

Health: The Basics, 12e (Donatelle)

Chapter 5a Focus On: Understanding Your Sexuality

1) Which of the following is TRUE about sexual identity?

- A) It is based solely on genetic factors.
- B) The biological mother determines the sex of a child.
- C) The biological father determines the sex of a child.
- D) It is based mainly on social and cultural influences.

Answer: C

Diff: 2

Skill: Understanding

Section: Your Sexual Identity

Learning Outcome: 5a.1

2) Which of the following is TRUE about intersexuality?

- A) The person is exclusively male with minor female attributes.
- B) The person is exclusively female with minor male attributes.
- C) The person does not exhibit exclusively male or female sexual anatomy.
- D) It may occur in as many as 10 out of 100 live births.

Answer: C

Diff: 2

Skill: Understanding

Section: Your Sexual Identity

Learning Outcome: 5a.1

3) Which of the following BEST describes gender identity?

- A) the practice of behaving in a masculine or feminine way
- B) interactions with others that teach us certain behaviors
- C) the manner in which we express masculinity or femininity on a daily basis
- D) our personal sense of awareness of being masculine or feminine

Answer: D

Diff: 2

Skill: Understanding

Section: Your Sexual Identity

Learning Outcome: 5a.1

4) Which of the following is TRUE about androgyny?

- A) Androgynous people follow traditional sexual roles.
- B) A person has feminine traits but tries to be a male.
- C) A person has a combination of both traditional masculine and feminine traits.
- D) A person has masculine traits but tries to be a female.

Answer: C

Diff: 2

Skill: Understanding

Section: Your Sexual Identity

Learning Outcome: 5a.1

- 5) When a person's gender identity does not match one's biological sex, this is known as being
- A) transsexual.
 - B) transgendered.
 - C) transvestite.
 - D) bisexual.

Answer: B

Diff: 1

Skill: Remembering

Section: Your Sexual Identity

Learning Outcome: 5a.1

- 6) Connie, who is analytical and independent, is pressured by her parents to be more nurturing. This is an example of

- A) discrimination.
- B) gender role stereotyping.
- C) traditionalization.
- D) sexual identification.

Answer: B

Diff: 3

Skill: Applying

Section: Your Sexual Identity

Learning Outcome: 5a.1

- 7) Sexual orientation is based on which of the following factors?

- A) biological, social, and religious
- B) psychological, familial, and environmental
- C) biological, psychological, and socioenvironmental
- D) biological, social, and socioenvironmental

Answer: C

Diff: 2

Skill: Understanding

Section: Your Sexual Identity

Learning Outcome: 5a.1

- 8) Gavin and Todd have discovered that their application for an apartment rental was refused solely because of their sexual orientation. This is an example of

- A) sexual prejudice.
- B) gender preference.
- C) socioeconomic discrimination.
- D) housing fraud.

Answer: A

Diff: 3

Skill: Applying

Section: Your Sexual Identity

Learning Outcome: 5a.1

9) Alison has had a few boyfriends, but she often feels romantic and sexual attraction to women as well. Alison is

- A) heterosexual.
- B) homosexual.
- C) bisexual.
- D) asexual.

Answer: C

Diff: 3

Skill: Applying

Section: Your Sexual Identity

Learning Outcome: 5a.1

10) Michael is biologically male, but for many years has been disturbed by feelings that he is female "inside." Michael is most likely experiencing

- A) puberty.
- B) androgyny.
- C) a disorder of sexual development (DSD).
- D) gender dysphoria.

Answer: D

Diff: 3

Skill: Applying

Section: Your Sexual Identity

Learning Outcome: 5a.1

11) Menstrual flow is actually sloughed off

- A) fertilized eggs.
- B) uterine lining.
- C) cervical mucus.
- D) corpus luteum.

Answer: B

Diff: 2

Skill: Understanding

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

12) How long is the average menstrual cycle?

- A) 21 days
- B) 24 days
- C) 28 days
- D) 31 days

Answer: C

Diff: 1

Skill: Remembering

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

13) The onset of the first menstrual period is

- A) fertility.
- B) menopause.
- C) menstruation.
- D) menarche.

Answer: D

Diff: 1

Skill: Remembering

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

14) The permanent cessation of menstrual periods is

- A) fertility.
- B) menopause.
- C) menstruation.
- D) menarche.

Answer: B

Diff: 1

Skill: Remembering

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

15) Which menstrual problem involves the common symptoms of breast tenderness, fatigue, food cravings, irritability, and depression?

- A) premenstrual syndrome
- B) premenstrual dysphoric disorder
- C) dysmenorrhea
- D) hormone deficiency

Answer: A

Diff: 1

Skill: Remembering

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

16) The system of tubules atop the testes where sperm reach maturity is the

- A) vulva.
- B) endometrium.
- C) scrotum.
- D) epididymis.

Answer: D

Diff: 1

Skill: Remembering

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

17) The external female genitalia are collectively referred to as the

- A) vulva.
- B) endometrium.
- C) scrotum.
- D) epididymis.

Answer: A

Diff: 1

Skill: Remembering

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

18) The lining of the uterus is the

- A) vulva.
- B) endometrium.
- C) cervix.
- D) mons pubis.

Answer: B

Diff: 1

Skill: Remembering

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

19) The sac that contains the testes is the

- A) prostate gland.
- B) vas deferens.
- C) scrotum.
- D) epididymis.

Answer: C

Diff: 1

Skill: Remembering

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

20) The testes manufacture

- A) sperm and testosterone.
- B) semen and progesterone.
- C) urine and semen.
- D) sperm and Graafian follicles.

Answer: A

Diff: 1

Skill: Remembering

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

21) Menstrual cramps occur when

- A) luteinizing hormone signals the ovaries to produce progesterone.
- B) prostaglandins released during the menstrual cycle promote uterine muscle contraction.
- C) a surge in estrogen levels promotes uterine muscle contraction.
- D) the woman has been engaging in excessive exercise.

Answer: B

Diff: 4

Skill: Analyzing

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

22) A few days after her period began, Roxanne began to feel as if she had a flu-like illness. Which of the following was the MOST likely cause of her high fever, dizziness, and rash?

- A) pregnancy
- B) premenstrual dysphoric disorder
- C) dysmenorrhea
- D) toxic shock syndrome

Answer: D

Diff: 3

Skill: Applying

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

23) Ovulation typically occurs

- A) in the first 1-3 days of a woman's menstrual cycle.
- B) about halfway through a woman's menstrual cycle.
- C) in the final 1-3 days of a woman's menstrual cycle.
- D) only if a woman is pregnant.

Answer: B

Diff: 2

Skill: Understanding

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

24) During ejaculation,

- A) urine sometimes mixes with semen in the urethra, but only if the man's bladder is full.
- B) urine typically mixes with semen in the urethra.
- C) urine and semen do not come into contact with each other.
- D) semen is ejaculated from the seminal vesicles while urine is ejaculated from the urethra.

Answer: C

Diff: 2

Skill: Understanding

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

25) Circumcision is the surgical removal of the

- A) glans penis.
- B) foreskin.
- C) testes.
- D) prostate.

Answer: B

Diff: 1

Skill: Remembering

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

26) Anthony frequently experiences ejaculation within the first few minutes of sexual contact, leaving both him and his partner unsatisfied. Which type of sexual dysfunction does he have?

- A) orgasmic disorder
- B) arousal disorder
- C) excitation disorder
- D) desire disorder

Answer: A

Diff: 3

Skill: Applying

Section: Human Sexual Response

Learning Outcome: 5a.3

27) In which type of sexual dysfunction does an individual experience pain during or after sex?

- A) inhibited sexual desire
- B) vaginismus
- C) female orgasmic disorder
- D) dyspareunia

Answer: D

Diff: 1

Skill: Remembering

Section: Human Sexual Response

Learning Outcome: 5a.3

28) In which stage of the human sexual response does vasocongestion occur?

- A) excitement/arousal
- B) plateau
- C) orgasmic
- D) resolution

Answer: A

Diff: 1

Skill: Remembering

Section: Human Sexual Response

Learning Outcome: 5a.3

29) In which stage of the human sexual response does the penis secrete preejaculatory fluid?

- A) excitement/arousal
- B) plateau
- C) orgasmic
- D) resolution

Answer: B

Diff: 1

Skill: Remembering

Section: Human Sexual Response

Learning Outcome: 5a.3

30) In her early twenties, Piper had a healthy sex life, but then she was raped by a trusted friend. Since then, she has experienced anxiety and even fear at the thought of sexual contact. Which of the following types of disorders is Piper MOST likely experiencing?

- A) an arousal disorder
- B) a desire disorder
- C) an orgasmic disorder
- D) a pain disorder

Answer: B

Diff: 2

Skill: Understanding

Section: Human Sexual Response

Learning Outcome: 5a.3

31) A variant sexual behavior in which couples swap partners is

- A) fetishism.
- B) swinging.
- C) voyeurism.
- D) exhibitionism.

Answer: B

Diff: 2

Skill: Understanding

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

32) Abstention from any type of sexual activity with others is known as

- A) celibacy.
- B) monogamy.
- C) sexual freedom.
- D) autoerotic.

Answer: A

Diff: 1

Skill: Remembering

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

33) Kissing and erotic touching are examples of

- A) cunnilingus.
- B) self-stimulation.
- C) fellatio.
- D) nonverbal sexual communication.

Answer: D

Diff: 2

Skill: Understanding

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

34) All of the following are true about celibacy EXCEPT that

- A) it is lonely for some people.
- B) it may be a result of religious beliefs.
- C) it can be the result of illness.
- D) it is the same as abstinence.

Answer: D

Diff: 2

Skill: Understanding

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

35) All of the following are considered variant sexual behaviors EXCEPT

- A) group sex.
- B) voyeurism.
- C) masochism.
- D) masturbation.

Answer: D

Diff: 2

Skill: Understanding

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

36) Research suggests that, during sex, recreational use of drugs to treat erectile dysfunction

- A) significantly boost performance and satisfaction.
- B) may help increase performance when used in conjunction with alcohol.
- C) may reduce confidence.
- D) has decreased among U.S. males age 30 and under.

Answer: C

Diff: 2

Skill: Understanding

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

37) Which of the following statements about drugs and sex is TRUE?

- A) Date-rape drugs are the substances most commonly associated with sexual assaults.
- B) In an individual intoxicated with alcohol, the body may be willing and able to have sex, but the mind may not.
- C) If drugs are a necessary prelude to desire/arousal, it is likely that partners are being dishonest about their feelings for each other.
- D) Alcohol consumption tends to make most people feel less desirable.

Answer: C

Diff: 2

Skill: Understanding

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

38) *Coitus* is a synonym for

- A) vaginal intercourse.
- B) anal intercourse.
- C) oral sex.
- D) any form of sexual contact involving the genitals.

Answer: A

Diff: 2

Skill: Understanding

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

39) According to a survey of U.S. college students,

- A) oral sex is more common than vaginal intercourse.
- B) over 15 percent of students admit to having had unprotected sex as a consequence of consuming alcohol in the past year.
- C) nearly 4 percent of college students report being abstinent during the past year.
- D) nearly a third of all college men and women report that they have masturbated.

Answer: B

Diff: 2

Skill: Understanding

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

40) Areas of the body that, when touched, lead to sexual arousal are known as

- A) external genitals.
- B) internal genitals.
- C) erogenous zones.
- D) arousal spots.

Answer: C

Diff: 2

Skill: Understanding

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

41) Sexual identity begins at birth.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Your Sexual Identity

Learning Outcome: 5a.1

42) Testosterone is the hormone responsible for the development of male secondary sex characteristics.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Your Sexual Identity

Learning Outcome: 5a.1

43) The term *gay* refers only to male homosexuals.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Your Sexual Identity

Learning Outcome: 5a.1

44) The first sign of puberty in females is the beginning of breast development.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

45) A woman's urethral opening is highly responsive to sexual touch.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

46) An egg released from a woman's ovary travels to the uterus through a fallopian tube.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

47) The majority of males and females experience a refractory period after sex.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Human Sexual Response

Learning Outcome: 5a.3

48) Masturbation is a common sexual practice across the life span.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

49) Sexually transmitted infection can occur during unprotected oral-genital stimulation.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

50) Drugs to treat erectile dysfunction may only have a placebo effect on men with normal erections.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

51) Differentiate between sexual identity and gender identity. Provide information from the chapter to support your answer.

Answer: Sexual identity is determined by a complex interaction of genetic, physiological, and environmental factors. The beginning of a person's sexual identity occurs at conception with the combining of chromosomes that determine the baby's sex. Gender identity refers to a personal sense of awareness of being masculine or feminine, male or female.

Diff: 4

Skill: Analyzing

Section: Your Sexual Identity

Learning Outcome: 5a.1

52) With which explanations proposed by researchers for a person's sexual orientation do you agree? Provide information from the chapter to support your answer.

Answer: Student opinions will vary. Biological explanations focus on research into genetics, hormones, and differences in brain anatomy. Psychological and socioenvironmental explanations examine parent-child interactions, sex roles, and early sexual and interpersonal interactions. A multifactorial model incorporates biological, psychological, and socioenvironmental factors. Current research does not, however, support the claim that sexual orientation is a choice.

Diff: 5

Skill: Evaluating

Section: Your Sexual Identity

Learning Outcome: 5a.1

53) Identify the pathway that sperm take from their development through ejaculation, mentioning all of the following structures: ejaculatory ducts, epididymis, glans of penis, prostate gland, shaft of penis, testes, urethra, vas deferens.

Answer: Sperm develop in the testes. While still immature, they are released into the epididymis, where they reach maturation. From the tubules of the epididymis, sperm move into the vas deferens, which lead to the ejaculatory ducts that pass through the prostate gland and empty into the urethra, which runs through the shaft and into the glans of the penis.

Diff: 2

Skill: Understanding

Section: Reproductive Anatomy and Physiology

Learning Outcome: 5a.2

54) Do you think that inhibited sexual desire always or nearly always has a biological cause? Provide information from the chapter to support your answer.

Answer: Answers will vary. Causes of any form of sexual dysfunction are varied. Although the reproductive system can malfunction just as any body system can, biological problems are not solely responsible for all cases. Other common causative or contributing factors include substance abuse, stress, performance pressure, exhaustion, symptoms of illness, relationship tensions, and poor communication.

Diff: 4

Skill: Analyzing

Section: Human Sexual Response

Learning Outcome: 5a.3

55) List and discuss four key factors that contribute to healthy and responsible sexuality. Provide information from the chapter to support your answer.

Answer: Answers will include the following:

- 1) Good communication as the foundation
- 2) Acknowledging that you are a sexual person
- 3) Understanding sexual structures and their functions
- 4) Accepting and embracing your gender identity and your sexual orientation

Diff: 4

Skill: Analyzing

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4

56) Identify three key reasons that it is important to understand your body's sexual anatomy and your own sexual responses. Provide information from the chapter to support your answer.

Answer: If you understand your sexual anatomy and your responses, you will be better able to give yourself sexual pleasure and to communicate to your partner how best to give you pleasure. Also, you will understand the most effective ways to prevent—or achieve—pregnancy, and to prevent a sexually transmitted infection. Finally, you'll be able to recognize sexual dysfunction and take action to address the problem.

Diff: 4

Skill: Analyzing

Section: Sexual Expression and Behavior

Learning Outcome: 5a.4