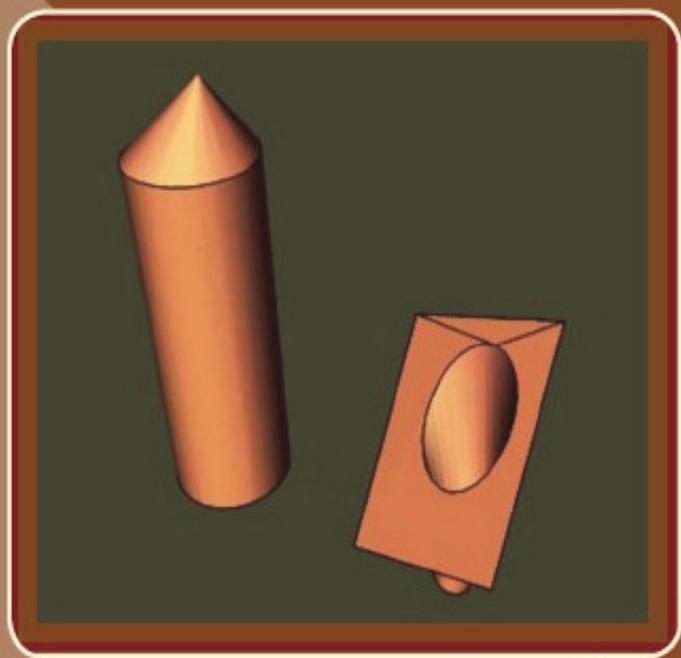
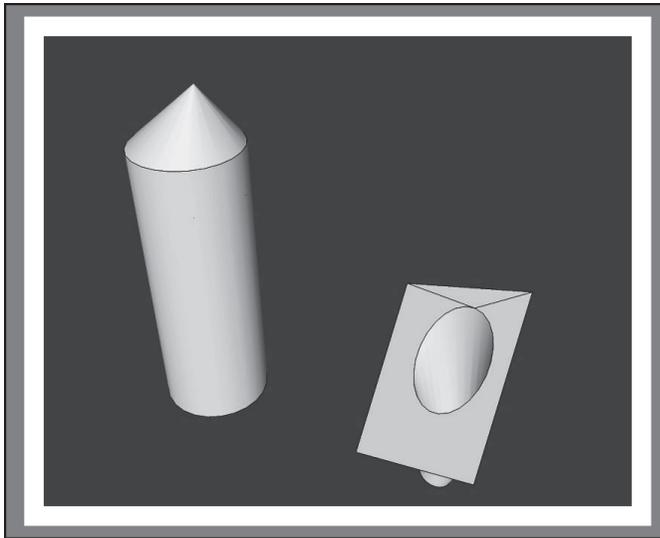


Understanding Male Sexuality



David Sebringsil

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by
David Sebringsil

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ISBN-10: 1481222171

ISBN-13: 978-1481222174

First Printing, 2013

Preface

Human sexuality is a most fascinating subject, embodying diverse elements from an array of subject matters and disciplines. These areas include biology, psychology, physiology, medicine, sociology and a study of comparative cultures. In order to craft a book dealing with sexuality, it was necessary for me to have studied and learned something about all of these topics.

For nearly two decades, I have been thinking about writing this book. The more I studied the various subject matters, the more fascinated with the complexity I became. Obviously, as a male, I felt a lot more comfortable writing this book from a male perspective. However, I could not adequately deal with male sexuality without confronting the broader issues relating to *human* sexuality as seen by both men and women.

It is appropriate to begin the book with a chapter dealing with basic biology of sex, and the physiology of sexual arousal. The biological engineering within the human body always amazes and surprises, and nowhere this is more obvious than as it relates to biological design relating to human reproduction. After all, the continuation of humans as a species critically depends on the sex-governing physiological systems working perfectly. Nowhere is this biological engineering better crafted than in the systems governing human reproduction. A basic question is “why is sex so much fun?” A related question is “why do both men and women pursue sex with such enthusiasm?”

I hope that Chapter 1, covering basic plumbing and electrical issues, adequately communicates my complete amazement with the biological and physiological systems that govern sexuality. I worry that a lot of men can easily wander through life without fully appreciating how wonderfully well the equipment in the groin and the brain work together to help find happiness in life. I appreciate the fact that for a lot of men, sexuality is at the very core of their very being, with practically everything else radiating from that. I also fully appreciate that sexuality is a great gift to humanity, and no matter how much enjoyment it brings, it should never be treated casually or lightly. Sex is but one part of the broader category of human relationships and love.

Understanding Male Sexuality

When I was 12 or 13, undergoing puberty was a very traumatic experience for me in a host of different ways. To put it mildly, I was confused, on a daily basis struggling with both the feelings of total terror and complete elation with respect to what was happening to me. I knew that big things were occurring in my body, but I just was not certain exactly what they were and where everything was headed. I have often thought that I would love to get the opportunity to relive the experiences I had between the ages of 12 and 14, knowing what I know now. Instead of being terrified at least half the time, I could instead just mentally kick-back and enjoy all of what in retrospect were super-sweet sensations and feelings, without the anxieties that so much dominated my thinking at that age.

In thinking about all of this for decades, I finally decided that if this was a particularly traumatic time for me, this most have been equally traumatic for most if not all of the boys that age. Moreover, the things that dad tells a boy only scratch the surface of what puberty takes the male body and mind through. So, chapter 2 on male puberty is written mainly from the perspective of me as a young boy, undergoing changes in both mind and body starting at age 12 or so. A boy undergoing puberty would like to learn about this, but also may be too embarrassed to ask about the often psychologically and biologically interesting but messy details. This chapter contains a lot of information that dads would probably want to share with their sons, if only they had the necessary courage and could open up without feeling embarrassed themselves.

If this discussion on male puberty is helpful to male readers still trying to come to grips with the intense feelings and sexually-related experiences they had at puberty, then as a writer I am happy. I think the reader will find topics addressed in this chapter that have never been cohesively written down before. If a father finds chapter 2 to be something that he would be comfortable sharing as written material with a son undergoing puberty, as a writer I would be even happier. The core of this chapter is a detailed presentation of my personal experiences undergoing puberty, and as I reveal what happened to me at that age, others should be able to relate to the dual experiences of sheer terror along with unbridled elation.

The 3rd chapter on solo sex logically follows from the chapter on male puberty in part because masturbation is likely going to be the sole sexual outlet for teen males just past puberty. Masturbation has often gotten a bum rap. A much better and more positive viewpoint is for the young man to just kick back and enjoy. Of course, that is difficult for a male just

past puberty to do that if he is constantly-fearful that parents or siblings will not give him some privacy. Parents tend to worry that if teen males are given too much privacy, they will end up doing things like visiting sexually-explicit Internet web sites that they should not be visiting at that age. At the same time, sexually-explicit material is everywhere, not just on the Internet, and it is going to be the rare teen male who does not get exposed to this in a variety of different ways. Learning how to deal with this is just a normal part of growing up, regardless of how traumatized the parents might be.

Two extremely important ideas are introduced in chapter 3. First is the concept of a sexual-arousal data base, which consists of the accumulated memory of both real and fantasy experiences the man has found to be sexually arousing in the past, from recently to long ago. Throughout life, men are constantly in search of a better and more-powerful orgasm, and what happens currently is always being compared to what happened in the recent to distant past.

The second idea is the importance of developing ejaculatory control, specifically, being able to ride along for long periods of time while still not ejaculating. Some of these techniques can be learned in solo sex, and pleasing a partner almost invariably involves slowing everything down. Not only that, this becomes the mechanism by which ultimately the most powerful and best orgasms are achieved.

In chapter 3, masturbation finally gets the recognition it deserves, not only because it can be a very enjoyable activity on its own and especially when for whatever reason a sexual partner is not available, but also because it is the boot camp for learning worth sexual techniques with a partner.

Chapter 4, titled "Understanding Women" first explains that men and women are sexually-wired quite differently. Men frequently view sex as the centerpiece of their lives, and everything else in their lives radiates outward from that. Men tend to see the concepts such as home, job, income and family as secondary issues. For most men, even the concept of love is a consequence from the core interest in sex.

Women often see their world very differently from men. Most women see sex as interesting, important and enjoyable at some level, but sex is only one piece in a puzzle that for them starts with concepts such as love, caring, support, and concern. Along with these concepts comes in-

come, home, family and other ideas associated with a relationship. For women, sex is one piece of the puzzle, but if sex were largely missing, the puzzle might still hang together if all of the other important pieces were there. A man's ability to understand that the male and female worlds not only differ from each other, but can sometimes collide, is critical.

Chapter 5 deals with the steps involved in having sex with a woman. The chapter starts at a very basic level, noting that both boys and girls share common sex organs at the early embryo stage, but by birth end up with very different sexual equipment. Ultimately, this leads to the key organs in sexual arousal, the penis and clitoris, and the idea that sexual arousal for both the man and woman, if it happens, is quickly sensed by a man or a woman in either organ. This quickly leads to either "I am attracted to you", or possibly "I do not find you attractive". What the person is saying, in code, is that you turn me on or you do not turn me on.

This is followed by a discussion of arousal lubrication in both the female and the male. I also discuss female "hot spots", or arousal centers including the mysterious and nebulous vaginal G-spot. In the dating process, it is critical that both the man and woman be aware if they are feeling anything in the sex organs as the social contact ("date") proceeds, as that in large measure will determine if the relationship has a future or not.

I then outline a series of steps in the dating process that might occur over a period of a few weeks, starting with a very simple and casual meet for coffee and ending some weeks later with dinner at a fine restaurant, and sex, assuming the man is really fortunate and everything otherwise has gone perfectly up to that point. The next section deals with practical issues such as why should I wear a condom and how (when) do I put on a condom? What do I do if I lose my erection? What if I am either too big or too small for her?

Another important issue relates to timing. Will she have an orgasm at all? If so, how can I get my ejaculation timing down to the point where she has an orgasm at about the same time I do during sex? What is all of this about clitoral versus vaginal orgasms? What about mechanical devices for helping her have an orgasm (or two, or three), specifically vibrators?

In chapter 6, I discuss the very important and complex problem of determining whether a man is straight or gay. A simple model would suggest that a man is either straight (0) or gay (1), and would not allow for categories that lie between the dichotomous choices. Alfred Kinsey devel-

oped a scale running from zero to six with seven not two (or three) categories and recognized that the scale could be continuous. A difficulty with respect to such a scale is exactly who is in the middle categories. For example, are these the bisexual men having sex with both sexes, or is this where the asexuals are found, that is, those who are having no partner sex at all?

A key to determining if a guy is straight or gay is the contents of his sexual-arousal data base, that is, his accumulated experiences (real or in fantasy) that result in sexual arousal. In most of the situations involving partners, are the partners most likely of the same sex or the opposite sex? Do erotic dreams most often involve same-sex or opposite-sex situations? If real or fantasy situations and dreams mainly involve partners of the same sex, the guy is likely gay.

Chapter 6 also discusses some of the most recent theories and science on the so-called nature-versus-nurture controversy, which continues the long-running debate with respect to whether or not being gay is genetically determined with perhaps a combination of gay genes and circumstances in the family ultimately determining orientation. Despite often rancorous debate on both sides, the question remains unresolved. Chapter 6 ends with a simple straight-or-gay test that should prove helpful as a quick analysis of sexual orientation.

Chapter 7 confronts the key issues in gay-male relationships from a number of different perspectives. I begin the chapter with a short history of being gay in the United States. This theme reappears in chapter 8 as well. Issues relating to discrimination against gays in employment are discussed.

Male same-sex couples have it easy relative to heterosexual couples in a key way. For a male, sex with a female partner invariably ends up being difficult just determining all of the different female body parts in the groin and how they may relate to each other. Gay male couples have a big advantage in that each can use the experiences of experimenting with his own body and how it responds as a key basis for determining what is particularly sensitive and arousing for his partner. Sexual compatibility in gay relationships is not unlike sexual compatibility in heterosexual relationships. In both cases, each partner is searching for someone who is in agreement with respect to what is arousing.

Casual gay sexual acts in the 21st century focus on activities that are not likely to transmit disease to a sexual partner. This means that mutual masturbation is in, and casual anal and oral sex is out. This also means that gay males interested in having casual sex need to hone their mutual-masturbation skills.

But there is also a newfound focus on moving away from casual sex and instead increasingly on building long-term relationships. To a certain degree, this has also been happening in the heterosexual world. The interest in gay marriage has caused a lot of gay men to focus on what they really want out of a relationship over the longer term. Long-term relationships are in, and casual sex in all its forms—gay *and* straight—is out. This is a very positive development. My advocacy for fun-but-safe sex between gay partners is quite apparent.

The historic stereotype is that gay men somehow engage in casual sex with a different partner practically every night. This behavior was seen as very odd, but particularly when viewed from the perspective of straight couples in monogamous relationships. Historically, this has been a key underlying rationale for discrimination against gays. To the extent that heterosexuals increasingly begin to see that gay relationships are not significantly different from relationships that monogamous straight couples have, and that gay marriage could indeed be important for cementing the long-term relationship bonds (just as it can be for heterosexual couples), then the entire rationale for discriminating against gays in employment and elsewhere falls apart.

Sexuality and aging are treated from a variety of perspectives in chapter 8, starting from the late teens to the end of life. The topics discussed include issues related to differences in the amount of sex wanted by each partner, issues in sexual boredom as sexual partner relationships mature, and issues related to erectile dysfunction.

Separate sections deal with issues related to low testosterone levels and why these are different from erectile issues that might be treated with one of the popular pills for treating erectile dysfunction. Despite the television ads that sometimes seem to treat these symptoms as similar, the two issues medically are very different.

Other sections deal with issues faced by men who must be away from their sexual partners for significant periods of time, issues related to divorce, and consequences due to the death of a sexual partner. A sepa-

rate section focuses on exercise, testosterone, aging and their implications for sex. Chapter 8 concludes with a discussion of sex in assisted care facilities for the elderly. The elderly face many of the situations they may have faced as freshmen college students living in a dormitory.

Chapter 9, titled “Male Sexuality in the 21st Century”, traces changes in public attitudes toward sex and sex-related issues from the 1950s and before, all the way into the 21st century. This is done on a decade-by-decade basis. Modern perspectives on sex and sexuality from the differing viewpoints of both males and females are presented, and from the viewpoints of both straight and gay males. The chapter concludes with a discussion of where we currently are with respect to ongoing controversies involving sexuality.

The 10th chapter of this book concludes with short reports on and critiques of some of the books that I have accumulated in my personal library and studied over the decades. As I worked on my book reports for chapter 10 and compared the books, two important points became clear to me. First, the content of these books has held up better than for some the others. This, in part, is because the sexual values in the 21st century are not the same set of values that applied to even the latter half of the 20th century. This also becomes especially obvious in reading Rubin’s early 1970s book “Everything you always wanted to know about sex but were afraid to ask.” Rubin’s book was considered radical in many ways when it was published, as he was pressing the boundaries given the 1970s value systems in place about sex. We all learn over time, and replace what has become an antiquated value system about sex and sexuality with a more modern one.

Yet, some of these books remain remarkably current. Bernie Zilbergeld’s book titled “The New Male Sexuality”, published in 1992 and now over 20 years old, remains a remarkable reference source on the subject. And what Shere Hite learned from all her detailed survey work remains an excellent source for discovering the details about the range of activities that guys what guys really do with respect to sex.

The book concludes not with a conventional reference list at all, but with a list of Wikipedia search topics. Each of these can be used to find an article on Wikipedia on the specific topic. In writing this book, I have studied all of these articles. Wikipedia articles are continuously being edited and updated. Sometimes the continuing edits improve the articles, but

Understanding Male Sexuality

sometimes also some of the best information in the article gets deleted by a well-meaning but perhaps misguided amateur editor. I only hope that the Wikipedia articles in my list remain in some form on Wikipedia. For those who are disappointed that this book contains almost no diagrams or photos related to each topic, let me encourage you to take a look at the diagrams and photos for each topic on Wikipedia. Collectively, they do a far better job that I could have ever done.

About the Author

I truly enjoy being a guy. The subject matter of sexuality has been a topic that has fascinated me since I was only a lad encountering my first encyclopedia with an article on the subject. My academic career that became the way I made a living took a completely different path, meaning that I never before had the time to write a book on the subject. But I continued to read about the subject and think about how the various concepts from the readings could fit together. The more I dug into the various subject matters, the more fascinated I had become with the complexity of the related topics.

Part of what most interests me about male sexuality is the curious dual feelings that men face—frequently sheer terror mixed with total elation and joy, and that a man never quite is certain which of the two he will be facing next. Furthermore, writers on sexuality come from widely-varying backgrounds encompassing not only physiology, psychology and medicine, but also subject matters such as sociology and even cultural anthropology.

David Sebringsil is a pen name, my sexuality-author nom de plume. There are three reasons for this. First, I have had an ongoing serious university career in an academic area unrelated to human sexuality, with many academic writings and a reputation there. Readers of my other books would be shocked to see this title pop up as well in a Web search on my real name. Second, over the last two decades, I have accumulated both Internet writings and something of a reputation relating to sexuality under my pen name. These Internet writings have long been quite popular, based on web site hits. Finally, I wanted to be able to write this book in part by both honestly and boldly relating the experiences that I have had during my life, and some of what I have written here may come as a bit of a surprise and even shock to those who know me.

So, I am definitely *not* a medical doctor, nor am I a psychologist, sex therapist, marriage counselor or any of those careers. I do admit to having had some formal study in biology in my background, but that is about it. Beyond that, I am just a guy who very much enjoys being a guy, with all that it entails. This book will take you on my ride. I think it is an interesting ride. I believe that I will treat you to some things you never thought about nor fully appreciated, It is important to Just kick back, and enjoy the ride.

Understanding Male Sexuality

David Sebringsil

Table of Contents

CHAPTER 1: Basic Plumbing and Electrical	1
Basic Plumbing of the Penis	2
Electrical Wiring	4
Computer Control Mechanisms	5
Sexual Turn-Ons from External Sources.....	6
Penis Nerve Endings	7
Testicles, Scrotum and Associated Internal Organs.....	8
Interactions between Penis and Brain	8
The Brain as an Information Processor	9
Sexual Arousal in the Human Male	11
The Beginning Erection Phase	15
Biological Underpinnings.....	16
A Growing Erection	17
What Could Happen From This Point Forward	19
Concluding Comments	21
CHAPTER 2: Male Puberty	23
Biological Clocks	24
Sexual Feelings Prior to Puberty	25
The Onset of Male Puberty	26
Secondary Sex Characteristics: Voice Change.....	27
Secondary Sex Characteristics: Growth Spurt and Adult Male Muscularity	28
Secondary Sex Characteristics: Development of Facial Hair..	29
Other Changes at Puberty	29
The Sequence of Events Leading to the First Ejaculation by the Adolescent Male	29

What Fathers *Should* Tell their Sons about Puberty (but Usually Don't) 41
Concluding Comments 43

CHAPTER 3: Solo Sex 47

Masturbation Gets a “Bad Rap” 47
Who Masturbates? 48
Frequency of Masturbation..... 48
Why Learning to Masturbate without Guilt is Important 49
Growing Up..... 51
Early Adulthood 53
Loss of Partner or Spouse..... 54
Building a Sexual-Arousal Data Base 55
Masturbation and the Accumulated Data Base of Sexually-Arousing Situations 58
Mastering the Art and Science of Masturbation..... 58
Other Techniques 67
Clothing..... 67
Why Solo Sex? 74
Concluding Comments 76

CHAPTER 4: Understanding Women 78

Men, Women, Mars, Venus..... 81
The Winning College Quarterback and the Beauty Queen ... 83
The Role of Male Physical Attractiveness in Relationships .. 85
As the Relationship Begins 88
The Ideal Relationship between a Man and a Woman 91
Why Relationships Sometimes Fail 94
Concluding Comments 96

CHAPTER 5: Sex with a Female Partner 99

Basic Biology and Sex with a Female Partner..... 99
Male and Female Lubrication 104
Flowers, Dinner and ??? 105

The Sex Act	110
Condoms.....	111
Does Everything Fit?.....	111
Basic Erection Issues.....	112
He and She Timing Issues	113
Clitoral versus Vaginal Orgasms	115
Vibrators.....	117
Taking Full Advantage of This.....	119
Concluding Comments	122
CHAPTER 6: Am I Gay?.....	126
The Kinsey Scale	126
The Sexual-Arousal Data Base.....	128
Erotic Dreams	128
Evaluating Data Bases and Dreams.....	129
A Degree of Choice or Fixed by Nature?	131
Genetics (Nature) versus Nurture in Sexual Orientation	132
The Gay-or-Straight Test	134
Putting This All Together	136
Concluding Comments	137
CHAPTER 7: Sex with a Male Partner.....	141
History of Hooking Up	141
Employment	143
Gay Marriage	144
Finding another Gay Man.....	145
Gender Bending and Historical Gay Stereotypes.....	148
Clothing	149
Sharing a Sexual-arousal data base.....	150
Role of Solo-Sex Experiences	151
Gay Sexual Acts in the 21 st Century	152
Putting This All Together	156
The Modern Gay Man	157
Concluding Comments	160

CHAPTER 8: Sex and Aging..... 162

- Masturbation Issues in the Late Teens and Early 20s 163
- Timing Issues 164
- Sexual Boredom..... 166
- Basic Erectile Issues 167
- Erectile Issues in Longer-Term Relationships..... 167
- Erectile Issues: Is It Low-T?..... 168
- Erectile Dysfunction: Little Blue Pills..... 170
- Exercise, Aging, Testosterone and Sex 171
- Travel 174
- Divorce..... 174
- Death of a Spouse..... 176
- Male Sexuality and Assisted-Care 177
- Concluding Comments 177

CHAPTER 9: Male Sexuality in the 21st Century..... 178

- The 1950s and Before..... 178
- The 1960s 180
- The 1970s 182
- The 1980s 184
- The 1990s 185
- The 21st Century 186
- Differing Male and Female Views: The Male Perspective... 189
- Differing Male and Female Views: The Female Perspective 191
- The Gay Male Perspective 194
- Why Most Men (in the US) Don't Wear Speedos® 195
- Major Ongoing Controversies 198
- Concluding Comments: Where Are We Now? 200

CHAPTER 10: References and Reading List..... 203

- Everything you Always Wanted to Know about Sex but were
Afraid to Ask 203

The Sensuous Man	206
Man's Body: An Owner's Manual.....	207
Male Sexuality (and) The New Male Sexuality	209
The Hite Report on Male Sexuality	213
Sexual Happiness for Men: A Practical Approach	214
Secrets of Better Sex	216
Understanding Human Sexuality.....	216
Other Important Books	218
Wikipedia Articles.....	220

1 BASIC PLUMBING AND ELECTRICAL

Sexuality is a powerful force, at the very center of the lives of most men. *Human* sexuality embodies a mix of subject matters, including biology, psychology, physiology, medicine, anatomy, sociology and culture. This *combination* of subject matters is what makes the study of human sexuality so fascinating. Those who write about sexuality all take perspectives consistent with the parts of the subject matter most familiar and comfortable to them. For example, a medical doctor writing on the physiological aspects of sex takes a very different perspective from a sociologist interested in the cultural aspects of sex. In the chapters that follow, I look at human sexuality, but, in particular, *male* sexuality, from a variety of perspectives, ranging from physiological to sociological. I also fully understand that what I write is consistent with my own experiences and within my personal comfort zone.

Male sexuality is often associated with psychological concepts such as *power* and *control*. But when most males think about sexuality, it is instead more often associated with words like guilt, fear, anger, uncertainty, self-doubt, angst and embarrassment. Men frequently enter young adulthood thinking they know a lot about sex and sexuality, but they frequently are missing a lot of important information. A lack of crucial information leads to feelings of fear, angst, uncertainty, self-doubt and even embarrassment.

At some level, nearly every male knows he has the same physical sexual body parts the other guys have. However, every guy at some level is also convinced that his own situation and what he faces sexually is *unique*, and that he is therefore somehow *different* from every other guy. Further, he is often convinced that the fear, the angst and the embar-

This book provides the detailed information that parents were often uncomfortable explaining to their male children, or perhaps didn't know themselves, that school classes providing sex education somehow failed to mention, and even information that high-school buddies did not seem to know. There will also be ideas that even wives and other long-term partners never encountered before.

Every man knows he has the same sexual body parts the other guys have. However, every guy at some level is also convinced that his own situation and what he faces sexually is unique, and that he is therefore somehow different from every other guy. Sex in all its forms always seems to get guys stuck somewhere between the emotions of total terror and unbelievable joy.

Each of us possesses a set of unique sexual turn-ons that work for one person but perhaps not for others. For men, turn-ons tend to be heavily focused on the visual, and it usually does not take much for the male arousal system to spring into action. All many men need to do is see a pretty woman and their sexual-arousal systems are off to the races.

The system in place that sustains the human species is a most remarkable piece of biological engineering. It has to function well at all sorts of levels beginning with the process of why human beings should be programmed to seek-out and have sex with mates, with the goal of keeping the human species successful over long periods of time.

Many men struggle throughout their lives, perhaps through several marriages or other long-term relationships, without ever mastering the finer skills in the art-and-science of lovemaking. Most of these men would have far fewer continuing-relationship issues if they were at all willing to objectively examine their own lovemaking skills. Sexual technique is an important part of this, but it is only a component of the broader set of issues that make relationships with women work.

My advice to a man entering any relationship with a potential sexual partner is to have fun, but proceed slowly, carefully, and deliberately, and do not be afraid to reveal a good deal more about your sexual inner-self than you thought you would. For a man, this is usually about slowing everything down. Slowing down has benefits for both partners in terms of ultimately building a more powerful sexual experience.

Learning to appreciate, indeed, learning to enjoy sexuality is the key for dealing with fear, angst and self-doubt. That is the reason I wrote this book. I will take you, the reader, to places you have never been before. So, sit back and enjoy the ride.