



AOFS NEWSLETTER

August 2015

Issue 15



Dear colleagues and Friends,

The 22nd WAS Congress has been held in Singapore and despite the lower than expected attendance everyone enjoyed the high quality presentations and networking with new and old friends. Singapore was a lovely venue with many delights and fabulous food. CSEPI and SAS presented a symposium and many AOFS members presented. In time the taped presentations will be available through Audio Visual Archives.

We held the AOFS AGM on Monday 27 and had a very good attendance. The past and future conference reports were tabled. The 2014 Brisbane AOFS Conference was able to give \$1,2335.56 AUD to AOFS as 10% of profits. It is hoped that future conferences are also able to give back to AOFS so that we have a robust kitty with which to manage the organisation. Professor Park reported on the progress Korea is making in preparing for an excellent conference in Busan. It is important that all members anticipate participating and are starting to think of symposia or presentations they want to make.

The motions to close the Hong Kong Office of AOFS and to register the organisation in Australia was passed. The provisional new constitution was discussed and accepted as a base for ongoing final adjustments. The final constitution and by-laws will be presented for voting at the 2016 AGM in Busan. Protocols for sharing members and interested persons details for future conferences were discussed.

We need to focus on building a strong viable useful organisation that brings real benefit to its members. Participation in the education of our region through networking and strong conferences needs to be a major focus for us.

Warm regards

Margaret Redelman

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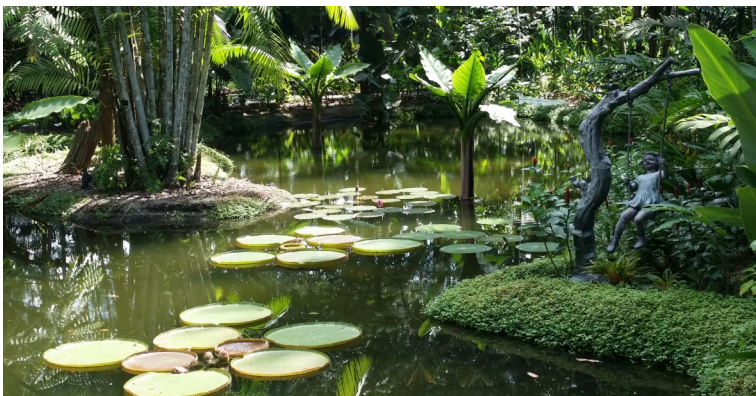
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AOFS committee members at the AGM



SAS Symposium presenters



TRANSIT Program

In early July, Dr Graham Nielsen, President of SAS [QLD] attended a consultation in Bangkok, Thailand to support the development of the Transgender HIV and STI Programme Implementation Tool [TRANSIT]. The tool is being developed in collaboration with a number of United Nations agencies with the Asia Pacific Transgender Network [APTN].

The goal of TRANSIT is to give straightforward, practical guidance on how to implement the recommendations in the Consolidated Guidelines on HIV Prevention, Diagnosis, Treatment, and Care with Key Populations published by the World Health Organization in July 2014. www.who.int/hiv/pub/guidelines/keypopulations/en/ TRANSIT is intended for use by public health officials, managers of HIV and STI programmes, NGOs, and community/civil society organizations. TRANSIT will follow the same format as the Sex Worker Implementation Tool [SWIT] describing the implementation of HIV and STI programmes with sex workers. SWIT can be found at: http://apps.who.int/iris/bitstream/10665/90000/1/9789241506182_eng.pdf.

There will be a total of four implementation tools, each targeted at specific Key Populations. SWIT has already been published; the Men who have Sex with Men Implementation Tool will be published shortly; while TRANSIT, and the Drug User Implementation Tool [DUIT] will be published the end of this year and early in 2016.

It is planned that TRANSIT will be finalised in early 2016 and distributed globally.

PurpleMySchool campaign

UNESCO, UNDP and Being LGBT in Asia have launched a #PurpleMySchool campaign to create safe spaces for LGBTI students across Asia and the Pacific.

The campaign website is in English now but will be available in July also in Bahasa Indonesia, Mandarin Chinese, Hindi, Thai and Vietnamese.

<http://www.campaign.com/PurpleMySchool>

Buzzfeed just published Love Matters India first animation:

<http://www.buzzfeed.com/shayanroy/this-isnt-rocket-science#.osKRaeLama>

[Check out this cute animation which should appeal to both young and the young at heart.](#)



2015 WAS Congress President, Professor P Ganasan Adaikan & 2016 AOFS Conference President, Professor Nam Cheol Park

Sexuality matters for gender equality

Anton Castellanos Usigli
anton_usigli@hotmail.com

Sexual rights are one of the core themes of RNW media. Our Love Matters programme provides information about sex and sexuality in countries where this is taboo or restricted. Various projects in our regions focus on issues around gender-based violence, discrimination and empowerment of women, girls and sexual minorities. Antón Castellanos Usigli is a regular blogger for Hablemos de sexo y amor – the Love Matters platform for Mexico and Venezuela. He’s also one of the young activists who took part in RNW Media’s Stand By Me Campaign during Amsterdam Gay Pride in 2014 and chair of the Youth Initiative Committee for the World Association for Sexual Health (WAS). This is his take on the No Ceilings report on global gender equality, released earlier this year. Chelsea Clinton, Vice Chair of the Clinton Foundation, was my professor at the Mailman School of Public Health in Columbia University. She demonstrated great generosity when she invited me to the release of the No Ceilings Full Participation Report in New York City. The report, a joint effort between the Clinton and the Gates Foundations, pulls together data about the global state of gender equality since 1995, when the World Conference on Women took place in Beijing.



Chelsea Clinton
Hillary Clinton



Anton Castellanos Usigli

At that Conference, Chelsea’s mother Hillary Clinton, famously said: “Women’s rights are human rights, and human rights are women’s rights”. Twenty years after Beijing there has been some progress, but we still live in a world where being a woman means less access to work opportunities, education, security, health and sexual and reproductive health and rights.

Maternal mortality

I interviewed Rachel Tulchin, Policy Advisor at the Clinton Foundation, about the report. She told me that the reduction of maternal mortality is one of the biggest accomplishments that the world has seen in terms of gender equality since 1995, but even so, “around 800 women still die every day due to complications related to pregnancy and childbirth”.

Tulchin also said: “Modern contraceptive prevalence has doubled in Sub-Saharan Africa since 1995, which is a huge mark of success. However, millions of women still lack access to family planning”. This reminds me of an experience I had while giving a sexual health workshop to Mexican women living in NYC. I showed them how to put on a condom safely, and to my surprise, one of the women had never touched one! I later found out she had had several abortions because her partner refused to use protection.

“Women’s rights are human rights, and human rights are women’s rights”

Sexuality education

One of the best antidotes to the lack of sexual and reproductive health and rights for women is positive, scientific & rights-based sexuality education. However, this type of education is unavailable to the majority of women world-wide, due to factors such as conservative governments, poorly trained teachers, poverty, or the inability to enroll in education: “Girls are not enrolling or graduating from secondary schools at equal rates –compared to boys- and that’s a point for vulnerability. And it’s not only to get girls into schools, but to look at whether they are receiving quality education or if they are safe from gender-based violence”, said Tulchin, who added: “Violence against women remains a huge global epidemic. One in three women experience sexual or physical violence in their lives”.

Violence against women is a result of complex cultural and institutional factors. Female genital mutilation is a good example. Tradition is often cited as a justification but the World Health Organization states that FGM “ reflects deep-rooted inequality between the sexes, and constitutes an extreme form of discrimination against women”.

The connections between gender equality and sexual ignorance are evident: men who view women as sexual objects or solely as “carriers of babies”, or men who feel entitled to rape a woman because she was “seductive” or “asking for it”. Women, like the one I met in NYC, who are conditioned to do whatever a male sexual partner wants them to do (regardless of their own well-being). This ignorance can only be tackled with on-going education about sexuality, education based on science and on sexual and reproductive rights.

“Sexual pleasure is often the hardest taboo to break”

Positive approach is key

Sex education must also include a positive approach towards sexuality. Unfortunately, it is too often focused solely on the risks – STIs, unwanted pregnancy, HIV – with abstinence being the recommended solution. Sexual pleasure is often the hardest taboo to break: In how many societies are men allowed to talk openly about sexual pleasure, while women are stigmatised or punished if they do the same? The whole objective of positive sexuality education is to empower and to learn that, when expressed responsibly and with respect for others, sexuality leads to joy, pleasure, fulfillment and personal development. This creates contexts that enable women and men to make better decisions on their sex lives, on condom/contraceptive use and on access to health services, rather than contexts where anxiety, shame and silence paralyse individuals and prevent them from making the right choices.

At the end of our interview, Tulchin highlighted that is not only up to national governments or multilateral organisations (like the United Nations) to become more involved in the fight for greater gender equality, but for everyone at the grassroots levels. One of the priorities of the Full Participation Plan for gender equality in the 21st century, released by Hillary and Chelsea Clinton, is to ensure that women have universal access to sexual and reproductive health and rights. Society must incorporate these rights at all levels, particularly in the educational and health sectors. We have to educate on sexuality for equality:

Sexual & reproductive rights are women’s rights!

Sexual & reproductive rights are human rights!

iMatter app: A new mobile app to help young women recognise signs of unhealthy and abusive relationships, to empower them to leave these relationships before they become abusive.

The iMatter app can be downloaded for free from the iTunes Store or Google Play Store.

Interesting international development which enables supervision and teaching at a very high level without the tyranny of distance or isolation.

This has been included here as a potential role model for activity that could potentially be of great benefit for our diverse region.

Clinical practice is more than academic knowledge and many of our younger members are asking for more clinical supervision and support.

Supervision group – Starting August 2015

Individual Supervision Sessions are available: once a week or per individual's need, one hour, in person or online.

Group Supervision Sessions are Available: Once a month, 20 minutes per person/case presentation, minimum number of participants are 4 and maximum is 6 to allow optimum exchange of knowledge.



Sara Nasserzadeh, MSc PhD DipPST

The Format: either Topic Specific or Case Specific. in Topic Specific sessions, there would be a particular topic, a didactic part and then the floor will be opened for relevant case discussions. In Case Specific sessions, every member of the group will have an allocated time to present a case, receives feedback, practical tips for practice from myself and comments from other members of the group.

Who Would Benefit: professionals e.g. researchers, advocates, program leaders, community and religious leaders, medical doctors and any professional who is serving as a sexual health expert in one capacity or another. All individual and group sessions are tailor-made to meet your specific needs.

Starting Time: As soon as we have enough attendees for one category a common calendar will be shared so colleagues could identify the most appropriate time that works for their schedule. We will arrange the meetings from there. Interested colleagues or groups please send a note stating your target group, the context of work, why you think I would be the best supervisor for you, the specific area you need supervision for. A brief interview will be arranged to make sure you are allocated to the category of supervision or/and group that would allow for the optimum result and meets your timezone requirements.

Registration Process for the group starting August 2015:

Number of people in the group: The maximum number of people in each group: 6 (meaning each time we would have minimum about 4 people participating).

The length of the sessions: 2 hours. In each meeting 4 people present their cases (25 minutes each). I find that knowing how to present your cases precisely with specific questions at the end, would help a great deal with your way of formulating your thoughts for the process of working with your clients.

Participation criteria: Mental or medical professionals looking to discuss psychosexual cases, anyone from around the world is welcome. HAT graduates would have priority. I widened the group since I am supervising a larger group right now that consists of psychotherapists, MDs and PTs and I can see how the interaction could enrich the experience for the case consultations.

When: there are three groups (each for two sessions).

First Friday of each month, 11 am-1pm EST (August 7th, September 4th, October 2nd, November 6th, December 4th, January 8th, February 5th, March 4th, April 1st, May 6th, June 3rd, July 1st).

First Friday of each month, 2-4 pm EST (August 7th, September 4th, October 2nd, November 6th, December 4th, January 8th, February 5th, March 4th, April 1st, May 6th, June 3rd, July 1st).

First Wednesday of each month, 12-2 pm EST (August 5th, September 3rd, October 7th, November 4th, December 2nd, January 6th, February 3rd, March 2nd, April 6th, May 4th, June 1st, July 6th)

Dr. Sara Nasserzadeh <sara@sara-nasserzadeh.com>

www.Sara-Nasserzadeh.com

Great resource for our region.

Hannah Bowman and Michele Ernsting attended the WAS Congress in Singapore to promote the work of RNW, an organisation from the Netherlands that works through its online presence via 'Love Matters'.

Love Matters 'Open, honest and positive resource about sex and love'
<https://www.rnw.org/activities/love-matters>

Impact

Love Matters India (English and Hindi): 3.4 million visitors, 14 million page views, 505,000 Facebook fans

Love Matters China: 1.2 million visits, 4.1 million page views, 80,500 Weibo followers

RNW Media is a media organisation for social change. In parts of the world where change is hard to achieve because freedom of speech is restricted they use media to make lives better.

RNW works with people aged 15 to 30 on the premise that if you want to change society, young people are the ones who make a difference. But to shape a better future, they need information and access to independent journalism and media.

RNW's three core themes are democracy and good governance, sexual health and rights and international justice. They work in several regions:

Sub-Saharan Africa | wazaonline.com

Burundi, Democratic Republic of Congo, Ivory Coast, Nigeria, Uganda, Rwanda, South Sudan, Zimbabwe

Middle East and North Africa | hunasotak.com

Egypt, Yemen, Libya, Morocco, Saudi Arabia, Syria

China | helanonline.cn

Latin-America | eltoque.com

Cuba, Venezuela, Mexico

Here is a quote from head of operations for Love Matters in India, Vithika Yadav:

"Love Matters is the first and only Hindi website in India talking about sexual health and pleasure in a comprehensive manner. Our starting point is that sex and relationships should be happy, healthy and based on equality in every way – and that's a very unique starting point for a country like India. It is a responsive website that is easily accessible on any kind of high-end or low-end mobile phone. And mobile phones offer something traditional family planning clinics cannot: access to sensitive information anonymously, privately, and at any time.

"We aim to give young people safe space to help them discuss issues relating to love, sex and relationships without any shame and stigma. Among our recent achievements is the ongoing Intimate Partner Violence Campaign, which is the first online campaign in India opening up discussions on intimate partner violence in context of unmarried couples or young people in relationships in India. So far, the focus of IPV projects/campaigns/ interventions has only been in context of marital relationships and domestic violence in India. The campaign is running successfully and by end of this month [August], we will have reached over a million people through a two month long online campaign."

Meanwhile, with more than 600,000 likes, Love Matters India is currently the most popular sexual and reproductive health page in India.



Invitation to participate

Our region, AsiaOceania 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 Dr Margaret Redelman. Photos are welcome. We are planning 3-4 editions per year.

Please send contributions to the Newsletter to Margaret Redelman at:

drmredelman@gmail.com

Warm regards

Margaret

Regional conference

14th AOFS Conference

30 March—4 April 2016

Busan, Korea

Website: www.aofs2016.org

Email: gaonpco@gaonpco.com

Sexual Dysfunction Conference

14-15 May 2016

Auckland, New Zealand

Website: sdc.conferenceworks.com.au

Email: Jenny Crosbie <jenny@conferenceworks.net.au>

23rd WAS Congress

2017

Prague, Czechoslovakia

Other conferences of interest

Global Female Condom Conference 2015

1-3 December 2015

Durban, South Africa

Website: www.femalecondom4all.org/conference2015