# Slide 1 Healthy Adolescent Sexuality Michael H. Miner, Ph.D., L.P. Program in Human Sexuality Department of Family Medicine and Community Health University of Minnesota Slide 2 Goals Briefly review expected behaviors during childhood Review brain development • Explore social and cognitive development Bodily changes during puperty Explore what latest population surveys tell us about normative adolescent sexual behavior. Slide 3 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

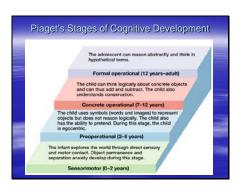
# Slide 4 Children at ages 3-4 may: ■ Become very sexually curious Become aware of male and female differences ■ Touch themselves and learn how to Play doctor, house and other forms of sexual play with friends, siblings ■ Engage in sexual rehearsal play Slide 5 Children at ages 5-8 may: ■ Continue sexual 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 Slide 6 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

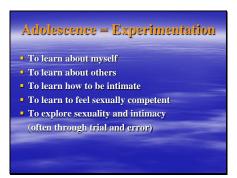
# Slide 7 Children at ages 8-12 may: Respond to peer pressure; feelings of different ness and awkwardness ■ Engage in name-calling and teasing ■ Become acutely aware of bodily changes ■ Face decision-making regarding sexual activity, alcohol, drug use ■ Initiate sexual intercourse - some by 12 Slide 8 Puberty versus Adolescence Puberty Secondary sex characteristics Physical maturation Adolescence Psychosocial process Mental and social growth Erotic and romantic feelings Interpersonal and relationship skills Slide 9 **PUBERTY**

Developmental Stage	Boys	Girls
Stage 1: Prepubertal	No sexual development	No sexual development
Stage 2	Testes enlarge, Body odor	Breast budding Frist pubic hair Body odor Height spurt
Stage 3	Penis enlarges Public hair starts growing Ejaculation (wet dreams)	Breasts enlarge Pubic hair darkens, becomes curlier Vaginal discharge
Stage 4	Continued enlargement of testes and penis Penis and scrotal sac deepens in color Pubic hair curlier and coarser Height spurt Breast development	Onset of menstruation Nipple is distinct from areola
Stage 5: Mature	Pubic hair extents to inner thigh Increases in height slows then stops	Pubic hair extends to inner thighs Increases in height slows then stops

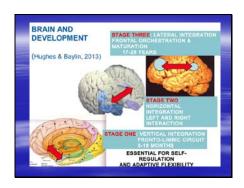
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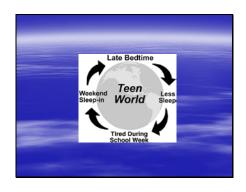
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# Adolescence = Experimentation To learn about myself To learn about others To learn how to be intimate To learn to feel sexually competent To explore sexuality and intimacy (often through trial and error)

### Slide 17



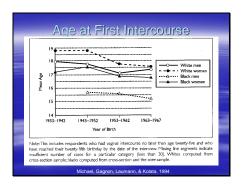
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Sexual Socialization – social context in which sexual knowledge and experiences are rooted
 Sexual Selfhood – sexual subjectivity, identity and gender, development of a self who imagines sexual relationships and the experience of sexual pleasure
 Sexual Repertoire – behaviors, both partnered and unpartnered about which adolescent develops knowledge, accrues experience and chooses



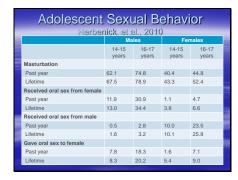
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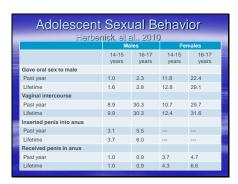


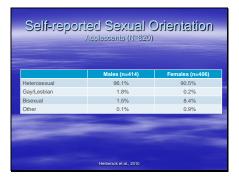




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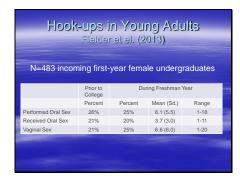
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# Involvement in Non-Romantic Sexual Behavior (Manning et al., 2004) N=7470 of whom 2821 (38%) were sexually active between interview waves Of those sexually active: 23.8% had only non-romantic partners 62.5% had only romantic partners 14% had both 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

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 nonromantic partners: Religion reported as important Older teens Family caring Self esteem

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### Slide 30

# Predicting Hook-Up Behavior Fielder et al. (2013) Intentions to hook-up Impulsivity related to receiving oral sex Sensation-seeking related to vaginal sex Pre-college hook-up behavior Katz & Schneider (n=181, 68% female) Prior hook-ups View sex as fun and free Fulfills physical needs for pleasurable sexual release More comfortable with casual genital contact View love relationships as a game


Predicting Hook-Up Behavior

N=4,594 AdHealth participants (49% male, 51% female)

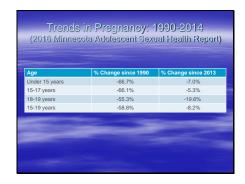
Adolescent alcohol use predicted young adult hook-up behavior

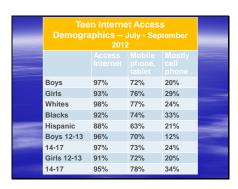
Concurrent alcohol use less related than adolescent use

Quality of parent-child relationship negatively associated with adolescent alcohol use

Johnson, 2013

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Teen Internet Access Demographics – July - September 2012							
Household income < \$30,000	89%	66%	30%				
\$30,000 -\$49,999	94%	72%	25%				
\$50,000-\$74,999	99%	79%	14%				
\$75,000+	99%	79%	24%				
Parent - No HS diploma - diploma	91%	71%	27%				
Some college	99%	71%	24%				
College degree+	99%	81%	22%				
Rural	99%	79%	21%				
Suburban	96%	72%	24%				

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Teen Texting Behavior

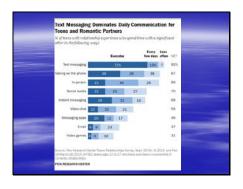
The median number of texts (i.e. midpoint user in sample) sent on a typical day by teens 12-17 rose from 50 in 2009 to 60 in 2011.

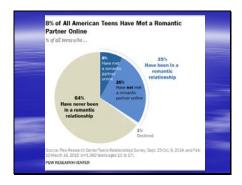
Much of increase occurred among teens ages 14-17, who went from a median of 60 texts a day to a median of 100, two years later. Boys of all ages also increased their texting volume from a median of 30 texts daily in 2009 to 50 texts in 2011. Black teens showed an increase of a median of 60 texts per day to 80.

Older girls remain the most enthusiastic texters, with a median of 100 texts a day in 2011, compared with 50 for boys the same age.

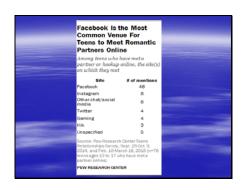
Same of 30 texts in 2011, some pared with 50 for boys the same age.

This far surpasses the frequency with which they pick other forms of daily communication, including phone calling by cell phone (39% do that with others every day), face-to-face socializing outside of school (35%), social network site messaging (29%), instant messaging (22%), talking on landlines (19%) and emailing (6%).



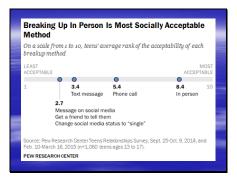


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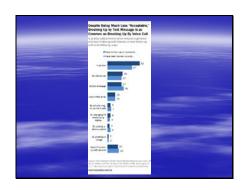


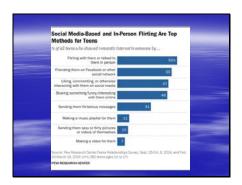
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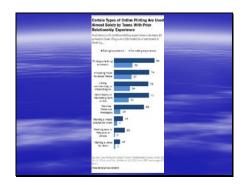
# Sexting from Schmitz 3. Stry, 2011, Policy and the Informat 10% of 16 to 20 year olds end relationships via a message on Facebook (Enriich, 2010) Another 10% simply change their relationship status on Facebook to "single." (Ehrlich, 2010) 20% of teens and 33% of young adults have sent nude or semi-nude pictures of themselves electronically 39% of teens and 59% of young adults have sent sexually explicit text messages



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picture Strassberg, McKinnon, Sustaita, & Rulo (2018) Archives of Sexual Behavior, 42									
Year in School	Males	s (n=327)	7) Females (n=275)						
	Sent	Received	Sent	Received					
Freshman	9.2	38.5	14.0	25.0					
Sophomore	23.3	56.7	14.0	24.0					
Juniors	18.9	43.2	17.3	28.0					
Seniors	26.5	65.1	24.2	46.2					
Mean	18.3	49.7	17.3	30.9					

Attitudes about Sexting
Strassberg, McKinnon, Sustafta, & Rullo (2013) Archives of Sexual Behavior, 42
<ul> <li>Always wrong to send or forward sexually explicit pictures: 50.4% of females, 33.9% males</li> </ul>
<ul> <li>OK to send pictures of yourself, but not other people: 26.1% of females, 31.0% of males</li> </ul>
<ul> <li>OK to forward pictures but not to be the first to send: 1.5% of females, 3.8% of males</li> </ul>
<ul> <li>Sending, receiving, or forwarding is OK: 5.1% of females, 12.2% of males</li> </ul>
It's a personal choice: 5.9% of females, 4.4% of males

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Percentage who ever engaged in computer-mediated sexual communication Doub, Yogel Subsy 3 Sills (2013) Controller influence Dehaytor.							
Committed Casual Cheating Partner Sex Partner (n=201) Partner (n=123)							
Text (no picture or video)	78	63	55				
Pictures or video	49	37	45				
Phone sex	46	34	36				
Live video (e.g. Skype) sex	12	8	8				

# Slide 47

Percentage who ever sent sex pictures or videos to romantic partners Drouin, Vogol, Suiboy & Salis (2013) Computers in Human Behavior									
	Committed Partner	Casual Sex Partner	Cheating Partner						
Text	50	38	45						
Facebook	3	4	8						
Twitter	1	2	4						
Email	5	7	11						

	Conclusions/Implications
mas	ost all adolescent males have initiated turbation by age 14 years, as have substantial bers of girls.
	e sex behavior is relatively rare for both males females.
	are more likely to get oral sex from girls er give oral sex to girls.
	ial behavior is more frequent with African rican teens than with other race/ethnic ps.


### Conclusions/Implications

- African American boys initiate sex at a younger age and have more sexual partners.
- Latino/Latina teens are less likely to have used condoms at last sexual intercourse.
- White girls are more likely to use birth control pills than either African American or Latina girls.
- Most teens did not use condoms the last time they had sexual intercourse
- Most sexual behavior takes place within romantic relationships.

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### Conclusions/Implications

- Predictors of casual sex are similar to predictors of risky and acting out behavior.
- Rates of teen pregnancy have been decreasing
- Texting and social networks have replaced other forms of communication for teens and young adults
- Most teens meet their romantic partners in nondigital environments.
- Substantial proportions of teens and young adults have engaged in sexting, including sending nude or semi-nude pictures of themselves.

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### Contact Information

- Program in Human Sexuality 1300 So. Second Street, Suite 180 Minneapolis, MN. 55454
- Michael Miner: miner001@umn.edu

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