

## EXPANDING SEXUAL REVOLUTION: A NEED FOR HOLISTIC SEXUAL EDUCATION

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“Sex has remained without a locus and has lost its point of reference: it is a kind of drifting mine, a problem and at the same time an omnipresent power.”<sup>2</sup>

### Introduction

Man aboriginally lived in small communities, each with a single wife. Polygamy, as just started, is almost universally followed by leading men in each tribe.<sup>3</sup> In any strict sense of the word, the habit of marriage has been gradually developed. Almost promiscuous or loose intercourse was extremely common throughout the world.<sup>4</sup> The family has been considered as a permanent union of man and woman, meant for the procreation and rearing of children, satisfaction of love and sex tendencies, economic cooperation, and other secondary functions.<sup>5</sup> Even in modern times, family continues to fulfill important functions being the principal agent of socialization. Marriage is generally taken to be the institutional or dynamic aspect of the family.<sup>6</sup> All societies attempt to channel the sex drive in such a way that sexual relations take place between persons who have legitimate

access to each other (who are married or otherwise legally united in a paired bond). Marriage has been considered as a permit to indulge in sexual activity between husband and wife.

In personal relations, the social and legal changes are taking place. Society as a whole is interfering less in the relations between man and woman. The indulgence is more and more to protect the old<sup>7</sup>, young<sup>8</sup>, etc. Legal reforms have made marriages easier and liberalized divorces.<sup>9</sup> Children’s rights vis-à-vis their parents and others have been strengthened.<sup>10</sup> Homosexuality has been slowly accepted around the world.<sup>11</sup> Even Constitutional provisions of some countries specify sexual orientation in their discrimination protections.<sup>12</sup> The very right to live has been imbued with new and liberal meaning.

The subject of sex has romantic undertones, sacred aura and its roots frequently lie in passion. Sex is dealt with ignorance, sophistication, denial and indulgence, suppression, stimulation, punishment, exploitation, secrecy. Many prejudices and taboos have gathered round sex leading to inhibitions to talk about sex openly. Sex is thus viewed by many in an irrational way. Different cultures vary in regard to norms, including how they understand and perceive sexuality, how they influence the artistic expression of sexual beauty, how they understand the relationship between gender and sexuality, and how they interpret and/or judge particular sexual behaviors. The sexual morality and ethics vary in an industrially advanced community, primitive agricultural community, in different climates; and also in different stages of medical science facilities.

Around the turn of the 20<sup>th</sup> century, sex became an object of scientific study in the context of medicine and the social sciences. Sexual revolution or sexual renaissance has emerged as a reaction against puritanical restraint. A decade back, the barriers existed for discussing sex. A change has been under way throughout the past decade, in Indian society allowing discussions about sex in unrestrained manner. In present societies, sexual relations are given significant place between married couples; individuals who seek to enjoy sexual pleasure before marriage and the taboos are being replaced by freedom regarding it. Now days, there is prevalence of idea of “friends with benefits”. Casual sex is slowly in vogue. The Courts too have recognized the changed trend in Indian society

by recognizing the role of sex in lives.<sup>13</sup> Even after legal sanction to pre-marital relations, especially in Indian society, the social acceptance is still lagging behind. A focus on individual sexual rights expands the discourse to encompass sexual activities outside the bounds of traditional relationships.

On one hand, individuals are opting new life styles and behaviours with respect to sex. Unfortunately, incidents of uneducated or insensible men indulging in masturbation publicly are really shocking.<sup>14</sup> This shows how those individuals have been brought up and socialized. Greater need for making men sensitive about sexuality arises.

It is difficult to assess the extent of agreement on sexual norms because of the presence of half truths and distortions concerning sexual behaviour. The present paper makes the argument that sexual relations/intercourse is one of the biological needs among human beings. The paper further tries to throw light on the fact that the sexual moral standards in every society are different for men and women.<sup>15</sup> Although, women across the globe have gained all kinds of emancipation. Further, the paper moves to new sexual trends in the society from pre-marital sex, cyber sex etc. The more acceptances of sexual needs are leading to openness, though not throughout the entire society. For the aforementioned purposes, the paper has been divided into various Parts namely the first 'Sex and its related Concepts' defines sex and its various manifestations; second part 'Significance of Sexual Needs and Satisfaction' focuses on significance of sexual satisfaction; next part 'Ambit of Sexual Morality and Ethics' covers various areas under moral scrutiny; fourth part 'Sexual Morality vis-a-vis Sexual Revolution' throws light on the change taking place with regard to sexual norms in the society. The last part 'Conclusion and Suggestions' suggests a need for change in outlook of the society regarding the sexual behaviour. The sexual liberation is possible only when society understands the demarcation between emotional relationship and physical enjoyment. The various relations entered into not strictly fitting within the marriage have to be accepted with changed needs and aspirations. This calls for crystallization of mature code of sexual behaviour. Lack of correct scientific information about sexuality makes youngsters vulnerable to coercion, abuse, exploitation, unintended pregnancy and sexually transmitted infections, including HIV. It lastly emphasizes that sexual health can only be achieved by making people aware about the subject and breaking silence.

The term 'sex' has been used in the paper in the broad sense not as gender rather as physical relation among human beings.<sup>16</sup> The paper develops its argument by using relevant secondary sources, and reviewing inter-disciplinary positions. Since the subject of sexuality and sexual relations can be studied under various disciplines, the paper to support the arguments has taken help from medical sciences, psychology etc.

### **Sex and related Concepts**

Etymologically, sex is derived from Latin 'sexus' meaning a sex, state of being either male or female, gender. Sexual may also mean pertaining to copulation or generation.<sup>17</sup> Sex marks the distinction between male and female anatomy. It also refers to sexual activity. As a broad concept, sex includes search for intimacy, identity of roles, decision making, sex attitudes and behaviour, need to touch and be touched, besides recognition and acceptance.<sup>18</sup>

No human society exists in which human beings copulate at will, no human community has ever been organized around the principle of free love or could be (as long as reproduction and sexual activity were inextricably connected.)<sup>19</sup> The sexual expression corresponding to hunger not being found colloquially, science uses the expression "libido." The sexual impulse shows itself in different

forms at different stages of development. Humans pursue myriad forms of sex<sup>20</sup>, mainly to enjoy the attendant pleasures. Very little of this sexual activity is undertaken for the express purpose of procreation. The widespread use of contraceptives (e.g., condoms, birth control pills, etc.) testifies to the true intent of the greater part of contemporary sexual expression is to enjoy the pleasures of the sexual experience (without conceiving a child).

### **Sexuality**

Medicine and biology consider 'sexuality' primarily in terms of its physiological mechanics. Psychology constitutes sexuality in terms of the individual's psychic structure. Anthropology, particularly prior to the 1960s saw its object of study the pre-modern or "primitive", where the primitive is allied with nature, emotions and the body. Rationalization of sexuality started in late nineteenth century.<sup>21</sup>

Sexuality encompasses 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. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual factors. Sexuality includes different dimensions of relationships, whether they are sexual or not, the degree of control and agency over sexuality, whether sexual activities involve violence and coercion, but also a sense of self-worth and self-esteem, pleasure and desire.

### **Self- Pleasure or Masturbation**

Masturbation represents the choice to self-stimulate and therefore is paradigmatic of the individual right to sexual expression. Historically, masturbation has been looked down and publicized as dangerous. Both religiously and medically it was condemned.<sup>22</sup> It was considered even more dangerous for women's health and her physical constituents were thought to be weaker than men.

### **Sexual Rights**

It naturally follows that all forms of sexual gratification are transformed into the "rights" of the individual.<sup>23</sup> Sexual rights refer to specific norms that emerge when existing human rights are applied to sexuality. These rights include freedom, equality, privacy, autonomy, integrity and dignity of all people. They guarantee that everyone has access to the conditions that allow fulfillment and expression of their sexualities free from any coercion, discrimination or violence and within a context respectful of dignity. Sexual rights are a component of human rights; they are an evolving set of entitlements related to sexuality that contribute to the freedom, equality and dignity of all people.

Respect for bodily integrity was recognized as a fundamental element of human dignity and freedom as early as 1975. "The human rights of women include their right to have control over and decide freely and responsibly on matters related to their sexuality, including sexual and reproductive health, free of coercion, discrimination and violence. Equal relationships between men and women in matters of sexual relations and reproduction, including full respect for the integrity of the person, require mutual respect, consent and shared responsibility for sexual behaviour and its consequences."<sup>24</sup>

### **Right to Sexual Expression**

In 2010, the World Association for Sexual Health (WAS) called on all their member organizations

and all NGOs to celebrate, each September 4th, World Sexual Health Day in an effort to promote a greater social awareness of sexual health across the globe.

The first World Sexual Health Day was introduced with the slogan “Let’s talk about it!” to start breaking fears and taboos surrounding sexuality. The topic of WSHD 2010 was addressed in different forums, many of which were intergenerational discussions.

At the 1994 United Nations International Conference on Population and Development (ICPD) and its Five Year Review member states of the UN including India affirmed the Sexual and Reproductive Rights (SRRs) of adolescents and young people. It is understood that in order for adolescents and young people to freely make informed decisions on all matters relating to their sexuality and reproduction, they require comprehensive sexuality education. Therefore, as a part of their commitments under the ICPD agenda, governments are obliged to provide for free and compulsory comprehensive sexuality education for adolescents and young people.

A demand for greater freedom of expression in dealing with sex is being made, for the realization that more harm is done by excessive repression than by excessive indulgence in sex. Repression gives rise to frustration, psychoses and mental derangements.

### **Significance of Sexual Needs and Satisfaction**

It is possible to express sexual energy in many ways, including artistic creativity, altruistic social behavior, or spiritual development. Sex, essentially, is the essence of creation; from the birth of all life, to the birth of passionate and artistic expression.<sup>25</sup> Although the union is a physical union established by sexual intercourse, it involves at the same time the whole being and affects personality at the deepest level.<sup>26</sup>

In the Indian civilization, mother Goddess has been personified as ‘yoni’ (vagina) in the figures of Kausambi , Nevasa , Bhita, Achichatra , Ter etc<sup>27</sup> and Lord Shiva as ‘lingam’ (penis) worshipped all over the country.<sup>28</sup> Khajuraho and Konark are the living examples of eulogizing love between male and female in physical sense.

### **Biological Satisfaction**

Scientific studies emphasize the release of sexual energy for sound human well being.<sup>29</sup> The physical involvement may take the form of a quest for biological satisfaction, sometimes referred to as organic tension needs.<sup>30</sup> Sexual energy is the biological energy which determines the character of human feeling and thinking.<sup>31</sup> The suppression of sexuality results in general disturbance of the social functioning as well as psychic and somatic disorders.<sup>32</sup>

### **Psychological , physiological and Spiritual Significance**

The development of sexuality is the basis for the development of the whole mind and psyche as well as the physical movements. A sexual relationship between a man and a woman can have deep psychological overtones. There are also rich physiological overtones. An awareness of bodily responses can contribute much to human sexual satisfactions.

From sex, springs a whole complex of emotions, sentiments, desires and activities, ranging from the purely carnal to the emotional, imaginative and finally spiritual in their highest form of sublimation.<sup>33</sup> Raw energy libidos can be transformed into golden creativity.

## **Ambit of Sexual Morality and Ethics**

Man is neither completely gregarious like ants and bees nor completely solitary like tigers and lions.<sup>34</sup> He is semi-gregarious animal – some impulses and desires being social and other being gregarious.<sup>35</sup> The need of ethics in human affairs arises from the fact that human actions are capable of being controlled as well as failure to live up to an inner vision. Society plays a role in what is considered to be acceptable in sexual desire: religious beliefs, family values and upbringing all affect one's attitude to one's own feelings of sexual desire. The primary motive of sexual ethics as they have existed in Western civilization has been to secure that degree of female virtue without which the patriarchal family becomes impossible, since paternity is uncertain.<sup>36</sup> There thus exists a necessity to regulate sexual behaviour among human beings.

The sexual morals of the community consist of several layers. The first is embodied in law; public opinion is emphatic and last layer left to individual discretion.<sup>37</sup> Most often sexual ethics throughout the world and throughout the ages have been determined by factors beyond rational considerations.<sup>38</sup> For centuries, man has tried to channel this energy into more fulfilling areas and higher states of consciousness. There existed a relationship between sex and power that during Victorian times sex was condemned to prohibition, nonexistence, and silence<sup>39</sup> Two very primitive impulses have contributed, though in very different degrees, to the rise of the currently accepted code of sexual behaviour viz. modesty and jealousy.<sup>40</sup>

## **Different Norms for Man and Woman**

The division of the sexes gives rise to special rights and duties on one hand. On the other, it cuts people to enjoy different legal and ethical positions. In greater or less degree, the rights and the duties of men and women differ.<sup>41</sup> The early 20<sup>th</sup> century witnessed a wave where sexual privileges were slowly claimed for women.

## **Celibacy under Indian Culture**

Man, the period of whose life is one hundred years, should practise Brahmacharya<sup>42</sup>, Artha<sup>43</sup>, Kama<sup>44</sup> and Dharma<sup>45</sup> at different times and in such a manner that they may harmonize together and not clash in any way. He should acquire learning in his childhood, in his youth and middle age he should attend to Artha and Kama, and in his old age he should perform Dharma, and thus seek to gain Moksha, i.e. release from further transmigration.

Brahmacharya signifies control of all senses at all times and all places in thought, word and deed. Brahmacharya means that men and women should refrain from carnal knowledge of each other. They should not touch each other with a carnal thought, they should not think of it even in their dreams. The strength should be conserved by rigid self-discipline of body, mind and soul.<sup>46</sup>

Chastity is the corner-stone of all morality and of all religion.<sup>47</sup> In Raja- Yoga<sup>48</sup> especially, absolute Chastity in thought, word, and deed is a sine qua non.<sup>49</sup> The same laws apply to the married and the single.<sup>50</sup> The law of Nature is that Brahmacharya may be broken only when the husband and wife feel a desire for progeny.<sup>51</sup>

## **Sex between Married Couples**

In general, there are three types of married couples in terms of sex relationship and equation between them. They are the happy ones, the resigned ones and the troubled ones.<sup>52</sup> The happy ones find fulfillment in their sexual relations.<sup>53</sup> The resigned couples face frustrations and disappointments

in their sexual relationships, but they settle for what they have.<sup>54</sup> The troubled couples face sexual estrangement, guilt, anxiety and fear.<sup>55</sup>

### **Sexual Morality vis-a-vis Sexual Revolution**

Sexual intercourse must originally have been unchecked.<sup>56</sup> Unrestrained sexual instincts existed among savage men. Modern puritanism imposed its triple edict of taboo, nonexistence, and silence.<sup>57</sup> Medical and philosophical reflection describes it as posing a threat, through its violence, to the control and mastery that one ought to exercise over oneself; as sapping the strength the individual should conserve and maintain, through the exhaustion it caused; and as prefiguring the death of the individual while assuring the survival of the species.<sup>58</sup>

Traditionally, the mating game began with marriage was followed by sex and then blossomed into 'love'.<sup>59</sup> It is now being radically altered and moving to love, sex and then maybe marriage.<sup>60</sup> With the growth of moral ideas in a particular society, the regulations change from an earlier phase.<sup>61</sup> Restrained, mute, and hypocritical sexuality is likely to give way to understanding, sensitive and an open one.

Young people and sex is now a powerful combination for comment, concern and intervention.<sup>62</sup> The sexual activity of young people functions symbolically as an incendiary device for moral panics and policy initiatives.<sup>63</sup>

### **Ancient Position**

China<sup>64</sup>, India<sup>65</sup>, Rome<sup>66</sup>, the Arabo-Moslem<sup>67</sup> societies have endowed themselves with an ars erotica. In the erotic art, truth is drawn from pleasure itself, understood as a practice and accumulated as experience; pleasure is not considered in relation to an absolute law of the permitted and the forbidden, nor by reference to a criterion of utility, but first and foremost in relation to itself; it is experienced as pleasure, evaluated in terms of its intensity, its specific quality, its duration, its reverberations in the body and the soul.<sup>68</sup> There is formed a knowledge that must remain secret because of the need to hold it in the greatest reserve, since, according to tradition, it would lose its effectiveness and its virtue by being divulged.<sup>69</sup>

### **Effect of Scientific and Medical Advances**

Birth Control Pill removed a biological check on sexual immorality.<sup>70</sup> The pill was liberating for both sexes as previously women had had to rely heavily on men for contraception, whereas, with its introduction, they had control. The sexual revolution could not have taken place without the arrival of effective, cheap, and available contraceptives. The Kinsey Reports<sup>71</sup> was published by Dr. Alfred Kinsey and his associates W.B. Pomeroy and C.E. Martin, being comprehensive and important surveys of the norms, extent, and variability of American sexual behaviour. *Based on personal interviews of American people, they revealed that men and women alike were overall more sexual in reality than they seemed to be in a purely assumptive view. Kinsey Reports became one of the major agents of moral revolution.*<sup>72</sup> The Little Red Schoolbook, authored by Danish schoolteachers Soren Hansen and Jesper Jensen in 1969 aimed to revolutionize teenagers' attitude to education, sex<sup>73</sup>, drugs and alcohol.

*The various subsequent developments have played a major role in enabling sex to be debated more widely and seriously. Improvements have been made for various methods of birth control, and as a result safety and effectiveness have increased.* The growing concern with public health gave

a major impetus for sex research. Surgeon General C. Everett Koop in his grim report on AIDS in September 1986 suggested the need for sex education in schools and that it must include information on heterosexual and homosexual relationships.

### **Origin of Sexual Education**

In Europe, sexual education as a school curriculum subject has a history of more than half a century, which is longer than in any other part of the world. It officially started in Sweden, when the subject was made mandatory in all schools in 1955. In practice, it took many years to integrate the subject into the curriculums. It was followed by Germany, Australia, Netherlands, Switzerland in 190s and 1970s.

The threat to life and their well-being exists in a range of contexts, whether it is in the form of abusive relationships, health risks associated with early unintended pregnancy, exposure to STIs including HIV or stigma and discrimination because of their sexual orientation.

In the wake of power of modern media, there is also a need to counteract and correct misleading information and images conveyed through the media. Children and young people need to know about sexuality in terms of both risk and enrichment, in order to develop a positive and responsible attitude towards it. In this way, they will be enabled to behave responsibly not only towards themselves, but also towards others in the societies they live in.

### **Modern View about Sex**

Men and women, old and young are caught in the meshes of sensuality. Various sexual behaviors that has become manifest now a days has been taking place in more subdued forms for some time. Individuals particularly the younger generation is questioning and re-examining values, norms regarding the functions of marriage and the restrictions imposed by it, the reasons for failure of marriage etc. Questions are being raised about taboos, social standards and mores regulating sexual behaviour. Even the laws passed centuries back have been challenged. Based on changed definitions of normal and abnormal, moral and immoral behaviour, both social and legal norms are slowly being replaced by new norms.

Various factors are responsible for an increase in pre-marital sexuality worldwide namely early puberty among both males and females<sup>74</sup>, widening in the period between sexual maturity and marriage, changing mores, etc. Sex has been adopted as life style by many without marriage, outside marriage and so on.

### **Demand for Recognition of Sexual Needs of Woman**

It is quite unfortunate that the society follows double standards regarding the sexual norms for different genders.<sup>75</sup> From the dawn of human society every woman was in a state of bondage to some man.<sup>76</sup> The subjection of women hasn't lost the taint of its brutal origin.<sup>77</sup> A number of Bollywood movies have taken stand regarding sexual freedom of women. Fire (1996), Astitva (2000), Parched (2015), Lipstick Under My Burkha (2016) etc. are some of the well known movies about sexual desires of women. In 2015, Deepika Padokone's (a leading Bollywood actress) video 'My Choice' made news. Why it is that if a man has relations with number of woman, it is questioned less. Whereas if a woman makes similar choice/decision to get intimate with more than one partner, she is called a Slut. Thus the right to explore one's sexuality need not be restricted only to males.

Hypocrisy exists in Indian cinema where movies catering to the needs of male audience are being

allowed to get released<sup>78</sup> whereas a movie ‘Lipstick Under My Burkha’ is not allowed being a women centred movie.

Woman was born in chains but is trying to acquire freedom and often putting her former chains upon man, no longer the master.

### **Virtual Sexual Satisfaction**

Modern ICTs have introduced various ways of getting aroused watching porn, listening to audio sounds, reading erotic stories etc. All types of emotions and feelings may be shared easily – be it emotional tensions, the feeling of loneliness, the sexual fantasies etc. The more accessibility and knowledge of online chat forums are making possible video and audio exchange of communications, thereby permitting a risk free<sup>79</sup> medium of self-pleasure. Though for self – pleasure, no communication is required, but the possibility of engaging in such anonymous communications with strangers of any age, culture or nationality makes self-pleasure more enjoyable.

### **Conclusion and Suggestions**

The satisfaction of sexual urges and desires has significance in various respects – biological, psychological and so on. The roots of an evolution of human attitudes toward sex are manifold and complex. Sexual morality has become subjective, different for all individuals, different cultures, and different times. When one looks back over these last three centuries with their continual transformations, things appear in a very different light: around and apropos of sex, one sees a veritable discursive explosion.

Traditionally, sex has been permitted within the bounds of marriage. Slowly , change took place giving way to new sexual behaviours, accepted by smaller sections of the society. The advances in medicine and hygiene have made changes in sexual ethics desirable both from a private and a public point of view. Sexual revolution has begun, and it is gaining pace. New sexual relations are becoming pervasive and gaining legal acceptance.

The society often fails to provide an orderly way for understanding the role and meaning of sexual involvements in general. This may lead to adverse effects on healthy development of individuals who lack sexual knowledge. Changing attitudes towards sexuality and changing sexual behaviour among young people ; the emergence and spread of HIV/AIDS and other STDs ; the rapid spread of the Internet and mobile phone technology etc call for an urgent need for quality and holistic sexual education. Sex as a subject requires not only intelligent understanding, respect and sense of dedication to be integrated into a healthy, happy personality and a purposeful life. True sex education is instruction and guidance in a way of life whereby the child becomes a responsible individual.

### **Suggestions**

The understanding and acceptance that various forms of release of sexual energy (self pleasure and intercourse) satisfy the biological need of human beings. Neither need to be looked upon with disgrace if within defined parameters.

Complete openness on sexual subjects is the best way to prevent children from thinking about them excessively, nastily, or unwholesomely, and also the almost indispensable preliminary to an enlightened sexual morality.<sup>80</sup> Providing them with honest, age appropriate comprehensive sexual health education is a key part in helping them take personal responsibility for their health and well-being.

Specific attention should be given to youngsters living in a vulnerable context, such as migrants, sexual minorities, disabled people and people with a limited educational background. Knowledge of the sexual and reproductive health needs of the target populations is essential for developing responsive sexuality education

Reproductive health education which includes information on benefits of postponing sexual activity as well preventing STDs and contraception is a powerful intervention to be adopted.

Consensual sexual relations should be freed from social policing and constraint, from norms and from stigmas.

The right to make choices about how human beings express themselves sexually entails a responsibility to make intelligent, well-informed decisions. Societal changes that foster the development of a sexually literate population can ensure that people effectively implement their sexual rights. "Sexual literacy" means the ability to understand the various implications of the many complicated sexual issues that arise when implementing fundamental sexual rights.

More equality should be afforded to women to exercise their sexual rights. Indian society needs to be more acceptable firstly to the cinematic manifestation of sexual desires of women on screen and then integrate comprehensive vision to permit them with sexual liberty as often enjoyed by men.

The lesbians, gay men, bisexual people, transgender people, sex workers etc also deserve the right to enjoy their sexual rights without being subject to contempt.

Promoting safe sexual behaviour among all ages of people has to be ensured by making sexual health a priority through sexual education for people of all age groups.

Sex is definitely the matter of 'personal choice', not to be judged morally as right or wrong. Breaking fears and taboos surrounding sexuality would promote a greater social awareness on sexual health across the globe. An age-appropriate, culturally relevant approach has to be adopted. The changes in sexual attitudes, behaviors, and lifestyles make **importance of sexual education greater**. 'Being careful' is the catch word i.e. sexual activities must follow consideration to one's own health and health of well being ( use of contraceptives to prevent STDs as well as unexpected pregnancies) and emotions too must be not hurt intentionally. Let it be said with the utmost simplicity and directness - there is nothing bad in sex.

### (Endnotes)

- 1 \* PhD Research Scholar HP University Shimla
- 2 Ratzinger, Joseph Cardinal. *The Rupture between Sexuality and Marriage* . Retrieved from <http://www.goodmorals.org/Ratzinger.htm> (accessed on 20 March ,2017).
- 3 Darwin, Charles. (1872). *The Origin of Species and Descent of Man* . New York ,The Modern Library.
- 4 Id.
- 5 Russell, Bertrand . (2010). *Our Sexual Ethics* . In James Rachels & Stuart Rachels (Eds.) , *The Right Thing to Do: Basic Readings in Moral Philosophy* (p. 253). McGraw-Hill Higher Education.Columbus.
- 6 Gandhi, M.K. (1958). *Self Restraint v. Self Indulgence* . 62 Ahmadabad : Navajivan Publishing House.
- 7 *Maintenance and Welfare of Parents and Senior Citizens Act, 2007 aims at effective provisions for the maintenance and welfare of parents and senior citizens guaranteed and recognized under the Constitution. It has provisions for maintenance, old age homes, Maintenance Tribunal and public awareness about the rights of parents and senior citizens.*
- 8 *Prohibition of Child Marriage Act, 2006; The Right of Children to Free and Compulsory Education Act, 2009 ; The Protection of Children from Sexual Offences Act 2012 etc.*
- 9 *Hindu Marriage Act 1955, Hindu Succession Act, 1956 ; Dissolution of Muslim Marriage Act, 1939 Hindu Widows'*

- Remarriage Act, 1856 endow the individuals with a number of rights.*
- 10 *Hindu Minority and Guardianship Act, 1956; the Hindu Adoptions and Maintenance Act, 1956 etc have direct provisions for the welfare of children. Similarly, Section 16, Hindu Marriage Act, 1955 grants legitimacy even to children of void and voidable marriages.*
  - 11 *In 1791, France became the first West European country to decriminalize homosexual acts between consenting adults. It was followed by Netherlands, Brazil, Russia and so on. As per “ Homophobia 2016: A world survey of sexual orientation laws: criminalisation, protection and recognition ”, till June 2016 out of 194 UN member States, 73 countries have laws criminalizing homosexuality.*
  - 12 *For details, see the Constitutions of South Africa (Section 9), Ecuador (Articles 11 and 66) etc.*
  - 13 *For details, see, Smt. Shashi Bala v. Shri Rajiv Arora (2012 Delhi HC); Reshma Rakesh Kadam. v. Rakesh Vijay Kadam (2013 Bom HC); Neelam Sanjay Chaurasia v. Sanjay Hanuman Prasad (2014 Bom HC); Vidya Vishwanath v. Karthik Balakrishnan (AIR 2015 SC 285); Kamini Sondhi v. Kapil Sondhi (2016 Delhi HC) etc. In all these cases, the Apex Court and High Courts have considered denial of sex as mental cruelty. P&H High Court decision in Jasvir Singh & Anr v. State of Punjab & Ors (2014) was landmark, recognizing the right of prison inmates to reproduce. The Courts have also give legal acceptance of sex before marriage in S. Khushboo v. Kanniammal, (2010) 5 SCC 600; AIR 2014 Mad 65*
  - 14 *For details, May 21, 2015 see <http://www.indiatimes.com/news/india/she-was-travelling-on-a-bus-when-a-man-started-masturbating-to-her-this-foreign-blogger-shares-her-experience-of-india-232685.html>; August 18, 2015 <http://zeenews.india.com/news/maharashtra/this-man-masturbated-at-a-lady-in-public-in-mumbai-1648805.html>; 13 March, 2017 <http://www.dnaindia.com/delhi/report-cops-file-fir-in-case-of-du-public-masturbation-case-2351188>.*
  - 15 *Like all other social standards, even standards with regard to sexual practices vary for men and women. From time immemorial, men have enjoyed freedom as to sexual practices whereas women who make such choices are often looked down. The prostitutes and escorts work for the interests of men, and the society only questions the character of women in these profession, not their customers and clients.*
  - 16 *The physical relationship can exist between man and woman (hetero-sexual) or it can be even homo-sexual i.e. between man and man and woman and woman. So sexual is generally used to denote the physical relation between either of them.*
  - 17 *Online Etymology Dictionary. Retrieved from [http://www.etymonline.com/index.php?allowed\\_in\\_frame=0&search=sexual](http://www.etymonline.com/index.php?allowed_in_frame=0&search=sexual).*
  - 18 *Kumar, Ram. (1986). Problems, Planning and Development of Youth Health. New Delhi, Deep and Deep Publications.*
  - 19 *Greer, Germaine. (1984). Sex and Destiny – The Politics of Human Fertility. London, Secker and Warburg.*
  - 20 *The method of sexual satisfaction varies widely. It involves intercourse, masturbation, fellatio, sadism, cunnilingus etc. It can be concentrated on any of the erogenous zones like genitals, mouth etc.*
  - 21 *For details, see Kraft-Ebing's Psychopathia Sexualis (1886); Havelock Ellis Psychology of Sex (1897) etc.*
  - 22 *Mottier, Veronique. (2008). Sexuality – A Very Short Introduction. Oxford, Oxford University Press*
  - 23 *Ratzinger, Joseph Cardinal, supra.*
  - 24 *Beijing Platform for World Conference of the International Women's Year in Mexico City, 1975, Action (5).*
  - 25 *Sol, Mateo. Transforming Sexual Energy into Spiritual Energy. Retrieved from <https://lonewolf.com/transforming-sexual-energy/> (accessed on 16 April, 2017).*
  - 26 *Leeuw, Hendrik de. (1957). Woman, The Dominant Sex – From Blommers to Bikinis. London, Arco Publishers.*
  - 27 *Yoni Tantra. Retrieved from <http://www.hiddenmysteries.org/spirit/ecstasy/yonitantra.shtml>.*
  - 28 *Knapp, Stephen. Shiva-Lingam: What is It. Retrieved from [http://www.stephen-knapp.com/shiva\\_lingam.htm](http://www.stephen-knapp.com/shiva_lingam.htm).*
  - 29 *The sexual energy may be released either through self-pleasure (masturbation) or sexual intercourse.*
  - 30 *Lantz, Herman R. & Synder, Eloise C. (1969). Marriage – An Examination of the Man-Woman Relationship. London, John Wiley & Sons, Inc.*
  - 31 *Reich, Wilhelm. (1986). Sexual Revolution- Towards a Self Regulating Character Structure. trans. by Therese Pal, New York, Farrar, Straus and Giroux.*
  - 32 *Id.*
  - 33 *Carl Jung's notion of sexual alchemy; Freud's sexual sublimation have examples. eg- In Yogic philosophy, pure sexual energy may be awakened in its highest form known as “Kundalini”.*
  - 34 *Russell, Bertrand. (1954). Human Society in Ethics and Politics. London, George Allen and Unwin Ltd.*
  - 35 *Id.*
  - 36 *Russell, Bertrand. (1929) Marriage and Morals. London, George Alen and Unwin Ltd.*
  - 37 *Id.*
  - 38 *Id at 10.*

- 39 Foucault, Michel. (1978). *The History of Sexuality*. trans. by Robert Hurley, Vol. I ( New York, Pantheon Books.
- 40 Russell, Bertrand . (2010) ,*supra*.
- 41 Dhairyabala P. Vora. (1959). *Evolution of Morals in the Epics (Mahabhartta and Ramayana)*. Bombay, Popular Book Depot.
- 42 Brahmacharya is that ashrama or stage of life which a man undertakes for the study of Brahman or the Vedas. This stage of life is the very basis of all other stages of life.
- 43 Artha is the acquisition of arts, land, gold, cattle, wealth, equipages and friends. It is, further, the protection of what is acquired, and the increase of what is protected.
- 44 Kama is the enjoyment of appropriate objects by the five senses of hearing, feeling, seeing, tasting and smelling, assisted by the mind together with the soul. The ingredient in this is a peculiar contact between the organ of sense and its object, and the consciousness of pleasure which arises from that contact is called Kama.
- 45 Dharma is obedience to the command of the Shastra or Holy Writ of the Hindoos to do certain things, such as the performance of sacrifices, which are not generally done, because they do not belong to this world
- 46 *Supra note 5 at 51*.
- 47 Vivekananda, Swami. (1920). *Vedanta Philosophy Raja Yoga*. 87 New York, Brentano's.
- 48 Raja Yoga is inclusive of all yogas, and its philosophy goes beyond the boundaries of the many styles of yoga today. Raja Yoga emphasizes the benefits of meditation for spiritual self-realization and the purposeful evolution of consciousness.
- 49 Vivekananda, Swami ,*supra* .
- 50 Id.
- 51 Gandhi, M.K. *supra at 53*.
- 52 Brecher , Ruth and Edward. (Eds.). (1966). *An Analysis of Human Sexual Response* . London, Andre Deutsh.
- 53 Id.
- 54 Id.
- 55 Id.
- 56 Westermarck, Edward. (1971). *The History of Human Marriage, Vol.1* , London, MacMillan and Co. Ltd.
- 57 *Supra note 38 at 4-5*.
- 58 Foucault, Michel. (1978). *The History of Sexuality*. trans. by Robert Hurley, Vol II New York, Pantheon Books.
- 59 Trivedi, Ira . (2014) *India in Love – Marriage and Sexuality in the 21<sup>st</sup> Century*. New Delhi, Aleph Book Company.
- 60 Id.
- 61 Dhairyabala P. Vora , *supra at 40*.
- 62 Mary Jane Kelly , Sex n drugs n rock n roll: Young People as Consumers. (p.45) In Wayne Taylor ,et al. (Eds.) *Youth Justice Handbook*. Devon, Willan Publishing.
- 63 Id.
- 64 *The Lord of Perfect Satisfaction is the fountain head of Chinese erotica. It was followed by The Carnal Prayer Mat usually attributed to Li Yu (1657). The most famous sexually explicit novel is the Jin Ping Mei written by an author who used only a pseudonym.*
- 65 *Ancient Rome is legendary for its openness about sexuality.*
- 66 *Automedon (The Professional and Demetrius the Fortunate).*
- 67 *15<sup>th</sup> century work - The Perfumed Garden , 17<sup>th</sup> century - One Thousand and One Nights etc.*
- 68 Foucault, Michel. (1978), *supra at 57*.
- 69 Id.
- 70 Birth Control Pill arrived USA markets in early 1960.
- 71 *Published the first part in 1948 titled Sexual Behavior in the Human Male and second part in 1953 titled Sexual Behavior in the Human Female.*
- 72 Mohler,Albert. (March 15, 2016).The Withering of Vice and the Sexual Revolution. Retrieved from <http://www.albertmohler.com/2016/03/15/the-withering-of-vice-and-the-sexual-revolution/>.
- 73 It gives straightforward information with explicit language, and a few warnings about misinformation.
- 74 Puberty usually starts on average in girls between ages 8 and13 and in boys between ages 9 and 14. It is referred to as early or precocious when girls who show significant signs of puberty and its progression before age 7 and boys before age 9.
- 75 Though the permissiveness granted to men regarding sexual activities is not expressed still men have always enjoyed sexual liberty throughout ages.
- 76 Mill , John Stuart . (1869) *The Subjection of Women*. London, Longmans.
- 77 Id. at 4.
- 78 Various sex comedies have been allowed off and on. eg- **Great Grand Masti, Mastizaade , Kya Kool Hai Hum 3**

**etc.**

- 79 *Risks always lie in electronic communications, especially when doing sex chats, but still such communications are free from risks associated with having real sex with someone. The risks may be of getting emotional attachment, or being recorded to maximum of risks of sexual diseases, risk of conceiving etc.*
- 80 *Russell, Bertrand . (2010), supra.*