



PSYCHOLOGY

WELCOME TO PSYC 110

brotip #155

**you're way too cool to
stress about your ex.**

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PSYC 110 (General Psychology)

Module 8:

Human Sexuality

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Human sexuality is a nuanced topic

For this module, let's agree, as a class, to...



...approach the topic with MINIMIZED judgment (for the content, new ideas, etc.)

First and foremost, everyone is here for the same reason: to learn!



Human sexuality is a nuanced topic

For this module, let's agree, as a class, to...



...lead with curiosity and desire for objective, evidence-based truth

Remember that everything we talk about in our course is based on rigorous scientific evidence



Human sexuality is a nuanced topic

For this module, let's agree, as a class, to...



...be proud that we're a community with diverse opinions, knowledge, and experience

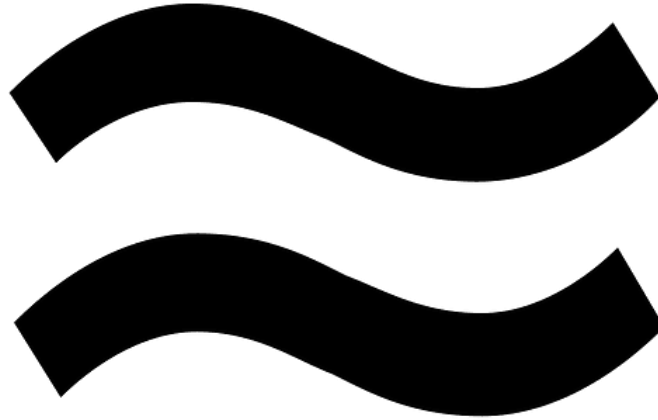
Some information may be completely new to some of us, and to others, it may be old news

The best way to learn about others' experiences is to listen



Human sexuality is a nuanced topic

In psychology, we tend to speak in *generalities*



Individual differences are everywhere because our minds are so complex

We will be making many comparisons between groups in this module

These are, as always, generally observed patterns—not absolute rules!

Be wary of *The Naturalistic Fallacy*:
Just because something is “Natural,” doesn’t mean it’s “Correct”



What should we get out of today?

THE PLAN

KEY DEFINITIONS:

**SEX, GENDER,
ORIENTATION, AND
SEXUALITY**

**SEXUAL ORIENTATION AND
ATTRACTION**

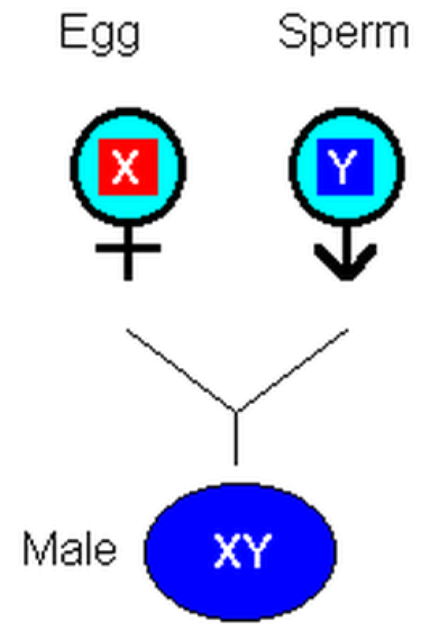
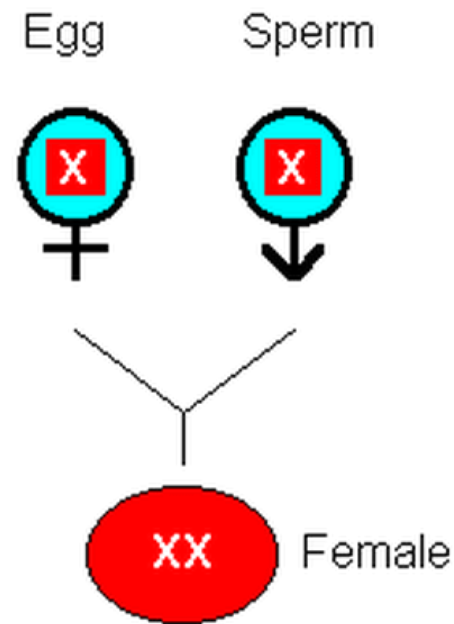


Our sex is determined by genetics

Sex

Biologically determined

- Genes
- Hormones
- Genitals
- XX chromosomes = Female
- XY chromosomes = Male





Gender expresses our identity

Gender

Social and psychological construct of identity

Related to biology but not determined by it

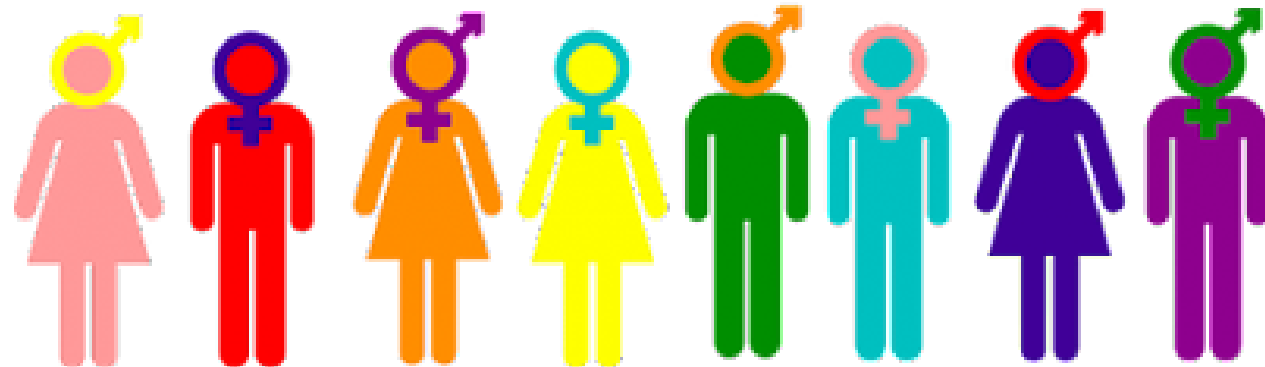
Identities (not an exhaustive list):

- Man, Woman, whatever you'd like
- **Cisgender:** Biology = Identity
- **Transgender:** Biology \neq Identity
- **Genderqueer (Non-Binary):** Identity does not conform with man nor woman

Spectral, multifaceted

“Gender Roles”

- Social and cultural expectations for how men and women should look and act, in order to conform



Sexual Orientation

Identities to whom one is sexually attracted

Involves attraction to sex, gender, and other features

Examples:

Orientation	Attracted to
Heterosexual	Opposite gender identity
Homosexual	Same gender identity
Pansexual	All gender identities
Bisexual	Binary gender identities (Men and Women)
And more!	





Everything comes together to define “Sexuality”

Sexuality

Combination of sex, gender, and sexual orientation

No perfect method to describe one's sexuality

Examples:

- Cisgender heterosexual woman
(Biological female, attracted to men, feminine gender identity)
- Transgender pansexual man
(Biological female, attracted to a spectrum of identities, masculine gender identity)





point
solutions



point
solutions

Schitt's Creek - The Wine Not the Label



Sexual Orientation and Attraction



Sexual attraction is driven by Evolutionary Fitness

GENERALLY, women tend to be attracted to...

PATERNAL Capabilities

Physical Health/Fitness

- Indicates “good” genes
- Ability to defend and provide for family



Intelligence

- Indicates potential to attain resources
- Humor also implicated



Chivalry

- Indicates caretaking ability
- Treatment of the vulnerable



Heroic Behaviors

- Indicates willingness to put others' needs ahead of their own
- Protecting others from harm





Sexual attraction is driven by Evolutionary Fitness

GENERALLY, men tend to be attracted to...

MATERNAL Capabilities

Physical Attractiveness

- Indicates “good” genes
- Ability to safely bear and raise children (e.g., waist-to-hip ratio)



Nurturing Behaviors

- Indicates caretaking ability
- Kindness; caring helpfulness



Loyalty

- Indicates likeliness to pursue other mates while partner is away gathering resources



Altruism

- Indicates willingness to put others' needs before their own





Each gender looks for fitness, just expressed differently

MATERNAL Capabilities

Physical Attractiveness

- Indicates “good” genes
- Ability to safely bear and raise children



e.g., facial symmetry

Nurturing Behaviors

- Indicates caretaking ability
- Kindness; caring helpfulness



e.g., pet-ownership

Altruism

- Indicates willingness to put others' needs before their own



e.g., career-choice

PATERNAL Capabilities

Physical Health/Fitness

- Indicates “good” genes
- Ability to defend and provide for family



Chivalry

- Indicates caretaking ability
- Treatment of the vulnerable



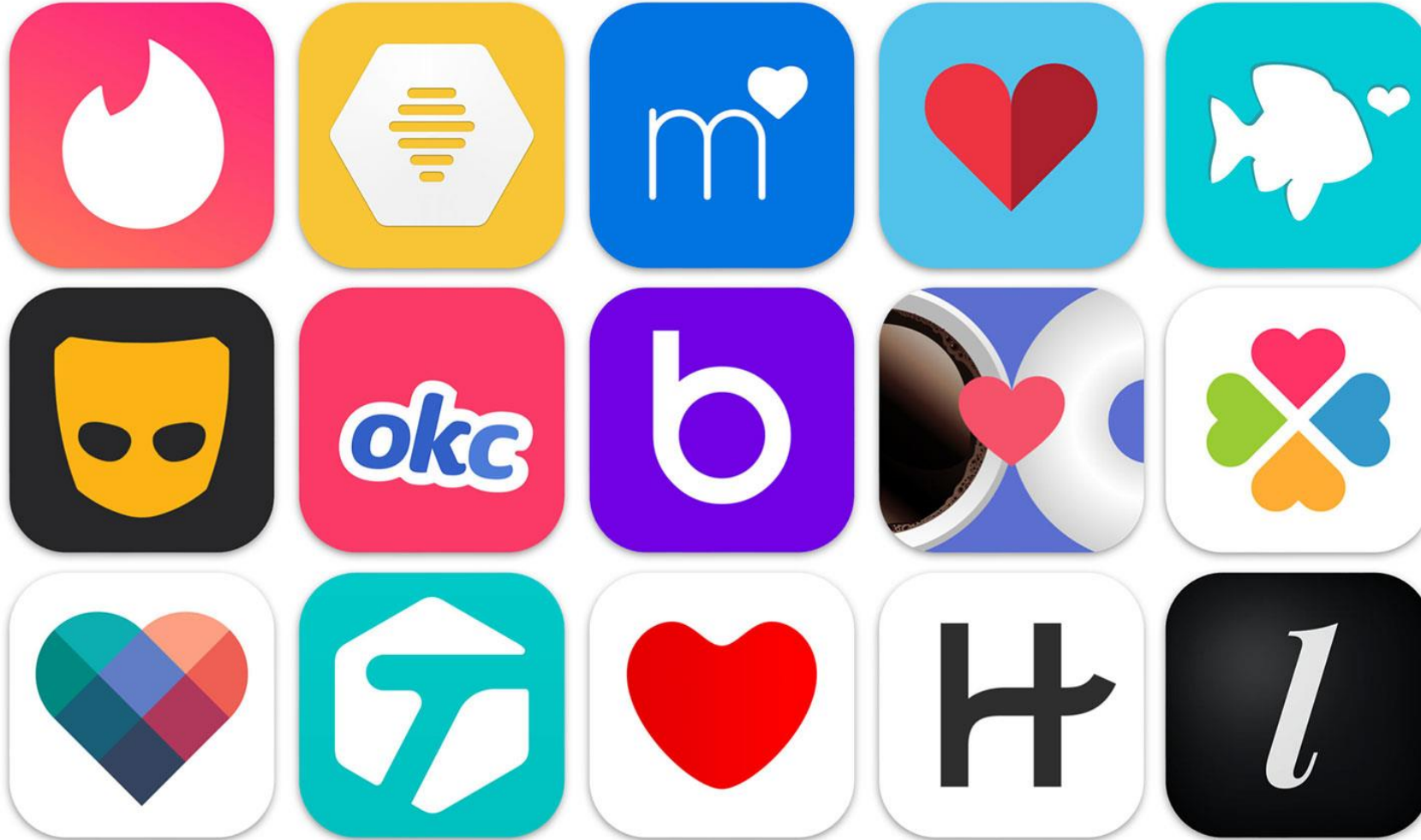
Heroic Behaviors

- Indicates willingness to put others' needs ahead of their own
- Protecting others from harm





Mate selection differences appear in real-life contexts



Studies using online dating profiles provide insights into human sexuality



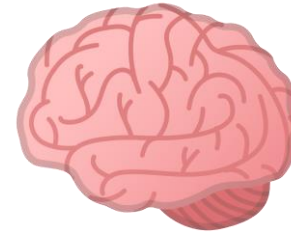
Ingram and colleagues' research:

Women's profiles were more likely to include photos demonstrating their physical attractiveness



*11% more mirror selfies;
14% more body-focused photos*

Men's profiles were more likely to include photos demonstrating their interests



*10% more travel photos;
6% more pet photos;
6% more sports photos*

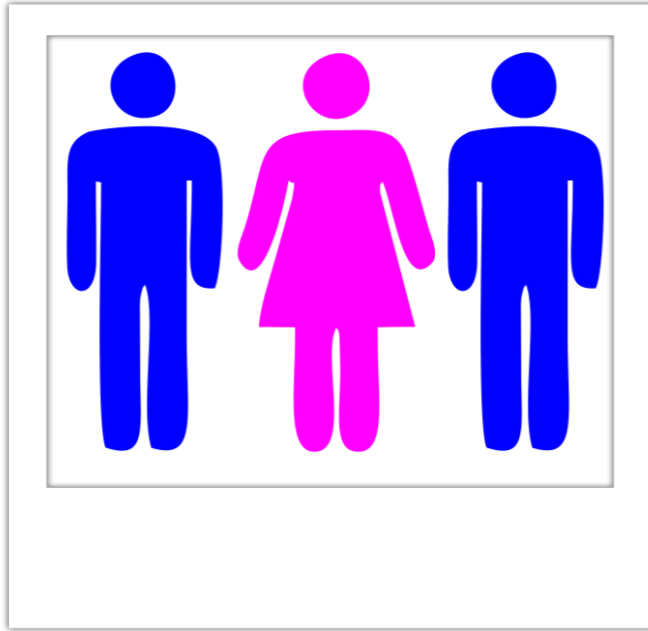
*Sexual selection—we display behaviors known to be attractive
to the gender to which we are attracted*



Online dating research provides insights into behavior

Hill and Buss's research:

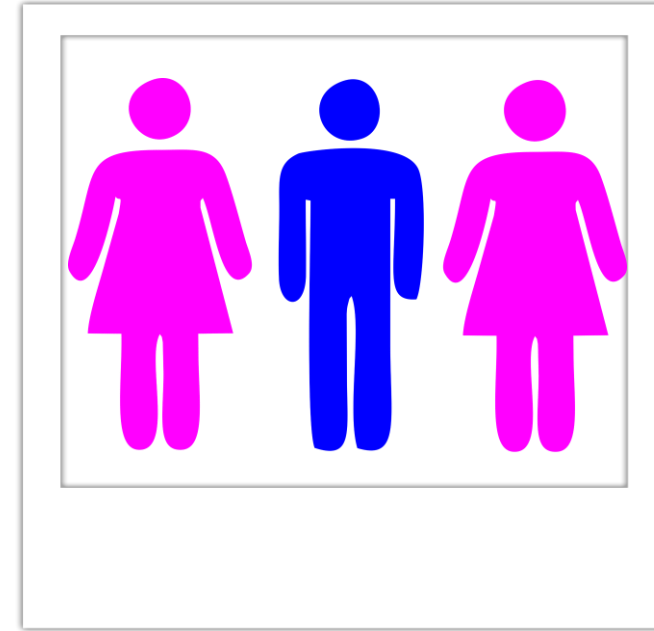
If women's profiles included
photos with men...



Loyalty?

They were rated LOWER by
men observers

If men's profiles included
photos with women...



They were rated HIGHER by
women observers



Chivalry?

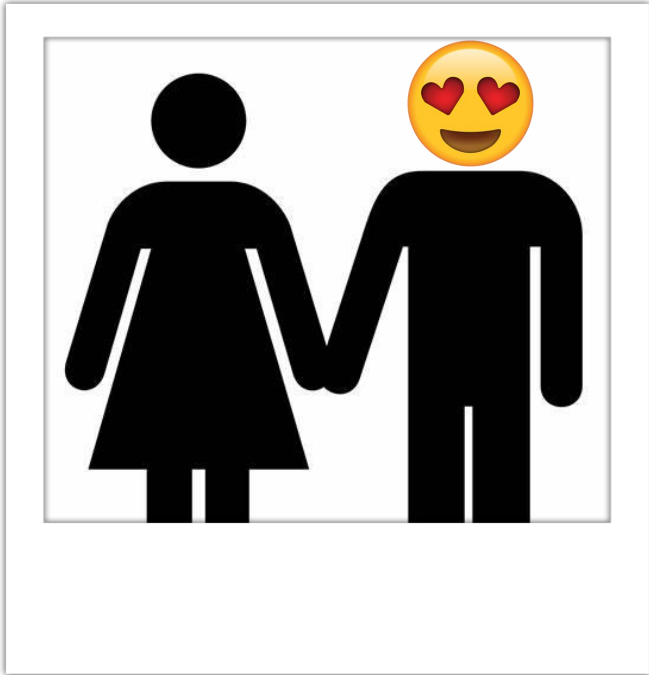
The Mere Presence Effect



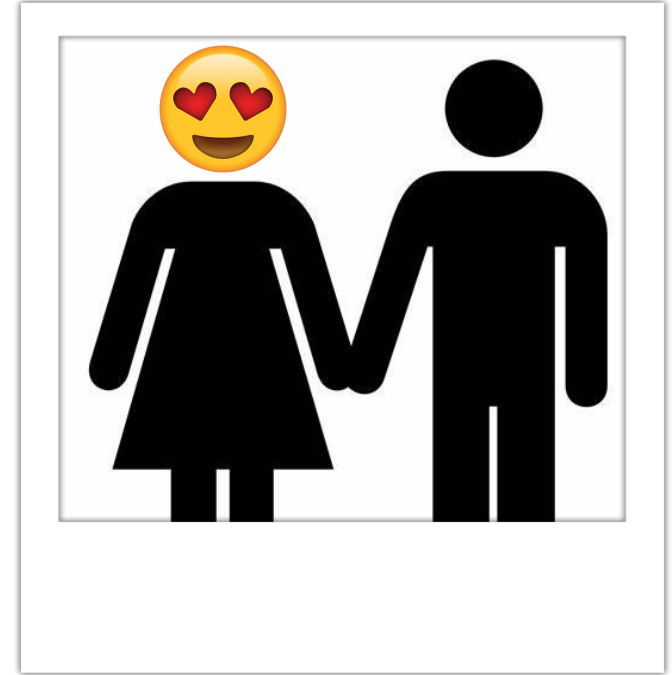
Why do I always get attention when I'm in a relationship?

Little and colleagues' research:

When judging photos of romantic partnerships...



Men judged faces of women as MORE attractive when they were paired with an attractive man



Women judged faces of men as MORE attractive when they were paired with an attractive woman

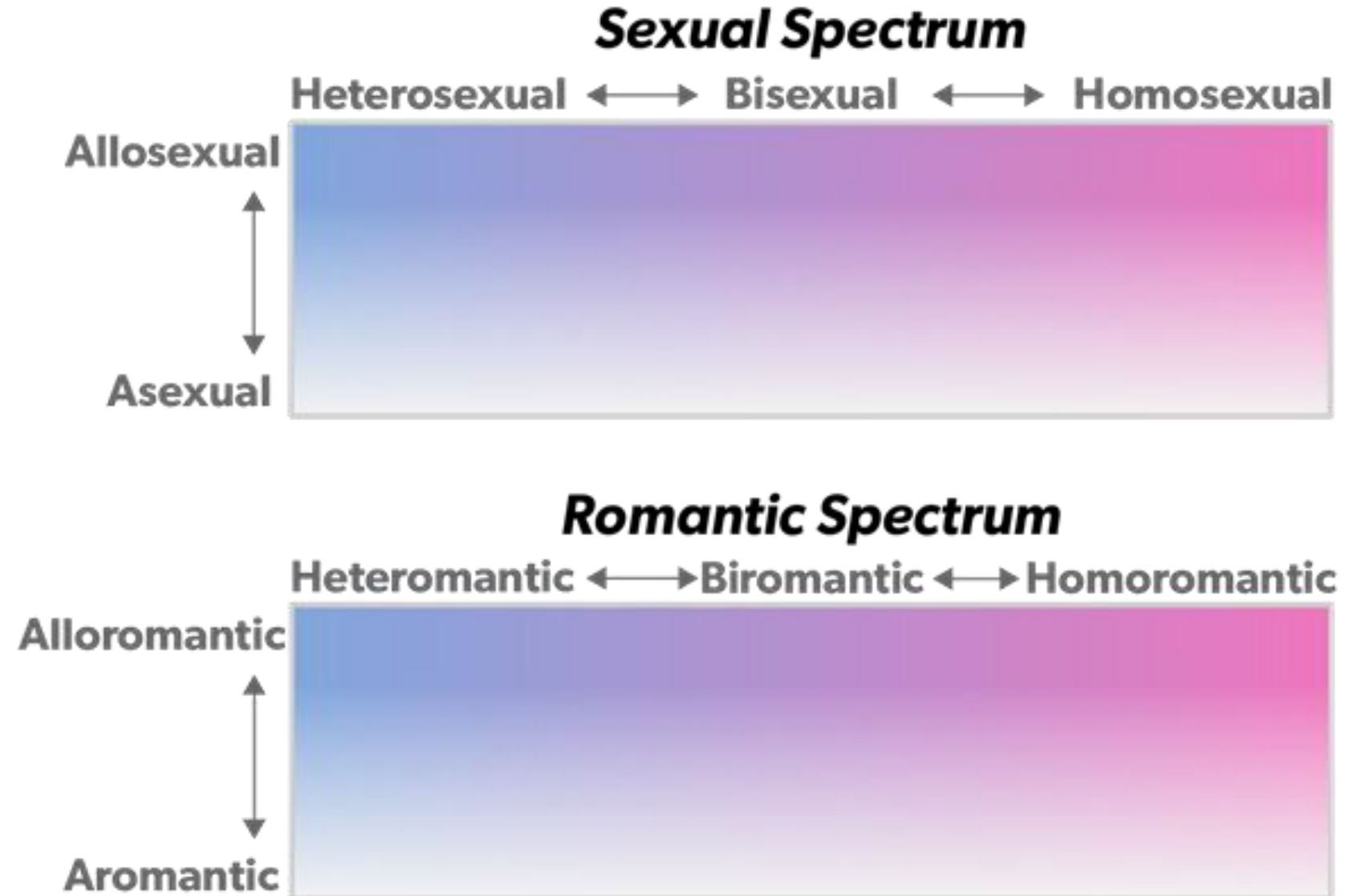
When assessing evolutionary fitness, we tend to trust judgements from others of our own gender



We can be romantic without being sexual, and vice versa

**“Allo-” =
Involving
another**

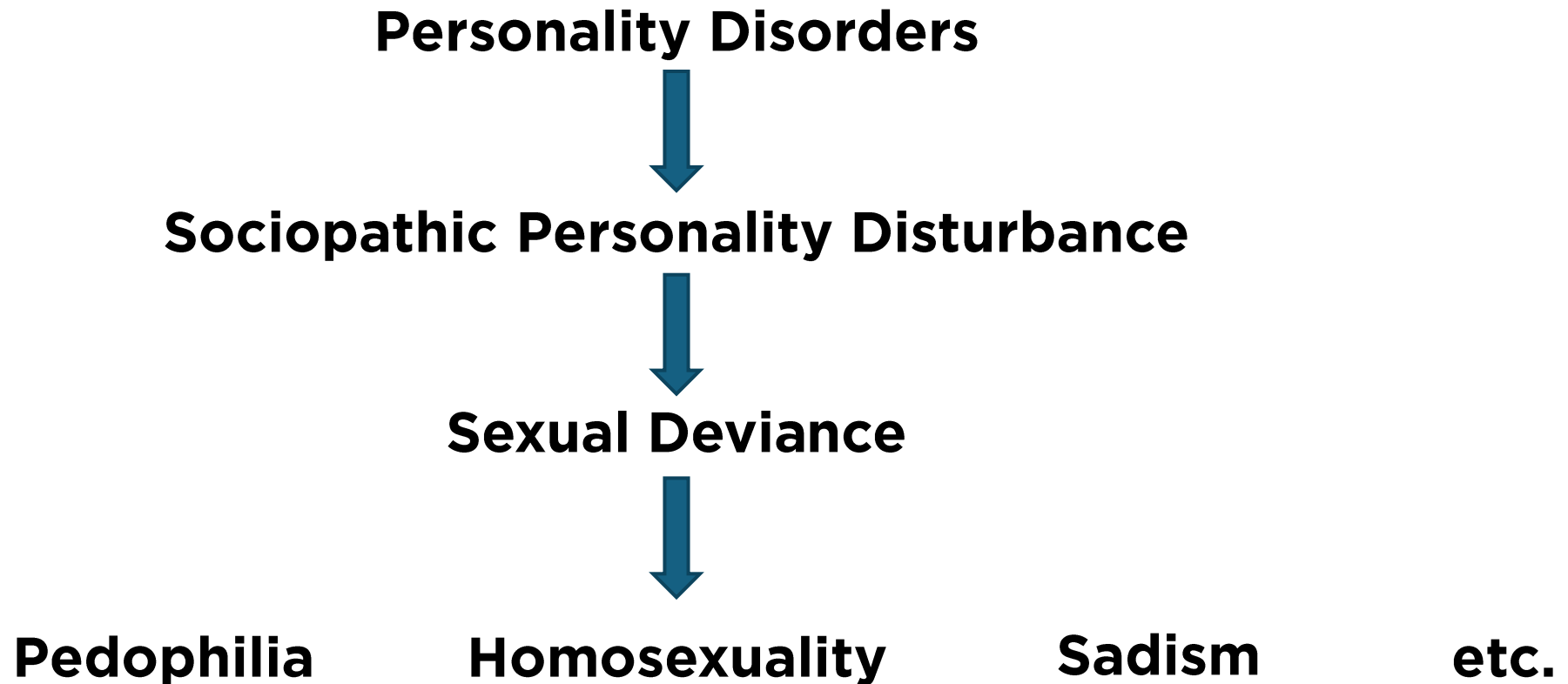
**“A-” =
Without**





The DSM, circa 1952

In the 1952 version of the Diagnostic and Statistical Manual (DSM) for psychology, the main handbook used by psychiatrists to diagnose and treat psychiatric disorders:





Historical perspectives on sexual orientation

DSM (1952)

Homosexuality classified
as a disorder under
“Sexual Deviance”

DSM-III (1980)

Declassified as a disorder in 1974

Replaced with “Ego-Dystonic Sexual Orientation”

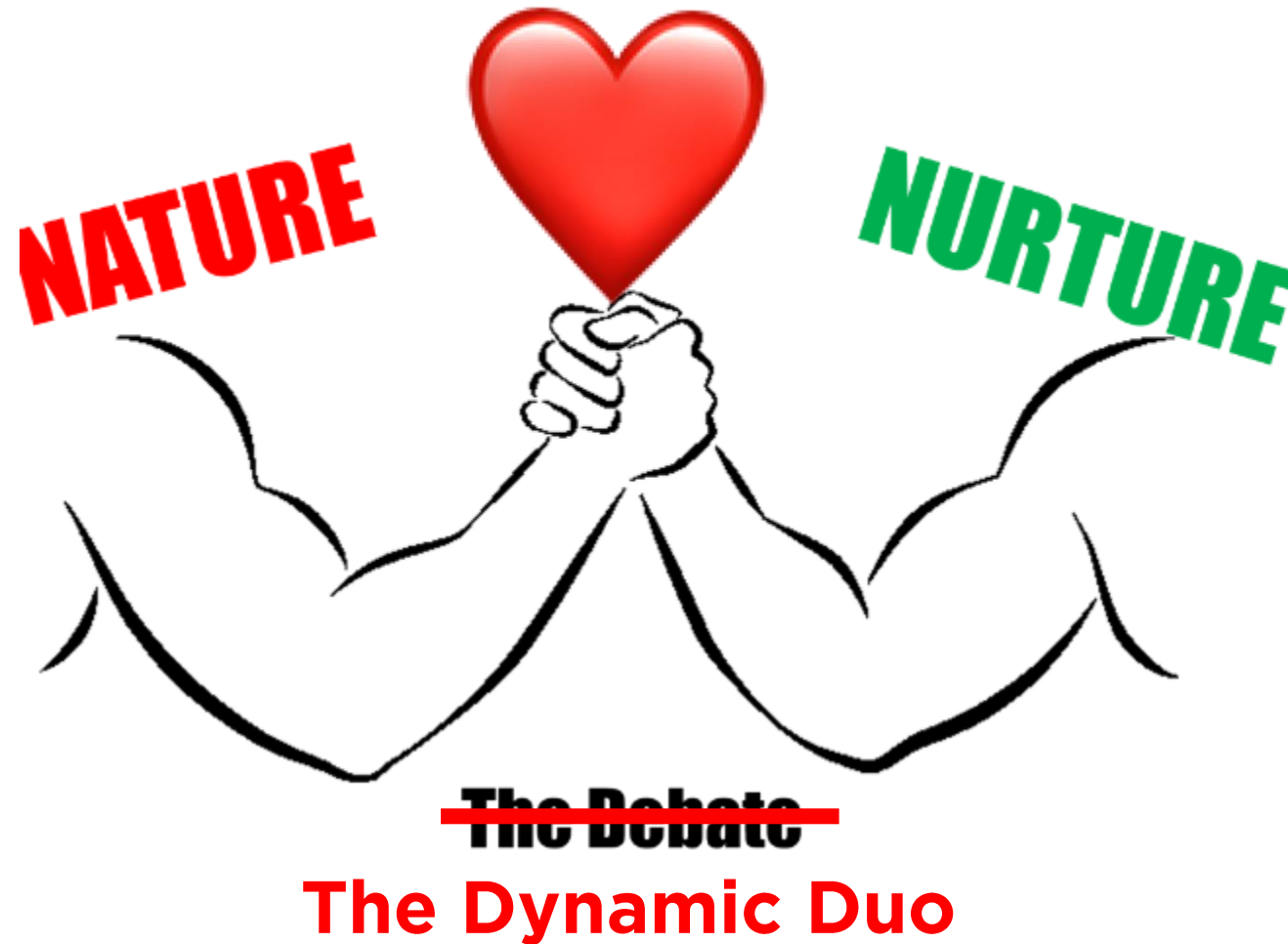
- Only a disorder when one’s sexual orientation causes distress from conflicting with self-image

DSM-5 (2013)

Homosexuality removed completely



Biology and environment determine orientation





Biology and environment determine orientation



Having a homosexual sibling increases likelihood for one to be homosexual

- Non-twin sibling: 13x more likely
- Identical twin: 50x more likely

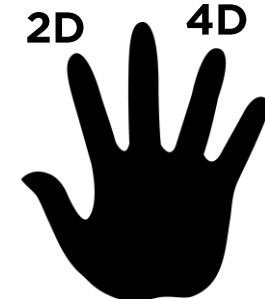
Some evidence of certain genes predicting sexual orientation

- Epigenetics—activation of genes given environmental need/input



Prenatal exposure to testosterone (T) can predict sexual orientation

- Males: Low T exposure increases likelihood of same-sex orientation
- Females: High T exposure increases likelihood of same-sex orientation



2D:4D length ratio predicts both prenatal T exposure and orientation

- $2D > 4D$ = Lower T exposure



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How did we do?



**"YOU'RE ONLY GIVEN A LITTLE
SPARK OF MADNESS. YOU
MUSTN'T LOSE IT."**

- ROBIN WILLIAMS

For y'all:

Friday Quiz 7 is **March 28**

InQuizitive **due March 30**

Reflection Journal **due March 30**

Collab Project Check-In **due April 4**