

Arizona State University (ASU) WST313 Women and Sexuality Practice Exam (Sample)

Study Guide



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Questions

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1. What is one impact of patriarchy on women's sexual health?
 - A. It promotes full autonomy in decision making
 - B. It eliminates stigma surrounding women's sexual health
 - C. It contributes to stigma and limits access to resources
 - D. It ensures equal presentation of sexual health across genders
2. Who believed that labels like "normal" and "abnormal" were created to control sexual diversity?
 - A. Sigmund Freud
 - B. Alfred Kinsey
 - C. Judith Butler
 - D. Michel Foucault
3. What are the emotional consequences of sexual violence on women?
 - A. Increased autonomy and confidence
 - B. Improved sense of safety and security
 - C. Complex emotional and psychological impacts
 - D. Enhanced sexual health and well-being
4. Is it true that the term "hooking up" is only applicable to heterosexual interactions?
 - A. True
 - B. False
 - C. Only in heterosexual contexts
 - D. Only among friends
5. Why is awareness of sexual rights important for women?
 - A. It decreases their ability to influence change
 - B. It helps them understand their bodies and exercise autonomy
 - C. It fosters dependence on others for decisions
 - D. It has no relevance in modern society

6. Which theory suggests that individuals create shared meanings reinforced by norms and social institutions regarding sexuality?
- A. Social constructionist theory
 - B. Functionalist theory
 - C. Cultural relativism
 - D. Conflict theory
7. What effect does self-objectification have on women's sexuality?
- A. It promotes sexual agency and confidence
 - B. It leads to increased freedom of expression
 - C. It can decrease sexual agency and cause shame
 - D. It enhances overall body image and satisfaction
8. What impact do overlapping sexual cultures have on individual experiences in those cultures?
- A. They create uniform expectations
 - B. They allow for diversity in sexual expressions
 - C. They eliminate misunderstandings
 - D. They restrict personal identities
9. Which of the following can NOT be characterized as a "normative and regulatory discourse of adolescent female sexuality"?
- A. Deconstructing the objectification of girls' bodies
 - B. Promotion of abstinence until marriage
 - C. Discouraging sexual exploration among teenagers
 - D. Encouragement of traditional gender roles
10. What factor can exacerbate stigma in relation to gender and sexual orientation?
- A. Cultural beliefs
 - B. Gender transgression
 - C. Societal stereotypes
 - D. Religious views

Answers

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1. C
2. B
3. C
4. B
5. B
6. A
7. C
8. B
9. A
10. B

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Explanations

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1. What is one impact of patriarchy on women's sexual health?

- A. It promotes full autonomy in decision making
- B. It eliminates stigma surrounding women's sexual health
- C. It contributes to stigma and limits access to resources
- D. It ensures equal presentation of sexual health across genders

Patriarchy has a profound impact on various aspects of women's lives, particularly in the realm of sexual health. One significant effect is that it contributes to stigma surrounding women's sexual health and limits access to necessary resources. Under patriarchal systems, women's bodies and sexuality are often subjected to control and regulation, leading to negative perceptions and societal stigma. This can manifest in various ways, such as shame associated with sexual activity, menstrual health issues, and reproductive choices, thereby creating barriers to open discussions and access to healthcare services. Furthermore, this stigma can discourage women from seeking help or accessing sexual health resources, as they may fear judgment or discrimination. This results in a lack of adequate sexual health education and services, perpetuating inequalities in health outcomes compared to their male counterparts. Recognizing the impact of patriarchy in this context is crucial for understanding the broader implications on women's autonomy and well-being regarding their sexual health.

2. Who believed that labels like "normal" and "abnormal" were created to control sexual diversity?

- A. Sigmund Freud
- B. Alfred Kinsey
- C. Judith Butler
- D. Michel Foucault

The belief that labels such as "normal" and "abnormal" were developed as means to exert control over sexual diversity is closely associated with Michel Foucault. Foucault argued that societal norms surrounding sexuality are constructs that serve to regulate and control individuals, thus reinforcing power dynamics within society. His work delves into how various discourses around sexuality have historically been used to categorize and manage people's sexual behaviors, essentially marking some as acceptable and others as deviant. In contrast, while Sigmund Freud contributed significantly to understanding human sexuality through psychoanalytic theory, he did not frame his views in terms of societal control over sexual diversity. Alfred Kinsey conducted comprehensive research on human sexual behavior and is known for normalizing diverse sexual practices rather than critiquing the societal labels around them. Judith Butler's work focuses on gender and identity, particularly in the context of performance and social constructs; her theories do touch on gender norms but do not center around the specific discourse of "normal" and "abnormal" as Foucault does. Therefore, Michel Foucault's perspective on the relationship between power and sexual norms aligns closely with the idea that definitions of normality are strategic instruments used to regulate sexual diversity.

3. What are the emotional consequences of sexual violence on women?

- A. Increased autonomy and confidence
- B. Improved sense of safety and security
- C. Complex emotional and psychological impacts
- D. Enhanced sexual health and well-being

The correct answer highlights that sexual violence can lead to complex emotional and psychological impacts on women, which is a well-documented consequence of such trauma. Victims often experience a range of emotional responses, including fear, shame, guilt, anxiety, and depression. These feelings can manifest in various ways, affecting a woman's ability to form healthy relationships and cope with daily life. The psychological impacts may include post-traumatic stress disorder (PTSD), which can further complicate the emotional landscape as survivors navigate their recovery. Victims may also struggle with feelings of isolation and stigmatization, as societal attitudes can influence how they perceive their experience and whether they seek support. This complexity underscores the importance of understanding the nuanced and varied emotional repercussions of sexual violence rather than oversimplifying the effects as purely negative or positive. In contrast, the other options suggest outcomes that are not typically associated with the experiences of survivors of sexual violence. Emotional autonomy or improved safety generally do not arise from such trauma, and sexual health and well-being are often negatively impacted rather than enhanced. Understanding the intricate emotional responses is crucial for providing appropriate support and resources for those affected.

4. Is it true that the term "hooking up" is only applicable to heterosexual interactions?

- A. True
- B. False
- C. Only in heterosexual contexts
- D. Only among friends

The term "hooking up" refers to casual sexual interactions and is not limited to any specific sexual orientation or context. It encompasses a variety of encounters that can occur between individuals of any sexual orientation, including heterosexual, homosexual, and bisexual interactions. The phrase has become a part of the broader cultural lexicon, and its usage reflects diverse experiences in sexual relationships across different communities. Given this understanding, it is clear that the concept of "hooking up" transcends the boundaries of heterosexual interactions and includes various forms of relationships among all individuals, regardless of their sexual orientation or the nature of their relationship (such as friendships or acquaintances). Therefore, stating that the term is only applicable to heterosexual interactions is not accurate. This understanding supports the idea that "hooking up" can occur in many different contexts, making the assertion that it is true is incorrect.

5. Why is awareness of sexual rights important for women?

- A. It decreases their ability to influence change
- B. It helps them understand their bodies and exercise autonomy
- C. It fosters dependence on others for decisions
- D. It has no relevance in modern society

Awareness of sexual rights is crucial for women because it empowers them to understand their own bodies and to exercise autonomy over their sexual and reproductive health. This understanding encompasses recognizing their rights to make informed choices, seek information, and communicate their needs and desires. When women are aware of their sexual rights, they gain the confidence to advocate for themselves and negotiate their sexual experiences on their own terms, which is an essential aspect of personal agency and empowerment. Moreover, this awareness can lead to better health outcomes, as women equipped with this knowledge are more likely to seek preventative care, understand consent, and engage in healthy relationships. It also plays a significant role in challenging societal norms and injustices around sexuality, further driving social change and promoting gender equality. Overall, recognizing sexual rights is fundamental to women's health, autonomy, and overall well-being.

6. Which theory suggests that individuals create shared meanings reinforced by norms and social institutions regarding sexuality?

- A. Social constructionist theory
- B. Functionalist theory
- C. Cultural relativism
- D. Conflict theory

The choice of social constructionist theory is grounded in the idea that sexuality is not simply a biological or natural phenomenon but rather a complex construct shaped by social interactions, cultural norms, and institutional frameworks. This theory emphasizes that individuals actively engage in creating and negotiating meanings around their sexual identities and expressions, highlighting the role of society in shaping what is considered acceptable or normative behavior regarding sexuality. This perspective recognizes that norms surrounding sexuality can vary significantly across different cultures and historical contexts, reflecting the fluidity of sexual meanings rather than seeing them as fixed. By understanding that shared meanings are developed and maintained through social institutions—such as family, education, religion, and media—social constructionist theory illustrates how individuals come to understand and experience their own sexuality in relation to societal expectations. In contrast, other theoretical frameworks may focus more on structural aspects, biological determinism, or power dynamics without placing as much emphasis on the processes of meaning-making and social interaction inherent in sexuality. This makes social constructionist theory particularly relevant for exploring how sexuality is influenced and shaped by broader social contexts.

7. What effect does self-objectification have on women's sexuality?

- A. It promotes sexual agency and confidence
- B. It leads to increased freedom of expression
- C. It can decrease sexual agency and cause shame
- D. It enhances overall body image and satisfaction

Self-objectification refers to the internalization of an observer's perspective on one's body, leading individuals to see themselves primarily as objects to be viewed and evaluated based on physical appearance. This phenomenon can significantly impact women's sexuality in various ways. When women engage in self-objectification, they often become preoccupied with how their bodies are perceived by others. This focus can diminish their sense of sexual agency, which is the ability to make choices about one's own sexual expression and experience. As women may feel pressured to conform to societal standards of beauty or desirability, they might experience feelings of shame or inadequacy regarding their bodies. This can create barriers to embracing their own sexuality fully and authentically, leading to a disconnect between their desires and their expressions of those desires. Additionally, when women feel they are constantly being evaluated based on appearance, it may result in anxiety or insecurity that further limits their comfort in sexual situations. Thus, self-objectification can contribute to a negative impact on how women experience their sexuality, leading to decreased confidence and agency in their sexual lives. In contrast, the other options suggest positive outcomes—like enhanced sexual agency, freedom of expression, and improved body image—which are less likely to occur when self-objectification is prevalent.

8. What impact do overlapping sexual cultures have on individual experiences in those cultures?

- A. They create uniform expectations
- B. They allow for diversity in sexual expressions
- C. They eliminate misunderstandings
- D. They restrict personal identities

Overlapping sexual cultures significantly contribute to a richer tapestry of sexual expression, allowing individuals to explore and embody diverse identities and experiences. When sexual cultures intersect, they create a space where individuals can draw from different traditions, values, and practices. This blending can lead to a broader understanding of sexuality, encouraging people to express themselves in ways that resonate with their unique identities rather than conforming to a single narrative or expectation. The interaction of various cultural influences provides individuals with multiple frameworks within which to understand their sexuality, promoting acceptance and exploration of different sexual practices and preferences. This diversity fosters personal empowerment and encourages a celebration of varied sexual identities, ultimately enriching the overall sexual landscape within those cultures.

9. Which of the following can NOT be characterized as a "normative and regulatory discourse of adolescent female sexuality"?

- A. Deconstructing the objectification of girls' bodies
- B. Promotion of abstinence until marriage
- C. Discouraging sexual exploration among teenagers
- D. Encouragement of traditional gender roles

Deconstructing the objectification of girls' bodies is a critical response to the ways in which female sexuality is often framed within society. This perspective actively challenges the normative and regulatory discourses that dictate how adolescent female sexuality should be viewed and managed. Instead of reinforcing standards that govern behavior and appearance, deconstruction seeks to analyze and dismantle the societal norms that often lead to the objectification of girls. In contrast, the other options focus on maintaining certain societal expectations and regulations surrounding female sexuality. For instance, promotion of abstinence until marriage advocates for a specific and traditional viewpoint on adolescent sexual behavior, reinforcing a normative framework. Likewise, discouraging sexual exploration among teenagers and the encouragement of traditional gender roles both reflect regulatory discourses that aim to control and define acceptable expressions of female sexuality. Thus, the act of deconstructing objectification not only critiques these normative discourses but also represents a move toward a more liberated understanding of adolescent female sexuality, which is why it cannot be characterized as a normative and regulatory discourse.

10. What factor can exacerbate stigma in relation to gender and sexual orientation?

- A. Cultural beliefs
- B. Gender transgression
- C. Societal stereotypes
- D. Religious views

The factor that can exacerbate stigma in relation to gender and sexual orientation is gender transgression. This concept refers to behaviors or expressions that deviate from traditional gender norms and expectations. When individuals do not conform to societal standards regarding how one should express their gender, they may face heightened scrutiny and discrimination. Gender transgression challenges the binary understanding of gender and often provokes negative reactions from those who uphold traditional views. This can lead to increased stigma, as society tends to marginalize those who defy established norms. While cultural beliefs, societal stereotypes, and religious views can also play significant roles in shaping attitudes toward gender and sexual orientation, the specific act of gender transgression directly confronts and disrupts normative frameworks, leading to a more pronounced experience of stigma and discrimination for those individuals. This is particularly relevant in contexts where strict gender roles are enforced, as transgressing these roles can lead to social ostracism, violence, and other negative consequences.