

# **Dr. Sex Hotline (Script)**

## **2337 2121**

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**1.1.1 Origin of Life**

Males and females in their adolescence will undergo many physiological and psychological changes, accompanied by gradual development of the sex organs. During adolescence, the male's testes inside the scrotum become mature and produce sperms. During sexual intercourse, seminal fluid containing sperms and mixed secretion of the scrotum and other sex glands is ejaculated into the female's sex organ via the urethra and penis.

As to females the ovary will start to discharge a mature egg about once a month during adolescence. The egg moves downward along the oviduct and will become fertilized when combined with the sperm. The Fertilized egg successfully transplanted into the inner wall of the uterus will gradually develop into an embryo.

When stimulated during sex, the male's penis will erect upon congestion while the female vagina will extend and produce secreta to facilitate access of the male's penis into the vagina to ejaculate seminal fluid therein. Millions of sperm are contained in the seminal fluid, they will enter the uterus and oviduct via the uterine cervix. In case this happens during the ovulatory period, the sperm may combine with the egg and complete the fertilization process.

The Fertilized egg will then move downward along the oviduct, it continually splits and grows along the way. When it reaches the uterus, it will hide in the endometrium and gradually develops into an embryo. The embryo absorbs nutrients from the mother through the placenta and umbilical cord linking the uterus.

The embryo grows gradually and after about 40 weeks, the uterus will contract severely, resulting in the opening of the uterine cervix. The foetus will move towards the vagina, it finally leaves the mother's body and is delivered as a newborn.

**1.1.2.1 Adolescence**

Puberty is the period, usually from the age of 13 to 19, in which one gradually develops from a child to an adult. According to the prevailing western culture, an adolescent is expected to fulfill a number of tasks during this period before they are considered to have developed into a mature adult. Such tasks include :

- (1) The body and sex organ is so developed that secondary sexual characteristics appear and the capability of sexual reproduction is attained. This period is known as 'puberty'.
- (2) Psychological development has reached such a mature stage that the adult identity is established, coupled with acquisition of one's own values and independent way of thinking.
- (3) Development of sex consciousness and recognition of the roles of different sex.
- (4) Learning how to handle interpersonal relationship and fostering his/her ability to live closely with the future companion for the rest of his/her life.
- (5) Development of the ability of self-reliance. This includes pursuit of knowledge, acquisition of skill of living, taking care of the everyday life of oneself and the others and the fostering of offsprings, etc.

Of course, there may be great discrepancy among various cultures in terms of details and standards regarding such expectations.

Puberty is an important stage during the adolescence period. Since it brings about obvious physiological and physical changes, many adolescents and parents misunderstand that adolescence represents changes in the body and sex organs only and thus neglect its psychological changes.

Puberty is the period during which a child's body and sex organ has reached such a mature stage that the capability of sexual reproduction is attained while his/her appearance is the same as an adult. Puberty begins at different age for the two genders. Puberty of the female gender begins 2 years earlier, at the age of 8 to 12, while the male gender puberty begins at the age of 10 to 14. Variation between individuals is , however, great and it is also related to heredity. The whole process lasts about 4 or 5 years.

Puberty is caused by changes of hormonal secretion. During pre-pubertal stage, the small amount of sex hormone can inhibit the secretion of gonadotrophin releasing factor from the hypothalamus, through a negative feedback mechanism. By the age of 8 to 14, the hypothalamus becomes much less sensitive to inhibition by sex hormones and releases a large quantity of gonadotrophin releasing factor. It begins with increased secretion in night time only, followed by subsequent increase during the day as well. The gonadotrophin releasing factor stimulates the pituitary gland to produce large quantity of gonadotrophin. These stimulants will then stimulate the male testes and female ovary to secrete a large quantity of sex hormones. Such is the beginning of puberty when almost all physical changes are brought about by sex hormones.

Pituitary gland generates 2 kinds of gonadotrophins :

- (1) Follicle - stimulating hormone (FSH)

In female, its function is to stimulate growth of the primary follicle and maturity of eggs. Primary follicle will then produce estrogenic hormones (astral substance) which brings about maturity of the sex organ and appearance of the secondary sexual characteristics. In male, FSH will make the sperms inside the curved and small spermiducts of the testes turn mature.

## (2) Luteinizing hormone (LH)

In female, its function is to stimulate ovulation and the growth of luteal body. In male, such hormone is known as the interstitial cell stimulating hormone (ICSH), and its function is to spur mass production of the androgen called testosterone by the interstitial cells of the testes. Testosterone causes maturity of the sex organ and appearance of the secondary sexual characteristics.

## **Other hormones :**

Apart from sex hormones, production of other hormones also greatly increases so as to suit the growth of the body.

### (1) Growth hormone :

It is secreted by the pituitary gland to stimulate growth of the body

### (2) Thyroid hormone :

It is secreted by the thyroid gland to activate body metabolism.

### (3) Adrenal hormone :

It is secreted by the adrenal gland. The androgen therein spurs maturity of the bones and muscles and appearance of pubic hair and beard.

## **Psychological Changes in Adolescence**

Youngsters begin to realize the rapid changes inside their bodies at the beginning of their adolescence. They have a strong sense of responsibility for their own conduct and demand greater independency. Contradiction in their minds occur because they always come across unmanageable situations. Youngsters in the age group of 12 to 15 fluctuate between the two extremes of independency and reliance, and unavoidable conflicts occur both at home and at school.

Numerous changes in their bodies in puberty is one of the causes of their instable mood. The fact that the youngsters always compare changes on their own bodies with that of their peers bring a lot of unnecessary unpeacefulness, frustration and inferiority. Lack of understandings bring about worries as to whether their physiological changes are up to the standard. For example, nocturnal emission of the male; the first menstruation of the female; too many pimples; nivicism and overweight can all make them complaining and depressing.

Many youngsters tend to build up ideal image of their own on the basis of elder counterparts and mass media, but are disappointed on discovering that their actual appearances are not up to their expectation. If their parents can teach them to accept their own bodies, to realize and appreciate their strong points, they will begin to like themselves and thereby gain a big step in their psychological growth.

### **1.1.2.2 Female Pubertal stage**

In adolescence, both the body and sex organs are so developed that the secondary sexual characteristics will appear and the capability of sexual reproduction is attained. This process is known as puberty. Being different in the structure of sex organs, girls are different from boys in terms of their puberty; the most obvious differences are the development of breasts and the beginning of menstruation. The first menstruation is as important to a girl as the first ejaculation to a boy.

#### **The Growth of female sex organs**

Affected by estrogen, ovaries will grow. More estrogen are then produced to spur growth of other reproductive organs and appearance of the secondary sexual characteristics. Uterus will grow rapidly, with its size nearly doubled. The vaginal wall will increase in length and thickness and, the rich circulatory system of the clitoris will also develop.

The Secondary sexual characteristics of females will undergo the following changes :

- (1) Development of the breasts is the first appearing secondary sex characteristics. Amount of fat stored in the breasts increase and the ductal system will also develop. At about 8 to 12 years of age, nipples will protrude first, followed by gradual enlargement of the nipples, areola and the breasts.
- (2) First menstruation (usually from 11 to 14 years of age)
- (3) Increase in the amount of subcutaneous fat :  
This is especially so at the buttock which makes the body shape of female different from that of male.
- (4) The appearance of pubisire : Pubisire appears shortly after development of the breasts. At first, the pubisire is scarce and fine; it will then increase in amount, darken in colour and become coarse and curly. It is distributed in the shape of a reverted triangle with the bottom at the above.
- (5) Growth of hair in the armpits : Two years after the appearance of pubisire, hair grows in the armpits.
- (6) Enlargement of the pelvic cavity : the shape will change from the narrow funnel shape similar to that of a male into a broad oval shape.
- (7) Height : Like males, the growth hormones at the early stage will increase the height. However, estrogen will make growth of long bones stops earlier, and this explains why females are usually shorter than males.
- (8) Skin : The skin will become delicate, soft and smooth.

### 1.1.2.3 Male pubertal stage

In adolescence, both the body and sex organs are so developed that the secondary sex characteristics will appear and the capability of sexual reproduction is attained. This process is known as puberty. The obvious change in males is the growth of the testes and the scrotum at about 10 to 13 years of age. A year later, the penis will start to grow. At first it grows longer, then it becomes wider in diameter. Growth of the testes bring about an increase in the production of testosterone. Therefore, such changes are more obvious and rapid at the age of 13 or 14.

The frequency of penis erection increases. Internal sex organs like prostate gland and seminal vesicle become mature as well. The most important thing to a boy is his first ejaculation which usually occurs at 13 or 14 years of age, and very likely during his sleep. This is known as nocturnal emission. When a boy's seminal fluid contains mature sperm, which usually occur at around the age of 15, he has reproductive power.

#### The secondary sex characteristics of males

Apart from spurring growth of the male sex organs, testosterone also stimulates other parts of the body to develop male characteristics. These are known as secondary sex characteristics. They include:

- (1) Pubic hair: pubic hair begins when the testes and scrotum begin to grow i.e. at about 10 to 13 years of age. The pubic hair of a male is distributed in the shape of a rhombus. Pubic hair also grows around the anus.
- (2) Beard, under arm hair and body hair: beard and hair in the armpits will grow two years after pubic hair has appeared. The growth of beard may take two to three years; other body hair like those such as hair in the chest may take some years to grow. The prefrontal hairline will begin to recede.
- (3) Enlargement of the laryngeal cartilages: The laryngeal cartilage at the neck will enlarge and become more protruding than that of a female. This is called laryngeal protuberance. Vocal cords become longer and the voice lowers.
- (4) Growth in height: At the early stage of puberty, the pituitary gland will secrete growth hormone which rapidly increase height. Testosterone can also increase the height; however, increase in its amount will ultimately bring a halt to the growth of the bones and height.
- (5) Development of muscles: Muscles of a male is better developed than that of a female, especially the muscles of the chest and shoulders.
- (6) Skin becomes thick and rough: when the openings of sebaceous glands are sealed by the rapidly growing epiderm, acne appears.

### **1.1.2.4 Menstruation**

Uterus of a female in her adolescence becomes mature and is ready for pregnancy. Endometrium will undergo periodic changes due to effects caused by hormones and will come off every month. This is menstruation.

Menstruation starts at an average of 11 to 14 years of age, but heredity and weather also has a bearing. It results when female hypophysis starts to secrete gonadotrophin which spurs maturity of the ova in the ovaries. Ovum will be discharged from the ovaries nearly every month. At the same time, the endometrium becomes thicker and is ready for implantation of fertilized ovum. If the ovum is not fertilized, the endometrium will come off and be discharged together with blood through the vagina. This is known as menstruation which lasts for several days. When menstruation is over, another ovum will develop and the endometrium will grow thicker again to start another cycle. The cycle during which the endometrium undergoes changes and comes off takes about one month's time, however, it can be as short as 3 weeks or as long as 3 months, therefore the intervals between menstruations varies with people. Usually the menstruation cycle is 28 days, but few girls have exact menstrual timing, especially during the first two or three years of menstruations when their bodies are not fully developed. Moreover, the cycle of menstruation is affected by factors like mood, health condition and changes of weather. If the cycles are found to be very irregular, it is better for you to consult a doctor.

During menstruation period, sanitary napkins should be used. They should be changed frequently especially during the first two days when the quantity of menstrual flow is relatively excessive. For safety's sake double sanitary napkins can be used. Girls can also use tampons as long as the correct way of application is followed. In addition, personal hygiene cannot be ignored and you should take your bath frequently, change your undergarments and shampoo your hair as usual.

Diets during the menstruation period should be the same as usual; there is no particular food from which you have to stay away. Balanced nutrition can be attained through consumption of food containing ample iron like meat, liver and egg so as to supplement the lost in the menstrual flow. Congestion of blood in the lower abdomen may easily give rise to constipation, therefore, you should eat more fruits and drink more water to ensure that the bowels are open.

Most girls do not experience discomfort during menstruation period. However, some may feel swelling or discomfort in abdomen. This is usually known as dysmenorrhea. Dysmenorrhea may start on the day prior to menstruation and is commonly experienced on the first two days. This is normal as long as the pain is not drastic. To relieve dysmenorrhea, you should maintain a relaxed mind, have enough rest, go to school or work as usual and participate in various kinds of sports in order to divert your attention. Pain can be alleviated by means of hot compress or oral administration of analgesic as instructed by the doctor.

Menstruation is a normal phenomenon to every female. Accurate knowledge and concepts can dissipate unnecessary worries. You may call The Hong Kong Family Planning Association for more details.



**1.1.2.5 Oneirogmus**

When a boy reaches his adolescence, his testes will start to produce a large quantity of mature sperms. If these sperms are not discharged, most of them will be absorbed while some will be stored up. During sleep, his libido will be less suppressed, body movements and pressure exerted by underpant or wadded quilt are adequate to stimulate ejaculation. Spermatorrhea accompanied by sex-related dream is known as oneirogmus. The frequency of oneirogmus differs with people. Some people may never experience oneirogmus while some may have 2 to 3 times per week. Oneirogmus itself is harmless to health; it is considered a natural means to drain the libido and so it does not warrant much worry. Oneirogmus will, however, embarrass a boy because sperms will leave stains on the bedding or trousers. Parents should find a right time to talk to their child about this physiological phenomenon and the psychological problems it may bring, so as to dissipate the child's worries. He should be taught to change his underpant so as to prevent inflammation of the skin due to prolonged wetness of the pudendum. To facilitate changing of underpants during the midnight, clean underpants should be placed near the bed. A child who has experienced urinary incontinence during the night, may be easily frightened by his very first oneirogmus, thinking that it is another urinary incontinence. He should be given more consolation and explanation.

You may call The Hong Kong Family Planning Association for more details.

**1.1.3.1 Male Climacteric**

Climacteric is the transitional period from middle age to old age during which functions of the body degenerate, resulting in various physiological changes and discomfort. Climacteric takes place in both male and female. For male, the period of changes is relatively long and the changes are less obvious.

As a male grows older, the level of testosterone will decrease. When he reaches middle age, he will find that more direct stimulation is needed to bring about erection of his penis and the frequency and duration of erection is fewer and shorter than it did during his youth. During sexual intercourse, he will have less urge to ejaculate. And when he ejaculates, it is done with less strength and euphoria he obtains therefore is less.

In general, these changes take place slowly and do not cause any obstacles. However, if a male fails to understand that these changes are normal, occasional failures of erection may greatly hurt him and generate genuine obstacles to his sexual potency. The more nervous he is, the easier the failure from a vicious cycle.

Reduction in the level of testosterone will affect a male's attitude in getting along with others. He will become less active and less tough. As to sexual life, he will turn to focus on sentimental happiness instead of satisfaction attained through the sex organ as he strived for when he was young. As to mood and feelings, he may feel a decline in physical strength, energy and intelligence. He may become miserable, anxious, depressed, agitated and suspicious.

Psychological problems in climacteric vary with people. Some males may have more psychological problems if he used to have more psychological obstacles during his youth or if more symptoms appear during his climacteric. Moreover, changes within family, such as leaving of grown up children or bereavement may also aggravate his psychological problems. If you fail to cope with the physiological or psychological problems caused by climacteric, assistance should be sought from your family doctor.

### **1.1.3.2 Female Climacteric**

Climacteric is the transitional period from middle age to old age during which function of the body gradually degenerate, resulting in various physiological changes and discomfort. Climacteric changes take place in both male and female, but female will experience earlier changes which are more obvious and drastic. Menelipsis marks the beginning of the climacteric and it usually takes place between 40 to 50 years of age.

The older a female grows, the less sensitive the ovaries will be to gonadotrophin produced by the hypothalmo-pituitary axis. When a female reaches the age of around 50 to 52 her ovaries will malfunction and stop producing estrogen. Menstruation will stop as well. Medically, cessation which lasts over six months is known as menopause. The adrenal gland and the malfunctioned ovaries will secrete androgen, which is turned into estrogen by body fat and, therefore, a small quantity of estrogen can still be found inside the body of menopausal females. The level will be higher in fat females.

Menopause is associated with the following physiological changes :

- 1) **HOT FLUSHES or HOT FLASHES** : Around the period of Menopause, secreta produced by the hypothalamus may stimulate the sympathetic nervous system and result in dilatation of blood vessels. The face and upper half of the body will feel a hot flush which usually lasts for 15 to 60 seconds. Hot flushes may cause sweating and disrupt sleeping. It is usually instigated by overwarm bed, crowded environment, consumption of hot food or nervousness.
- 2) Atrophy of the breasts.
- 3) **Atrophy of the sex organs** : Both ovaries and uterus will become atrophic. With atrophy of the peripheral muscles and fascia, prolapse of uterus may occur. The vagina will become narrower and shorter, while the vaginal wall will become thinner with reduced secretion. The small quantity of estrogen gives rise to dessication of the vagina. As a result of reduced estrogen, dry vagina and lowered resistance, the vagina is prone to infection and atrophic vaginitis, as well as atrophy of the pudendum and labia. Menopausal females will sometimes experience pain during sexual intercourse. This is due to a lack of lubricity of the vagina or atrophic vaginitis. Lubricants can make the vagina more lubricious, while atrophic vaginitis can be helped by applying ointment containing estrogen to the vagina, as instructed by the doctor. During climax, spasm may occur in the menopausal uterus causing abdominal pain. Oral administration of estrogen can solve this problem, while more frequent sex can prevent vaginal atrophy and the vagina from becoming too dry.
- 4) Atrophy of the urethra may lead to frequency of micturition, twinge and nocturia. Atrophy of peripheral muscles and ligaments may cause prolapse of the bladder, or urinary incontinence while coughing.
- 5) Osteoporosis due to a loss of calcium in bones.
- 6) With increased quantity of cholesterol, phosphatide and triglyceride in blood, menopausal females have increased risk of developing coronary artery disease.

### **1.1.4 Sex life in the elderly**

It is a common misconception that the aged do not need sex. The aged are traditionally required to have no sexual desire, otherwise they will lose dignity in their later years or with being labeled as a romantic old chap.

As a matter of fact, most of the aged still need sex. About half of the aged within the age group 60 to 70 are still sexually active with a frequency of at least once a month, and there is an indication that 1/10 of the aged are even more sexually active than before.

The sex organs of both male and female do not undergo great changes in their later years. The testes of the male will become slightly atrophic and vagina of the female will be shorter and narrower than in their youth while the vaginal wall will get thinner. These changes, however, do not impair the fun of sex nor create any trouble during sexual intercourse.

As to physiological response to sex, both male and female undergo certain changes in terms of sexual desire at each response period, but one can still enjoy an active sexual life if one knows how to adapt to it.

### **Psychological factors affecting an aged person sexual potency**

To adapt to sex-related physiological changes, the aged should avoid the following psychological factors:

(1) Monotony and boredom:

Aged companions usually lack novelty, thus new and acceptable ways of life and sex that they can cope with should be sought, such as changing the attitude to sexual intercourse so that fun attained from spiritual and emotional communication is stressed, appreciating your companion's inward beauty, caring for each other and fostering new common hobbies and interests.

(2) Pressure of life:

In those case where sex has been long neglected since one's middle age due to the heavy of life, it is hard to adapt to it during old age. Refusing to admit that they are old, some aged people insist to spend all energy on work, which result in abnormal sex life, a problem which is not related to physiological degeneration of sex functions.

(3) Smoking and alcohol:

The adverse effects on physical strength and sexual responses caused by smoking and alcohol will not appear until after one's middle age. Some aged people may start to smoke and drink alcohol due to boredom or mood problems, which will also affect their sex life.

(4) Fear:

Some aged people may not know that it is normal for them to experience changes in terms of sexual responses and falsely believe in the unfavourable hearsays which may give rise to unnecessary worries. Some may try to adapt to the changes through inappropriate means such as smoking, alcohol, aphrodisiacs and "invigorators" to "revive potency", some may force themselves to have more sex or try to proof potency by patronizing prostitutes. A woman who relies too much on plastic surgery or put gaudy colours onto her face may produce just the opposite result.

(5) Unfavourable social attitude:

If it is not acceptable to society or family for the aged to have a sex life, they may have to do it with scruple, this will result in shame and guilt which may contain interest in sex and prevention from

responding normally. An aged person should strive for communication with family and the society in this respect.

**1.2.1 Disease and Sexual function**

Many patients with chronic or permanent diseases will give up the original sex life they had and dare not face their partners because the patient or his partner does not understand clearly the disease or misunderstand sex life.

Physiologically, disease may cause pain, fatigue and weakness. For example, a male diabetic may experience a failure in the erection of his penis, thus undermining his sexual arousal or sexual function. Some drugs may also have side-effect on the taker's sex function, but psychological factors usually play a greater role in this aspect. The patient or his partner may worry that sex will do harm to health and thus worsen the patient's conditions or that sex will spread the disease to the partner.

Upon recovery from stroke or myocardial infarction caused by chronic diseases like cerebrovascular occlusion or coronary heart disease, normal sexual intercourse can be resumed. Diabetes can cause damage to the microvessels; the damaged nerve cannot function normally, thus causing sexual disorder. The patient should seek treatment from the doctor to control the diabetic condition as so as to reduce its complications of erection. Also there are medicines for injection into the penis to help erection. Specially designed suction device is also available to bring about erection. Moreover, artificial penis can also be implanted through surgery.

A patient can in fact continue to have sex, as permitted by his disease condition. He should understand his own conditions, consult the attending doctor on his problem, discuss it openly with him, follow his instructions so as to control his conditions. The doctor can also make necessary changes as to the types of medicine prescribed and time of administration in order to suit the patient's sex life.

Sex is a kind of enjoyment. It involves two parties and requires mutual cooperation and understanding. It should be done according to one's ability. To decrease the energy the patient consumes during sexual intercourse, it may be necessary to reduce the frequency and duration of the intercourse, take an appropriate position, improve the bedding items or proceed with aid of supplementary instruments. It requires mutual cooperation to remove the psychological barrier posed by diseases before the patient can regain confidence in his sexual function.

**1.2.2 Sexual Hyperarousal**

This is strictly speaking not a definite disorder per se. The definition of "hyper" is very often dependent on the culture, the particular reference group, and the particular beliefs held of what sexual arousal in moderation should be. In addition, there may also be vast differences in individual standards for judging one's own sexual interests and arousal as being "hyper" or not.

Sexual arousal becomes a problem only on two major considerations. Firstly, if the method of dissipation of the sexual arousal is available, proper, appropriate, socially acceptable and gives rise to individual enjoyment and gratification, there is no problem. For example, it would be perfectly alright if a person is sexually hyperaroused but is fortunate enough to have a sexual partner who equally enjoys frequent sexual intimacy, and where sexual intimacy takes place in a private place with no social disturbances. The second consideration, however, is whether the sexual arousal or preoccupation with sex causes significant distress for the individual concern or interferes significantly with the individual's work, social life, self esteem, and enjoyment of other life gratifications. For example, if the person is very guilty conscious and unable to accept his/her level of sexual arousal but finds that he/she is unable to control the preoccupation, then much psychological distress may be expected. When sexual hyperarousal is prolonged and unresolved, it is advisable that the individual should seek professional counselling or help. Or if the person's sexual preoccupation causes significant deterioration in school work, or the person becomes unable to focus on his daily work, or the person's social life is affected as his sexual interests becomes so apparent and inappropriate that he/she is shunned or avoided by others, then a problem exist and the person should seriously seek solution. Sexual hyperarousal may be found most often in puberty and early adulthood, and is more common in male than female. In rare cases, hypersexual arousal or lack of inhibition may be caused by physical factors, e.g. damage to frontal lobe of the brain. However, the majority of the problem is caused by psychological or social factors.

For any problem, you can consult your family doctor.

**1.2.3 Impotence**

Impotence means lack of copulative power in the male due to failure to initiate an erection or that the erection can only be sustained for such a short while that the entire process of sexual intercourse cannot be completed. This happens occasionally to an ordinary male during a sexual intercourse. 50% or more of failure of erection in the male is caused by diseases like hypertension, diabetes, heart disease or damage to the spinal nerve which may damage the autonomic nervous system or circulatory system which controls erection of the penis. To help failure of erection due to diseases, co-operation with the doctor is necessary during the course of treatment, when the disease is under control, sexual function can be improved accordingly.

Psychological factors like exhaustion, stress, lack of privacy or traditional concept that sex is dirty may also cause failure of erection. It can be improved by appropriate relaxation exercise, adequate rest and psychological counselling.

In addition, drugs and alcoholism may also cause failure of erection.

A male who fails to erect will have a strong sense of inferiority, his sexual partner will feel vexed at the absence of climax. This can result in conflict which worsens the situation. As a matter of fact, attainment of sex satisfaction requires mutual care and understanding. The situation can be improved if the two partners discuss the problem openly, understand that sex function differs with people, understand and care for one another. Change for a suitable time or environment so as to proceed sexual intercourse in a relaxed mood. In case of further query, you should consult your family doctor.



**1.2.4 Prospermia**

Prospermia is the barrier a male experiences in his sexual function in that he ejaculates uncontrollably during sexual intercourse. For instance, he ejaculates before the penis enters the vagina or shortly after entry, so that harmonious sexual life cannot be attained.

Ejaculation in male is a nerve reflex that occurs at climax during sexual intercourse. Most cases of prospermia are caused by psychological factors or environmental factors like crowded living conditions or a lack of privacy. These factors tend to make the sexual partners finish the intercourse as soon as possible.

Sexual intercourse is the most intimate form of communication between two lovers as well as a way to express one's love towards the other. Attainment of satisfaction requires mutual cooperation and understanding. There is an obvious difference between male and female in terms of their response to sex. Generally, males are more aggressive and have a higher level of sexual arousal while females are slower in arousal. Women need longer time and more stimuli like caressing before climax is attained. Therefore, prospermia is upsetting in that the sufferer cannot bring satisfaction to his partner.

For early detection and solution of prospermia, consultation and treatment should be sought from doctor and clinical psychologist for the purpose of finding out the cause and removing the psychological barrier. Discussion should be carried out with his partner on ways of improvement. If you take it easy, the situation can be improved.

**1.2.5 Lack or decrease of sexual drive**

Frigidity means a lack of sexual excitement or even an absence of interest in sex so that neither climax nor sexual hedonia is attained during sexual contact. Medically, this is known as asexuality which is in fact very rare. The more common problem is deficiency in sexual drive, with symptoms mostly caused by psychological factors or related to sexual skills - it is absolutely not a congenital problem. In case of detestation of sex, it would be impossible for one to develop a trace of sex drive.

Sexual arousal is complicated, there is no objective criterion to be based on judging whether one's sexual arousal is adequate. Sexual impulse differs greatly with person, males and females show obvious difference in their response. Males are more "aggressive", they show a higher level of sexual arousal, stimuli as trivial as pretty women or sexual fantasy may give rise to sexual impulse. Females, however, require actual stimuli like caressing and kissing. They cannot attain real climax and feel satisfied unless stimulation is caused by insertion of the penis into the vagina. Skills in sex can be improved with co-operation of both partners.

In Hong Kong, the crowded living conditions renders no sense of security nor protection of one's privacy. Sexual arousal is often repressed due to the worry that the loud noise caused by sexual intercourse would disturb the others.

Other factors which would reduce one's sexual arousal include chronic diseases like hypertension or diabetes, certain drugs, alcoholism, exhaustion and anxiety.

A change of suitable environment and time, relaxed mood, the understanding that everyone's response to sex is different can all help to reduce one's psychological pressure, thus improving one's deficiency in sexual arousal. Should such phenomenon persist, the family doctor should be consulted for investigation into the real cause and counselling.

**1.2.6 Vaginismus and dyspareunia**

Vaginismus and pain is caused by a woman's misconception about and her extreme fear of the very first sexual intercourse. They may go to an extent that sexual intercourse is affected. In fact, insertion of the penis into the vagina causes contraction. Real morbid spasm is very rare, most cases are caused by psychological and environmental factors.

Discomfort during sexual intercourse may also be caused by a lack of sex knowledge or sex experience and failure to give in or take care of each other. Bound by traditional concepts, females believe that it is always the male who should take the initiative, while females should play a passive role. Males' sex impulse come quickly, insertion of the penis into a female's vagina before she gets excited may cause her pain. Orgasm in females is not as easy to attain. Foreplay could be very important.

When a female gets sexually excited, her vaginal wall will produce secretion which wettens the vagina. This serves to lubricate the vagina for easier insertion of the penis. When a female keeps her thighs tight due to fear of pain or embarrassment during sexual intercourse, her body will show the reflex action of avoidance or tension which may lead to vaginal occlusion. As sexual intercourse is the most intimate mode of communication between two partners, any problems should be discussed openly. Mutual understanding, care and co-operation are also important. For improvement, a suitable and comfortable position should be taken. The female should as far as possible move her thighs outward so as to fit the male's action. The male should be considerate and proceed in a tender way. Lubricants should be used if necessary.

Should vaginismus and dyspareunia persist, your family doctor should be consulted for further understanding and investigation into the real reason and treatment.

**1.3.1 Sexual Fantasy**

Increase in sex hormones and development of sex organs bring about a sense of sex consciousness in teenagers. To them, physiological changes like sexual desire, sexual fantasy and sexual urge are baffling and upsetting new experience. "Why does my penis erects uncontrollably when I see pretty women on the beach or street? " " Why does my heartbeat accelerates and my vagina gets wet on seeing the actor and actress kissing on television? " These are normal response, but since teenagers are not fully grow up and they are still at school, they should better concentrate on their study and should not expose themselves to provoking publications or movies so as to avoid being upset by overacting response.

When the sex organ is developed, a males's penis will usually erect 5 or 6 times every night during sleep, with a duration of 30 to 45 minutes each time. The nervous system controlling penis erection is the same one for the bladder and colon. When the male is felt asleep, the influence of higher nerve centre of the brain will greatly reduce, and nerve signal of the bladder and rectum will cause the penis to erect. It is common for him to wake up with a erected penis which is mostly caused by the pressure imposed by a fully-loaded bladder on the prostate; it is not necessarily be related to sex dreams.

Sexual urge is a concomitant natural physiological response with adolescence and development of sex organ, there is no need to fuss or be upset. Apart from sexual intercourse, masturbation can also be a relatively effective way to handle it, while loose clothes should be worn and provoking publications or movies should be avoided. Involvement in energy-consuming exercises or active participation in activities like work or interest group can also direct the energy of sexual urge.

**1.3.2.1 Homosexuality**

Homosexuality is a sexual orientation in which a person feels physically and emotionally attracted to people of the same gender. When a person whose sexual and romantic feelings are for people of both sexes, they are usually refer to as bisexuals. Studies on the prevalence of homosexuality among the general population have produced results that ranged from 1 to 10% in males and 3 to 5% in females.

Although homosexuality was once treated as mental illness, since 1990 the World Health Organization has removed it from its list of mental and emotional disorders. In spring of 2001, the Chinese Psychiatric Association in China also stopped classifying homosexuality as a mental disorder and dropped all references to it as a pathological condition. Since homosexuality is not an illness, it does not require treatment.

Today, the scientific community accepts no single definite factor as a prime cause for homosexuality. Experts generally agree that it is a complex matter of genetics, biology, social and psychological factors. It is never anyone's fault if they or their love ones grow up to be homosexual. Persons who are coming to terms with their homosexuality will likely face the sense of alienation and discrimination in an unaccepting social environment. These individual may experience harassment or prejudice at school, work or even within the family. But with loving care and support from peers, friends and community, all homosexuals can live happy, healthy and productive lives.

**1.3.2.2 Heterosexuality**

The primary determinant of one's happiness is other people. When one is being asked : "What makes you happy?" Not uncommonly they will answer "intimate relationships". Reaching out towards other people also serves to reduce a person's sense of loneliness and enables the person to receive vital support and guidance in times of distress.

From the stage of puberty, the great majority of boys and girls begin to be interested in the opposite sex. They will have increased participation in group activities involving opposite sex. So is fantasy and curiosity about the opposite sex. Evolving from initial mutual sharing of activities, interests, exchange of ideas about various issues, and increase in understanding of each other's interests and personality, dating between two individuals may begin. A new dimension of interpersonal intimacy thus sets in. Heterosexual love may develop and sharing becomes more exclusive between the two individuals in love in contrast to group activities.

Dating and intimacy involves two vital components, namely love and sex. Love must not be seen as just an initial infatuation, i.e. an intense feeling and preoccupation with the other party. Mature love involves mutual concern, respect, understanding, a sense of responsibility towards the other person, and a mutual wish to be united with one another spiritually and physically. Love enriches a person's meaning of life as well as the enthusiasm in the pursuit of life goals. With the deep sense of merging and unity with the loved person, physical sex and intimacy arises as a natural component of love. As of love, mutual respect and communication is vital. Especially when there is inadequate understanding of the other person's fears, sexual needs and preferences, physical intimacy should be gradual and never be forced on the other person.

**1.3.2.3 Bisexuality**

Compared with homosexuality, bisexuality is even more likely to be neglected. Many bisexuals are classified as homosexuals instead. According to the six-tier classification system of sex disposition as devised by Dr. Kallman, individuals being classified in the third and fourth grade can be considered as bisexuals. By definition, bisexuals are individuals who are interested in and / or have had sex with the same and opposite sexes alike.

Due to limited studies in this respect, there is no data as to the prevalence of bisexuals. In a research conducted by Bell and Weinbery in 1987, it was discovered that 26 to 39% of the sample homosexuals have had sexual intercourse with both the same and opposite sexes. However, Master and Johnson estimated the percentage at under 5. In fact, as bisexuals are even less well recognized by society than homosexuals, coupled with the problem of definition, studies on and knowledge about bisexuals is still very limited.

As to the causes, medical opinion is still divided as to whether it is a hereditary problem or a result of one's psychological frustration or environment. Nevertheless, bisexuality is one of the sex disposition pattern existing in society.

### **1.3.2.4 Transsexualism**

The essential problem of transsexualism is a persistent and intense distress about one's original sex and the desire to be or insistence that one is in fact a member of the other sex. Adults with this problem often manifest a clear desire to be the other sex (even through applying themselves for mutilating sexual reassignment surgery that aims to alter their physical appearance), frequently try to pass as a member of the other sex, and have a persistent desire to live and be treated as a member of the other sex. Some individuals may even believe that they were born the wrong sex and may feel for example that "I am a woman trapped in a male body" or vice versa. A transsexual person has a persistent preoccupation with getting rid of his/her primary sex organs and characteristics and with acquiring the sex characteristics of the opposite sex. Their wish to dress and live as a member of the other sex is always present.

Almost no information is available about the prevalence of gender identity disorders among children, adolescent and adults. Most estimates of prevalence are based on the number of people seeking sex-reassignment surgery. However, it is generally believed that more males than females are afflicted with this problem. Although early parent-child (especially mother-child) relationship and other biological factors are suggested to predispose individuals to develop transsexualism, there is no conclusive evidence available to date.

Treatment of gender identity disorders is a complex problem and rarely successful if the goal is to reverse the disorder. Most persons with the disorder have very fixed ideas and values and are unwilling to change. Very often individuals with the disorder come forward and seek treatment for their anxiety and depression. However, psychological treatment are helpful in assisting the individual to learn how to deal with their disorder, to become comfortable with the gender identity they desire. Therapy may also be indicated to explore the indications or contraindications for sex-reassignment surgery. The surgery is available in Hong Kong, but individuals applying for the surgery must go through a very stringent assessment by a team of professional workers including doctors, psychologists and social workers. They must also go through a trial of cross-gender living for up to one year, and receive hormone treatments.

You may consult your family doctor to make a referral if necessary.



**1.3.3.1 Fetishism**

Fetishism are repetitive and intensive sexually arousing fantasies, urges or behaviors involving non living objects (e.g. female undergarments). The sexual focus is usually on objects (e.g. shoes, gloves, pantyhose, and stockings) that are intimately associated with the human body. The particular fetish is generally linked to someone closely involved with the person during childhood and has some quality associated with the person who was loved, needed, or even punishing person. The disorder usually begins by adolescence. Sexual activity may be directed towards the fetish itself (e.g. masturbating with or into a shoe), or the fetish may be incorporated into sexual intercourse (e.g. demanding that high-heel shoes be worn by the partner during intercourse). Individuals with fetishism often suffer from impaired normal sexual relationship as well as personal distress.

You may consult your family doctor to make necessary referral when necessary.

**1.3.3.2 Exhibitionism**

Exhibitionism are repetitive and intense sexually arousing fantasies, urges or behaviors involving the exposure of one's genitalia to a stranger or unsuspecting person. Sexual excitement generally occurs in anticipation of the exposure, and orgasm is brought about by masturbation during or after the event. The psychology of the person with exhibitionism is sometimes to assert his masculinity by showing his penis and by watching the reaction of the victim: fright, surprise, disgust. However, such individuals often feel inferior and are impotent. This behaviour is not only unlawful, it also leads to personal anguish as there is often ambivalence and intense personal conflict before the act itself. The person's functioning in other areas of his /her life is often affected.

You may consult your family doctor to make necessary referral when required.

**1.3.3.3 Voyeurism**

Voyeurism are repetitive, intense sexually arousing fantasies, sexual urges, or behaviors involving the act of observing an unsuspecting person who is naked, in the process of undressing, or engaging in sexual activity. The voyeuristic individual is often preoccupied with his act to the neglect of other important functions in his life. Significant distress or impairment is often evidenced in the person's social, occupational, and other important areas of functioning.

You may consult your family doctor to make necessary referral if required.

**1.3.3.4 Sexual masochism and Sadism**

Sexual sadism is the repetitive, intense sexually arousing fantasies, sexual urges, or behaviors revolving around inflicting psychological and / or physical suffering on a person to produce sexual gratification and excitement. If this craving causes distress to one's personal life or sexual activities, it becomes a disease. The onset of the problem is often before the age of 18 years and most sadists are males. Sadism can be influenced by hereditary predisposition, hormonal imbalance, and there is commonly a history of concurrent pathological relationships with others, sexual abuse, and the presence of other mental disorders.

Sexual masochism are repetitive, intense sexually arousing fantasies, sexual urges, or behaviors involving being humiliated, beaten, bound, or otherwise made to suffer by one's sexual partners. Sexual masochistic practices are more common among men than among women. Sigmund Freud believed masochism result from self destructive tendencies within the individual. If the inclination causes distress to ones sexual relationship, it becomes a disease.

Those who are affected may consult their family doctor for necessary referral to a clinical psychologist.

**1.3.3.5 Paedophilia**

Paedophilia is the repetitive, intense sexually arousing fantasies, sexual urges, or behaviours involving sexual activity with a prepubescent child or children (generally age 13 years or younger). To be designated as a paedophiliac, the person must be at least 16 years of age and at least 5 years older than the child. A person with paedophilia may not sexually assault children. Most of the sexual assault behaviours, if they occur, involve genital fondling or oral sex with the child. The frequency of paedophiliac act fluctuates but can be associated with stress. Child sexual abuse is punishable by law and the person's normal sexual relationship is often adversely affected.

Those affected may consult their family doctor for necessary referral to a clinical psychologist.

**1.3.3.6 Transvestism**

Transvestism means repeated, intense sexually arousing fantasies, sexual urges, or behaviours involving cross-dressing (i.e. putting on clothes of the opposite sex). In a heterosexual male this behaviour is often accompanied by fantasies and sexual urges by heterosexual men to dress in female's clothes for purposes of increasing sexual arousal and as an adjunct to masturbation and sexual intercourse. The act itself can also be used as a temporary means to relief ongoing stresses, and to stimulate more sexual excitement.

You may consult your family doctor and make necessary referral if required.

**1.4.1 Sexual intercourse**

Sexual intercourse is the closest way lovers show feelings toward each other. Physiologically, sexual intercourse is the act of inserting a male's penis into the female's vagina, i.e. vaginal intercourse, but under some circumstances, oral sex or anal sex will be involved.

When the two genders are attracted to each other and have attained satisfaction through spiritual exchange to a certain extent, they will long for the pleasant sensation attainable through body contact or even sexual intercourse in order to satisfy their libido.

Apart from sexual satisfaction, mankind also need love. It is only from love that mankind achieves the greatest spiritual satisfaction, feel less lonely but much happier. Sexual intercourse involves the closest body contact of the two partners, without emotional consolation in behind, their souls will still be empty even if their sexual desire is satisfied . It may make them feel even more lonely, resulting in greater distance between them. Contrarily, sexual intercourse practised out of love means more than physical joining of the two, it is also a mutual exchange of the spirit and soul, raising their already close emotional relationship, mutual understanding and happiness to an even loftier state. It should be noted that other than sexual intercourse, one can also express one's feelings towards the loved one through hugging, kissing, communicating and even caressing. Not only could improper sexual intercourse destroy relationship, non-adoption of contraceptives by neither party during the intercourse could also result in pregnancy. Forced sexual intercourse is a serious criminal offence which may lead to prosecution. Sexual intercourse should therefore be taken seriously and should not be practiced out of the mere intention to satisfy one's sexual desire, it should not be practised until a considerable basis is attained.

### **1.4.2 Masturbation**

Masturbation is sometimes called self-abuse, self-disrespect or self-caressing which is to stimulate one's sexual organ with one's own hands or other parts of the body or objects in order to attain sexual excitation or climax.

Masturbation is a natural and very common act performed by youths during sex development of adolescence. It has nothing to do with rightness and morality. Being influenced by traditional concepts, religions, taboo on sex laid down by the feudal society thousands of years ago and sex ignorance, many people believe that masturbation is an evil and immoral deed which weakens one's health and makes one impotent, sterile, insane and turn homosexual. All these are misconceptions.

Masturbation is medically proved to be harmless. It is even regarded as a normal process of self-discovery. Although it is not necessarily undergone by every person, it is very common indeed.

Masturbation itself is harmless, however, if masturbation creates an intense sense of guilt, it will become a great psychological burden and may affect one's self-image, confidence and the way one gets along with the opposite sex in the future. Masturbators tend to impute all physical discomfort experienced to masturbation, resulting in psychological burdens which include worries, fears and senses of guilt. These are actually the obstacles to sex functions. However, the sufferers seldom realize that it is the psychological burden which leads to the obstacles to sex, not masturbation itself.

Although masturbation is generally harmless, it is still necessary to know the technique in order to avoid unintentional harms or development of bad habits. To avoid harms to the sex organ, no objects should be inserted into the openings.



**1.4.3 Sexual satisfaction**

Sexual satisfaction is attainable through masturbation, mutual caressing or sexual contact. During intercourse, the climax of sexual excitement experienced by male and female is similar in that he/she feels in the lower part of the pelvis and the external sex organ. A strong sensation which ripples outward to result in a feeling likened to "the momentum of an avalanche and a tidal wave."

Under most circumstances, a male's climax is a concomitant of ejaculation. The larger the quantity of seminal fluid ejaculated, the stronger is his climax. As to female, there is no objective evidence to testify the attainment of climax, but most females can sense contraction in the climax spot.

Point G is a hidden spot recently discovered to be initiating the climax of sexual excitement in female. It is situated on the anterior vaginal wall and behind the pubis, with the size of a small coin. It will initiate the climax when put under relatively high pressure.

In order to attain sex satisfaction, mutual communication is most important because sexual intercourse is not only a physical activity but also a psychological one. To achieve perfect sexual relationship, it is also very important for both parties to know and understand each other. They must undergo continuous exploration and creation so as to attain psychological and physiological satisfaction.

#### **1.4.4 Using Prostitutes and commercial sex trade**

Any transaction involving the exchange of sex service for monetary or other profit can be labelled as commercial sexual behaviour, the most common instance is whoring.

Whoring or provision of sex service is no novelty, it can be traced back to the ancient societies of both China and abroad. Providers and users of sex service can be males or females; as the business brings satisfaction to one party's libido and profits to the other, it continues to exist in various forms.

Hong Kong is a highly commercialized society where whoring activities are very common. Around the clock sexual services are available from the well-known whorehouses in Temple Street; massage parlours, acupuncture centres and villas; the hookers of Sham Shui Po; the callgirls; the big Japanese style nightclubs in Tsimshatsui East and the sex Karaoke box which are very popular lately.

In the old days, majority of the commercial sex workers, i.e. prostitutes were females who were considered to be forced to do the job unwillingly, but with the changes in a highly materialized society such as Hong Kong, people may do it just because of the lust of money. However, morally there is still strong discrimination against the commercial sex workers, especially the female ones. As a result, female commercial sex workers have to bear heavy psychological pressure, they would often feel inferior and may even give up hope on themselves.

As the occupation requires that, sex service providers have sexual intercourse with many different partners, they are vulnerable to venereal diseases or even AIDS if inadequate measures are taken. Such diseases can be transmitted from the clients to sex service providers, or vice versa, as it will in turn be transmitted to other sex partners. Safer sex is thus very important. For instance, proper use of condoms can increase safety to both parties involved. According to studies, those who bear the risk of infection by having sex without condoms did so as requested by their clients who consider that condoms will reduce the sexual pleasure attained. Therefore, besides reminding sex service providers of the importance of safer sex, alertness and cooperation from their clients are also necessary.

**1.4.5.1 What is Safer sex ?**

Safer sex is the practice of sexual acts that avoid contact with body fluid. Sex satisfaction is attainable through expressive acts like masturbation, mutual caressing or kissing, etc. In case of skin injuries, efforts should be made to avoid coming into contact with the partner's secretion, and deep kissing should be avoided in case of oral ulcers.

Safer sex refers to the maintenance of mutually monogamous sexual relationship between two parties not infected by any sexually transmitted diseases. Alternatively, correct and consistent use of condom can prevent exchange of bodily fluid during sexual intercourse. Besides the prevention of AIDS and STDs, use of condom can minimize the impact resulting from unwanted pregnancy.

Both sexually transmitted disease and AIDS are spread through sexual contact with an infected person. Sexually transmitted disease is serious in that it will affect the sex organ, inflicts pain, causes sterility and spreads to other part of the body. Syphilis is especially serious because it can cause neuropsychiatric complications, heart disease or even death. HIV attacks and destructs some type of the white blood cells, thus gradually attenuating body immunity, making HIV infected persons vulnerable to complication like infection of different kinds and malignant tumours. These events may cause significant morbidity or even death.

It is safest to have mutually monogamous sexual relationship with a partner who is not infected with any sexually transmitted disease or AIDS. Safer sex is especially important if you cannot fulfill the above-mentioned, or you have doubts about your partner's sexual background. In these cases, condoms should be used in sexual intercourse, be it oral, vaginal or anal. Utmost effort should be exercised in preventing impairment of your judgement or self-control by alcohol or drugs, as these will prevent you from practising safer sex.

**1.4.5.2 Choices of Condoms**

Proper use of condoms can prevent pregnancy as well as acquisition of sexually transmitted diseases. New condoms keep coming up for sale.

Condoms are usually made of rubber. Although condoms made from natural thin membrane (usually made from the cecum of goats) is effective in contraception, the tissues are relatively permeable that they cannot effectively prevent sexually transmitted diseases. Besides, they are more expensive.

Manufactured condoms will age as time goes by, resulting in impairment of the tenacity. Exposure to intense heat and light will also accelerate aging of the rubber, thus weakening the pulling force and affecting its overall function. Do not buy condoms displayed under decorative light and sunlight in the shop. Condoms should be stored in a cool place. They should not be stored in places where they may be exposed to frequent pressure and friction, for example, the wallet or the back pocket of trousers.

Do not buy condoms in damaged or old packaging, or those which are expired or without indication as to their dates of manufacture or validity. And, do not use condoms which have been stored for too long, or those which are no longer elastic, sticky or damaged.

**1.4.5.3 How to use a Condom properly**

A number of infectious diseases can be transmitted through sexual contacts. These include syphilis, gonorrhoea, herpes, AIDS and so on. The infected partner may not have any signs or symptoms.

The safest practice is to maintain a mutually monogamous relationship with a partner who does not harbour any sexually transmitted disease or AIDS virus. Whenever you are in doubt about the sexual partner, you should practise sexual contacts which does not result in the exchange of body fluids or a condom should be used. The condom, although unable to provide absolute protection, can substantially reduce the risk of acquiring infectious diseases during sexual contact. To maximise its effectiveness in preventing sexually transmitted diseases and AIDS, use the condom properly.

- Use a new, good quality latex condom without damage or defect.
- Put the condom on before you have sexual contact with your partner.
- Open the individual packet carefully. Do not use sharp cutters such as scissors.
- Hold the tip of the condom to squeeze out the air. This leaves some room for the semen when you ejaculate. Put the condom on the end of your erected penis.
- Keep holding the tip of the condom, unroll it onto your erect penis all the way down to the hair.
- You can use a water-based lubricant. Oil-based lubricant such as vaseline or grease should not be used because they can cause the condom to perforate.
- After ejaculation, hold onto the rim of the condom and pull out while your penis is still hard.
- Don't store condoms for a long time in your wallet or near heat because they may perforate.

**2.1.1 Is there a standard size for penis?**

Reproductive organs of males do not look the same, especially when they are in the non-erected condition. Like other organs of the body, size of penis differ with persons. It may be long, short, wide or narrow in diameter, penis glans may be broader or narrower than the penis spool, and the scrotum may be longer or shorter than the apex of the penis. All these differences are normal.

Growth of sex organs of boys do not begin at the same age and at the same tempo, but sex organs which begin to grow later or slower will all the same turn mature before adulthood. Sex organs of most males measures the average size with a length of 5 inches when erected, but it is normal that penis of some males will be longer or shorter than usual.

Some males may feel inferior for his short penis and want to lengthen it, but this cannot be attained through measures like hypnosis, exercise, medicines, cream or ointment, vitamin pills or injections; they may even bring along adverse effects. It should be noted that size of the penis means nothing but the length of a male's organ, it is no symbol of manliness or potency, neither is it any standard to please the sex partner.

You may call the Hong Kong Family Planning Association for information regarding sex.

**2.1.2 Penis size and sexual ability**

Size of penis differs with people although penises of most males measure 5 inches when erected. Generally, when erected, the percentage of increase in length of penis which is short when not erected will be greater than that of the originally long one. In other words, we cannot predict the length of an erected penis from its non-erected status. It is rare for the size of a penis to directly influence one's sexual potency and sex life. As a matter of fact, it will not affect sexual intercourse or reproduction unless the penis measures less than 2 inches when erected. As the vagina will be stimulated at the area of 2 inches from the vaginal orifice, so physiologically the vagina will be stimulated as long as the penis reaches that particular area.

On the other hand, bigger penis will not impose any problems during sexual intercourse. It is because when the female partner gets excited during the intercourse her vagina will extend elastically and become lubricious so as to prevent any pain inflicted by the insertion and friction, thus bringing more comfort during the intercourse. If your sex partner suffers pain during the intercourse, it should be noted whether it is because she is not ready psychologically, being too nervous or you being too aggressive.

You may call the Hong Kong Family Planning Association for information regarding sex.

### **2.1.3 Is big breast a must for femininity ?**

Many women believe that big breast is a very important criteria for men in appreciating women. As a matter of fact, big breast or small breast can be trendy in different time or culture. There are time for full figures, but there are time for slim figures as well. Different nations and race has different aesthetic standard for women's breast.

Different men may have a different view too. Some may prefer bigger breast, some may consider smaller breast more attractive, while some do not attach much weight to the size of the breast at all.

Development of the breasts is the first secondary sexual characteristics that appears. Amount of fat stored in the breasts increase and the ductal system will also develop. At about 8 to 12 years of age, nipples will protrude first, followed by gradual enlargement of the nipples, areolar mammae and the breasts. The rate of growth varies in individuals, and the development of the breasts also differs.

Some women may feel inferior due to their small breasts and would like to have them augmented. Efficacy of many medicines and methods remain unproven. Cream or lotion containing hormones which claim to be effective in augmenting women's breast has yet to be confirmed, while exercise cannot increase the fat texture of the breast neither. To enlarge them, breast augmentation surgery like implantation of sealed silicone rubber into the breast is a relatively effective way, but the surgery may bring about many side-effects. Operation on the breast will result in scars, it may also hurt the mammary gland or nerve and affect lactation and the feeling of the breast. Also it will involve the risk of general anesthesia. As to the implanted silicone balloon, it may shrink or harden, thus causing damage or pain to the breast, and the potential health hazard of long implanted silicone rubber is unknown yet. Therefore, thorough consideration is necessary in case you plan to undergo a breast augmentation surgery. You had better discuss with your friends, relatives, social workers or teachers before making a decision. What should be noted is that a woman's attractiveness does not lie in the size of her breast alone; inward beauty is a more important virtue.

You may call the Hong Kong Family Planning Association for information regarding sex.



**2.1.4 Asymmetrical breasts?**

Breasts of most women are somewhat asymmetrical, and they differ much in terms of shape and size. Some women's breasts protrude firmly from the thoracic wall, some are round and full. Nipples of some women protrude, some lie flat while some are retracted. Usually, it is normal for breasts or nipples of a woman to be asymmetrical, but if the disparity is great or newly developed, one should seek medical advice. If it still upsets you despite that no abnormal causes are discovered, you may consider enlarging the relatively small breasts by means of breast plasty or diminishing relatively large breasts by means of an operation. You can also insert pads into the bra in a bid to achieving symmetry; disguise them by means of clothing; or resort to counsellors for assistance so that you can accept the way you look. You may want to discuss with your family members, teachers, doctors, social workers or close friends to help you decide what to do. If you decide to solve the problem by means of an operation, it should be done by a good and experienced registered plastic surgeon. And, you should know clearly the potential adverse effects as well as the anticipated results of the operation so that a rational decision can be reached after weighing the pros and cons. Further information can be obtained from the Family Planning Association or your family doctors.

**2.1.5 Does virgin always have an intact hymen ?**

Hymen is a thin membranous fold with small holes which occludes the external orifice of the vagina, it differs with people in terms of tenacity, shape and thickness. In the old days, it was believed that the hymen of a virgin must be intact. Nowadays, intact hymen is no longer considered a symbol of virginity because tenacious hymen of a female may not be damaged during the very first sexual intercourse she has ever had. On the other hand, instead of sexual intercourse, a hymen can be damaged through the process of drastic exercise, like cycling or horse riding. Therefore, the vaginity of a female cannot be determined solely by the presence of a hymen. Even a gynecologist cannot determine by examination whether a female is a virgin.

Traditionally, women were given a high social value. Hence, if a woman did not deflower on the wedding night, the already ruptured hymen would denote that she was not a virgin. As a result, she might be facing unnecessary pressure and discrimination from the society. In fact, as discussed above, a ruptured hymen is not necessarily an indication of previous sexual intercourse. And the concept regarding female virginity also reflects the phenomenon of sexual discrimination in the society.

You may call the Hong Kong Family Planning Association for further information regarding sex.

### **2.2.1 Myths about masturbation**

Masturbation is an act to attain sex excitement by using one's hands or other objects to purposely stimulate one's own sex organ. It is a traditional concept that sexual intercourse should only be practised for the purpose of reproduction; so other types of behaviour, including masturbation, are considered evil and degrading. It is also an old concept that wasting seminal fluid casually will weaken one's health and cause illness like psychosis or sterility. However, in modern society, masturbation is considered a totally private affair rather than an evil behaviour. In fact, masturbation can help one to relax the sex-related tension and vege one's libido. Misconception of masturbation as harmful and the worry that one's masturbation act will be known by others may cause a sense of guilt and disturbance, thus adversely affecting one's health both physiologically and psychologically.

Great majority of people have had the experience of masturbation. Masturbation will not cause any physiological harm unless very rude or violent methods are used.

Like sexual intercourse between a couple, there is no standard as to the frequency for masturbation, and there is no data to support the saying that masturbation leads to sterility. Such worry is caused by the widespread misconception that a male is born with a fixed quantity of sperm which will finally be exhausted with excessive ejaculation during his youth. This is incorrect.

During adolescence, a male's testes begins to produce sperms. It will continue to produce sperms which can fertilize females' eggs until the male dies. A male will continue to produce new sperms no matter how many times he ejaculates.

The relationship between masturbation and reduction of the quantity of sperms is only temporary, i.e. if a male ejaculates several times within several hours, the quantity of sperms ejaculated each time will be less than the previous occasion. But this warrants no worry because the quantity of sperms will be resumed to normal in one or two days.

You may call the Hong Kong Family Planning Association for information regarding sex.

**2.2.2 Is there any difference between male and female orgasm?**

With different physiological structure and sex psychology, males are easier to be responsive to sex and reach climax while females takes longer time to attain it.

Sex climax is also related to one's age. Most male in their adolescence and early twenties experience more frequent climax than their elder counterparts through various form of sexual behaviour like nocturnal emission, masturbation and sexual intercourse. Young males may experience a very short but uncontrollable period during which he will have 2 occasions of climaxes within just a few minutes, while females experience the highest frequency of climax between the age of 25 to about 45. As a matter of fact, a female is usually more sexually active in her early twenties than in her forties. However, the frequency of climax they experience is higher when they grow older, as they gained more experience in sex.

For females, high frequency of climax seems more likely to be a psychological effect than a physiological effect. It is not until after a female feels secure in a sexual relationship that she knows how to have climax and attain a higher frequency. Thus, it is apparent that the frequency and intensity of climax one attains will be influenced by many factors : gender, age, culture, social background, psychological status and so on.

You may call the Hong Kong Family Planning Association for information regarding sex.

**2.2.3 Manners of walking and sexual behaviour in female**

It is considered that women who have had sexual intercourse will walk with legs more apart due to certain posture of the intercourse. This is in fact a misconception. If pain is inflicted by friction of the sex organs when a female deflowered, she may walk in a relatively unnatural way. However, there may also be a psychological component as some females may believe that their legs will be more apart after she has had sexual intercourse.

You may call the Hong Kong Family Planning Association for information regarding sex.

**2.2.4 Is sexual intercourse during menstruation harmful ?**

This is an old superstitious belief. Ancient people believed that blood is unclean, so sexual intercourse with a menstruating female will be harmful to one's health. As a matter of fact, like blood in other parts of the body, menstrual flow from the uterus is not 'dirty' substance as such; so sexual intercourse during menstruation period will usually not do harm to health. But it should be noted that during menstruation, a female is more vulnerable to infection of germs because the coming off of the inner vaginal wall is like having tiny damage. A couple should decide whether they would like to have sex during such period. You should seek medical advice if in doubt.

You may call the Hong Kong Family Planning Association for information regarding sex.

**2.2.5 Sexual behaviour and contraception**

Sexual intercourse practised without employment of reliable contraceptive means will render a greater probability of pregnancy. Having sex during period calculated on the basis of a female's menstruation cycles and withdraw of a male's penis before ejaculation are both unreliable contraceptive methods. Some people may even have the misconception that pregnancy can be avoided by having stand-up intercourse; this is untrue because numerous sperms will still enter the female's reproductive organ during ejaculation. Neither can urination, douching of the vagina or consumption of cold food after sex prevent pregnancy. The only relatively effective way to prevent pregnancy after sexual intercourse is to take the morning after pills. But it may have side-effect e.g. vomiting. Adoption of appropriate contraceptive measures before sexual intercourse can obviate the need to worry about pregnancy. Such measures include taking contraceptive pills on time or using condom properly and consistently.

You may attend the Family Health Service of the Department of Health or the Hong Kong Family Planning Association for details on contraception.

### **3.1 General knowledge on sexually transmitted diseases and its prevention**

Sexually transmitted disease, commonly known as venereal disease, is transmitted through sexual intercourse with an infected sex partner. It can be transmitted through vaginal sex, oral sex and anal sex, but not through social contacts like eating at the same table, travelling in the same public vehicle or swimming in the same pool.

Common sexually transmitted diseases include Syphilis, Gonorrhoea, Non-Gonococcal Urethritis, Non-Specific Genital Infection, Genital Warts, Trichomoniasis, Pubic Lice, Herpes Simplex type II infection. HIV infection is also a kind of sexually transmitted disease.

Sexually transmitted disease is serious as it will affect the genital organ and cause pain and sterility. It will even spread to other organs and cause complications or even death. Offspring of the STD patient may be affected as well.

Sexually transmitted diseases vary in terms of latent period. They are not easy to be noticed as the symptoms may not be obvious, infected patients, in particular female ones may show no symptoms at all. Damaged spots in the sex organ, small growth, blisters, itchiness, frequent urination, stabbing pain in the genital organ, excretion of white condensed urethral discharge from male and excretion of greenish-yellow vaginal discharge of the female may be symptoms of infection. The patient should seek treatment as soon as possible to alleviate pain and avoid complications.

To achieve the best treatment results, patients with sexually transmitted diseases should be patient and obedient to the doctor's instruction. His/her sex partner should receive examination and treatment as well to avoid cross-infection and reinfection. Before recovery patient should refrain from sex in order to prevent getting other sexually transmitted diseases or transmission from the patient to the others.

In case a pregnant woman is confirmed to be infected, both herself and her fetus will usually be all right if the disease is cured early enough.

Since human being cannot become immune against sexually transmitted diseases, sex activities such as having multiple sex partners, may acquire the same infection or more than one type of sexually transmitted diseases at the same time.

Safer sex is the most effective way to prevent infection, i.e. to maintain sexual relationship with the same non-infected partner. If this is impossible, condom should be properly used during each sexual intercourse.

People active in sex should receive regular check up in order to ensure health.

The Social Hygiene Clinics of the Department of Health provide examination, treatment and counselling on sexually transmitted diseases. No referral letter is needed and information will be kept in strict confidential.

Treatment of sexually transmitted diseases is also available from registered medical practitioners. Self-prescription should be strictly avoided because this would defer the diagnosis of STD and make subsequent treatment more difficult.



### **3.2 What is AIDS?**

AIDS stands for Acquired Immune Deficiency Syndrome. It is caused by a virus called Human Immunodeficiency Virus, HIV. White blood cells are part of the body's defence (immune) system. They normally help the body fight off cancers and infections by germs. The AIDS virus, HIV, attacks and kills certain white blood cells, thus destroying this important defence function. As a result, AIDS patients easily develop infections and cancers which normally do not affect healthy persons. It should be emphasised that there is yet no known cure for AIDS.

HIV is present in blood, semen, vaginal secretions and other body fluids. A person can be infected by the virus through 3 major routes : (1) sexual contact (2) blood and needles and (3) mother to infant.

(i) Sexual contact : The virus is present in semen and vaginal secretions. The infection can be passed from men to men, men to women and women to men by various forms of sexual contacts, including vaginal intercourse, anal intercourse and oral sex. Anal sex is by far the most risky.

(ii) Blood : HIV thrives in blood. Hence, it can be transmitted by contaminated blood and blood products. Injecting drug users are particularly at risk of contracting HIV through the sharing of unsterilized needles and syringes. HIV may also be transmitted by unsterilized instruments for tattooing, ear-piercing and acupuncture, but the actual chance of getting infected in these instances is, however, quite remote.

(iii) Mother to infant : Women who are infected by the virus may pass the infection to their infant during pregnancy, around the time of birth, or during breast feeding.

HIV is not spread through air or social contact. It cannot be contracted by shaking hand, travelling, eating together, attending school, working or sharing toilet with a person infected with HIV. There is also no evidence to suggest that HIV is spread by mosquito and other insect bites.

About half of those who are HIV infected would develop AIDS within ten years. The others may be free of any signs and symptoms. They cannot be identified by appearance but can pass the virus onto another person.

HIV infection and AIDS do not present with specific symptoms or signs. If you are worried about being infected because of suspected exposure, you should seek counselling and consider undergoing the HIV antibody test.

You should not go for blood donation if you have been at risk of HIV infection; because during the first 3 months after infection, the body may not have produced enough antibodies to show up in the test. If your blood is carrying the HIV, and you go for blood donation at this moment, you may be unknowingly spreading the virus though you are tested negative.

If you have any queries, you are advised to talk to the AIDS counsellor, at 2780 2211 or you may consult your doctor.

### 3.3.1 Syphilis

Syphilis is a sexually transmitted disease which carries potentially serious consequences if left untreated. It is caused by a type of bacteria called spirochaete.

The incubation period of syphilis varies from 9 to 90 days. Infection can be transmitted by direct sexual contact, such as penetrative vaginal sex, oral-genital contact and anal-genital contact. Without effective treatment an infected person may present at different stages with varying signs and symptoms

Primary Syphilis may occur about 2 to 4 weeks after exposure. Patients with primary syphilis present with a painless sore on or around the genital organ together with swollen glands in the groin. The sore is obvious for man but can be inconspicuous in a woman. The sore usually clears up spontaneously within a few weeks. If untreated, the disease often progresses to the secondary stage.

For secondary syphilis, various combinations of symptoms like fever, tiredness, non-itchy skin rash, generalised swollen glands, sore throat etc. may occur. Again these signs / symptoms disappear even without treatment. If left untreated the disease progresses to the latent stage.

In the latent stage, the patient does not have any signs & symptoms and the diagnosis can only be made by a blood test.

Tertiary or late syphilis occurs several years to decades afterwards. Organs like the heart, eye, bones and central nervous system may be damaged by the bacteria, resulting in blindness, heart diseases, mental illness, physical disability or even death.

A pregnant woman with syphilis may transmit the bacteria to her baby causing congenital syphilis, intrauterine death or other disabilities e.g. blindness and deafness.

It is important to seek early medical advice and treatment if you suspect syphilis or other sexually transmitted disease. Don't try to experiment on drugs.

You may attend the nearby Social Hygiene Clinic for advice, check-up and treatment all information is kept strictly confidential. You may just walk in. There is no need to book appointment or bring along doctor's referral letter.

The most effective way in preventing the spread of sexually transmitted diseases is to maintain mutually monogamous sexual relationship and to practise safer sex. Remember to use a condom at all times.

**3.3.2 Gonorrhoea**

Gonorrhoea is the second commonest sexually transmitted disease in Hong Kong. It is caused by the bacteria gonococcus. The incubation period is usually 2-3 days.

The symptoms and signs of the disease are different in male and female.

Gonorrhoea in man presents as anterior urethritis. There is a purulent urethral discharge associated with pain and frequency of urination.

Gonorrhoea in woman usually affects both the cervix and urethra. The patient has a purulent vaginal discharge associated with irritation and swelling of the genital region. She may also experience burning sensation when passing urine. However, in a large proportion of women with gonorrhoea, they have no symptoms at all.

Rectal gonorrhoea sometimes causes discharge and irritation around the anus and pain while passing stool. Pharyngeal gonorrhoea may cause sore throat.

Gonorrhoea is curable. Apart from appropriate drug treatment, follow up to ensure complete recovery is essential. Due to the recent emergence of drug-resistant strains of gonococci, it is dangerous to treat yourself without medical advice.

If gonorrhoea is not treated, complications may arise. In man, it may cause urethral stricture, prostatitis and semino-vesiculitis. In woman, it may result in salpingitis, peritonitis, ectopic pregnancy and sterility. The bacteria may also enter the blood stream and cause damage to structures or organs like joints and liver. Gonorrhoea in pregnant women may affect the eyes of babies which may lead to blindness.

To stop the spread and avoid the complications of gonorrhoea, infected persons should inform their sexual partners about the possibility of infection. The partner needs to seek prompt treatment to avoid cross-reciprocal infection. Refrain from sexual activity before full treatment and recovery from gonorrhoea.

If you suspect having gonorrhoea, please attend the Social Hygiene Clinic of Department of Health for advice and checkup. No referral letter is needed. All information will be kept in strictest confidence.

The best way to avoid getting gonorrhoea is to maintain a mutually monogamous relationship with a partner who does not harbour any sexually transmitted disease. Whenever you are in doubt, a condom should be used.

**3.3.3 Non-Gonococcal Urethritis / Non-specific Genital Infection**

Non-gonococcal urethritis in man and non-specific genital infection in woman are now the commonest sexually transmitted disease in Hong Kong. In short, it is called NGU and NSGI respectively.

Infected persons usually present with symptoms which are similar to but milder than that of gonorrhoea; such as urethral discharge, frequency and burning sensation during urination. In women, many are asymptomatic.

Complications are similar to that of gonorrhoea such as prostatitis, semino-vesiculitis in man; salpingitis, sterility, ectopic pregnancy, pelvic inflammatory disease and abortion in woman. It may cause conjunctivitis or pneumonia of the newborn if the mother is infected.

The infection can be caused by multiple organisms e.g. chlamydia trachomatis and mycoplasma. It can be treated with antibiotics. However, some patients do not respond well to treatment and the infection may recur.

Apart from appropriate drug treatment, patients need follow up care to ensure complete recovery. Affected persons should refrain from sexual intercourse before complete cure. The sexual partner should also receive check up and treatment to prevent cross-reciprocal infection.

If you suspect yourself to have non-gonococcal urethritis, non-specific genital infection, or any sexually transmitted disease, please attend the Social Hygiene Clinic of the Department of Health for advice and checkup. No referral letter is needed and information will be kept in strict confidence.

The most effective way to avoid getting non-gonococcal urethritis or non-specific genital infection is to maintain a mutually monogamous relationship with a partner who does not harbour any sexually transmitted disease. Whenever you are in doubt, a condom should be used.

**3.3.4 Genital Warts**

Genital warts are caused by a virus called human papilloma virus. It is transmitted through sexual intercourse. Incubation period ranges from a few weeks to more than a few months.

The infected person usually presents with cauliflower-like growths over external genitalia or around the anus. These may then slowly increase in size. The lesions are delicate. They can be traumatized easily and may bleed. Cancers of the genital tract such as cervical carcinoma are linked up to human papilloma virus.

Treatment modalities include topical application of specific medicine, cryotherapy, cautery and surgical excision. It is important to follow medical advice. Personal hygiene is necessary to prevent secondary infection. All sexual contacts of infected person should be examined and treated accordingly to prevent reinfection.

As there is no definite curative measure, relapse is common and patient should seek advice and treatment if this occurs.

If you suspect yourself to have genital warts or other sexually transmitted diseases you may attend any of the Social Hygiene Clinics of the Department of Health. No referral letter is needed and all information is kept in strictest confidence.

The best way to avoid getting genital warts is to maintain a mutually monogamous relationship with a partner who does not harbour any sexually transmitted disease. Whenever you are in doubt a condom should be used.

### **3.3.5 Genital Herpes**

Genital Herpes is often due to infection by type II herpes simplex virus. It is transmitted through direct sexual contact. The average incubation period is about 5 to 6 days.

Genital Herpes usually affects the surface of genitalia of both sex. The affected area has a burning or tingling sensation at first, followed by the appearance of characteristic grouped small vesicles in pin-pointed to green bean size. These vesicles usually rupture in 3 to 4 days, leaving erosion with a narrow bright red margin. The lesions often heal within 10 days if there is no other infection. Some patients may also suffer from generalised symptoms such as fever, malaise, joint pain and appearance of lymph glands in the groin.

Infected women may have stinging sensation during urination since the erosion is mostly distributed in inner and outer labia, and around anal region as well. Newborn baby may contract Herpes Simplex virus through birth canal of the infected mother during parturition, causing encephalitis or even death. Research suggested that there is an association of genital herpes with carcinoma of cervix.

Genital herpes is liable to relapses. About 50 to 80% patients developed recurrences but with milder symptoms. Although there is still no medication to kill the virus completely, severity and duration of symptoms can be minimized by proper treatment. Patients can also find out and avoid any triggers or precipitating factors to minimize the chance of recurrences.

Some factors may precipitate the attack of this disease; like

- long exposure under sunlight
- emotional stress
- malnutrition
- trauma in genital skin ( caused by sexual intercourse, masturbation or menstruation )

If you suspect that you have contracted genital herpes you should seek medical treatment and advice. Your sexual partners also need to have check-up and treatment. Pregnant women who have had genital herpes before should inform their doctors during ante-natal check-up to ensure safety of the baby.

The best way to avoid contracting genital herpes is to maintain a mutually monogamous relationship with a partner who does not harbour any sexually transmitted disease. Whenever you are in doubt, a condom should be used.

**If you suspect yourself to have genital herpe, please attend the Social Hygiene Clinic of Department of Health for advice and check-up. No referral letter is needed and information will be kept in strict confidential.**

**3.3.6 Pubic Lice**

Pubic lice are parasites which, besides affecting the pubic region, may also affect the eyebrows, axillae, and the hairy sternal region.

Infection is transmitted through direct contact during sexual intercourse, or less commonly through close contact, like the sharing of common bathing costumes, blankets and lavatories.

The lice suck human blood and cause intense itchiness. Secondary bacterial infection may result from scratching. Misuse of drugs can cause skin sensitivity.

If you suspect that you are suffering from pubic lice or other sexually transmitted diseases, you should consider attending Social Hygiene Clinic of the Department of Health for check-up, treatment and counselling. All personal particulars are kept strictly confidential.

You should follow medical advice and observe good personal hygiene. Your sexual partner should also receive checkup and treatment to avoid repetitive infection.

The best way to prevent sexually transmitted diseases is to maintain a mutually monogamous relationship with a partner who does not harbour any sexually transmitted disease. Whenever you are in doubt, a condom should be used.

**3.3.7 Chlamydia Trachomatis**

Chlamydia trachomatis is a major sexually transmitted infection in our community. Its usual incubation period ranges from two to four weeks duration. In the male who is infected with Chlamydia, the usual presenting complaints are dysuria and urethral discomfort. If appropriate therapy is not instituted at this time, severe long term complications such as prostatitis, epididymitis and orchitis may have resulted. In female sufferers, approximately up to 40 to 50% of those infected may be asymptomatic. This may have profound implications on female patients if they are not properly managed. This includes long term sequel such as infertility. Antibiotics like pelvic inflammatory disease, salpingitis, tetracycline and erythromycin are effective in treating Chlamydia trachomatis. Nonetheless, let us not forget; prevention is better than cure. Wearing condoms every time during sexual intercourse are the best preventive measures.



**3.4 Sexually transmitted diseases and pregnancy**

Sexually transmitted disease is serious in that it will affect the sex organ, cause sterility or even affect the patient's offspring, but generally speaking, in case of early detection and proper treatment offered, sexually transmitted disease will not affect the patient's capability of sexual reproduction nor his / her offsprings.

The following are the effects of sexually transmitted diseases on pregnancy :

**Syphilis :** The present antenatal checkups offered by the Department of Health or Hospital Authority include a blood test for syphilis. Early detection of the latent infection and proper treatment can prevent the spread of syphilis to the offspring and thus obviate the need for artificial abortion.

Some sexually transmitted diseases can be accurately diagnosed only with special examination. Examples include gonorrhoea, non-specific genital infections, herpes and genital warts. During pregnancy, if infection of the aforesaid diseases are suspected or you have had sexual intercourse with a partner suspected to be infected with such diseases, you should notify the obstetrician or doctors of the Social Hygiene Clinic so that further examination and early treatment can be offered. This can prevent both the pregnant woman and her foetus from being infected.

An HIV infected mother can transmit the virus to her infant during pregnancy, delivery or breast-feeding. The chance is 15-40%. Therefore if you are preparing to have a baby or you are pregnant but are not sure about your HIV status, you should talk to your doctor or an AIDS counsellor and consider having an HIV antibody test.

A study has shown a reduction of maternal-infant transmission rate if the infected mother receive antiretroviral regimen during pregnancy until delivery. After birth, the newborn baby should take a course of antiretroviral therapy for six weeks. Research had revealed that Caesarean Section could also decrease the chance of maternal-infant transmission. This is however only possible if HIV diagnosis of the infected mother is made. Therefore woman who have been at risk of HIV infection should talk to their doctor about further management and early treatment. Breast-feeding of the newborn should also be avoided.

Pregnant woman should in no way try to cure the suspected venereal disease by self-medication because the medicine she uses may do harm to the foetus. In case of queries, the obstetrician should be consulted as soon as possible.

It is most important to prevent sexually transmitted diseases and AIDS during pregnancy. If you cannot confirm whether your sex partner is free from infection, condoms should be used properly.

**3.5 How to use a Condom properly**

A number of infectious diseases can be transmitted through sexual contacts. These include syphilis, gonorrhoea, herpes, AIDS and so on. The infected partner may not have any signs or symptoms.

The safest practice is to maintain a mutually monogamous relationship with a partner who does not harbour any sexually transmitted disease or AIDS virus. Whenever you are in doubt about the sexual partner, you should practise sexual contacts which does not result in the exchange of body fluids or a condom should be used. The condom, although unable to provide absolute protection, can substantially reduce the risk of acquiring infectious diseases during sexual contact. To maximise its effectiveness in preventing sexually transmitted diseases and AIDS, use the condom properly.

- Use a new, good quality latex condom without damage or defect.
- Put the condom on before you have sexual contact with your partner.
- Open the individual packet carefully. Do not use sharp cutters such as scissors.
- Hold the tip of the condom to squeeze out the air. This leaves some room for the semen when you ejaculate. Put the condom on the end of your erected penis.
- Keep holding the tip of the condom, unroll it onto your erect penis all the way down to the hair.
- You can use a water-based lubricant. Oil-based lubricant such as vaseline or grease should not be used because they can cause the condom to perforate.
- After ejaculation, hold onto the rim of the condom and pull it out while your penis is still hard.
- Don't store condoms for a long time in your wallet or near heat because they may perforated.

**3.6 Where to go for treatment?**

If you suspect you have a sexually transmitted disease, please go to a social hygiene clinic of the Department of Health for medical checkup and get the treatment and counseling. Sexually transmitted diseases are serious diseases. Do not treat yourself as delayed treatment causes complications and may even lead to death. It could also harm your sexual partners and it disease may be passed on to a new born from an infected mother.

Once diagnosis is confirmed, you must attend regular follow-up appointments in order to obtain the best treatment. Your sexual partner should also receive examination, treatment and counseling to avoid cross infection and reinfection.

The Social Hygiene Clinic Service is confidential and no doctor's referral is required. You can obtain the addresses and consultation hours of social hygiene clinic to the AIDS hotline website [www.27802211.com](http://www.27802211.com)

**4.1.1 Knowing potential lover**

When searching a life companion, what do you look for? Character? Wealth? Appearance? Common goal or way of thinking? When you begin to seek for the other half, it will be helpful for you to know what type of person you need if you could first understand your own ideas, values, expectation, character, merits and demerits. This can avoid blind searching and make it easier for the opposite sex with whom you associate to understand you.

The broader your social contact, the greater the chance you can find the ideal companion which suits you in every aspect. Of course, you have to carefully observe, listen and look around just in case "the person of your heart" appears. Total reliance on first impression or hearsay may pre-empt a perfect relationship.

You must understand that you should not expect too much from your lover, so that you will not feel contradictory, disappointed or even being cheated. For instance, when you opines that a woman should be as gentle as a bird while a man should be unyielding and brave, your lover just fail to turn out that way. So, you must first learn to accept the others and open yourself so as to establish a channel for communication, through which to start another stage of your life, ie.to seek for the other half.

**4.1.2 Courting**

When you meet a lady you like, you should take the initiative to start a courting. To avoid scaring her, you should not be too aggressive or impulsive, you should begin with social gatherings with a group of friends so that you can establish the relationship on the basis of friendship. With preliminary understanding of one another, you can invite her for a private date when the right time comes.

Some people will choose to show his attitude directly by sending presents, flowers or love letters, some may choose to show his love indirectly through a friend. All these methods are effective, but it should be noted that you should not say or do anything too drastic, otherwise the lady will misunderstand that you harbour evil intentions and deny you any chance.

In case you are refused, you have to face it squarely. You should understand that people have the right to choose and you cannot force people to love you. Fruitful results can be obtained only if both partners participated actively in the relationship.

**4.1.3 Communicating with lover**

When you want to know more about your lover, verbal communication is an important means. However, non-verbal means like exchanging gifts, expressions in eyes and smiles cannot be ignored.

Once you become lovers, you will start to have stable, tacitly agreed and frequent dates. In this way, lovers will have expectations of and commitment to each other. Frequent contacts bring about closer relationship, but more arguments, disputes and unhappy situations as well. Decisions have to be made together instead of having one of them making all the decisions and the other always be submissive.

You have to accept the shortcomings of your lover because no one, including you, is perfect. Lovers should learn how to express love to each other, appreciate the merits of each other and advise each other as to how to overcome his/her shortcomings so that they can get along well in the future.

Quarrels given rise by different opinions are common between lovers, However, one should not use inappropriate words, especially words to the effect of personal attack. This will constitute a fatal blow to the emotional relationship. Once a word is uttered, it cannot be withdrawn. And, moodiness is also as fatal. It is unwise to let off your feelings on your lover.

**4.1.4 How to propose a date**

It is exciting or even nerve-racking to have a private date with the boy or girl you like, such chance should be grabbed to understand each other, to foster emotional relationship and to see whether you suit each other in various aspects.

The venue selected should be a place where people bustle about. It is because quiet places can be dangerous, especially when one of the related parties is late or fails to show up. You can either ask her about her preference or suggest going to a restaurant or a cinema.

Punctuality is an virtue and indication of respect to others. You should also pay attention to your manners because poor manners make people shrink back at the mere sight of you. In the first few dates, it is important to be natural and poised and show your sincerity. This can impress her and ensure further development.

Traditionally, it should be a man to take the initiative to date a woman, but one should not rigidly adhere to such tradition if both parties want to establish an emotional relationship. This is applicable to the expenses incurred in a date which, of course, should be economical.

Different people will choose different activities for a date, but the main principle should be to foster common hobbies and deepen mutual understanding.

**4.1.5 How to decline a date**

It is strange that how people attract each other, but in case being courted by someone who is not your cup of tea, what should you do to make him understand and stop his efforts?

A reserved way is to refuse a date on shammed illness or other pretexts like you have to study or have made plans with friends so that you cannot accept his invitation.

Another way is to go to the date with a group of friends or relatives so as to make him understand that he is only one of the many friends of yours and that you are not particularly impressed by him. Also, you can ask your parents to let him know what he should do by an explanation or implication.

The most effective way is, of course, to directly state clear your attitude. You should say that you do not want any invitation from him at the moment and hope that he would not mind, but you should say it in a sincere and polite way so that you will not put him on the spot which may result in his flying into a rage.

No matter what your choice is, you should be considerate, in no way should you publicize invitations from others.



**4.1.6 Lost in love**

Breaking up is indeed a great frustration which leaves scars and causes agony, but it is wise to end a relationship earlier in case of insoluble disputes and impossibility of loving and committing to each other for the rest of the life.

On losing the one you once loved so much, extreme solitude and dejection are the natural feedback. Some people may even lose self-confidence or feel discontent and indignant. Such depression is not abnormal because everyone needs time to cure his or her emotional trauma, it is hoped that such period of time can be minimized. Besides love relationship with the opposite sex, career, family and society are some of the many aspects which worths your attention and efforts. Be a bit far-sighted!

Breaking up render a good chance for self-review, but in no way should one collapse after such setback, neither should you vent your feelings hurtingly on yourself or the other.

When something does not belong to you any more, do you think it is still worthy of your effort and youth? "Come on, start to live your life with a positive attitude!"

**4.2.1 Marriage & maintenance of optimal marital life**

Two lovers will naturally consider getting married when their relationship becomes mature enough. According to the legal monogamy system in Hong Kong, a person can only be married to another person and not more than one. A lawful marriage can only be held either in a Marriage Registry or a church with valid license for this purpose. Furthermore, the ceremony has to be conducted by the Marriage Registrar, his representatives or specific priests, in the presence of at least two witnesses.

Thorough evaluation is a must before getting married. Mutual understanding, caring, compassion and love are essential elements of a successful and fruitful marriage. Marriage that is based solely on sex and external appearance will easily breakdown.

Similarity and mutualism are important pre-requisites in choosing the other half. If two persons have similar interests, religion, and thoughts, they can communicate better and smoother with each other and thus a more harmonious marital life.

However, it has to be remembered that as there are differences in the background and style of living between two partners, subsequent occurrence of disagreement and minor quarrels are not unusual. Under these circumstances, it is important to discuss openly but calmly, accept the bads and goods of your spouse, find out the underlying problem and its solution. Communication and appreciation is the best way to enhance the love and relationship of spouses.

Spouses have to share both rights and responsibilities during marital life, including that of caring for the other and also their children. Spouses ought to fulfill the appropriate sexual need of the other half. Marriage provides one an ideal background for procreation and accomplishment of parental roles.

Getting married means starting a new relationship and way of living for the couple. They will live together in a newly established unit within the society. Spouses have to learn ways of co-living, enhancing mutual trust and help, and becoming partner of the other for the rest of his/her life. On the other hand, lawful marriage offers protection to the couple.

If you require counselling on marital issues, you can approach the nearby Family Service Centre of the Social Welfare Department.

**4.2.2 Separation**

From the ancient times to present, the love between a boy and a girl is often entangled and cannot be explained rationally. During the phase of heated dating and love, lovers are usually blinded by the merits of one another. A person in love cannot see or just ignore the bads of the lover, and will try its best to suit him/her. After marriage, a couple will have more time to interact but less wish to suit the other. As a result, they begin to see the dismerits of the other half. Differences in the way of living and handling of matters can further fuel disagreement and even quarrel, especially when there is great stress from earning a living. These can all lead to unhappiness and even separation.

Separation between a couple may be the prelude to divorce; alternatively it may allow both parties to calm down, think over and find solutions to the problems.

Legally, separation points to the exemption of responsibility of living together by a couple. However, it is not equivalent to the termination of marriage.

Under the existing legal system, there are two common types of valid separation:

- 1) Separation Agreement - the spouses settle the terms of separation by themselves. This should however be better accompanied by the signing of a formal agreement as arranged by a lawyer.
- 2) Separation Order - A spouse can apply for a “separation order” from the court if he/she have reasons that they have to separate from each other for the time being.

If you require counselling on marital issues, you can approach the nearby Family Service Centre of the Social Welfare Department. You may contact the Legal Aid Department or the District Office if you have queries on legal issues.

**4.2.3 Divorce**

When the marriage has worsened to an irreversible stage, a spouse can provide evidence to the Court for applying divorce. Some of the evidences are:

1. The other spouse has extra-marital affairs which is unbearable for the applicant
2. The applicant cannot tolerate the deleterious behaviours of his/her spouse, e.g. drug abuse, gambling, ill-treating their children
3. The other spouse has left over the applicant for over two years
4. The couple has separated for a year and they have agreed in writing to have divorce
5. The couple has separated for two consecutive years

According to clause 12 of the Matrimonial Causes Ordinance, the Court will normally not consider any application of divorce within the first year of marriage. An exception is that when the spouse can provide concrete proof that he/she is suffering a lot from the marriage.

Divorce is a very important decision. One should sit back and think over calmly and thoroughly about its consequences. Issues such as the legal right of custody of the children and its subsequent arrangement need to be settled. The decision of divorce should never be based on immediate but brief fury alone.

If you require counselling on issues related to marriage or information on the psychosocial support after divorce, you can approach the nearby Family Service Centre of the Social Welfare Department. You may contact the Legal Aid Department or the District Office if you have queries on legal issues concerning divorce.

**4.2.4 Pre-marital sex**

Sex is a basic need of human being, and it can be a good life experience.

Recently, in accompany with the changes in the structure and form of the society, people tend to get married at an older age. In parallel, pre-marital sex has become a commoner phenomenon as people's attitude towards sex has become more open.

It can result in a disaster if pre-marital sex arises from biological needs alone. It can lead to many undesirable consequences if the parties are not responsible and lack communication. For example, unwanted pregnancy may ensue. The female may choose to have termination of pregnancy which can however be hazardous to the health, especially when the procedure is not conducted properly. Complications like excessive bleeding and pelvic infections are not uncommon then. Worse still, in sterility or death can result from the illegal abortions. Some people may elect to get married in the setting of unwanted pregnancy from pre-marital sex. This move can also be undesirable if the parties are not yet well-prepared for marriage. A hastened marriage may have unpleasant impacts to their development, finance, study or career. In addition to unwanted pregnancy and its consequences, a person can be at increased risk of AIDS and other sexually transmitted diseases if he/she is uncertain of the background of the sexual partner.

In fact, sexual intercourse not only involves physical contacts, but also love. When deciding whether to have pre-marital sex or not, the two parties should be open towards each other, understand the wish and respect the choice of one another, and evaluate their coping capability of the potential consequences. Decision has to be made sensibly against all these backgrounds. If one decides to have sex, one should practise safer sex, e.g. use condom properly, to reduce the chance of getting AIDS or other sexually transmitted diseases.

**4.2.5 Extra-marital affairs**

Both spouses might be held responsible if extra-marital affairs arise. Usually, the unfaithful party will be blamed. However, the other party may also need to lookback.

Reasons underlying the emergence of extra-marital sex affairs vary. However, more often than not it is related to the chronic lack of effective communication between the spouses. If they cannot understand and support each other, and they feel that the marital life is boring and without any excitement, they will be conducive to external temptations. The situation will be worse if the couple is physically separated for long.

When the problem of extra-marital affairs come out, it is important to face and not evade the problem. Dispute and attempt to stir up a quarrel will only make the situation worse. Both spouses should be given a chance to talk openly, frankly and calmly. Factors to be considered include the depth of love and relationship, one's expectation, and family situation, e.g. how to handle the children. If the couple decides to keep up the marriage, they should try to re-establish their relationship and quit the extra-marital relationship. If, after thorough thoughts, the couple decides to divorce, they should learn about the available community resources and psychosocial support, e.g. housing, financial support, child care services and so on.

A monogamous marriage relies on the mutual love, care, sharing and support of the spouses. Although extra-marital relationship may bring about transient good feeling for the unfaithful party, its impact to the individual and society can be tremendous. One should be responsible for his/her spouse and think carefully before risking an extra-marital affair.

**5.1.1 Signs and Symptoms of pregnancy and ante-natal checkup**

If a woman in her child-bearing period does not have menstruation on the due date and beyond, and discover that her breasts swell, the color of the areola darkens accompanied by frequent vomiting and urination, she may be in the preliminary stage of pregnancy.

To confirm pregnancy, a woman can take a sample of the first urination in the morning, one to two weeks after the due date of her menstruation for a pregnancy test. This service is available in out-patient clinics of the Department of Health, family doctors or laboratories.

If pregnancy is confirmed, she should as soon as possible go to the Family Health Service of the Department of Health, that is the Maternal and Child Health Center(MCHC) or a private obstetrician for prenatal checkup and regular follow-up in order to ensure the health of herself and the foetus.

The pregnant woman should bring along identity card of her own and her husband, pregnancy test report and a bottle of her own urine to a MCHC located in the district she resides for registration. If she is a local resident, she can receive such services free of charge.

The first examination takes longer time since particulars regarding the pregnant woman's and her family's medical history, menstruation and past pregnancies have to be recorded. The doctor will make thorough physical, including gynecological examination. Blood tests will also be made. Moreover, during every follow-up consultation, her weight and blood pressure will be measured and examination of the abdomen will be made to find out the growth condition of the foetus.

Discomfort experienced during the preliminary stage of pregnancy is temporary and minor, they will usually disappear after 3 months of the pregnancy. If a pregnant woman experiences discomfort, she should consult the medical staff during the checkups.

Good nutrition is important to both the pregnant woman and the foetus. Usually, a pregnant woman's weight will increase by 11.5Kgs (25 lbs) and an increase of 300 Calories to her daily diet will be enough. If the pregnant woman vomit during the preliminary stage of the pregnancy, she should take small frequent feeds. A pregnant woman should have balanced nutrition. Stimulants like cigarettes, alcohol, strong tea and coffee should be avoided. She should also avoid taking drugs casually in order not to adversely affect the development of the foetus.

A woman can still have sex during pregnancy as long as it is done in proper position which will not bring discomfort to her. If a pregnant woman shows signs of miscarriage, it may be necessary to reduce the frequency of sexual intercourse. Spotting and abdominal pain occurs during pregnancy may be signs of miscarriage or premature birth, and a doctor should be consulted immediately.

A well-planned and prepared pregnancy will bring joy. Seminars on prenatal care and prenatal exercise organised by the MCHC are designed to provide advice to parents-to-be as to how to prepare themselves to welcome their babies.

**5.1.2 Pre-marriage pregnancy**

Women with premarital pregnancy can choose to continue with or terminate the pregnancy, but careful considerations, discussion with reliable persons like kins and relatives, friends or social workers are necessary before making a decision.

Woman who choose to continue with the pregnancy should pay regular visits to the Maternal and Child Health Centres of the Department of Health or private obstetricians for prenatal checkups in order to ensure the foetus's and her own health. If necessary, they can seek help from the Social Welfare Department or apply to voluntary institutions like Caritas Hong Kong, Mother's Choice or hostels for unmarried mothers for accommodation which is exclusively provided for premaritally pregnant young girls until delivery. When the babies are born, the mothers can choose to bring them up by themselves or have them adopted as arranged by the Social Welfare Department.

If a pregnant woman choose to terminate the pregnancy, she can contact the Social Welfare Department or the Hong Kong Family Planning Association. In no way should she resort to illegal abortion, as offenders shall be liable to imprisonment and a fine. Illegal abortion may lead to complications like pelvic infection , serious hemorrhage or even death due to inadequate medical equipments, poor sterilization and substandard skills of the doctors involved. There are even cases of continued pregnancy after the operations due to incomplete work.

Legal operations for terminating pregnancy must be certified by two registered medical practitioners that continued pregnancy will cause adverse effects on the pregnant women in psychological or physiological aspects. Legal induced abortion is allowed if the pregnant woman is under 16 and consent is obtained from her parents or if the pregnant woman is conceived in a rape.

Operation for terminating pregnancy has to be done within 24 weeks of pregnancy. The sooner the operation, the simpler and safer it will be. Therefore, unmarried pregnant women should make decisions as soon as possible.

Non-involvement in premarital sex, accurate knowledge of contraception and adoption of effective contraceptive methods can greatly reduce the chance of premarital pregnancy and the psychological and physiological troubles and pressures caused.



### **5.1.3 Artificial insemination**

If a couple have had sex for 2 to 3 years without employing any contraceptive means but still no sign of pregnancy appears, they may worry that they are sterile. They would go to the doctor for examination, in a bid to finding out the reasons for the sterility and receiving appropriate treatment.

Artificial insemination is a means to integrate sperms and ova artificially. There are two kinds of artificial insemination : external fertilization and internal fertilization.

A couple needs to have make careful consideration and receive counselling from professionals in terms of legal, moral, religious and social aspects. The possibility of success in one go is small. Usually, success comes only after several attempts. Therefore, artificial insemination requires much patience.

External fertilization is suitable for a couple when the male is not sterile but the female suffers from salpingian diseases which results in tubal obstruction and prevents integration of the sperms and ova. The operation will be performed during ovulatory period of the female. Firstly, 2 to 3 ova will be taken from the female and put in a test tube into which seminal fluid of the male is added. Fertilized ova will be cultivated there until cell divisions occurs, then the developed cells will be aspirated by an aspirator and placed at the ostium of uterus and then transplanted gently inside the uterus. If the operation succeeds, the foetus will grow slowly inside the uterus.

Internal fertilization divides into inter-spouse artificial insemination and non-inter-spouse artificial insemination. It is a gestational method which directly inject seminal fluid into the vagina or uterus during ovulatory period.

Inter-spouse artificial insemination is applicable to cases in which problems are encountered during sexual intercourse such as prostermia, colpostenosis or vaginismus of the wife; reduction in the amount of sperms of the husband; inadequate seminal fluid or high acidity of the wife's vagina which prevents sperms from going up to the uterus.

Non-inter-spouse artificial insemination is usually applied when the males are deficient in sperms while the sex organs of the females are normal. The identity of sperms donor is confidential to the receiving couple, but the donor's conditions and characteristics should be generally similar to that of the husband in order to make the child more acceptable to the family.

In case of need, you can consult the Hong Kong Family Planning Association or your own family doctor.

### **5.2.1 Ways of Contraception**

Well-planned pregnancies can ensure adequate care and attention to every child in the family. The use of effective contraceptive means can avoid the troubles and pressures brought by unwanted pregnancies. There are many kinds of contraceptive means, each one has its own characteristics, so it is better for you to ask your doctor to recommend an effective and suitable method.

Male condom is a sheath made of soft and thin rubber of quality. It is to sheath the erected penis before sexual intercourse. After ejaculation, the male should get hold of the opening of the condom and pull his penis out together with it before his penis becomes soft. Condom is designed to prevent sperms from getting into the uterus and to prevent contact and exchange of body fluid to the 2 parties involved, therefore condoms, if properly used, can prevent pregnancy as well as infection of venereal diseases and AIDS.

Oral contraceptive pills containing hormones which can contain the ovaries and prevent ovulation. To be effective, they should be taken on time everyday. Contraceptives have potential side effects, so they are not suitable for all females. There are many types of contraceptives, they should be taken as recommended and directed by doctors and medical personnel, and periodical checkups are necessary.

Injection containing hormones can contain the ovaries and prevent ovulation. The effects of each injection usually lasts for 3 to 6 months. Like oral contraceptives, injections should be administered under supervision of a doctor, periodical checkups are necessary. And, it should be noted that menstruation may be in disorder with the injections.

Intrauterine contraceptive device is a small device placed inside the uterus. It has to be fit in by a doctor. It can prevent ova from being fertilized and planted in the endometrium. The advantage is that once it is fitted in, you need not do anything further before sexual intercourses. However, during the first few weeks after the fitting, colporrhagia may occur while the intrauterine ring may be discharged from the body. Some females may have abdominal pain, so periodical check ups are necessary to ensure that the device is in the correct position. Usually, the intrauterine ring has to be changed every several years.

For couples who have had as many children as desired, permanent contraceptive means like ligation of oviduct of females or vasoligation of males can be used. They are minor operations which require 15 to 20 minutes and can be done under local anesthesia.

Other contraceptive means include contraceptive diaphragm, contraceptive foam, tablets and jelly, safety period, external ejaculation and female condoms. They are not widely accepted due to unsatisfactory results.

The proportion of hormones contained in the morning after pills is high. To be effective, they have to be taken within 48 hours after sexual intercourse. Moreover, they often cause discomfort after administration. Doctors will only consider providing them under special circumstances like breakage of condoms or rape victims.

If you would like to know which contraceptive means is suitable to you, please go to the family planning clinic of the Maternal and Child Health Centres of the Department of Health or the Hong Kong Family Planning Association for checkups.

### **5.2.2 Termination of pregnancy**

Generally, termination of pregnancy means employment of artificial means to end the pregnancy of a woman, for example, by induced abortions. It may be due to certain obstetric problems like serious hypertension of the pregnant woman that require termination of pregnancy.

Ways of termination of pregnancy to be introduced in the following is miscarriage caused by artificial methods, this is commonly known as induced abortion.

In Hong Kong, legal termination of pregnancy must be certified by two registered medical practitioners to prove that continued pregnancy will cause adverse effects on the pregnant woman in physiological, psychological and mental aspects. For instance, the pregnant woman is suffering from certain disease which makes her unsuitable to continue with the pregnancy or it is highly possible that the foetus will be seriously handicapped after birth. Besides, legal induced abortion is allowed if the pregnant is under 16 and her parents' consent is obtained or if the pregnancy is conceived in a rape.

Legal termination of pregnancy must be performed by a registered practitioner in the operation room of a designated hospital or the Family Planning Association, and the pregnancy is within 24 weeks.

Termination of pregnancy can be performed under local or general anesthesia. Vacuum extraction is to put a plastic or metal aspirator into the uterus through the cervix to aspirate the substances therein.

Dilatation and curettage is to scrape the substances inside the uterus with a curet.

Injection of saline or drug is to inject highly concentrated saline solution or drugs into the uterus so that the foetus will be poisoned through breathing and die. The uterus will then contract and discharge the foetus.

The earlier termination of pregnancy is performed, the simpler and safer the operation will be. The woman can be discharged from the hospital and return to work on the same day of the operation or the day after.

Although termination of pregnancy is not a major operation, complications like excessive blood loss, pelvic inflammation, perforation of uterus or injury at the cervix may occur. This may cause miscarriage or premature birth in the future. Furthermore, general anesthesia may cause allergy to drug and hypoxia, etc.

The safety of the operation is closely related to various factors like the gestation of pregnancy, comprehensiveness of hospital facilities and the skills of the doctors involved. Illegal abortion may lead to many complications or even death of the patient due to inadequate medical facilities, poor sterilization and substandard skills of the doctors involved. And, there were even cases of continued pregnancy after the operation due to incomplete work.

If you need to terminate pregnancy, you should go to the Hong Kong Family Planning Association or contact your family doctor.

Accurate knowledge of contraception and adoption of effective contraceptive means can avoid unwanted pregnancy and the need to terminate it.

**6.1 Rape**

According to the Crimes Ordinance, a man commits rape if :

- (a) he has unlawful sexual intercourse with a woman who at the time of the intercourse does not consent to it; and
- (b) at that time he knows that she does not consent to the intercourse or he is reckless as to whether she consents to it.

And, a man who induces a woman to have sexual intercourse with him by impersonating her husband also commits rape. The term "male" includes boys. A boy under the age of 14, however, cannot be convicted of the offence of rape because according to the law, a boy under the age of 14 is unable to have sexual intercourse. This is an irrefutable inference. Similarly, neither can a boy under the age of 14 be convicted of attempted rape because if he is unable to commit the main offence, he would be unable to commit the attempted offence either. Although a boy under 14 is unable to commit rape according to the law, if he in fact did commit rape, he would be convicted of indecent assault. And if he aided others to rape, he would also be liable to be convicted of aiding and abetting rape.

Usually, a man cannot be convicted of raping his wife. It is because all along, it has been a stipulation of the common law that a woman consent to have sex with her husband once she wedded him- a point that is irrefutable. The husband, however, can be convicted of a particular sort of assault. And, the husband can be taken as having committed indecent assault or rape if the couple is legally separated, or an injunction is laid upon him not to molest his wife, or if he has promised before the court not to molest his wife.

Legally, sexual intercourse is the act of inserting the penis into the vagina, sex behaviour of other forms are not considered as "sexual intercourse" Such behaviour may be legal or illegal. Sexual intercourse is considered as such regardless of how deep the penis is inserted, neither is evidence needed to testify the occurrence of the act of ejaculation. "Unlawful" sexual intercourse usually means sex behaviour between man and woman not officially wedded, however, sex with a partner other than one's spouse does not necessarily constitute a criminal offence which warrants penalty.

When it comes to rape, the "intention of committing the crime" is that a man intends to have sexual intercourse with a woman :

- (a) at the time he knows that she does not consent to it; or
- (b) at the time he is reckless as to whether she consents to it.

If the defendant did believe that the woman consents to it, he would not be considered to have committed rape legally even though the reason he holds is unreasonable, it is because the court cannot convict someone who has no intention to commit a crime. As to whether the defendant really believed that the woman consents, it is left for the jury to decide.

Consent and submission are different. Consent includes submission, but mere submission does not necessarily include consent. The key does not lie in "whether the sexual intercourse is against the woman's will", but in "whether her consent is not obtained". It is not possible for a woman to really consent to sexual intercourse under the following circumstances:

- (a) at the time when she is got drunk and was unconscious;
- (b) at the time when she is fast asleep;
- (c) she is mentally retarded;
- (d) she is too young to understand the nature of such behaviour;
- (e) she is forced to submit to it, for example, she is made to submit by somebody's force, or threatened to be treated with force by somebody;
- (f) the man impersonating her husband; and
- (g) the nature of sexual intercourse is disguised by fraudulent act, for example, falsely purports it to be a surgery. However, fraud unrelated to the nature of sex behaviour, for example, the man claims to be rich or in a single status that he can marry at will does not constitute the aforementioned fraud.

Victims of rape should seek help from the police and Hong Kong Family Planning Association.

**6.2 Indecent Assault**

According to crimes ordinance, it is against the law for a man or woman to indecently assault another person, regardless whether the victim is the opposite sex.

Like other common offences of assault, consent from the victim can be used as a vindication, but in case of indecent assault, consent from the victim cannot be considered as vindication if the following circumstances exist:

- (a) if the victim is under the age of 16; or
- (b) if the victim is mentally retarded, unless the assaulter does not know or has no reason to doubt that the victim is mentally retarded.

Another vindication legally recognized is that the parties concerned have wedded each other, but the marriage is invalid because the wife is under the age of 16. Although the wife cannot give consent to sexual intercourse legally, the husband will not be considered to have committed indecent assault if he believes that the woman is his wife.

This offence can be committed by both man and woman, i.e. a man indecently assaulting another man or a woman indecently assaulting another woman will be charged with this same offence. The following two points, however, must be proved :

- (a) the act of assault did happen; and
- (b) the defendant did perform an indecent act.

The defendant would be considered as having assaulted another person only if he/she took the initiative to do certain act. If he/she indecently touches another person as requested, it would not be considered as an act of assault, therefore not an act of indecent assault at all. "Indecent" can be defined as "totally obscene". In case of indecent assault, if the act of assault is not considered as obscene by the defendant or other people, it would not be considered as indecent, genuine gynaecological examination is an example. The law does not define assault on which particular part of the body as "indecent", so theoretically, touching of the hand, back or any part of another person's body in a bid to obtaining satisfaction from such touching would be considered as "indecent".

If the court considers the act of assault is not indecent, it may change the offence of indecent assault to common assault and convict the defendant as such.

Victims of indecent assault should seek protection from the police.

**6.3 Incest**

Incest by man means a man (or boy over the age of 14) has sexual intercourse with a woman (or girl), who is to his knowledge his granddaughter, daughter, sister or mother. He shall be guilty of an offence and shall be liable on conviction upon indictment to imprisonment for 7 years or for life (if the woman is under the age of 13).

Even if the woman consented or did not know that it was an incest, it cannot be used as a vindication. If the woman did not really consent, the man shall be liable to be charged with the offence of rape.

A man seduces a woman under the age of 16 to have sexual intercourse with him, knowing that the woman is his granddaughter, daughter or half-sister shall also be guilty of an offence. If the girl is under 13, he shall also be liable to be charged with the offence of having intercourse with girl under 13. The term "sister" includes half-sister. As to incest with other relatives, since the offence of incest deals with sexual intercourse between kins with blood relationship, kinship between the two parties or whether their kins are legally married has no bearings. For example, a man committed incest with his granddaughter has to bear responsibility all the same regardless whether his granddaughter's own parents are lawfully married couple.

Incest by woman means a woman of or above the age of 16 who with consent permits a man to have sexual intercourse with her, knowing that the man is her grandfather, father, brother or son shall be guilty of an offence and shall be liable on conviction upon indictment to imprisonment for 7 years.

Even if a party did not know that it was an incest, for example ignorant of the fact that the other party has blood relationship with him/her due to having separated from and losing touch with each other for a long time, cannot be used as a vindication.

The term "brother" includes half-brother. As to incest with other relatives, since the offence of incest deals with sexual intercourse between kins with blood relationship, kinship between the parties or whether their kins are legally married has no bearing. For example, sexual intercourse between an illegitimate daughter with her own father constitutes incest and is a breach against the law all the same.

One point to be noted in case of the offence of incest is that "the defendant consents to permit". "Submission" and "permit" are different. "Permit" include a higher degree of free will. If a woman only submits to it, she would not be considered to have committed this offence.

If the parties involved in the incest is linked up by a guardian relationship, the court can issue an injunction to terminate such relationship and put the underaged under the care of the court or protection of an order.

**6.4 Buggery / Bestiality**

According to Crimes Ordinance, both buggery and bestiality constitute offences. Their definitions are as follows :

- (a) Buggery - intercourse during which the penis is inserted into the anus of a man or a woman;
- (b) Bestiality - intercourse during which the penis is inserted into the anus of an animal or permit a male animal to insert its sex organ into the vagina.

Like rape and other sex offences, the mere act of insertion is adequate regardless of how deep it is inserted, and no evidence is required to testify the occurrence of the act of ejaculation. The law infers that a boy under the age of 14 is unable to have sexual intercourse. The ordinance makes no reference to other sex contacts, but it can constitute unlawful sexual intercourse or gross indecency.

If one of the involved parties is under age, consent from him / her cannot be used as a vindication. However, if one of the involved parties serves as the prosecution witness, there must be compatible evidence to testify accordingly. The court has ruled that separate evidence testifying similar past offences of the defendant involving the same victim can be considered as compatible evidence, and evidence testifying similar past offence is acceptable, but evidence testifying that the defendant has a tendency to commit such offence is unacceptable.

It seems that a boy under the age of 14 cannot convict this offence. It is because if he was passive in the case, the court will rule that he did not have adequate ability to make a decision, and if he took the initiative, it is inferred by the law that he does not have the ability to do so.

One shall be guilty of an offence if one intend to commit buggery / bestiality or assault others with the intent to commit buggery / bestiality. If the boy involved is under the age of 16 and consent is obtained from him beforehand, the case would be handled as gross indecency or other common offences of assault, and if the boy is under the age of 13, it would be handled as an indecent assault. This is because it is legally impossible for a child under that age to give consent.

According to Crimes Ordinance, one shall be guilty of an offence to practise buggery with a girl under 21 and shall be liable on conviction upon indictment to imprisonment for life.

It should be noted that this provision is restricted to convicting a man, the girl involved will be taken as a victim and considered innocent.

In principle, buggery practised by homosexual male adults at their free will shall constitute no offence. However, according to the Crimes Ordinance, a man who commits buggery with a man under the age of 21 shall still be guilty of an offence. In case of buggery, both parties involved shall be liable on conviction on indictment to imprisonment for life.

And, parties of the same sex who commit buggery otherwise than in private shall be guilty of an offence and both parties involved shall be liable on conviction on indictment to imprisonment for 5 years. By otherwise than in public, it means committing buggery in public venues; buggery taken part by more than 2 persons, attendance of buggery practised by the same sex; or practise buggery with the same sex in a lavatory or bathhouse to which the public have or are permitted to have access.



**6.5 Sexual intercourse with underaged children**

According to the Crimes Ordinance, a man who has unlawful sexual intercourse with a girl under the age of 13 shall be guilty of an offence and shall be liable on conviction on indictment to imprisonment for life.

From the viewpoint of the legal principle, it has no bearing as to whether the girl involved consents, so sexual intercourse with a girl under the age of 13 is an incontrovertible unlawful conduct, however controversies still arises as to whether the defendant should be convicted only if he knew that the girl is under 13 or whether it should absolutely be the defendant to bear the entire responsibility in such case.

It is necessary for the prosecution side to produce explicit proof as to the age of the girl involved, for instance, a copy of her birth certificate should be produced.

It is stipulated in the law that if the girl does not give evidence under an oath, the important information implying the defendant's identity given as evidence must be supported by compatible evidence, but the law does not stipulate that compatible evidence is needed in case the girl gives evidence under an oath, but in practice, such evidence is usually required.

According to the Crimes Ordinance, a man who has unlawful sexual intercourse with a girl under the age of 16 shall be guilty of an offence.

Like other similar offences, it is unlawful for the man to have sexual intercourse with the girl even if consent is obtained from her.

It is necessary for the prosecution side to produce explicit proof as to the age of the girl involved, the age reported by her should not be taken as accurate.

It is stipulated in the law that if the girl does not give evidence under an oath, the important information implying the defendant's identity given as evidence must be supported by compatible evidence, but the law does not stipulate that compatible evidence is needed in case the girl gives evidence under an oath, but in practice, such evidence is usually required.

According to the Crimes Ordinance, if a man (including a boy) commits an act of gross indecency with a boy under 16 or did an act of gross indecency together with a boy under 16 in public or private place, or procuring or intent to procure a man to commit gross indecency with a boy under 16, he shall be guilty of an offence.

The law gives no definition to "gross indecency". Usually, it means masturbating each other or having oral sex. It has been pointed out that indecent caressing under consent of both parties involved is considered as gross indecency, they shall be guilty of an offence if such act takes place in public place.

This offence deals with man as well as woman, victimized children under the age of 16 can also be considered as boy or girl.

**6.6 How to handle sexual assaults**

Victims of sexual assault, be it a male or female, should complain and seek help from anyone nearby, identify the harasser and report it to the police as soon as possible, despite whether any physical injury is involved.

In case sex contact is involved in the harassment, a victim should not take a bath or eliminate any trace of the crime before making a report to the police as the police may arrange him or her for a medical examination. Clothing torn during the harassment should not be discarded as it may be submitted as an exhibit to the police.

The police will usually take a statement from the victim as to details about the harassment. The victim should describe it as detail as possible, no facts should be covered up or missed out due to shyness. A victim can request to give statement to a police officer of the same sex if he or she finds it embarrassing to tell it to a police officer of the opposite sex.

If the police cannot arrest the suspected harasser in the near future, the victim should consider moving away from the residence if it is near to the venue where the harassment occurred. If the harassment took place in somewhere near the working place, the victim should consider changing the route along which he or she goes to work- all these are to prevent further harassment by the suspect on the run. If the harassment took place in the vicinity of the public housing estate the victim resides, the news may be widely spread in the locality and bring great embarrassment to the victim. Under such circumstances, the victim can apply for transfer to another flat. In case the victim is a student, transfer to another school may be considered.

Females being raped should contact the Hong Kong Family Planning Association for prevention of pregnancy or abortion subsequent to the medical examination arranged by the police. Parents of young victims should take him or her to a doctor for referral to a psychologist.

Victims should be reminded that it is serious to accuse someone of sexual harassment. The suspect may be utterly discredited even if he or she is found innocent. Therefore no such accusation should be made out of jealousy, anguish or under unclear circumstances. Sexual harassment is a crime committed out of an intent. In other words, not all indecent assault or sexual intercourse are considered sexual harassment. For instance, caressing or even sexual intercourse between lovers does not constitute sexual harassment, neither is contact or bumping that occurs accidentally in a crowded environment. What a victim should bear in mind is that he or she should not be influenced by other people's view or definition of indecent assault since everyone has his or her own view. Basically, sexual harassment does not constitute an offence unless the victim considers the conduct of the harasser as despicable, contrarily, a victim should think twice before accusing someone of sexual harassment if he or she merely consider that the so-called harasser's conduct went a bit too far.