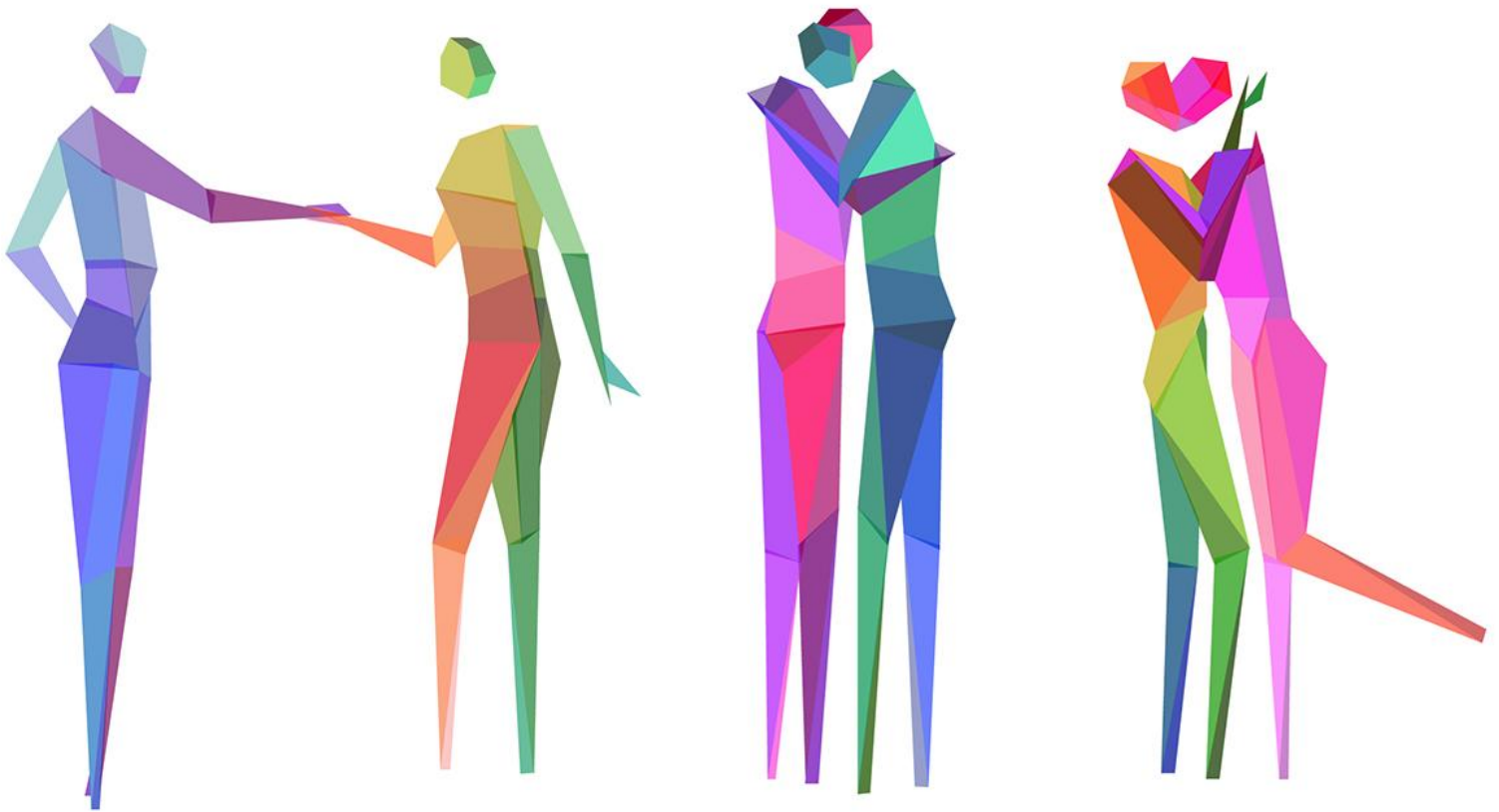


Understanding Human Sexuality



EIGHTH CANADIAN EDITION

Understanding Human Sexuality

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To our family
Dorothy, Peter, Elizabeth, Margaret Laura, Luke
–J.S.H. & J.D.D.

To my family with so, so, so much love,
Larry, Krista, Lionel, Alyssa, Julia, Josh, and Sacha
–E.S.B.

To my crew at home—Rice, Jack, & Maddy—
with thanks for your patience and love
–L.F.O.

Author Biographies

Janet Shibley Hyde, the Helen Thompson Woolley Professor of Psychology and Gender & Women's Studies at the University of Wisconsin–Madison, received her education at Oberlin College and the University of California, Berkeley. She has taught a course in human sexuality since 1974, first at Bowling Green State University, then at Denison University, and now at the University of Wisconsin. Her research interests are in gender differences and gender development in adolescence. Author of the textbook *The Psychology of Women and Gender: Half the Human Experience*, she is a past president of the Society for the Scientific Study of Sexuality and is a Fellow of the American Psychological Association and the American Association for the Advancement of Science. She has received many other honours, including an award for excellence in teaching at Bowling Green State University, the Chancellor's Award for teaching at the University of Wisconsin, and the Kinsey Award from the Society for the Scientific Study of Sexuality for her contributions to sex research. In 2000–01 she served as one of the three scientific editors for U.S. Surgeon General David Satcher's report *Promoting Sexual Health and Responsible Sexual Behavior*. In 2019, Dr. Hyde was the inaugural recipient of the Alfred C. Kinsey Award from the Kinsey Institute at Indiana University.

John D. DeLamater passed away in December 2017. He was the Conway-Bascom Professor of Sociology at the University of Wisconsin–Madison, having received his education at the University of California, Santa Barbara, and the University of Michigan. He created the human sexuality course at the University of Wisconsin in 1975 and taught it regularly. He published papers on the influence of marital duration, attitudes about sex for elders, and illness and medications on sexual expression. He co-edited the *Handbook of the Sociology of Sexualities*. He was the co-author of the textbook *Social Psychology*. He was a Fellow of the

Society for the Scientific Study of Sexuality and the 2002 recipient of the Kinsey Award from the Society for the Scientific Study of Sexuality. He received awards for excellence in teaching from the Department of Sociology and the University of Wisconsin and was a fellow and past chair of the Teaching Academy at the University of Wisconsin. He regularly taught a seminar for graduate students on teaching undergraduate courses.

E. Sandra Byers is a professor and chair of the Department of Psychology at the University of New Brunswick (UNB). Dr. Byers grew up in Montreal and received her university education at the University of Rochester and West Virginia University. She created the human sexuality course at the University of New Brunswick in 1979 and has taught it annually since then. She is the author or co-author of more than 200 journal articles and book chapters, and has supervised 52 honours, masters, and doctoral theses. Much (but not all) of her research has been in the areas of sexual satisfaction, sexual communication, sexual violence, and attitudes toward sexual health education. She also has a private practice in clinical psychology specializing in the treatment of sexual problems and concerns, and she regularly teaches a graduate seminar on sex therapy. She has won numerous awards, including the Masters and Johnson Award from the Society for Sex Therapy and Research in 2020, Outstanding Contributions Award from the Canadian Sex Research Forum in 2018, Kinsey Award from the Society for the Scientific Study of Sexuality in 2013, Distinguished Scientific Contributions Award from the Society for the Scientific Study of Sexuality in 2009, the Distinguished Contributions to Psychology as a Profession Award from the Canadian Psychological Association in 2010, and University Scholar from the University of New Brunswick in 2008. She is a past-president of the International Academy of Sex Research and the Canadian Sex Research Forum, a Fellow of the Canadian Psychological Association and the Society for the Scientific Study of Sexuality, a member of the Advisory Board of the Sex Information and Education Council of Canada, an editorial board member of four sexuality journals, and the founding director of the Muriel McQueen Fergusson Centre for Family Violence Research. Dr. Byers has given many invited addresses and workshops, and has been interviewed about sexual issues by numerous radio and television stations, magazines, and newspapers. As a sexuality educator, researcher, and therapist in Canada, Dr. Byers is uniquely placed to provide a Canadian perspective on human sexuality. She has been with her husband Dr. Larry Heinlein, also a clinical psychologist, for 47 years, has two daughters, Krista and Alyssa, and two grandchildren, Julia and Sacha. To learn more about Dr. Byers and her research, you can visit her website at <http://www2.unb.ca/~byers>.

Lucia F. O'Sullivan is a professor of psychology at the University of New Brunswick (UNB) where she is a University Research Scholar. She grew up in England and Canada, but completed her PhD at Bowling Green State University in Ohio, then was a research scientist at the New York State Psychiatric Institute and an assistant professor at the HIV Center at Columbia University in New York for 11 years. She then returned to Canada, and from 2006–2016 she held a Canada Research Chair in Adolescents' Sexual Health Behaviour. She is a social psychologist with an extensive history of scientific work exploring two main lines of research: (1) the sexual behaviour and intimate relationships of young adults and (2) factors influencing sexual health and well-being, including access to sexual health services and comprehensive sexuality education. She also has a long-standing interest in the integration of new digital technologies into our social lives. She has published 124 peer-reviewed articles in scientific journals and 25 chapters. Much of her research has included longitudinal studies and international mixed-methods projects, including projects in South Africa, India, and Guatemala. Dr. O'Sullivan serves on the editorial boards of nine journals and is the associate editor for one of them. She is a fellow of the Canadian Psychological Association, a fellow of the Society for the Scientific Study of Sexuality, and a research fellow of the Muriel McQueen Fergusson Centre for Family Violence Research. She has won many awards for her teaching from Teachers College, Columbia University, as well as UNB. She is now president-elect for the Canadian Sex Research Forum, a large research society of Canadian-based sexologists. She has a *Psychology Today* blog called "At First Blush," a website summarizing her lab's research (<http://www.sexmeetsrelationships.com>), and she works closely with many graduate and undergraduate students interested in intimate relationships. She lives in Canada with her husband and two children, both of whom are going through puberty at the time of this writing! They keep busy with tennis, biking, piano, and spending time watching for all manner of sea life, peregrine falcons, moose, and coyotes at their property along the Fundy Coast.

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