

Chapter 7

Fighting fair

- don't make sarcastic or insulting remarks about partners sexual adequacy
- don't bring up names of former partners, lovers, boy/girl friends
- don't play the psychologist
- don't threaten to tell your parents
- don't involve the children
- don't dump
- don't hit and run – don't start a fight and then leave
- don't focus on who is to blame
- don't use always and never

Non Verbal Communication

- include facial expressions, body position, interpersonal space, and physical appearance

Chapter 8

Sexual orientation

- homosexual
- heterosexual
- bisexual

Kinsey's Research – 7 point scale

- 0 – heterosexual
- 6 – homosexual
- 3 – Bisexual

4% of men and 1 – 3% of women are homosexual

1 – 4% of woman and 2.8% of men have had a recent homosexual experience

37% of men and 13% of women had an orgasm with a same sex partner (used prison population)

Survey results depend on the types of questions being asked

Relationship versus Attraction

8% of men and 10% of females are attracted to members of the same sex

2% of men and 1% of women are exclusively attracted to members of the same sex

Check statistics in text

Look at Storm chart in text

Bisexuality – one who can enjoy and engage in sexual activity with members of both sexes or recognize a desire to do so (1 – 4%)

Differences in fantasies may indicate a high degree of erotic interest

Heterosexual – have more fantasies about opposite sex

Homosexual – have more fantasies about same sex

Bisexual – twice as many fantasies (same as heterosexual + homosexual)

Bisexuals as a real orientation – attracted to both sexes

Transitory orientation – temporary involvement

Transitional orientation – changing from one orientation to another

Psychosocial Theories

*Not in text

Bell surveyed 1450 people in intense 4 hour face to face interviews

Explanations:

- by default – awful past relationships – doesn't happen
- seduction myth – not supported
- Freudian theory – phallic stage before the age of 5
- exotic becomes erotic
- by choice

Read Learning Theory

Biological Factors

Genetic Factors

Concordance Rates:

- identical twins (MZ) versus fraternal twins (DZ)
- research between 1950 and 1990 – up to 95% for MZ as low as 19% for DZ
- criticism – methodological problems – sampling

Australian study – 1500 participants - concordance rate was 20% for MZ and 0% for DZ

- still provides strong evidence for genetic component for males
- x chromosome (maternal) – 40 pairs of gay brothers – 33% had identical DNA markers
- no significant difference for females

Hormones

- no difference in circulation levels of sex hormones
- prenatal androgens
- animal studies – hormones resulted in same sex social and sexual behaviours
- influences size of ring finger

Prenatal Handedness

- homosexuals had a 39% greater chance of being left handed (males + females)

The Brain

- correlational studies – problems
- LeVay's study – premature – not replicated
- nucleus in the anterior hypothalamus $\frac{1}{2}$ the size in gay men as straight men (same size as females)

*Not in text

Birth Order – Blanchard (2002 – 2004)

- male homosexuality predicted by the number of older male siblings 25%
- caution – predictive ability very low

Gender Non conformity

- gay men reported avoiding participation in sports
- gay men were caught cross dressing more
- lesbians were more likely to be tom boys

Coming Out

1. Self acknowledgement – realization
2. Self acceptance – coming to terms with negative feelings – possible first contact with members of the same sex (age 8 or 9)
3. disclosure – discrete or open (age 18 or 19)
4. telling the family

Homosexual Relationships

- egalitarian relationship, similar attitudes and political beliefs
- emotional expressiveness

Differences between Gays and Lesbians

- lesbians have fewer relationships than gay men
- gay men are more likely to engage in brief casual sexual encounters

Family Life

- lesbian couples may have children from a previous relationship
- lesbian couples may adopt or become foster parents
- lesbian couple may have children through artificial insemination
- homosexual men may make a personal arrangement with a woman

Chapter 9

Conception Pregnancy and Child birth

Increase chances of pregnancy

Mucus method

- (ovulation method) (amount and texture of mucus)
- based on cyclic changes in cervical mucus
- clear stringy discharge precedes ovulation several days after cloudy discharge
- fertile 9 – 15 days

Calendar Method

- rhythm method
- subtract 18 days from your shortest cycle
- and subtract 10 days from your longest cycle
- keep track for about a year

Basal Body Temperature

Ovulation Predictor test – lutinizing hormone spike

Male superior position – lay on back for 1 hour