



Student Study Guide for:

Hooked: New Science on How Casual Sex Is Affecting Our Children,
by Joe S. McIlhane, Jr., MD and Freda McKissic Bush, MD (Chicago: Northfield
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Chapter 1

1. How can “sexual activity” be defined? How do the authors arrive at this description?
2. When is sex a positive experience? When is it not?
3. How are humans more than a collection of physical body parts?

Chapter 2

4. What do the authors mean by “use them or lose them,” referring to synapses? What do synapses have to do with the brain being moldable?
5. How are oxytocin and vasopressin bonding chemicals?

Chapter 3

6. For how long does a person’s brain remain moldable? What are some ways to positively and negatively mold the developing brain?
7. What happens to the brain of a person who repeats the sex/bonding/breaking-up cycle?

Chapter 4

8. Why does the cycle of short-term sexual activity with different partners tend to repeat itself?
9. What are some consequences of inadvisable sexual activity?
10. Sex is just one aspect of personhood. What are the others? Why can’t sex be separated from what it means to be a person?
11. What are important features of bonding for life with another person?

Chapter 5

12. How do humans and animals differ physically?
13. Why isn’t cohabitation as good an idea as it seems on the surface? Consider not only social implications, but what we know about the brain.

14. Why can casual sex have a negative emotional impact on a person?
15. How can we train ourselves to do what is difficult or what does not come naturally?

Chapter 6

16. What do parents have to offer their teens and young adult children?
17. Is it possible to overcome past mistakes? How?
18. The authors claim that “young people are filled with hope.” Should they be? Why? What healthy goals, pursuits, or dreams can adults guide them to?