

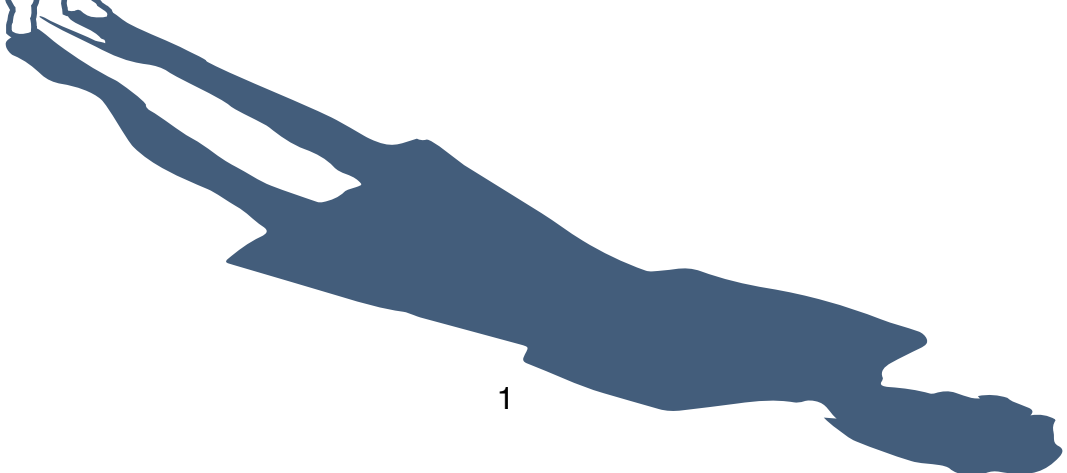
*Sexuality*



# UNDERSTANDING



*HomoSexuality*



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## **WHAT IS SEX?**

Sex is the most intimate physical union between 2 persons that involves contact of the sexual organs. In a marriage, sex is a wonderful means of expressing deep inner feelings of love and passion between husband and wife.

## **IS SEX DIRTY?**

If a person has been brought up to view his body as good and pure, then he will look at sex as something good and pure. The tragedy is that both boys and girls can have frightening experiences as they grow up, that fill their minds with the idea that sex is dirty. For others, the prudish attitude of their parents may have left them with the idea that sex is dirty.

## **IS SEX PAINFUL?**

Sex is not usually painful for men or women. In fact, sex is wonderful if the 2 partners feel good about what they are doing, care about each other and are considerate.

The male & female genitals are made to accommodate painless sex. The female genital is very elastic and expands to accommodate the male penis. Both organs also produce lubricating fluid, which helps the penis slide comfortably into the vagina.

However, a girl may experience discomfort or pain during sex especially if she is a virgin and is having sex for the first few times. Her vaginal opening may be small & tight. If the guy is not slow and gentle, he can tear the opening, causing pain to the girl. Pain can also occur if the guy penetrates the girl's vagina before she is fully lubricated. Lubrication can be decreased due to fear or tension, causing tightening of the vaginal muscles. It can also be painful if she has some genital inflammation.

## **WHAT AGE IS MOST SUITABLE FOR SEX?**

Different people have different views on this subject. The important issue is not "how old" you are but how **mature, committed and responsible** you are. The following serve as guidelines:

- What are your values? -  
Some people feel that sex is inappropriate until they are married regardless of their age, while some people are guided by their religious principles.
- Some refrain from sex as they understand the complex consequences of premarital sex which include abortion, STDs (in particular AIDS), psychological damage, loss of job opportunities, disruption in education and early marriage (married teenagers are 3 times more likely to divorce than those who get married in their twenties)
- How much do you love and respect your partner? Am I patient to wait if my partner is not ready for sex? Sex is a choice that involves both parties.
- It depends on the maturity and nature of the relationship. Some say it is all right as long as both are committed to each other. However, no one can guarantee if a relationship will be long-lasting.

Sexual intercourse involves intense emotional feelings and it is easy for people to be hurt. When a couple breaks up, both parties will suffer emotional pain and guilt.

### **CAN I HAVE SEX WITH MY PARTNER WHO'S UNDERAGED?**

According to the Singapore Statutes, if a girl is below 16 years of age, her boyfriend can be charged with statutory rape even if she consented to it. A boy below 16 years of age will be charged in the Juvenile Court. It is up to the judge to decide whether he is to spend a period of time in a Boy's Home or serve some other sentence.

If the boy is above 16 years of age, he shall be punished with imprisonment for a term between 8 – 20 years. He shall also be punished with caning, or with fine, or with both.

True love will show itself through respect for the other partner, and with patience, until both are mature enough to handle a committed relationship.

### **IF I TRUST A GUY, IS IT OKAY TO HAVE SEX WITH HIM?**

Trust takes a very long time to establish. It takes hundreds of events over time before a guy proves that he is reliable and trustworthy, including not pressurising his girlfriend for sex. The sad thing for most boys is that their peers put great pressure on them to seduce as many girls as they can. Showing that you trust a guy does not mean having sex with him. In fact, the reverse is true. By refusing his pressure, it will prove whether he wants a real relationship based on Trust, Respect and Love, or just a momentary thrill.

Even if a relationship looks like it will last a lifetime, no one can be certain that this will be so. The truth is that most men and women have at least one or more relationships that break up before marriage.

### **SHOULD I HAVE CASUAL SEX?**

No. The consequences aren't worth it. Casual sex means having sex with a few people who may be known or unknown to the person. It is highly dangerous because having sex with a number of different people increases the risk of catching some form of Sexually Transmitted Disease (STD). Remember there are about 50 types of STDs around waiting to be caught through casual sex.

AIDS will kill the person who contracts the disease. Some STDs like Herpes are incurable and can sometimes be passed on to the newborn. Research shows that 75% of people who have Herpes don't know they have it. Others like Chlamydia will make it impossible for a woman to have a baby. STDs like HPV (Human Papillomavirus) is highly contagious. Most people who had contracted a STD may not be aware of their condition and even unknowingly pass it on to the next person they have sex with.

Casual sex may result in unplanned pregnancy for a woman. If this leads to an abortion, she may bear the psychological scars for the rest of her life. Abortion, like any surgical operation, carries with it the dangers of complications. Casual sex will also hurt one's self-esteem, resulting in the individual finding it increasingly difficult to remain faithful in any relationship. Casual sex can be addictive, resulting in the individual seeking sexual relations with others even while married.

### **HOW IS STD/AIDS TRANSMITTED?**

AIDS or any type of STD may be transmitted during sexual contact through blood, saliva (except AIDS), semen, vaginal fluid and even open sores.

### **CAN STDs BE TRANSMITTED IF I PERFORM ORAL SEX?**

Yes. STDs can be transmitted through different modes of sexual activity (i.e. oral sex, anal sex and sexual intercourse - penetration of the penis into the female genital)

## **HOW CAN I HELP A PERSON WHO IS ADDICTED TO SEX? DOES FREE SEX STOP THE ADDICTION?**

Encourage him/ her to see a counsellor. This addiction is usually formed over a long period of time and can be a very complicated process. A skilled and professional therapist can help him/her discover the root problem, find healing and resources to help him/her lead a more meaningful and fulfilled life, which we all deserve.

Free sex certainly worsens the addiction as it only deals with the symptoms but not the root of the problem.

## **IF I DON'T WANT TO HAVE SEX WITH MY BOYFRIEND AND HE'S VERY PERSISTENT, HOW DO I TURN HIM DOWN?**

Many girls face this problem when they enter a Boy-Girl Relationship. Girls are often told that if they love a guy, they should have sex with him. However, one does not have to prove their love by having sex.

Love is based on respect and if a boy really cares for a girl, he will not pressure her to do anything she's not ready for. Put down your limits and have healthy boundaries. Say *"If you really love me, you can accept NO (or wait until we are married)!"* Look at him squarely in the eyes when you say it and walk away. If he persists, Break up with him!

***Any guy who does not respect or accept you for you who you are, is not worth your time or emotions.***

## **HOW CAN WE HAVE SAFE SEX?**

There is no safe sex except in a marital relationship. Even with precautions like condoms or contraceptives, there is still a risk of contracting STDs/AIDS from an infected partner. A woman can also be impregnated even with condoms and contraceptives as sperm may still gain entry and fertilise an egg, resulting in pregnancy.

## **HOW IS LOVE RELATED TO SEX?**

Love comes in many packages.

There is **Commitment Love** that may not have much of a feeling basis to it. It expresses itself in the world like *"You are the most important person in my life and I am committed to you for the rest of my days."*

There is also **Friendship Love**, expressing itself in the form of *"I like being with you and I want to share everything that happens to me with you. My friendship love makes it possible for me to work at our differences so that our relationship becomes stronger as time passes."*

Friendship love is a bonding love that leads to greater depths in a relationship.

Finally there is **Sexual Love**. Sexual love is a spark that makes Commitment love and Friendship love fun and adds warm feelings to a relationship. Sex adds the spark, increases bonding and maintains intimacy in a love relationship.

If sex is experienced before Commitment love and Friendship love are in place, then disillusionment, guilt, and often the eventual breakup will occur. This will have a flow-on effect into other relationships as well. For sex to reach its peak of enjoyment, there must be a relationship where there is Commitment love as well as Friendship love. Most women, and to a lesser extent, men, cannot enter into the fun enjoyment of sex until both Commitment love and Friendship love

are part of the relationship. In a secure love relationship, a woman's enjoyment will in many cases surpass that of her husband's. Where this is absent, she seldom feels fulfilled.

### **WHAT SHOULD A GIRL DO IF SHE GETS PREGNANT BEFORE MARRIAGE AND HER BOYFRIEND WILL NOT TAKE RESPONSIBILITY?**

It is far better to protect yourself by not entering sexual relationships before marriage. A girl is in danger through heavy petting, and allowing her boyfriend's penis to touch the outer opening of her vagina. From the moment a boy has an erection, the tip of his penis becomes moist. In that moisture, sperm may cause pregnancy even though he has not inserted his penis in his girlfriend's vagina and ejaculated.

1. If a girl becomes pregnant, there are two options:

- i) She can carry the baby until he/she is born. During the pregnancy, she can apply to stay in Dayspring or Pertapis for Muslims. These are shelters where teenage pregnant girls can stay until they have given birth. After the birth of their babies, social workers will assist them to put their babies up for adoption. Married couples who cannot have babies will be able to provide a loving home where babies of pregnant teenagers can grow up.
- ii) In Singapore, abortions can be done in both government hospitals and private clinics. The cost and expenses in private clinics are more higher. If a girl is unsure whether she is pregnant, she can be tested at a polyclinic. The doctor will then refer her to a social worker for counselling if she is found to be pregnant. After counselling, should she choose to abort her baby, she will be referred to the government hospital. If a pregnant teenager is underaged, then she can lodge a police report and charge the boy responsible. If he is found guilty, he will be sentenced by the judge.

### **IS ABORTION PAINFUL AND DANGEROUS?**

Yes. Abortion is a procedure which removes the foetus from the mother's womb through surgical or chemical means. Any form of surgical procedure is painful and frightening. A woman can develop complications like bleeding, punctured guts or abdomen, infection, infertility and sometimes, death from secondary complications.

### **WHAT ARE WET DREAMS?**

"Wet dreams" or "nocturnal emissions" are terms used when boys ejaculate (discharge) through the penis, a whitish fluid called semen while they are asleep. It is common among boys undergoing puberty and is often spontaneous. The boy may or may not be having a sexy dream. Having a wet dream is a normal and natural way of emptying excess sperm to make way for the new ones.

### **WHAT IS PETTING?**

Petting means the prolonged kissing and caressing that takes place between a guy and a girl. It may involve fondling each other's genitals and in the case of a girl including her breasts. Petting is an essential part of the sex act (sometimes called foreplay) and is meant to lead both parties to increasing heights of excitement that prepares the penis to enter the vagina.

### **IS PETTING SAFE IF A GUY AVOIDS PLACING HIS PENIS INTO A GIRL'S VAGINA?**

Petting is highly exciting and sexually arousing. People involved in petting are at a very high risk because once aroused, it will usually lead to sexual intercourse.

### **IS IT OKAY FOR GIRLS TO PET WITH DIFFERENT GUYS?**

Petting is highly risky as it can easily lead to sexual intercourse, leading to increased chances getting of pregnant, contracting STDs & AIDS. It is therefore unsafe for girls to be involved in petting whether with the same or different guy and should be confined to a marital relationship only.

## **WHAT IS MASTURBATION?**

Masturbation means deliberately stroking the sex organs. The purpose is to get an arousal or to reach climax. Research shows that men masturbate more than women.

## **IS MASTURBATION HARMFUL?**

The act of masturbation is not harmful, although masturbation may sometimes hurt your genitals. It is not possible to masturbate and ejaculate too much as your body sets its own limits. If a boy masturbates a great deal, it would impact his penis erectile function. Overindulgence in masturbation could also impose possible psychological harm.. However when one over-indulges in masturbation and fantasises, it does impose psychological harm.

Masturbation leads to addiction and obsession. When masturbation alone cannot satisfy the sexual needs anymore, one goes on to other forms of sexual activity such as sexual intercourse and pornography. A person cannot function normally when their mind is filled with sexual thoughts which will affect his/her behaviour, work and relationships.

## **DO BOYS / GIRLS MASTURBATE?**

Yes, many boys (and men too, so do girls and women) masturbate. But not all do. Some start during puberty or older. Some never masturbate.

## **HOW DO WE CONTROL FREQUENT MASTURBATING?**

Masturbation occurs as a need to derive sexual stimulation and pleasure, and to release built-up energies within. There are many other healthy ways to expend our energies, such as being actively involved in studies, games, sports, hobbies and we should keep ourselves occupied and allow less time to indulge in fantasizing.

Feed our minds and eyes with “good books”. Avoid sexually arousing magazines and shows, especially pornography. The older we grow, the more we will be able to exercise self-control over our urges and desires.

## **ARE PORNOGRAPHIC VIDEOS AND MAGAZINES GOOD FOR US?**

Pornographic materials are designed to arouse curiosity and cause sexual excitement. They depict pictures of naked bodies of men and women or scenes of sexual acts. However, they are usually shown in perverted and enticing forms, which attempt to entice the minds of readers.

“Curiosity kills the cat”. Like a drug or any form of addiction, it may satisfy one’s curiosity about sex, but it also sets off a vicious cycle causing the person to want more to meet the cravings. This may lead to sexual addiction and obsession. Because of its enslaving power on the mind it can then lead to pervasion such as exhibitionism, rape, pedophilia, etc. It can destroy your life.

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## WHAT EVERY TEEN SHOULD KNOW ABOUT HOMOSEXUALITY

People are talking more and more openly about sexual matters and that includes the subject of homosexuality. There are many opinions and ideas around these days about homosexuality. It is easy to get confused over the issue. That is why it is important to sort out the information and find out the facts.

Are people “born that way?” Is homosexuality normal? Can homosexuality be overcome?

## BEING HOMOSEXUAL: WHAT IT IS AND WHAT IT IS NOT

Many people do not know a lot about homosexuality, and may have wrong ideas about it. First, just to clear things up a bit, let's discuss what homosexuality is **NOT**.

For example, HAVE YOU EVER.....

- ..... had a strong emotional attraction, crush or infatuation towards someone of the same sex? Many people do, especially in teen years, but that does not mean the attraction is homosexual! Such attractions are usually temporary and based more on admiration.
- ..... had sexual feelings or even sexually experimented with the same sex? While this could indicate a problem, this also doesn't necessarily mean you are a homosexual.
- ..... had others call you “gay” or homosexual? Very embarrassing - but it certainly does not mean you are homosexual!
- ..... in curiosity, ‘looked at’ someone of the same sex unclothed? Even though we might not admit it, most of us probably do this at some point, because we are comparing our bodies with others. But it doesn't mean you are homosexual!
- ..... encountered someone expressing homosexual interest in you? It may not be something you want to experience perhaps, but just because someone is interested in you, doesn't mean **YOU** have the problem!

So if these things do not necessarily mean one is homosexual.....

## THEN WHAT IS A HOMOSEXUAL?

A Homosexual, is a person who has an ongoing romantic and sexual attraction to the same sex. This is called **Homosexual Orientation**. Some people with such attractions never get involved sexually, while others do. To have homosexual feelings or to have homosexual sex is **NOT** the same as being ‘GAY’.

To be **GAY** means more than having homosexual feelings. Being ‘GAY’ usually means that a person with homosexual feelings has decided to get into homosexual relationships AND join with others who will encourage homosexual way of life. This is called a **GAY LIFESTYLE**.

About 1 out of every 35 men, and 1 in 70 women will live as gays and lesbians - which is about 4% of the population.

In many countries, the gay lifestyle is a very developed urban sub-culture. There are entire neighbourhoods of gay and lesbians. They may have their own bars, shops, theatres, travel clubs and religious groups. In some places, gays can marry and may even adopt children. Many famous people, such as entertainers and sports figures, have admitted that they are gay.

The freedom to live openly as gays, lesbians, bisexuals or even transgendered has been a recent change in many societies. Still, many people believe homosexuality is not normal and is also morally wrong. **GAY ACTIVISTS** seek to change such beliefs by influencing government and society to accept homosexuality as 'normal and good', and equal to **HETEROSEXUAL** relationships (a heterosexual is a person who is attracted to the opposite sex).

Gay activists are very proud of being gay, and work to change laws and attitudes so that gays can be protected from prejudice and be allowed to live as they wish. While more people today believe that gays should be protected from mistreatment, they also believe it is a serious mistake to say that homosexuality is 'normal' and good. As such, the issue of **GAY RIGHTS** has become a major social debate in many countries.

### **IS IT GOOD TO BE GAY?**

Gay activists would say YES! They would say that being gay is normal but different, like being left-handed in a right-handed world.

Gay activists say everyone should be free to pursue happiness in their own way, and that the only thing stopping gays from being happy is society's unfair prejudice against them.

Gay activists imply that accepting homosexuality as normal and good is to be hip, cool, progressive, enlightened, sensitive and compassionate. But to dare think that homosexuality is morally wrong or abnormal is to be ignorant, hateful, bigoted, backward and fearful.... and who wants to be thought of as someone who isn't cool and progressive? So the pressure is 'on' to accept homosexuality.

Also, gay activists claim that homosexuality cannot be overcome; that the condition is unchangeable. They say it is wrong and damaging to offer help to someone who might wish to overcome homosexual feelings and behaviour.

### **ARE THESE CLAIMS AND STATEMENTS ACCURATE?**

Scientific research tells us that the gay life isn't always so happy and that activists don't always tell the whole story. Homosexuals may experience a shorter life span by 25 to 30 years, even if they don't have AIDS and even if they do have a faithful partner.

- (1) Studies show that homosexuals are 6x more likely to have attempted suicide than heterosexual men.
- (2) Homosexuals are more likely to become alcoholics than heterosexuals.
- (3) Statistics show that many homosexual men live as if they were addicted to sex and that **much of the gay lifestyle is built around having sex without limits.**
- (4) Almost half of homosexual men in one survey admitted to having over 500 sexual partners and most of their partners were strangers.
- (5) Most heterosexuals are faithful to their partners (83%), but very few homosexuals remain faithful (4%).
- (6) The average homosexual 'love' relationship lasts about 3 years. Few gay relationships last more than 10 years (12%).
- (7) Homosexual men are at a greater risk of getting liver diseases, bowel and rectal diseases, including cancer. And of course, there is the risk of HIV infection and AIDS.
- (8) Social acceptance of homosexuality does not necessarily cause these problems to go away. In fact, in areas such as New York and San Francisco where there is greatest acceptance, these destructive behaviours increase!
- (9) Even in an age of safe-sex information about AIDS and HIV infection, many homosexuals continue their sexual practices without condom protection (However, condoms do not always prevent you from getting AIDS and other sexual diseases!)

## **SINCE THERE ARE SO MANY RISKS THAT COME WITH THE GAY LIFESTYLE, WHY DO PEOPLE GET INVOLVED IN IT? IN FACT, WHY DO PEOPLE BECOME HOMOSEXUAL?**

It has been understood for years that people do not simply, 'choose' to become homosexual. The condition develops for reasons not fully understood. However, this much we know:

### **People are NOT 'Born Gay'.**

In spite of all the media hype about some recent research, science has not found a 'gay gene' or brain structure that results in homosexuality. Whatever science may one day discover, **experts agree that biology will not force a person to develop into a homosexual.** At most, biology may possibly increase the risk for some that they might become homosexual, provided there were other factors present in their lives. What kind of factors? Well...

Homosexuals often share similar types of experiences in childhood and teen years, which strongly suggest that ***homosexuality is the result of problems in identity development beginning in childhood.*** Much has been written about this in psychology literature.

For example, in Singapore, of the clients seeking help from our agency to overcome their homosexual condition:

- **90% of homosexual men and women reported that they had poor relationship with a parent of the same sex.** A good relationship with a parent of the same sex is very important in helping the child form a healthy sexual identity. The lack of such a relationship can result in many problems, including insecurity and even sexual identity confusion. It should be noted, however, that a poor parent-child relationship is not always the fault of the parent or the child, but may be the result of some unfortunate circumstance.
- **90% of the men and 70% of the women reported insecurity in their identities and this was worsened by peer groups labeling them homosexuals.** Peer group rejection and ridicule are already very painful and damaging, especially from homes that may not be emotionally warm and supportive. Most of our clients reported that as children and teens, they just wanted to be loved and valued by someone of the same sex but never got it. Instead, they were labelled as sissy, fag, queer, etc. This kind of peer group rejection only made things worse.
- Sadly, many of had said that the only time they felt accepted and wanted by the same sex was when they were desired for sex. Under these circumstances, it is understandable how such people could easily be misled into believing that they are homosexuals.

A survey of homosexuals adds more insight. When asked, ***'Why did you adopt a gay lifestyle?'***, the top three answers given were:

- *To find a place to belong, to be accepted*
- *To experience affection and intimacy*
- *To have the inability to relate well with others.*

It is clear that to want acceptance or affection is normal and has nothing to do with homosexuality. However, if a person has not experienced acceptance or closeness with others, then such a person could be at greater risk of finding it wherever it is available even if that means through undesirable relationships.

- o **More than 80% reported that they had experienced sexual molestation before the age of 12.** Molest may damage self-esteem and the identity which is still being formed at this

age. Molest teaches wrong ideas about sex and makes sex seem dirty and dangerous. Molest may even trigger a desire for more sexual experience and can further encourage one's desire for that activity. It's part of the chemistry of the brain: the more you do something, the more you 'lock it in' and make it more difficult to resist or overcome. **That's why EXPERIMENTING WITH SEX can be damaging.**

These factors mentioned DO NOT necessarily result in homosexuality. Many people have poor relationships with their parents, or they may have been molested, but this does NOT mean they will become homosexual. Still, it is easy to see how such experiences can lead to problems, including homosexuality.

Considering all these things, **IT IS WRONG AND CRUEL TO MISTREAT PEOPLE DUE TO A CONDITION THEY DID NOT CHOOSE.** To show consideration, understanding and respect to someone who has a homosexual condition is NOT the same as approving of homosexuality. Unfortunately, many homosexuals have been mistreated in their childhood and teen years. So, as adults, they find it easier and safer to enter into a gay lifestyle, seeking to find love and happiness in the best way that they can. While some people enjoy living in a homosexual lifestyle, not everyone who is homosexual wants to be.

### **CAN HOMOSEXUALITY BE OVERCOME?**

The answer is YES! But NOT easily, especially those who are involved in homosexual activities for a longer period of time. However, there are **many, many men and women who have overcome homosexual BEHAVIOUR and DESIRES.**

Research shows that for those who wish to overcome homosexuality, they will need:

- ✓ **MOTIVATION**, which includes strong moral beliefs about homosexuality, lots of courage and determination because it takes time, effort, and the right information.
- ✓ **SUPPORT** from others who believe in their effort. This often includes faith in God, as well as involvement in counselling and support group programmes.

The current 'success rate' for those wishing to overcome homosexual behaviour and desires ranges from 33% to 65%. Homosexuality is easier to overcome for the younger ones, and if one has had fewer sexual experiences. Some religious organisations run programmes to encourage those desiring to overcome homosexuality.

There was a time when society and science believed that if one was addicted to drugs or alcohol, there will be no hope for change or recovery. Today, we know this is not true. While it is very difficult to overcome drug and alcohol addiction, thousands of people do so every year. Even though many people relapse or 'fall back' into their old ways, many others succeed in stopping their destructive drug use, and eventually overcome the desire for drugs.

It is very similar for those overcoming homosexuality: It isn't easy. Some fail in their efforts to recover. But that doesn't mean that this condition cannot be overcome. In fact, every year, many people do learn to grow beyond the control of homosexuality. Some even get married and start families. Getting married isn't proof that one is 'cured', but it does show that people can grow beyond a life controlled by homosexuality.

Gay activists say that homosexuality cannot be overcome and that to suggest that one can recover from it is a 'false hope'. In fact, activists would encourage young people who think they might be gay, to embrace it and be proud of being gay. It should be noted that gay activists would probably

never be fair about this issue, as they have social and political plans to protect and promote. Fortunately, research reveals the rest of the story that activists would like to cover up.

Consider these quotes from experts in Science, Medicine and Psychology:

***“For those homosexuals who are unhappy with their life and find effective therapy, it is curable.”*** - Dr Robert Kronemeyer from his book, *“Overcoming Homosexuality”*

***“...all the existing evidence suggest strongly that homosexuality is quite changeable.”***

- Dr Jeffrey Satlover, former Fellow of Psychiatry & Child Psychiatry at Yale University, from his book, *“Homosexuality and the Politics of Truth”*

***“If patients were motivated, whatever procedure is adopted, a large percentage will give up their homosexuality. In this connection, public information is one of the greatest importance. The misinformation spread by certain circles that homosexuality is untreatable by psychotherapy does enormous harm to thousands of men and women.”*** - Dr Ruben Fine, Director for the New York Centre for Psychoanalytic Training, from his book, *“Male & Female Homosexuality: Psychological Approaches”*

***“Many homosexuals became exclusively heterosexuals in psychoanalytic treatment. Though this change may be more easily accomplished by some than others, a heterosexual show is a possibility for all homosexuals who are strongly motivated to change.”*** - Dr Irving Bieber, former President of the American Academy of Psychoanalysts, from his book *“Homosexuality: A Psychoanalytic Study”*.

***“Homosexual orientation itself varies and is changeable. Homosexuality, therefore, is not a fixed state or process... Change in homosexual orientation, attitudes and behaviour is probably strongly related to moral considerations about homosexuality.”*** - Quoted from *“Bakers Encyclopaedia of Psychology, under Homosexuality: Classifications, Etiology and Treatment”* (Pages 519-525), Baker Books House/1985

## CONCLUSION

The issue of homosexuality is a major point of social change and debate that won't go away by ignoring it. **Being informed is important.** In fact, many of us may eventually know and care about someone who is homosexual. Understanding can help us to see others with compassion rather than with criticism and judgement.

More importantly, correct information can help us to help others, and will all keep us from being misled by today's pop culture misinformation that says homosexuality is a 'normal and healthy lifestyle that is unchangeable'. The fact is, homosexuality does not have to control a person's life. Homosexuality CAN be overcome. ***If you WANT HELP or if you know someone who does...***

## HELP IS HERE!

There are many excellent resources available to inform and inspire you. For more information about counselling and support groups locally and internationally, contact our offices. Additionally, we have a large selection of book titles, articles and testimonials about overcoming homosexuality and related problems. Let us know if you need information for a male or female person, or if the situation is about a "friend".

Please note that some of this material may be of a religious nature. Your enquiries will remain confidential. You may not want to use your real name when calling. For your own protection when writing, you may wish to write in the third person, such as:

*"Dear (organisation name/contact person) I have a friend with a problem...."*

We will understand.

## CONTACT IN SINGAPORE:

### **>> FOCUS ON THE FAMILY**

<https://www.family.org.sg>

9 Bishan Place

#08-03 Junction 8 Office Tower

Singapore 579837

*(Monday to Friday, 9am - 6pm except public holidays)*

**T:** 65 6336 1444

**E:** [focus@family.org.sg](mailto:focus@family.org.sg)

## FOR INTERNATIONAL ASSISTANCE AND INFORMATION, Contact the following:

### **>> Reconciliation Ministries**

11174 E 13 Mile Road

Warren, MI 48093

**T** (586) 739-5114

**E** [info@recmin.org](mailto:info@recmin.org)

### **>> Regeneration – Baltimore**

P.O. Box 9830

Baltimore, MD 21284-9830

**T:** 410-661-0284

**E:** [info@RegenerationMinistries.org](mailto:info@RegenerationMinistries.org)

## **“SOMEONE I KNOW STRUGGLES WITH SAME SEX ATTRACTION. WHAT SHOULD I DO?”**

Try not to freak out or reject your friend. How would you like to be treated if this was your problem? Don't try to be a counsellor. Just be a friend.

Encourage your friend that such feelings do not have to contain him\* (For simplicity "him" has been used to refer to both genders) Tell him that others have overcome homosexuality and he can too. But he may need help to deal with this problem, so tell him about our organisation.

Enquiries will remain confidential. If your friend isn't interested in overcoming homosexuality right now, then give your friend the respect and freedom to make his own choices.

However, if your friend begins to get interested in a sexual or romantic relationship with you, then don't be afraid to say "No way! I am not into that, please don't ask again." Your friend needs to respect your limits. If they don't, are they really your friends?

## **“WHAT DO I DO IF SOMEONE APPROACHES ME FOR SEX?”**

Don't over-react. Just because someone is interested in you, does not mean you have a problem. It does not mean you are homosexual or that you will become one.

Don't be afraid to say "No way! I am not into that."  
If necessary, end the conversation and walk away.

If the person approaching you does not take "no" for an answer, report the person or incident to an **adult you can trust**. This is an important thing to do especially when someone older than you is putting pressure on you to have sex.

If you are on a public transport or in a changing room, and you feel uncomfortable because someone seems to be sexually interested in you, **GET UP AND MOVE AWAY or LEAVE** immediately, whenever possible.

If you have experiences in molestation, it does not mean your life is ruined. It may be very helpful, however, to talk to someone, like our counsellors, and get some useful information.

## ABOUT THE AUTHOR

**Sinclair Rogers** is an international communicator, singer and songwriter. His inspirational life story and teaching insights have been shared on 6 continents and numerous media interviews and publications.

He has hosted award-winning U.S. TV and radio programmes addressing recovery from sexual problems. Sinclair, a former EXODUS (North America) President (Now known as Restored Hope Network), has been selected as one of the 'Outstanding Young Men of America', as well as 'Who's Who' in Human Service Professionals.

He is the founder of CHOICES, a local EXODUS agency. Married in 1982, he lived in Singapore for 7 years with his wife and daughter.

## FOOTNOTES:

1. Dr Jeffrey Satiover "Homosexuality & the Politics of Truth" pp69
2. A.P Bell, M.S Winberg, "Homosexualities: A Study of Diversity Among Men & Women" Tbl 21.12
3. Robert J Kus, "Alocholics Anoynmous & Gay American Men" Journal of Homosexuality Vol 14, No 2
4. Dr Jeffrey Satiover "Homosexuality & the Politics of Truth" pp 50-61
5. Bell & Weinberg, "Homosexualities" pp308
6. Dr Jeffrey Satiover "Homosexuality & the Politics of Truth" pp 50-61
7. Bell & Weinberg, "Homosexualities" pp314
8. Dr Jeffrey Satiover "Homosexuality & the Politics of Truth" pp 51
9. Alan Medinger, "Homosexuality: Is It Just Another Lifestyle?" Regeneration News
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10. *Some of the statistical information for this article was derived from research and quotes appearing in articles by Alan Medinger for Regeneration and Exodus (Now known as Restored Hope Network), as well as the article "Can Homosexuals Change?" by John J., for Homosexuals Anonymous.*





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