

POSITIVE CONNECTIONS



Wake Up Pune Newsletter

Let's talk about SEX!

Are you talking about sex enough? If you are living in the state of Maharashtra then probably not; sex education has been banned in schools in the state since 2007. Pupils are taught the basic biological functions of the body but any education beyond this is not permitted. With no formal sex education young people gain their information from other sources such as friends and magazines that could prove unreliable or experiment with sex without knowing the risks.

With 85% of HIV transmission in Maharashtra being through unprotected (sex without a condom) heterosexual sex about time we broke the silence and started talking about SEX.

Don't despair Wake Up Pune is here to give you the hard facts about sex, contraception, the law and much more so read on.

Statistics...

Feb 2008 survey stated that only 12% of young men and 25% of young women had received any family life/ sex education in Maharashtra.

Young people want sex education and they want it given by school teachers (International Institute of population sciences and Mumbai Population Council New Delhi).



Issue 2
April 2009

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Law and the Common Man

As law students, we often tend to know and understand law from within the four walls of the classroom. We study sections and provisions of countless Acts, analyze and dissect decisions of the Courts, discuss and debate concepts of freedom, rights, equality and justice etc. Yet, we almost always neglect an aspect of legal studies that is probably the most important aspect to understanding any law i.e. how the law affects the common man.

So last year, when a friend suggested I write a paper on how the laws around sexuality affect the transgender and homosexual communities, I moved out of the classroom. And I moved into the lives of people, who have had a long and intimate relationship with a law that I only knew by name Section 377 of the Indian Penal Code, which criminalizes any kind of sexual activity that does not lead to pregnancy including anal sex, oral sex and any other form of sexual activity particularly between same sex partners.

What I discovered, after listening to similar stories about the day-to-day lives of countless people, was nothing short of appalling and definitely unacceptable.

A person having no recourse against repeated rape by a police officer; someone willing to suffer through immense pain and refuse medical help for the fear of being condemned by the doctor and ridiculed by the hospital staff and public alike; someone being severely beaten up and violently sexually assaulted on a regular basis; others being denied access to life-saving information and medical care; being threatened, blackmailed, verbally abused, tortured just because of what they decide to do as two consenting adults within the privacy of their own bedroom?!

There is no public policy or public welfare to be safeguarded in who an adult person chooses to love or how two adult people choose to express their love in their own private space.

And no law should be allowed to condemn so many people to through a life without choice about their own bodies; a life filled with abuse and violence; a life without right to health; a life without love and dignity. And yet, we allow Section 377 to exist in our country...



SEX Explained!

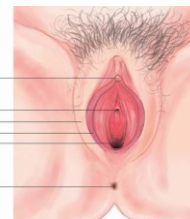
We promised we would talk about sex so here it is... all you need to know to have fun and be safe. Enjoy!

Vaginal Sex

This is where the penis enters the vagina. All penetrative sex is risky without a condom and many sexually transmitted infections (STI) can be transmitted by unprotected penetrative vaginal sex.

If a man with HIV has vaginal intercourse without a condom, infected fluid can pass into the woman's blood stream through a tiny cut or sore inside her vagina. If a woman with HIV has sexual intercourse without a condom, the virus could get into the man's blood through the penis. Any contact with blood during sex increases the risk of infection.

Unprotected vaginal sex can also put you at risk of infections such as gonorrhoea, chlamydia, genital herpes, genital warts, hepatitis B and C, non-specific urethritis, syphilis and trichomonas vaginalis. Using a condom can help to protect against all these.

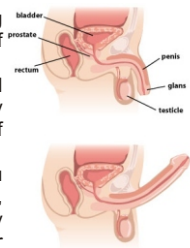


Anal Sex

This is when the penis enters the anus. Although many people think it's something only gay men do, the statistics actually show that about the same number of heterosexual people have anal sex as gay people.

Due to that fact that the lining of the anus is thin and can easily be damaged, anal sex has a higher risk of spreading sexually transmitted infections (STI) than many other types of sexual activity. In particular, it carries a bigger than average risk of HIV transmission as well as genital warts, hepatitis A and hepatitis C.

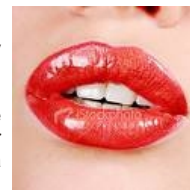
Using condoms and water-based lubricants, such as KY Jelly, will help protect you against STI during anal sex. However, other lubricants, especially oil-based ones, may cause condoms to split, as can over-energetic thrusting. Specially toughened condoms designed for anal intercourse are available and may offer more protection.



Oral Sex

Oral sex is sucking or licking the penis, the vagina or the anus. It's practiced by men and women of all ages, both gay and straight. Both giving and receiving oral sex can lead to the transmission of sexually transmitted infections (STI).

HIV can pose a small risk for both the active (person giving oral sex) and receptive (person receiving oral sex) partner. This can happen if infected sexual fluids or blood comes into contact with a cut or sore in the mouth or on the genitals. Use a dental dam and condom for protection.



Get Protected: Use a Condom



When it comes to sex there are lots of decisions to make but when it comes to contraception the decision is easy; always use a condom.

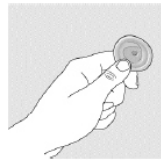
Although there are lots of contraceptives available including the i-pill, the coil, oral contraceptives etc they are designed to protect unwanted pregnancy but that is all. The condom is the only contraceptive that will protect you from HIV and most sexually transmitted infections.

Be smart, always use a condom.

Get Protected!

Now you know that the best form of protection against the transmission of HIV through sex is to wear a condom it is important to know how to use a condom correctly. Here are some instructions to help you do just that.

Before using a condom always check the expiry date and make sure the packet is in good condition.



1. Open the packet and remove the condom carefully so it does not tear. (Do not use teeth or a sharp object to remove the condom). Do not unroll the condom before putting it on.



2. If you are not circumcised, pull back the foreskin. Place the condom on the end of the hard penis. Make sure the rolled up condom rim faces outward. If you place it on the penis the wrong way do not turn it over. Throw the



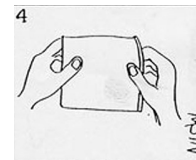
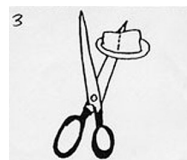
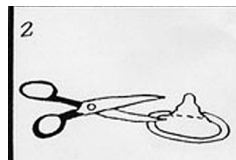
3. With one hand, pinch the tip of the condom to squeeze out air and with the other hand roll on the condom until it reaches the base of the penis



4. Check to make sure there is space at the tip & that the condom is not broken. With the condom on, insert the penis for intercourse.

How to Make a Dental Dam

A dental dam is a form of protection that can be used as a barrier between the mouth and the vagina during oral sex. Dental dams can be difficult to get hold of so here are four simple steps to making one from a condom.



Once you have started using the dental dam do not turn it over and use the other side as this will bring the mouth and vagina into contact with the very fluids you are trying to protect yourself from.

Sex Work: the Truth

Sex work is the oldest profession in the world still operating in full force in numerous countries. So unsurprisingly sex work is happening right here in Pune City.

The experiences faced by sex workers varies greatly from country to country but here in India weak legislation, poor enforcement of trafficking laws, poor social status of women and gender inequalities can lead to harsh and dark realities for women in sex work.

Interviews conducted with peer leaders at Saheli, a collective of sex workers in Pune City, which has access to approximately 5000 brothel based and 7000 non-brothel based women in sex work allows us to gain some insight into the lives of those participating in sex work right here in our city.

Reasons for entry into sex work vary from individual to individual but there are often common reasons that have little to do with choice.

Women interviewed were either sold to brothels by pimps, or turned to sex work after they divorced/separated or their husbands died. Many women

turned to sex work as a means to earn enough money to support their children as being illiterate limited their choice of employment to construction, cleaning or sex work.

Despite sex work being dangerous, extremely challenging and should only be a last resort women felt it should be legalised. As currently sex workers are open to police harassment on a regular basis due to vast ambiguity in the law. Whilst some women described sex work as a smart choice no different to construction or other manual labour it was recognised that sex work can be very destructive for young girls and no one should be forced into sex work.

These women have endured sex work for 10 years or more and yet remain optimistic, fun loving and determined. Through their work with Saheli they aspire to much better conditions and opportunities for women in the area and maintain a firm belief that every woman should have a job outside of sex work, that there should not be a single woman in sex work against her will, and that one day there will be no more sex work. Truly inspirational.

Take The Condom Quiz!



1. Which of the following can pass through latex condoms?
a) HIV b) Gonorrhoea c) Semen d) None of them
2. Which are the best lubricants to use with latex condoms?
a) water based b) oil based c) both
3. Which is the most effective at preventing pregnancy, HIV, & other sexually transmitted infections?
a) i-pill b) withdrawal method c) condom & lubricants
4. How often should male condoms be used?
a) more than once if they're washed b) Only once c) more than once if its with the same person
5. At what point during sexual intercourse should the condom be put on the penis?
a) before the penis is erect b) just before the point of ejaculation to catch the semen c) before there is any contact between the penis and your partners body.
6. How many sizes of condoms are there?
a) Regualr and large b) Many different sizes c) One size fits all

Answers: 1.d 2.a 3.c 4.b 5.c 6.b



Upcoming Events

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|------------------------|---------------|
| Volunteer Meeting: | 23rd April |
| Global week of Action: | 18th-24th May |
| Candle Light Vigil: | 20th May |

Please contact us at wakeuppune@gmail.com if you have any queries.

Have your say...!

Speaking to journalists on his flight to the African continent on 17th March this year Pope Benedict XVI firmly reiterated the Catholic Church's stance on the HIV/AIDS pandemic. Pope Benedict replied to one journalist's claim that the Church's stance was "unrealistic and ineffective" that "one cannot overcome the problem with the distribution of prophylactics (condoms). On the contrary they increase the problem." **What do you think?**
Have your say on our Facebook page or email us at wakeuppune@gmail.com



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