ANNEXURE I

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COMMON MYTHS AMONGST ADOLESCENTS ON SEX AND SEXUALITY

Adolescence is often a time of ambivalent sexual feelings, unrewarding relationships, and unwanted pregnancy. Whether we want them to or not, they will learn about sex. If parents openly discuss sexuality with their children, they can greatly influence their children learn. As there is no legitimate source for an adolescent to seek information and clarification about pubertal changes, and the curiosity is high, the adolescents tries to gather information from peer groups and from pornography, both of which provides wrong information. Many myths regarding sex and sexuality have become deep rooted amongst the adolescent. Some widely held myths among young people seem to perpetuate these problems. These myths stay with the adolescent for rest of his/her life and are handed down to peers from generation to generation. Some of the more common myths are: -

**Myth:** Sex is a dirty word.

**Fact:** Sex words are dynamite and like certain explosive many of them are unstable and must be handle carefully. They are an awkward mixture of scientific terms and intimate slang. Sexual activity is as normal as other physiological activity and everybody in general and teenagers in particular should know about sex and there is nothing dirty about it.

**Myth:** It is a bad to have sexual fantasies and mood changes during adolescence.

**Fact:** During adolescence the body undergoes several hormonal changes and these may result in mood swings, changes in feelings towards the opposite sex/same sex, and at times sexual fantasies/thought that adolescent feel good. These are all perfectly natural body reactions and very normal processes.

**Myth:** Certain activities are made by nature for boys only while others are meant for girls only.

**Fact:** This myth is created because of the double standard of the society. From the childhood it is put in the heads of boy that “boys don’t cry and they should be strong”. Because of the hormonal influences boys are physically strong during teenagers time. However, girls mature earlier and can do everything what a boy
can do. This gender bias is gradually evaporating with the present stock of teenagers.

**Myth:** Boys who have lesser hair on their face are not men enough.

**Fact:** Facial hair has nothing to do with manhood of a boy. Mostly hair growth is related to the amount of secretion of testosterone. It is generally decided that how much hair growth a boy would have. So it is a myth.

**Myth:** Boys with smaller penises will not be able to give sexual satisfaction to their partners or will not be able to reproduce.

**Fact:** This is a myth with no scientific basis to substantiate it. The size of the penis has nothing to do with the ability to give sexual satisfaction.

**Myth:** Enlargement of breasts in boys during puberty is a sign of being a ‘female’ from inside.

**Fact:** Enlargement of breast is called Gynaecomastia and it is very unusual in male to have enlarged breast. Because certain boys secrete extra hormone called “prolactin” which leads to enlargement of breast and it is also a sort of enlargement of body. This needs a surgical treatment.

**Myth:** Girls with smaller breast will be less sexual, will not be able to breastfeed the baby and will not be able to sexually satisfy.

**Myth:** Larger breasts produce more milk than smaller breasts.

**Fact:** Just as body size and penis size vary, so do breast size. The amount of breast milk produced is not dependent on the size of the breasts. This is a myth with no scientific basis to substantiate it.

**Myth:** An intact hymen in a girl indicates her virginity.

**Myth:** If a girl’s hymen is broken, then she is not a virgin.

**Fact:** The hymen is a thin perforated membrane present at the entrance of the vagina. The hymen can break or rupture during various physical activities such as cycling, horse riding, sports, etc. So the presence or absence of the hymen has no relation to the sexual status of a girl.
Myth. Sex means love.

Fact: Young girls are more likely to believe that love and sex go together. Teenagers may feel sexual advances indicate love and commitment and are very disappointed when this is not the case. Or they may feel that love (which is not necessary for sex) will be an inevitable outcome of having sexual intercourse. Young people often believe that if you have sex with someone, he or she will be more likely to love them. While it does happen at times, it more often leads to feelings of disappointment and possibly betrayal.

Myth. Sex produces instant adulthood.

Fact: In their desire to become adults quickly, some adolescents believe that engaging in adult activities (sexual intercourse, smoking, drinking alcohol, driving, etc.) will make them adults. With sex, it leads to two bad effects. It may push teenagers into situations they do not want - romantic commitments, pregnancies, and sexually transmitted diseases. On the other hand, if teenagers feel these activities have actually made them fully mature, it may inhibit their growth and development in other areas.

Myth: Masturbation is harmful.

Fact: Masturbation is normal and healthy. Masturbation is an activity usually beginning in early adolescence. It is a process of self-stimulation for sexual gratification. Masturbation is one way of satisfying one's sexual urge, and is normal and healthy.

Myth: Wet dreams are sexual disorder /Nightfall is a disease.

Fact: Nocturnal emissions (Wet dreams) are not a sign of sexual disorder. They are part of normal sexual process.

Myth: Boys are more sexual while girls are more ‘romantic’. Some adolescents however believe that girls are more sexual.

Myth: Men have stronger sexual urges than women.

Fact: Not true. Sexual urge is equal or same in both sexes. Women's sexual feelings can be every bit as strong as men's. Their desire or drive for sex can be just as powerful and their sexual pleasure can be, as well.

A woman’s clitoris contains as many nerves as the head of a man's penis, but in a much smaller area, so the sensations she feels there can be very intense. Some women also enjoy multiple orgasms, whereas this is less common among men.
Every woman is different, and it is also normal to have times when sexual feelings are very strong and other times when they're less so.

Myth. "No" means "Yes."

Fact: Many guys feel that they must take advantage of every sexual opportunity to prove their masculinity. In addition, they believe that most women who say "no", really mean, "yes." As a result, "date rape" is very prevalent, though most cases go unreported.

In fear of offending the man, some women may actually smile while saying "no," giving him conflicting messages. Others find it extremely difficult to openly say "no" and wind up in passively squirming and retreating without saying anything. The most effective and assertive response to an unwanted sexual advance would be to say, “Although I like you, I definitely do not want to have sexual intercourse.” This does not damage the fellow's ego, and it indicates her wishes clearly and firmly.

Myth: Withdrawal before ejaculation will not make a girl pregnant.

Fact: A girl can become pregnant even if a boy does not ejaculate or 'come' inside her.
Even if a boy ejaculates near the girl's genitalia, spermatozoa can still find heir way inside. Besides, the spermatozoa may be present in the pre-ejaculation fluid that oozes out (without actual ejaculation) from tip of the penis. This is enough to cause a pregnancy.

Fact: Abstinence is the only method of birth control that is 100 percent effective. Abstinence means no sexual relations whatsoever. Therefore, there is no opportunity for the fertilization of the ovum by the sperm

Myth: Menstruation is unclean.

Fact: Menstruation is a part of a normal physiological process in the life of a girl or a woman. It starts when a girl reaches puberty. This involves the preparation of the uterus for the implantation and growth of the fertilized ovum in case conception occurs. However, if fertilization does not occur, the inner layers of the uterus are shed along with blood. This is called menstruation. It is a normal and natural process.
Myth: It is unhealthy for a girl to bathe or enter a kitchen or play sports during her menstruation.

**Fact:** There is no reason why a girl cannot participate or engage in normal activities during her period, unless she has cramps or suffers from any discomfort that restricts her movements.

**Myth:** One can get pregnant through petting, kissing or anal intercourse.

**Myth:** A girl cannot get pregnant if she has sexual intercourse once or only occasionally.

**Fact:** Engaging in sexual intercourse even once, including for the very first time is enough for pregnancy to occur. Whether a girl will or will not become pregnant depends largely on the timing of her ovulation and sexual contact.

**Myth:** Once a boy has an erection, he must have sexual intercourse or it could be harmful to his health.

**Fact:** An erection with or without sexual stimulation (when standing with friends, when at a meeting or in classroom, when walking or sleeping) is a perfectly natural body reaction, and it is not essential to have sexual intercourse following an erection. Masturbation is an effective physiological release. As is the case with the egg/ovum of the female, the unused sperm is disintegrated/destroyed in the body as part of the natural process, and hence there is no build-up of semen in the scrotum.

**Myth:** Nocturnal emissions make boys weak.

**Fact:** The loss of semen either during a wet dream or through masturbation or sexual intercourse is perfectly natural and harmless. It does not make boys weak.

**Myth:** Masturbation makes a boy impotent.

**Fact:** Masturbation is one way of satisfying one’s urge, and does not make a boy impotent.

**Myth:** A drop of semen is equal to 60 drops of blood. Hence the loss of semen weakens the body.

**Fact:** Semen loss is not equivalent to blood loss. The loss of semen through masturbation or sexual intercourse is perfectly natural and harmless. It does not make boys weak.
Myth: Masturbation is practiced only by boys/men.

Fact: Masturbation is a method of releasing sexual tension/excitement. It is not exclusively male preserve. Females also masturbate. Statistically, more than 90 percent males masturbate, while 35 to 60 percent of females masturbate.

Myth: The size of the penis is an indication of the man’s virility.

Fact: This is a myth with no scientific basis to substantiate it. Just as body sizes and breast sizes vary, so do penis sizes. The size of the penis has nothing to do with the ability to give sexual satisfaction.

Myth: Circumcision increases the virility or sexual power of a man.

Fact: There is no scientific evidence to indicate that circumcision increases the sexual power or virility of a male. Circumcision is a procedure by which the foreskin or the loose fold of the penis is cut surgically and the cut ends stitched. Circumcision reduces smegma, the whitish substance that collects underneath the foreskin if not drawn back and cleaned regularly. Circumcision also helps protect from infection.

Misconception: Human sexuality education in schools and colleges will lead to excessive sexual experimentation by young people.

Fact: Adolescents and teenagers are adventurous and like to experiment and experience new things. This applies to sex also. The aim of human sexuality education is to provide accurate and correct knowledge about human sexuality and the hidden dangers involved in reckless sexual experimentation. This will help adolescents and teenagers to make informed and correct decisions at the appropriate time.

Available data on sexuality and HIV education programs show that sexuality education programs do not lead to an increase in sexual activity. On the contrary, the data show that the percentage of youth involved in sexual activity decreased markedly after the introduction of such programs. In addition, it is seen that such programs help in increasing abstinence among adolescents and that they also delay the age of sexual debut.

Myth: Women also ejaculate during sexual intercourse.

Fact: Women do not ejaculate since they do not secrete seminal fluid.
Myth: Only men have wet dreams.

Fact: Just as men, women also experience nocturnal orgasms.

Myth: Men have fixed quota of semen. If he masturbates, this quantity is quickly disposed off.

Fact: There is no fixed quota of semen for a man. From the time a man attains puberty till his death, semen will be produced, provided his testicles are healthy.

Myth: Frequent masturbation makes the penis shrink.

Fact: Even if a person indulges in masturbation frequently, the penis never shrinks and becomes small. Once any part or organ of the human body has attained its maximum size, it will never become small unless it is partially cut off accidentally or surgically.

Myth: Special foods and exercise will make the penis grow big.

Fact: Not true. Whatever that is good for other body parts is also good for sex organs.

Myth: Masturbation leads to nervous breakdown.

Fact: Not true. Masturbation is a normal physiological activity. Only, physiologically/emotionally sub-normal people do not masturbate.

Myth: Imparting sex education to youngsters will lead them to promiscuity.

Fact: Talking to youngsters on sex or imparting them sex education will not lead to promiscuity. Even without sex education, people indulge in promiscuity. In fact more married people have promiscuous relations than youngsters. Educating the young on sex and sexual behavior helps them to develop a healthy and positive attitude towards sexuality. More important, better interpersonal relationship between the sexes will develop leading to harmonious family and marital life.

Myth. I can't get pregnant.

Fact: Typically because of guilt feelings about sex, many sexually active teenagers make no (or inadequate) attempts at contraception. This myth is based on the lack of factual information plus the use of denial (unconsciously refusing to see a stressful situation) as a defense against anxiety. As may occur with driving, drugs or pregnancy, many adolescents have an illusion of
invulnerability. Although it may happen to others, "it won't happen to me." In contrast, some unconsciously want a pregnancy - as proof of masculinity or femininity, desire for adult status, revenge toward parents or a former lover, or a fantasy that a baby will fulfill their need to be loved.

Myth. Condoms allow no feelings.

Fact: Many sexually active teenagers are resistant to using condoms (rubbers) for birth control. This is primarily true for those who have never used condoms. The younger boys listen to the older boys, mimic their words, and come to believe that "real men" are not supposed to like condoms. The reality is that they detract somewhat from the man's physical stimulation, but not from the woman's. However, anything that is perceived psychologically as unpleasurable (including condoms) can reduce the satisfaction in any interaction. Even so, this relates more to expectations of the situation rather than the physical effects of the condom. As an added feature, the latex condom (used correctly) is the best protection against sexually transmitted diseases - including AIDS - outside of abstaining from sex.

Myth. Knowledge leads to sexual activity.

Fact: Some parents and other adults are reluctant to give young people accurate sexual information. They fear that knowledge about sexuality leads to premature sexual activity - or that talking openly about sex stimulates casual sexual relationships. Whether or not sexual information is given, a certain portion of teenagers will be sexually active.

Adults who try to protect their children from the information that they need to make responsible sexual decisions simply push sexually active adolescents toward irresponsible sex. Talking about sexual issues openly encourages responsibility. Timely, effective sex education - rather than too little information given too late - helps to postpone first sexual intercourse, helps prevent pregnancy and sexual diseases when sexual activity does begin, and develops increased respect for one's self and others.

There is no question of whether your children will receive information about sex the only question is how. An informal sex education from peers and the media is riddled with confusion and misinformation. With effective sexual education from home and school, adolescents can be provided with factual information to make wise decisions about their behavior.
ANNEXURE III

GLOSSARY

Abortion – Medical word meaning the surgical, medical or natural termination of the pregnancy before the embryo or fetus can live independently of its mother.

Adolescence – The time of physical and mental development occurring between the onset of puberty and adulthood.

Ambisexuality – The capacity to express oneself with a person of either sex. The realization of the capacity is called bisexuality.

Amenorrhoea – The absence of menstruation in a woman after puberty.


Androgens – Male sex hormones, produced mainly in the testicles, through some are produced by the adrenals glands. Small amount are produced by the adrenals glands in females.

Antibiotics – Group of drugs prescribed to treat bacterial infections; there are many types.

Artificial insemination – The placing of living sperm on the cervix in order to achieve fertilization. AIH is artificial insemination by husband and AID artificial insemination by donor.

Autoeroticism – Sexual arousal and expression, such as masturbation and fantasy, not involving a partner.

Birth control – All forms of attempting to ensure that intercourse does not result in pregnancy.

Bisexuality – The orientation in which a person contact with members of both sexes to achieve satisfying sexual expression and emotional fulfillment.

Body Image – The concept we have of how our bodies appear to ourselves and of how we believe others see us.

Capitalism – An economic system in which the means of production are privately owned and organized to accumulate profits within a market framework, in which labor is provided by waged workers.
Care in the community – A range of informal and professional care of the elderly, disabled and sick undertaken in the community, rather than in institutional settings, typically by female relatives.

Caste system – A system of social division and stratification, influenced by Hinduism on the Indian subcontinent, in which an individual’s social position is fixed at birth.

Castration Anxiety – Freudian theory about psychosexual development according to which small boys fear their fathers will castrate them to prevent rivalry for their mother’s love.

Causal relationship – A relationship where one phenomenon has a direct effect on another.

Cervix – Literally “neck”, but referring almost exclusively in this book to the neck of the womb, the connection between uterus and vagina.

Cervical cap – Contraceptive device that blocks a woman’s cervix.

Chancre – Sore characteristic of both syphilis and chancroid.

Chancroid – Sexually transmitted disease spread by contact with pus from sores called chancres.

Circumcision – The surgical removal of the foreskin.

Class – A term widely used in sociology to differentiate the population on grounds of economic consideration, such as inequality in terms of wealth or income.

Class decomposition – The breaking down of traditional class structures and themselves.

Climacteric – Critical period in the midlife of women and men. In women menopause is a chief sign of this period. In some men psychological and emotional difficulties may be apparent.

Clitoris – Female sex organ consisting of a head called the glans, and a body or shaft. Approximately the size of a cherry stone, it is covered by a hood made up of tissue where the labia minora meet. Common names – clt.

Closed ended questionnaire – The most commonly used form of questions asked in questionnaires, the answers to which fall within a predicted range and thus can be pre coded (see open ended).
**Cohabiting** – Arrangement whereby two people live together in a sexual relationship without being married.

**Common sense knowledge** – From Schutz, the practical social knowledge that we take for granted as the basis for everyday actions.

**Community** – A society of people having common rights.

**Compulsory heterosexuality** – Associated with Adrienne Rich, this concept implies that heterosexuality is not so much the natural form of sexual preference but is imposed upon individuals by social constrains.

**Conception** – The moment when the male sperm penetrates and fertilizes the egg. The male chromosomes combine with the female chromosomes to produce the nucleus of a new cell. Penetration of an ovum by a sperm to form a single 46 chromosomes cell and fertilized egg implants into the womb.

**Condoms** – A contraceptive, which is a thin rubber/latex sheath with a small chamber at the closed end where the semen is collected after ejaculation.

**Consumerism** – A culture centered on promotion, sale and acquisition of consumer goods.

**Contraception** – All forms of attempting to ensure that intercourse does not result in pregnancy.

**Cultural advantage** – Life style, religious beliefs, values, or other practices, which give people a greater chance of obtaining economic success or social status.

**Cultural capital** – Refers to the extent to which individuals have absorbed the dominant culture. Associated with Pierre Bourdieu, who claimed that greater degree of cultural individuals possessed (the more absorbed they were in the dominant culture), the more successful they would be in the educational system.

**Cultural relativism** – An approach that denies that any one way of living is superior to others; all cultures are equal.

**Culture deprivation** – In the sociology of health and illness, an approach, which focuses on factors such as smoking, alcohol consumption and eating habits, claiming that life-style choices determine ill health? It offers an explanation of increased incidences of ill health in working class people by directly relating to life style factors.
**Culture imperialism** – The aggressive promotion of Western culture, based on the assumption that its value system is superior and preferable to those of non-western cultures.

**Cunnilingus** – Mouth contact with vulva. Common names: going down, giving head.

**Cystitis** – Inflammation or infection of the bladder caused by bacteria. Cystitis is not a sexually transmitted disease, though its symptoms may be aggravated by sexual activity.

**Dating** – An outing of an adolescent boy and a girl which may start of to be causal but may end up in intense sexual relationship.

**Demographic age profile** – The size and structure of the population based on age.

**Dependent variable** – A technical term used in empirical research to denote a phenomenon that is caused by or explained by something else. (See independent variable).

**Depression** – A change in mood in which there are feelings of hopelessness and fatigue, lack of enthusiasm, lowering of sexual drive and interest, lack of initiative, and loss of normal ability to make judgments; and, in severe forms of depression, suicidal thoughts or even the development of true psychotic illness with sensation of persecution, hallucinations, etc.

**Desire** – First phase in the sexual response cycle which moves a person to seek out a sexual situation; also called libido.

**Diaphragm** – Contraceptive device, which is placed in the back end of the vagina to block off the opening to the uterus.

**Double standard of sexual morality** – The implicit assumption that while promiscuous forms of sexual behavior are to be expected and often admired in men, the same form of behavior are seen as deviant and inappropriate in women. For example there is no male equivalent of the word ‘slag’.

**Drag queen** – A male homosexual who dresses flamboyantly in the clothing of the other sex.

**Dyke** – A negative description of a woman who seems masculine either in behavior or in appearance.
**Dysmenorrhoea** – The pain or discomfort a woman may experience during menstruation. Cramps, back pain, breast tenderness, bloated feelings, weight gain and headaches may be experienced.

**Dyspareunia** - Condition in which a woman finds sexual intercourse painful.

**Ejaculation** – Expulsion of semen from the penis by means of a series of involuntary rhythmic contraction in the testes and penis. This occurs when the man reaches his orgasms during sexual activity.

**Electra Complex** – Freudian theory describing part of a girl’s psychosexual development from three to five or six years of age, according to which a girl feels cheated by not having penis and competes with her mother for her father’s affection. The Electra complex parallels boys’ Oedipus complex.

**Embryo** – The earliest stage in the development of a human baby, from the moment the ovum is fertilized (conception) to the end of the third month of pregnancy. Thereafter until birth it is called a fetus.

**Endocrine gland** – Sometimes called a ductless gland, it produces and secretes hormones into the blood circulation to reach the tissue in other parts of the body that will respond to the hormone. An example of this is the way in which the anterior pituitary gland stimulates the ovaries or testes.

**Endometruim** – Innermost layer of the uterus. It leaves the body as part of the menstrual flow unless pregnancy occurs, when it provides a place for the fertilized egg to grow.

**The enlightenment** – An eighteenth century philosophical movement based on notions of progress through the application of reason and nationality. Enlightenment philosophers foresaw a world free from religious dogma, within human control and leading ultimately to emancipation for all humankind.

**Epidemiology** – The study of the patterns of disease.

**Epididymes** – Tightly coiled tubes, which adhere to the surface of each testicle and act as masturbation and storage chambers for newly developed sperms as they move out of the seminiferous tubules.

**Epistemology** – A philosophical concept meaning the theory of knowledge, which underpins methodology. For example, the type of methodology employed in a piece of social research will be determined by epistemological assumptions.

**Erection** – Process whereby the soft spongy tissue in the shaft of the penis is filled with blood, causing the penis to enlarge and stiffen. Common names: hard-on, stiff.
**Erectile Difficulty** – A problem of sexual response in which a man is unable to achieve an erection. The difficulty may be occasional or regular. Common names: impotence.

**Erogenous Zone** – Any part of the body that is particularly sensitive to sexually arousing touch.

**Erotica** – Any written or visual material or device that arouses sexual interest or is used to enhance a sexual experience.

**Ethnic absolutism** - A conceptual and political view of ethnic groups which sees them as possessing distinct and separate traditions and cultures which are fixed and absolute.

**Ethnicity** - To be distinguished from ‘race’, which emphasizes biological differences based on the skin color; ethnicity denotes a sense of belonging whose members share common cultural traditions.

**Ethnography** – A research technique based on direct observation of the activity of members of a particular social group or given culture.

**Ethnomethodology** - Associated with the work of Harold Garfinkel, it is an approach used to study the methods people deploy in their everyday lives to make sense of social life and enable meaningful exchange with one another.

**Ethinyl oestradiol** - Synthetic oestrogen used within 72 hours of unprotected intercourse. Common names: morning-after pills.

**Evolutionary** – Pertaining to a process of developmental change through stages which progressively unfold (see evolutionism).

**Exhibitionism** – Compulsive act of inappropriately exposing the genitals to the other sex for the purpose of sexual arousal and gratification.

**Expressive** – In relation to the family, the term Parsons uses to describe the wife’s role of providing for the emotional needs of her family.

**Extended family** – A household unit where more than one generation of husbands’ and wives reside with their offspring.

**Fellatio** – Mouth contact with the genitals. Common names: giving head, going down, blow job.

**Female infanticides** – The murder of female babies and infant.
**Femininities** – Various socially constructed collections of assumptions, expectations and ways of behaving that serve as standards for female behavior.

**Fertilization** – Penetration of an ovum by a sperm to form a single 46-chromosomes cell, the moment when the male sperm penetrates and fertilizes the egg. The male chromosomes combine with the female chromosomes to produce the nucleus of a new cell.

**Fetishism** – Fixation on an object or body part and a compulsive need for its use in order to obtain sexual gratification.

**Foetus** – The name given to a developing baby from the eighth week after fertilization until birth.

**Follicle Stimulating Hormone** - Hormone produced by the anterior pituitary gland that stimulates the production of oestrogens by the ovary and of testosterone by the testis.

**Foreskin** – Tissue that covers the glans of the penis. It can be rolled back to expose to glans.

**Frenulum** – Sensitive area on the underside of the penis where the glans meets the shaft.

**Gay** – Man or woman having homosexual orientation.

**Gender** – The definition of a person’s sex as male or female.

**Gender** – Distinct from ‘sex’, this concept often refers to the socially constructed categories of masculine and feminine that are differently defined in various cultures. Many contemporary theorists use a border definition to refer to the variable sets of beliefs and practices male and female (or other genders) that not only feed into individual identifies, but are fundamental to social institutions and symbolic systems.

**Gendered division of labor** – The division of work roles and tasks into those performed by men and those performed by women.

**Gendering** – The process by which division occurs according to gender. For example, the gendering of the labor market refers to the labor division where women are concentrated in certain job areas, usually low paid, part time, often causal ones and men are concentrated in others.

**Genitalia** – Reproduction organs that may be external, such as the penis and vulva; or internal, such as the prostate or uterus.
Gestation – The period after conception, also known as pregnancy, during which a baby develops in the womb.

Glans Penis – The head of the penis known just as the glans.

Globalization – The process whereby political, social, economics and cultural relations increasingly take on a global scale, and which has profound consequences for individuals' local experiences and everyday lives.

Gonorrhoea – A sexually transmitted disease spread by a variety of sexual acts. Painful urination and discharge from the urethra are some common symptoms. Common names: clap, drip, dose.

The great Transformation - The name given by Karl Polanyi to the historical moment, characterized by massive social, political, technological, economics and intellectual changes, which mark the onset of modernity (see modernity).

Gynaecomastia – Increased breast growth in either sex.

Herpes – Major sexually transmitted disease caused by a virus, which affects the skin and mucous membranes. Both Herpes Simplex virus I and II are spread through direct contact with sores or blisters which are present when the disease is in its active state.

Heterosexual – A person whose primary or sole means of obtaining sexual fulfillment with a partner is through sexual activity with members of the other sex. Common names: straight.

HIV – The Human Immuno Deficiency Virus that causes AIDS.

Holistic – An approach that focuses on the whole rather than on specific parts or aspects.

Homophobia – Fear of and revulsion toward homosexuals and homosexuality.

Homophobia – Fear of homosexuality and lesbianism.

Homosexual – A person whose primary or sole means of obtaining sexual fulfillment with a partner is through sexual activity with members of his or her own sex. The term is commonly used of men rather than women. Common names: gay, fag, faggot, dyke, queen, fairy.

Hormones – Chemical substances produced by the cells of one organ or gland to regulate or stimulate the activity of other cells or organs elsewhere in the body. Some hormones, such as those in the intestinal tract, may act on adjacent
structures while others, such as those produced by endocrine glands, affect more distant parts.

**Humanism** – A position which stresses the importance of human needs and the human mind above all else, and rejects belief in a supernatural deity. It implies beliefs that humans have the potential for goodness.

**Hymen** – Fold of membranous tissue round the vaginal entrance of a girl. The hymen will stretch or tear naturally during sexual intercourse and with the use of internal tampons.

**Hypothalamus** – Part of the brain responsible for instinctual drives like hunger, thirst and sex, and for body temperature regulation.

**Hypothesis** – A set of ideas or a speculative theory about a given state of affairs that is proposed for empirical testing.

‘I’ and the ‘me’ – Terms used by Mead to refer to the impulses for social action: I and the socially constructed self (‘me’) (see symbolic interactionism).

**Iatrogenic** – Illness or disability caused by medical treatment.

**Implantation** – When the fertilized ovum attaches itself to the inner lining of the uterus, the endometrium.

**Impotence** – The ability of a man to have an erection. Impotence may be consistent or irregular, short or long term. Its causes may be physical, psychological or both. It is also known as erectile dysfunction.

**Incest** – Any kind of sexual activity between members of a family as defined by law.

**Individualism** – Doctrines and way of thinking that focus on the autonomous individual, rather than on the attributes of the group.

**Infection** – Disease caused by bacteria, viruses, fungi or various tiny organisms.

**Infertility** – Inability to achieve pregnancy when normal sexual intercourse has taken place over a period of time. Both men and women are affected.

**Information technology** – Computerized, electronic, technology related to gathering, recording and communicating of information.

**In vitro** – In a test tube, a glass container or other artificial environment. In contrast to in vivo – in living body.
**Institutional** – Social practices that are regularly and continuously repeated, legitimized and maintained by social norms (see norms).

**Instrumental (1)** – An approach which involves the adoption of a strategy best suited to the attainment of a particular goal, as opposed to following a course of action for its own sake.

**Instrumental (2)** – In relation to the family, the term Parsons uses to describe the husband’s role of making material provision for his family.

**Instrumental calculation** – A process of using the most efficient means to secure a particular goal.

**Interpretive** – Having an interest in the meanings underpinning social action. Synonymous with social action theory (see social action).

**Kegel exercise** – Exercise to strengthen the vaginal muscles. Designed to prevent leakage of urine, they are also used to facilitate orgasms and prepare for childbirth.

**Labia majora** – The large lips, the outermost part of a woman’s sex organs.

**Labia minora** – The inner lips of the vulva; the clitoris is where the labia minora meet at upper end.

**Laparoscopy** – Examination of a woman’s internal reproductive organs by inserting a laparoscope (a long, flexible tube) through an incision in the abdomen.

**Late modernity** – A term which implies change within modernity, characterized by increased reflexivity and globalization, but without a qualitative shift to post modernity. Similar terms are high modernity and radicalized modernity (see reflexivity and globalization).

**Lesbian** – A women with a homosexual orientation. (A woman who is sexually attached to another woman).

**Libido** – Term describing conscious or subconscious sexual drive and desire.

**Life cycle** – A developmental model which outlines the social changes encountered as a person passes through the stages of childhood, adolescence, mid life, old age and death. In the context of the family, the life cycle is a process, which includes courtship, marriage, child rearing, children leaving home, etc. (see life course).
**Luteinizing hormones** – Hormones, produced by the anterior pituitary gland, that helps initiate stimulating hormone and maintain the production of oestrogens.

**Lymphogranuloma Venereum (LGV)** - Disease caused by a virus thought to enter the skin through sexual contact.

**Masculinities** – Various socially constructed collections of assumptions, exceptions and ways of behaving that serve as standards for forms of male behavior.

**Masochism** – A form of fetishism in which a person (a masochist) is sexually aroused and gratified by being threatened with pain or having pain administered.

**Masturbation** – Manual stimulation of one’s own or another’s genitalis.

**Medical gaze** – A concept employed by Foucault to denote the power of modern medicine to define the human body.

**Medicalisation** – A process of increased medical intervention and control in areas that hitherto would have been outside the medical domain.

**Menarche** – The beginning of first menstruation at puberty.

**Menopause** – The cessation of monthly menstruation. In a woman the time around the cessation of menstruation (menopause) with its accompanying physical and psychological changes. It is also called the climacteric.

**Menstrual cycle** – Time between the first day of one period and the first day of the next, varies in length but in most of woman is about 28 days.

**Menstruation** – Natural bloody discharge, lasting from three to seven days, from the uterus about every 28 days or so in a woman of child bearing age who is not pregnant. Common names: period, curse, having on rag on.

**Menstrual Extraction** – Method of evacuating the uterine lining to minimize the duration and inconvenience of normal menstruation. Not widely used, tested or recommended.

**Mini Pill** – A form of the contraceptive pill containing the hormone progesterone (and not the hormone oestrogen).

**Modernity** – A term designed to encapsulate the distinctiveness, complexity and dynamism of social processes unleashed during the eighteenth and nineteenth centuries, which mark a distinct break from traditional ways of living.
Monilia — Vaginal infection caused by an overgrowth of a yeast fungus normally found in the vagina.

Mons pubis — Soft mound that forms the upper end of a woman’s external genitals.

Moral consensus — Desire for and agreement upon, a set of prescribed moral values.

Morning after Pill — Ethinyl oestradiol.

Morning sickness — Symptoms such as nausea and vomiting, which may occur early in pregnancy as a result of changes in the hormone levels.

Multiple Orgasm — Several orgasms within a short period of time and during one sexual experience.

Myth — Commonly held belief that is untrue or without foundation.

Nocturnal emission — Discharge of semen through the penis during sleep usually as a result of erotic dreams.

Non Specific Urethritis (NSU) — Sexually transmitted disease of which the symptoms are irritation of the urethra and discharge. In woman it may be asymptomatic. It is also known as non – gonococcal urethritis.

Norms — Socially accepted ‘correct’ or ‘proper’ forms of behavior. Norms either prescribe given types of behavior or forbid them.

Nuclear family — The conventional household unit in modern society, composed of a man and woman in a stable marital relationship, with their dependent children.

Objective — factual.

Obesity — Condition of overweight (at least 15% above the average for age and height) that may result indirectly in the need for medical treatment.

Oedipus complex — Freudian theory description part of boys’ psychosexual development between the ages of approximately three and five – six according to which boys fear their fathers will castrate them for their mother’s affection.

Oestrogen — It is a female sexual hormone secreted by the ovaries and help in the development of the secondary sexual characters like breast development etc and in regulation of menstrual cycle.
Open ended question – A type of question used in questionnaires to elicit narrative information from the respondent, the answer to which cannot be pre coded.

Oral genital sex – Term that embraces both cunnilingus and fellatio.

Orgasm – Peak experience during sexual response for both sexes. Common name: coming.

Orgasmic Difficulty – Problem of sexual response in which a woman fails to achieve orgasm.

Ovaries – Organs on each side of the upper part of the uterus that produce ova (eggs) and the female hormones oestrogen.

Ovulation – The release by an ovary of an ovum (an egg).

Ovum – A female sex cell (or egg) which contains 23 chromosomes. The moment when the male sperm penetrates and fertilizes the egg the male chromosomes combine with the female chromosomes to produce the nucleus of a new cell. Male sex cell contains 23 chromosomes.

Pap Smear – Test for cancer in which mucus from the cervix is removed with a cotton swab and examined to detect the presence of abnormal cells.

Paradigm – This to the set of questions, practices term refers and institutional arrangements, which characterize scientific activity for a particular historical period. For Kuhn, paradigms produce forms of scientific knowledge, which appear to be objective, but which in reality, reflect very specific sets of interests.

Participant observation – A research method based on the observation of a group where the researcher takes part in the group or community being studied (see ethnography).

Patriarchy – Traditional means ‘rule of the father’ and used to describe a type of household organization in which the older man dominates the whole household. It is now more generally used to describe the dominance of men over women.

Peer group – A group of people to which an individual is attached and tries to imitate. This behavior may be socially constrictive or, in some instances, anti – social and delinquent.

Pelvic Inflammatory Disease (PID) – Condition that may result if sexually transmitted diseases are left untreated; it can adversely affect a woman’s internal reproductive system.
**Penis** – The male sex and reproduction organs, consisting of a head, called the glans, and the shaft or body. The shaft is made up of the extra spongy tissue into which extra blood can flow causing the penis to erect. Common names: dick, prick, cock, shaft, peter.

**Phallus** – The penis.

**Phenomenology** – In sociology, a focus (from Schutz) on the taken for granted knowledge that social actors share and which underpins everyday life. It is part of the idealist tradition, which focuses on consciousness and meaning, not structural social phenomenon.

**Phobia** – Extreme fear or dread, eg. Claustrophobia, the fear of being shut in a confined space.

**Pill** – Chemical method of birth control for women, taken orally. Synthetic hormones prevent the ovaries from releasing an egg so that pregnancy cannot occur.

**Pituitary gland** – Extension of the brain responsible for the secretion of a number of hormones, some of which control other hormonal secretions around the body. It consists of two parts, the anterior and posterior glands.

**Polyarchy** – A pluralistic view of the distribution of power, which rejects the notion of class division. It sees power emerging through the interplay of various social groups with multiple cross-cutting political interest.

**Pornography** – Written or visual material in any medium whose primary objective is to arouse people sexually.

**Positivism** – A doctrine, which claims that social life should be understood and analyzed in the same way that scientists study the ‘natural world’. Underpinning this philosophy is the notion that phenomenon exists in causal relationships and these can be empirically observed, tested and measured.

**Post – coital** – Immediately following the sexual intercourse.

**Post modernity** – For its supporters, the further transformation in social, cultural, economics and political arrangements which takes a society beyond modernity.

**Postmodernism** – Often perceived as a cultural and aesthetic phenomenon associated with contemporary literature and the arts, it often combines apparently opposed elements to subvert meaning and fragment totality. It is characterized by a pastiche of cultural styles and elements, but implies a deeper skepticism about order and progress. Instead diversity and fragmentation are celebrated.
Pragmatism – A philosophy of US origin, which treats values and knowledge as means to practical human ends. Concepts and values are regarded as true for so long as they prove useful. Knowledge and social life itself are therefore fluid, changing, human creations.

Pre – modernity – Refers to traditional societies prior to the onset of modernity (see modernity).

Premature ejaculation – Ejaculation before vaginal or anal penetration or the partner has reached full arousal. (Sexual response problem in which a man consistently has little or no control over the timing of his build – up to orgasm and ejaculation)

Premenstrual tension – Physical and psychological changes that may occur in the week or so before menstruation. Common symptoms are breast tenderness, headache, weight gain (due to fluid retention), anxiety and depression.

Priapism – Disorder whereby a male’s erect penis will not return to its flaccid state.

Privatization – The process of transfer of state assets from public to private ownership.

Progesterone – Female sex hormone important in the second half of the menstrual cycle as the main cause of the monthly preparation of the uterine lining for a fertilized ovum. Female sex hormones, several of which are normally present in a woman’s body, to a minor extent in men, and are important to menstrual cycle and the maintenance of other secondary sexual characteristics. Synthesis oestrogens are used in the pill and in other forms of treatment including cancer of the prostrate in men.

Project of modernity – A belief in the possibilities opened up by modernity, which involves a commitment to social progress through a rational and reasoned engagement with the world (see modernity).

Prolactin – Hormone responsible for stimulating the supply of milk in the breast of a mother after childbirth.

Promiscuity – A term describing having – or the freedom to have – a number of sexual partners.

Prostrate gland – Gland located near the bladder that produces the majority of the fluid which, combined with sperm and other secretions, constitutes semen.

Prostatitis – Condition in which the prostrate gland enlarges leading to frequent urination and a slowing of the urine stream.
Psychosexual – Of the way a person think of and about sex; of the effect that mental imagery and association have on the sexual performance.

Psychosomatic – Of the effect that the mind – its conviction and desires, conscious and unconscious – has on the condition of the body.

Puberty – The phase of adolescence during which boys and girls develop the sexual characteristics of adults.

Quantitative – Used to describe a form of the data or data analysis that is based on précised measurement.

Race – A contentious concept within sociology, typically associated with a group connected by common origin, typically associated with skin color.

Rape – Assault in which a person uses force or the threat of force to have sexual contact.

Rationality – A preoccupation with calculating the most efficient means to achieve one’s goals.

Reflexive – Normally employed to indicate a process of self-reflection, which may modify beliefs and action (see reflexivity).

Refractory period – The length of time following orgasm and ejaculation in the male during which he is unable to achieve another erection.

Resolution – Master’s and Johnson’s term the phase during which the body returns to its sexually unexcited state after orgasm.

Retarded Ejaculation – Sexual response problem also referred to as ejaculatory incompetence, in which a man is unable to ejaculate even though he is highly aroused.

Retrograde – Going backwards, reverting; worse.

Retrograde Ejaculation – Condition whereby semen is ejaculated backward into the bladder. Common name: dry come.

Rhythm – Natural family planning method based on avoiding intercourse during woman’s fertile period.

Risk – A term encapsulating the distinctiveness of people’s experiences of danger in late modernity. Increasingly, the threats we face are of global proportion and we face are side effects of social development. Awareness of risk can undermine our confidence in abstract systems of knowledge; expertise and social organization (see late modernity, trust and reflexivity).
Sadism – A form of fetishism in which a person (a sadist) is sexually aroused and gratified by threatening or inflicting pain.

Sadomasochism – Sexual gratification gained by inflicting (sadism) or the endurance (masochism) of pain.

Salpingitis – Inflammation of a fallopian tube.

Scrotum – Wrinkled sac behind the penis which maintains the enclosed testes at a slightly lower temperature than the rest of the body.

Secondary data – Data, normally in the form of official statistic or documentary sources that have not been generated by the researcher.

Secular – Not concerned with religion.

Secularization – The process whereby religious beliefs, practices and institution lose their significance in society.

Segmentation – The restructuring of social class boundaries associated with the polarization and fragmentation of occupational groups.

Semen – The fluid that leaves a man’s penis when he ejaculates. It is made up of fluids from the prostrate gland (95%) and seminal vesicles (4%). Only about 1% of semen is sperm.

Sex – The division of human being into male and female on the basis of chromosomal and reproductive differences, it has been defined as a biological category, in contrast to the social category of the gender (see gender).

Sex education – The entire process of conscious and unconscious learning about the sexuality of oneself and others from birth onwards; also the formalization of such learning within a program.

Sexism – The conscious or unconscious assumption that the members of one sex are on the whole inherently superior to the members of the other in certain attributes by virtue of their sex.

Sex stereotyping – Apportioning different roles to males and females.

Sex Surrogate – Men and women who act as sex partners in the treatment of sexual problems, usually under the supervision of a sex therapist.

Sex Therapy – The treatment of individual’s or couple’s sexual problems whether of physical or psychological origin.

**Sexual script** – Cultural defined set of guidelines prescribed appropriate forms of sexual behaviour and ways of managing sexual encounters.

**Sexually Transmitting Diseases** – Diseases contracted through sexual intercourse or through sexual practices.

**Single – parent family** – A household unit where only one parent, usually the mother, resides with, and takes responsibility for parenting, her children.

**Smegma** – A natural secretion under the foreskin. Without regular washing, smegma may collect and cause odor, discomfort and possibly infection. Common name: cheese.

**Social action** – A perspective that usually concentrates on the micro – level of social life, in order to show how human interpretation, arising out of the interaction with others, gives rise to social action.

**Social integration** – The unification of diverse groups of people in a community.

**Social mobility** – The movement of individuals, within a stratified society, from one position within the social hierarchy to another. Usually refers to position of broad occupation or social class.

**Socialization** – An on - going process whereby individuals learn to conform to society’ prevailing norms and values (see norms and forms).

**Sodomy** – Term commonly used for anal intercourse. It can refer also to bestiality and oral intercourse.

**Software** – Computer program, manuals, instructions, and other materials that can exist in written form and be used on computer system.

**Sperm** - Male sex cell containing 23 chromosomes.

**Sperm Count** – Medical test used in cases of infertility in which a complete ejaculate is examined to determine the number and motility of the mobility of the sperm.

**Status** – Associated with Weber, it denotes the relative position of a person’s social standing.

**STDs** - Sexually Transmitting Diseases.
**Sterility** – In a sexual sense, the inability to have children. In a man, the inability to produce an erection. It is not the same as sterility. Inability to achieve pregnancy when normal sexual intercourse has taken place over a period of time.

**Sterilization** – Surgery or natural event in the body that prevents a man or woman from having children. In a man, the surgical operation is a vasectomy and halts the passage of sperm; in women, the fallopian tubes are either tied or removed, so that no ovum reaches the womb.

**Subordinate class** – A Marxist term for the working class who are exploited by the dominant class (see dominant class).

**Swinging** – The practice, usually among married couples, of openly exchanging partners for sexual activity. Also called “wife swapping” and “mate swapping”.

**Syphilis** – A highly contagious and serious disease transmitted through sexual contact and characteristics initially by the presence of a chancre in the genital area. Common name: syph.

**Tampon** – A cotton tube inserted into a vagina to absorb the menstrual flow; used as an alternative to a sanitary towel or pad.

**Testicles** – The two small balls in the scrotum; they produce sperm and hormones. Common names: balls, nuts, family jewels.

**Testis** – One of the ovoid organs in a man’s scrotum. Each testis is the site of sperm production and the hormone, testosterone.

**Testosterone** – Male sex hormone produced in the testes, responsible for the development and maintenance of the male secondary sexual characteristics.

**Texts** - Ant forms of symbolic representation of meaning which takes on physical forms, e.g. writing, film.

**Transsexual** – Person who though biologically of one sex is convinced that he or she really belongs to the other.

**Transvestite** – Person, usually a heterosexual male, who gets sexual pleasure and relief from using a garment commonly reserved for the other sex.

**Trichomoniasis** – Infection of which the symptoms in women are an itchy, odororous discharge; men may have a slight discharge but often have no symptoms. Usually, but not necessarily, transmitted by sexual contact.
Trust – Emphasizing the fact that modern life requires people to rely on large-scale, abstract systems of knowledge, expertise and social organization beyond their full understanding or control (see risk and reflexivity).

Tubal Ligature – Sterilization procedure for women in which the fallopian tubes are cut or sealed off. This prevents egg and sperm from meeting and starting a pregnancy.

Underclass – A concept used to describe a group at the bottom of social hierarchy who are economically, politically and socially marginalized from the rest of society.

Under development – A term coined by Andre Gunder Frank to describe the economic and social conditions of those Third World countries whose market, labor and resources have been exploited by the development of Western capitalism (see dependency theory and Third World).

Urethra – The passage way that links the bladder to the urethral opening in both sexes and is used for urination. In men it is also used for the ejaculation of the sperm.

Urethritis – Inflammation or infection of the urinary opening and/or the urethra.

Uterus – The organ which holds a growing baby during pregnancy. Shaped like an upside-down pear, it consists of layers of muscles and tissues. At upper ends are the Fallopian tubes and at the lower end the cervix. Common name: womb.

Vagina – An organ approximately three to five inches long at rest and shaped like flattened tube which extends from the outer opening in the vulva to the cervix. It is capable of considerable expansion during sexual intercourse and birth process. Common names: pussy, cunt, fanny, and hole.

Vaginal Lubrication – During sexual arousal, the fluid, which collects on the walls of a woman’s vagina.

Vaginismus – Condition in which the muscles around the opening to the vagina lock tight. Thus prevents sexual intercourse.

Values – Associated with Parsons, whose concept of shared values refers to a consensus of morals, principles and standards of behavior.

Vasectomy – The operation in which a man is sterilized by having both vasa deferentia sealed off, usually irreversible. The parallel female sterilization technique is tubal ligation.
Vasocongestion – The increased blood flow to certain parts of the body that accompanies sexual arousal; it shows as erection in men and as vaginal lubrication in women.

Venereal disease – A term that is used to be used to describe gonorrhoea and syphilis only. Now on the whole it is replaced by the term “sexually transmitted disease,” which covers all diseases spread by specifically sexual contact.

Venerophobia – Excessive fear of sexually transmitted disease that can sometimes produce symptoms of a genuine disease.

Virgin – the state of not having had sexual intercourse.

Voyeur – One who derives sexual gratification by watching (from a secure hiding place) others in state of undress.

Voyeurism – The fetish of deriving sexual satisfaction from watching people undressing or nude, or observing them sexual acts without their knowledge or consent.

Vulva – The name for a woman’s external sex organs.

Welfare state – A system of government where the state assumes responsibility for providing a wide range of welfare benefits for its citizens.

White collar worker – Non – manual employees, such as office or administration staff.
ANNEXURE IV
QUESTIONNNAIRE

SECTION - I

PRELIMINARY INFORMATION

1.1 Name of the school : ___________________________

1.2 Address of the school : _________________________

1.3 Standard : _________________________

1.4 Date of Birth : _________________________

1.5 Gender : Male_____ Female ________

1.6 Caste : ________________

1.7 Religion : □ Hindu □ Jain □ Muslim □ Christian □ Others

1.8 Residence : □ City □ Town □ Village

1.9 Family background :

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SECTION - II

TEENAGERS

2.1 Do you know about puberty?

☐ Yes  ☐ No

If yes, where did you get that information?

☐ Parents  ☐ Teachers  ☐ Friends  ☐ Others

2.2 Do you know about teenage?

☐ Yes  ☐ No

If yes, where did you get that information?

☐ Parents  ☐ Teachers  ☐ Friends  ☐ Books  ☐ Others

2.3 Do you know about changes occurring during teenage?

☐ Yes  ☐ No

If yes, where did you get that information?

☐ Parents  ☐ Teachers  ☐ Friends  ☐ Books  ☐ Others

2.4 Did it affective in any way, when you were aware of your sexuality?

☐ Yes  ☐ No

If yes, what was your reaction?

☐ Ashamed of it  ☐ Proud of it  ☐ Confused about it
☐ Could not understand it  ☐ Others

2.5 How did you feel about changes occurred in your body during this period?

☐ Could not understand the changes
☐ Wondering about the changes
☐ Little afraid about changes
☐ Very pleased and excited about the changes
☐ Others
2.6  Do you have any attraction to opposite sex?

☐ Yes  ☐ No

If yes, what attracts you to opposite sex?

☐ Good look  ☐ Pleasant personality  ☐ Consideration
☐ Good communication  ☐ Good in studies  ☐ Others

2.7  Do you feel that opposite sex is attracted to you during this period?

☐ Yes  ☐ No

If yes, how do you feel?

☐ Pleased  ☐ Excited  ☐ Wondering
☐ Scared  ☐ Others

2.8  In your opinion is it ok to have friendship with opposite sex at your age?

☐ Yes  ☐ No

2.9  Do you have any friendship with opposite sex?

☐ Yes  ☐ No

If yes, what are your feelings?

☐ Afraid of it  ☐ Happy about it  ☐ Excited about it
☐ Keep it secret  ☐ Let everybody know about it  ☐ Others

If yes, what are your feelings about that relationship?

☐ Thinking about it all the time
☐ Day dreaming
☐ Thinking occasionally
☐ Think what others will think about you
☐ Others

2.10 Once teenagers have a friendship with opposite sex, should they take liberty of physical contacts?

☐ Yes  ☐ No

If yes, which kind of liberty should they take?

☐ Hugging  ☐ Petting  ☐ Kissing
☐ Body exploration  ☐ Sexual intercourse  ☐ Others
2.11 Would you like to be exposed to pornography?

[ ] Yes  [ ] No

If yes, which kind of pornography would you like to be exposed?

[ ] Books/magazines  [ ] TV/CD  [ ] Blue films
[ ] Video clippings on mobile  [ ] Listening  [ ] Others

2.12 What are your feelings about pornography?

[ ] Normal  [ ] Educative  [ ] Pervertive
[ ] Exciting  [ ] demeaning  [ ] Others

2.13 Please rank in order of importance to you the following activities among teenagers (give the most imp. no 1, next imp. 2, and so on).

[ ] Having friendship with the same sex
[ ] Having friendship with the opposite sex
[ ] Being romantically involved with someone
[ ] Having sexual contacts with someone
[ ] Doing well in school
[ ] Sports, exercise, hobbies

2.14 In your opinion when a boy and girl should have sexual relations? (check one)

[ ] Prior to marriage
[ ] After marriage only
[ ] After knowing each other for a long time only
[ ] When one is in love
[ ] Can’t say

2.15 Do you think boy/girl should talk about their sexuality?

[ ] Yes  [ ] No

If yes, whom would you like to talk about your personal sexual things?

[ ] Friend of same sex  [ ] Friend of opposite sex
[ ] Mother  [ ] Father  [ ] Sister
[ ] Brother  [ ] Relatives (specify) ______

2.16 Do you think community, as a whole should respect sexual liberalization in modern days?

[ ] Yes  [ ] No
A. Boys

2a.1 What kind of physical changes you know occur during teenage?

- Increase in height/weight
- Genital development
- Growth of pubic and axillary’s hair
- Deepening of voice
- Acne
- Night discharge (wet dreams)

2a.2 Did you know about wet dreams before you got your first wet dream?

- Yes
- No
- Can’t say

2a.3 What was your emotional response to your first wet dream?

- Horrified
- Not affected
- Normal

2a.4 Do you think it is ok for a boy of your age to masturbate?

- Yes
- No
- Can’t say

2a.5 What were your feelings after masturbation?

- Ashamed
- Guilty
- Pleasure
- Regret
- Nothing particular
- Others _________

2a.6 Do you think masturbation is harmful to your body?

- Yes
- No

If yes, what do you think?

- Weakness
- Exhaustion
- Pain in leg
- Tiredness
- Confusion
- Impotence
- Loss of virility in later life

2a.7 In your opinion is it ok for a boy of your age to go out alone with a girl?

- Yes
- No

2a.8 Do you believe it is ok for a boy of your age to have sexual intercourse with a girl?

- Yes
- No
- Can’t say
2a.9  In your opinion what age girl should get married?

- [ ] Between 18 – 20
- [ ] Between 20 – 22
- [ ] Between 22 – 24
- [ ] After 25

2a.10  In your opinion what age boy should get married?

- [ ] Between 20 – 22
- [ ] Between 22 – 24
- [ ] Between 24 – 28
- [ ] After 28

2a.11 Do you think girl should be virgin when she gets married?

- [ ] Yes
- [ ] No
- [ ] Can’t say

2a.12 Do you think boy should be virgin when he gets married?

- [ ] Yes
- [ ] No
- [ ] Can’t say

2a.13 Do you think it is important for a boy to have sexual experience before he gets married?

- [ ] Yes
- [ ] No
- [ ] Can’t say

If yes, with whom he should have sexual experience?

- [ ] Male friend
- [ ] Female friend
- [ ] Relatives (specify) ________
- [ ] Commercial sex worker
- [ ] Servant
- [ ] Others (specify) ________

2a.14 Do you think that other boys of your age are friendly with boys so you should do the same?

- [ ] Yes
- [ ] No
- [ ] Can’t say

2a.15 Do you think if you have a friendship with a girl and if you don’t let him take sexual liberty, you will lose her?

- [ ] Yes
- [ ] No
B. Girls

2b.1 What kind of physical changes you know occur during teenage?

- Increase in height/weight
- Genital development
- Growth of pubic and axillary’s hair
- Starting of menstruation
- Acne
- Breast development

2b.2 Did you know about menstruation before you got your first period?

- Yes
- No

2b.3 What was your emotional response to your first menstruation?

- Horrified
- Not affected
- Normal

2b.4 What do you think about menstruation?

- Dirty
- Physiological phenomena
- Untouchable during menses
- Can’t go to religious places
- Can’t play sports

2b.5 Did you know that once you start getting menstruation, you can become pregnant with male partner?

- Yes
- No

If yes how can you become pregnant?

- By holding hands
- By kissing
- By petting
- By sexual intercourse
- Others ________

2b.6 In your opinion is it ok for a girl of your age to go out alone with a boy?

- Yes
- No

2b.7 Do you believe it is ok for a girl of your age to have sexual intercourse with a boy?

- Yes
- No
- Can’t say

2b.8 In your opinion what age girl should get married?

- Between 18 – 20
- Between 20 – 22
- Between 22 – 24
- After 25
2b.9 In your opinion what age boy should get married?

☐ Between 20 – 22  ☐ Between 22 – 24
☐ Between 24 – 28  ☐ After 28

2b.10 Do you think girl should be virgin when she gets married?

☐ Yes  ☐ No  ☐ Can’t say

2b.11 Do you think boy should be virgin when he gets married?

☐ Yes  ☐ No  ☐ Can’t say

2b.12 Do you think it is important for a girl to have sexual experience before she gets married?

☐ Yes  ☐ No  ☐ Can’t say

If yes, with whom she should have sexual experience?

☐ Male friend  ☐ Female friend  ☐ Relatives (specify) ________
☐ Commercial sex worker  ☐ Servant  ☐ Others (specify) ________

2b.13 Do you think that other girls of your age are friendly with boys so you should do the same?

☐ Yes  ☐ No  ☐ Can’t say

2b.14 Do you think if you have a friendship with a boy and if you don’t let him take sexual liberty, you will lose him?

☐ Yes  ☐ No
SECTION - III

SEX EDUCATION

3.1 Do you get sex information?

☐ Yes    ☐ No

If yes, by whom?

☐ Parents  ☐ Teachers  ☐ Brother
☐ Sister  ☐ Friends  ☐ Media
☐ Others _______

If yes, how was sex education given to you?

☐ Generalized talk  ☐ Formal lecture
☐ Picture and charts  ☐ Question – Answers
☐ Video clippings  ☐ Power point presentation
☐ Other _______

If yes, what was your feeling about sex education?

☐ Relieved of anxiety  ☐ More knowledgeable about sexuality
☐ Was proud of myself  ☐ Could plan my future
☐ Others ____________

3.2 Do you discuss about sex in your family?

☐ Yes    ☐ No

If yes, with whom do you discuss?

☐ Father  ☐ Mother  ☐ Brother
☐ Sister  ☐ Others (specify) _______

3.3 What are the topics you discuss with your family? (check many)

☐ Boys and girls relationship  ☐ Sexual behavior
☐ Sex education  ☐ Contraceptives
☐ School work future carrier  ☐ AIDS/STDs
☐ Drug abuse  ☐ Alcoholism
3.4 Are you confused if you don’t have sex education?

☐ Yes  ☐ No

If yes, what are your feelings?

☐ Scared  ☐ Disgusted  ☐ Hesitate to talk about sex  ☐ Others ______

3.5 If you don’t have sex education what are your social feelings?

☐ Can not mix freely with opposite sex  
☐ Hesitate to talk with peers 
☐ Exposed to exploration 
☐ Subject of ridicules  
☐ Loneliness among peers  
☐ Others ________

3.6 What do you think about sex education?

☐ It is necessary  ☐ It is obscene  
☐ Makes you normal  ☐ Makes you promiscuous 
☐ Teaches how to postpone pleasure of sex  
☐ Better concentration in study and making carrier  
☐ Diverts to hobbies  ☐ Others

3.7 Do you think you should be given sex education?

☐ Yes  ☐ No

3.8 Where do you think sex education should be given?

☐ At home  ☐ In the school  ☐ By NGOs  
☐ By family doctors  ☐ Close relatives  ☐ Peers 
☐ Others

3.9 If in the school, who should be giving sex education in the class?

☐ Lecture by regular teacher  ☐ Specially trained teacher 
☐ Doctors  ☐ Educationalist  ☐ Others ________

3.10 Should there be a special class for sex education?

☐ Yes  ☐ No
3.11 Have you ever tried to get sex education by yourself?

☐ Yes ☐ No

If yes, how?

☐ Books ☐ Magazines TV / Video / CDs
☐ Blue films ☐ Gossip with peers ☐ Others

3.12 Do you think sex education is obscene?

☐ Yes ☐ No
SECTION – IV

PARENTS / COMMUNITY LEADERS

4.1 Date of Birth : ______________

4.2 Gender : Male_____ Female ________

4.3 Caste : ________________

4.4 Religion : □ Hindu  □ Jain  □ Muslim  □ Christian  □ Others

4.5 Residence : □ City  □ Town  □ Village

4.6 Type of family : □ Joint Family  □ Nuclear Family

4.7 Education :

4.9 Class : □ Upper class  □ Middle class  □ Lower middle class  □ Lower income group

4.10 Occupation :

4.11 In your opinion is it ok for teenagers to have friendship with opposite sex?

□ Yes  □ No

4.12 In your opinion is it ok for teenagers to go out alone with opposite sex?

□ Yes  □ No

4.13 Once teenagers have a friendship with opposite sex, should they take liberty of physical contacts?

□ Yes  □ No

If yes, which kind of liberty should they take?

□ Hugging  □ Petting  □ Kissing
□ Body exploration  □ Sexual intercourse  □ Others _____
4.14 Do you think teenagers are looking at pornographic clips, videos, and literatures more than past?

☐ Yes  ☐ No

4.15 Would you like your teenagers to be exposed to pornography?

☐ Yes  ☐ No

If yes, which kind of pornography would you like them to be exposed?

☐ Books/magazines  ☐ TV/CD  ☐ Blue films
☐ Video clippings on mobile  ☐ Listening  ☐ Others

4.16 What are your feelings about pornography?

☐ Normal  ☐ Educative  ☐ Pervertive
☐ Exciting demeaning  ☐ Others

4.17 Please rank in order of importance to you the following activities among teenagers (give the most imp. no 1, next imp. 2, and so on).

☐ Having friendship with the same sex
☐ Having friendship with the opposite sex
☐ Being romantically involved with someone
☐ Having sexual contacts with someone
☐ Doing well in school
☐ Sports, exercise, hobbies

4.18 In your opinion when a boy and girl should have sexual relations? (check one)

☐ Prior to marriage  ☐ After marriage only
☐ After knowing each other for a long time only
☐ When one is in love  ☐ Can’t say

4.19 Do you believe it is ok for teenagers to have sexual intercourse?

☐ Yes  ☐ No  ☐ Can’t say

4.20 In your opinion what age girl should get married?

☐ Between 18 – 20  ☐ Between 20 – 22
☐ Between 22 – 24  ☐ After 25
4.21 In your opinion what age boy should get married?

☐ Between 20 – 22  ☐ Between 22 – 24
☐ Between 24 – 28  ☐ After 28

4.22 Do you think girl should be virgin when she gets married?

☐ Yes  ☐ No  ☐ Can’t say

4.23 Do you think boy should be virgin when he gets married?

☐ Yes  ☐ No  ☐ Can’t say

4.24 Do you think boy/ girl should talk about their sexuality?

☐ Yes  ☐ No

If yes, whom would you like them to talk about their personal sexual things?

☐ Friend of same sex  ☐ Friend of opposite sex
☐ Mother  ☐ Father  ☐ Sister
☐ Brother  ☐ Relatives (specify) ______

4.25 Do you think it is important for a boy to have sexual experience before he gets married?

☐ Yes  ☐ No  ☐ Can’t say

If yes, with whom he should have sexual experience?

☐ Male friend  ☐ Female friend  ☐ Relatives (specify) ______
☐ Commercial sex worker  ☐ Servant  ☐ Others (specify) ______

4.26 Do you think it is important for a girl to have sexual experience before she gets married?

☐ Yes  ☐ No  ☐ Can’t say

If yes, with whom she should have sexual experience?

☐ Male friend  ☐ Female friend  ☐ Relatives (specify) ______
☐ Commercial sex worker  ☐ Servant  ☐ Others (specify) ______
4.27 Do you think that other teenagers are friendly with opposite sex so your teenage children should do the same?

☐ Yes  ☐ No  ☐ Can’t say

4.28 Do you discuss about sexuality with your teenagers?

☐ Yes  ☐ No

If no, what do you think?

☐ You are uncomfortable talking about sex
☐ Arouse their curiosity
☐ Encourage sexual activity
☐ Make them promiscuous
☐ They will be preoccupied with sex
☐ Other ___________

4.29 What are the topics you discuss with your teenagers? (check many)

☐ Boys and girls relationship  ☐ Sexual behavior
☐ Sex education  ☐ Contraceptives
☐ School work future carrier  ☐ AIDS/STDs
☐ Drug abuse  ☐ Alcoholism

4.30 Do you think community as a whole should respect teenage sexual liberalization in modern day?

☐ Yes  ☐ No

4.31 How do you discipline your sexually active teenage children?

☐ Punishment
☐ Withholding pleasure activities
☐ Good communication and understanding
☐ Being a role model

4.32 Today’s young people start sex much younger age than before.

☐ True  ☐ False

4.33 Today’s young people start sex before marriage than past.

☐ True  ☐ False
4.34 Do you think teenagers should be given sex education?

□ Yes         □ No

If yes, where do you think sex education should be given?

□ At home     □ In the school      □ By NGOs
□ By family doctors □ Close relatives □ Peers      □ Others

4.35 If in the school, who should be giving sex education in the class?

□ Lecture by regular teacher □ Specially trained teacher
□ Doctors      □ Educationalist □ Others ________

4.36 Should there be a special class for sex education?

□ Yes         □ No

4.37 What do you think about sex education?

□ It is necessary □ It is obscene □ Makes you normal
□ Makes you promiscuous
□ Teaches how to postpone pleasure of sex
□ Better concentration in study and making carrier
□ Diverts to hobbies □ Others

4.38 Do you think sex education is obscene?

□ Yes         □ No