

SEXUALITY EDUCATION: Who Should Be Teaching the Children?

*Carol Hunter Gregg, PhD
Director of Public Education
The Center for Population Options
Washington, D.C.*

In recent months, the Center for Population Options (CPO), a Washington-based public interest group addressing the problem of unintended adolescent pregnancy, has received a number of disconcerting calls for "help" from communities struggling with the question of who should be teaching their children about sexuality. A health educator and PTA chairperson from a suburban county near Washington, D.C. requested information in support of her efforts to introduce an 8th-grade health curriculum that included a brief unit on contraception. (Sadly, despite support by many parents, school administrators, and the PTA, the curriculum was defeated in June.) A reporter from a small New England newspaper inquired if there was anything he could write to combat the fears and attitudes of townspeople who wanted to remove health and sexuality education texts from their school library. And a representative of a city council in a southern state sought data on the effects of sex education—her community is experiencing an increasing incidence of adolescent pregnancy yet continues to proclaim the "evils" of sex education and prevent its inclusion in the school curriculum.

CPO can handle such requests—it shares resources from SIECUS, AASECT, MATHTECH and others; refers callers to their local Planned Parenthood affiliates; and relies on its own staff's expertise and resources. But one of the most unique and useful elements the organization can offer an individual, a community, or any group attempting to implement sexuality education for young people is its supportive data based on five years' experience with national youth-serving agencies (YSAs).

The YSA Project

In 1977, CPO's Program to Expand Sexuality Education in Cooperation with Youth-Serving Agencies (YSA Project) was developed to assist national youth organizations in providing the information and guidance necessary to encourage responsible sexual and reproductive behavior on the part of young people. It was founded with the recognition that cooperating agencies had the potential to reach, through their informal programs, many adolescents who were not receiving sexuality education from more formal health or educational institutions.

While Project staff members recognized that this innovative approach could not reach every teenager, they knew that youth-serving agencies rank next to the public schools in the number of youth participating on a regular basis—and they have more freedom to act on a new program initiative than those structures highly dependent on public policy. There are other advantages of sexuality education programs sponsored by such agencies:

- As voluntary members, the young people feel they are involved in these activities by choice rather than by requirement.
- A non-classroom, non-medical setting provides excellent opportunities to go beyond the discussion of basic factual material and explore the feelings and values related to sexuality.
- The substantial number of male-oriented youth agencies enhances the involvement of young men, often neglected in this area of learning.
- Because most of these projects are conducted in a youth organization setting, participating teenagers have an opportunity to help design programs to meet their own specific needs.
- The staff and leadership already consist of those people with a previously established interest and expertise in dealing with teenagers.
- Because parents are often involved in the activities of youth organizations, such a program aids in encouraging the much-needed dialogue between parents and children in the area of sexuality.

In addition, the fact that these sexuality education programs are provided by traditionally respected organizations lends credence to such efforts. As a result of the YSA Project, many communities which want to include sexuality education in their public school curricula can today call upon their local youth-serving agencies for encouragement and support. A brief look at the history and accomplishments of the Project will clarify the scope of involvement and the commitment to program development on the part of participating agencies.

History of the Project

In the early months of the YSA Project, staff consulted individually with program leaders of national youth-serving agencies to increase their awareness regarding their ability and responsibility to provide sexuality education to young members. Of the 25 agencies initially contacted, 20 subsequently elected to participate in the Project, agreeing to encourage the participation of their affiliates in the communities selected for the planned demonstration phase. Much of the success of the Project's initial efforts can be attributed to the staff's basic philosophy in working with both national agency leadership and affiliate staff during the demonstration phase: that each agency should be free to articulate its own approach to the provision of sexuality education and to develop its own unique program, independent of other participating agencies. The YSA Project sought neither interagency collaboration nor the development of 20 identical programs based on a predetermined model. Rather, it hoped for movement of each agency along its own continuum toward the provision of more accurate information and sensitive guidance for its constituency in the areas of adolescent sexuality and reproductive health.

The Demonstration Phase

In 1978, three demonstration sites were selected on the basis of national agency recommendations regarding affiliate strength as well as incidence of teenage childbearing, the existence of a climate favorable to the development of sexuality

programming, and geographic variety. In the selected cities of Seattle, Des Moines, and Cleveland, Project staff took careful action to ensure that local agencies would participate in both the planned sexuality education training sessions and subsequent program development. Meetings were conducted with affiliate directors, presentations were made to boards and staff leadership of interested agencies on adolescent pregnancy and sexuality education, and local advisory boards were established.

The importance of such community groundwork in generating support and involvement became apparent when 128 youth workers representing 71 agencies participated in training workshops in the three communities. Using local Planned Parenthood trainers as consultants plus a training format designed by Project staff in consultation with Dr. Michael Carrera, national training advisor, the workshops provided these youth workers with three days of intensive learning and discussion related to adolescent sexuality, teenage pregnancy, and sex education programming strategies.

Following this training, the emphasis in each of the sites was placed on program development and implementation aimed at fostering the Project's goal: to develop model sexuality education programs in youth agency affiliates, demonstrating that such agencies could effectively meet the needs of their constituencies for sexuality and family planning information. A local coordinator supported by the Project monitored program activity in individual agencies and provided ongoing technical assistance when needed. As a result of agency participation in the YSA Project, 54 sexuality education programs were subsequently developed by local affiliates.

Evaluation

To assess the overall impact of the Project's demonstration phase, an independent evaluation was conducted by the Pacific Institute for Research and Evaluation (PIRE). Evaluators visited all three demonstration sites and administered a series of questionnaires to agency directors, agency staff, site trainers, site coordinators, and adolescent program participants.

Their principal conclusion was emphatic: With appropriate staff training and follow-up consultation, youth-serving agencies can be effective providers of sexuality education and

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New Editor

The SIECUS Board of Directors has appointed Anne Backman, MA, formerly managing editor, to serve as editor of the *SIECUS Report*. She will work with an editorial board made up of five members of the Board of Directors, each appointed for a three-year term. (The names of the newly appointed editorial board appear in the masthead at left.) Together they will continue the high standards set by former editor Mary S. Calderone, MD.

The SIECUS Board of Directors is proud to announce also that Dr. Calderone, former president of the organization, has been appointed as adjunct professor at New York University, associated with the Human Sexuality Program in the Health Education Department. Her new office address is 51 West Fourth Street, Fifth Floor, New York, NY 10003. Tel. 212-677-2994.

can develop programs that meet the needs of the young people they serve while remaining acceptable to their communities. The following were among the most significant findings from the evaluation:

- There were no negative outcomes and no community or parental opposition reported by any of the agencies which conducted model programs.
- Participating youth demonstrated significant gains in knowledge related to sexuality and family planning as a result of the program.
- Youth involvement in overall agency programs increased, indicating that the provision of a sexuality component makes agency programming more relevant to the needs of youth.
- Parent involvement in agency programs also increased.
- Community agencies cooperated more frequently in their efforts to address community needs.

YSAs Expand Programming Efforts

The favorable evaluation of the YSA Project supported the determination of agency program directors to develop national-level sexuality education policies, programming, and materials that would facilitate the implementation of programs in an increasing number of affiliates. The completion of the demonstration phase in 1980 marked the beginning of a period of extensive activity intended to assist participating national agencies to build on their affiliates' positive experience. Project staff have continued to assist agencies in their efforts to translate that experience into effective sexuality education programming by providing the following services: sponsoring a comprehensive Sexuality Education Training and Program Development Conference for national program staff held in May 1981 at Airlie, Virginia; providing agency-specific technical assistance (including presentations and workshops at annual meetings, articles for agency publications as well as youth-work periodicals and professional journals, review of agency-developed curriculum materials, and assistance with program design, implementation, evaluation, and funding); and making available a six-part publication series, *Sexuality Education Strategy and Resource Guides* (available fall 1982), based on the results of the demonstration phase and presenting a review of the literature, descriptions of innovative program models, and recommended resources related to six strategies for providing sexuality education: Peer Education, Small Group Discussion, Programs in Religious Settings, Involving Parents, Programs for Preadolescents, and Programs for Teen Males.

Prior to the inception of the YSA Project, sexuality education programs being provided by youth-serving agencies were few and far between. Today, these same agencies are assuming a leadership role in many communities as they assist young people in adapting to adolescence, managing their sexual development, and making informed decisions regarding reproductive behavior. Highlights from the Project's experience with these agencies will illustrate their degree of commitment and the innovative ways in which these groups are reaching out to youth and their families:

- The National Board of the YWCA is conducting a national "Sexuality Education Project" in four sites, using a variety of program strategies including peer education, collaboration with the school system, and outreach in rural areas (see p. 8).

- The American Baptist Church is currently completing the development of a curriculum that will enable parents to be the primary Christian sex educators of their children.
- Future Homemakers of America is conducting a national peer education project to educate teenagers about the importance of preparation for parenthood and the negative implications of teenage pregnancy.
- Boys' Clubs of America developed a National Health Program entitled "The Body Works" which integrates sexuality education into a comprehensive program promoting health and preventing disease.
- The Salvation Army has completed a new life skills education program, "Bridging the Gap Between Youth and Community Services," intended to help "less-chance" youth to better understand their feelings, their bodies, and their relationships with others in order to make good decisions about their lives (see p. 7).
- Camp Fire, Inc. has incorporated a unit on adolescent sexuality, including contraception, into their newly released program manual for high school youth, *Horizon in My Pocket*.
- The March of Dimes Birth Defects Foundation, in conjunction with the National Congress of Parents and Teachers, has trained leaders in 26 states to conduct "Parent Seminars on Adolescent Sexuality."
- In 1981, Girls Clubs of America received a grant from the DHHS Office for Family Planning to provide training, technical assistance, and resource materials for staff of local clubs as part of their national "Family Life Education for Adolescents Project" (see p. 5).

New Initiatives

Since the Airlie Conference, the YSA Project has continued to receive requests for additional training. According to the PIRE evaluation report, the lack of training remains as one of the greatest barriers to the effective provision of sexuality. In response to this need and in conjunction with a recent CPO program initiative to increase the involvement of youth-serving agency leadership in assessing relevant public policy affecting their programs, Project staff conducted a one-day conference entitled "Preventing Adolescent Pregnancy: The Role of the Youth-Serving Agency." Co-sponsored by Columbia University's Center for Population and Family Health, the conference was held in March 1982 and provided an exciting agenda that included: an opportunity for national YSAs to share their successful experiences in providing sexuality education programming; an introduction to public policies and agency policies related to adolescent reproductive health; and a series of eight workshops on how to implement successful sexuality education programs.

For those agencies who have not yet effected an optimal level of programming or for whom a freestanding sexuality education program is not tenable, a new program initiative entitled "Life Planning" is under development. Its concept encompasses the two most challenging developmental tasks confronting adolescents: realizing a vocational or career goal and managing one's sexual development and reproductive behavior. The program will focus on goal setting, decision making, and life priorities and will clarify for youth workers, adolescents, and parents the negative educational and vocational implications of unintended teenage pregnancy. The impetus for Life Planning is threefold. First, several of the

agencies participating in the YSA Project since its inception have documented the high level of interest teens accord to the areas of employment and sexuality education. Second, Project staff have gathered a substantial body of evidence that clearly defines the highly negative economic impact of adolescent pregnancy and parenthood. And third, this approach can provide sexuality and reproductive health information to teens within the context of a program area (youth employment) that is traditionally more acceptable to certain youth agencies and their constituencies.

The "life planning" concept has met with a very favorable response and has enabled Project staff to initiate discussion with agencies previously uninvolved in the YSA Project. For example, Boy Scouts of America has expressed an interest in Life Planning materials and training as a possible means of augmenting their existing youth employment program.

In summary, CPO's work with national and local youth-serving agencies appears to have strengthened the field of sexuality education by broadening the base of providers and by gathering support for program development from respected community leaders. The challenge, given the current political climate directed at restricting adolescents' access to reproductive health information and services, is to expand the scope of Project activities. Future directions will include outreach to other agencies and organizations, encouragement of agency program staff to assume a more active role in response to public policies that affect their programs, and the identification of new strategies for reaching young people with clear messages regarding responsible sexual behavior.

PARTICIPANTS IN CPO'S YOUTH-SERVING AGENCIES PROJECT

American Baptist Churches
American Home Economics Association
American Red Cross
Big Brothers/Big Sisters
Boys' Clubs of America
Camp Fire, Inc.
Christian Church (Disciples of Christ)
Episcopal Church
Four-H (Cooperative Extension Service)
Future Homemakers of America
Girls Clubs of America
March of Dimes Birth Defects Foundation
National Association of Homes for Children
The Salvation Army
United Church of Christ
United Methodist Church
United Neighborhood Centers
United Presbyterian Church
Y.M.C.A.
Y.W.C.A.

[Note: The author wishes to acknowledge that the richly detailed reports on the YSA Project prepared by Jane Quinn, former Project Director, contributed significantly to the preparation of this article. For further information on the YSA Project or its publications, please contact Dr. Carol Gregg, The Center for Population Options, 2031 Florida Avenue, NW, Washington, DC 20009.]

DO YOU KNOW THAT...

Philadelphia Institute Opens

The Institute for Marital and Sexual Health (IMSH), an affiliate of the National Psychiatric Institutes, Inc., opened on April 12, 1982, in Philadelphia. Its medical director, Dr. Harold I. Lief, internationally known for his work and writings on marital and sexual therapy (and a past president of SIECUS), explained IMSH's purpose as "providing professional treatment for sexual, marital, and family problems. We will also offer educational programs for primary care physicians and other concerned professionals." For more information, write to: The Institute for Marital and Sexual Health, Inc., 21 South Fifth Street, Philadelphia, PA 19106.

Sexaholics Anonymous

Sexaholics Anonymous is a recovery program for those who want to stop their sexually self-destructive thinking and behavior. Patterned after Alcoholics Anonymous, SA was given authorization to adapt AA's 12 Steps and 12 Traditions for its own use in 1979. SA is a "fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover." SA is not involved in sex therapy and offers no treatment of any kind. Meeting formats are similar to AA. At present there are some 200 members nationwide, with new groups in process of forming. For detailed information, write to: Sexaholics Anonymous, P.O. Box 300, Simi Valley, CA 93062.

"Parents Talk Love"

"Parents Talk Love" is the title of a parent sexuality education program developed by the Rev. Matthew A. Kawiak (a parish priest of the Diocese of Rochester, N.Y. and a professional marriage therapist and sex educator) and Susan K. Sullivan (a professional teacher and sex educator in the Catholic parochial school system of the Rochester Diocese). In a seminar-retreat format and using formal presentations blended with films, small group interaction, role playing, and action projects, it provides a unique and innovative experience for parents who are concerned with communicating information and Catholic values about sexuality to their children. The program, which consists of 15 hours of instruction, was piloted in Rochester and is currently being offered in the Diocese of Trenton, N.J. This program meets the standards set forth in the guidelines issued by the United States Catholic Conference for sexuality education. Churches or community groups interested in information about sponsoring an adapted "Parents Talk Love" program in their area should contact: The Rev. Matthew A. Kawiak, P.O. Box 32, Spencerport, NY 14559 or call 716-482-9796.

Sex Education Week

This year marks the 8th Annual National Family Sex Education Week, October 5-11, 1983, during which communities provide numerous opportunities for parents and their children to enhance their communication about sexuality. Once again the *Guidebook for NFSEW*, a valuable and concise resource of promotional ideas and materials, is available at \$6.50 a copy from: Planned Parenthood Federation of America, Department of Education, 810 Seventh Avenue, New York, NY 10019.

SPEAKING OUT

... on Policies and Programs

Jane Quinn, ACSW
Director of Program Services
Girls Clubs of America, Inc.;
member, SIECUS Board of Directors

I fondly remember those halcyon days early in my career when I used to know things I don't know now. For instance, I thought I understood clearly the relationship between agencies' policies regarding sex education and their programming in this area. Now I know how complex that relationship really is.

My own history with this subject goes back to the mid 1970s when I first saw a copy of the *Positive Policy Handbook*, an instructive document (published by Planned Parenthood Federation of America) which catalogued statements from a broad range of organizations in support of sex education. I fleetingly wondered about how such statements related to programs within these organizations, and promptly went about my business. Some years later, when my business came to involve these same questions, I started to look for answers.

In general, I came to understand several facts: that the relationship between policies and programs varies significantly from agency to agency; that the impetus for developing policy statements also differs among organizations; and that the process of policy development may take several routes, even within a single organization.

In the spring of 1981 the National Council of Girls Clubs of America—its highest governing body—unanimously approved the following statement:

Girls Clubs of America, as a national direct service and advocacy organization, affirms its belief in the right of girls and young women to age-appropriate, comprehensive and accurate sexuality information.

Recognizing that the primary source of such information should be the family, GCA believes that social agencies and schools should provide girls and their families with assistance by offering sexuality education which will support the development of responsible personal values. Sensitive, responsive, age-appropriate programming, developed with girls and parents and drawing upon appropriate community resources and services, can provide a solid framework for responsible, confident decision-making. We believe that such a positive approach to sexuality education by schools and social agencies will reinforce parental guidance and lead to responsible behavior.

Within the past two years, several other major national youth organizations, including Boys' Clubs of America, Camp Fire, Inc., and the YWCA, have also passed important program

or policy statements on the issues of sex education and teen pregnancy prevention. To understand the reason for and the meaning of the trend, I interviewed national staff at all four organizations, asking them the same questions, and comparing and contrasting their responses. These four case studies may serve to underscore the fascinating and complex nature of the relationship between policies and programs.

Girls Clubs of America: Mildred Wurf, as GCA's Washington representative, is staff liaison to the National Board's Social Concerns Committee. It was this Board Committee which saw the need for, and drafted, the statement outlined above. The Committee worked to achieve language that would emphasize both the family's and the social agency's role in providing sexuality education. Girls Clubs went through a four-part process in approving the statement: from the Social Concerns Committee, the statement was subsequently passed by the Board's Executive Committee, full Board of Directors, and National Council (in which each affiliate has three votes).

Wurf observed that the relationship between policies and programs in GCA is often based on interdependence. "Staff and Board recognized that many of our clubs were actively providing sex education on the local level, and we also recognized that this trend would continue. We wanted to be in a position both to support and to encourage this activity, and also to hammer out the basis for our work in the public policy arena. Also, GCA's new Statement—and the fact that it was approved unanimously by our highest governing body—helped prepare the national organization to develop a major program initiative in Family Life Education." This Title X funded program, designed to assist all 250 Girls Clubs across the country to develop or expand their program efforts in sexuality education, has recently completed its first year of operation.

Boys' Clubs of America: David Wynn, BCA's Director of Program Development, was careful to point out that his organization has three distinct types of official statements: program statements, which provide support and guidelines in specific program areas; position statements, which assume a stronger stance, and may be more likely to relate to advocacy; and policy statements, which are essentially the law of the organization and which say to clubs "you must" rather than "you may."

In May 1980, BCA's National Board passed a program statement which spelled out the national organization's intent to accept "responsibility for a supplemental role in sex education and related human development activities" and to support the

efforts of local Clubs in program implementation. The impetus for the statement came from BCA's national administration, and drafts of the statement were prepared by national staff, in consultation with advisory committees, other organizations, health education specialists, and selected club directors. BCA's National Cabinet (made up of high-level staff) reviewed the statement prior to its presentation to their national Board of Directors. Wynn describes this process as a smooth and efficient one because "we were dealing with a group of people who clearly saw the need for a statement. Any differences of opinion got negotiated out because people wanted the product."

The purpose of this program statement was to provide guidelines to local Clubs and to the national staff as both groups became increasingly involved in this program area. According to Wynn, BCA wanted to "avoid confusion and misinterpretation and; more positively, to think through procedures and approaches that could be most successful."

What have the implications been for programs? Wynn: "I find that difficult to assess—I have no real way to assess it. We publicize the statement, use it in our training, have incorporated it into *The Body Works* [health education] materials. I don't think we know to what extent it has influenced program development in our Clubs. I suppose with time it will become clearer. I have a perception that it's helpful, especially since it endorses sex education in the context of total health."

Camp Fire, Inc.: Last November, the Congress of Camp Fire, Inc. (a body of voting delegates from the 320 Camp Fire councils) gave near-unanimous approval to a resolution which delineated Camp Fire's role in supplementing the family's responsibility to provide sex education. Adding to the drama—and broad base of support—at the time of adoption was a position statement prepared by a caucus of youth which pointed to the urgency and importance of the statement. "We feel Camp Fire has a responsibility to the concerns of youth and since we, the youth, are confronted with a constantly changing society, Camp Fire's implementation of sexuality education will help us toward finding our own self-identity," wrote the Youth Caucus.

Karen Bartz, Camp Fire's National Program Director, identified Board Member Evelyn de Ghetaldi, MD, as the catalyst for the development of this recently adopted statement. Now Camp Fire's national President, Dr. de Ghetaldi, has long encouraged the organization to accept a role in the sex education of its members. Last year she prepared a draft resolution which supported the notion of family-based sexuality education. Staff worked on the resolution to include the notion that some families want outside help in the task of providing such education, and that Camp Fire can be of assistance. After further review by staff, the resolution was presented to and approved by Camp Fire's Board of Directors and passed along to the national Congress with the recommendation that it be approved.

The adoption of this resolution has, to date, caused no negative repercussions and has generated "many positive pieces of support." Bartz reflects on its overall implications by noting: "The policy statement will convince few people to deal with this issue if they're not doing it already. It affirms what our local councils are already doing, gives it legitimacy. Many of our councils have developed good programs, and we also know that Camp Fire leaders have long dealt with questions related to sexuality as they naturally arise in an informal setting. It's my opinion that we could never have passed this statement if we weren't already involved in sexuality education. Having

programs in place shows that it's possible to accept this role—they show you how to anticipate the implications of the statement." As for the future? "I expect that over the next few years, more councils will implement programs in sexuality education. Our current program materials encourage this. They put options into the hands of kids, and when the kids request programs, I expect their leaders will respond."

Young Women's Christian Association: Jo Uehara, the YWCA's Washington representative, is quick to note that her organization has supported sex education from both a policy and a programmatic stance since the turn of the century. The YWCA's recent (1979 and 1982) resolutions on teen pregnancy should be seen as part of its ongoing public affairs program and as one chapter in its long history. These two recent resolutions stress the organization's role as a catalyst in developing program models and as an advocate on issues related to pregnancy prevention, pregnancy alternatives, and pregnancy support services. Adding strength to these resolutions, which were adopted at the YWCA conventions (the organization's highest governing body), are three additional mechanisms: a program statement, written by staff; a set of program priorities, determined by teen members during special Teen Consultations; and organizational goals, determined on the basis of Convention action. Adolescent pregnancy prevention is one of the YWCA's five top program priorities at the present time, as a result of the combined force of these various mechanisms.

Uehara sees the relationship between policy and program as working two ways. "On the national level, convention resolutions provide staff with a mandate related to service delivery for the next three years, and, on the local level, these resolutions instruct our member associations to look at their own communities and see where the YWCA can fit in to fill gaps. Each association may work in a different way. Some will work in public policy, some on public education, others through direct service. This diversity is appropriate in an organization as large as the YWCA."

Perhaps these four case studies cast some light on the delicate and complex balance between policy and programs within youth-serving organizations. Although there is no easy way to summarize this relationship, the following analysis by Walli Klores, Camp Fire's Washington representative, may provide a fitting conclusion: "A resolution is a confirmation of Camp Fire's commitment to provide these services to our youth. The resolution puts our organization on record and serves as a vital reference point for programmatic and policy considerations that will occur in the future. It's a contract with a purpose."

DO YOU KNOW THAT...

Resources to Write for . . .

AudioVisuals About Birth and Family Life 1970-1980, edited by Doreen Shanteau, provides annotated listings of over 800 16 mm and 8 mm films, videocassettes, slides, and filmstrips. Also included is distributor, rental, and purchase information. In addition to those on pregnancy and childbirth, there are also sections on sex education, sex roles, and teenage pregnancy and parenthood. Single copies cost \$11.25 (including postage). Orders should be placed through: The International Childbirth Education Association Bookcenter, P.O. Box 20048, Minneapolis, MN 55420.

WHERE THE ACTION IS

Youth-Serving Agencies: Innovative Programs

In her lead article for this issue, Carol Gregg discusses youth-serving agencies that are assuming a leadership role in assisting young people in adapting to adolescence and learning to better understand their feelings, their bodies, and their relationships in order to make good decisions about their lives. The SIECUS Report asked two of those agencies, The Salvation Army and the YWCA, to describe in further detail the programs they have created to further those goals.

BRIDGING THE GAP BETWEEN YOUTH AND COMMUNITY SERVICES: A LIFE SKILLS EDUCATION PROGRAM

*Major Peter J. Hofman and Elma Phillipson Cole
The Salvation Army, New York City*

"Bridging the Gap Between Youth and Community Services: A Life Skills Education Program," developed by The Salvation Army, is based on the belief that young people will make good decisions about their lives if they are helped to do so. They need help in understanding themselves, their feelings, their bodies, and their relationships with peers and family. Such help must come from adults who really care about them, who will be supportive under all circumstances, and who will help them build the capacity to take charge of their own lives. Included must be knowledge about what resources the community offers and guaranteed access to such resources.

The wholeness of life—the interrelationships of physical, emotional, moral, and spiritual development—is the essence of this program. This is in keeping with The Salvation Army's long history of dealing with the total person. The motivation since its founding in 1865 has been love for God combined with a practical ministry to the total person.

The Army was born in a time of tremendous social poverty when slums, starvation, homelessness, ill health, and unemployment were rife. Prostitution, particularly the selling of young girls, was attacked early by the fledgling organization. This concern about sexual abuse continues to this day. Over the years, the emphasis has moved from rescue to prevention, from picking up the "fallen or falling" to teaching and to developing values. "Bridging the Gap" is a clear example of this shift in emphasis. Many of the young people with whom the Army works come from low-income, "less-chance" homes and neighborhoods, where they have few role models to guide them through the turbulence of adolescence. Physical survival often determines behavior. They have scant knowledge about their physical and emotional development and needs, have too little hope for a better future, and see no way to change their lot in life.

"Bridging the Gap" was designed to alter this pattern. There are three interlocking content areas: (1) practical approaches to building self-respect, self-esteem; (2) knowledge and understanding about physical and emotional

development; and (3) information about community services and how to use them. The program, in 12 units, follows a logical progression. The early sessions deal with information and the later ones emphasize living skills such as health, love and marriage, and parenthood. Along with a discussion of pertinent resources the community offers and of how to use them, each unit includes a careful consideration of two elements central to the entire program—self-concept and relationships with other people.

Questions discussed early in the program focus on participant's rights and responsibilities for making decisions about their lives: What can I control in my life and in my relationships with other people? What decisions can I make for myself? What are the consequences of my decisions? Each participant prepares a Personal Bill of Rights and Responsibilities. In later sessions, the young people refer back to these and make whatever changes they wish to as they discuss plans for their education, employment, health, sexual relationships, marriage, and parenthood. Throughout the program, there is reinforcement of participants' abilities to think about and plan for their own futures. Exercises are designed to help them identify personal strengths and weaknesses and to develop a plan for changing weaknesses into strengths. The interrelationship of education, training, employment, and life goals is discussed, how employment affects our lives, our rights and responsibilities as citizens, along with practical ways to use these privileges.

The two units on "Who Is Responsible for My Health?" proved most troubling to develop, for it was difficult to move from the academic approach to one of learning personal responsibility for keeping healthy. These units deal with how the body functions and how to take care of it, the impact of behavior on physical and emotional health, consequences of substance abuse, and the potential complications of sexual activity.

The unit titled "How Close Do I Want To Be to Others?" focuses on sexual relationships. The objectives are for participants to increase their understanding about relationships and behavior, to get in touch with their own feelings about sexual activity, and to identify their personal values. Films are recommended for discussion starters to help both the group leader and the participants overcome any discomfort they may feel in communicating with each other about these more sensitive concerns. Five trigger films from the Memphis Planned Parenthood Association pose everyday situations, raise many ques-

tions about behavior, but give no pat answers. These films, which run four to five minutes each, are: *Wayne's Decision*, *What's To Understand?*, *Friends of Carl*, *Adrianne's Man*, and *Boys Don't Do That*. A good follow-up to *Boys Don't Do That* is an exercise entitled "Which Do You Think Is Appropriate for: Male, Female, Both." Participants are asked to check off their answers on a list of 30 activities—for example, driving a truck, feeding a newborn baby, asking someone to marry you.

The Salvation Army believes that human sexuality is a gift of God and its proper use a privilege. To help participants understand this, two exercises are suggested, each drawn from HHS Bureau of Community Health Services publications. "What's To Know About My Feelings?" urges each one in the group to think about his or her goals, his or her future, and how decisions will affect these futures. The second exercise, "Eight Popular Reasons," gives persuasive "lines" and suggests how a smart teenager should answer each one.

The next two units are entitled "Shall I Marry?" and "Is Having Children Important to Me?" In each the objectives are to involve participants in clarifying their own feelings and values, and then relating these to the goals they have set for their lives. Participants discuss what to look for in a love relationship, the qualities of a good marriage, the kind of home they want, the responsibilities of marriage, the physical and emotional needs of children, and the well-planned decision about parenting. Material from the National Alliance for Optional Parenthood is well suited for this unit.

The final session is used to reinforce learning, to evaluate the program's effectiveness, and to celebrate completion of the program. Each member of the group is given a certificate of accomplishment and a copy of the directory of community services that has been compiled from each session.

Evaluation was built into the program from the beginning. Dr. James C. Petersen, Center for Informative Evaluation, Tucson, Arizona, worked with staff and a leadership team in developing the program design and evaluation instruments. The principal tool, "An Interesting Survey About You," used at the first and the last sessions, measures self-concept, knowledge, and coping skills. Included also is a series of 17 youth values questions that were part of the 1979 New York City Youth Values Project. Results are gratifying, for the research reports show that the young people gained in specific knowledge about themselves, about the community resources, and how to use them. Along with this there were marked gains in self-esteem and in coping skills. The areas liked most by participants were self-concept and getting an enjoyable job. Leaders should take a hard look at the values questions, for the young people in this program rate their priorities the same as those of the 1979 report. Topping the list are: "preparing for my future," "getting an enjoyable job," "getting good grades," "getting along with my family," and "making money." Adults, when asked to rate these 17 values as they think young people would, generally place "being popular" and "having fun" at the top of the list.

This program was developed under a Title X Family Planning and Population Research Grant through the Bureau of Community Health Services. Some 23 sites and 650 teenagers in eight eastern states took part as participants and controls. Groups were about evenly divided between Salvation Army and community agency sponsorship. Included were Sunday School classes, Boy Scouts, group homes, residences for young people with special needs, a parochial school, community center youth groups, alternative school programs for young people who do not fit into the standard public schools, and others.

Because the quality of the leader is clearly the key to the quality of the program, an important part of "Bridging the Gap" is its Guide to Selecting the Leader, for which Dr. Diana Tendler, of Hunter College School of Social Work, served as consultant. It includes five components: knowledge, skills, attitudes, and values needed by the leader; and how the agency identifies these qualities in a candidate. Salvation Army and other community leaders nationwide took part in defining the ideal characteristics and/or qualifications needed in the leader who works with adolescents in sensitive subject areas. The picture that emerged is of a moderate person who is clear about what is important to him or to her, and who has the capacity to work comfortably with diverse cultures and values. Age, sex, ethnicity, marital status, even the amount of specific knowledge ranked lower in overall importance than the essential nature and quality of the person. Clearly the leader must be an acceptable role model for the agency sponsoring the program.

The development and testing have been completed and "Bridging the Gap" is now ready for use. The Salvation Army and other community services have added it to ongoing activities or have plans to do so. With the March of Dimes Birth Defects Foundation a start has been made in a related area—helping adults learn how to communicate better with teenagers about their developing adolescence.

Many centuries ago, Saint Paul wrote to the young Christian Church at Corinth, pointing out that all of its members were essential to its survival and growth. Using the human body as an analogy, he said: "The body has not one member but many. . . . God has harmonized the whole. . . . God's distribution of gifts is on the . . . principle of harmony" (I Cor. 12, *Modern English Translation* by J. B. Phillips). Even as the young church needed to understand and use properly its several parts if it was to survive and be strong, so also does the young person need to understand and nourish his or her body, mind, and soul. This is the theme running through "Bridging the Gap"—a program which has taken Paul's words literally and applied them to today's teenagers.

Major Peter J. Hofman, project officer for the program, is Social Services Secretary for The Salvation Army Eastern Territory. Elma Phillipson Cole was project coordinator. She is on the staff of the Social Services Department of the Salvation Army.

[*Bridging the Gap: The Leader's Guide* includes, for each of the 12 units, the objectives, the plan, the materials and equipment needed, suggested activities, and copies of recommended exercises. Included in the resource section are a guide to selecting the leader, annotated lists of films and printed materials for use with the units, and information on suppliers and community service organizations from whom to seek help. Xeroxed copies (200 pages) cost \$8.50 each, including postage. For information, write to: Major Peter J. Hofman, The Salvation Army, 120 West 14th Street, New York, NY 10011.—Ed.]

YWCA TEEN SEXUALITY EDUCATION PROJECT

Maria Vizcarrondo-DeSoto
Project Coordinator, New York, N.Y.

Since 1906, the Young Women's Christian Association of the U.S.A. has implemented programs and been involved in the promotion of public policies that speak to the needs of young girls. Its work in the area of human sexuality has placed it in the

SIECUS Report, September 1982

forefront of women's organizations concerned with this subject. Over 40% of member Associations currently provide programs that focus on teen pregnancy prevention through sexuality education classes, image building sessions, and courses that teach life skills development to teen mothers. The National Board has also been incorporating sexuality education into YWCA teen programs related to health, education, employment, and juvenile justice. As delegates at the 1979 YWCA National Convention voted on the Association goals for the decade, a national mandate was established to develop programs related to human sexuality as one of the priorities in work with teens.

Most recently, at the 29th YWCA National Convention in Washington, D.C., June 1982, the Association adopted the Prevention of Teen Pregnancy as one of the five Public Policy Triennial Priorities. This, coupled with a second adopted resolution "that the YWCA continue to act as a catalyst with concerned community groups to develop and implement program models concerned with teenage pregnancy," established a comprehensive approach of service delivery and advocacy in addressing this issue.

The National Board was recently awarded a one-year demonstration grant from the Office of Family Planning of the Department of Health and Human Services to implement local programs designed to focus on early intervention with 12-14 year olds. Four member Associations were identified as demonstration sites for this YWCA Teen Sexuality Education Project: YWCAs of Cleveland, Ohio; Harrisburg, Pennsylvania; San Francisco, California; and the Mississippi District. These Associations were selected based on a number of considerations: (a) they represented four regions of the country; (b) the locations ranged from large urban to small rural settings and included both liberal and conservative views on human sexuality; (c) they were in locations where the rate of teenage pregnancy was high; and (d) program efforts were either already underway or were desperately needed. In addition, selecting sites with different needs and aims makes it possible to develop a variety of pilot programs. For instance, in Mississippi, the program is designed for work with teens and parents in rural settings; Cleveland's aim is to assess the effectiveness of using peer counselors in approaching high school students; Harrisburg wanted to train teachers to work with preteens in understanding the emotional aspects of going through that difficult period known as adolescence; San Francisco wished to approach sexuality education by identifying cultural differences of ethnic groups in relation to human sexuality in order to provide programs that meet the needs of young people of diverse backgrounds.

The common goals of all four sites were to: help young people get the information needed to make responsible decisions about their sexual behavior; involve teens, parents, and community people, including clergy, in the program planning and implementation; combine service delivery and advocacy as part of the effort and insure that the YWCA's One Imperative, "to thrust our collective power towards the elimination of racism wherever it exists and by any means necessary," be incorporated in every phase of the project.

In the 11 months that this project has been in existence, important progress has been made as can be seen by the following illustrations: The community of Harrisburg served as a model on how to deal effectively with opposition to sex education programs when it supported the YWCA program in the Middle school despite some local resistance. As a result of community effort and involvement, the Association is on its SIECUS Report, September 1982

way to completing a Teacher's Guide on sex education for Middle schools. Mississippi YWCA, with its limited resources, undertook an extensive, statewide public information campaign. Using the media, workshops, and group presentations, it was successful in raising public awareness of the need for sexuality education. In addition, by supporting collaborative efforts of other concerned agencies, Mississippi YWCA became instrumental in the establishment of the first Planned Parenthood Association in that state in April 1982.

Cleveland YWCA has developed an intensive 400-hour training program for high school peer counselors and will be designing a modified version for the junior high school. Also, parents there have been given an opportunity to "communicate" with the children in community sessions. San Francisco YWCA, which has developed strong collaborative ties with organizations and institutions in and beyond the Bay area, has brought new meaning to bilingual, bicultural education. Its focus will be on packaging programs geared for ethnically diverse groups. Ultimately, the end products of this project will be program models and model curricula from all four sites.

The National Board and the project sites have been fortunate in having outstanding Advisory Committees. These committees, made up of renowned experts in the field of human sexuality and other concerned individuals, have brought a wealth of resources to the programs, as well as providing strong guidance.

The work continues as we strengthen our networks, provide National training workshops on sex education and continue to stress, through our advocacy efforts, that young people must be given the opportunity to reach their full potential, a goal which involves their learning to take responsibility for their future through personal development.

In Memoriam

Warren R. Johnson, EdD

The name Warren R. Johnson is a special one in the history of SIECUS. He joined the organization as one of its Founding Board of Directors in 1965, and became actively involved in its activities. In 1968 he wrote the manuscript for SIECUS Study Guide No. 3, "Masturbation," and he has contributed a great deal of material for the *SIECUS Report*.

For over 30 years he was associated with the Health Education Department of the University of Maryland, as Professor, Chairman, and Professor Emeritus. During that time he pioneered work in the fields of childhood sexual learning and sex education and counseling for special groups.

He exhibited incredible courage and tenacity in his "fight to the draw" battle with scleroderma.

Warren Johnson died unexpectedly in the spring of 1982. He will be remembered as one who fulfilled what he himself in 1965 termed the goals of professional sexuality education: "To raise questions about, talk about, study about, and teach about sex as a major factor in the total dynamics of human life—from infancy to old age, and among all people."

DO YOU KNOW THAT . . .

Canadian Conference

Humber College will sponsor its Second National Sexuality Conference on November 1 and 2, 1982, in Rexdale, Ontario. This year's theme is "Sexuality in the 80s: Sex Education in the Family, School, and Community," and the keynote speaker will be Dr. Mary S. Calderone. For further information, write to: Paul Pieper, Conference Chairperson, Health Sciences Division, Humber College, 205 Humber College Boulevard, Rexdale, Ontario M9W 5L7, Canada.

Janus Information Facility

The Janus Information Facility, formerly at the University of Texas, is now located at 1952 Union Street, San Francisco, CA 94123, and is directed by Paul A. Walker, PhD. It has taken over for the Erickson Educational Foundation in providing referrals and distributing literature on transsexualism and gender dysphoria. Its publications packet costs \$20.00 (certified checks or money orders only, made payable to Paul A. Walker, PhD), and includes the following titles: *Legal Aspects of Transsexualism*, *Religious Aspects of Transsexualism*, *Guidelines for Transsexuals*, *Information for the Family of the Transsexual*, *Counseling the Transsexual*, and *Information for the Female-to-Male* (sent to female-to-males only; please specify).

Sexology Conference—India

The Second National Conference of Sexology will be held in Madras, India, November 22–25, 1982, sponsored by the Indian Association of Sex Educators, Counselors and Therapists. For further information, write to: Secretariat, IASECT, 1, Kuresan Street, Madras-600 021, India.

Resources to Write for . . .

Intimacy Diseases, a 1982 publication from Rocky Mountain Planned Parenthood, provides both men and women with comprehensive patient information on the entire spectrum of sexually transmitted diseases. The 15-page booklet highlights warning signals, and gives full descriptions of VD exam procedures. Single copies cost \$1.75, including postage (bulk rates available). Order from: Rocky Mountain Planned Parenthood, 1537 Alton Street, Aurora, CO 80010.

The Community Sexline (1982) by Susan A. Dean and Fern R. Levy is a guidebook for the development of a sexuality information, counseling, and referral resource. It was prepared by the Cleveland Program for Sexual Learning which has been operating a "community sexline" for almost four years and has handled over 35,000 calls. To receive a copy, send \$7.00 (includes postage) to: Cleveland Program for Sexual Learning, Rm. 26, 12429 Cedar Road, Cleveland, OH 44106.

A Bibliography of Africana in the Institute for Sex Research (1979), compiled by Roger B. Back, is an annotated listing of 417 books and articles pertaining to human sexual behavior in the African continent. The entries are arranged alphabetically by author, and there is an index by subject and geographical area. Covered are such subjects as fertility, marriage and the family, status of women, homosexuality, sex education, sexual behavior, and anthropological and ethnographic studies. To order, send \$5.00 to: The Alfred C. Kinsey Institute for Sex Research, 416 Morrison Hall, Indiana University, Bloomington, IN 47405.

American Social Health Association Leaflets: *Some Questions and Answers About VD*, *The Sexually Active and VD*, *Women and VD*, *Some Questions and Answers About Herpes*, *Some Questions and Answers About NGU*, and *CMV: Cytomegalovirus* provide fundamental information about venereal disease in general and in-depth information about herpes, nongonococcal urethritis, and cytomegalovirus. They are useful resources not only for individuals seeking this information but also for professionals responsible for educating consumers about sexually transmitted diseases. Single copies are free; bulk rates are \$9.00 per 100, and \$70.00 per 1,000 copies. Write to: American Social Health Association, 260 Sheridan Avenue, Palo Alto, CA 94306.

The Sex Atlas by Erwin J. Haeberle is now available in a new popular reference edition (1982). This comprehensive guide provides the basic textual and pictorial information necessary for a full appreciation and understanding of human sexuality. To order, send \$12.95 (paperback) or \$25.00 (hardcover), plus \$1.00 postage, to: Crossroad/Continuum, 575 Lexington Avenue, New York, NY 10022.

Choices: A Sexual Guide for the Physically Disabled (1979, 3rd edition) by Maureen Neistadt and Maureen Freda Baker is a 36-page, unpretentious booklet which should be beneficial to disabled persons and their partners. An explanation of the male and female sexual systems and the sexual response cycle is following by a discussion of 18 different functional problems. Also included are illustrations of possible positions for intercourse, a bibliography, and an index arranged according to type of disability. To order a copy, send \$2.00 to: Massachusetts Rehabilitation Hospital, 125 Nashua Street, Boston, MA 02114.

Who Cares? A Handbook on Sex Education and Counseling Services for Disabled People by Debra A. Cornelius, Sophia Chipouras, Elaine Makas, and Susan M. Daniels, originally published and highly recommended in 1979, is now available in a second edition (1982). This revision contains updated information in the following sections: "For Consumers," "Consultants and Organizations," "Books and Journals" "AV/Tactile Resources," and "Bibliographies." It is priced at \$19.95 and may be ordered from: University Park Press, 300 North Charles Street, Baltimore, MD 21201.

WHERE THE ACTION IS

Sexuality and Disability: Fourth Annual National Symposium

Nancy Esibill, PhD
Assistant Professor, Department of Rehabilitation Counseling
New York University
Symposium Coordinator (with Deryck Calderwood, PhD)
member, SIECUS Board of Directors

"New Challenges in Sexuality and Disability" was the theme of the Fourth Annual National Symposium on Sexuality and Disability sponsored by New York University, June 18-20, 1982. Expanded over the Third Symposium, also held at NYU, this year's conference included paper sessions, all-day workshops, theatrical performances, and an exhibit of recent film and media offerings.

Keynoters Theodore and Sandra Cole, addressing new challenges in disability, urged increased commitment to the goal of maintaining sexuality as an integral component of total rehabilitation and emphasized the need for research in sexuality in adolescence and in disabling conditions in cardio-pulmonary, genito-urinary, neuromuscular, and skin disorders. Acknowledging the progress we have made in the past 10 years, they both urged that we not succumb to the present financial and attitudinal barriers, but keep what we have gained so far and work together for more acceptance.

In her keynote address, Mary S. Calderone continued this call to work together. Pointing out that an entire day of the Sixth World Congress on Sexology to be held May 22-27, 1983 in Washington, D.C., will focus on disability, she urged workers to submit latest research efforts, new programs, and concepts for inclusion in the program. Her emphasis on the importance of acknowledging childhood sexuality in our work, whether it be with children or adults, provided a framework for the all-day workshops which followed.

Paper sessions this year attempted to cover current issues and programs, particularly in the areas of sexuality and retardation and organic dysfunction, but also looked at topics not heretofore included such as sexuality and the alcoholic person, sex-role development in blind men and women, and issues of older lesbians and gay men. The all-day workshops were arranged for introductory, advanced, and general audiences and focused on topics such as mental retardation, emotional and psychiatric conditions, medical and reproductive issues, sex as a service, impact of sensory disability on sexuality, what the disabled can teach us about sexuality, and counseling issues.

Performances of the Hardcore Puppet Theater of Jim Jackson and Company and "Another Way to Love" by the Project emphasized what Ted Cole remarked on Saturday: "Our work is fun too." In looking back on our involvement in all four of the Symposia, it does seem that there is more fun now—some of the anxiety and defensiveness and turf protection have lessened, and we have recognized that to survive and grow we have to share our knowledge, achievements, and failures. Perhaps because of the budget cuts and general economic situation, but also because we have security in purpose and goals, we are pulling together and networking with a new energy and commitment. As one workshop participant told me: "It was wonderful! We shared all kinds of things and no one wanted to leave."

Evaluations by the participants indicated that the highlights of the Symposium were the theatrical performances which provided serious food for thought about sexuality in a colorful, creative, and humorous framework; the Film Exhibit which presented the most recent visual resources on sexuality and disability in slide, filmstrip, and motion picture formats; and again, as last year, the all-day workshops. The top-rated benefits and opportunities were: being able to interact with speakers, leaders, and other participants; discovering new resource materials; and establishing new networks with people involved in similar concerns. High among the recommendations for next year were *more workshops* and *more film exhibit time*.

From a more personal perspective—and from the vantage point of having served as a coordinator for two consecutive years—I found that the hard work of preparation for this national conference was more than balanced by the very real satisfaction in seeing disabled and able-bodied professionals and participants sharing and working together to meet the "new challenges" with enthusiasm and determination.

[Note: Watch the SIECUS Report for an announcement of the date and location of the Fifth Annual National Symposium on Sexuality and Disability.—Ed.]

AUDIO-VISUAL REVIEWS

These reviews were written by Deryck D. Calderwood, PhD, Director, Human Sexuality Program, New York University; member, SIECUS Board of Directors.

When Teens Get Pregnant. 16 mm, color, 19 min. Price, \$395; rental, \$40. Polymorph Films, 118 South Street, Boston, MA 02111.

Another film about teenage pregnancy? Well, if they were all done as well as this moving program, no one would have to worry about overkill. There are no professional actors in the film—only five very real, honest young teenage women. Despite a clinical setting and a static format, these adolescents sensitively share their hopes, expectations, worries, and the details of the precipitating experiences that brought them to the Brigham and Women's Hospital in Boston to have their babies. The five are a marvelous microcosm to illustrate the issues pregnant teenagers must cope with. Their self-disclosures are poignant, with no pretense or self-pity. The luminous photography enables the viewer to pick up the subtlest nuances in each young woman's interview. Adolescents and adults alike will benefit from this unusual film.

"You Would If You Loved Me": Making Decisions About Sex. Four filmstrips and cassettes, 31 min. (Also available in slide and video formats.) Price \$149.50 Guidance Associates, Communications Park, P.O. Box 3000, Mt. Kisco, NY 10549.

This is an all-new program and there is no question about Guidance Associates' ability to turn out resources that have a special flair. The photography is exceptional, the use of art work creative, the music appealing, and the entire production tasteful and appropriate for public school use. The packaging is attractive and practical (although color coding would have allowed for a quicker match of cassette and filmstrip cannister), and includes a teacher's manual. It is disappointing, therefore, to find the content so mediocre. Part 1 reviews some common myths about sexuality that can lead

to trouble if accepted as truth. Part 2, entitled "Consider the Consequences," presents only the hackneyed—pregnancy and VD—as the only possible consequences on the negative side, and there is no consideration of positive consequences of sexual activity. Part 3 is better in its discussion of love. Part 4 suggests ways in which adolescents can resist peer pressure. One can only hope that, since the actual content isn't likely to kindle sparks, the undeniable visual appeal of the program will lead to productive discussion.

Seasons of Sexuality. 16 mm, color, 14 min. Price, \$249 in 16 mm, \$224 in video cassette; rental, \$29. Perennial Education, Inc., P.O. Box 855 Ravinia, Highland Park, IL 60035.

This is an excellent introductory film for classes in sexuality to set the subject in the broader context of the family and the life cycle. It was produced by Planned Parenthood Center of Syracuse, New York, and it manages to capture some effective interactions as we spend a day in a public park as people of all ages play, picnic, and relax. People express their sexuality and their concept of sex roles in a variety of individual ways, depending on age, sex, and relationships status. The wide variety of topics covered can stimulate discussion on nudity, privacy, fantasy, body image, masturbation, touch values, and decision making. The issues are raised in a healthy manner that will not offend or bring about confrontation. All ages can use this film productively and it is ideal for church and family groups where the younger and older generations can see and share it together.

Saying "No." 16 mm, color, 17 min. Price, \$306; rental, \$34. (Also available in video cassette.) Perennial Education, Inc., P.O. Box 855 Ravinia, Highland Park, IL 60035.

Exactly as described in its brochure, this film, in supporting abstinence, takes an unpopular (among teens) point of view regarding sexual activity and

attempts to "popularize" it. Based on hundreds of interviews with women, the film presents the issues that are vital to consider in making the decision to have or not to have sexual intercourse. The format unifying the sequences is that of a radio talk-show. In this short, lively film, a good deal of information is provided in a relatively objective manner. The women's sharing of information about how they made their decisions and how they feel about these decisions provides strong and much-needed support for young women who do not wish to participate in sexual intercourse in a time when so many of the social pressures are implying that "everyone is doing it." The film supports not only abstinence but also the need for a personal code of ethics that is carefully thought out regardless of the eventual decision. This is a welcome resource for young people.

Sexually Transmitted Diseases: Causes, Prevention and Cure. Six filmstrips with cassettes, 66 min. (Available also in slide and video formats.) Price, \$199.50. Guidance Associates, Communications Park, Box 3000, Mt. Kisco, NY 10549.

Aimed at teenagers, this program describes the causes, transmission, prevention and, where possible, cures for sexually transmitted diseases. Part 1 defines the diseases, gives statistics on their prevalence, and stresses the social issues related to efforts to control them. Parts 2, 3, and 4 each deal with one specific disease—herpes, gonorrhea, and syphilis. Part 5 describes other STDs such as trichomoniasis, nonspecific urethritis, and vaginitis, candidiasis, pubic lice, and venereal warts. Part 6 describes treatment, possible precautions, and a typical visit to a public health clinic. The photography, aside from a tendency to the melodramatic, is excellent. The sound is also up to Guidance Associate's high standards of professional resources. In general, the information is accurate and well presented for the adolescent audience. There are, however, some disappointments in this updating of an older version. No mention is made of oral or anal examinations and of the need for

them; all transmission of STDs would seem to be from heterosexual contact; and, in a simplistic manner without pointing out their limitations, too much is made of the use of condoms for protection. A well-informed teacher can overcome these deficiencies and use the resource very effectively.

EXPLICIT FILMS

When care is taken to prepare the audiences in advance, films that portray total nudity and explicit sexual behavior can be important educational and therapeutic resources. The films reviewed below differ in style, purpose, and content, but all contain frank presentations of sexual behavior; all are educational in intent.

Active Partners. 16 mm, color, 19 min. Price, \$300; rental, \$40. Multi Media Resource Center, 1525 Franklin Street, San Francisco, CA 94109.

The focus of this film is on the relationship between a male quadriplegic and his female partner. It is a moving film which sensitively portrays the interaction of a disabled individual with an able-bodied partner in a "day-in-the-life" format. This enables us to see routine daily living as well as the depiction of the sexual life of the couple. While the male has no sensation below his shoulders and must use a urethral catheter for bladder drainage, he and his partner have a mutually satisfying sexual relationship. Both partners talk about their experience together, touching not only on the necessary adjustments and the frustration but also on the pleasure they enjoy. Their experiences illustrate why good communication and a sense of humor are essential elements in such a partnership. It is an optimistic film that will be helpful to able-bodied and disabled viewers alike.

Masturbation: Men. 16 mm, color, 18 min. Price, \$300; rental, \$40. Multi Media Resource Center, 1525 Franklin Street, San Francisco, CA 94109.

Masturbation is generally a difficult subject to discuss for adult males. This film can provide a springboard for productive discussion about it. Four men between the ages of 20 and 50 candidly talk about their masturbation and the role it plays in their lives. Each man is filmed in his own home and in what is a

typical masturbation session for him. They each relate their earliest experiences and how these affected their attitudes toward self-pleasuring. They also share their fantasies. It is particularly helpful to have a male of 50 discussing his views as well as frankly participating. A minor reservation is that one man's refusal to have his face photographed works against the refreshing honesty of the overall presentation. The photography beautifully captures the essential qualities of each man as well as explicitly presenting his autoerotic behavior. This is a worthwhile film for men.

Expressions of Love. 16 mm, color, 32 min. Price, \$440; rental, \$60. Multi Media Resource Center, 1525 Franklin Street, San Francisco, CA 94109.

Within the context of a loving relationship, this beautiful film presents one couple's sexual pattern. It explicitly models a wide variety of sexual pleasuring between two somewhat idealized partners. The man and woman themselves, the photography, and the naturalness of the portrayals combine to produce a rewardingly sensuous experience.

rience. The sexual behavior is graphic, yet handled with finesse. A voice-over narration emphasizes significant aspects of their relationship and points out factors that enhance their sexual experience and keep the relationship exciting and spontaneous. Feedback and honest communication are demonstrated as basic to satisfying sexual intimacy.

David—Sexual Self-Help and Self-Pleasuring. 16 mm, color, 12 min. Price, \$225 (sale only). David Steven Enterprises, 27 Harvey Drive, Summit, NJ 07901.

Reviewed by Morton B. Sunshine, MA, Deputy Director, Sex Therapy Clinic, University of Medicine and Dentistry—New Jersey Medical School.

The filmmaker has chosen to combine in one film the subjects of male sexual health self-examination and male masturbation. This format puts testicular and prostate examination into the more personal framework of self-pleasuring rather than the cold clinical atmosphere most men experience in a medical setting. With its emphasis on male self-help, the examination segment will probably be accepted as a valid clinical procedure with little attendant anxiety.

The objectives outlined in the well-written instructional brochure are clear and appropriate to sexuality classes, health courses, or men's consciousness-raising groups. When the film is properly presented, and the audience reactions processed by a competent leader, the results should be favorable. The use of an anal dildo and vibrator during the masturbation section might prompt controversy, but here again the sequence is in keeping with the objectives of the film which are: to model confident and positive feelings about sexual health care; to demonstrate specific self-examination techniques for men; to help males integrate the genitals and anus into a positive total body image; and to present a healthy picture of male autoerotic play. The film can easily be shown in two separate segments for those educators who would like to separate the two topic areas. The film is accompanied by brochures on "Testicular Self-Examination," "Facts on Testicular Cancer," and "Facts on Prostate Cancer." For groups, additional copies of these brochures can be ordered free of charge from the American Cancer Society.

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DO YOU KNOW THAT . . .

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He Told Me Not To Tell is an unusually thoughtful and sensitive booklet for parents about a very difficult subject—sexual abuse of children. It was prepared by King County (Washington) Rape Relief volunteers and staff, with assistance from parents and other professionals. It begins with a definition of sexual abuse of children, and then provides suggestions on how to talk to children about this subject, how to help them protect themselves, how to recognize children's requests for help, and what to do if a child has been sexually assaulted. Despite a somewhat local geographic bias, this 25-page, 1979 booklet can be a valuable resource for parents and professionals dealing with this subject of increasing national concern. Single copies are available for \$2.00 (postage included) from: King County Rape Relief, 305 South 43rd, Renton, WA 98055. Bulk rates are also available.

No More Secrets: Protecting Your Child From Sexual Assault (1981) by Caren Adams and Jennifer Fay expands on the practical suggestions presented in the King County (Washington) Rape Relief booklet, *He Told Me Not to Tell*, for dealing with this important area of concern. This supportive, conversational guide, which includes in its 90 pages sample dialogue, games, and other activities, encourages open discussion between parents and their children from age three on. Copies are priced at \$3.95 (plus \$1.00 postage and handling) and may be ordered from: Impact Publishers, P.O. Box 1094, San Luis Obispo, CA 93406.

Family Life Education: Resources for the Elementary Classroom, Grades 4, 5, 6 (1982) by Lynne Ann DeSpelder and Albert Lee Strickland is a 338-page ring-bound book designed for use by elementary school teachers in conjunction with locally approved curricula. It provides over 75 examples of educational activities in family life for adaptation to the varying needs of upper elementary school classrooms. Many of these activities involve students working with their parents to complete assignments. Also included is an annotated list of relevant resources for teachers, parents, and parents and children together. Developed by Planned Parenthood of Santa Cruz County, this book is available for \$20 (plus \$3.00 for postage and handling) from: Network Publications, 1700 Mission Street, Suite 203, Santa Cruz, CA 95060.

AID: Acquired Immune Deficiency (July 1982) is a newsletter published by the Gay Men's Health Crisis to provide up-to-date information about the growing threat of AID diseases. It is a valuable resource, summarizing the current data and providing a list of reference materials about the outbreak of immune suppression among U.S. and other gay men. It will appear periodically as new information becomes available. Single copies are free, but a contribution will help defray printing expenses. Write to: Gay Men's Health Crisis, Box 274, 132 West 24th Street, New York, NY 10011.

Teenage Pregnancy and Parenthood (1981) by Carolyn Levering and Jeanette Dunckel is a useful overview of facts and figures on this subject of great national concern. Topics covered include: the consequences of teenage parenthood for the child, mother, father, and maternal grandparents; a history of past and current federal involvement in programs related to adolescent pregnancy; a review of recent judicial and federal regulatory decisions; and a status report on service delivery to pregnant teenagers. To order a copy, send \$3.95 (includes postage) to: The Association of Junior Leagues, 825 Third Avenue, New York, NY 10022.

Gay Fathers (1981) is a unique, 74-page booklet written and published by gay fathers themselves. Its aim is to encourage a better understanding of the special "joys and fears" involved in "being gay and being fathers." It includes personal accounts of "coming out," of "re-establishing your life," and of dealing with parenting issues. Support groups are listed in the appendix, which also contains a 3-page annotated bibliography. Single copies are \$4.95 (\$5.95 in Canadian funds) and orders should be sent to: Gay Fathers of Toronto, P.O. Box 187, Station F, Toronto, Ontario M4Y 2L5, Canada.

Sexuality and Sexual Assault: Disabled Perspectives by Virginia W. Stuart is a 92-page manual describing a model workshop designed to "improve the sexual awareness of persons with physical handicaps; and to introduce such persons to issues relating to sexual assault, to its prevention, and to emergency care and recovery." This excellent resource, which resulted from a 1980 workshop entitled "Sexuality and Me: Disabled Perspective," includes a 10-page section listing selected media materials, books, and resource people. Each manual costs \$6.00 and may be ordered from: Health and Rehabilitation Services Program, Southwest State University, Marshall, MN 56258.

Health Resources Guides are now published by the National Women's Health Network. The titles of the nine guides currently available are: Menopause, Hysterectomy, Breast Cancer, Maternal Health and Childbirth, DES, Self-Help, Birth Control, Abortion, and Sterilization. The complete set costs \$36.00; separately, each book is \$5.00. Order from: NWHN, 224 Seventh Street, SE, Washington, DC 20003.

Growing (Up) Together—Sexuality and Communication: A Curriculum Guide for Parents and Children (1982) by Kathryn S. Bosch is a sex education curriculum for use with parents and their preadolescent (approximately 10- to 13-year-old) children. There is an introductory session for parents, followed by six units covering such topics as puberty, feelings, values, decision making, and relationships. The program, designed to cover six to eight hours, allows time for combined group exercises, as well as for exercises with separate parent and child groups. To obtain a copy, send \$7.50, plus \$1.00 for postage and handling, to: Family Planning Council of Western Massachusetts, Inc., 16 Center Street, Northampton, MA 01060.

HUMAN SEXUALITY: BOOKS FOR EVERYONE

This list of titles for all age groups and special interests has been prepared by the professionals on the SIECUS staff to provide reliable and sound guidance about human sexuality. It is designed to be particularly useful not only for parents, children, young adults, and older people, but also for teachers, counselors, clergy, youth leaders, and librarians.

Many of the excellent resources listed on our earlier September 1980 bibliography have been retained because the information they present remains valid and in step with current knowledge. The compilers have also reviewed a major portion of the newly published materials on sexuality to select those representing the best examples of contemporary advice in the field.

Titles were chosen that span a variety of viewpoints at different levels of sophistication. Since individuals of the same age vary in maturity and outlook, it is important that everyone recommending books from this list be familiar with them.

YOUNG CHILDREN

DID THE SUN SHINE BEFORE YOU WERE BORN?

Sol and Judith Gordon

A book which parents can read with their children, ages 3-6. In addition to answering the question "Where do babies come from?" clearly and directly, it deals with other aspects of how different kinds of families live and grow.

Ed-U Press (1977), P.O. Box 583, Fayetteville, NY 13066; \$4.95 paper; bulk rates available

GIRLS ARE GIRLS AND BOYS ARE BOYS —SO WHAT'S THE DIFFERENCE?

Revised Edition

Sol Gordon

A nonsexist, liberating sex education book for children.

Ed-U Press (1979), P.O. Box 583, Fayetteville, NY 13066; \$3.95 paper; bulk rates available

GROWING UP FEELING GOOD: A CHILD'S INTRODUCTION TO SEXUALITY

Stephanie Waxman

An excellent introduction to many important concepts about human sexuality, presented with simplicity and dignity.

Panjandrum Books (1979), 11321 Iowa Avenue, Suite 1, Los Angeles, CA 90025; \$9.95 hardcover; \$4.95 paper

HOW BABIES ARE MADE

Andrew C. Andry and Steve Schep

The story of reproduction in plants, animals, and humans, told through the use of color photographs of paper sculptures. Factually accurate and simple enough to be understood by the youngest group.

Time-Life Books Inc. (1974), 777 Duke Street, Alexandria, VA 22314; \$5.95

HOW WAS I BORN?

Lennart Nilsson

To be read by parents with their children. Tells the story of reproduction and birth using a combination of the famous Nilsson photographs of fetal development with warm family scenes and other illustrations.

Delacorte Press (1975), 1 Dag Hammarskjold Plaza, New York, NY 10017; \$10.95

OUR NEW BABY: A PICTURE STORY ABOUT BIRTH FOR PARENTS AND CHILDREN

Grethe Fagerstrom and Gunilla Hansson

Translated from the Swedish edition, this book is the story of a year in the life of a family going through the range of emotions, such as happiness, anger, jealousy, and solidarity, that all families experience. During the year a new baby arrives, and the parents and children discuss how she was conceived, developed, and born, and what she means to the family.

Barron's Educational Series (1982), 113 Crossways Park Drive, Woodbury, NY 11797; \$7.95

WHAT IS A GIRL? WHAT IS A BOY?

Stephanie Waxman

A simply written, nonsexist message for young children: names, hair lengths, interests, clothing, and emotions do not identify a person as a boy or a girl—only a person's genitals can do that.

Peace Press (1976), 3828 Willat Avenue, Culver City, CA 90230; \$6.95 hardcover, \$4.95 paper

"WHERE DID I COME FROM?"

Peter Mayle

The facts of life without any nonsense, with illustrations and humor.

Lyle Stuart, Inc. (1973), 120 Enterprise Avenue, Secaucus, NJ 07094; \$10.00

If your school or community library does not have these books, they may be ordered through your local bookstore or by writing directly to the publishers and distributors. Unless otherwise indicated, the prices given do not include postage. With few exceptions, these materials are included in the noncirculating collection at the SIECUS Resource Center and Library in New York University, at 51 West Fourth Street, New York, NY 10003. (For user information, call 212-673-3850.)

Single copies of this bibliography are available from SIECUS on receipt of **\$1.00 and a stamped, self-addressed business-size envelope** for each list requested. In bulk they are: 50¢ each for 5-49 copies; 35¢ each (plus \$2.00 for postage and handling) for 50 copies or more.

If you are professionally interested in the field of human sexuality, send for the SIECUS Selected Bibliography for Professionals. Copies are available at the same costs as listed above. **Please note that, except for the items published by SIECUS itself, SIECUS does not sell or distribute any of these publications.**

X: A FABULOUS CHILD'S STORY

Lois Gould

Entertaining, imaginatively presented story about what it means to be male or female. Fun for the whole family.

Daughters Publishing Co., Inc. (1978), Ms590, Box 42999, Houston, TX 77042; \$7.50 hardcover; Grosset & Dunlap (1980), 51 Madison Avenue, New York, NY 10010; \$4.95 paper

PRETEENS

LOVE AND SEX AND GROWING UP

Corinne B. Johnson and Eric W. Johnson

Covers a broad range of topics to help preadolescents think about what being a man or a woman means in today's world.

Bantam Books (1979), 666 Fifth Avenue, New York, NY 10019; \$1.75 paper

PERIOD

Joann Gardner-Loulan, Bonnie Lopez, and Marcia Quackenbush

Reassuring, cleverly illustrated book about menstruation, explaining why all girls are normal, at the same time that everyone is special. Includes personal narratives. Spanish edition, entitled *Periodo*, also available.

Volcano Press (1979), 330 Ellis Street, San Francisco, CA 94102; \$6.00 paper; Spanish edition, \$7.00

"WHAT'S HAPPENING TO ME?"

Peter Mayle

A clear, concise, straightforward guide to puberty for preadolescent children.

Lyle Stuart (1975), 120 Enterprise Avenue, Secaucus, NJ 07094; \$10.00

EARLY TEENS

BOYS AND SEX GIRLS AND SEX Revised Editions

Wardell B. Pomeroy

These classic sexual guides for teenage boys and girls have now been updated. Delacorte Press (1981), 1 Dag Hammarskjold Plaza, New York, NY 10017; \$10.95 hardcover, \$1.95 paper

CHANGES: YOU AND YOUR BODY CHOICE

Easy-to-read booklet about puberty, prepared with input from a panel of teenagers. Highly recommended. Available in Spanish. CHOICE (1978), 1501 Cherry Street, Philadelphia, PA 19102; \$2.50; bulk rates available.

FACTS ABOUT SEX FOR TODAY'S YOUTH Revised Edition Sol Gordon

A short, direct approach in explaining anatomy, reproduction, love, and sex problems. Includes slang terms when giving definitions, and a section answering the 10 questions most frequently asked. Well illustrated. Ed-U Press (1979), P.O. Box 583, Fayetteville, NY 13066; \$4.25 paper; bulk rates available.

FACTS ABOUT VD FOR TODAY'S YOUTH Revised Edition Sol Gordon

Up-to-date, accurate information written in clear and simple language. Stresses prevention. Ed-U Press (1979), P.O. Box 583, Fayetteville, NY 13066; \$3.50 paper; bulk rates available

LOVE AND SEX IN PLAIN LANGUAGE Revised Edition Eric W. Johnson

Provides basic information on sexuality, emphasizes that sexuality should always be seen in the context of one's total personality and expressed in responsible, respectful interpersonal relationships. Bantam Books (1979), 666 Fifth Avenue, New York, NY 10019; \$2.25 paper

SEX: TELLING IT STRAIGHT Eric W. Johnson

A simple but honest treatment of those topics in human sexuality of greatest concern to adolescents. Written for teenage slow readers, especially those within problem environments, and presents positive views on sex without preaching or moralizing. Harper & Row (1979), 10 East 53rd Street, New York, NY 10022; \$10.53

SEX WITH LOVE: A GUIDE FOR YOUNG PEOPLE Eleanor Hamilton

Includes discussion of the rituals of early dating and fulfilling the body's need for affection and sexual expression. Beacon Press (1978), 25 Beacon Street, Boston, MA 02108; \$5.50 paper

WHAT TEENS WANT TO KNOW BUT DON'T KNOW HOW TO ASK

A concise pamphlet which answers the questions most adolescents ask about sex. Planned Parenthood Federation of America (1976), Publications Section, 810 Seventh Avenue, New York, NY 10019; \$.50; bulk rates available

LATER TEENS

AM I PARENT MATERIAL?

A pamphlet listing thoughtful questions about an important decision. Available in Spanish. National Alliance for Optional Parenthood (1977), 1439 Rhode Island Avenue, NW, Washington, DC 20005; single copies free; bulk rates available

CHANGES: BECOMING A TEENAGE PARENT Krail Brooks and Rose DeWolf

Excellent booklet for single pregnant teenagers, providing information on such topics as prenatal care, birth, emotional changes, finances, possible living arrangements, and adjustment to motherhood. Attractively presented. Planned Parenthood of Southeastern Pennsylvania (1979), 1220 Sansom Street, Philadelphia, PA 19107; \$3.00; bulk rates available

CHANGING BODIES, CHANGING LIVES Ruth Bell and other co-authors of Our Bodies, Ourselves

A forthright, nonjudgmental book for teens which confronts their real concerns about sex and relationships. Highly recommended. Random House (1980), 201 East 50th Street, New York, NY 10022; \$14.95 hardcover, \$8.95 paper; available at substantial discount to organizations licensed to serve teenagers

THE FACTS OF LOVE: LIVING, LOVING, AND GROWING UP Alex Comfort and Jane Comfort

A dynamic book about sexuality, ideal as a catalyst for conversations with young people. Crown Publishers (1980), 1 Park Avenue, New York, NY 10016; \$10.00 hardcover; Ballantine Books, 400 Hahn Road, Westminster, MD 21157; \$4.95 paper

GROWING UP SEXUAL Eleanor Morrison, Kay Starks, Cynda Hyndman, and Nina Ronzio

Unique view of patterns of human sexual development based on anonymous autobiographical papers by students in a college human sexuality course. Also recommended for parents. Brooks/Cole Publishing Co. (1980), Monterey, CA 93940; \$10.95

LEARNING ABOUT SEX: A CONTEMPORARY GUIDE FOR YOUNG ADULTS Gary F. Kelly

Without neglecting basic factual information, focuses on attitudes and the process of sexual decision-making. Highly recommended. Barron's Educational Series (1977), 113 Crossways Park Drive, Woodbury, NY 11797; \$10.95 hardcover, \$4.50 paper

PARENTING: A GUIDE FOR YOUNG PEOPLE Sol Gordon and Mina Wollin

A thoroughly modern exposition to prepare potential parents for mature parenting roles. William H. Sadlier (1975), 11 Park Place, New York, NY 10007; \$5.44; school price, \$4.08

SEX AND BIRTH CONTROL: A GUIDE FOR THE YOUNG Revised Edition E. James Lieberman and Ellen Peck

Written to encourage sensible and responsible use of birth control, and to encourage young people to develop principles and values by which they will live their sexual lives. Harper & Row (1981), 10 East 53rd Street, New York, NY 10022; \$11.95

SEX EDUCATION FOR ADOLESCENTS: A BIBLIOGRAPHY OF LOW-COST MATERIALS

Criteria used for selection: appropriateness to adolescents in readability; cost of \$6.00 or less; and values perspective responsibly represented in contemporary terms but without limitation as to position on the conservative-liberal spectrum. American Library Association (1980), Order Department, 50 East Huron Street, Chicago, IL 60611; \$2.00 (includes postage)

SEXUALITY . . . DECISIONS, ATTITUDES, RELATIONSHIPS

Booklet dealing with how to clarify feelings about sexuality and relationships. Planned Parenthood of Southeastern Pennsylvania (1979), 1220 Sansom Street, Philadelphia, PA 19107; \$2.30 (includes postage); bulk rates available

THE TEENAGE BODY BOOK

Kathy McCoy and Charles Wibbelsman

A thoughtfully written, reassuring resource for adolescents, dealing with their various psychological and physiological concerns. Pocket Books (1979), Simon & Schuster, Inc., 1230 Avenue of the Americas, New York, NY 10020; \$7.95 paper

A WAY OF LOVE, A WAY OF LIFE: A YOUNG PERSON'S INTRODUCTION TO WHAT IT MEANS TO BE GAY

Frances Hanckel and John Cunningham

A unique, sensitive book written by people who are having the experience for people who want to understand it.

Lothrop, Lee & Shepard (1979), William Morrow & Co., Inc., 105 Madison Avenue, New York, NY 10016; \$8.50

WHY AM I SO MISERABLE IF THESE ARE THE BEST YEARS OF MY LIFE?

Revised Edition

Andrea Boroff Eagan

Encourages young women to be self-determining. Includes factual information on physiology, menstruation, sexually transmitted diseases, and birth control.

Avon Books (1979), 959 Eighth Avenue, New York, NY 10019; \$2.25 paper; Spanish edition available from Lippincott & Crowell, 521 Fifth Avenue, New York, NY 10017; \$8.95

YOUR SEXUAL FREEDOM: LETTERS TO STUDENTS

Richard Hettlinger

Addressed to young people who are expected to be liberated and informed in regard to sexuality but who, in fact, must cope with a variety of difficulties. Encourages them to develop their own distinctive sexual selves. Continuum Publishing Co. (1982), 575 Lexington Avenue, New York, NY 10022; \$7.95 paper

ADULTS

Especially for Women

BECOMING ORGASMIC: A SEXUAL GROWTH PROGRAM FOR WOMEN

Julia Heiman, Leslie LoPiccolo, and Joseph LoPiccolo

A detailed growth program for women who feel they have problems in experiencing orgasm. Also includes a section relating to male partners. The emphasis is on orgasm as a part, rather than the only or primary goal, of sexuality and sexual experience.

Prentice-Hall (1976), Englewood Cliffs, NJ 07632; \$11.95 hardcover, \$6.95 paper

FOR EACH OTHER:

SHARING SEXUAL INTIMACY

Lonnie Barbach

Anchor Press/Doubleday (in press for 1982), 501 Franklin Avenue, Garden City, NY 11530; \$13.95

FOR YOURSELF:

THE FULFILLMENT OF FEMALE SEXUALITY

Lonnie Garfield Barbach

Written primarily for women having difficulty achieving orgasm. Discusses sources of confusion about female sexuality, describes female sexual physiology, and suggests specific exercises women can do at home.

Doubleday (1976), 501 Franklin Avenue, Garden City, NY 11530; \$3.95 paper; New American Library, 1633 Broadway, New York, NY 10019; \$1.95 paper

THE HITE REPORT

Shere Hite

Based on responses to in-depth questionnaires returned by some 3000 women. A provocative and revealing study which examines the subject of female sexuality from the inside. Makes extensive use of direct quotes. Macmillan (1976), 866 Third Avenue, New York, NY 10022; \$12.50 hardcover; Dell, 1 Dag Hammarskjold Plaza, New York, NY 10017; \$3.50 paper

THE JOY OF LESBIAN SEX

Emily L. Sisley and Bertha Harris

A-Z format. First major sex manual for lesbians, discussing their needs and concerns. Crown Publishers, Inc. (1977), 1 Park Avenue, New York, NY 10016; \$6.98

MEN: A BOOK FOR WOMEN

James Wagenvoort and Peyton Bailey, eds.

With its companion book, *Women: A Book for Men*, recommended for joint reading by heterosexual couples needing or wanting to deepen their understanding of one another as sexual persons.

Avon Books (1978), 959 Eighth Avenue, New York, NY 10019; \$7.95 paper

THE MENOPAUSE BOOK

Louisa Rose, ed.

A carefully documented, highly readable compilation of information aimed at dispelling myths surrounding sexuality and aging. Raises some important issues concerning men and women in the middle period.

Hawthorn Books, Inc. (1977), 2 Park Avenue, New York, NY 10016; \$5.95 paper

A NEW VIEW OF A WOMAN'S BODY: A FULLY ILLUSTRATED GUIDE

Federation of Feminist Women's Health Centers

A feminist perspective on female sexuality written by pioneers in the women's self-help

movement. Discussion and drawings of the clitoris are particularly notable.

Simon & Schuster (1981), 1230 Avenue of the Americas, New York, NY 10020; \$14.95 hardcover, \$9.95 paper

OUR BODIES, OURSELVES

Revised Edition

Boston Women's Health Book Collective

Written by women, for women, to help them know themselves and their bodies better. Covers sexuality, contraception, women and health care, sexual physiology, and reproduction.

Simon & Schuster (1976), 1230 Avenue of the Americas, New York, NY 10020; \$8.95 paper; available at substantial discount to health agencies for distribution to clients

OUR RIGHT TO LOVE:

A LESBIAN RESOURCE BOOK

Ginny Vida, ed.

Sensitively chosen, remarkable collection of essays written by and for lesbians about their needs and values.

Prentice-Hall (1978), Englewood Cliffs, NJ 07632; \$12.95 hardcover, \$10.95 paper

SHARED INTIMACIES

Lonnie Barbach and Linda Levine

Descriptions of women's positive sexual experiences and their inventive solutions to sexual problems, thus providing a way for women to learn from one another.

Doubleday (1980), 501 Franklin Avenue, Garden City, NY 11530; \$12.95 hardcover; Bantam, 666 Fifth Avenue, New York, NY 10019; \$3.50 paper

WOMANCARE: A GYNECOLOGICAL GUIDE TO YOUR BODY

Linda Madaras and Jane Patterson

A comprehensive text of obstetrics and gynecology written for lay persons, especially women.

Avon Books (1981), 959 Eighth Avenue, New York, NY 10019; \$9.95

WOMAN'S BODY: AN OWNER'S MANUAL *The Diagram Group*

Well-illustrated guide with clear, straightforward information for women of all ages. Bantam Books (1978), 666 Fifth Avenue, New York, NY 10019; \$2.95 paper

WOMEN: MENOPAUSE AND MIDDLE AGE Vidal S. Clay

A moving, compassionate book which contributes to a positive recognition of the right of postmenopausal women to a full sexual

life. Includes a useful annotated bibliography and several self-study exercises.
Know, Inc. (1977), Box 86031, Pittsburgh, PA 15221; \$5.00 paper

Especially for Men

GOOD SEX: A HEALTHY MAN'S GUIDE TO SEXUAL FULFILLMENT

Gary F. Kelly

Insightful and sensitive self-help book for men who want more total sexual fulfillment. *Harcourt Brace Jovanovich (1979), 757 Third Avenue, New York, NY 10017; \$8.95; New American Library, 1633 Broadway, New York, NY 10019; \$2.50 paper*

THE HITE REPORT ON MALE SEXUALITY

Shere Hite

Depicts the enormous variety and diversity of male sexuality expressions and attitudes, and presents provocative ideas about the nature of sexual intercourse and other forms of sexual behavior.

Alfred A. Knopf (1981), 201 East 50th Street, New York, NY 10022; \$19.95

LIFELONG SEXUAL VIGOR: HOW TO AVOID AND OVERCOME IMPOTENCE

Marvin B. Brooks and Sally West Brooks

A definitive work and comprehensive review on the subject of erectile dysfunction, presented in fluid prose style.

Doubleday (1981), 501 Franklin Avenue, Garden City, NY 11530; \$12.95

MALE "MENOPAUSE": CRISIS IN THE MIDDLE YEARS (#526)

Theodore Irwin

Useful pamphlet on the subject.

Public Affairs Committee (1975), 381 Park Avenue South, New York, NY 10016; \$.50; bulk rates available

MALE SEXUALITY

Bernie Zilbergeld

For the man who wants to get more in touch with his own sexuality, or for any woman who wants to understand more fully the potentials of male sexuality.

Little, Brown (1978), 34 Beacon Street, Boston, MA 02106; \$12.95; Bantam Books, Inc., 666 Fifth Avenue, New York, NY 10019; \$3.95 paper

MAN'S BODY: AN OWNER'S MANUAL

The Diagram Group

Clear answers to questions about how the male body functions, from infancy to old age. *Bantam Books (1976), 666 Fifth Avenue, New York, NY 10019; \$2.95 paper*

MEN IN LOVE

Nancy Friday

Based on 3000 responses, explores men's sexual fantasies within a theoretical framework which gives a basis for analyzation and interpretation.

Delacorte Press (1980), 1 Dag Hammarskjold Plaza, New York, NY 10017; \$12.95

MEN'S BODIES, MEN'S SELVES

Sam Jully

A comprehensive collection of thoughts and information relating to men and masculinity in contemporary society.

Delta (Dell Publishing Co., Inc. 1979), 1 Dag Hammarskjold Plaza, New York, NY 10017; \$9.95 paper

SEXUAL SOLUTIONS: AN INFORMATIVE GUIDE

Michael Castleman

Using a non-clinical approach, the author gives readers an effective framework of information for studying and reshaping their perception of men as sexual beings.

Simon & Schuster (1980), 1230 Avenue of the Americas, New York, NY 10020; \$12.95

WOMEN: A BOOK FOR MEN

James Wagenvoord and Peyton Bailey, eds.

With its companion book, *Men: A Book for Women*, recommended for joint reading by heterosexual couples needing or wanting to deepen their understanding of one another as sexual persons.

Avon Books (1979), 959 Eighth Avenue, New York, NY 10019; \$7.95 paper

General

ABORTION TO ZOOPHILIA: A SOURCEBOOK OF SEXUAL FACTS

Anne Mandetta and Patricia Gustavson

A clear, sensible, information-packed book of sexual facts, conveniently presented and well backed with references. Contains a 520-item index.

Carolina Population Center (1976), Educational Materials Unit, University Square 300 A, Chapel Hill, NC 27514; \$2.50

CHANGING VIEWS OF HOMOSEXUALITY (#563)

Elizabeth Ogg

Written in nontechnical language. Public Affairs pamphlets are known for covering their subject matter in a concise, effective manner.

Public Affairs Committee (1978), 381 Park Avenue South, New York, NY 10016; \$.50; bulk rates available

A CHILD IS BORN

Revised Edition

Mirjam Furuhjelm, Axel Ingelman-Sundberg, and Claes Wirsen

Provides detailed description of fetal development, illustrated by the famous Lennart Nilsson photographs. Useful for explaining reproduction to groups from adolescents through expectant parents.

Delacorte Publishing (1977), 1 Dag Hammarskjold Plaza, New York, NY 10017; \$16.95

CIRCUMCISION: AN AMERICAN HEALTH FALLACY

Edward Wallerstein

This unique and comprehensive study challenges the practice of routine circumcision in the United States as not only unnecessary and devoid of health benefits, but also potentially harmful and traumatic.

Springer Publishing Co., Inc. (1980), 200 Park Avenue South, New York, NY 10003; \$21.95 hardcover, \$12.95 paper

A DISTURBED PEACE: SELECTED WRITINGS OF AN IRISH-CATHOLIC HOMOSEXUAL

Brian McNaught

Unique and revealing autobiography in the form of a collection of essays written over several years. Could serve as an excellent introduction to homosexuality for heterosexual people.

Dignity, Inc. (1981), 1500 Massachusetts Avenue, NW, Suite 11, Washington, DC 20005; \$5.95 (includes postage)

THE FAMILY BOOK ABOUT SEXUALITY

Mary S. Calderone and Eric W. Johnson

A creative, comprehensive approach to a family's understanding of the sexuality and sexual concerns of all its members. Includes encyclopedic glossary of terms.

Harper & Row (1981), 10 East 53rd Street, New York, NY 10022; \$14.95, hardcover; Bantam Books, 666 Fifth Avenue, New York, NY 10019; \$4.95 paper (in press for March 1983)

THE JOY OF SEX: A GOURMET GUIDE TO LOVE-MAKING

Alex Comfort

A finely illustrated, civilized, and explicit guide to lovemaking.

Simon & Schuster (1974), 1230 Avenue of the Americas, New York, NY 10020; \$10.95 paper

LEARNING TO LOVE: HOW TO MAKE BAD SEX GOOD AND GOOD SEX BETTER

Paul Brown and Carolyn Faulder

A subtle and valuable combination of sexual information, clearly described exercises, case histories, and permission-giving attitudes. *Universe Books (1978), 381 Park Avenue*

South, New York, NY 10016; \$10.00 hardcover, \$4.95 paper

MAKING LOVE DURING PREGNANCY

Elizabeth Bing and Libby Colman

Frank, firsthand description of pregnancy experiences. Discusses fears and misconceptions of future parents.

Bantam Books (1977), 666 Fifth Avenue, New York, NY 10019; \$6.95 paper

MORE JOY

Alex Comfort

A sequel to *The Joy of Sex*, emphasizing the role of sex in improving relationships and personal growth. Includes sections on sex and aging, and sex and the disabled. Also discusses less conventional sex styles such as group sex.

Simon & Schuster (1975), 1230 Avenue of the Americas, New York, NY 10020; \$9.95 paper

ON BECOMING A FAMILY: THE GROWTH OF ATTACHMENT

T. Berry Brazelton

Provides reassuring and meaningful support for parents and, step by step, beginning with the earliest moment of awareness of pregnancy, leads to a full understanding of the growth of a family.

Delta Publishing (1981), 1 Dag Hammarskjöld Plaza, New York, NY 10017; \$8.95

QUESTIONS AND ANSWERS ABOUT LOVE AND SEX

Mary S. Calderone and the editors of *Bride's* magazine

Excellent practical guide and reference source which encourages the development of healthy sexual attitudes in marital relationships.

St. Martin's Press, Inc. (1979), 175 Fifth Avenue, New York, NY 10010; \$8.95

SAR GUIDE FOR A BETTER SEX LIFE

National Sex Forum

A provocative manual for persons interested in examining their sexual attitudes and practices in order to enrich their experiences and stimulate new perspectives.

Multi Media Resources Center (1977), 1525 Franklin Street, San Francisco, CA 94109; \$5.95

THE SEX ATLAS: NEW POPULAR REFERENCE EDITION

Erwin J. Haeberle

A comprehensive sourcebook of basic textual information on human sexuality.

Continuum Publishing Co. (1982), 575 Lexington Avenue, New York, NY 10022; \$25.00 hardcover, \$12.95 paper

SEX FACTS

A simply written booklet for all ages—anyone over 12. Discusses sex and sexuality, birth control, orgasm, sex problems, and much more.

Planned Parenthood of Syracuse (1977), 1120 East Genesee Street, Syracuse, NY 13210; \$.70; bulk rates available

SEX TALK

Myron Brenton

Recognizing the need for clear communication about sex between man and woman, parent and child, suggests how such communication can be achieved.

Stein & Day (1977), Scarborough House, Briarcliff Manor, NY 10510; \$2.95 paper

SEX: THE FACTS, THE ACTS AND YOUR FEELINGS

Michael Carrera

Comprehensive, accurate, and easy-to-understand information about sexuality presented in a nonjudgmental tone, imparting values concerned with people and relationships. Also useful for adolescents.

Crown Publishers (1981), 1 Park Avenue, New York, NY 10016; \$19.95

SEXUAL MYTHS AND FALLACIES

James Leslie McCarty

Seventy sexual myths explored in the light of the best information available.

Schocken Books, Inc. (1973), 200 Madison Avenue, New York, NY 10016; \$2.95 paper

ESPECIALLY FOR PARENTS

A FAMILY MATTER: A PARENTS' GUIDE TO HOMOSEXUALITY

Charles Silverstein

Written for parents with a homosexual child, examining the realities of the situation, and suggesting how to turn the experience into a positive relationship.

McGraw-Hill (1977), 1221 Avenue of the Americas, New York, NY 10020; \$4.95 paper

GROWING UP FREE: RAISING YOUR CHILD IN THE '80s

Letty Cottin Pogrebin

Covers child-rearing from conception to maturity. Emphasizes non-sexist sex education, parity parenting, and gender-neutral attitudes. Highly recommended.

McGraw-Hill (1980), 1221 Avenue of the Americas, New York, NY 10020; \$15.95 hardcover; Bantam Books (1981), 666 Fifth Avenue, New York, NY 10019; \$8.95 paper

NOT MY DAUGHTER FACING UP TO ADOLESCENT PREGNANCY

Katherine B. Oettinger with Elizabeth Mooney

Helpful for parents and for those seeking perspectives on the problem in their search for preventive measures. Stresses need for early communication between adults and teens.

Prentice-Hall (1979), Englewood Cliffs, NJ 07632; \$9.95 hardcover, \$4.95 paper

NOW THAT YOU KNOW: WHAT EVERY PARENT SHOULD KNOW ABOUT HOMOSEXUALITY

Betty Fairchild and Nancy Hayward

Informative, sensitively written guide for parents of homosexuals. Highly recommended.

Harcourt Brace Jovanovich (1979), 757 Third Avenue, New York, NY 10017; \$6.95 paper

OH NO! WHAT DO I DO NOW? CHOICE and SIECUS

Subtitled: Handling Children's Behavior and Answering Children's Questions. A simply written pamphlet which describes an approach for parents of children under six to use in determining possible responses to eight situations and questions commonly encountered. Available also in Spanish.

SIECUS (1981), 80 Fifth Avenue, Suite 801, New York, NY 10011; \$1.00

RIGHT FROM THE START: A GUIDE TO NON-SEXIST CHILDREARING

Selma Greenberg

Recommended for parents who want to help children of either sex build on their own particular strengths. Redefines motherhood, fatherhood, and family power relationships, and demonstrates how differential treatment of boys and girls hinders their development.

Houghton Mifflin (1979), 1 Beacon Street, Boston, MA 02107; \$8.95 hardcover, \$4.95 paper

SCHOOLS AND PARENTS—PARTNERS IN SEX EDUCATION (#581)

SEX EDUCATION:

THE PARENTS' ROLE (#549)

Sol Gordon and Irving R. Dickman

Well-written pamphlets designed to give advice and accurate information to parents.

Public Affairs Committee (1980, 1977) 381 Park Avenue South, New York, NY 10016; \$.50; bulk rates available

TALKING WITH YOUR CHILD ABOUT SEX

Mary S. Calderone and James W. Ramey

Random House, Inc. (in press for 1983), 201 East 50th Street, New York, NY 10022

**TEENAGE PREGNANCY:
WHAT CAN BE DONE? (#594)**
Irving R. Dickman

A concise analysis of the problem.
Public Affairs Committee (1981), 381 Park Avenue South, New York, NY 10016; \$.50; bulk rates available

**WHY IS THAT LADY'S TUMMY SO BIG?
CHOICE**

Booklet to help parents answer young children's questions about sex.
CHOICE (1981), 1501 Cherry Street, Philadelphia, PA 19102; \$1.75; bulk rates available

**WINNING THE BATTLE
FOR SEX EDUCATION**

Irving R. Dickman

Designed to help parents, teachers, administrators, and other members of a community effectively organize support for a public school sex education program. Includes answers to the 20 questions most often asked about such programs.
SIECUS (1982), 80 Fifth Avenue, Suite 801, New York, NY 10011; \$.60 (includes postage); bulk rates available

SEXUALITY AND DISABILITY

**CHOICES: A SEXUAL GUIDE FOR
THE PHYSICALLY HANDICAPPED**

Maureen Neistadt and Maureen Freda Baker

Makes suggestions for dealing with each of a number of physical problems (such as tremor and loss of mobility) that can result from a wide variety of disabilities and impede sexual functioning.
Massachusetts Rehabilitation Hospital (1979), 125 Nashua Street, Boston, MA 02114; \$3.00 (includes postage)

**AN EASY GUIDE FOR CARING PARENTS:
SEXUALITY AND SOCIALIZATION—
A BOOK FOR PARENTS OF PEOPLE
WITH MENTAL HANDICAPS**

Lyn McKee and Virginia Blackledge

An honest, upbeat book about the social and sexual needs of people with mental handicaps. Valuable aid to both parents and educators. Highly recommended.
Planned Parenthood of Contra Costa (1981), 1291 Oakland Boulevard, Walnut Creek, CA 94596; \$.95 (includes postage)

**FEMALE SEXUALITY FOLLOWING
SPINAL CORD INJURY**

Elle F. Becker

Offers an opportunity to understand the struggle of a quadriplegic or paraplegic

woman in a world that represses and defines her sexual expression and identity, and to learn what disabled people look to from the professional community, and from their families and friends.

Cheever Publishing Company (1978), P.O. Box 700, Bloomington, IL 61701; \$10.95 paper

**LOVE, SEX, AND BIRTH CONTROL
FOR THE MENTALLY RETARDED:
A GUIDE FOR PARENTS**

Winifred Kempton, Medora Bass, and Sol Gordon

Thoughtful guide covering sex education and sexual responsibility. Spanish edition also available.

Planned Parenthood of Southeastern Pennsylvania (1973), 1220 Sansom Street, Philadelphia, PA 19107; \$.24 (includes postage)

**THE SENSUOUS WHEELER:
SEXUAL ADJUSTMENT FOR
THE SPINAL CORD INJURED**

Barry J. Rabin

Informal, positive treatment of the subject, stressing the sharing of sexual responsibilities and vulnerabilities.

Multi Media Resource Center (1980), 1525 Franklin Street, San Francisco, CA 94109; \$.65 paper

**SEX EDUCATION FOR
DISABLED PERSONS (#531)**

Irving R. Dickman

Useful guide outlining sexual concerns of the disabled.

Public Affairs Committee (1975), 381 Park Avenue South, New York, NY 10016; \$.50; bulk rates available

**SEXUAL OPTIONS FOR
PARAPLEGICS AND QUADRIPLEGICS**

Thomas O. Mooney, Theodore M. Cole, and Richard A. Chilgren

Because the senior author is a near quadriplegic himself, a personal style of writing results that, with the explicit illustrations, provides an excellent self-help, teaching, or counseling resource.

Little, Brown (1975), 34 Beacon Street, Boston, MA 02106; \$.95 paper

**SEXUALITY AND DISABILITY:
A BIBLIOGRAPHY OF RESOURCES
AVAILABLE FOR PURCHASE**

Leigh Hallingby and Nancy Barbara, comps.

Lists over 80 books, booklets, pamphlets, and curricula on sexuality and disability in general, as well as on a wide range of specific disabilities. Price and ordering information included for each.

SIECUS (1982), 80 Fifth Avenue, Suite 801, New York, NY 10011; \$1.00; bulk rates available

**TOWARD INTIMACY: FAMILY PLANNING
AND SEXUALITY CONCERNS OF
PHYSICALLY DISABLED WOMEN**

*Task Force on the Concerns of
Physically Disabled Women*

A discussion of various relationships within a disabled woman's life, aimed at promoting communication and understanding.
Human Sciences Press (1978), 72 Fifth Avenue, New York, NY 10011; \$.40

SEXUALITY AND THE LATER YEARS

**THE FIRES OF AUTUMN:
SEXUAL ACTIVITY IN THE
MIDDLE AND LATER YEARS**

Peter A. Dickinson

Encyclopedic and wide open on the topic of sexuality and aging. Written in a witty and humorous style.

Sterling Publishing (1977), 2 Park Avenue, New York, NY 10016; \$.45 paper

GOOD SEX AFTER FIFTY

Ruth K. Witkin and Robert J. Nissen

Compact, well-written booklet designed to encourage middle-aged and older people to maintain their sexual life.

Regency Press (1980), 32 Ridge Drive, Port Washington, NY 11050; \$3.00 paper

**LOVE AND SEX AFTER SIXTY:
A GUIDE FOR MEN AND WOMEN
FOR THEIR LATER YEARS**

Robert N. Butler and Myrna I. Lewis

A practical book giving older people guidance in enjoying—to whatever degree, and in whatever way, they wish—the satisfactions of physical sex and pleasurable sensuality.

Harper & Row (1977), 10 East 53rd Street, New York, NY 10022; \$1.95 paper

SEX AFTER SIXTY-FIVE (#519)

Norman M. Lobsenz

A useful overview of sexuality in the later years.

Public Affairs Committee, Inc. (1975), 381 Park Avenue South, New York, NY 10016; \$.50; bulk rates available

SEXUALITY AND AGING

Mona Wasow

Sensitively written booklet for older people, maintaining that sex should be a pleasure, not a bore. Large print for easy reading.
Family Life Publications (1976), 219 Henderson Street, P.O. Box 427, Saluda, NC 28773; \$.75; bulk rates available

BOOK REVIEWS

Sexual Problems in Medical Practice. Harold I. Lief, ed. Chicago: American Medical Association, 1981 (419 pp.; \$24.00).

Reviewed by Richard H. Bernstein, MD, Assistant Professor of Clinical Medicine and Clinical Community Medicine, Mount Sinai School of Medicine, New York, N.Y.

The principal aim of *Sexual Problems in Medical Practice* is "to be of concrete assistance to physicians as they deal with the day-to-day concerns of their patients in sexual matters." The intended audience is family physicians, pediatricians, adolescent specialists, internists, gynecologists, student health and employee health physicians, and emergency room physicians who deal with overt or covert expression of sexual problems.

Given this target audience and the objectives of the book, its major strengths and weaknesses can be highlighted around five features. First, its *comprehensiveness* makes this a valuable resource on topics in sexuality ranging from basic science (e.g., the sexual response cycle and prenatal influences on psychosexual development) to legal and ethical considerations. The majority of the text deals with a broad range of pertinent clinical dimensions: how cultural, social class, and life-cycle differences affect sexual reproductive counseling; the effects of drugs, physical illness, mental illness, and physical disability on sexuality; homosexuality vs. pseudohomosexuality; incest and rape; sexually transmitted diseases; and the general physician's role in the diagnosis and treatment of sexual disorders, including gender identity problems, psychosexual dysfunctions, and the paraphilias (formerly called deviations or perversions).

Despite this seemingly encyclopedic breadth, there are several notable subjects inadequately treated. For example, the descriptions of sensate focus exercises and the squeeze technique for premature ejaculation are superficial.

Greater familiarity would provide the personal physician with important but fairly simple techniques for primary-care-level sexual therapy. In addition, the chapter on sexually transmitted diseases contains a summary table whose value is undermined by listing only the treatment of uncomplicated gonorrhea and early syphilis (less than one year's duration), although the therapy of complications of gonorrhea and late syphilis is described in the text. Trimethoprim-sulfa in the therapy of non-gonococcal urethritis and Miconazole for the treatment of vaginal candidiasis are neither on the table nor in the text.

A second feature, *currency* of the material, is partly reflected in the remarkable number of bibliographic citations, from 1979 through 1981. In addition, the chapters dealing with the diagnosis and treatment of sexual disorders are based on the Diagnostic and Statistical Manual-III of the American Psychiatric Association. This reinforces an accepted and current nosology from the mental health field for a medical audience which should become familiar with its specific terminology and definitions. On the negative side of this feature are the lack of inclusion of more modern antibiotic therapy for certain sexually transmitted diseases, as previously mentioned, and the lack of reference to the newly recognized complications of homosexual interaction, such as the GRID (Gay Related Immunodeficiency Disease) Syndrome and its variants.

A third valuable facet of this volume is found in its *clarity and editing*. Despite multiple contributors, its editor-in-chief, Dr. Harold I. Lief, provides continuity through codas to most chapters which link them to subsequent sections. At the end of an interesting, sociologically oriented chapter by two PhDs, Dr. Lief appended a subchapter on the clinical relevance of the previously presented population survey data. Many of the other chapters are also punctuated with brief clinical examples to highlight

specific clinical management issues.

Despite Dr. Lief's apologies for subject repetition, there is virtually none, and, with a single exception (p. 349), there are specific cross references from the text to other chapters in the book with related material (not just "as dealt with elsewhere" references). These features are important as they compensate for one of the book's greatest inadequacies, its index. There is an incomplete listing of page references (e.g., SIECUS is listed in the index as only on page 103, although it is referred to on p. 346 as well), and there are internal inconsistencies as well (e.g., the pages listed for "Impotence, drug-induced" do not correspond precisely to those listed under "Erection, decreased, drug-induced"). Another example is the difficulty in locating sections on sexual history taking, since it is listed with only one page reference (there should be five) and found under the index heading "Sexual Therapy, Interviewing."

A fourth feature which makes *Sexual Problems* particularly useful is its *clarification of role expectations* for the non-specialist in various sexual problems. Chapter 8 focuses on this, and in the discussions of sexual therapy for a variety of dysfunctions, the level of involvement (becoming the primary counselor vs. referring to a sex therapist) is stressed. The level of expertise required for the spectrum of psychosexual disorders is valuable, yet, as mentioned, it is disappointing that fuller descriptions of sensate-focus and the stimulate-squeeze technique are not included. Also, the generalist needs to know what constitutes an efficient and effective screening instrument or series of questions that should be administered to all (unselected) patients—not just those who present with a sexual problem or concern. The critical questions that should be incorporated into the routine medical history of all patients are not addressed. There is no mention of the indirect expression of sexual problems

Audience Level Indicators: C—Children (elementary grades), ET—Early teens (junior high), LT—Late teens (senior high), A—College, general adult public, P—Parents, PR—Professionals.

which the medical practitioner may commonly find, e.g., congestive prostatitis (from a prolonged period without ejaculation and pelvic pain without identifiable cause), which may represent somatized concerns about some dimension of sexual functioning.

The final criterion which enhances this book's usefulness is its reference to other resources for those needing additional information but who are unfamiliar with professional organizations in the field. Sources of scientific publications, films and audio- or videotapes, continuing education workshops, common interest groups, and sexually explicit materials for educational and therapeutic purposes are listed with addresses. One shortcoming is the absence of reference to referral centers in this country which provide special expertise in treating gender identity and other specialized problems.

In conclusion, I find this volume has succeeded to a large extent in providing a very readable book that should be of great value to all physicians who, in their practice, deal with patients presenting sexual problems. While not providing all the "concrete assistance" one might want or need, it represents a major step toward filling the educational vacuum created in the majority of medical schools and residency training programs whose graduate physicians are inadequately prepared to deal with sexual problems. **PR**

Impotence: Physiological, Psychological, and Surgical Diagnosis and Treatment. Gorm Wagner and Richard Green. New York: Plenum Publishing, 1982 (181 pp.; \$24.50).

Reviewed by Adrian W. Zorgniotti, MD, New York, N.Y.

Part of a series edited by Dr. Green called *Perspectives in Sexuality*, this book could more correctly be called "All About Impotence," yet it stands out like a gem of brevity among its brethren in that same series. It will also be the definitive work for some years to come and will be referred to by those of us who have been saying all along that there has to be more to the etiology of impotence than the often quoted figure of 94% for psychogenic causes based mainly upon the concept of oedipal conflict and 6% for so-called organic causes. After a careful reading of this book, the figures may have to be

reversed—or nearly so—since vascular disease emerges as the principal villain.

After a brief series of case histories designed to illustrate some of the points, the reader is led through a series of chapters on physiology, diagnosis, and disease processes which can cause sexual dysfunction. Wherever possible each chapter gives a well-balanced exposition of theoretical and practical knowledge. Each chapter is clearly written and almost starkly concise. Indeed the authors might have devoted more space to information of a "cookbook" variety for the clinician.

This is a solid and very well done book and there is nothing else like it around. It should be of use to all who wish an introduction to the field. And for those who are already involved, *Impotence* has excellent and significant references. It is "all about impotence." **PR**

Taking a Sex History: Interviewing and Recording. Wardell B. Pomeroy, Carol C. Flax, and Connie Christine Wheeler. New York: The Free Press (Macmillan), 1982 (329 pp.; \$25.00).

Reviewed by Leah C. Schaefer, EdD, President of Community Sex Information, Inc.; Past President of the Society for the Scientific Study of Sex; psychotherapist in private practice, New York City.

This is an important book—for researchers in particular, for social scientists in general, and especially for historians. It is a significant piece of sexology history in that the method it describes was the first one ever to be designed for gathering valid information in an area of research long considered taboo.

Taking a Sex History is the first published guide to the famous and pioneering Kinsey sex interview technique, explaining in depth virtually all the questioning and coding skills a professional requires to "compile a detailed, accurate, confidential sex history" that defines an individual's sexual attitudes and behaviors. The authors comprehensively describe how to investigate all sexual categories, covering everything from A to Z (adultery to zoophilia). Nothing is overlooked and nothing is taken for granted in this remarkable method. Most of the techniques generally used in sex research are impersonal, or anonymous—multiple choice or mail questionnaires, etc.—whereas the unique Kinsey technique is highly personal and struc-

tured, and takes place in a face-to-face, private interview.

The coding, as developed by Kinsey himself, is designed to keep the detailed information both confidential and quickly retrievable. He had two main purposes in mind: "First, that the code would be virtually impossible to break, thus insuring the confidentiality of the material, and second, that it would be compact and therefore easy to use and economical to file." Known as a "position code," it calls for a single sheet of 8½ by 11 paper that has been specially ruled into lines and blocks. (Diagrams are shown throughout the book.) Each block corresponds to one of the 24 major aspects of sexual background and behavior—topics ranging from health, to pre-adolescent sex play, puberty to extramarital coitus, group sex, etc. Responses are coded through shorthand symbols whose meaning is derived from their position within the block. For instance, the symbol M can have five different meanings: it can stand for marriage, mother, Methodist, masturbation, or masochist, depending upon which block it appears in and its position within the block.

For the sex researcher interested in interviewing hundreds or even thousands of subjects, there is no doubt that this is a unique, efficient, and economical way of compiling information, minimizing note-taking and thus allowing the interviewer to exercise concern for the many varieties of personal responses and feelings generated by the questions. Whether the coding is worth the trouble it takes to learn is a matter for each practitioner to decide. It does require a teacher, plus this book, plus plenty of practice.

The book's main focus is on specific interviewing techniques. In this area the book is genuinely rich, and this excellent system can be beautifully adapted or even incorporated into other systems as well. The interview guide suggests all of the important areas to investigate to get a really detailed history of sex behavior, which questions to ask, how best to order and phrase them; and the authors provide stunning examples. Like the Kinsey studies themselves, the interview guide is essentially more interested in what a person does, or has done, and how often they did (or do) it, rather than how they *feel* about it—although feelings do come up in this guide. The researcher or clinician can learn a lot about categories and how to design questions that differentiate between

seeking pure information and eliciting honest revelations.

Chapter 3, "Interviewing Techniques," is first-rate. Here the authors talk about the adoption of nonjudgmental attitudes, the avoidance of multiple questions and euphemisms, how to learn the respondent's special terminology and/or argots. They discuss the technique of "opening and closing doors"—of going through checklists of questions (a technique which opens the door to all areas, or closes it if no valid information is elicited). The authors cite an example of a man who had been in psychotherapy for many years with several different psychotherapists, not one of whom had asked about his masturbation habits, and therefore not one had clued into what was a core problem in his marital sexual relations. In other words, the authors reason, you can't close the door on an area if you haven't opened it first to see what's inside.

Throughout each of the 24 chapters on specific areas there are lists of questions to ask, with suggested ways of eliciting valid information and determining a sequential order. Kinsey and his people had a special reason for putting subjects in a specific order; yet the authors warn that, if a subject voluntarily introduces some important information in an area where one wouldn't have expected it, a skilled interviewer will know how to deal with the information he is being given and then resume the established order.

The ideal qualifications for a "skilled interviewer" in the area of sex and sexuality are discussed in detail. My experience as an interviewer has shown me that it requires a scientific mind and an artistic and creative personality. It takes sympathy and empathy and a desire to be as unbiased and nonjudgmental as possible. But since most of us are raised with biases and prejudices—especially in the area of sexuality—it takes a lot of self-examination and introspection, plus a capacity to admit to our biases and prejudices and to allow for them in our conclusions. The key here is obviously awareness. The book suggests many ways that an interviewer can increase his/her empathy and social and life experience.

I had the great pleasure of being in the audience when Pomeroy demonstrated in public—for the very first time—this same Kinsey interview technique. It was in 1968 at a national conference of the American Association of Marriage and Family Counselors. He interviewed a

woman whom he had never met before, in front of an audience of about 300 people. I felt anxious wondering how it would feel to be listening in on such personal material. Yet, as these two people sat on the stage before us—Pomeroy and this kind, courageous, and troubled woman—one felt within just a few moments that a scrim had been drawn around them and that they weren't even aware of us because he had created such a reassuring atmosphere of trust, privacy, interest, and absorption.

This book does have a few faults, one being that, although it is a sort of how-to-do-it book, it may not be exactly how-to-do-it enough. Specifically, it might have been useful to have listed all of the topics for each "block" in an appendix that could be Xeroxed for use as an interview guide. Similarly, to aid the beginning user all the codes could have been listed (or re-listed) together in a central spot. Perhaps what is needed is an appendix entitled "The Interview Kit," containing the Response Form, the Interview Guide, and the Coding Guide, all in one place.

Every professional whose work is connected in any way at all with any aspect of human sexuality will be grateful to

Pomeroy and his colleague writers, Flax and Wheeler, for making available this incomparable and unique guide for effectively and reliably collecting valid sexual information. The technique has never before been made public. Heretofore, it had only been known by the actual team of investigators involved in the Kinsey research. Thus, while the Kinsey interview is about 40 years old, *Taking a Sex History* is something truly new on the horizon for sex investigators. **PR**

Sex Education and Counseling of Special Groups: The Mentally and Physically Handicapped, Ill, and Elderly. Second Edition. Warren R. Johnson and Winifred Kempton. Springfield, Ill.: Charles C Thomas, 1980 (225 pp.; \$24.75).

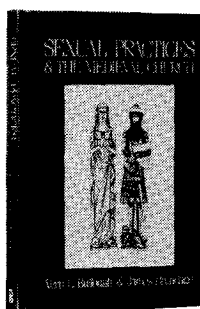
Reviewed by Sharna L. Striar, RN, PhD, AASECT-certified sex educator; Assistant Professor, Psychiatric-Mental Health Nursing, University of Michigan, Ann Arbor, Mich.

The first edition of this book (1975), by Dr. Warren Johnson, resulted from a need to integrate current sexual knowledge with the needs of special group members such as the mentally and physically disabled, the chronically ill, and the aged. Winifred Kempton joined Dr. Johnson as co-author of this second edition, adding her expertise in the areas of sex education and counseling for developmentally disabled persons and their families. Their combined knowledge and experience have produced a practically written, informative, and sensitive resource for educators and counselors of special groups. It includes stylistic changes which enhance the readability and development of the topics covered in the book. Also included are: additional contributions from other experts in the field such as Jack Annon, Medora Bass, Albert Ellis, Sol Gordon, Alfred Kinsey, William Masters, and Virginia Johnson; new information geared more specifically to counselor needs; and revisions designed to add a more sociological perspective, reflecting current progress in the field.

Johnson and Kempton's book successfully achieves its purposes: to deal directly with sexuality and sexual expression, and to provide guidelines for the education and counseling of special groups. In addition, this book clearly advocates the right to sexual expression for all people and highlights the challenges special populations face in exer-

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cising this right. For example, the text raises issues which will help counselors of special groups examine their attitudes about sexuality and sexual expression. Such groups are viewed and treated in the same way as "normal" populations, with an emphasis on increasing awareness toward sexual behaviors and concerns for all people. In addition, the authors encourage the counselor, in discussions of sexuality, to put the emphasis on the client's socio-sexual needs rather than on his/her disability.

The book is divided into two parts. Part 1, which addresses general issues and concerns in sex education and counseling, with specific application to special groups, also presents a sociological perspective on sexuality and its impact on these groups (including a discussion concerning "normality"), and discusses various philosophical approaches and precautions for the counselor to consider. Two new chapters have been added here: one discussing problems and qualifications of sex counselors for special groups, the other addressing the relationship between sexuality, parents, and their special children.

Part 2 discusses a range of sexual behaviors and sex-related topics that concern parents and/or counselors of special groups. These are arranged, as in the first edition, in general developmental sequence, starting with questions of special concern about sexual preferences in childhood and progressing through adulthood. Of course, some of these sexual behaviors and topics—such as nudity, physical contact, masturbation, and sex play—are treated by the authors as having important implications throughout the entire life cycle. A question and answer format is included under each topic, making each discussion richer and more applicable. New topics added include menopause, sexual assault, and sexually transmitted diseases, and the discussions of such topics as physical contact, menstruation, homosexuality, and pornography have been updated and expanded.

This book is a valuable resource because it successfully presents sexual expression as being normal for all people. Thus it can help make clinicians sensitive to the need to remove the stigma associated with the sexual expression of special populations. While it does not provide the experienced counselor with comprehensive and detailed information regarding treatment of sexual dysfunction and specific disabilities, it is especially useful for counselors who

need to examine their attitudes and values regarding socio-sexual expression and development, particularly as it relates to special groups. It is through this examination that counselors can become more effective advocates for such expression. **PR**

Children and Sex: New Findings, New Perspectives. Larry L. Constantine and Floyd M. Martinson, eds. Boston: Little, Brown, 1981 (287 pp.; \$19.95).

Reviewed by Warren R. Johnson, EdD, Professor Emeritus, Health Education, University of Maryland, College Park, Md.

The editors of *Children and Sex* point out that most previous books concerned with childhood sexuality have dealt with the child's development toward adult sexuality. Sexuality is dealt with as something in the future: "Children are not . . . seen as sexual creatures themselves." This situation is viewed as somewhat surprising since it virtually ignores the accumulating evidence of "the sexual and not-at-all innocent nature of childhood." Today the notion still persists that whatever sexuality in childhood there may be, it is lesser—less intense, less significant, less conscious—certainly something "apart from and qualitatively different from adult sexuality."

In contrast, this volume deals seriously with sex and sexuality as "essential phenomena of childhood" and considers children "as fully sexual beings for whom sexuality and sex experiences are not necessarily any less significant than for adults." Human sexuality is seen as a unitary phenomenon, the sexuality of childhood, youth, maturity, and aging being parts of a continuum with age-specific variations on the single theme. Adult sexuality is thus seen, not just as a consequence of physical development at puberty, but as intimately linked with child sexuality.

Children and Sex is composed both of recently published material and of statements prepared specifically for it. Coverage takes into account the full spectrum of disciplines, from anthropology and sociology through psychology, social work, psychiatry, and psychoanalysis.

As might be expected from editors of their professional experience and stature, Constantine and Martinson have shown perceptiveness in their selection and organization of articles, including

some from European sources. I personally feel that their utilization of both new and old was a wise decision. For instance, it would have been a shame to neglect the most recent work, or to omit such thought-provoking analysis as that of Warren Gadda ("The Delay of Normal Psychosexual Development"), whose unusual sophistication in anthropology as well as in psychiatry and a kind of liberated psychoanalysis might otherwise have been largely unappreciated in its fairly remote original source. No effort will be made here to take into account all of the coverage of the book but only to convey something of its scope and, to a degree, its flavor.

The chapters are grouped under several headings: Cultural Context, Sexual Behavior and Development, Sexual Latency, Sex in the Family, Effects of Childhood Sexual Experiences, and Children and Sexual Liberation.

The anthropological perspectives, so commonly unappreciated even when given lip service, would seem invaluable. For simple examples, our typical fussing over nudity, families sleeping together, and body contact generally, seems somewhat strained when we realize what huge proportions of the world's population accept such conditions or behaviors as natural, "normal," or healthful, and show no signs of being destroyed emotionally by them. Similarly, people who foster their children's sexual development from an early age might consider this a more human concern than forcing their little ones to learn arithmetic, spelling, reading, and swimming at this same age.

Reviewing a well set up collection is likely to be frustrating because each contribution seems deserving of comment, and reviewing *Childhood and Sex* is no exception. For example, it would be an easy matter to devote the entire space available to a discussion of the implications in "Juvenile Sexuality Among the Muria," or in "Eroticism in Infancy and Childhood." (Incidentally, do we properly distinguish "eroticism" and "sensuality" in children?) One could easily devote an entire review to Constantine's "Effects of Early Sexual Experience," with special reference to other authorities who see virtually all such experiences in an almost totally negative light. Clearly, Part IV, "Children and Sexual Liberation," could easily be the subject of a lengthy review. My comments must therefore represent but a modest attempt to illustrate some of my impressions of the book as a whole.

The editors expect their book to be controversial and, indeed, hope that it will be. I don't think they have to worry. Many people, even professionals in the field, are outraged by the very idea of childhood sexuality and are likely to confuse the messenger with the message—and get mad at the editors and writers for creating a monster out of whole cloth.

To me, the most serious omission of the book is a chapter concerned with the role of language in personal and social sexual attitudes and behaviors. Granted, there is still no large body of research in the area, but as an example, much of Albert Ellis's work on the emotional health of children, Lester Kirkendall's work on sex language problems, and my own on children's growing up with sexual language would seem to point the way. People in the entire health field have been slow to recognize the significance of language in their disciplines, and the area of childhood sexuality would seem to be no exception.

For example, at a large gathering of professional people, a couple of us commented on our observations concerning children's sexual language. A doctor so-and-so sprang up and declared that she would forthwith kill her son if she heard him talking that way. Then she glowered at me as though I would make a good starting point for her murderous intents, and I wondered how her son's development was faring. Realistic awareness of this widespread attitude is what led William Masters to comment that he did not expect to see his kind of research being done with children in his lifetime.

When I first began writing on sex in history (e.g., in the first edition of *Human Sexual Behavior and Sex Education*, 1963) authoritative sources of information were hard to locate, historians having neglected the area of human sexual behavior just as other professional groups had neglected sexual dimensions. Today, however, there is a respectable body of literature on sex in history. I personally believe that a chapter lending historical perspective would have strengthened this book. After all, our bizarre attitudes towards children, their exploitation, the nature of their sexuality, etc., did not just float in from nowhere. A good historical treatment on a par with those of other disciplines could present new findings and new perspectives on what has withstood the test of time. Happily, the editors did feel this way about the anthropological perspective and included material which is

bound to expand awareness of socially "accepted" behavioral possibilities.

In my opinion, the editors themselves made among the most important contributions of the book. They deserve credit for this as well as for making so much information conveniently available to other professionals. They (along with, for example, those who presented papers at the International Symposium on Childhood and Sexuality in Montreal, 1979) have enhanced the respectability of scholarly work in this neglected and still ill-perceived area. **PR**

[Warren Johnson died unexpectedly shortly after he had submitted this review. For a SIECUS Report tribute to this pioneer in the sexuality field, see page 9.—Ed.]

Counseling Lesbian Women and Gay Men: A Life-Issues Approach. A. Elfin Moses and Robert O. Hawkins, Jr. St. Louis: C. V. Mosby Co., 1982 (263 pp.; \$12.95 paper).

Reviewed by William R. Stayton, ThD, Assistant Professor of Psychiatry and Human Behavior, Thomas Jefferson University Medical College, Philadelphia, Pa.; member, SIECUS Board of Directors.

Hooray for Moses and Hawkins! They have brought together clarity in theory, sensitivity in understanding the experience of being gay, and practical suggestions in working with gay concerns. From the very beginning—where there is a helpful breakdown of terms, such as gay and nongay, homoerotic and heteroerotic, gay men and lesbian women—through its final section, which is concerned with special counseling issues, this book is packed with information and practical advice. In fact, this book is so good that it goes beyond being helpful only to those counseling gay people; it is also useful to the educator, the therapist, the physician, the law enforcement community, the lawyer, the parent, the clergy, and anyone else who is interested in a deeper understanding of human nature and intrapersonal dynamics. If there is any regret it is that, because of the title of the book, it may never reach those not specifically interested in gay issues.

If, as many believe, the majority of Americans are presently living in some form of alternative lifestyle—that is, alternative to a strictly monogamous nuclear marriage—then Moses and

Hawkins's work is relevant for the majority of us in the professional field of education and therapy.

In the first part dealing with how the world views gay people, the authors present an excellent historical, cultural, religious, psychological, and psychoanalytic overview of attitudes and approaches toward gay people. They then lead us from a pathological perspective of looking at homoeroticism to its correlation with negative attitudes generally toward all sexual behavior (other than marital intercourse for procreational purposes only), sexism, racism, religious fundamentalism, and nontraditional role-behavior within a married relationship. There is a sound discussion about therapists' own views of sexual orientation and an examination of their attitudes toward gay people, attitudes which may determine the degree of their effectiveness in dealing with their students or clients. As one continues reading, one becomes painfully aware of the societal pressures on educators and therapists to maintain or at least present a homophobic perspective. The authors' reporting of the role of the U.S. Supreme Court in reflecting societal attitudes shows how this homophobia is reinforced. Although there are federal statutes prohibiting discrimination on the basis of sex, race, and economic status, there are none concerning such discrimination in regard to sexual preference.

Part II is concerned with the experience of being gay. The authors offer a very sound theory about the development of sexual identity and preference. Throughout this book, a wealth of excellent resource material and a review of relevant research are presented to support all the concepts presented. The authors build a case for their own biosociopsychological model of psychosexual development which is both intriguing and sound. There is a very astute discussion on psychological androgyny, which is the ability to display both masculine and feminine behaviors rather than being unidimensional on a continuum from masculine to feminine. There is also a very helpful section on breaking down the myth that sexual preference is a condition for which there are specific causes. A clear distinction is made between etiological and antecedent conditions for erotic orientation. And a strong case is presented for the opinion that the influence of parents and family dynamics appears to be minimal in determining most adult behavior, including the homoerotic.

The chapters on the stages of coming out to oneself and others and on demythologizing the cultural fantasies around gay sexual activity were most enlightening. The most helpful to me was the one on the nature of lesbians' and gay men's relationships. Its long section correlating and differentiating gay and nongay relationships gave me not only a greater understanding of the former, but also a fresh perspective on the latter with all their cultural expectations and pressures.

The final part of the book is on special issues in counseling gay clients, including third world lesbians and gay men, gay people from rural areas of our country where there is little or no support, gay college students, and older gay persons. There is also a very informative chapter by J. L. Bernard, a lawyer and clinical psychologist, on the complex issue of confidentiality versus privilege in a court of law and whether or not a therapist would have to testify against a client.

The book closes with a very interesting article by Eli Coleman on a new model of treatment of homosexuality, derived not from a pathological perspective but from the position of offering positive interventions for the personal health of the gay client through making more meaningful and satisfying relationships in his/her life. **A, PR**

Teenage Pregnancy in a Family Context: Implications for Policy. Theodora Ooms, ed. Philadelphia: Temple University Press, 1981 (425 pp.; \$19.50).

Reviewed by Frank Caparulo, MS, Family Life and Sex Educator, Family Counseling of Greater New Haven, New Haven, Conn.; member, SIECUS Board of Directors.

For those of us professionally involved in and socially concerned about the problems surrounding teenage sexual behaviors resulting in pregnancy this text is "must" reading. It needs to be read particularly by those who expect to make an impact on this dilemma.

Back in 1979, Ooms and her colleagues issued their preliminary report. It helped us to realize that, if we were going to do anything in the 1980s to confront the problem, it would mean more than just the involvement of the pregnant teenager. We needed to involve her family, the ever-elusive teenage father, and even his family—all of the people that many of us once saw as

being uninvolved and not helpful. Our perception of these people was that they were part of the problem, not part of the solution. Ooms and company tell us that we had better take another look and reevaluate that stance. They may be correct, and their message is being reinforced by the news we are getting from Washington, D.C. The government is asking us to solve the problem in the context of the family.

If those who are presently involved with this dilemma identify with anything, perhaps it is with the statement made by contributors Furstenburg, Herceg-Brown, and Jemal: "We do not discount the problems involving the family, nor do we believe that this approach will always, or perhaps even usually, be practicable. Yet if we have overstated our case for bringing the family in, we have done so knowingly, for we believe that there is great value to be gained in redirecting the attention of professionals toward viewing sexual behavior and its consequences not merely in the context of individuals but also in the context of family systems."

The authors ask the readers to expand their approach to the problems not only of teenage pregnancy but also of teenage sexual behaviors and teenage parenting. In addition, they have examined and analyzed current policies, ethical concerns, and ethnic issues. Besides the original monographs, which have been updated in this volume, Ooms offers us a thought-provoking and extremely timely chapter titled "Family Involvement, Notification and Responsibility: A Personal Essay."

The strength of this collection lies not only in the pertinent information provided, but also in the contributors' expertise, and in their broad experiential and professional backgrounds. **PR**

Man to Man: Gay Couples in America. Charles Silverstein. New York: William Morrow & Co., Inc., 1981 (348 pp.; \$12.95).

Reviewed by Robert O. Hawkins, Jr., MEd, PhD cand., Associate Professor and Associate Dean, School of Allied Health Professions, Health Sciences Center, State University of New York at Stony Brook, New York.

As Dr. Silverstein suggests in the "Conclusions and Speculations" chapter, this book is a beginning. It is an important, necessary beginning, as there is no other

book which focuses exclusively on the variety of and variations within gay male couples. It is a thought-provoking beginning, as he presents new, insightful interpretations both of interview data and of other information relating to gay males.

New insights are given concerning the relationships between fathers and their gay sons—insights that are worthy of further study and that should be helpful not only for those fathers who are attempting to understand their relationships with their sons but also for gay men who are concerned about their relationships with their fathers. Silverstein documents the phenomenon of long-term, loving relationships between men (often thought to be mythical) as well as short-term, loving relationships. His analysis of sexual activity between boys—gay and nongay, urban and rural—is refreshing; and he presents an excellent comparison of the different lifestyle options available for urban and rural gay men. The topic of intimacy is difficult to discuss; yet Silverstein's analysis, especially his distinction between intimacy and gift-giving, provides a new base from which further discourse and research will surely emanate. He also presents a refreshingly different view, supported by his anecdotes, of gay men/teenage relationships. His chapter on dying and death is one of the most poignant I have ever read. His chapter entitled "Josh and Andy: Fifty Years Plus One" should be expanded into a book—this story shatters many myths about gay men and their relationships, and it is easy to understand why the book is dedicated to Josh and Andy.

The book does, however, have several serious weaknesses. The most glaring is the absence of data, the lack of which prevents the reader from checking the accuracy of the author's conclusions. It is not until the penultimate page that the reader is given any data, and these simply give a brief description of the sample. It would have been helpful to have had even that minimal data prior to Chapter 1, and it is unclear why it was placed at the end of the book.

Some passages clearly detract from the quality of the book, especially those in which the author compares gay boys or men to nongay boys or men. For example, he compares the emotional reaction of nongay boys and gay boys to homosexual activity, yet he offers no source of data on the nongay boys as a basis for making that comparison. It would certainly be of interest to know

why adult gay males (and lesbians) interpret childhood same-gender sexual activity as an early indicator of orientation, when the childhood partners, many of whom often end up seemingly hetero-erotic, may not even remember the experience or supposedly view it with different meaning. In order to analyze the situation, or even to surmise the reasons for the different interpretations, researchers must investigate *both* parties.

It is also impossible to know, from the information given in the book, what Silverstein used as the basis for the statement, "Ironically, straight teenagers often participate in more homosexual activity than do these adolescents who are destined to become gay adults" (p. 209). There is no reference to any research to support that statement; yet, if true, it is very significant. He also says: "Fortunately, gays are more honest than straight people" (p. 135), another significant statement that appears without any identifiable basis. These are a few examples of his tendency to intersperse conclusive statements that apparently do not result from his study with statements that apparently are conclusions drawn from the interviews. This approach makes it even more difficult to separate the study information from his client sample and both of those from his biases.

Another detraction is his brief, puzzling foray into etiology. Using recall data from a sample whose mean age is approximately 37 to postulate "The Origin of Homosexuality" (pp. 318-320) is questionable. His case for being "born" homosexual is unconvincing, not new, and this reader could find no justification for including it in the book, especially since he decries the "'cause and cure' school" in his introduction. Changing "cause" to "origin" is no justification.

Generally, the other major weaknesses are acknowledged in the last chapter, which includes several suggestions for further research. His research technique is adequately defended; however, his presentation of information obtained by using that technique is weak.

In spite of the weaknesses, the book provides an excellent overview of 190 gay men and their relationships. It should be among those books read by anyone who is teaching or enrolled in courses in which the topic of gay men arises; by anyone who is counseling or engaged in therapy with gay men; and by gay men themselves. It also would be

helpful for others to read in order to arrive at a better understanding of some of the differences and similarities between themselves and some gay men. There are several excellent, fresh, alternative viewpoints, and many suggestions for research. However, while some of the author's biases are clearly identified as such, others are not; and the lack of both data and references to other studies is a serious weakness—prompting the recommendation that the book be read with a cautious, critical mind. **A, PR**

Boys and Sex. Revised edition. Wardell B. Pomeroy. New York: Delacorte Press, 1981 (187 pp.; \$10.95).

Reviewed by Deryck Calderwood, PhD, Director, Human Sexuality Program, New York University; member, SIECUS Board of Directors.

According to its preface, an update of *Boys and Sex* was necessary because of today's "new kind of sexual freedom" and "acceptance by the general population of sexual activity and sexual language." It is true that new material has been added in line with the current legality of abortion, and the chapter introductions provide a more contemporary framework for the information; basically, however, the book is the same exemplary piece of work it was when originally published in 1969.

Boys and Sex remains without peer in presenting accurate information in a frank, straightforward manner, recognizing the struggle early adolescent boys go through to find the answer to their basic sex question: "Am I normal?" It is courageously honest in providing help for boys in decision-making about their sexual behavior without undercutting their parents' role or their religious beliefs. For heterosexual boys this is *the* book today.

Given the present state of our knowledge, there are some surprising inaccuracies. A minor example is the statement that it is *not* possible to urinate when the penis is erect. Of more serious consequence, Pomeroy presents homosexuality as a matter of choice, and, for boys who feel they are homosexually inclined, he advises beginning active relationships with girls. Parents are also advised to encourage heterosexual social contacts for their sons (yet curiously, in the following chapter they are advised not to prod a boy into dating if he is not interested in girls!). Boys are told that it is

possible to turn to homosexuality if they have a bad case of acne, are fat, or feel that they are too tall or short—hardly reassuring words to a boy with any of these conditions! Boys who are worried about their orientation will find it only confusing to read that it is hard to determine who is "homosexual" and who is "heterosexual" since orientation is more a state of mind than an actual behavior. He urges tolerance for homosexual individuals but offers little support for that percentage of his readership that may, in fact, be gay or bisexual.

I have some disappointment over the opportunities missed in this revision. Use of only the Kinsey statistics eliminates any inclusion of racial and ethnic differences. I wish that more explicit information on the use of condoms had been included, that the coverage on sexually transmitted diseases had been more in line with today's knowledge about them, and that the "question and answer" chapter had been updated with more current and hardhitting questions. Perhaps a more thorough job of revision will one day be done.

Meanwhile, regardless of what I personally wish "might have been," I still give *Boys and Sex* first place in my recommendations to boys and their parents, and to all educators. **ET, P, PR**

Girls and Sex. Revised edition. Wardell B. Pomeroy. New York: Delacorte Press, 1981 (175 pp.; \$10.95).

Reviewed by Deryck Calderwood, PhD, Director, Human Sexuality Program, New York University; member, SIECUS Board of Directors.

Let me say immediately that I am grateful that *Girls and Sex* has been revised and that this classic among books for adolescents will continue to be available for the foreseeable future. It takes seriously the plight of girls in contemporary society with regard to their sexuality and, with wisdom and understanding, provides information and sensitive counsel. If every girl and her parents could read this book, our society would be much healthier sexually.

Pomeroy is scrupulously fair right at the beginning of the book; he sets out his own attitudes about sexuality so that girls and their parents can know from the outset exactly where he stands. The book remains organized in the same manner as the first edition: Information is provided on physiology, early sexual

experiences, dating, petting, orgasm, intercourse and its consequences, masturbation, and homosexuality. The language is simple and direct, and there is none of the condescension that mars so many books for young people.

When *Girls and Sex* was first published in 1973, it was rightly hailed, in the words of one reviewer, as "a major contribution to the literature of human sexuality." What criticisms there have been in the past decade about the book focused primarily on the issue of sexism. A noticeable and in most instances successful effort has been made to address this particular issue. But the clitoris remains a "penis-like" organ (I have never been able to understand the basis for such a misleading comparison), and the double standard is still evident here and there. Girls are encouraged to help "train" boys in the social amenities of dating. They are told that boys "ought to know how to stimulate a girl properly" and that "girls should know what it is to be stimulated" and that once they have intercourse they "will never again be a virgin." The statistics on the sexual behavior of girls and women have not been updated here and, since what change there has been in the sexual behavior of Americans has been largely among females, this is a regrettable oversight.

The chapter on homosexuality (might it not more appropriately have been entitled lesbianism in this revision?) is weak in making clear and understandable its explanation of the difference between behavior and orientation. I am sorry that the updating did not include anything on midwives and alternative birthing procedures, or more than mere passing mention of vibrators in the discussion on masturbation.

But the virtues of the book still tower over these reservations so that it does remain as a model for books about sexuality for young people. **ET, P, PR**

Singles: The New Americans. Jacqueline Simenauer and David Carroll. New York: Simon and Schuster, 1982 (399 pp.; \$16.50).

Reviewed by Peter J. Stein, PhD, Associate Professor in Sociology, William Paterson College of New Jersey, Wayne, N.J.

Singles: The New Americans tries to be two things at once—a popular trade book and a scientific study. As a trade

book, it contains much rich material about single men and women. As a scientific study, it leaves much to be desired.

Statistics are presented in regard to "Meeting and Dating," and there is a 90-page chapter covering singles' sexual experiences. It is interesting to note, in this regard, that most singles prefer monogamous relationships. Approximately 75% of men and 90% of women feel it is difficult or impossible to be emotionally and sexually involved with more than one person at a time. As for "Living Arrangements," one-half of the men and one-quarter of the women would live with a partner without being in love, but 90% of these singles feel that living together must be sexually exclusive, and most would end a relationship on the grounds of infidelity.

The overall evaluation by singles shows that: one-third of all single men and about one-fifth of all single women are single because they like this lifestyle or do not wish to be married; that at least half of all singles feel pressure to get married; and that a large majority of both men and women feel that women have a far more difficult time being single than men. The last chapter, "The Future of Single Life in America," suggests that single life is here to stay. Generally singles are still ambivalent about sexual permissiveness, feel that single life is generally misrepresented, favor marriage as a lifetime arrangement, and collectively are not in support of drastic social change or unorthodox lifestyles.

Overall, as the authors note, the responses of these single men and women are relatively conventional. There is a strong strain of traditionalism that pervades many of the responses with respect to dating practices, sexuality, fidelity, and, perhaps most strongly, to gender roles.

While much interesting material is presented, there are serious methodological flaws in the study. Despite the authors' claim that their study of 3000 men and women is "the first nationwide representative survey of singles ever done in the United States," no documentation is provided to substantiate their claim. Even though standard background information was collected, no overall summary tables are given. Without such information, no claim of representativeness can be validated, nor can valid extrapolations to the entire population of single Americans be made.

The 3000 never-married, divorced, and widowed men and women surveyed

ranged in ages from 20 to 55. A multiple-choice questionnaire containing 55 closed-ended questions and essay questions was administered to singles in a variety of settings including colleges, singles bars, singles apartment complexes, discos, and community centers. But we are never told how many singles were surveyed in each type of place and what kinds of biases were introduced into the sample and the data. Who was selected and who was eliminated by virtue of location chosen or interviewer bias?

When summary tables are presented, only percentages are included and no base totals given. The reader is unable to determine the importance of percentage differences. For example, when the authors report on homosexuals, they are using a sample of, at most, only 135 men and 75 women. Additionally, the only numerical comparisons are between men and women. No cross-tabs using any of the other background variables are made.

Major findings presented are usually followed by quotes from individual respondents, rather than a full analysis of the overall sample or subgroups. A number of specialists in the field, including this reviewer, were interviewed to interpret the meanings of various results and trends. Such comments may be interesting and informative, but they are not a substitute for a full analysis of the data. That's the authors' task.

In some instances there are contradictions and inconsistencies in the answers reported. In other places, the reporting of results distorts their meaning. For example, when the authors discuss reasons for being single, they imply that the one-third of single men and one-fifth of single women desiring to be single are small proportions. For other researchers, these figures suggest that an important number of single men and women are exercising choice over their marital status and that these percentages are quite high compared to earlier generations. A number of provocative results are merely listed without any explanation or discussion. For example: When compared with those with college degrees, twice as many men with high school degrees say they are good on sexual technique but avoid emotional involvement.

My overall impression is that we would all benefit from a careful reanalysis of the rich data. No attempt whatsoever has been made here to cite any of the other literature in this area,

literature which the authors dismiss as "either first-person narratives, psychological overviews, or . . . self-help books." (There are no footnotes, nor is there a bibliography or an index.) A number of important books, reports, and articles have been written which could have helped the authors better understand their material and their subjects. Moreover, a number of issues faced by single adults, such as work, careers, health, aging, relations with parents, friendships, networks, leisure-time activities, and support groups, are not included or are covered very superficially. While this book examines some aspects of singlehood, there is still much that remains to be understood. **A, P, PR**

Male Rape: A Casebook of Sexual Aggressions. Anthony M. Scacco, Jr., ed. New York: AMS Press, Inc., 1982 (325 pp.; \$27.50 hardcover, \$9.50 paper).

Reviewed by William F. Hobson, MS, Therapist, Sex Offender Program, Connecticut Correctional Institution, Somers, Conn.

Despite progress being made in other areas of sexual assault, rape of males remains an unaddressed issue for much of society. Although many myths regarding sexual assault have been dispelled, a large part of society still believes that men cannot be raped against their will, that victims necessarily become homosexual, and that male rapes occur only infrequently.

This anthology of articles by a variety of authors confronts these myths and, through a series of first-person accounts, forces the reader to appreciate the trauma suffered by male victims of rape. The authors are a diverse group—professional researchers and therapists, and victims. However, the majority use the prison environment as a data base, which is unfortunate because it tends to reinforce the myth that male rape happens only in prison. The authors do seem to agree that the current prison system is fraught with problems, that being sent to prison greatly increases the risk of sexual victimization, that there is a clear inter-racial element in prison assaults (contrary to heterosexual rape which appears to be predominantly intra-racial), and that there is a need for prison reform.

After a powerful beginning, the book falters. At times, the articles seem disconnected from each other. The quality

varies widely and, at times, they seem disconnected from each other. One is outdated and is therefore simply inaccurate in some of the facts it presents, and only a few have not been previously published. Sections labeled "Psychological Profile" and "Treatment" lack focus and depth, and the latter is disappointing in that it presents only general ideas on social reform rather than offering specific suggestions for working with offenders and victims.

Perhaps the book's most serious flaw is that, although it is entitled *Male Rape*, only 10 of the 26 articles are directly pertinent to that topic and most of those present victims' accounts rather than research findings. While it does confront the myths which have built up around male rape and could therefore serve as an informative introductory resource, professionals already familiar with the topic will find little here in the way of new findings. **A, PR**

Prison Sexual Violence. Daniel Lockwood. New York: Elsevier, 1980 (167 pp.; \$14.95).

Reviewed by A. Nicholas Groth, PhD, Director, Sex Offender Program, Connecticut Correctional Institution, Somers, Conn.; author, Men Who Rape and Sexual Assault of Children and Adolescents.

Prison Sexual Violence addresses the social and psychological dynamics involved in the sexual victimization of inmates. Based on research conducted at three New York State prisons, the book identifies both the spectrum of victimization ranging from sexual harassment to gang rape of men in prison and the physical, social, and psychological characteristics of persons who are the perpetrators and the victims of sexual abuse.

Much of this information tends to reaffirm the prior work of researchers in this field. What Lockwood's research contributes toward advancing the state of knowledge in this area is his attention to the counter-violence used by targeted victims to protect themselves and to the impact of sexual abuse on the male victim. Violence is accepted as a means of countering violence not only by inmates but by prison staff, thereby validating aggression as a means of dealing with problems. The victim of assault finds himself in a crisis state, with fear the most prominent emotion. Anger and anxiety follow and the victim's social

relations are disrupted. Racial attitudes and biases are intensified and the victim's sense of masculine identity is altered. In regard to the long-range effect of prison rape, Lockwood discovered that "the experience of being a victim trains men to raise the level of violence they have been accustomed to employing."

In regard to the perpetrators of sexual abuse, Lockwood found that such offenders exhibited a lifestyle of predatory violence, yet he anticipates that "most aggressors probably mature out of such behavior by their mid-twenties." This observation, as well as his reporting that neither offenders nor victims exhibited any significant racial animosity, is in contradiction to the findings of previous researchers. He opts for a subcultural interpretation of prison sexual aggression, acknowledging that he cannot identify what individual psychological differences operate to produce a sexual aggressor. In his conclusion, he observes that prison sexual abuse is one of the prices we pay for the value we place on aggression in our society as a means of solving problems.

Lockwood's book is derived from his doctoral research and unfortunately too much of the dissertation style is evident. And, since the publication of his book, other researchers have moved toward a fuller understanding of the psychology and etiology of sexual assault. But *Prison Sexual Violence*, in addressing this serious social problem through actual field research, provides perspectives that go beyond clinical observation. Those concerned with this important issue will find this book a valuable resource. **A, PR**

Handbook of Clinical Intervention in Child Sexual Abuse. Suzanne M. Sgroi. Lexington, Mass.: Lexington Books, 1982 (387 pp.; \$29.95).

Reviewed by Judith V. Becker, PhD, Associate Professor of Clinical Psychiatry, Columbia University College of Physicians and Surgeons, New York, N.Y.

This practical handbook discusses a variety of topics that professionals working with sexually abused children face, ranging from reporting, interviewing, and investigating to the various forms of therapy which have proven effective with this population. For its preparation, Dr. Sgroi drew on her rich clinical experience as internist for a child abuse and

neglect project as well as on her role as a developer of a Sexual Trauma Treatment program.

Particularly impressive is the author's recognition that sexually abused children should not be treated in a vacuum. She acknowledges that comprehensive intervention with such children must be done within the context of the entire family, and she stresses the importance of providing treatment for mothers of incest victims. Discussions are presented on how to involve the family in therapy, on the advantages of multiple treatment strategies, and on the practical aspects such as transportation and child care.

Since the majority of incest cases in families are usually involuntary, Sgroi discusses how the professional can use personal authority in a therapeutic manner as well as how to induce clients to participate in therapy. The use of a multidisciplinary team approach is advocated whereby clients can benefit from the expertise of a number of professionals.

This sensitively written new handbook will be a valuable resource for mental health professionals involved with child sexual abuse. In addition, its excellent chapters on developing and evaluating child sexual abuse programs will be of special interest to those who are preparing to work in this field. **PR**

Traumatic Abuse and Neglect of Children at Home. Gertrude J. Williams and John Money, eds. Baltimore: The Johns Hopkins University Press, 1980 (616 pp.; \$30.00).

Reviewed by Suzanne M. Sgroi, MD, Co-director, Saint Joseph College Institute for the Treatment and Control of Child Sexual Abuse, West Hartford, Conn.

This anthology of writings on child abuse and neglect would be an excellent "starter" book for individuals or agencies newly involved in the field since it includes many of the ground-breaking works on the subject published over the past 20 years. In her introductions to each of the book's eight main sections, Gertrude J. Williams, the senior editor, demonstrates an impressive knowledge of the literature and recent public and therapeutic opinion about the topic. Likewise, her introductory and concluding chapters (there is a total of 50 chapters in the book, each a separate article by a contributing author) go a long way

toward placing the relevant social, legal, moral, and clinical issues in perspective.

Even the most cynical reader will find it hard not to respond to the immediacy of "An Autobiography of Violence," by Jessica Cameronchild. Although the book's focus is on traumatic abuse and neglect occurring in the home, this author dispassionately relates a chronicle of abuse under the guise of treatment perpetrated upon her in a psychiatric hospital by well-meaning therapists who sought to remedy the effects of her abusive home situation. It should be required reading for every clinician and therapist. Another "must" is Logan Wright's Chapter 14 which describes parents of battered children as appearing "Sick but Slick" when their psychological test scores and profiles are examined. That is, abusive parents were able to achieve healthy test patterns when responding to items with "obvious social desirability." The author warns that intervenors in child abuse and neglect situations should not be swayed by an apparently healthy external facade initially and superficially presented by abusive parents. He further warns that psychopathic characteristics of such parents may convey to unwary intervenors that remedial efforts have been successful when, in fact, there has been no change in the potential for violent behavior toward children.

Since there is a particular dearth of information regarding long-term treatment of abused children, the two chapters by Jarmila Koluchova are particularly welcome. They describe in detail the development of severely abused and neglected monozygotic twins 15 months and four and one-half years respectively after removal from an abusive environment and initiation of treatment. For the most part, societal intervention for abused and neglected children has been confined to medical treatment of injuries and nutritional deficiencies, environmental manipulation, and application of intensive supports to families with the intent of keeping the families together. Little attention has been paid (and most of the chapters in the book faithfully reflect the gap) to identifying emotional sequelae of abuse and neglect for child victims and applying and assessing treatment efforts aimed at alleviating psychic trauma.

Perhaps the weakest section of this book is the section on incest. Two of the three clinical chapters are old (1954 and 1966) and one of them, "Children Not Severely Damaged by Incest With a Par-

ent" by Yorukoglu and Kemph, is plainly misleading. The authors present two case studies, one involving a boy who was the subject of mother-son incest and the other, a girl who was subjected to father-daughter incest. Neither of these children was found to be psychotic after the incest was discovered and both appeared to have adequate ego-strengths.

On this basis the conclusion was made that they were not "severely damaged." Current clinical opinion about child sexual abuse holds that few victims become psychotic but that most children are negatively affected by premature and inappropriate sexual experience with adults. In view of the remarkable expansion of the literature on child sexual abuse in the 1970s, it is puzzling that this section is so weak.

By contrast, the section on psychosocial dwarfism resulting from abuse and neglect in the home (largely contributed by co-editor John Money) represents a striking addition to the literature in the field. The data showing reversal of hormonal abnormalities and rapid acceleration of growth when children are placed in nurturing settings are very impressive. One may hope that in the 1980s comparable attention will be given to assessing treatment aimed at the psychosocial concomitants of traumatic abuse and neglect. **PR**

Sexual Abuse of Children: Selected Readings. Barbara McComb Jones, Linda L. Jenstrom, and Kee MacFarlane, eds. Washington, D.C.: National Center on Child Abuse and Neglect, 1980 (193 pp.; \$7.50).

Reviewed by Sondra Diaz, Medical Social Work Consultant; member, Child Sexual Abuse Subcommittee, Manhattan Interhospital Child Protection Committee, New York, N.Y.

The growing incidence of child sexual abuse has focused national attention on this problem. As one result, the National Center on Child Abuse and Neglect in Washington, D.C. has published this excellent collection of materials dealing with the subject. Medical, legal, and ancillary staff working with abused children and their families will find this book very helpful, as will social workers, mental health professionals, and teaching faculty.

The readings represent the experiences of a wide spectrum of professionals currently working in this area, such as

staff from the Child Protection Center at Children's Hospital National Medical Center in Washington; Henry Giarretto, Director of Treatment and Training at the Child Abuse Treatment Program in San Jose, California; Judianne Densen-Gerber of Odyssey House; and A. Nicholas Groth, Director of the Sex Offender Program at the Connecticut Correctional Institution. Along with the other contributors, they emphasize that child sexual abuse must be taken seriously and each case treated humanely. Its effect on children is often not immediately apparent and can easily be overlooked—leaving children open to continuing abuse.

The book presents excellent background and case material, as well as a listing of 143 Child Sexual Abuse Treatment Programs in 34 states. Two of the articles, "An Overview of the Problem" and "Incest: A Review of the Literature," provide useful teaching material, and there are bibliographic references on almost all the articles. The one area that is overlooked is the work currently being done in the education of children and adults in the preventive aspects of this growing problem.

Sexual Abuse of Children is a valuable reference tool and a worthwhile addition to the growing body of literature on this subject. It is available from: Superintendent of Documents, U.S. Government Printing Office (Stock No. 017-090-00057-7), Washington, DC 20402. **PR**

Embracing the Exile: Healing Journeys of Gay Christians. John E. Fortunato. New York: Seabury Press, 1982 (137 pp.; \$11.95).

Reviewed by Bill Stackhouse, MTS, ACS, Director, SIECUS Parent Projects; adjunct lecturer, Manhattan Community College, New York, N.Y.

This is an exceptional book, unique in the way its author weaves experience, both personal and professional, with psychology and theology. He begins by sharing with the reader significant elements of his "growing up," especially concerning his sexuality, his homosexuality, and the arduous, painful process of self-acceptance. This very personal approach throughout gives the book a somewhat lyric quality. When he talks with God, God responds, in quotation marks.

He addresses some significant practical and philosophical issues related to

the practice of psychotherapy. Using the gay experience as a paradigm he concludes that, in order to make it in this world, one needs not only a solid ego but also a self-acceptance growing from a spiritual awareness that transcends the limitations of earthly existence. He believes that numerous approaches in the "pop ego" psychology are based on a myth that we "really are in control of ourselves, our destinies, each other, the world." In "The Gay Predicament" chapter, which recounts numerous stories from the lives of gay persons, he vividly illustrates how they are constantly facing situations where prejudice and non-acceptance interrupt the flow of their lives. The loss of a job, not being able to claim the body of a long loved gay or lesbian spouse who has died, not being accepted by one's own parents—these are the experiences that call for a transcendent sense of acceptance.

Fortunato believes that, for individuals to be truly helped (through counseling) to live in this world, they need to develop their ego and spirit along an upwardly spiraling double helix. To him, life is a process of affirming the ego, making it solid, and giving it up or transcending it.

This book is difficult to categorize. From the bibliography it is clear that the author has availed himself of significant works in psychology, theology, Eastern philosophy, Christian theology, and modern gay-related works. The book is full of relevant examples from the author's own life as well as his counseling experience with others. It is a book that may be read at many levels—anecdotal, analytical, inspirational—by a wide range of persons. I believe it will hold a special and unique place for those of us working to make sense of the interface of sexuality, counseling, and religion. **A, PR**

Changing Perspectives on Menopause.

Ann M. Voda, Myra Dinnerstein, and Sheryl R. O'Donnell, eds. Austin, Tex.: University of Texas Press, 1982 (404 pp.; \$45.00).

Reviewed by Vidal S. Clay, EdD, Lecturer in Human Development and Family Studies, University of Connecticut, Stamford, Conn.

This book, an outgrowth of the Third Interdisciplinary Research Conference on Menopause held at the University of Arizona in 1979, is an edited collection

of 27 papers which constitute a very welcome addition to the literature on this subject. Menopause has not been of much interest to male researchers, and the research that has been done has been from the perspective of endocrinologists and gynecologists who have most often viewed menopause as a "deficiency disease" which requires medical treatment. Such work has tended to present unfortunate stereotypes of the middle-aged woman.

This volume presents a different point of view. The three editors and 24 of the 27 contributors are women. The middle-aged woman is seen here as a person who experiences one of the *normal* changes and stages in a woman's life. She is not viewed merely as a body which no longer has any reproductive or sexual purpose. Also, the collection is unusual because of its broad treatment of the subject. There are not only research articles from the medical and biological sciences but also studies by anthropologists, psychologists, and sociologists, all of which show how the experience of menopause is influenced by the culture and the society in which it occurs. Papers by historians and literary critics are also included. Finally, the book is an example of the outstanding scholarship that is being done by women today.

Each of the seven parts of this collection is made up of a number of articles from various disciplines showing different points of view about a particular aspect of the subject. It might have made better sense to organize the material under each separate discipline, as papers on physiology and endocrinology, or papers on anthropology, sociology, and psychology. But the format of the book represents an effort to break down the separation between the various disciplines and it clearly shows the interdisciplinary nature of what is known about the menopausal stage of life.

The first section consists of three articles showing different perspectives on menopause. For example, Kincaid-Ehlers traces various attitudes in literature about menopause from the medieval Margery Kemp and Chaucer's Wife of Bath to the contemporary writers Doris Lessing and the late June Arnold. The article begins with one medieval theme about menopause (end of fertility/end of sexuality/onset of madness and witchcraft/ostracism) and ends with June Arnold's lesbian heroine for whom menopause is an emancipation into a more self-affirming and productive life.

The 10 articles in Part 2 cover research in anthropology, biology/physiology, and psychology. Brown discusses the discontinuity in the lives of women that occurs in many societies between the childbearing and post-childbearing years when postmenopausal women are allowed greater geographic mobility, more authority over certain members of the younger generation, and new recognition outside the household unit. In other papers one can learn how menopause is viewed today by Papago and Navaho Indians and by Cuban and Jewish women. Later in this book, Flint describes the Rajput caste in India. Few of these women report symptoms other than changes in the menstrual cycle—indeed the Rajput women feel very positive about menopause. For them it leads to the lifting of the restrictions of purdah and an increase in their social status. Flint compares the attitudes of this social group with the attitudes that today's American women have about aging.

Voda's article on the menopausal hot flash shows the variability in this most common menopausal symptom in a sample of 20 women. Data are presented on the numbers of hot flashes experienced, duration, origin and distribution, and variation in intensity. Voda describes the coping strategies of these women, none of whom were taking

estrogen replacement therapy (ERT). Some of the subjects had taken estrogens for five to 10 years and then stopped in 1976 when the FDA issued a warning about ERT and its link to cancer of the endometrium. These women reported a return to hot flashes which were as frequent and as intense as those they had experienced originally.

In Part 4 Treloar describes his classic longitudinal data on the menstrual cycle from menarche to menopause. He points out that there is a similarity between the origin and the ending of the menstrual cycle. In both there are a variability and an unpredictability of flow which last for a period of five or six years. In between there is a period of menstrual regularity of about 20 years. This is a fresh way to view the menopause.

In Part 5 Dyrenfurth shows that the levels of sex hormones change during the life cycle in men and in women as well as during the perimenopausal period in women. She emphasizes that the endocrine system is a network at once interrelated, in balance and in flux. She finds that there may be considerable destabilization of the endocrine balance during perimenopause. Those women whose bodies have difficulty establishing a new equilibrium are the ones who come to their physicians for help.

Friederich points out that women be-

tween the ages of 40–60 consult their doctors less frequently than at any other period of life. Since 1976 there has been a sharp decline in ERT usage. Only 5% of American women were using it in 1977. She concludes that the data on ERT are conflicting and that the physician must individualize the treatment for each woman.

Olesen discusses the ethical issues surrounding the use of ERT. She sees it as "a particularly American cultural strategy, consonant with those views in the national ethos which hold that nature be regulated, oceans tamed, rivers dammed, distant stars harnessed, reproduction replicated, aging women's sociobiological course altered." She describes how the medical management of menopause developed and she suggests alternative ways of viewing this time of life.

I highly recommend this book. It is appropriate for specialists and generalists alike because, despite the variety of disciplines included here, each article is very clearly written. The book has an index; each piece has its own references. Unfortunately the price of this volume puts it beyond the reach of most individuals. However, the book is worth locating in special libraries by anyone who is interested in new research and new attitudes about this universal female experience. **A, PR**

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