



**VOICE OUT!**

e-book



**GUEST SPEAKER: JACKIE YONG**



**LIVE**

18 JULY 2020

# Let's Talk about Sex

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# ABOUT VOICE OUT!

## WHO ARE WE



An opinion-based website, powered by Stratos Consulting Group Sdn Bhd that collects voices from consumers through paid online and offline surveys.

## HOW DOES IT WORK



When you sign up as a member, new survey invitations will be sent to your email. Just click the link and take the survey. After completing the survey, fill up your bank details and we will send you your rewards.



# ABOUT THE SPEAKER



## JACKIE YONG

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Jackie has been working with adolescents for more than seven years now. He started his journey in counselling after completing his Bachelor's degree. He enjoys working with adolescents as he enjoys guiding adolescence on their journey as they mature.

He looks into the interest of running group process with adolescents. Jackie finds that adolescence is at a stage which is most physically and emotionally sensitive but often the least supported. He sees adolescents as facing too much pressure while growing up in the era of globalization where they are either given too much expectations or too little attention in their daily routines. His warm personality coupled with his clear boundaries makes his work with adolescent stay objective.

# LET'S TALK ABOUT SEX

## 01

### What is sex?

It is a form of communication between two or more individuals. Traditionally, we view sex as between two persons; today, it is common for sex to occur between three or more persons. Sex is a language on its own, used for romance. Personally, I define sex as the art and language of love. Of course, we do have the textbook definition of sex which is the penetration of a penis into the vagina, which is also known as 'vaginal intercourse'.

There are other physical forms of sex which includes oral sex, anal sex, etc. However, a common assumption of sex is that it only involves the physical part. Many are unaware that sexual intimacy does involve verbal and non-verbal communication as well. Sexting is one way to engage in sex through verbal communication. Another example of verbal communication of sex is within the Asian culture. In the Asian culture, it is uncommon to express love through touch and words. We prefer to express love through non-verbal and verbal gestures as opposed to physical touch. Hence, both sides would need to communicate and agree with each other before engaging in sex. Therefore, sex does not just encompass the physical aspect but also, the non-verbal and verbal communication between one another.

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## 02 What are the different sensitive zones between male and females?

There are generally few differences between both genders. We humans have similar sensitive areas such as behind the ear, the neck area, and the lips. That being said, there are several differences between male and female's sensitivity due to the biological differences. For females, these are the breast, nipples and clitoral area. For males, it is the tip of the penis. Aside from this, orgasms also differ between male and female. Orgasm can simply be put as the peak of sex. Usually, male orgasms tend to peak quicker than female. Ideally, male and female could achieve the peak at similar times. However, our biological differences often prevent this from happening. Hence, issues such as sexual dissatisfaction can arise due to these differences in orgasms. In fact, some people mistake this for premature ejaculation.

Sex is an emotion in motion.

MAE WEST

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## 03

### What are the common myths about sex?

- *Wearing two condoms is safer than one.* This is a myth. Wearing two might actually increase the risk as the friction between may result in a tear.
- *Pregnant woman who have sex will not get pregnant.* This is a myth. Pregnant women can have sex when they are pregnant and would still need to use protection as double pregnancy is a possibility.
- *Drinking pineapple juice makes the semen sweet.* According to research, this is a complete myth and most definitely, untrue.
- *Sex can be used to release stress.* There are mixed findings on this. However, the consensus is that one should not engage in sex when extremely stressed as sex is both physical and emotional. If you engage in sex while you are stressed, you may be objectifying your other half as a tool to relieve stress. Respect should always be the pre-requisite before engaging in sex.
- *Pornography leads to masturbation addiction.* This is a myth. Pornography and masturbation may come together but are two independent entities.
- *Anal sex may cause pregnancy.* The possibility is definitely there as ejaculation can occur and leak into the vagina.
- *Condoms ensure safe sex.* Success rate of condoms is about 98% and 2% failure on a normal basis. Among the 2% failure rate, 19% of condom failure is as a result of poor storage (e.g. direct sunlight, etc).

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## 04 What influences our views on sex?

The media definitely plays a role in influencing how we view sex. Therefore, parents should try to debrief children after a movie to give them a better understanding. Our culture of 'not talking about it' often results in children keeping their thoughts to themselves. However, teenagers are generally curious and experience a great deal of hormonal changes during puberty. So naturally, children and teenagers will look to the internet for answers when unable to confide in their parents. When this happens, the first thing children learn about sex is from the media, when it should have been from their parents. Hence, this may lead to an inaccurate perception of love and sex.

Again, the running theme here concerns the lack of open communication in parent-child relationships. Even in schools, teachers touch more on sexual reproduction on animals and plants but merely skims through the education on human reproduction. As an example, there was an incident where a high school teacher confiscated condoms from a student without any debriefing whatsoever. Perhaps the intention was good, but what this has done is it has caused an increased risk of unsafe sex and the possibility of an unplanned pregnancy. Ideally, the teacher should have debriefed these students about sex and return the condoms after the debriefing. By discussing, students can



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make more informed decisions about sex. The more we prohibit, the more curious one gets. The only way we can fight disinformation is through discussion.

Today, our daily media consumption have greatly influenced our perspective of love and sex. Sex usually lasts anywhere between 20 to 30 minutes. This is contrary to how pornography depicts sex as lasting between one to two hours. Aside from pornography, Korean dramas do tend to portray love as overly-romantic while Western media tend to depict love as violent or one that requires a dominant-submissive relationship. We may not notice it but the media we consume does play a role in our mental construct of love and sex, which may or may not be true. Therefore, these preconceived notions of sex might lead to unrealistic expectations and thus, possibly leading to sexual dissatisfaction among couples. Besides, sexual dissatisfaction can arise due to differences in needs. For example, males tend to place a higher emphasis on physical attraction and females tend to place more on emotional attraction. When these differing needs are not met, it may create sexual dissatisfaction and sexual difficulties among partners. How partners can deal with this is by talking to each other about their sexual needs to prevent these issues from arising in the first place.

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## 05

### Explaining the LGBTQ+ community

Before we go into this, we need to understand the difference between sexual orientation and gender. Gender is male or female. In fact, some may choose to identify with either or neither of the genders. Others view gender as biological where the differences in gender's reproductive anatomy is what delineates the line between male and female. On the other hand, sexual orientation leans towards psychological and emotional factors such as the attraction towards another individual in spite of their gender. Just a quick rundown on the acronyms, LGBTQ+ are the Lesbians, Gays, Bisexuals, Transgender and Queers/Questioning. The + includes several other sexual orientations such as asexual, non-binary, pansexual, etc. Many research today often attempt to pinpoint the determining factor of sexual orientation. This is the classic nature vs nurture research debate. Biology vs. psychology. In this debate, the psychology viewpoint argues that sexual orientation is influenced by external factors such as our environment, culture, etc, while the biological viewpoint argues that it is determined by our genes and hormones.

Whether it is biological or psychological, the fact is that many people remain confused about their sexuality. When people reach a certain age and begin to develop attraction towards a different gender, they begin to question

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their sexual identity which kick starts their journey of self-discovery. The journey towards the discovery of one's sexual identity is often times long and takes a great deal of reflection before reaching acceptance. This period of exploration is common and usually involves experimenting their feelings within same-sex relationships. Dating is just one of the common ways of exploration. Sexuality is very fluid and dynamic. Some people that identify as bisexual today may be inclined or attracted towards one gender in the future.

Openness may not completely disarm prejudice,  
but it's a good place to start.

JASON COLLINS

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## 06 How to provide sex education?

Sexual education should be provided in stages. Firstly, we need to introduce the proper terminologies of body parts. Until today, we still have odd names for sexual reproductive body parts due to the taboo attached to sex-related words in Malaysia. Many parents still refer to female and male sexual organs as *bunga* and *batang*. If we as adults are embarrassed to talk about this, what more children? In fact, educating children on the correct terminologies are often stressed upon by police officers. Their reason being, that it is difficult to help children in criminal cases without proper terminology. In one case, a child's testimony of, "*Pak Cik sentuh bunga saya*" was difficult to hold up in court as *bunga* (which typically means flower in the Malay language) can be defined in many ways. Loose definitions allows for more loopholes for crimes to occur. This is just one of the examples of the importance of introducing proper terminology for body parts. The fact is, parents need to acknowledge their own taboos on sex-related words and educate their children on these terminologies.

Secondly, we also need to introduce children to love and appreciate their body image as insecurities are something we all grew up with. Following this, we need to introduce children to safe-touch zones. That is, which body parts are appropriate to touch and who are allowed to touch them. Teaching children to set boundaries is extremely important. Oftentimes, rape happens

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at home because we always tell our children to listen to their elders (i.e. aunt, uncles, etc). Therefore, a child may be unaware or unwilling to tell on their relatives that touched them inappropriately. By teaching boundaries and safe-touch zones, children will be more aware of this and hopefully, prevent more cases as such from occurring.

Research has also shown that we have to expose our children to biological and psychological changes that happen during puberty; preferably before puberty. Explain the reasons why they may be short-fused, or why they are developing more acne. By explaining these changes, it will help normalise the situation and reduce a considerable amount of anxiety. This might also prevent others from preying on your child's insecurities for eventual grooming – *grooming refers to the slow, methodical and deliberate process of manipulating a person till' a point where they can be victimized, typically towards children.*

Finally, introduce to your children about reproduction. Explain to them what an erection is. Explain to them what desire is and again, use the correct terms. Sexual education should start first at home with the parents. You can leave the scientific (i.e. chromosomes, genes, etc) explanations to schools and teachers, but a child's first exposure to sexual education is the parent's uncomfortable but necessary responsibility.



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## 07 How can parents communicate about sex to their children?

One noticeable pattern among parents is their portrayal of superiority as parents. As such, many parents do not mellow down or show their 'weak side' to their children. With this perception, we as children often viewed our parents as 'super parents' – that one can do no wrong, and this is what leads to the generational gap that we see today. Due to this, children often do not talk about sensitive and uncomfortable issues such as sex and sexuality to their parents. However, if parents could let their guard down a little, it will be a good stepping stone towards more open communication. With this initiation, children would feel safe and unafraid to ask their parents about sensitive and uncomfortable topics. A good place to start is by talking about their current relationships. Just a simple question of, "Are you seeing anybody now?", 'Do you have a boyfriend/girlfriend?' suffices as a stepping stone. If it feels awkward, talk to them while you're driving. Both of you are looking in front, there is no eye contact and a car is often times a private safe space.

Parents could also communicate through text with their children. The main thing is for both parent and child to find a common ground and to create a safe space. Of course, it is difficult for parents when listening to your child talk about sensitive issues without judging. But, try your best not to judge

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when your children open up to you. Judging does not help the situation. Keep in mind that the norms have changed across generation. What was previously unacceptable in the past may be a norm today.

Humour is another great way to normalise sensitive topics. Start with jokes or memes. This might de-stigmatized the taboo attached to sex and allow for more casual conversations. Personally, I think that there is too much ego in our culture today. Here's a scenario that happens in our culture – when parents kick their children out of the house due to issues that arise with sex or sexuality, children would never come back or are never allowed to. This is very damaging to parent-child relationships. Relationships should never have to suffer for one's ego. Be aware of your own ego attached to your children's behaviour. Being overprotective is not helpful, so give space for your children to explore and discover. Most importantly, keep the door open for them. This is so children would always know that the door is always open for them to come home. This will create a safe space for both parent and child to open up about things such as sex and sexuality.

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## 08

### Sex Ed Topics to Discuss with your Children at Home

- Sex does not just represent the physical intimacy between two persons
- Explain what comprises a healthy relationship and the different roles that each gender plays in a relationship
- Culturally and morally acceptable sexual behaviour
- Basic sexually-transmitted diseases (STDs)
- Responsibility of sex. This includes safe sex, pregnancy, STDs
- Teach teenagers what rape is. Teach them that arousal is not equivalent to consent. Arousal is a biological response, it does not equate to consent. Inform them of the laws and punishments on rape.
- Normalcy of sexual urges during puberty. Teach them how to control these urges
- Teach children to appreciate their own body image
- Give space for children to discuss about their sexuality
- Create awareness and expose them to the existence of sexual groomers/predators whether it is online or offline
- Don't degrade your children when it comes to masturbation
- Teach girls about personal hygiene (i.e. menstruation, changing pads, hormonal changes, etc)

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It is the job as parents to introduce these intimate topics to children. When introducing these topics, supervision is still required. However, supervise your children from a distance. It is normal for children to want to explore. Give space to your children to talk about sex and sexuality. Again, do not judge them for their opinions or choices, just talk to them. Leave the door open and create a safe space for your children to talk about sensitive issues. Be vulnerable and share your own mistakes with them. This will help them to feel safe in sharing their own mistakes with you.

If children learn of sex as a relation between their parents to which they owe their own existence, they learn of it in its best form and in connection with its biological purpose.

BERTRAND RUSSELL

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This mental health centre consists of counsellor and clinical psychologist that could cover therapies for both commonly faced issues in daily life and psychopathological conditions.

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