

# Psychology of Adjustment

## PSY 131

Chapter 9

Sexuality

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# Outline/Overview

- Learning about sexuality
- Misconceptions about sexuality
- Concerns about sexuality
- Making responsible choices
- AIDS/HIV
- Date rape
- Sexual Harassment

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# Learning about sexuality

- Sources of learning/information?
- Accuracy/comprehensiveness of information?
- Comparisons with other countries
- Focus of sexual education curriculum
- Effects of sex ed programs

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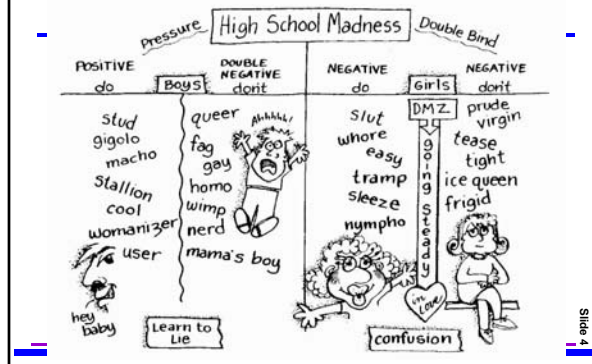
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## Adolescence and double standards

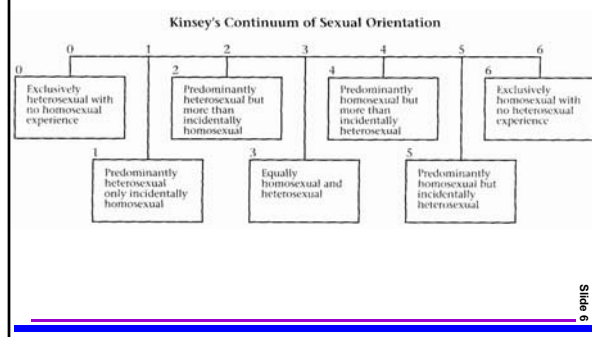


## Misconceptions About Sexuality

- Women are not as sexually desirable when they initiate sex
- As people get older, they are bound to lose interest in sex
- By their very nature, men are sexually aggressive
- The more physically attractive a person is, the more sexually exiting he or she is
- Being attracted to someone of the same gender is abnormal

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## Sexual orientation as a continuum



## Some Concerns About Sexuality

- Worrying about performance standards
- Contracting sexually transmitted diseases
- Being preoccupied with one's body
- Feeling responsible for a partner's dissatisfaction
- Experiencing guilt over sexual feelings or behavior
- Worrying if one is normal

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## Guidelines on Making Responsible Choices

- In making responsible, inner-directed choices about whether to act on sexual feelings, you might consider
  - Will my actions hurt another person or myself?
  - Will my actions limit another's freedom?
  - Will my actions exploit another's rights?
  - Are my actions consistent with my values and commitments?

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## Basic Facts About AIDS

- AIDS affects a wide population and continues to be a major health problem
- There is much ignorance and fears of AIDS
- AIDS weakens the body's immune system and that allows other diseases to prey on the body
- AIDS is considered an "equal opportunity disease" because it is found among people of all ages, genders, races, and sexual orientations

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## Which of the following are true?

1. You can tell by looking that someone has the AIDS virus.
2. People cannot become infected with the HIV virus by donating blood.
3. The AIDS virus can enter the body through the vagina, penis, rectum, or mouth.
4. It's possible to get the AIDS virus from hugging, kissing, or a toilet seat.
5. Condoms are an effective but not a foolproof way to prevent the spread of the AIDS virus.
6. The AIDS virus may live in the human body for years before symptoms actually appear.
7. The AIDS virus may be spread through sneezing and coughing.
8. Any person can become infected with the AIDS virus through sexual intercourse.
9. If you think you've been exposed to the AIDS virus, you should get an AIDS test.
10. Presently, there is no cure for AIDS.

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## Transmission of HIV

- ☐ Much is known about the transmission of HIV and how it can be avoided
- ☐ Most people with HIV infection will eventually develop AIDS
- ☐ With early treatment HIV can be retarded and the onset of AIDS can be delayed
- ☐ Common forms of HIV transmission are unprotected sex with, or sharing intravenous needles with, a person infected with the virus

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## Prevention of HIV/AIDS and STD's

- ☐ Educate yourself about HIV/AIDS and about sexually transmitted diseases (STD's)
- ☐ Engaging in sex with multiple partners is high-risk behavior
- ☐ Effective and consistent use of safer sex methods is a key to prevention
- ☐ Consider abstinence as an alternative
- ☐ Make responsible choices

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## Date Rape

- Recognize that date rape is a betrayal of trust
- Realize that using alcohol and drugs at parties can cloud your judgment
- Listen carefully to each other and respect each other's values and boundaries
- Clarify your values and attitudes about sex before you are in situations where you have to make decisions about sexual behavior
- Be prepared to act forcefully if assertive refusals don't stop unwanted sexual advances

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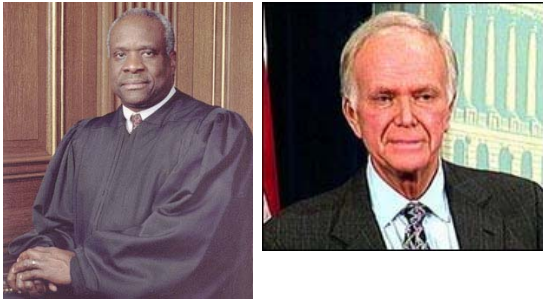
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What do these people have in common?



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What do these people have in common?



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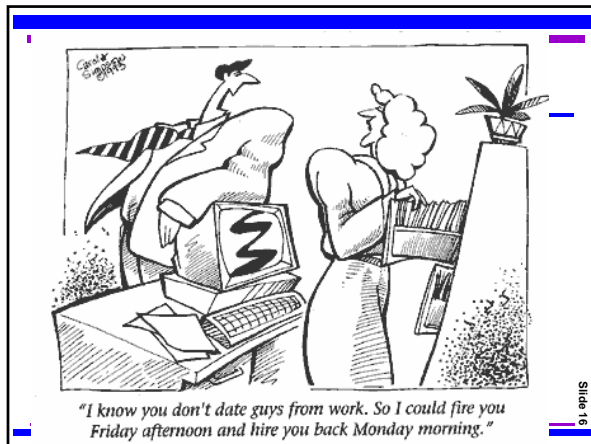
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### Facts About Sexual Harassment

- Sexual harassment is repeated and unwanted sexually oriented behavior in the form of comments, gestures, or physical contact
- Sexual harassment is abuse of the power differential between two people
- It diminishes choice and is not flattering
- If you are a recipient of harassment, realize you are not powerless and you have a right to break the pattern

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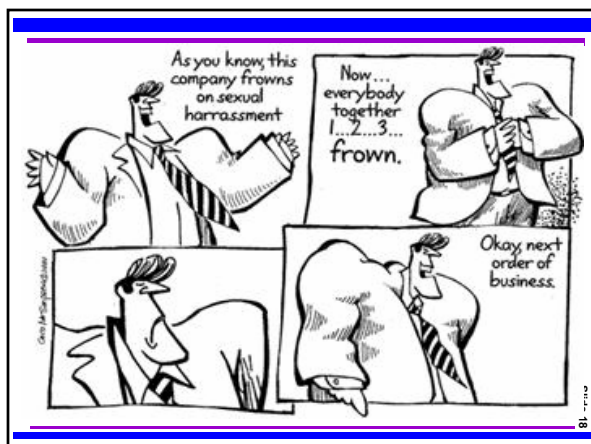
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