey Data? *Journal of Sex Research 51*(6), 605-615.

[Oral Sex - University of Georgia Health Center](https://www.uhs.uga.edu/sexualhealth/oral_sex)

[5 Reasons Girls Should Masturbate Video](https://youtu.be/ixVKOIG5X2w)

[Buzzfeed: Ask an Asexual Person Video](https://youtu.be/Ue6a5psQIXk)

[Kissing Around the World Video](https://www.youtube.com/watch?v=y8yHkfFv-BE&feature=youtu.be)

# **Unit 7: Sexual Orientations**

Textbook Ch. 6 Sexual Orientation

[Same-Sex Behavior in the Animal Kingdom](http://ec2-23-21-117-9.compute-1.amazonaws.com/segment/06/19/2009/same-sex-behavior-in-the-animal-kingdom.html)
"Science Friday" radio program (13 min.)

[This Poll Shows How Christians in America Really Feel About Homosexuality](https://www.yahoo.com/news/poll-shows-christians-america-really-203719289.html?nf=1)
If there really is a culture war raging between social liberals and conservatives, polling data indicates the liberals have won one battle so thoroughly they're making inroads into enemy territory.

A [new Pew Research Center survey](http://www.pewresearch.org/fact-tank/2015/12/18/most-u-s-christian-groups-grow-more-accepting-of-homosexuality/) suggests that growing numbers of Christians have come around on homosexuality, with a full 54% of all Christians agreeing that "homosexuality should be accepted, rather than discouraged, by society."

[Same Love Music Video](https://youtu.be/hlVBg7_08n0)

[Same Love Lyrics](https://www.azlyrics.com/lyrics/macklemore/samelove.html)

[TedTalk: Tillet Wright - Fifty Shades of Gay](https://youtu.be/VAJ-5J21Rd0)

[TedTalk: Christopher Ryan - Are We Sexual Omnivores?](https://youtu.be/LJhklPJz9U8)

[Before Stonewall: America's LGBT Movement](http://fod.infobase.com/p_ViewVideo.aspx?xtid=65993)
 Films on Demand Video (1:26)

[After Stonewall: America's LGBT Movement](http://fod.infobase.com/p_ViewVideo.aspx?xtid=65987)
 Films on Demand Video (1:26)

# **Unit 8: Sex Ed/Contraception/Conceiving**

Textbook Ch. 10 Sex Education, Contraception, and Pregnancy

[Total Access Group - Your Key to Prevention](http://www.totalaccessgroup.com/)

[8 Reasons Parents Should Demand Better Sex-Ed in Schools](https://www.yahoo.com/news/8-reasons-parents-should-demand-better-sex-ed-in-133607682.html)

[Planned Parenthood - Birth Control](https://www.plannedparenthood.org/learn/birth-control)

[Students for Life: Contraception](http://studentsforlife.org/contraception/)

[Kinsey Institute: Birth Control and Pregnancy](https://kinseyconfidential.org/resources/birth-control-pregnancy/)

[CDC: Contraception](https://www.cdc.gov/reproductivehealth/contraception/index.htm)

[Striking Photo Shows Newborn With Umbilical Cord That Spells ‘Love’](https://www.yahoo.com/news/striking-photo-shows-newborn-with-umbilical-cord-210056584.html)

[Contraception Journal](https://www.contraceptionjournal.org/)
Scholarly international journal of reproductive health.

[Plan First! - Michigan Department of Health and Human Services Family Planning Program](https://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71547_2943_4853-146295--%2C00.html)

[﻿February 11, 1916: Emma Goldman Is Arrested for Distributing Information About Birth Control (2/15)](https://www.thenation.com/article/february-11-1916-emma-goldman-arrested-distributing-information-about-birth-control/)

[ASAPScience Video: The Science of Plan B - Emergency Contraception](https://youtu.be/7Vozr9vHeMo)

# **Unit 9: Adolescent Sexuality**

[Sexual Development and Behavior in Children](https://www.nctsn.org/resources/sexual-development-and-behavior-children-information-parents-and-caregivers)
Fact sheet from the National Child Traumatic Stress Network define normal sexual behavior by age.

[Puberty and Adolescent Sexuality](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3761219/)
Scholarly (but manageable) 2013 article from *Human Behavior.*

##### [First: Perspectives on Sexual Awakening and Identity](http://fod.infobase.com/p_ViewVideo.aspx?xtid=41674) (Films on Demand)

[Portraits in Human Sexuality: Human Development (Films On Demand)](http://fod.infobase.com/p_ViewVideo.aspx?xtid=36009)
Parents, friends, sex education classes, the media—all of them shape our perceptions of reproduction and physical intimacy. Starting at the beginning, then, this program focuses on developmental issues in human sexuality. Its four interview segments question children on what they know about love and sex; adolescents on what they know about sex and what constitutes good sex education; adults on what they believe children should know about sexuality; and a persevering couple on their difficulties in achieving pregnancy and reaching full term. Contains clinically explicit language. (35 minutes)

[Teen Sexuality and Teen Pregnancy, Yale Courses Video](https://youtu.be/atj8RIK2edg)
[Robert Wyman](http://videolectures.net/robert_wyman/), Department of Molecular, Cellular and Developmental Biology, Yale University

# **Unit 10: Adult Sexuality**

10 Year Relationship Paper Resources:
[The Mighty](https://themighty.com/)
[What Luck Means Now (NYTimes 2/22/16)](https://www.nytimes.com/2016/02/21/fashion/what-luck-means-now.html)
[The World’s Happiest and Saddest Countries (3/16/16)](https://www.yahoo.com/news/denmark-worlds-happiest-country-burundi-least-report-shows-110144249--finance.html?nf=1)
[13 Questions to Ask Before Getting Married (NYTimes 3/24/16)](https://www.nytimes.com/interactive/2016/03/23/fashion/weddings/marriage-questions.html)

[Adult Sexuality Outline](http://staff.um.edu.mt/mbor7/Adult.htm)
This is a great outline including some excellent graphs illustrating frequency, etc. It belongs to someone at the University of Malta but we could probably get permission to use it. It's helpful

[Sexuality in Later Life - National Institute on Aging](https://www.nia.nih.gov/health/sexuality-later-life)

[Adult sexuality (Video Lecture)](https://www.youtube.com/watch?v=7ZaHQ1wfiSA&feature=youtu.be)
Lecture by Dr. Lisa Moyer @ Eastern Illinois University. (19:38), a little boring but covers all the topics.

[TedTalk: The Secret to Desire in a Long-term Relationship - Ester Perel](https://youtu.be/sa0RUmGTCYY)

[Platonic, Until Death Do Us Part](https://mobile.nytimes.com/2016/01/24/fashion/platonic-gay-relationship-couple.html?rref=collection%2Fcolumn%2Fmodern-love&action=click&contentCollection=fashion)

# **Unit 11: STIs & Sexual Dysfunction**

Textbook: Ch. 11. Sexually Transmitted Infections and Safer-Sex Practices

Textbook Ch. 12 Sexual Dysfunction and Sex Therapy

[Erectile Dysfunction - Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/diagnosis-treatment/drc-20355782)

[Female Sexual Dysfunction - Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/female-sexual-dysfunction/diagnosis-treatment/drc-20372556)

[CDC Sexually Transmitted Diseases Fact Sheets](https://www.cdc.gov/std/healthcomm/fact_sheets.htm)

[Kinsey Institute: Common Sexual Problems And Dysfunction](https://kinseyconfidential.org/resources/common-problems/)

[Thomas Judd Care Center - HIV/AIDS care at Munson Medical Center](http://www.munsonhealthcare.org/tjcc)

[Yohimbe - National Institute of Health](https://nccih.nih.gov/health/yohimbe)

[The Scariest Millennial HIV Number Isn’t How Many People Have It](https://www.yahoo.com/news/scariest-millennial-hiv-number-isn-165300191.html)

[STIs: Facts and Fiction (20:34)](https://films.com/id/18393/STIs_Facts_and_Fiction.htm)
This program takes a detailed look at sexually transmitted infections, commonly known as STIs, focusing on facts and myths, common symptoms, informed decision making, counseling and support, medical treatment, and protection.

# **Unit 12: Atypical Sexual Behavior**

Textbook Ch. 13 Variations on Human Sexual Behavior

[Voyeurism And Exhibitionism: How Common Are They? - Psychology Today](https://www.psychologytoday.com/us/blog/all-about-sex/201204/voyeurism-and-exhibitionism-how-common-are-they)

[Atypical Sexual Variations Flashcards](https://quizlet.com/8724221/atypical-sexual-variations-flash-cards/)

[Facing Disturbing Truths About Pedophilia Could Help Us Keep Kids Safer - Pacific Standard](https://psmag.com/social-justice/facing-disturbing-truths-about-pedophilia-could-help-us-keep-kids-safer)

[Films on Demand - Animism: People Who Love Objects](http://fod.infobase.com/p_ViewVideo.aspx?xtid=86591)
This documentary follows people who are finding true, emotional and sexual love with objects (51:39).

[Fetish Subculture Documentary (48:32)](https://youtu.be/YCrsEmaCnUI)

# **Unit 13: Sexual Coercion & Sale**

Textbook: Ch. 14 Sex Laws, Sexual Victimization, and the Sexual Marketplace

##

## Sexual Coercion

Sex Trafficking Slowly Spreading into Northern Michigan

[Making Sex Offenders Pay — and Pay and Pay and Pay: A New Freakonomics Radio Podcast](http://freakonomics.com/podcast/making-sex-offenders-pay-and-pay-and-pay-and-pay-a-new-freakonomics-radio-podcast/)
The gist of this episode: Sure, sex crimes are horrific, and the perpetrators deserve to be punished harshly. But society keeps exacting costs — out-of-pocket and otherwise — long after the prison sentence has been served. (36 min.)

[Comedian speaks out about abusive relationship](https://www.yahoo.com/lifestyle/beth-stelling-speaks-out-about-domestic-abuse-063718144.html)

[Types of Sexual Violence - Rape, Abuse & Incest National Network](https://www.rainn.org/types-sexual-violence)

##

## Sex for Sale

## ["Should Buying Sex Be Illegal?"](https://www.thenation.com/article/should-buying-sex-be-illegal/)Article about European prostitution laws and how sex workers feel about them.

["Sex, Love, and Robots"](http://reason.com/archives/2015/03/03/sex-love-and-robots)
Article from Reason, by Elizabeth Nolan Brown.

[Films on Demand - Portraits in Human Sexuality: The Business of Sex (34:28)](http://fod.infobase.com/p_ViewVideo.aspx?xtid=36015)

# [The Science of Pornography Addiction (SFW)](https://www.youtube.com/watch?v=1Ya67aLaaCc&feature=youtu.be)

[Films on Demand - It’s Wrong to Pay for Sex: A Debate (1:53:03)](http://fod.infobase.com/p_ViewVideo.aspx?xtid=58302)

[The Hunting Ground (Preview for DVD)](http://thehuntinggroundfilm.com/)

# **Additional Resources**

**Periodicals/Journals**
[Modern Love from the New York Times](https://www.nytimes.com/column/modern-love)
[Cosmo Magazine Quizzes](https://www.cosmopolitan.com/content/quizzes/)
[List of Sexology Journals](https://en.m.wikipedia.org/wiki/List_of_sexology_journals)
[Electronic Journal of Human Sexuality (2/22/16)](https://en.m.wikipedia.org/wiki/Electronic_Journal_of_Human_Sexuality)

**Websites**
[Thomas Judd Care Center - HIV/AIDS care at Munson Medical Center](http://www.munsonhealthcare.org/tjcc)
[omgYes!.com - women's pleasure demystified](https://www.omgyes.com/?hp=1&utm_expid=.4aCBHDdrTqazU8UN9A9H-g.1&utm_referrer=https%3A%2F%2Felearn.nmc.edu%2Fmod%2Fpage%2Fview.php%3Fid%3D1248172)
[Planned Parenthood](https://www.plannedparenthood.org/)
[Tinder](https://tinder.com/)
[Tinder Horror Stories Will Make You Want to Quit the Internet](https://www.yahoo.com/news/these-tinder-horror-stories-will-make-you-want-to-193502380.html?nf=1)
[Total Access Group - Your Key to Prevention](http://www.totalaccessgroup.com/)
[WRC - Doula Teen Parent Program](http://www.womensresourcecenter.org/doula-teen-parent-program-1)
[Plan First! - Michigan Department of Health and Human Services Family Planning Program](https://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71547_2943_4853-146295--%2C00.html)
[Justin J Lehmiller, Author at The Good Men Project](https://goodmenproject.com/author/justin-j-lehmiller/)

**Films/TV**
[Masters of Sex](http://www.sho.com/series?i_cid=int-masters-11826)
[The Affair](http://www.sho.com/the-affair)
[Californication](http://www.sho.com/californication)
[Sexual/Erotic Film History and Lists](http://www.filmsite.org/sexualfilms.html)

**Videos**
[Sexplanations Youtube Videos](https://www.youtube.com/channel/UCkxMlA7rt-mnIc1AjbyAsPw)

**Academic Articles**

Bhugra, D., Popelyuk, D., & McMullen, I. (2010). Paraphilias across cultures: contexts and controversies. *Journal Of Sex Research*, *47*(2), 242-256. doi:10.1080/00224491003699833

Wilson, G. D. (2010). The Sex Fantasy Questionnaire: an update. *Sexual & Relationship Therapy*, *25*(1), 68-72. doi:10.1080/14681990903505799