**Social Roles and Adol. Sexuality:**

The new social meaning given to sexual and dating behavior at this time in the life cycle makes sexuality an especially important psychosocial concern. It

marks the onset of deliberate sexually motivated behavior that is recognized by both oneself and others, as primarily and explicitly sexual in nature.

Four Aspects for Healthy Development:

1. Accepting one’s feelings of sexual arousal
2. Accepting one’s changing body
3. Understanding that sexual activity is voluntary
4. Practicing safe sex

**Restrictive Societies**: Societies in which adol. are pressured to refrain from sexual activity till they have married or undergone a formal rite of passage

into adulthood.

* Highly discontinuous – Little advance prep for adult sexuality during adulthood.
* Adol. pursue sex in secrecy.

**Semi-restrictive Societies**: Pressures against adol sexual activity exist but are not vigilantly enforced.

* Ex: Contemporary America
* Adults discourage young ppl from becoming sexually active (girls) by lecturing to them about the virtues of virginity or by telling them that

females do not need sex as much as males do.

* Encourages adol. To date.

**Permissive Societies:** Societies in which sexual activity during childhood and adol is not greatly restrained.

**Autoerotic Behavior:** Sexual behavior that is experienced alone, such as masturbation or sexual fantasizing. ( Erotic fantasies most common)

* Contraception *after* they first have intercourse.
* Slight decrease in the proportion of sexually experienced teenagers since the mid 90s, slightly fewer adol are having sexual intercourse, but

those that do, do it younger.

* Sexual intercourse during high school is now part of the normative experience of adol in America.
* **FOR GIRLS**: First experience is forced. Especially frequent w/ 13 and younger.
* **December and June**: Most common seasonal peaks for first intercourse.
* Most teenagers today believe that it is acceptable to have intercourse before marriage as long as its with that one you love

**Sexual Activity and Psychological Development:**

* Not associated with psychological disturbance.
* Self-esteem life satisfaction = the same as any other adol
* Losing one’s virginity does not have negative psychological repercussions (even if it’s not in the name of love)
* Risky sex is associated with risky behavior
* Early sex is associated with negative behavior such as low levels of academic achievement, drinking, etc
* Boys testosterone, girls estrogen ( makes them more attractive to boys)
* The impact of hormones on the sexual behavior of girls seems to depend on the social context.
* Adol are more likely to be more receptive to the talk when its done in multiple conversations rather than just one. Most focus on safety.
* **Boys:** sex and intimacy is kept separate. Usually initiates sex and seen as recreational.

**Comprehensive sex education:** Programs that not only provide info about contraception, STD’s, and pregnancy but also teach adol how to refuse

unwanted sex and avoid unintended sex, increase their motivation to engage in safe sex, and change perceptions about peer norms, and attitudes.

**Abstinence-only sex education:** Programs that encourage adol to avoid sexual activity but that do not provide info about safe sex.