

Don't lose

SEXUALITY AND THE HANDICAPPED

by Frederick E. Bidgood*

We can feel . . . We can love . . . We are like other people.
—Margaret, in "Like Other People."¹

Margaret is a real person, a cerebral palsied woman who lives in a residential facility in England. Her simple but moving words illuminate the plight of the handicapped in a society which has not yet become comfortable with sexuality, let alone fully accepted the handicapped as human.

Society's general approach to the handicapped is to deny their existence. Failing that, we fund institutions and agencies to house and care for them, to keep them out of sight and out of mind. The blind, the palsied, the paraplegic, the mentally retarded, the amputee, the dwarf, the arthritic—these terms as we apply them to handicapped human beings serve to categorize, impersonalize, and dehumanize them.

Although it may be true in the abstract that handicapped individuals share in all aspects of man's humanity—that they are just as "normal" as non-handicapped individuals, and that their specific disabilities or incapacities and their adjustments to them are the only differences between them and other people—the vast majority of the handicapped are nevertheless denied their full humanity, are hindered from becoming fulfilled human beings by the fears, guilts, and misconceptions of society. While the details may vary with the specific individual, society has placed an added handicap on the already handicapped person by helping to deny two basic needs—a realistic and positive identity as a sexual being, and the opportunity for sexual expression and fulfilling sexual relationships.

Sexual Self-Concept

The basic concepts of personhood, including what is termed "core gender identity," are firmly established in the child by the age of two or three. Through the teaching and examples of the child's parents, the concepts of maleness and femaleness and the basic traits of masculinity and femininity have been internalized. As the child grows, these fundamental concepts become embellished or modified through interactions with his human environment—parents, siblings, peers, teachers—what have been called "significant others." In addition, the child is bombarded by society with sexual images,

explicit and implicit, both as to sexual roles and behaviors. The child develops expectations of growing into the role models he sees around him, or he rejects them. In many ways, his feelings of self-worth and self-dignity are based on how well he can accept and assume these gender roles.

In the psychosexual development of the non-handicapped or "normal" individual, it is axiomatic that he is human, and as such is a sexual being with biological urges and a socio-sexual role in life. During childhood and the period of adolescence, he goes through the process of "socialization," becoming a part of society by experimenting with role models and behaviors he has accepted. The part-time jobs, clubs, games and social activities in which he takes part are steps toward these adult models. So, too, are the overt sexual experiences—"playing doctor," childhood body exploration, masturbation, as well as the more serious touching, fondling, kissing, and caressing expected in dating and other social behavior. Because of his acceptance as a full human being and his participation in the process of socialization, he develops a more-or-less realistic self-concept as a sexual person, and at a certain level of maturation, is accepted as an adult by society.

How is this process different for the handicapped child? For some children—those with mild handicaps and understanding parents—there may be little difference. But for many handicapped children, this growth and learning process is one of frustration and denial, especially for those who are placed early in a sheltered environment in which they are expected to depend upon someone—parents or institutional personnel—for their entire lifetimes. Many parents, still trying to cope with their own guilt for bearing a handicapped child, are unable to contemplate that their child will eventually become adult, much less that he will have an adult nature and adult sexual desires. In attempting to protect the child from a world in which they feel he has little place, they also deny his given sexual nature from his earliest years. Institutions and agencies dealing with the handicapped have tended to use the same approach.

As the handicapped child grows, he becomes aware of sexuality in many of the same ways as a "normal" child,

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SPEAKING OUT

Reports of the sterilization without their consent or knowledge of two Black girls, aged 12 and 14 and labelled mildly retarded, by a government-sponsored family planning clinic in Montgomery, Alabama, have been met with cries of outrage from public health officials, family planning leaders and the Black community. This case, and others since brought to light, have set back the family planning movement 20 years, say some spokesmen in the field.

The court suit brought by the girls' father against the government will lay open a host of important issues regarding individual rights, including the right to reproduce and the right to informed consent. This case illustrates how enlightened social policy in extending family planning services can be negated by bureaucratic arrogance that violates fundamental human rights. Ironically, it was only a decade ago that many social workers felt their jobs were in jeopardy if they even mentioned birth control to welfare clients.

This shocking incident points up the urgent need for legislative and administrative guidelines, as well as for appropriate educational and counseling programs, to protect and inform the mentally and physically handicapped about their sexual rights and responsibilities. Admittedly the problem is complex when dealing with the profound retardate and the multi-handicapped individual in our state institutions. For most handicapped persons, however, sexual expression is a vital and real concern, one of a number of concerns being expressed in a new militancy among organized handicapped

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through watching television (especially soap operas), going to movies, reading advertisements oozing sexual overtones, but unlike the non-handicapped child, he is rarely socialized. The child's disabilities do not permit him the freedom from supervision to join in the games and social activities of other children. Although the role models and expectations are there, these children are frustrated by the lack of opportunity for sociosexual growth in the socialization process. The handicapped child finds himself an onlooker to social, and particularly sexual, life.

Hard as it is for those handicapped as children to build fulfilling sexual lives, it is perhaps even harder for those who become handicapped as teenagers or adults. They experience the acceptance and sexual expression of their humanity, but, having internalized society's concept of the handicapped as asexual and something less than human, they apply it to themselves in their new state. Their concepts of self-worth and self-dignity are lessened or overturned, their sexual self-images distorted, and they become embittered, more emotionally and psychologically handicapped than they are physically.

Sexual Expression and Relationships

The emotional and psychological blinders society has placed on the sexuality of the handicapped have extended well into the area of sexual expression and relationships. As Morgan wrote:

groups working for a far more important stake than wheelchair ramps in public facilities: the right to be human and sexual.

The principle of "informed consent" has always been implied among professionals helping persons reach decisions about contraception, sterilization and abortion. Violation of this principle can not be tolerated for the sake of administrative or social expediency. Informed consent means making it possible for individuals to reach their own decisions with knowledge, understanding and full awareness of the consequences. Further, it means making decisions that do not violate personal value systems. How do we help the handicapped, and frequently their parents as well, to achieve such informed consent for their sexual decisions?

SIECUS has made a beginning through its production, in cooperation with other national organizations, of publications on sex education for the mentally retarded and the visually handicapped. There have been consultations with national organizations serving persons with many forms of handicapping, with presentations at their national and state meetings. It now remains for their local leadership, and that of other interested organizations, to develop educational programs and counseling services to assist the handicapped and their parents in dealing with sexual decision-making. SIECUS stands ready to help.

Derek L. Burluson, Ed.D.

This means that many handicapped people never learn about adult responsibilities and duties, and marriage is seen as a highly desirable and respectable state to be in,

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SIECUS REPORT

Volume II, Number 3

January 1974

The *SIECUS Report* is published bi-monthly with volumes beginning in September.

Single copies of this issue are \$1.50.
Bulk rates are available on request.

SIECUS Report is available on microfilm from University Microfilms, 300 North Zeeb Road, Ann Arbor, MI 48106.

Subscription information is included on p. 15.

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The Sex Information and Education Council
of the U.S., Inc.

1855 Broadway, New York, N.Y. 10023

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WHERE THE ACTION IS

H.E.W. FUNDS WORKSHOPS ON THE RETARDED

A series of two-day, regional workshops on "Family Life and Family Planning for the Mentally Retarded" are being held by Naomi Gray Associates with funding from the U.S. Department of Health, Education and Welfare.

The workshops are designed: 1) to identify the family planning and family life education needs of the mentally retarded; 2) to correct misunderstandings concerning these sexuality and family planning needs; 3) to present information on providing family life education and family planning for the mentally retarded; 4) to provide information on state and other resources; and 5) to bring together state leaders, including parents, to discuss possible services for the retarded within their respective states.

Workshops are scheduled in Dallas, Texas, on January 17 and 18; Atlanta, Georgia, on April 11 and 12; and in Kansas City, Kansas, on June 11 and 12. Among the cooperating agencies are SIECUS, the American Medical Association, the National Association for Retarded Children, and the National Association of Social Workers.

For further information and registration forms, write to: Naomi Gray Associates, 4444 Geary Boulevard, San Francisco, CA 94118.

CALIFORNIA RECOGNIZES SEXUALITY OF THE RETARDED

The new California Department of Health has mandated that "provisions shall be made toward heterosexual interaction appropriate to the residents' developmental level" in State facilities for the mentally retarded. Speaking at a two-day meeting on "Human Sexuality and the Mentally Retarded" sponsored by the California State Departments of Mental Hygiene and Public Health, held in July, 1973, at Sonoma (California) State Hospital, Dr. Charles McKean discussed the implications of this mandate for professional and non-professional staffs of the institutions, parents of the retarded, and other members of the general public. He indicated that this

mandate will have a number of controversial aspects, conflicts between various rights and sets of mores.

The conference, attended by key staff members in State hospitals, regional centers, and community programs for the retarded, dealt in large part with the development of sex education programs for the retarded. Referring particularly to this new mandate, Edward Sandtner, who developed the Sonoma State Hospital's sex education program for the retarded, warned that the needs and fears of parents, professional and non-professional staff, and others dealing with the retarded in the community, must be considered along with the needs of the retarded themselves.

SIECUS WELCOMES NEW BOARD MEMBERS

SIECUS is pleased to announce the election of twelve new members to its Board of Directors. The new Board members are:

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AASEC SPRING CONFERENCE: THE PROCESS OF SEX COUNSELING

The American Association of Sex Educators and Counselors (AASEC) will hold its 7th National Sex Institute on March 20-23, 1974, in Washington, D.C. The theme of the meeting is "The Process of Sex Counseling," and the sessions will deal with: Training and Standards for Sex Counselors; Conjoint Sex Counseling; Sex Counseling of the Handicapped; Peer Group Sex Counseling; Hot Line Sex Counseling; Adolescent Sex Counseling; Sex Counseling with Family Planning Patients; Taking a Sex History—Male and Female; Training of Sex Counselors—Different Styles;

Use of Film in Sex Counseling; Use of Video Tape in Sex Counseling; Use of Drawings in Sex Counseling; Communication Skills in Sex Counseling. Many of these sessions will include live demonstrations.

Enrollment is limited to 725 people, and early registration is recommended. For registration forms and further information, write to AASEC's new address: AASEC, 3422 N Street, N.W., Washington, DC 20007.

ASSESSMENT OF SEX CHANGE RESULTS

Several university medical centers which handle about one-third of the sex change operations performed in this country are now assessing the results of their work. An estimated 500 persons have been treated by them since 1966, and hundreds more have requested treatment. Rough estimates of the total transsexual population in the U.S. range from 2,000 to 10,000.

Although sex change procedures are judged to be generally successful in bringing relative contentment and peace of mind to those treated, doctors have found that the surgery is not to be considered a cure-all for social deviance or personal psychiatric problems not directly related to gender identity. Many institutions now refuse to operate on patients who have been in trouble with the law or who have obvious neurotic difficulties. The centers' caution is also due to the difficulty of diagnosing true transsexualism. Because the procedures are irreversible, doctors insist on ascertaining that a gender change will truly satisfy the patient's needs. For this reason, most centers require that, aided by hormones, prospective patients dress, live and work in their desired gender for six months before accepting them for surgery.

Several of the transsexual surgical programs have been almost halted by the difficulty of financing sex change operations, costs for which can run up to \$10,000. The University of Minnesota, which performed its first two dozen operations under a research program funded by the state, has decided that the taxpayers should no longer bear the expense. Insurance companies, however, refuse to cover the operations, contending either that they are "cosmetic" or cover a condi-

tion pre-existing their medical policies. Most transsexuals lack the money to pay for treatment themselves because, according to Dr. James Jones of Downstate Medical Center, New York, "typically, transsexuals before surgery are poor employment risks. They are often school drop-outs. They drift about, looking for themselves, and frequently wind up on the fringes of society." The Erickson Educational Foundation of Baton Rouge, Louisiana, maintains a list of American medical centers and private doctors capable of diagnosing transsexualism and willing to treat it. The Foundation supports research and offers guidance to anyone with a transsexual problem.

A few medical centers are trying to identify children who may be pre-transsexuals, and are treating them through psychotherapy in the hope of reversing their gender mis-identification. Drs. Richard Green, Robert Stoller, and Lawrence E. Newman of the University of California, Los Angeles, have evaluated 40 extremely effeminate boys, aged 3 to 10, and their families. These children, like most transsexuals, identify with the opposite sex by age four or earlier, avoiding boys and boys' games, and dressing as girls. Their parents tend to view their behavior as a "passing phase" and only take their children in for treatment because of extra-familial pressures. UCLA is treating some of those 40 children in a group where they associate with other boys and engage in "masculine" activities. Others are treated by individual behavioristic psychotherapy with male therapists, who serve as role models and encourage the boys in "masculine" activities and mannerisms, actively discouraging "feminine" behavior. Although gender identity is presumed to be fixed in very early childhood and certainly well before puberty, Johns Hopkins University has a similar program for adolescents.

UCLA psychiatrists believe that close-binding mother-son relationships, an emotionally distant and uninvolved father, discouragement of aggressive behavior and encouragement of feminine behavior are significant factors in boys' gender mis-identification. These are factors that have also been frequently cited by psychiatrists as possibly contributing to the development of homosexuality, in which, however, gender identity is

clear.

Dr. John Money of Johns Hopkins University, author of a recent book on gender identity, *Man and Woman, Boy and Girl* (reviewed in the July, 1973, *Siecus Report*), is currently gathering evidence indicating that predisposition to gender problems may possibly be established prenatally through improper programming of the fetal brain. Such misprogramming is believed to be caused, for various reasons, by the inappropriate presence or absence of androgen. Dr. Money emphasizes, however, that "a child's gender identification is never 100 percent determined at birth. His prenatal environment may make him a vulnerable creature, but what happens next is a result of environment outside the womb."

SECOND INTERNATIONAL SYMPOSIUM ON SEX EDUCATION

The Second International Symposium on Sex Education will take place in Tel Aviv, Israel, June 24-28, 1974. Sponsored by the Israel Association for Sex Education, and co-sponsored by the American Association of Sex Educators and Counselors (AASEC), the symposium's major theme will be "The Training of Sex Educators." "Family Planning Education," "Sexuality and Sex Education," and "The Impact of Sex Education in Various Countries" will also be discussed.

Last year's symposium was attended by 600 sex educators from 23 countries. This year's advisory committee includes distinguished professionals from the United States, Europe, Latin America, and Asia. Registration forms can be obtained from: The Organizing Committee, Second International Symposium on Sex Education, P.O.B. 16271, Tel Aviv, Israel.

MICROFILMED 'SIECUS NEWSLETTER' NOW AVAILABLE

The complete backfile of the *SIECUS Newsletter*, predecessor of *SIECUS Report*, is now available on microfilm. The complete set covers Volumes I through VII (1966 to April, 1972), and costs \$4.30 to our subscribers. The *SIECUS Report* is also being microfilmed as each issue appears.

Libraries and others wishing a permanent record of the *Newsletter* or *Report* on microfilm should write to: University Microfilms, 300 North Zeeb Road, Ann Arbor, MI 48106.

BOOK REVIEWS

Human Sexuality. Prepared by the American Medical Association's Committee on Human Sexuality. Chicago, IL: American Medical Association, 1973. Second printing. (299 pp.; \$5.95). Reviewed by Mary S. Calderone, M.D.

This is a solid book, prepared by a special committee of eight whose chairman, Robert C. Long, M.D., is a former trustee of the AMA, whose Board of Trustees authorized its preparation. Ernest B. Howard, M.D., Executive Vice President of the AMA, comments in the short preface, "The purpose of this book is to focus the physician's attention on medicine's current views of this complex factor of human behavior." *Human Sexuality* accomplishes this most skillfully, for in 158 pages it manages to compact, in lucid, condensed form, today's medical understanding of human sexuality. There are 22 chapters, divided into sections, with up-to-date references provided for each section.

Some of the most significant findings of contemporary research are skillfully highlighted, including the work of Kinsey, Reiss, and Christensen.

The meanings of human sexuality, including concepts of masculinity and femininity; sexual attitudes and codes; the role of the physician in counseling or therapy; patterns of sexual development (both as to identity and roles); and sexual response and dysfunction are some of the topics discussed. The Committee apparently could not decide what attitude to take on the still vexing question of whether homosexuality is or is not an "illness." The two-page discussion of homosexuality in Chapter VIII exposes and dispels the usual myths and stereotypes of the homosexual as being highly inaccurate; on the other hand, in Chapter XVII, "Variations of Sexual Response," the one page on homosexuality is placed between the topics of

"Satyriasis" and "Transvestitism and Transsexualism."

The Glossary and Bibliography are useful, although the Bibliography might have been updated with such outstanding recent additions to the literature as Money's *Man & Woman, Boy & Girl* and Vincent's *Sexual and Marital Health: The Physician as Consultant*. Appendix I provides the form for "Sexual Performance Evaluation" to be filled in by the client, as used by the Marriage Council of Philadelphia. It also presents the by now well-known SKAT (Sex Knowledge and Attitude Test) of the Center for the Study of Sex Education in Medicine, Philadelphia. Appendix III lists Genetic Counseling Units in the United States, and Appendix IV is an outstanding 80-page selected series of illustrative cases and articles on law and medicine, prepared by the General Counsel of the AMA. Important decisions in the areas of abortion, liability for unsuccessful birth control or sterilization, minors and contraception, the illegitimate and his father, the sexual psychopath, changing sex on birth certificates, infringement of conjugal rights, are all given or discussed most usefully. Examples of various consent forms are provided as well.

The excellence of these appendices only serves to point up the glaring inadequacies of Appendix II on Sex Education. At the very time when solid books on sexuality are being published for children and young people, and physicians and other professionals are constantly being asked by parents for titles of such books, most of the books listed were published before 1963, some even going back to 1939! Two books are out of print, and one book, described as a "down-to-earth guide book that considers petting, alcohol, dating" was published in 1958 when attitudes and mores about these three topics were entirely different from those of today. It is to

be hoped that another edition, or perhaps even the next reprinting, would replace this hodgepodge and inadequate list with a far shorter listing of some very carefully selected titles of books more applicable to the current scene.

Aside from that major defect, this book can certainly be recommended as a starter for the practicing physician whose course work did not include the topic of human sexuality. Medical students in the over 90 schools that presently do provide intensive course work in their curricula, will find this to be a handy outline and *aide-memoire*, even though they may already be delving deeper into some of the more fully elaborated and advanced contemporary publications on sex and sex research. **A, PR**

Sex and the Male Ostomate. Ed Gambrell. 1973, 50¢.

Sex, Pregnancy and the Female Ostomate. Carol Norris and Ed Gambrell. 1972, 50¢.

Sex, Courtship and the Single Ostomate. Donald P. Binder. 1973, 50¢. United Ostomy Association, Inc., 1111 Wilshire Blvd., Los Angeles, CA 90017. Reviewed by Mary S. Calderone, M.D.

These three pamphlets are important, for they draw our attention to, and serve the special needs of, a group of persons who might well be expected to have sexual concerns: those who live with an artificial bowel opening in the abdomen. The United Ostomy Association has estimated that there are perhaps as many as one million such persons in the United States, a sizeable group.

Many of these are adolescents or young adults whose health, at first debilitated because of the underlying condition that required the stoma, is restored to vigor following the operation just at the time when their interest in dating and sex will be reaching

Audience Level Indicators. The bold type letter(s) following book reviews indicate the general audience level. Keys to categories are as follows: **C**—Children (elementary grades), **ET**—Early teens (junior high), **LT**—Late teens (senior high), **A**—College, general adult public, **P**—Parents, **PR**—Professionals (educators, physicians, clergy, public health workers, nurses, etc.).

a peak. *Sex, Courtship and the Single Ostomate* has been prepared especially for them, to help answer such usually unspoken questions as, "How do I explain the ostomy? Will I be accepted? What will a sexual partner think about my ostomy? Will my ostomy turn someone off? Will I be thought of as unwhole, or handicapped? Will it make me unfeminine, or unmasculine?" Sections of the pamphlet have such heads as: Life-styles; Physical Sexual Incapabilities; "Getting Started;" "Whom to Tell;" "When to Tell;" "How to Tell;" "Rejection and How to Handle It;" "How to Handle Acceptance;" "Preparation for Sex;" "Ostomating with Another Ostomate."

Sex, Pregnancy and the Female Ostomate answers such questions as "Does having an ostomy mean giving up sex, marriage, and pregnancy? Will a girl who has or who needs radical surgery to remove a bladder or intestines be kissable any longer? Can she conceive and give birth to a baby?" The pamphlet points out that, in many cases, an ostomy has improved sexual and marital health and has actually made pregnancy possible by eliminating the debilitating condition that required the ostomy.

Sex and the Male Ostomate covers the age factor, marriage and children, psychological problems following surgery, including fear of failure, ostomy management, positions, the big moment, sexual difficulty (including impotence) and sex without erection.

The tone and content of the three pamphlets are realistic yet reassuring, entirely open about both ostomy and sex, and touched sensitively here and there with wit and humor that is never offensive but places everything in perspective. Inasmuch as most members of the United Ostomy Association are ostomates themselves, it is probable that so are the authors of these three excellent pamphlets, which could well serve as models of writing for people who have other kinds of physical problems to adjust to. It is notable that ostomates do not use the word handicap with relation to themselves.

Other pamphlets available from the same source are *An Ostomy Handbook*, for members of the health professions who are not directly involved with ostomy, one on *The Anatomy of Ostomy*, and an *Ostomy Coloring Book* for younger children who receive their operation early in life. **LT, A, P, PR**

Sexual Rights and Responsibilities of the Mentally Retarded. Medora S. Bass, ed. Available from editor, 216 Glenn Road, Ardmore, PA 19003. (155 pp.; \$2.00, paper).
Reviewed by Derek L. Burluson, Ed.D.

This publication is the proceedings of a conference sponsored by the American Association on Mental Deficiency, Region IX, at the University of Delaware in October 1972. It is valuable for anyone working in programs and services for the mentally retarded. The viewpoints of social workers, lawyers, doctors, psychologists, educators and clergymen it presents reflect the complexity of the issues of sexuality and the retarded, but perhaps most important is the fact that these issues are being discussed at all.

This conference was one of the first efforts to come to grips with social attitudes and institutional policy relating to sexual rights of the retarded. Included are two provocative and entertaining presentations by Sol Gordon, Ph.D., Director of Syracuse University's Institute for Family Research and Education, dealing with institutional attitudes about sexual behavior and communicating with youth about sex. Marvin Rosen, Ph.D., of the Elwyn Institute, offers a cogent theoretical model of psychosexual development of the retarded and explains the Institute's program and long-range research project on the adjustment to community life of Institute graduates. Lawrence Goodman, A.C.S.W., presents a sensitive analysis of the dilemmas for parents as they try to cope with the sexuality of their retarded. Several programs at both the community and institutional level that are well worth duplicating are also described in these proceedings. The bibliography and audio-visual resources listed in the appendix will prove helpful for those wishing to investigate the field further. **PR**

Sexual Difficulties in Marriage. David Mace. Philadelphia, PA: Fortress Press, 1972. (154 pp.; \$1.50; 10 or more copies at \$1.25).
Reviewed by Daniel H. Labby, M.D.

This very readable booklet is one of a series entitled "Pocket Counsel

Books," and fulfills its stated aims by speaking "in language free from technical vocabulary," and offering "a good start in helping people with specific problems." It is not offered as "a substitute for person to person counseling" but rather as a supplement to counseling. In these terms it is effectively organized, free of jargon, and always clear.

The booklet owes much of its impact to the informal voice of the author: one can almost hear Dr. Mace speak while reading his written words, so closely does the style fit the conversational mode. In this way the author's presence reassures rather than frightens, and so better learning can occur.

Following a highly personal introduction explaining what the book offers, and "what you will need to be helped" (information, a willingness to experiment with new approaches, and the help of a qualified personal counselor), five chapters are offered on: "The Roles of Sex in Marriage;" "The Complexity of Sexual Intercourse;" "The Uses of Noncoital Sex;" "Understanding Sexual Inadequacy;" "How Professional Counseling Can Help."

One can only stand in admiration of Dr. Mace's ability to pack so much information into so few pages, considering the obvious complexity of marriage relationships and the major themes he has chosen to explore. As a result, one wishes continuously for more but it is precisely at these points of interest that couples will turn to their own counselor for further guidance, tailored to their personal needs.

This reviewer finds Dr. Mace's philosophic point of view completely congenial: that the therapy of sexual inadequacy can best be done in the setting of the total relationship and should not be treated in isolation. Indeed the first two-thirds of the book carefully considers the physical and emotional health of the relationship between a man and woman before offering discussion of the specific syndromes of sexual dysfunction.

A final section on "How Professional Counseling Can Help" is a common sense guide for clients to explore their commitment to therapy once a trustworthy counselor is found; this should be of great assistance in strengthening the treatment alliance.

If other books in the series are of this standard they merit inspection by all counselors in the field. **A, PR**

HUMAN SEXUALITY: BOOKS FOR EVERYONE

Prepared by SIECUS, Sex Information and Education Council of the U.S., 1855 Broadway, New York, New York 10023.

This reading list is a selection of materials focusing on human sexuality, and includes titles for all age groups. The books listed here represent a variety of viewpoints, as well as varying degrees of sophistication. Since individuals of the same chronological age can vary greatly in maturity, we recommend that parents, counselors, and youth leaders familiarize themselves thoroughly with the books they recommend.

Only nonfiction books have been included in this list. However, novels, both classic and contemporary, can be excellent sources of information and challenge about sexual attitudes, values and behavior. Many good novels with sex-related themes, written specifically for teenagers and young children, are now available. They deal thoughtfully and realistically with sexuality and sexual dilemmas, and are of special value for those young people whose attention is not always held by nonfiction. Librarians in children's and young adults' sections can usually offer guidance in choosing such titles. (A survey of recent offerings for teenagers appeared in *SIECUS Report*, Vol. I, No. 2).

In addition to the books and pamphlets included in this list, some excellent free or low-cost pamphlets are available from the producers of feminine hygiene products*. Over fifty of the Public Affairs Pamphlets* published by the nonprofit Public Affairs Committee deal with various aspects of family life. Budlong Press* publishes a series of pamphlets on human development for all age levels (*available through physicians only*). Nonprofit public health organizations such as the American Medical Association* and Planned Parenthood/World Population* also provide free and inexpensive pamphlets.

Except where indicated, please note that almost all books on this reading list are NOT available from SIECUS, but can be obtained through local bookstores or libraries, or directly from the publishers (see addresses at the end of this list).

Books reflecting a specific religious orientation have not been included. We suggest that individuals consult their own clergy for suggested denominational titles. A listing of selected publications from the major denominations is available from SIECUS upon receipt of a stamped, self-addressed envelope.

*Addresses are included at the end of this list.

YOUNG CHILDREN (approximate ages 4-9)

A BABY IS BORN

Milton I. Levine, M.D. and Jean H. Seligman

The story of how children are conceived, how they develop within the mother's womb and how they are born is told in a simple and direct manner. For parents to read with their children.

Golden Press, 1962 (revised edition) \$2.95; paper, \$1.00

THE FOLLETT FAMILY LIFE EDUCATION PROGRAM

Six titles: *Families Live Together*; *The World of Living Things*; *How New Life Begins*; *Living Things and Their Young*; *How We Are Born*; and *Man and Woman*.

While designed for classroom use with grades 1 through 6, this excellent series can also be used effectively in the home. Each book covers those elements of animal and human development which would be of interest to the intended audience. An introductory booklet for parents, *For You, The Parents* is also available.

Follett Educational Corporation, 1968 \$4.32 each book

GROWING UP

Karl de Schweinitz

An excellent first book about human and animal development for the early self-reader. It is also good for reading aloud by parents.

The Macmillan Company, 1967 (4th edition) \$3.50

HOW BABIES ARE MADE

Andrew C. Andry and Steven Schepp

The story of reproduction in plants, animals and humans is 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, 1968 \$3.95

THE MIRACLE OF GROWTH

Chicago Museum of Science and the University of Illinois

A simple but comprehensive account of conception, birth and development from infancy to adolescence giving special attention to

the consideration of heredity. For the early elementary school age child.

University of Illinois Press, 1967 \$4.95; paper, \$1.75

THE STORY OF A BABY

Marie Ets

To be read aloud to the younger child, this book presents a detailed treatment of the fertilization and gestation processes, with clear drawings.

The Viking Press, Inc., 1969 (revised edition) \$3.75

THE WONDERFUL STORY OF HOW YOU WERE BORN

Sidonie Matsner Gruenberg

Explains for young children how life begins and develops from the union of a sperm and an egg. Human and animal parents are contrasted and the changes in a new baby's body as he matures are described.

Doubleday & Company, Inc., 1970 (revised edition) \$3.50

PRE- AND EARLY TEENS (approximate ages 10-14)

BOYS AND SEX

Wardell B. Pomeroy, Ph.D.

A sexual guide for teenage boys written in a straightforward, objective and non-judgmental way, using language which is easily understood.

Delacorte Press, 1968 \$4.50

FACTS ABOUT SEX FOR TODAY'S YOUTH

Revised Edition
Sol Gordon, Ph.D.

Written at a sixth grade reading level, this book was originally intended for mildly retarded adolescents. This revised edition retains a short, direct approach in explaining

anatomy, reproduction, love and sex problems. It includes slang terms when giving definitions, and a section answering the ten most common questions teenagers ask. This book is well illustrated and contains a list of references.

The John Day Company, 1973 \$1.90

GIRLS AND SEX

Wardell B. Pomeroy, Ph.D.

As in his earlier book, *Boys and Sex*, Dr. Pomeroy presents his views in an open way without moralizing and with no attempt to discourage teenage girls from engaging in sexual activities for which they are psychologically ready.

Delacorte Press, 1969 \$4.50

LOVE AND SEX AND GROWING UP

Eric W. Johnson and Corrine B. Johnson

A book for pre-adolescents which covers a broad range of topics. It helps a young person to think about what being a man or a woman means in today's world.

J. B. Lippincott Co., 1970 \$3.95

LOVE AND SEX IN PLAIN LANGUAGE

Eric W. Johnson

Regarded as a classic for junior-high school age teenagers, it can be read profitably by those both younger and older. It explains

the basics of both love and sex in language that is clear. In no way preachy, Dr. Johnson does argue against premarital sexual relations, and espouses other traditional values. *An updated, revised edition will be available by late 1974.*

J. B. Lippincott Co., 1965 \$2.95

THE SECRET WORLD OF THE BABY

Beth Day and Margaret Liley, M.D.

Illustrated with many excellent scientific photographs, this book presents a detailed account of the life of the fetus before birth, the birth process and the first months after birth.

Random House, 1968 \$3.95

SEX: TELLING IT STRAIGHT

Eric W. Johnson

A simple but honest treatment of those topics in human sexuality of greatest concern to adolescents. This book is written for teenage slow readers, especially those within a ghetto environment, and presents positive

views on sex without preaching or moralizing.

J. B. Lippincott Co., 1970 \$3.95 (Bantam Books, \$.75 paper)

SEX AND THE TEENAGE GIRL

Carol Botwin

A question and answer book for the young and/or less sophisticated teenage girl. Written by a widely syndicated columnist, this book covers most aspects of male and female sexuality, dating and personal hygiene.

Lancer Books, 1971 \$.95

THE STORK IS DEAD

Charlie W. Shedd

This book grew out of the columns written by the author for *Teen* magazine and reflects the real problems and questions which young people addressed to the magazine. It is readable, lively and written realistically within a religious moral framework for the early teenage reader.

Word Books, Publishers, 1968 \$3.95

LATER TEENS (approximate ages 15-18)

COMMONSENSE SEX

Ronald M. Mazur

Aimed at unmarried individuals, this book covers such sensitive subjects as masturbation, contraception, premarital intercourse, mutual masturbation and homosexuality. The book is based on the premise that sex is a positive aspect of human personality, and concludes with a suggestion of a liberal religious framework for decision making.

Beacon Press, 1968 \$3.95

GROWING UP WITH SEX

Richard F. Hettlinger

Relegating anatomical and reproductive facts to a series of appendices, the author thoroughly describes sexual behavior without moralizing, but with respect for the more traditional mores.

The Seabury Press, Inc., 1971 \$4.95; \$2.25 paper

LOVE AND THE FACTS OF LIFE

Evelyn M. Duvall

Based on a content analysis of 25,000 questions teenagers asked the author, this book discusses the emotional, social and physical development of adolescents.

Association Press, 1967 \$4.95

LOVE, SEX AND BEING HUMAN

Paul Bohannon

Based on the author's belief that the best human behavior results from accurate knowledge of alternatives, rather than from fear and superstition, this book helps teenagers to examine their own moral attitudes and standards.

Doubleday & Co., Inc., 1969 \$3.95

MASCULINITY AND FEMININITY

Benjamin F. Miller, Edward B. Rosenberg, and Benjamin L. Stackowski

Originally prepared as a sex education text for junior-senior high school, this book explores not only various concepts of masculinity and femininity, but also all aspects of sexuality and sexual behavior, including contraception. The value framework is current, with both the freedom and the responsibility of the individual stressed.

Houghton Mifflin, 1971 \$3.60

SEX BEFORE MARRIAGE

Eleanor Hamilton

This is one of the more controversial books for the late teen group because of its open and liberal position that premarital intercourse can be a worthwhile experience for those partners who are in love, who trust each other, and who can meet the responsibilities of such a relationship.

Meredith Press, 1969 \$4.95

SEX BEFORE TWENTY:

NEW ANSWERS FOR YOUTH

Revised Edition

Helen F. Southard

In this book, teenagers are encouraged to take responsibility for themselves in discovering their full role as sexual persons. The discussion of male and female roles in the revised edition shows the influence of both male and female liberation.

E. P. Dutton, 1971 \$4.50

SEX FACTS FOR TEENAGERS

Evelyn Fiore with Richard S. Ward, M.D.

According sexuality a high value in life, the authors discuss most sexual topics of concern

to young adults. Emphasizing the positive aspects of human sexuality, this book is not only for teenagers, but for adults as well.

Ace Books, 1971 \$.95

SEX, LOVE AND BIRTH CONTROL: A GUIDE FOR THE YOUNG

E. James Lieberman, M.D. and Ellen Peck

The book's major thrust is to encourage sensible and responsible use of birth control, but it also deals skillfully with many other aspects of young people's sexual dilemmas and needs. Young people are encouraged to explore, discover and build for themselves the principles and values by which they will live their sexual lives. Recommended for parents as well.

Thomas Y. Crowell Co., 1973 \$5.95

THE TEENAGE SEX COUNSELOR

Revised Edition

Bert Y. Glassberg, M.D.

This book contains discussions of topics such as the differences between the sexes, individual and joint expression of sexual feelings and the integration of sex into one's personality. A question-answer section is included.

Barron's Educational Series, 1970 \$4.50; \$1.50, paper

WHY WAIT TILL MARRIAGE

Evelyn M. Duvall

Written within a broadly religious framework, this book deals one by one with arguments favoring premarital intercourse. Not only intended for adolescents, it will give youth leaders and parents some insights into today's changing sex patterns. (Catholic version with imprimatur available.)

Association Press, 1968 \$2.85; \$.75 paper

ADULTS (18 years of age and over)

A CHILD IS BORN: THE DRAMA OF LIFE BEFORE BIRTH

A. Lenart Nilsson, Axel Ingelman-Sundberg, M.D. and Claes Wirsén, M.D.

A series of outstanding photographs with accompanying text of the stages of human development from fertilization to birth, including the first pictures ever taken of a live child within the womb.

Delacorte Press, 1967 \$9.95 (Delta Books, \$3.95 paper)

CONCEPTION, BIRTH AND CONTRACEPTION: A VISUAL PRESENTATION

Robert J. Demarest and John J. Sciarra, M.D.

This book, beautifully and accurately illustrated, provides a solid base for understanding the anatomy of reproduction, fetal development and the birth process, and various means of contraception. It is written in language that is both scientific and easy to understand.

McGraw-Hill Book Company, 1969 \$8.95

FUNDAMENTALS OF HUMAN SEXUALITY

Herant A. Katchadourian and Donald T. Lunde

A college-level book with appeal to a wider audience, this text deals with the impact of the erotic in art, and with psychosexual growth, fantasy, masturbation, physiology of sex, and sexuality throughout the life cycle.

Holt, Rinehart and Winston, 1972 \$15.00; \$9.95 paper

HUMAN SEXUAL BEHAVIOR AND SEX EDUCATION, Second Edition

Warren R. Johnson, Ed.D.

A nontechnical book dealing with perspectives and problems related to human sexuality rather than with methods and techniques. The book covers a wide range of topics relating to sexual behavior and discusses various theories of sex education.

Lea & Febiger, 1968 \$6.50

HUMAN SEXUALITY, Second Edition, Revised

James Leslie McCary, Ph.D.

This new edition of a popular college-level textbook includes the latest information on the anatomy, physiology, psychology and sociology of human reproductive and sexual behavior. Detailed anatomical illustrations are provided where necessary. A shortened paperback version is available under the title, *Human Sexuality: A Brief Edition*.

Van Nostrand Reinhold Co., 1973 \$14.50; \$3.50 paper

THE JOY OF SEX: A GOURMET GUIDE TO LOVE MAKING

Alexander Comfort, M.D.

A finely illustrated, civilized and explicit guide to lovemaking. Widely acclaimed by professionals dealing with human sexuality,

SIECUS Report, January, 1974

this book emphasizes enjoyment of the total erotic relationship.

Crown Publishers, 1972 \$12.95 illustrated edition; \$7.95 regular edition

LIVING WITH SEX: THE STUDENT'S DILEMMA

Richard F. Hettlinger

An attempt, within a liberal religious framework, to grapple with the difficult problems facing college students as they make decisions about sexual relationships and behavior.

The Seabury Press, Inc., 1966 \$1.95

MAN AND WOMAN

Karl Wrage, M.D.

Originally published in Germany, this is a book addressed to the married couple which deals with sexuality, sexual relations, education of children, pregnancy and childbirth.

Fortress Press, 1969 \$8.95

MASTERS AND JOHNSON EXPLAINED

Nat Lehrman

A simplified explanation of the therapy being carried out at the Reproductive Biology Research Foundation in St. Louis which gives the flavor of the research and researchers without the technical jargon of the two Masters and Johnson books. It includes the Playboy interview with Masters and Johnson.

Playboy Press, 1970 \$1.25

OUR BODIES, OURSELVES

Boston Women's Collective

This book is written by women, for women, to help them to know themselves and their bodies better. It covers sexuality, contraception, women and health care, sexual physiology and reproduction. Men can gain as much from it as women can.

Simon and Schuster, 1973 \$8.95; \$2.95 paper

SEX AND THE OVER-FIFTIES

Robert Chartham

A very practical, descriptive and graphic book for persons over fifty who wish to maintain a good sex life in their later years.

Brandon Books, Inc., 1969 \$1.95

SEX TALK

Myron Brenton

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

Stein and Day, 1972 \$6.95

SEXUAL LIFE AFTER SIXTY

Isadore Rubin, Ph.D.

One of the few books available which deals with sexual needs, problems and attitudes of older men and women. Emphasizes the need to help the aging deal with those problems

which prevent them from finding acceptable expressions of their sexuality.

Basic Books, 1965 \$5.95 (NAL Signet Books, \$.75 paper)

SEXUALITY AND MAN

Sex Information and Education Council of the U.S.

A collection of the first twelve SIECUS Study Guides which deal with such topics as sexuality and the life cycle, the sex educator and moral values, masturbation, and characteristics of male and female sexual responses.

Charles Scribner's Sons, 1970 \$2.65 (also available from SIECUS)

SEXUAL MYTHS AND FALLACIES

James Leslie McCary, Ph.D.

This book offers "remedial sex education" by debunking common misconceptions about sex and sexuality. Seventy sexual myths about pornography, female sexuality, homosexuality and contraception are exploded in the light of the best information available.

Van Nostrand Reinhold Company, 1971 \$6.95

SOCIETY AND THE HEALTHY HOMOSEXUAL

George Weinberg

This book, written by a psychologist and practicing psychotherapist, argues against the concept of homosexuality as an illness. The author urges homosexuals to accept themselves with dignity and pride, and pleads for greater acceptance and understanding by society. Two useful sections advise homosexuals how to tell their parents about their homosexuality, and advise parents how to respond to and deal with their homosexual children.

St. Martin's Press, 1972 \$5.95

THE STUDENT GUIDE TO SEX ON CAMPUS

Student Committee on Human Sexuality, Yale University

This is an enlarged version of a booklet prepared by and for Yale students who participated in an extensive course on human sexuality. It covers such topics as contraception and abortion, and also discusses aspects of sexual behavior and sex roles.

New American Library, 1971 \$1.00

UNDERSTANDING HUMAN SEXUAL INADEQUACY

Fred Belliveau and Lin Richter

An interpretation for the lay public of the Masters and Johnson treatment for sexual dysfunction. The book includes comments by Masters and Johnson and a review of their earlier physiological study.

Bantam Books, 1970 \$1.25

ESPECIALLY FOR PARENTS

CONCERNS OF PARENTS ABOUT SEX EDUCATION

The Reverend Thomas E. Brown, B.D.

Written in a question-discussion format, this SIECUS Study Guide identifies common situations parents experience in teaching their children about sexuality.
SIECUS, 1971 \$5.00

PARENT, CHILD AND SEX

Mary M. Welsh

A book for parents which emphasizes respect for young people and gives examples of possible parental responses to a child's sexual concerns.
George A. Pflaum, 1970 \$1.25

SEX AND YOUR TEENAGER

Eda LeShan

An open-ended and liberal guide for parents in tune with the needs and attitudes of to-

day's young people.

David McKay Co., Inc., 1969 \$5.95

SEX IN THE ADOLESCENT YEARS: NEW DIRECTIONS IN GUIDING AND TEACHING YOUTH

Isadore Rubin and Lester A. Kirkendall, Eds.

New insights into various aspects of adolescence are collected in this book. It is directed to parents and counselors, but many of its articles can be read profitably by older adolescents themselves.

Association Press, 1968 \$4.95

SEX IN THE CHILDHOOD YEARS

Isadore Rubin and Lester A. Kirkendall, Eds.

A companion volume to *Sex in the Adolescent Years*, to which nationally known specialists in sex education have contributed articles dealing with many facets of childhood sexuality.

Association Press, 1970 \$4.95

TEACH US WHAT WE WANT TO KNOW

Ruth V. Byler, Ed.

A report of a survey of 5,000 Connecticut school children, kindergarten through twelfth grade, who were studied to learn about their interests, concerns and problems relating to various aspects of health, including sexuality.

Mental Health Materials Center, 1969 \$3.00

YOUR CHILD AND SEX: A GUIDE FOR PARENTS

Wardell B. Pomeroy, Ph.D.

This book gives parents a better understanding of their own sexuality, both in their marriage relationships and in their relationships with their children. The book also deals with ways and means of talking about sex to children at various age levels, from the very young to post-adolescents.

Delacorte Press, 1974 \$6.95 (tent.)

PUBLISHERS

Ace Books, Inc.
1120 Ave. of the Americas
New York, NY 10036

American Medical Assn.
535 N. Dearborn St.
Chicago, IL 60610

Atheneum Publishers
122 E. 42 St.
New York, NY 10017

Association Press
291 Broadway
New York, NY 10007

Bantam Books, Inc.
666 5th Ave.
New York, NY 10019

Barron's Educational Series, Inc.
113 Crossways Park Dr.
Woodbury, NY 11797

Basic Books, Inc., Publishers
10 E. 53rd St.
New York, NY 10022

Beacon Press
25 Beacon St.
Boston, MA 02108

Brandon Books
21322 Lassen St.
Chatsworth, CA 91311

The Budlong Press
5915 Northwest Hwy.
Chicago, IL 60631

Crown Publishers, Inc.
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New York, NY 10016

Thomas Y. Crowell Company
666 5th Ave.
New York, NY 10019

The John Day Company, Inc.
257 Park Ave. South
New York, NY 10010

Delacorte Press
750 3rd Ave.
New York, NY 10017

Doubleday & Co., Inc.
277 Park Ave.
New York, NY 10017

E. P. Dutton & Co., Inc.
201 Park Ave. South
New York, NY 10003

Follett Educational Corp.
Customer Service Center
Box 5705
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Fortress Press
2900 Queens Lane
Philadelphia, PA 19129

Golden Press
850 3rd Ave.
New York, NY 10022

Health Publications
154 W. 14th St.
New York, NY 10011

Houghton Mifflin Company
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Lancer Books, Inc.
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New York, NY 10036

Lea & Febiger
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J. B. Lippincott Co.
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Philadelphia, PA 19105

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866 3rd Ave.
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David McKay Co., Inc.
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New York, NY 10017

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New York, NY 10020

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Meredith Press
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Des Moines, IA 50303

The New American Library, Inc.
1301 Ave. of the Americas
New York, NY 10019

George A. Pflaum, Publisher
38 W. 5th St.
Dayton, OH 45402

Planned Parenthood-
World Population
810 7th Ave.
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Playboy Press
919 N. Michigan Ave.
Chicago, IL 60611

Prentice-Hall, Inc.
521 5th Ave.
New York, NY 10017

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381 Park Ave. South
New York, NY 10016

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201 E. 50th St.
New York, NY 10022

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597 5th Ave.
New York, NY 10017

The Seabury Press, Inc.
815 2nd Ave.
New York, NY 10017

SIECUS
1855 Broadway
New York, NY 10023

Simon & Schuster, Inc.
630 5th Ave.
New York, NY 10020

Time-Life Books
3 E. 54th St.
New York, NY 10022

University of Illinois Press
Urbana, IL 61801

Van Nostrand Reinhold Co.
450 W. 33rd St.
New York, NY 10001

The Viking Press, Inc.
625 Madison Ave.
New York, NY 10022

Word Books, Publishers
4800 W. Waco Dr.
Waco, TX 76710

Producers of Feminine Hygiene Products

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Life Cycle Center
Neenah, WI 54956

Personal Products Corp.
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Milltown, NJ 08850

Tampax, Inc.
5 Dakota Drive
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THE SORENSEN REVIEW: A RESPONSE

Robert C. Sorensen, Ph.D.*

I read with great interest the triumvirate of reviews in the September 1973 issue of *SIECUS Report* about my study, *Adolescent Sexuality in Contemporary America: Personal Values and Sexual Behavior Ages 13-19*.

Some criticisms I explicitly confirmed in my book. Other criticisms can be answered only by the critics themselves when they are face to face with the problems of carrying out this same study or one like it. And still other criticisms simply ignore what I said in my book or are invalid.

Not surprisingly, the critics sometimes disagree with each other while they are disagreeing with me.

Parental permission was an absolute real life study requirement. The alternative, if I had still wanted to cover this ground in its entirety, was to seek the cooperation of a captive or segregated audience. No school board or church or association could provide the opportunity this study required for nationwide random diversity of respondents and freedom to ask what was necessary. Nor would fairness to parents and legal protection have been possible.

I wrote very explicitly of the question of bias that parental permission for interviewing inevitably raises. But with my demonstrated finding that no bias exists in key family demographics, it is fallacious to assume automatically that children whose parents failed to give permission differ significantly in their personal values and sexual behavior from our respondents. Our sample was such that we sought and obtained the cooperation of many sexually conservative parents who were nonetheless permissive about our desire to learn the truth, and we failed to get the cooperation of some sexually permissive parents who were unwilling to let their children be interviewed for reasons having nothing to do with so-called sexual conservatism.

*Dr. Sorensen is the author of the book under discussion and is at work on another book concerning sexuality and social change. He is Vice President for Marketing and Research of Warner Communications Inc.

Moreover, our depth interviewing for which parental permission was also received revealed many sexually active adolescents who considered their parents sexually conservative.

General levels of statistical significance and sampling tolerances were set forth on pages 467 and 468 in the Technical Appendix entitled "Sample Design and Execution" for subgroups as low as 100 respondents, with the reader knowing that larger error ranges existed whenever the reported subgroup was obviously even smaller. Levels of significance for percentage differences in each table were not calculated and therefore not reported.

The self administered questionnaire was used in preference to the personal interview for reasons thoroughly detailed. Whatever inconsistencies and misconceptions that were risked had to occur *within* each individual adolescent respondent rather than *among* respondents as a result of adolescent fears for confidentiality or unwanted interviewer differences in wording questions and recording answers. Some questions were deliberately two-dimensional or ambiguous so that we could test for internal consistency. The wording of some questions can be legitimately challenged, but they were in the great minority.

No, repeat no, effort was made to sensationalize the presentation of the data even though many of the findings are dynamic and exciting in their own right. One of the reviewers complains, for instance, about the statement on page 171 that "98% of all adolescent girls have had their breasts felt by boys," but he neglects to mention the four words in my text immediately preceding: "Of all sexual beginners:." References to "all" on my part were intended only to identify the whole of a particular universe or subuniverse to which particular findings referred.

Rightly or wrongly, I deliberately eschewed a theoretical construct in reporting my findings. I wish the sample could have been larger so that some of the data could have been broken down in more detail, and that time and money had been available to do more with the several thousand pages of computer

printouts that I accumulated. I look forward to another opportunity to interpret rather than report and to utilize the factor analysis and other statistical devices that I am faulted for not using in this first report.

It is difficult for me to understand why "a major shortcoming in this work" was my "failure to compare (my) data and conclusions to those of prior investigators" *et al*. This was one book, not three, and it was an intensive report about adolescents in *contemporary America*. Comparable data from the past was not available.

I know that my study and my presentation of the results do have some shortcomings; I am glad for their articulation. Yet on the whole, considering the new trails that were blazed and the confirmation this work has found in the daily work of many professionals who have examined this study, I am reasonably satisfied at the outcome. And I am sorry that my reviewers were unwilling or unable to deal with the obvious questions that arise from those findings in my report that are significant, including:

1. Will serial monogamy without marriage increasingly dominate adolescent sexual behavior?

2. Must sexual intercourse remain a key expression of independence and liberation among so many young people?

3. Is permission for sexual infidelity to be an important dimension of love in many people's lives?

4. Will sexual satisfaction in its deepest physical sense be increasingly ignored by adolescents in favor of the hurried desire for nonvirgin status?

5. Is sex to become for some adolescents a tool for rewarding and punishing one's self and others?

6. Can more adolescents consider sexual intercourse a loving act when taking active precautions against VD and unwanted pregnancies? How can they be persuaded to feel so?

Above all, without thrusting conclusions or doctrine upon young people, what must parents and society do to help adolescents ask themselves the right questions about their own sexuality and personal values?

AUDIO-VISUAL REVIEWS

Audio-visual material is reviewed by Derek L. Burlison, Ed.D., SIECUS Director of Educational and Research Services, unless otherwise indicated.

Breaking the Language Barrier (Revised). 35mm filmstrip. Teacher Training Aids, 27 Harvey Drive, Summit, NJ 07901. Price: \$7.50.

One of the facts of life that teachers and group leaders must cope with in sex education programs is the language of sex, or more precisely, the languages of sex. The teaching of correct terminology is usually included in any list of objectives for sex education, but if effective communication is to happen, it is frequently necessary to deal first with the second language of sex—that rich and diverse body of words known variously as slang, vulgarisms or street language that are found in every language. This filmstrip categorizes anatomical terms and sexual behavior terms with their slang equivalents. While the compilation of slang terms is quite complete, most viewers could probably add a few of their own and they should be encouraged to do so. The technique in this filmstrip has been widely used in training workshops and other groups as a desensitization exercise to help people become more comfortable in talking about sex.

Marriage License. 16mm, color, sound. 8 min. William C. Brown Company, 2460 Kerper Blvd., Dubuque, IA 52001. Price: \$120; Rental: \$12.00.

This little film could well serve as a motivator for extended discussions on what is involved in a marriage relationship. On the surface, it portrays all those bureaucratic steps involved in getting a marriage license which, if interpreted literally, would support the often heard criticism of young people that a marriage license is only a piece of paper. We see the young couple getting their blood tests, answering the mechanical questions of the clerk who

fills out the license form, and responding “yes” or “no” to the cursory queries of the priest as he ticks off the obligations of a Christian marriage. The film ends with the provocative question of what is love beyond the legal obligations of the marriage license. Pursuing this question will, of course, lead in many different directions and therein lies the educational value of the film. Recommended for high school classes in marriage and family life, church youth groups, and classes in pre-marital instruction.

Sylvia, Fran, and Joy. 16mm, sound, b&w, 25 min. Churchill Films, 662 North Robertson Blvd., Los Angeles, CA 90069. Price: \$150.

This film presents three vignettes of young women and the roles they play in their marriages and families. Sylvia and her husband typify a marriage where both partners are co-equal in sharing the responsibilities of the home and the care of their young child. Fran’s marriage has broken up because she can no longer accept an identity defined almost totally through her husband’s work and his interests. She now enjoys living alone and is continuing her education. Joy and her husband have two children. She is accepting of her role as housekeeper-wife-mother, but admits to frustrations at times.

The contrasts in these three women’s life styles are nicely balanced; no effort is made to play up one option at the expense of the others. With the great interest these days about the many styles of marriage and its alternatives, this film can lead groups into productive discussions or creative writing assignments about the marriage relationship and the options it holds for the future. Recommended for high school, college and women’s groups.

There’s A New You Comin’. Sound filmstrip, LP record. Marsh Film Co., P.O. Box 8082, Shawnee Mission, KS 66208. Price: \$15.

Here is a low-key filmstrip, tastefully done, on the physical and emotional changes accompanying puberty. It should offend no one and therefore will find ready acceptance for school programs at the fifth and sixth grade levels. Content covers physical changes in the body from ages 10 to 18, differences in rates of growth in boys and girls, and the functions of glands and hormones in the onset of puberty. The point is made that physical maturity does not mean emotional maturity. Other health concerns of early adolescence are mentioned: nutrition, rest, exercise, cleanliness, and dental health.

To Be A Friend. 16 mm, sound, color, 13½ min. Billy Budd Films, Inc., 235 East 57th St., New York, NY 10022. Price: \$175. Rental: \$17.50.

Sex education as education in interpersonal relations is a concept articulated over 25 years ago by Lester Kirkendall, but this concept frequently gets lost in our obsession with putting across the “facts of life.” This is a film that looks at the nature and variety of friendship and holds the potential for opening up discussion with young people about what it means to be a friend. Using vignettes from life, the film shows over a dozen examples of friendship—between mother and daughter, members of a hockey team, girls at a slumber party, brother and sister, and others. The film is open-ended and is deliberately designed as a discussion motivator. Such a film can be effectively used in classes in human relations, church youth groups, and as a stimulus for creative writing classes.

JOURNAL REVIEWS

MEDICAL ASPECTS OF HUMAN SEXUALITY

(Hospital Publications, 18 East 48th Street, New York, NY 10017).

Reviewed by Robert L. Arnstein, M.D.

July 1973

Biological Factors in Male Homosexuality. Ray B. Evans, Ph.D.

The author reports on a research study comparing 44 declared homosexuals and 111 "presumed" heterosexuals on a series of physical, endocrine, and biochemical measurements. Significant differences are found but the importance of these differences is difficult to evaluate. The report is one of a number of recent studies, several of which are based on animal research, suggesting a biologic substrate to homosexual orientation. These are certainly of interest, but caution must be observed in the conclusions to be drawn from the data developed.

Familiarity as An Anaphrodisiac, and Some Countermeasures. Saul H. Rosenthal, M.D., and Chauncey F. Rosenthal, R.N., B.S.

Some practical suggestions aimed at improving sexual relations in marriage.

Condoms—A New Look. Philip D. Harvey.

A straightforward description of the differences in types of condoms and the advantages and disadvantages of each. Two commentaries discuss the successful use of condoms in family planning programs, particularly in regard to use by adolescents. The effectiveness of the condom when properly used and the simplicity of its use are stressed.

Special Sexual Problems of the Adopted Adolescent. William M. Easson, M.D.

A discussion of particular problems the adolescent may have in identifying with the adoptive parent of the same sex, and consequently in establishing a satisfactory sexual role. Feelings of both parents and child are covered, and the commentaries add depth to the discussion.

Krafft-Ebing vs. Havelock Ellis: Contrasting Attitudes in Two Pioneering Students of Sexual Behavior. Edward M. Brecher.

An historical account of two highly influential figures in the development of current attitudes towards sexual behavior. The article provides some interesting illumination of some "scientifically" held misconceptions such as the disease of "spermatorrhoea." It gives deserved credit to Ellis for many perceptive and courageous attempts to counter such misconceptions.

Habitual Abortion and Sexual Conflict. David Rothman, M.D.

The author reports on a study that relates supportive psychotherapy to carrying to term in a group of habitual aborters, divided into treated and non-treated groups. He discusses two case histories in which dream material dramatically illustrates some of the conflict.

August 1973

Absence of Sexual Desire in Men. Martin Goldberg, M.D.

The physiological and psychological causes of this condition are described and the importance of an accurate history is emphasized. Both the author and commentators stress the seriousness of the condition, whether physiologically or psychologically caused, if it is defined as total absence.

Early References to Homosexual Communities in American Medical Writings. John Burnham, Ph.D.

The author makes clear that there were very few medical references to homosexual communities until the turn of the century. His discussion, however, is of historical interest in light of the current concern about the impact of medical attitudes toward homosexual behavior.

Conception After Adoption: Myth or Fact? Francois M. Mai, M.D.

A carefully considered discussion stressing the difficulty of conducting adequate studies that hold up statisti-

cally. In general the author feels that greater likelihood of conception after adoption is a reasonable hypothesis but difficult to prove, the commentators are equally divided: one feels it is myth, one feels it is fact.

Early Marriage in the United States. Alan E. Bayer, Ph.D.

The author presents a comprehensive and thoughtful discussion of the age of marriage and the reasons therefor. He indicates that statistically "early" marriage has negative results but cautions that the cause may be more related to the reason for marriage than to age itself. Two commentaries suggest that some of the trends he cites (toward earlier marriage) may be in process of reversal.

Sex Demands Which Cause Marital Conflict. Charles E. Llewellyn, Jr., M.D.

The author describes several cases which fit into the category described by his subject. He makes no attempt, however, to distinguish between "normal" differences in the sexual interests of the marital partners and instances where these differences are "pathological." Although the concept that sexual differences are often the surface manifestations of other conflicts is valid, the assumption that "mature adults are capable of selecting partners with whom they can enjoy relationships and with whom they can work out differences" seems rather sweeping.

Women's Lib, Sex Role Development, and Children's Play. Richard A. Gardner, M.D.

A very important contemporary topic discussed in interesting fashion. The author stresses his belief in "maternal" and "paternal" instincts which account for some gender role behavior. He feels that options should be increased, however, for both men and women and discusses how children's play may influence later gender role concepts. He suggests ways in which the possibility of increased options might be introduced into children's play. Two women commentators question the evidence for some of Dr. Gardner's assumptions, notably the existence of maternal and paternal "instincts."

Continued from page 2

with no concept of the giving and taking and additional responsibilities that one has to take on when married.²

Ayrault gives an excellent example of this:

"Everyone had told me so much I could not do I was sick of it," said Paul. "I just knew there was something about me that must be normal; and, after all, I am twenty-four years old, and what nonhandicapped girl would ever want to go to bed with me? So when Mary came along, we both felt the same way about this, tried it out, found it worked, and so decided to get married." Mary added, "Frankly, we never would have gotten married had we been able to have sexual relations any time we wanted. After all, Paul cannot earn a living, and neither can I. Our parents were very much against our marriage, but since we went through with it, my parents could do nothing else but let us live with them. At least it is legal, and we do not embarrass them."³

Marriage is a role, a relationship, and a behavior. It requires as a minimum, a degree of independence—both psychological and physical, of support—both psychological and financial, and a certain level of emotional maturity. And our society is geared toward marriage, not only as the major expression of our sexual roles as men and women, but also, within the constraints of our changing sexual mores, as still the only fully acceptable vehicle for sexual behavior.

This is all well and good for those handicapped individuals whose disabilities, both emotional and physical, are not sufficient to prevent acceptance of marriage on adult terms, but what can be said for those handicapped persons for whom marriage is truly not a possible option? If we accept the sexuality of the handicapped as fact, must we not accept the sexuality of *all* the handicapped? Not just the mildly disabled with an average to above-average intelligence—all the handicapped: the moderately to severely retarded; the physically contorted woman in a wheelchair; the bed-ridden man on the back wards?

Traditionally, our anti-sexual society, having failed to prevent the appearance of sexual interests and expressions among the handicapped, has acted to stamp them out. Horror stories still abound—about the Florida home in which those boys caught masturbating were forced to masturbate publicly to "cure" them of this "vice," or about the New York State institution which cut down all the shrubbery on the school grounds to eradicate private trysting places. Fortunately for all of us, this era of almost total repression is about over, but it is only slowly, as society is coming to grips with its own sexuality, that we are beginning to realize fully that *all* human beings are sexual by nature from the moment of birth to the moment of death, including those who by birth, accident or disease live in deformed or crippled bodies, or possess incomplete faculties. "Privacy rooms" are beginning to appear in institutional settings. In the Netherlands, in England, and in Cincinnati, Ohio, apartment units designed for handicapped couples have been built and are staffed by professionals. Various non-marital heterosexual and homosexual relationships are being tolerated, and eventually accepted, among handicapped couples. In a few institutions, those individuals too handicapped even to masturbate are having masturbation prescribed and provided. Interest in sex education programs for the handicapped is increasing greatly as

this acceptance of their sexuality grows, and as the options available to them broaden.

The Role of the Professional

As professionals, we have not been fully realizing, much less meeting, the needs of the handicapped persons in our society. Speaking of his work with paraplegics, Dr. Theodore Cole of the University of Minnesota Medical School put it this way:

"One day we convened a panel of wheelchair men for some of our residents. These men were in their twenties, and I was amazed to learn that if they had their choice between getting back their walking or their normal sexual function, they'd choose sex—it was that important to them. In the hospital we put all our effort toward the walking—we were doing nothing about this other problem."⁴

It is time that we stop putting "all our effort toward the walking," and begin dealing with the real needs of our handicapped citizens. Organizations providing services to the handicapped are beginning to feel the impact of "consumer" involvement by members of the militant handicapped who refuse to be treated as second-class humans any longer. The Paralyzed Veterans of America, the Little People of America, the United Cerebral Palsy Associations, the American Foundation for the Blind, the National Association for Retarded Children, and the United Ostomy Association, among others, are turning their attention to the sexual needs of their membership or clientele. Booklets, articles, and other materials dealing with the sexuality of the handicapped are beginning to appear. Sex education materials, models, and programs are being developed for use with the handicapped, their parents, and the special staff personnel at agencies and residential institutions caring for the handicapped. Thorny issues are being raised and debated—the questions of parenthood, birth control, sterilization, the limits of acceptable behaviors and relationships in various privately and publicly funded settings.

If we are sincere in wanting to help handicapped persons to become all they are capable of becoming, to lead fulfilling lives, and to enjoy all the aspects of their God-given humanity, then we as professionals cannot evade this issue. We must invest ourselves—our talents, our knowledge, and our energies in working for the acceptance of the fully human, fully sexual nature of handicapped people, so that some day soon Margaret and the millions of other handicapped around the world will not have to beg acceptance, but can state proudly: "We are like other people."

Notes:

¹*Like Other People*, 16mm, color, sound film. Produced by the British Spastics Society; distributed in the U.S. by Perennial Education, Inc., 1825 Willow Road, P.O. Box 236, Northfield, IL 60093. Price: \$375. Rental: \$37.50.

²M. R. Morgan, "Marriage and the Handicapped," a paper presented at the Spastics Society's Third International '62 Club Conference, Reading University, Reading, England, July, 1969.

³Evelyn West Ayrault, *Helping the Handicapped Teenager Mature* (New York, NY: Association Press, 1971), p. 127.

⁴Theodore Cole, M.D., quoted in "Sex and the Paraplegic," *Medical World News*, January 14, 1972, p. 38.

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