Sex is the most prevalent form of reproduction among plants and animals. This widespread prevalence of sex is a major problem for evolutionary biology. Not only is sex more common than self-fertilization or asexual reproduction, sex is also far more costly from an evolutionary perspective. So, why sex? Darwin was one of the first biologists to ask this question. While we still lack a definitive answer to the question, evolutionary biologists have made progress on understanding the selective pressures that favor sex. Dr. Morran shares some insights that his lab has uncovered and talks about where we go from here.