

## **What's Non-Deviant Sex? An Overview of Sexual Development and Adult Sexual Behavior**

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## **Goals**

- Briefly review expected behaviors during childhood
- Explore adolescent sexual development
- Explore what latest population surveys tell us about normative adult sexual behavior.

### **Children from birth to age 2 may:**

- Explore body parts, including genitals
- Positive or negative attitudes about their bodies develop
- Boys have erections and girls lubricate
- Develop a gender identity
- Learn expected roles for boys and girls

### **Children at ages 3-4 may:**

- Become very sexually curious
- Become aware of male and female differences
- Touch themselves and learn how to masturbate
- Play doctor, house and other forms of sexual play with friends, siblings
- Engage in sexual rehearsal play

### **Children at ages 5-8 may:**

- Continue sexual play and masturbation
- Become curious about pregnancy and birth
- Have strong same-sex friendships
- Have "puppy-love" romances
- Sex roles can be very stereotyped
- Develop a basic sexual orientation

### **Children at ages 8-12 may:**

- Enter puberty, especially girls; early development might be perceived more positively by boys than girls
- Development of feelings of modesty
- Have romantic crushes on friends, older teens, pop stars, teachers and doctors
- Experience emotional ups and downs

### Children at ages 8-12 may:

- Respond to peer pressure; feelings of differentness and awkwardness
- Engage in name-calling and teasing
- Become acutely aware of bodily changes
- Face decision-making regarding sexual activity, alcohol, drug use
- Initiate sexual intercourse - some by 12

### Puberty versus Adolescence

- Puberty
  - Secondary sex characteristics
  - Physical maturation
- Adolescence
  - Psychosocial process
  - Mental and social growth
  - Erotic and romantic feelings
  - Interpersonal and relationship skills

### Adolescence = Experimentation

- To learn about myself
- To learn about others
- To learn how to be intimate
- To learn to feel sexually competent
- To explore sexuality and intimacy (often through trial and error)

### Adolescent Sexual Behavior

Zimmer-Gembeck & Helfand (2008) review

- Age at first intercourse
  - 13-35% initiate intercourse by the end of 8<sup>th</sup> grade
  - 50-70% of 16-17 year olds have experienced sexual intercourse
  - 70-90% have had first sexual intercourse by age 18
  - First intercourse most common between ages 15 and 17. Median just over 16 years.
- Compared to white adolescents:
  - Earlier onset for Black males, not females
  - Later onset for Asian Americans
  - Similar onset for Latino/Latina
- 5-10% of males and 6% of females report having same sex sexual experiences (Defamater & Friedrich, 2002).

### Adolescent Sexual Behavior

Zimmer-Gembeck & Helfand (2008) review

- Pubertal development best differentiates those with onset before age 16 or those with onset after age 18 from others.
- Early onset of sexual behavior (by age 15 years) associated with:
  - Greater alcohol use and antisocial behavior in boys
  - Substance abuse but not other measures of delinquency in girls.
  - Academic performance
  - Some evidence for more depressive symptoms in girls
  - Not associated with self esteem, may have positive association in boys age 17 and older.
- Anxiety related to delay of initiation in boys.
- Family structure best differentiates those with late onset from others.

### Adolescent Sexual Behavior

Zimmer-Gembeck & Helfand (2008) review

- Early initiation related to peer problem behaviors.
- Peer relationships more positive in girls who have first intercourse in middle adolescence.
- Relationship factors:
  - Sexual intercourse increases 2-5 times when in steady relationship
  - In boys: History of romantic relationship
  - In girls: Frequency of dating without others present
  - In both: Dated more frequently and currently dating

### Involvement in Non-Romantic Sexual Behavior (Manning et al., 2004)

- N=7470 of whom 2821 (38%) were sexually active between interview waves
- Of those sexually active:
  - 23.8% had only non-romantic partners
  - 62.5% had only romantic partners
  - 14% had both romantic and non-romantic partners
- Demographics:
  - 54% female.
  - Average age: 16.2
  - 64.5% white, 18.5% Black, 10.8% Latino/Latina, 6.3% other
  - 48% intact biological family

### Involvement in Non-Romantic Sexual Behavior (Manning et al., 2004)

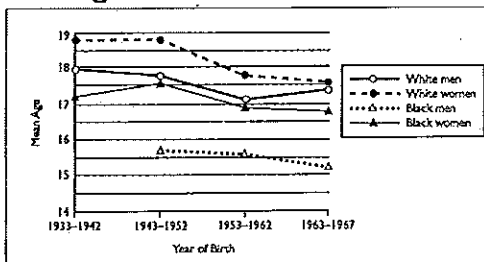
- More likely to be sexually active with non-romantic partners:
  - African American
  - Boys
  - Trouble in school
  - Prior sexual experience
  - Relationship context of prior sexual behavior
  - Highly educated mothers

### Involvement in Non-Romantic Sexual Behavior (Manning et al., 2004)

- Less likely to be sexually active with non-romantic partners:
  - Religion reported as important
  - Older teens
  - Family caring
  - Self esteem

### Adult Sexual Behavior Results from the National Health and Social Life Survey

### Age at First Intercourse



Note: This includes respondents who had vaginal intercourse no later than age twenty-five and who have reached their twenty-fifth birthday by the date of the interview. Missing line segments indicate insufficient number of cases for a particular category (less than 30). Whites computed from cross-section sample; blacks computed from cross-section and the over-sample.

Michael, Gagnon, Laumann, & Kolata, 1994

	Number of Partners Last 12 Months (%)			
	0	1	2-4	5+
Total Population	11.9	71.1	13.7	3.2
Males	9.9	66.7	18.3	5.1
Females	13.6	74.7	10.0	1.7
Age:				
18-24	10.8	57.0	23.7	8.6
25-29	5.5	72.0	16.8	5.7
30-34	6.7	72.8	16.2	2.3
35-39	9.8	77.3	10.7	2.4
40-44	11.3	74.7	12.8	1.2
45-49	15.3	73.7	8.8	1.3
50-54	15.1	79.3	5.2	0.4
55-59	31.6	64.9	3.2	0.0

Laumann, Gagnon, Michael, & Michaels, 1994

	Number of Partners Since Age 18 (%)						
	0	1	2-4	5-10	11-20	21+	Median
Total Population	2.9	26.1	29.5	21.7	10.6	9.2	3
Males	3.4	19.5	20.9	23.3	16.3	16.6	6
Females	2.5	31.5	36.4	20.4	6.0	3.2	2
Age:							
18-24	7.8	32.1	34.1	15.4	7.8	2.8	2
25-29	2.2	25.3	31.3	22.2	9.6	9.0	4
30-34	3.1	21.3	29.3	25.2	10.8	10.3	4
35-39	1.7	18.9	29.7	24.9	14.0	12.0	4
40-44	0.7	21.9	27.6	24.2	19.7	12.0	3
45-49	2.0	25.7	25.8	25.1	9.6	15.9	3
50-54	2.4	33.9	27.8	18.0	9.0	9.0	2
55-59	1.3	40.0	28.3	15.2	8.3	7.0	2

Laumann, Gagnon, Michael, & Michaels, 1994

### Comparison of U.S. with Selected European Countries

Men	Number of Partners Last 12 Months (%)			
	0	1	2-4	5+
NHLS	9.9	66.8	18.3	5.1
U.K.	13.1	73.0	12.3	1.5
France	11.1	77.5	10.3	1.0
Finland	4.5	78.4	18.2	4.5
Number of Partners Lifetime (%)				
NHLS	3.4	19.5	20.9	56.2
U.K.	6.6	20.6	29.0	43.8
France	4.5	21.4	29.1	45.0
Finland	2.9	12.4	24.9	55.7

Laumann, Gagnon, Michael, & Michaels, 1994 (Table 5.4c)

### Simultaneous and One-Time Encounters

No. of Partners Past 12 months	% with any Simultaneity	% with any One-time partners
1	--	1
2	51	25
3	61	54
4	75	60
5	83	67
6+	85	71

Laumann, Gagnon, Michael, & Michaels, 1997

- ### Sexual Behavior of Married Couples
- 40% have sex two or more times per week
  - 47% have sex a few times per month
  - 80% of women and 65-85% of men of every age report no extramarital sexual partners during their marriage
  - Masturbation in the past 12 months
    - 43% of men reported no masturbation
    - 16% reported masturbation at least once per week
    - 63% of women reported no masturbation
    - 5% reported at least once per week
- Laumann, Gagnon, Michael, & Michaels, 1994

### Percent of First Unions That Were Formal Marriages

Cohort	Men	Women
1933-42	83.6	93.1
1943-52	69.7	78.2
1953-62	46.9	57.6
1963-74	34.3	36.0

Laumann, Gagnon, Michael, & Michaels, 1994

### Percent Reporting Gay, Lesbian, Bisexual Identity and Same Sex Behavior

	Males		Females	
	Self-Identification Janus & Janus, 1993	Sexual Behavior-Lifetime	Self-Identification Janus & Janus, 1993	Sexual Behavior-Lifetime
Homosexual	4 (2)	4.9	2 (.9)	4.1
Bisexual	5(.8)	--	3 (.5)	--

Selected Sexual Practices (% Lifetime Experience)								
	Freq. of Sex Per Month		Active Oral Sex		Receptive Oral Sex		Anal Sex	
	Male	Female	Male	Female	Male	Female	Male	Female
Total Population	6.5	6.3	76.6	67.7	78.7	73.1	25.6	20.4
Age:								
18-24	7.2	7.4	72.4	69.1	74.2	74.7	15.8	18.2
25-29	7.6	7.5	84.8	78.2	84.8	79.8	22.4	20.3
30-34	8.7	6.8	78.9	76.6	78.9	83.1	30.2	21.2
35-39	6.6	6.1	82.3	71.3	87.5	73.7	32.3	27.5
40-44	5.9	5.6	84.0	72.7	85.7	70.8	40.1	28.2
45-49	5.2	5.5	78.4	85.2	77.4	72.7	23.8	26.1
50-54	5.5	4.8	60.0	48.5	66.0	59.4	14.0	14.4
55-59	4.4	3.5	58.4	38.9	58.0	44.3	18.6	9.2

Percent Rating Practice as Very Appealing		
Practice	Males	Females
Vaginal Intercourse	83.8	76.8
Watching Partner Undress	47.8	26.8
Receiving Oral Sex	45.0	28.8
Giving Oral Sex	33.5	16.5
Group Sex	13.3	1.1
Anus Stimulated by Partner	5.6	4.1
Stimulate Partner's Anus	6.2	2.4
Using Dildo or Vibrator	4.4	2.9
Watching Others having Sex	5.3	1.5
Same-Gender Partner	3.2	2.9
Sex with a Stranger	4.1	0.9
Active Anal Sex	4.1	--
Passive Anal Sex	2.8	1.0

## Sexual Fantasy

Leitenberg & Henning (1995)

- 85.9% of men and 68.8% of women said they ever fantasized during masturbation.
- No gender difference in percent reporting fantasizing during intercourse

## Sexual Fantasy

Leitenberg & Henning (1995) Men report 4.5 externally triggered fantasies per day, 2.7 internally triggered fantasies.

- Women report 2.5 externally triggered fantasies, 2.5 internally triggered fantasies
- Data do not indicate an increase in fantasy to compensate for lack of sexual activity.

## Sexual Fantasy

- Men's sexual fantasies
  - More active and focus on women's body
  - Focus on explicit sexual acts, nude bodies and physical gratification
  - More multiple partners and group sex
  - Dominance
- Women's sexual fantasies
  - More passive and focus on men's interest in their bodies
  - Emotion context and romance
  - Submission

Leitenberg & Henning (1995)

## Dominance/Submissive Fantasies

- While difference in men and women, may indirectly serve the same purpose: affirming sexual power and irresistibility.
- For men, force overwhelms the woman so that she cannot resist desiring him.
- For women, physical attributes and personality overwhelm the man so that he cannot resist desiring her.

Leitenberg & Henning (1995)

## Summary

- Prior to puberty, there are behaviors that set the stage for appropriate sexual development.
- Sexual behavior is normative in adolescents, with almost all having initiated sexual intercourse prior to age 19.
- Early onset of sexual behavior, before age 15, is associated with other risky behavior, especially in boys and emotional problems in girls.
- Late onset of sexual behavior, after age 18, appears associated with increased anxiety in boys (Causal?)
- While most adolescent sexual behavior occurs within the context of dating/romantic relationships, there is a substantial amount of sexual behavior outside of such relationships.
- Sex outside romantic relationships more likely in boys and clusters with other risk factors.

- Data shows a change in sexual practices between those born prior to 1953 and those born from 1953 on.
- The age of sexual initiation has decreased over time, with women approaching men, at least in non-blacks, in age at first sexual intercourse.
- U.S. sexual behavior is more similar, at least in terms of number of sexual partners, to European countries than different.
- Infidelity within relationships is very infrequent.
- There are numerous indications that sexuality differs in men and women.

- It appears that sexual intercourse is preferred over other behaviors in both men and women, although almost all men and women have experienced oral sex.
- Anal sex is not as infrequent as might be expected.
  - The bump seen in men ages 35-50 might reflect changes in attitudes toward homosexuality.
- The data available for adult sexual behavior is over a decade old.

## Normative Sexual Behavior appears to be:

- Within a romantic relationship
- Includes sexual intercourse and oral sex
- Median lifetime sexual partners in 6 with very few men having more than 20.
- Very few women have more than 10 lifetime partners.
- As number of partners increases, so does the probability of having concurrent sexual relationships and one-night stands.
- Substantial numbers of men, especially in the 40-44 age cohort, have engaged in anal sex.
- Cohabitation before marriage is the norm, especially in the youngest age cohorts.

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