



AOFS

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Issue 19

AOFS UPDATE



Dear All,

It is with much pleasure and excitement that we report to our membership that the AOFS office has been successfully relocated to Sydney, Australia. The Hong Kong office will now be closed. The new office is incorporated in NSW and has a new bank account for payment of fees. For information about joining and paying fees please contact Dr Narayana Reddy who is the Membership Officer (deganr@gmail.com) or the Treasurer, Dr Christopher Fox (C.fox@foxcounselling.com.au).

Traditionally the year after a conference is a quiet one as the next hosting country starts preparation for the following conference but without too much pressure. I am hoping that we will use this year to encourage membership to AOFS and working together to inform ourselves of Sexual Health activities taking part in our region.

The WAS Sexual Health Day is on September 4th and other regions especially South America are traditionally very active in promoting sexuality and sexual health around this date. If you are preparing any activities in your country please let me know and take photos so they can be included in the next newsletter. This is a wonderful way to increase our own sense of empowerment in our field. Sexual Health Day allows focus on the positive consequences of good sexual education for all members of society to counteract the insidious effects of ignorance, myths and misinformation. These activities also allow governments to see that credible professionals see this area of life as valid to be addressed.

The next WAS Conference is planned for Prague in 2017 and I encourage AOFS members to think about presenting material at this conference. It is important that the AsiaOceania region puts itself forward in representing all aspects of sexuality/sexual health from our unique perspectives and we take our place on the international stage. If you are presenting please promote AOFS.

If anyone has conducted research studies which have been published please let me know so that abstracts and references can be included in the Newsletter. In this way our members can be alerted to specifically regional research which may be particularly relevant to them from a cultural perspective.

Warm regards
Margaret Redelman
Editor

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Inside this issue

Indian Sexology Conference

The Council of Sex Education and Parenthood International, an affiliate of Asia Oceania Federation for Sexology is organizing its 32nd Annual Conference of Sexology at Nagpur, Central India from 26th to 28th August 2016.

Eminent Indian faculty will be addressing contemporary sexuality issues. The guest faculty will be Stephanie Buehler from USA. She will be conducting a workshop on "Comfort with Sexuality". Dr Buehler is a psychologist and AASECT-Certified Sex Therapist & Supervisor. She has written "What Every Mental Health Professional Needs to Know about Sex".

The theme of the conference is "Ignorance to Bliss. This theme was chosen to drive home the fact that ignorance is the main cause of Sexual Health problems and that knowledge will empower people to have a blissful sexual life. About 300 delegates have already registered for the conference.

For more details please visit: www.sexconindia.com & www.csepi.org



Dr Buehler

Society of Australian Sexologists

SAS apologises for any inconvenience to individuals resulting from its deferment of its conference previously scheduled for 16-17 September 2016 due to unforeseen events. The conference will be rescheduled to early in 2017.

Sex among Asian men and women: The Global Better Sex Survey in Asia

Hui Meng Tan, Ken Marumo, Dae-yul Yang, Thomas I-sheng Hwang and Moh-Lim Ong

International Journal of Urology (2009) 16, 507–515 doi: 10.1111/j.1442-2042.2009.02283.x

Objectives: To explore by a pooled subanalysis of the Global Better Sex Survey sexual aspirations and unmet needs of men and women from Hong Kong, Indonesia, Japan, Malaysia, Singapore, South Korea, Taiwan, and Thailand.

Methods: To qualify, respondents must have had sexual intercourse at least once in the past 12 months. Women must have had heterosexual intercourse. Data were weighted by population size between countries.

Results: Of 3538 Asian respondents (1776 men and 1762 women), 52% were aged <40 years, 40% were aged 40–59 years, and 8% were aged ≥60 years. The majority were married or in a relationship. Men and women reported having sexual intercourse 5.1 and 4.0 times monthly, respectively. Attraction to partner, foreplay, intercourse, and achieving orgasm were important to most men and women. Two thirds were less than very satisfied with their sex life, and 36% of men were interested in improving sex. For a good sexual experience, the man's ability to get and maintain an erection and erection hardness were important to the majority of Asian men and women. Few respondents reported using a prescription erectile dysfunction medication, but many showed interest in using these medications to improve their sex lives. A comparison between individual countries suggests that attitudes about sex differ from country to country, and between men and women in each country.

Conclusions: Sex is very important to Asian men and women, but many of them are not fully satisfied with their sex lives and want to improve them.

Lessons learned from a decade implementing Comprehensive Sexuality Education in resource poor settings: The World Starts With Me.

Vanwesenbeeck, Ine; Westeneng, Judith; de Boer, Thilly; Reinders, Jo; van Zorge, Ruth

Sex Education. Sep2016, Vol. 16 Issue 5, p471-486. 16p.

DOI:10.1080/14681811.2015.1111203.

Today, more than half of the world population is under the age of 25 years and one in four is under age 18. The urgency of expanding access to Comprehensive Sexuality Education (CSE) notably for children and young people in Africa and Asia is greater than ever before. However, many challenges to the implementation and delivery of CSE in resource poor settings have been identified in the literature. CSE's effectiveness could be strongly improved if these challenges were better met. This paper aims to contribute to those much-needed improvements by sharing lessons learned from a decade of implementation of one particular CSE programme, The World Starts With Me, among various populations in 11 low income countries in Africa and Asia. The aims, content, reach and effectiveness of the programme are described. Next, the challenges for implementation and delivery at student, teacher, school and context level are discussed with reference to the wider knowledge base in this area. Finally, suggestions are provided for ways forward including the increased sensitivity of programmes for normative and practical barriers to sexual health, further advancement towards gender transformativity, a far-reaching expansion of comprehensive forms of teacher training and coaching, and a serious stepping-up of multilevel 'whole school' approaches.

Prevalence and impact of premature ejaculation in outpatients complaining of ejaculating prematurely: using the instruments of intravaginal ejaculatory latency time and patient-reported outcome measures

J Gao , X Zhang , P Su, K Shi , D Tang, Z Hao, J Zhou and C Liang

International Journal of Impotence Research (2014) 26, 94–99

doi:10.1038/ijir.2013.42

This study was designed to assess the impact of premature ejaculation (PE) on a large population of men and their female partners using the instruments of intravaginal ejaculatory latency time (IELT) and patient-reported outcome (PRO) measures. A noninterventional, observational and cross-sectional field survey enrolled 2704 men with self-reported PE and their female partners from January 2010 to January 2012. PE was diagnosed by the International Society for Sexual Medicine (ISSM) criterion. IELT and sexual dysfunction were measured using a stopwatch and PRO measures, respectively. The incidence of PE in this study was 19.27%. PE negatively impacted on subjects and their partners, including reduced ejaculatory control and sexual satisfaction, and increased personal distress and interpersonal difficulty (Po0.001 for all). The severity of PE was considered worse by subjects than by their female partners (Po0.001). Reduced ejaculatory control and sexual satisfaction were considered the central themes of PE. Furthermore, a correlation was observed among the outcomes of IELT and PRO measures for subjects and their partners (absolute correlation coefficient ranged from 0.33 to 0.67).

This in-depth qualitative study provides valuable insight into the PE status in Chinese men. Further research is needed to confirm and extend these results.

World Sexual Health Day is around the corner, September 4th

"Sexual Health: Eliminate the myths!"

World Sexual Health Day 2016 will focus on acknowledging the myths about sexual health and eliminating them with accurate, scientific based information and sexual rights.

Sexuality and information regarding sexual health have been facing a lot of myths and prejudices. Everybody has the right to access accurate, relevant and scientifically-based Information (ARSI). This year's theme encourages people to seek information and could raise awareness about the sources that are available to them locally and globally (thanks to the digital platforms). It is important to remember this is a celebration so let's make it joyful, so we can eliminate the myths in a variety of ways we can imagine. It will also be important to have an extended resource list with links and addresses where people can go to, to obtain accurate information. It is a big opportunity to talk about the World Association for Sexual Health (WAS) and its wide-range of members as well. This is WAS's invitation to the public as well as professionals to join this global association which is committed to promote sexual health and rights for all.

In many countries there are virulent attacks and demonstrations to sexuality education that is in line with sexual rights.....reinforcing myths we thought were gone.

The full proposed guidelines are here <http://www.worldsexology.org/news/world-sexual-health-day/>

Several events have already been posted on our Facebook page <https://www.facebook.com/4sept/>. If you have not yet planned an activity, it can still be very easy to put it together in your work, your conferences and events, your media resources. It does not have to be precisely on September 4th, so you can adapt as you see fit.

Kind regards,

Nadine Terrein
Luis Perelman
Co Chairs
World Sexual Health Day

Kyoto, Japan Activity

I am happy to announce that there will be WSHD events in Hawaii and Kyoto for the first time this year thanks to all the local people who have been working hard to make this happen. Please find two attached files and the following FB pages. For the Hawaii event, Sara, Tommi and Anton from WAS AC will join and facilitate the events with me. For the Kyoto event, Dr. Tomoko Saotome with her friends and colleagues will be taking care of the event. For both events, JASE (Japanese Association for Sex Education) is being the biggest sponsor.

Yuko Higashi

Kyoto: <https://www.facebook.com/267676886950054/photos/a.272598939791182.1073741828.267676886950054/272598273124582/?type=3&theater>

Invitation to participate

Our region, Asia covers a wide area and many diverse cultures. In order to achieve our goals of increasing the sexual wellbeing of our region we need to unite through networking, education and participation in joint ventures. This Newsletter is one way for us to work together in sharing information on activities happening in the region and what individual sexual health professionals are doing.

We ask that all members of AOFS contribute to this newsletter by submitting their country's Sexology Conference and educational meetings information, information on special education/professional development programs, outcomes of sexological or education programs, acknowledgement awards given to members of AOFS, fun activities held by members and anything else that you feel would be of interest to other members of AOFS. Photos are welcome. We are planning 3 editions per year.

Please send contributions to the Newsletter to Margaret Redelman at:

drmredelman@gmail.com

Warm regards

Dr Margaret Redelman OAM, Australia

Editor

Regional conferences

2016

26-28 August Council of Sex Education and Parenthood International
"Ignorance to Bliss"
Nagpur, Central India
Websites: www.sexconindia.com & www.csepi.org

14-16 November **2016 Australasian Sexual Health Conference**
Adelaide Convention Centre, Adelaide, SA, Australia
Website: www.shcoference.com.au
Contact: info@shconferene.com.au

2018

17-19 August 15th AOFS Conference
"Sexual Health : For Quality Life"
Chennai, India
Wbsite: www.aofs2018.org