

coming soon...

### **Genital herpes**

coming soon...

### **Syphilis**

coming soon...

## **2.3. Sexual health > Pregnancy**

URL: [http://wysh.jp/qy/en/sexual/02\\_03.html](http://wysh.jp/qy/en/sexual/02_03.html)

### **Pregnancy**

For people who have planned to have a child, the news of pregnancy is wonderful. But for those who haven't planned it, the news can come as a shock. A young couple may fear their parent's reaction, may feel loneliness, shame, anger, sadness and despair. A young woman may even deny that she is really pregnant, and do nothing about it. Thus, not receiving the medical care she and the baby need.

Pregnancy happens—regardless of being gay, lesbian, or bisexual— as a result of vaginal intercourse between a man and a woman. When the egg is released during ovulation it survives up to 24 hours, if during this time the egg is fertilized by a sperm then few days later the fertilized egg attaches into the uterus and the woman is said to be pregnant. This can happen only during certain days of the menstrual cycle (fertile days), but if you and your partner are not ready to have a child, use contraception when you have sex in order to reduce your chances of pregnancy.

Here are some facts you should know:

#### **Can a woman get pregnant the first time she has sex?**

Yes. If a young woman (regardless of her age!) has begun ovulating and a young man is capable of ejaculation then it is possible to get pregnant from having sex no matter that it's their first time.

### **Can a woman get pregnant if she has sex during her period?**

Yes. Sometimes there can be a small amount of vaginal bleeding at the time of ovulation (when women are most fertile!) that can be mistaken for a period. Also, because ovulation can happen at different points from cycle to cycle, it is difficult to know exactly when a woman is ovulating. Sometimes ovulation can happen before the bleeding from a period has stopped or within a few days after the period is over and since sperm can fertilize an egg even 3 days after ejaculation having sex during a woman's period is risky.

### **Can a woman get pregnant if the man pulls his penis out of the vagina before ejaculating (coitus interruptus or withdrawal method)?**

Yes, because sperm may enter the vagina if withdrawal isn't properly timed or if pre-ejaculation fluid contains sperm. This method doesn't offer protection against sexually transmitted diseases.

### **Washing out the vagina (douching) after having sex can prevent pregnancy?**

No. Washing or cleaning out the vagina with water or other fluids such as Coca-Cola does not prevent pregnancy, or sexually transmitted diseases for that matter. Sperm can reach the cervical canal within seconds and douching can actually be more harmful. A study from Boston University in 2008 showed that Coca-Cola was a weak spermicide, damaged the vaginal tissue, and affected the normal vaginal flora. Consequently, it makes a woman more susceptible to sexually transmitted diseases such as HIV, vaginal infections, and pelvic inflammatory disease.

### **Signs and symptoms of pregnancy**

The only way to know for sure if you are pregnant is by taking a pregnancy test with your doctor. There are early signs and symptoms that may indicate that you are pregnant, but every woman is different.

- Missed period is the earliest and most reliable sign for women with regular menstrual cycle.
- Feeling sick and nauseous and/or vomit (morning sickness)—can happen at any time of the day or night.
- Feeling tired especially during the first 12 weeks.
- Breast may become swollen, sore, or tingly or they may feel heavier or fuller or feel tender to the touch
- Sensitivity to smells
- Frequent urination

If you think you may be pregnant because you have been sexually active without contraception, go see your doctor. While these are early signs of pregnancy, they can also be signs of other health conditions.

### **What options do I have if I am pregnant?**

If you are pregnant, you have three options to carefully think about:

- Continue the pregnancy and raise the child
- Continue the pregnancy and put the child for adoption or foster care
- Have an abortion

If you plan to continue your pregnancy, you should begin prenatal care as soon as possible. And if you are considering abortion, you should know that induced abortions in Japan are allowed only under certain conditions and within the first 21 weeks of gestation. If the pregnancy is a shock for you, deciding what to do can be difficult, but getting accurate information is the best way to help you take a decision appropriate for you at that point in your life. Talk to the people you trust or reach out for help if you need it.

→contact the WYSH Office.

## **2.4. Sexual health > Contraception**

URL: [http://wysh.jp/qy/en/sexual/02\\_04.html](http://wysh.jp/qy/en/sexual/02_04.html)

### **Contraception**

If you are sexually active, especially if you are young and don't want to have a child, then you'll need contraception, and that goes for men too. Contraceptive methods are not 100% effective to prevent pregnancy (even with perfect use!), but without using contraception it is estimated that 85 out of 100 sexually active couples would experience pregnancy in the first year (Trussell, 2011).

There are several methods of contraception to choose from and different methods suit different people. But, keep in mind that condoms are the only contraceptive method that protect against both sexually transmitted diseases and pregnancy.

The most commonly available options in Japan are:

### **Withdrawal method (Coitus interruptus)**

With this method a man pulls his penis out of the vagina before ejaculation. This is an unreliable method because sperms may be present in the fluid that a man produces before he ejaculates when he is excited. In addition, it requires great self-control and experience for

men to know when ejaculation can no longer be stopped. In fact, it is not considered a birth control method by major health organizations and it is not advised for teenagers due to its high typical-use failure.

### **Fertility awareness-based methods**

There are several methods, such as the Basal Body Temperature Method and Ogino Method (Rhythm Method). These methods are based upon the physiological changes during the menstrual cycle. They involve identifying the fertile days (higher probability of getting pregnant) of the cycle using a combination of cycle length and physical manifestations of ovulation. Fertility awareness is not a good method to prevent pregnancy, especially for young people. Many young girls do not have yet regular menstrual cycles (crucial for these methods!) and the body signs can be affected by many factors such as fatigue, stress, illness (eg: vaginal infection, cold), medication, problem sleeping, travel, etc.

### **Male condoms**

Condoms are the only method that protect against pregnancy AND sexually transmitted diseases when they are used correctly and with every sexual act. They are available at drugstores. Read how to use a condom.

### **Female condoms**

Worn by women, they keep the sperm from entering the uterus. They can also protect from sexually transmitted diseases (Safer sex). In Japan, they are available online.

### **Spermicide**

These products immobilize or kill sperm. They are placed in the vagina before having sex. They can be used alone or combined with a condom or diaphragm. They are available at drugstores and come in several forms—gel, cream, film, or tablet. It was initially thought that spermicides protected against sexually transmitted diseases, but recent clinical studies showed that use of spermicides can irritate the vagina and rectum which could actually increase the risk of getting sexually transmitted diseases including HIV.

### **Diaphragm/Pessary**

Shaped like a shallow cup, the woman places the diaphragm inside the vagina before having sex to cover the cervix and must be left in place for few hours after sex. They come in multiple sizes and are available by prescription only.

### **Oral contraceptives**

Usually called “the pill”, it contains two hormones (estrogen and progesterone) and requires to be taken at the same time every day to keep the correct level of hormone in a woman’s body. Not all women can use the pill and some women may experience side effects. They are available by prescription only.

### **Intrauterine device (IUD).**

These are small devices that are inserted inside the uterus by a doctor, thus available by prescription only. They can stay in the uterus for 2-5 years depending on the device. Usually these are not recommended for women who haven’t had children.

### **What is the chance of pregnancy during the first year of typical use?**

An American study in 2011 estimated the percentage of women getting pregnant within the first year of typical use with each method as follows:

No contraception	85%
Withdrawal method	22%
Fertility awareness methods	24%
Male condom	18%
Female condom	21%
Spermicide	28%
Diaphragm (with spermicide)	12%
Oral contraceptive (Pill)	9%
IUD	0.2% – 0.8%

(Data from "Contraceptive failure in the United States", Trussell, 2011)

### **Emergency contraception**

Also called "morning after pills", are used in case you forget to take your birth control pill, if a condom breaks during sex, or if you had unprotected sex (including victims of sexual assault). NorLevo<sup>®</sup>, which is taken 72 hours (3 days) after having sex, was approved in Japan in 2011 but is available by prescription only. Pregnancy is prevented in 70-90% of the cases; efficacy is higher when used sooner rather than later. **Emergency contraception has to remain occasional and cannot replace regular contraception.**

### **2.5. Sexual health > Menstruation**

URL: [http://wysh.jp/qy/en/sexual/02\\_05.html](http://wysh.jp/qy/en/sexual/02_05.html)

### **Menstruation –PMs**

#### **What is a menstrual cycle?**

The menstrual cycle is the series of changes a woman's body goes through in preparation for the possibility of pregnancy. About once a month, one of the ovaries releases an egg (ovulation) and hormonal changes prepare the uterus (womb) for pregnancy. If ovulation takes place and the egg isn't fertilized by a man's sperm cell, the lining of the uterus sheds through the vagina. This is a menstrual period that women have from their early teen years until menopause, around age 50.

The menstrual cycle is from Day 1 of bleeding to Day 1 of the next time of bleeding. Although the average cycle is 28 days, it is normal to have a cycle that is shorter or longer. Women may bleed for about 3 to 7 days with the first few days usually being the heaviest flow. At first, periods can be very irregular but after the first year they usually settle into a pattern. The pattern and the length of the menstrual cycle vary for each woman.

#### **What happens during the menstrual cycle?**

The menstrual cycle is controlled by hormones. In each cycle, rising levels of estrogen cause the ovary to develop an egg and release it (ovulation). The endometrium (lining of the uterus) also starts to thicken.

After ovulation, the hormone progesterone helps the endometrium grow thicker, so that it is ready for pregnancy. The egg travels down the fallopian tubes. If sperm are not around to

fertilise the egg it will disintegrate over the next 12-24 hours. If the egg is fertilised by a sperm it reaches the uterus in about a week and after attaching to the uterine wall (implantation) the woman is said to be pregnant.

Levels of estrogen and progesterone fall, and the uterus lining (blood and tissue) comes away and leaves the body as menstrual flow.

### **What common symptoms are linked to the menstrual cycle?**

Some women have no pain or other problems. But other women have symptoms before and during their periods. For about 1 to 2 weeks before a period, many women have some premenstrual symptoms (PMS). When your ovary releases an egg in the middle of your cycle, you may have pain in your lower belly. You also might have red spotting for less than a day. Both are normal.

### **What is Premenstrual Syndrome (PMS)?**

Premenstrual Syndrome or PMS is a group of symptoms associated to the menstrual cycle of women. The symptoms occur 1 to 2 weeks before menstruation and usually go away 1-2 days after the bleeding starts. PMS can affect women of any age (tend to peak during the late 20s and early 30s) and the severity is different for each woman. For some people, PMS is just a monthly bother and for others, it may be so severe that it makes it hard to even get through the day.

### **What are the symptoms?**

PMS symptoms vary from woman to woman. Often includes both physical and emotional symptoms, such as:

- Acne
- Swollen or tender breasts
- Feeling tired
- Trouble sleeping
- Upset stomach, bloating, constipation, or diarrhea
- Headache or backache
- Appetite changes or food cravings
- Joint or muscle pain
- Trouble with concentration or memory
- Tension, irritability, mood swings, or crying
- Anxiety or depression

There are no specific diagnostic tests for PMS, so diagnosis relies on the woman's medical history and description of the symptoms. Keep a symptoms diary; record the type of symptoms you have, how severe they are, and how long they last for at least three menstrual cycles. This will help you and your doctor find the best treatment.

### **What can you do if you have PMS?**

A healthy lifestyle is the first step to managing PMS. For many women, lifestyle approaches are often enough to control the symptoms.

- Exercise regularly
- Eat a balanced diet with fruit, vegetables, and whole grains
- Reduce your sugar, salt, caffeine and alcohol intake especially when you're having PMS symptoms
- Drink plenty of fluids (water or juice, not soft drinks, alcohol, or other beverages with caffeine) to help reduce bloating, fluid retention, and other symptoms.
- Get enough sleep
- Reduce stress
- Don't smoke

Aspirin, ibuprofen, and other non-steroidal anti-inflammatory drugs (NSAIDs) may be prescribed for headache, backache, menstrual cramping, and breast tenderness. Some types of contraceptives can be prescribed to regulate symptoms; they often work by stopping ovulation or stabilising hormone levels. No single treatment is effective for all women. Even if you are not sexually active, don't hesitate to consult with your doctor the best option for you because PMS can interfere with your daily life, affect your work or school performance and social relationships.

### **What is Premenstrual Dysphoric Disorder?**

This is a severe and debilitating form of PMS, symptoms are more exaggerated and often have more psychological symptoms than physical ones. They can include:

- feelings of hopelessness
- persistent sadness or depression
- extreme anger and anxiety
- decreased interest in usual activities
- sleeping much more or less than usual
- very low self-esteem
- extreme tension and irritability

As depression is a common symptom, it is possible that a woman with Premenstrual Dysphoric Disorder may have thoughts about suicide. See your doctor if you are experiencing severe symptoms.



## **What kind of problems do women have with their periods?**

Women can have a range of problems with their periods, including pain, heavy bleeding and missing periods.

- Pregnancy is the most common cause of a missed period.
- Breast-feeding typically delays the return of menstruation after pregnancy
- Eating disorders (such as anorexia), extreme weight loss or excessive exercising can disrupt menstruation
- Polycystic ovary syndrome a common hormonal disorder can cause missed or irregular periods
- Premature ovarian failure (loss of normal ovarian function before age 40) might cause irregular or infrequent periods
- Pelvic inflammatory disease (infection of the reproductive organs) can cause irregular bleeding
- Uterine fibroids, noncancerous growths of the uterus, can cause heavy menstrual periods, bleeding between periods or painful periods

Treatment depends on what's causing the problem and how severe it is. Talk to your doctor if you notice any big change in your cycle or symptoms are affecting your normal activities.

## **Menstrual Protection**

Sanitary pads (or napkins) are the most popular menstrual protection, but tampons and menstrual cups are also available. Women can choose any type of menstrual protection based on what feels most comfortable.

Sanitary pads come in different length and thickness. They should be changed several times a day. Some women prefer to use cloth pads, which can be washed and reused.

Tampons are placed inside the vagina, properly inserted should not be felt. They can be used by women who are not yet sexually active, though some may find it more difficult at first to insert the tampon comfortably, particularly if the hymen (the piece of skin that partly covers the vaginal entrance) is still in place. Inside the tampon box you will find a step-by-step how to insert them. Don't worry, it is impossible for a tampon to "get lost" inside your body. Like pads, tampons should be changed every 3 to 4 hours. There is a rare disease associated with tampon use called Toxic Shock Syndrome, caused by bacteria *S. aureus* that normally live in and around the vagina but can sometimes multiply rapidly in a tampon. Symptoms include a high fever, rash, headache and generally feeling very unwell. Toxic Shock Syndrome can be fatal and its can be reduced by washing hands carefully before inserting a tampon, by changing tampons regularly and by alternating tampons with pads, particularly at night.

A menstrual cup is a bell-shaped device worn inside the vagina during menstruation to collect menstrual fluid. They are typically made of silicone or other non-latex materials. Some menstrual cups are reusable while others are intended for one-time use.

### **Will other people know I have my period?**

No, do not fear. Despite sometimes feeling like someone can notice that you are “different” at this time of the month, people will not notice that you are having your period. Only you will know, unless you tell someone yourself.

## **2.6. Sexual health > Reproductive Aging**

URL: [http://wysh.jp/qy/en/sexual/02\\_06.html](http://wysh.jp/qy/en/sexual/02_06.html)

### **Reproductive Aging**

Contraception is important in preventing unwanted pregnancy but men and women need to be aware about reproductive aging as well. Current technological advance to improve people’s fertility have been remarkable. But despite the advances in medicine, not all couples going through fertility treatment are successful and not all cases of infertility are treatable.

There are many factors that can lead to female or male infertility, but in spite of taking better care of ourselves we cannot stop the natural age-related decline in fertility which affects everyone, not only women.

### **Women’s age and eggs**

It is currently believed that women are born with 1-2 million eggs and the number gradually decreases throughout life. Unlike sperm production in men, there is no new formation of healthy eggs. By puberty that number will have dropped to about 300,000-400,000 and only about 300 will be ovulated during the reproductive years. The majority of eggs are self-destructed and absorbed in a natural process. But women do not remain fertile until menopause mostly due to a decrease in the number and quality (genetic material) of eggs in their ovaries. In fact, women often lose their ability to conceive years before they have the first symptoms of menopause. Fertility starts to decline when women are in their 30s, particularly after age 35. According to the American Society for Reproductive Medicine, a 30 year old woman has 20% chance of getting pregnant, but by age 40 the chance is less than 5%.

## **The sperm also gets old!**

Despite not hearing much about male fertility and age, the genetic quality of sperm is also affected by age, but it does not become a problem before a man is in his 60s. It is not as abrupt or noticeable as the changes in women, but as men grow older the sperm shape and movement tend to decline and there is a slightly higher risk of gene defects. In addition, they experience changes in sexual functioning.

## **2.7. Sexual health > Frequent sexual worries**

URL: [http://wysh.jp/qy/en/sexual/02\\_07.html](http://wysh.jp/qy/en/sexual/02_07.html)

### **Frequent sexual worries**

#### **Are you concerned? Do you think your penis is too small?**

Well, according to a study conducted in Italy in 2002, among 67 male patients who went to a clinic to have a penis enhancement surgery, none could be classified as having extremely short penis.

#### **What is “extremely short?”**

A penis shorter than 3 inches (roughly, 7 cm) when erected is defined as “Micropenis.”

Any penis with length more than 3 inches (roughly, 7 cm) is “normal.”

P.S. There is treatment for micropenis (e.g. hormone treatment, surgery).

#### **The bigger, the better?**

According to many studies, the length of a penis has nothing to do with women’s sexual satisfaction.

From a study in 2006 in the United States, 85% of women were satisfied with their partner’s penis size, while only 55% of male participants were satisfied with their penis size. This suggests a gap between men and women on how they perceive the size of penis.

### **Enhancement**

- Pills and Supplements: None of these products has been proved to be effective, and some may be harmful.

- Vacuum pumps: Vacuum pumps draw blood into the penis and make it swell and get bigger, but only temporarily. Using a penis pump more often and for longer than typically used for erectile dysfunction can damage elastic tissue in the penis, leading to less-firm erections.
- Jelqing: Exercises using a hand-over-hand motion to push blood from the base to the head of your penis. There are no scientific prove that indicate its effectiveness at increasing penis size. Despite its relative safety, compared to other methods, it can still lead to scar formation, pain and disfigurement.

## **Masturbation**

Is masturbation unhealthy?

No. Actually it is rather good for your health. According to a German study carried out by Haake in 2004, masturbation triggers sexual arousing and orgasm which, in men, actually enhance some functions of the immune system. A similar study has not been undertaken in females. However, there is a study mentioning that the orgasm induced by the masturbation in women increased the rate of blood flow, and reduced pelvic cramping when present and frequently reduced menstrual associated backaches (Masters and Johnson,1966). And the myths in the west that masturbation causes blindness, makes you crazy or stupid, damages your sex organs, or stunts your growth etc. are not proven to be true.

Girls also masturbate?

Yes. There is a myth that girls do not, or, should not masturbate. However, it is totally fine for girls to masturbate. According to a study conducted in 1978 at the State University of New York, 74 out of 100 undergraduate women had ever masturbated. In fact, one study showed that women who masturbate have higher self-esteem than those who don't.

### 3. Sexuality

URL: <http://wysh.jp/qy/en/sexuality/index.html>



### Sexuality

Sexuality is one of the ways that people are different from one another and it's a lot more than just having sex. It includes "sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships"(WHO, 2006).

Human sexuality is a rich and complex area of human experience that affects who we are and how we express ourselves. Sexuality is deeply personal and for some people it can take time to figure out what feels right for them. Here you can find basic information that can help you sort out myth from fact and help you understand yourself and how you relate to other people.

→Diversity

→Coming Out

→History not learned at school

#### 3.1. Sexuality > Diversity

URL: [http://wysh.jp/qy/en/sexuality/03\\_01.html](http://wysh.jp/qy/en/sexuality/03_01.html)

## Diversity

“Sexuality”, all of us hears this word every now and then, but what does it really mean? Let’s think of it as a box. “What box?,” you may ask. Well, let’s say you’re moving out of your apartment. What you would likely be doing is packing your stuffs in to boxes. And would you put things randomly into the boxes? I do not think so. You might want to put things that you think they belong in the same category in the same box. And you might want to “name” the box and write it down just so you know later what’s inside it. We call this “sorting.” By sorting, things get easier to understand. And that’s why we, Homo sapiens, love to sort things so much. We do not only sort stuffs. Our fellow biologists sort living organisms into boxes called “Kingdoms.” And in Animal kingdom, they sort them further into “Phyla”, each phylum has “Classes”, and they keep sorting them further and further.

What happened, then, when we try to sort ourselves, human, into boxes? We have the American, the British, the Japanese, the Brazilian, etc., by sorting them (or us) judging from what countries they were born. What if we sort them by “sex” then? The simplest, most traditional way to do is to put them into two categories, “Male” and “Female,” that is. These boxes are “sexuality.” However, is it really ok to have just two boxes?

Originally, we sort things just to make them more categorized, so that it would be easier for us when we think about them. Unfortunately, as time passes, those boxes are stereotyped. Just like the infamous quote, “Men are from Mars, women are from Venus,” men are expected to be masculine, strong, and tough, while women are expected to be feminine, weak and sensitive. Those expectations are stereotypes. And they are just like the other stereotypes, in the sense that it is not necessarily true. Some men might be rather feminine, just like some women can be stronger than some men. In most cultures on our blue planet, the boxes “men” and “women”, is simply defined by what kind of genitals they have. That is why every human baby who was born with a penis is expected to be manly and ones with a vagina are expected to be girly. And since the combination of “Men” and “Women” can result in babies, men are expected to love women, and vice versa. However, what about those who feel they are different from what expected from them? What if someone who was thrown into the “Men” box, and is expected to love women, doesn’t love a woman, but a man? Things might get hard on him when he goes on in his life with all the expectations that he cannot fulfil.

“Are you suggesting that we should not put anyone in any box?” Well, by sorting human into a finite number of boxes, it is predictable that some members in the boxes will be uncomfortable with the expectations that come with the membership. However, as mentioned above, by sorting, things get easier and more convenient for us. Imagine how cumbersome it would be, if there were no box and we had to say “a person, born with a penis, who is sexually attracted to a person born with vagina” every time you want to refer to a “straight guy.” That is why boxes will never be gone as long as human is involved. Then, what about more boxes? If there are more boxes, the chances are more people will be able to relate to the box they are in. How many boxes do we need then? If we want to make sure that nobody will get left feeling not belonged to their boxes, then we need just exactly the number of human population, i.e., “1 person = 1 sexuality”, i.e., infinite. But what’s the point then? It is not at all convenient to have too many

boxes. So, we need something in between. Not just “Male & Female”, but not “Infinite” either. Yes, there will still be someone stuck in a box with expectations and stereotypes in which they are not quite fit. That is why it is important not to expect or put stereotypes on anyone to be or do anything just because of their sexuality box. Also, to put someone into a certain box just because of how they look or talk, while you do not know them very well, is not so nice either.

And just because someone is not a “straight male” or “straight female”, does not mean that they are weird. It does not mean they are not natural either. Boxes are what we, human, made up. They are make-believe. There is no box in the nature.

There are many boxes in our world. The number of boxes differs among cultures. The definition of them may as well differ among people. So, here we would like to introduce you some boxes, but keep in mind that the definitions might not be exactly the same, depending on the person interpreting them.

### **Gay**

Refers to males having emotional, romantic, or sexual attraction to other males. In Australia, both men and women identify as gay, however it often refers mainly to homosexual men.

### **Lesbian**

Refers to a female having emotional, romantic, or sexual attraction to other female.

### **Bisexual**

Refers to a person having emotional, romantic, or sexual attraction to both males and females.

### **Transsexual**

Refers to a person who experiences a mismatch of the body and the brain and sometimes undergoes medical treatment, including hormone therapy and sexual reassignment surgery, to change physical sex to match gender identity.

### **Questioning**

Refers to a person, often an adolescent, who is exploring or questioning issues of sexual orientation or gender identity or expression in his or her life. Some questioning people will ultimately identify as gay, lesbian, bisexual or transgender; others will self-identify as heterosexual and not transgender.

## **Transgender**

A condition when a person is discontent with their biological sex and/or the gender roles associated with that sex. Depending on individual's preference, the person may or may not wish to undergo transition by changing some of their body parts through medical procedures. When a medical intervention is desired, consultation with a doctor is necessary. Following a pre-established medical guideline, if the criteria are met, gender identity disorder is diagnosed.

### **3.2. Sexuality > Coming out**

URL: [http://wysh.jp/qy/en/sexuality/03\\_02.html](http://wysh.jp/qy/en/sexuality/03_02.html)

## **Coming Out**

### **What is "Coming Out"?**

Simply put, to come out is to tell someone a secret that you've been keeping to yourself. That secret can be anything; you might come out to your friends that you once ate a roly-poly because you thought it was a chocolate ball, if you want to. However, here, we'd like to talk about sexuality. Coming Out as non-heterosexual can be hard because people might not understand when you are different from them, just like your friends might think it's gross that you ate a roly-poly and unfriend you on Facebook, even though there is nothing morally wrong about eating a roly-poly.

### **Is it necessary to come out?**

No. It's totally up to you, no one else but you. You don't have to come out if you're not ready. And think about this, the heterosexual people don't really have to come out, saying "Hey, I'm straight!". So, why do you have to?

Why are we talking about this then? Because, even though it is not necessary, it will let people know you more. It can boost your self-esteem, and you might feel more connected to people around you. That doesn't sound so bad, is it?

However, it might also expose you to victimization; bullying at school, harassment, assault and so on. If you come out to your parents, chances are, they might not understand you. Some parents would tell their child that homosexuality (or other non-heterosexual identity) is just a phase that shall pass when you grow up. Some even go further to try to turn you straight. However, there are also parents who understand this issue very well.



That is why you have to balance all the pros and cons above, considering circumstance around you. If you think people around you will take it well, then it might be preferable to come out. If not, you do not have to. Before Coming Out to anyone, consulting is one of the choices that you have. But it is important to choose a right person to consult. You may start with calling free hotlines for sexual minority.

→Try to contact here.

### **When and Who to come out ?**

This is also up to you. You don't have to come out to EVERYONE. You can just tell people whom you want them to know you more. And it can be anytime you feel comfortable to say. However, Coming Out, when having a quarrel or a fight, may not be a good idea.

### **3.3. Sexuality > History not learned at school**

URL: [http://wysh.jp/qy/en/sexuality/03\\_03.html](http://wysh.jp/qy/en/sexuality/03_03.html)

#### **History not learned at school**

#### **Homosexuality in Japan**

##### **●Sexual Diversity in Japanese History**

While transgender/cross-dresser TV personalities are quite common for Japanese TV shows nowadays, most of the non-heterosexual still has a hard time keeping their sexuality a secret. Despite the current situation for the non-heterosexual in Japan, it is known that the situation was acutely different in pre-Meiji era. When Kukai, a well-known Japanese Buddhist sage, introduced Buddhism from China to his homeland, he also brought back the tradition of homosexual practice between adult monk and young child acolytes, or so-called "chigo." This kind of relationship between monks and chigos was prevailing, and many homoerotic art works from the period still remain today.

However, the homosexual relationship did not only appear in monasteries. The earliest documented affairs between men we know, involve aristocrats of the classical Heian period (794-1185 AD). This was well depicted in the renowned "The Tale of Genji" a novel by Lady Murasaki. Despite his love affairs with many women, Genji, a character who is described as "irresistibly handsome", once found a boy who he had used as a go-between for his sister more attractive than her after she had rejected him.

Homosexual relationship also occurred between shoguns and young samurais. This kind of relationship was known as "shudō." Shudō was idealized as a source of morality and military

courage. Among 15 Ashikaga shoguns in Muromachi period, 6 of whom, including Takauji, are known to have had affairs with male lovers.

While sexual and romantic affairs between men are included in numerous works of literature and art, very few discuss those between women, and most of them were probably created for men clientele.

### ●Kabuki and Homosexuality

Kabuki, a classical Japanese dance-drama performed by men only, is well-known for the stylization of its drama and for the elaborate make-up worn by some of its performers. However, rarely do ones know its sexuality-related historical route. In 1629, the Japanese government, known as “Bakufu”, put a ban on women’s kabuki, due to its use as an advertisement for prostitution. That was how kabuki became to be performed only by male these days.

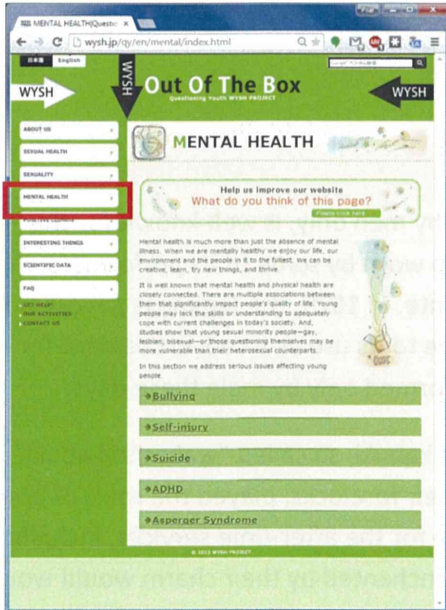
The women’s kabuki was, then, replaced by the boy’s kabuki, so called “wakashu-kabuki”, in which boys in their early teen, who has not shaved their forelocks, played the roles of both sexes. However, these young performers were also available for the after-time services, including prostitution. Consequently, many men who were so enchanted by their charm would wound their arms in order to show their affection. The samurais also fought against each other over the boys to whom they are attracted. With such turmoil going on, the government decided to ban wakashu-kabuki in 1652. Before the ban, kabuki performer could rarely make it after they turn 20, since they could not attract their patrons like when they were still young. However, after wakashu-kabuki was banned, only adult men over 15 who had shaved the forelocks can be kabuki performers. And since everyone wore the hairstyle of adult men, it became possible at age of 34 or 35 for youthful looking actors to get under a man’s robe, making kabuki actor a lifelong profession. That was the point when kabuki started to turn into a serious art with highly accomplished practitioners as it is today.



Onnagata actor as a singing girl, Torii Kiyotune, silk painting, XVIII century. From "Homosexuality and Civilization" by Louis Crompton, Page 426.

#### 4. Mental health

URL: <http://wysh.jp/qy/en/mental/index.html>



#### Mental health

Mental health is much more than just the absence of mental illness. When we are mentally healthy we enjoy our life, our environment and the people in it to the fullest. We can be creative, learn, try new things, and thrive.

It is well known that mental health and physical health are closely connected. There are multiple associations between them that significantly impact people's quality of life. Young people may lack the skills or understanding to adequately cope with current challenges in today's society. And, studies show that young sexual minority people—gay, lesbian, bisexual—or those questioning themselves may be more vulnerable than their heterosexual counterparts.

In this section we address serious issues affecting young people.

→Bullying

→Self-injury

→Suicide

→ADHD

→Asperger Syndrome

## 4.1. Mental health > Bullying

URL: [http://wysh.jp/qy/en/mental/04\\_01.html](http://wysh.jp/qy/en/mental/04_01.html)

### Bullying

#### What is bullying?

The Japanese Ministry of Education, Culture, Sports, Science and Technology defines bullying as “the constant psychological or physical attack that inflicts emotional anguish on a student with whom a person has a certain relationship. Bullying can take place inside or outside the school grounds.”

No matter if the bullying happens inside the school or outside the school, the definition emphasizes the feelings of the person being bullied. The students involved may be in the same school, class, or extracurricular activities. And, the attack refers not only to direct actions but also includes the agony that results from the psychological pressure inflicted by someone.

Both, students who are bullied and who bully others, may have serious, lasting problems.

**"Bullying is wrong and hurtful. Bullying is unacceptable"**

#### Types of bullying

Bullying takes many forms but they all hurt.

● Verbal bullying. Saying or writing mean things, actions like:

- Name-calling
- Taunting
- Threatening to cause harm
- Homophobic remarks
- Inappropriate sexual comments

● Social bullying. It hurts someone's reputation or relationships, but it is often hard to recognize and can be carried out behind the bullied person's back. For instance:

- Leaving someone out on purpose or encouraging others to socially exclude someone
- Telling other people not to be friends with someone
- Lying and spreading rumours about someone
- Mimicking unkindly