

Let's talk about sex

TARSHI, a Delhi-based helpline on sexuality, is a valuable source of information for teenagers

by AASHESH BHARMA
 A DELHI-BASED helpline on sexuality, TARSHI, is a valuable source of information for teenagers. It provides a safe space for young people to ask questions and get advice on various issues related to sex and relationships. The helpline is staffed by trained counsellors who provide confidential and non-judgmental support. TARSHI also offers workshops and seminars for schools and colleges to educate young people about reproductive health and safe sex practices.



The Sexuality and Rights Institute
 exploring theory and practice

किया स ज्यादा बारानी से के बीच में लिंग होता है तता है और कोय भी लिंग एक तरफ को दुवा होता है सीधे हाथ की तरफ या उल्टे हाथ की तरफ और



Never too old to know



Hello! Let's talk about sex

Total calls: 60,000*

Age: 10-76 years
 Under 30 years: 68%
 Married: 42.87%
 Men: 81.9%
 Women: 17.2%
 Separated/Divorced/widowed: 1.5%
 Transgender: 0.3%
 * Unknown marital status: 18.41%
 (Calls No. 10888 received at a Delhi helpline in 11 years)

First concern of caller

General sexuality information: 35.02%
 Problems related to sex - for self/partner: 20.57%
 Contraception: 12.02%
 TARSHI services/ general queries: 8.34%
 Relationship problems: 7.94%

Single: 38.56%
 Menstrual problems: 3.46%
 Beloved information: 2.39%
 Infertility: 1.29%
 Abuse in sexual relationship: .63%
 Gynaecological problem: .42%
 Legal information: .08%

Source: TARSHI, New Delhi, INDIA

15



15 YEARS OF TARSHI

some highlights

Help yourself - make wiser choices.

ESPECIALLY FOR WOMEN

TARSHI
 TALKING ABOUT REPRODUCTIVE AND SEXUAL HEALTH ISSUES

SEXUALITY • FAMILY PLANNING
 GROWING UP • AIDS
 CONTRACEPTION

CONFIDENTIAL AND FREE

46222221
 4624441

COUNSELLING • INFORMATION REFERRALS

6491529
 Mon - Fri 9 am to 5 pm



The South and Southeast Asia Resource Centre on Sexuality

नीली किताब
 जो तुम अपने बारे में जानना चाहते हो

PLEASURE ME SAFELY

October 28, 2027

work from 10 am to 4 pm. Since the callers are not allowed to provide any information on themselves, only 3,000 calls mentioned their occupation. Of these, 20 per cent were students," says Bandita Chatterjani, executive director. TARSHI. They were government employees, professionals such as doctors, lawyers and engineers, academicians, housemak.

Parents say sex education should be taught in schools, teachers feel it should be taught at home, and the moral police would rather it was not talked about at all. In the process, many people enter adulthood full of misconceptions and, at best, with partial knowledge about sex and sexuality," says the Sunil Mehta, co-chair of the India Organising Committee of the

TARSHI believes that all people have the right to sexual well-being and to a self-affirming and enjoyable sexuality.



15

YEARS OF TARSHI

some highlights

From a small project that started as a telephone helpline, TARSHI has grown in the last 15 years into a resource on issues of sexuality and rights. Today, TARSHI conducts trainings and workshops, develops publications for diverse audiences, pushes for comprehensive sexuality education, advocates for sexual and reproductive rights for all, and operates a phone information line. We are constantly exploring innovative ways to make the promise of sexual well-being a reality for all. Easier said than done. It's been an exciting and challenging journey – one that is far from over!

Join us in recalling some of the highlights along the way.

FOURTH WORLD CONFERENCE ON
WOMEN
BEIJING 4 - 15 SEPTEMBER 1995



1995

Individual fellowship from The John D. and Catherine T. MacArthur Foundation to set up a telephone helpline on sexual and reproductive health issues.

United Nations Convention on the Fourth World Conference on Women: Action for Equality, Development and Peace, Beijing, China, 4-15th of September. Delegates developed a Declaration and Platform of Action that aimed at achieving greater equality and opportunity for women; reproductive health and rights flagged as an important issue.

1996

Regulations imposed in India on TV and radio programmes that carried a frank depiction of sexual matters.

The TARSHI helpline, the first in the country to address sexuality began on February 14 and provided free and confidential information, counselling and referrals by trained counsellors on sexual and reproductive health issues for over 13 years.

महिलाओं के लिए

तारशी

है वार हमारी अपनी कुछ ऐसी समस्याएं होती हैं, जो हम किसी से भी कहने में हिचकिचाते
व आप परामर्श देने वाली प्रशिक्षित महिलाओं से सही जानकारी और सलाह ले सकती

यौनिकता, परिवार नियोजन, मासिक धर्म,
मफेद पानी, एड्स, स्त्री रोग, गर्भ अवरोधक, काम हिं

गोपनीय
एवं
मुफ्त

सलाह एवं जानकारी
6481528
सोम-शुक्र 9 प्रातः से 5 सायं

Everything you need to know but are afraid to ask

Upasna Trakroo

It is time to ask about what you have always wanted to know but were afraid to ask. With the arrival of helplines and sex-education programmes on the radio, a larger number of people are reaching out for information about a hitherto taboo subject in our lives, sex.

Delhiites are in the process of finding a friend who is just a call away, ready with information and counselling about sex-related issues. "The phones keep ringing even after the show," says executive incharge of Hindi programmes Deepak Chibber about the response to 'Balance Barabar', a dial-in sex education programme on AIR FM which has any amount of teenagers calling in with their dilemmas. 'Kam ki baat', the Times FM sex education programme is another radio show that is extremely popular.

Interestingly, the need to screen callers is being sidelined by the need to give out information. "The anonymity of phone helplines and radio programmes is making it easier for more people to seek information and answers to queries about their sexuality and related issues," says a Delhi University counselling service volunteer. In fact, the overwhelming response to such helplines reflects the need for a larger

and HIV. DU helpline counsellor DR PD Nair, however admits that sexuality is the dominant factor in queries answered at the helpline.

"Over 80 per cent of the callers are school and college students in Delhi and neighbouring states, and the rest are professionals, businessmen, housewives."

Delhiites are in the process of finding a friend who is just a call away ready with information and counselling about issues they cannot talk about. A large number of people are reaching out for information about a hitherto taboo subject in our lives-sex.

The number of girls and women callers who are reaching out for information through the helplines and radio shows is rising. "A large number of young girls are asking about

tal problems. "A mismatch between the perception and sexual performance of one's spouse is a dominant cause of anxiety for married people," says a counsellor.

TARSHI (Talking About Reproductive and Sexual Health Issues) registered as a Society (no. S 32155 of 1997, under the Societies Registration Act XXI of 1860), in November.

1997

shri director at Foundation Ra who initiated a section of call the service as ing crank and c

Talking about levels of know among youth, least 3-4 calls young men w contact AIDS t commercial sex few times. We is absolutely w ber of callers v or have recent active have exp about their per fectation levels of

Radhika, who therapist, says the phone is el between the ca lor and not as ti callers to deal w

Help yourself - make wiser choices.

ESPECIALLY FOR WOMEN



TARSHI
TALKING ABOUT REPRODUCTIVE AND SEXUAL HEALTH ISSUES

SEXUALITY • FAMILY PLANNING

GROWING UP • AIDS

CONTRACEPTION

4622221

CONFIDENTIAL AND FREE

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COUNSELLING • INFORMATION REFERRALS



6484528
Mon - Fri 9 am to 5 pm

The Ministry of Health and Family Welfare launched the Reproductive and Child Health (RCH) programme by integrating Child Survival and Safe Motherhood and incorporating new Reproductive Tract Infection (RTI) and Sexually Transmitted Infection (STI) programmes.

1998



20,000 callers received information, counselling and referrals from trained counsellors on the TARSHI helpline.

Deepa Mehta's film 'Fire' was released in India provoking widespread protests in December by right wing outfits against the depiction of a lesbian relationship. This prompted the subsequent rallying around of human rights and sexual rights groups.



1999

नीली किताब

The activism following the protests against Fire led to the formation of the Delhi-based Campaign for Lesbian Rights (CALERI), a coalition of individuals of different genders and varying sexual preferences. TARSHI was part of CALERI.

Kolkata held its first Rainbow Pride Parade, fifteen people attended.

TARSHI received The Rotary Vocational Service Award “In Recognition of Outstanding Professional Achievements and Services Rendered: A cause common with Rotary”.

Published *The Red Book* (10-14 years), *The Blue Book* (15+ years) and *Fundas* in English and Hindi offering accurate information about growing up and sexuality in a matter-of-fact, non-judgmental, non-preachy way.

तांशी से बताएं

अपनी समस्याएं

तांशी—दिल्ली की एक टेलीफोनिक हैल्पलाइन सर्विस है, जो एच.आई.वी. एड्स व यौन संबंधी समस्याओं पर मुफ्त परामर्श देती है। सोमवार से शुक्रवार तक प्रातः 9 बजे से 5 बजे तक आप किसी भी समय टेलीफोन पर अपनी समस्या कह सकते हैं। यहाँ आपका नाम, पता भी नहीं पूछा जाता। इस संस्था की स्थापना इसी उद्देश्य से की गयी है ताकि बहुत-सी ऐसी बातें जो बच्चे ही नहीं बड़े भी आमने-सामने बैठकर कहने में हिचकिचाते हैं और प्रत्यक्ष रूप से डॉक्टर से सम्पर्क करने में शर्म व संकोच महसूस करते हैं वे लोग फोन के माध्यम से अपनी समस्याएं तांशी से कह सकते हैं, जो स्त्री-पुरुष या बच्चे ऐसी गलती कर बैठे हैं जिसके बारे में वे किसी से नहीं कह सकते हैं और अपराध बोध से ग्रस्त हैं इस संस्था की सेवाओं का लाभ उठा सकते हैं। बच्चों के माता-पिता भी बच्चों की समस्याओं पर परामर्श ले सकते हैं।

फोन नं. 011-4624441, 462,2221

सुलभ डाटा अप्रैल 99

आसानी से ग सेता है भी। लिंग चुका होता तरफ या तरफ और हा नहीं होता बरिक्त मुड़ा होता



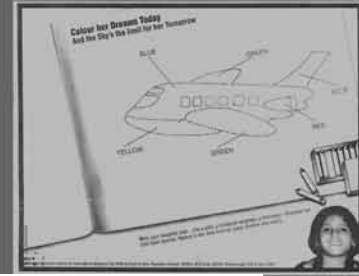
2000

Published Common Ground: Principles for Working on Sexuality in collaboration with SIECUS.

Co-authored Sexuality and Sexual Behaviour: A Critical Review of Selected Studies (1990 – 2000).

Part of the year-long training team of CEHAT at the One Stop Crisis Centre (later called Dilaasa) being set up at the Bhabha Hospital, Mumbai, the first public hospital in India to offer a crisis intervention service for women who suffer domestic violence.

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The UN's Population Fund condemned the Government of India for its lack of commitment to tackle the imbalance between numbers of males and females in the country which it is thought is largely due to female foeticide and infanticide. There were estimated to be 960 women to every 1,000 men.

अलगवा का अहसास हो सकता है। पर अक्सर समलैंगिक और द्विलैंगिक लोग भी सुशी और आनन्द देने वाले रिश्ते जीते हैं, परलैंगिक लोगों की ही तरह।



समलैंगिक, द्विलैंगिक और परलैंगिक लोग असम नहीं दिखते

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5

2005

लाल
किताब

जो तुम अपने बारे में जानना चाहते हो

10-14 साल

2001

Organised a Satellite Symposium on 'Pleasure and Safety: The Issues at Stake' at the International Congress on AIDS in Asia and the Pacific (ICAAP) in Melbourne, Australia.

Conceptualised and planned The Sexuality and Rights Institute to be held the following year.

TARSHI
Thinking about
reproductive and sexual health issues

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tarshi@vsnl.com
www.tarshi.org

all people have the right
to dignity, sexual well being
and a self-affirming,
enjoyable sexuality.....

**Let's talk
about sex**
TARSHI, a Delhi-based
helpline on sexuality, is a
valuable source of
information for teenagers

FINANCIAL EXPRESS



A TARSHI staff promoting awareness on sex-related issues

by individuals," she says.

The six boxes of the magazine contained five trained women counsellors. All of them have undergone six-hour training for about six weeks. Following the training, all the calls they take are supervised for four weeks, until they have demonstrated their ability to handle calls well. This is necessary as the subject is very sensitive," says Chandrasekar.

The tone of the respondent and her feedback is a call on very important, says Chandrasekar. For instance, "If a 14 year old calls up and puts up a query on masturbation or kissing, the stress should be on making him or her comfortable and never expressing shock," she explains.

The NGO does not rely solely on the helpline to spread awareness on sexual health. Chandrasekar writes a column in The Asian Age and if they distribute accurate, simple booklets that discuss sexually. "We have divided them into two age groups. The 10-14 years' booklet helps teenagers understand body issues and the 15-19 years' one elaborates on them," she says.

Every call taken is documented to enable continuity and to analyse the demographics for emerging trends. "The level of ignorance on sexual matters is higher in our society, we are trying to correct this picture," says Chandrasekar. ■

On January 22, 2001, President George W. Bush reinstated the Global Gag Rule that denied family planning funds to any foreign nongovernmental organization that used its own (non-U.S.) money to provide legal abortion services or counselling, gave referrals on safe abortion options, provided facts about the consequences of unsafe abortion, or participated in public debate, no matter how informal, that might improve access to safe services. It was finally rescinded in 2009.

India became the second nation in the world to register one billion people in its population. The first was China in 1979.

The Naz Foundation (India) Trust lodged a public interest litigation (PIL) petition with the Delhi High Court challenging the constitutional validity of Section 377 (the archaic law that criminalises same-sex sexual acts) under the Indian Constitution's Article 14 on equality, Article 15 on equality on the basis of sex, Article 19 on freedom of speech and expression, and Article 21 on the right to privacy and health.

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THE ISSUES AT STAKE



5:00 - 8:00 p.m.
Oct 7, 2001
Melbourne Convention
Centre

A Satellite Symposium of the
5th International Congress on AIDS in Asia and the Pacific

Organised by TARSHI
Supported by The Ford Foundation

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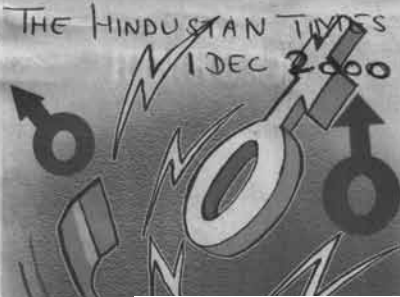
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Sexuality

info

Girls Shy Away From Asking About Sex



ever they discover. According to 13-year-old Darnan, she would never call up a helpline. "Why ask somebody who does not know me?" she says. "I had much rather ask my friends or my family about what to do." In fact, friends are the best sources of information about sexual matters, according to Daman. If you have a query about sexuality, all you have to do is call up friends and either they or their friends will be able to help you. And if around, the mother, the

ut safe sex and condom use. According to Kujur, it is a myth that serials like *Friends* (with lesbian weddings, casual sex and one-night stands) confuse children about sexual issues. On the contrary, she maintains that such programmes provide positive help because they show sexuality openly and not as something to be either swept under the carpet, or discussed only in hushed tones.



2002

Communal riots broke out in Godhra, Gujarat, between Hindus and Muslims. Among other horrors, gross sexual violations were used as a means of asserting dominance and revenge. An estimated 2000 people were killed and many thousands of people were displaced.

First Sexuality and Rights Institute held in March. The Sexuality and Rights Institute, an annual residential course developed and run in collaboration with CREA, provided for a conceptual study of sexuality and examined the links between sexuality and rights and their interface with gender and health. The course ran successfully for eight consecutive years.

The TARSHI helpline was chosen as one of four 'best practice' case studies by UNAIDS for the report *HIV/AIDS counselling, just a phone call away: Four case studies of telephone helpline/ hotline projects*.

Initiated consultations on sexuality and disability with parents and caregivers of people with disabilities.



It is a figure that only 10 per cent that Naz Foundation based non-governmental organisation (NGO), receive phone helpline deal quality and reproductive from girls. TARSHI (The Reproductive and Sexual Issues), a helpline also significantly with these 25 per cent of its calls from girls. According to those who run these helplines, the younger callers have highly divergent levels of awareness, with some asking

to discuss issues like masturbation, sex, contraception or what to do if they get pregnant, or they explore other sources of information and are satisfied with what-

4622221/4624441 (Tarshil) and 6851970, 6851971 (Naz Foundation)
— WOMEN'S FEATURE SERVICE

Gujarat Authorities Fail Muslim Women



Illustration ©Vishwajit Choudh

84-year-old Yaqoob Rasool fled Raufaiyapur village in Gujarat, India, when it was attacked by right-wing Hindus on 28 February 2002. The attackers looted the mosque, and houses and crops belonging to Muslims in the village. They caught up with Rajni and her family three days later. "Shooting 'til they're dead" and "Cut them up," they sang-roped Rajni, her mother, sisters, aunt and cousins in front of their family. Fourteen of her relatives were then killed. Rajni saw an attacker kill her three-year-old daughter with a rock. She fled unconscious and was left for dead.

What happened to Rajni is typical of what happened to hundreds of other Muslim women in Gujarat in 2002. Large-scale violence against the Muslim minority erupted in the state after 59 passengers, mostly Hindu activists, died in a fire on the Sabarmati Express train in Gujarat on 27 February. Officials claimed that it was part of a planned attack by local Muslims on Hindus. Official figures say 762 died in the ensuing violence, but human rights groups estimate that over 2,000, mostly Muslims, were killed in the following weeks.

Muslim men and women were attacked in the violence, but women were particularly targeted because of their gender. Girls and women were reportedly dragged naked before their families and thousands of attackers. They were then raped, often gang-raped, beaten, had rods violently pushed into their vaginas, had breasts cut off and wounds slashed open by swords. Many of them were then cut into pieces or burned to death. The victims included young girls and old women, pregnant women and babies.

To date, no one has been brought to justice for the rape and killing of women in Gujarat in 2002. The Supreme Court of India ordered that the case against those accused of raping and killing Rajni's family be investigated by a central police agency which found that Gujarat police had sided with the offenders and closed the case, claiming that the victims could not be found. The case is now being heard outside Gujarat.

Failure to prosecute the perpetrators of such grave abuses sends the message to women of the minority community that the state does not take their protections seriously. Amnesty International (AI) believes that dozens of women who suffered sexual violence in Gujarat in 2002 have not been investigated and the chance which they feel is about to be lost.

The National Human Rights Commission and the majority of Muslim women have been fully supported by human rights activists, but have shown indifference to its human rights obligations.



Illustration ©Anand

કેવળ મુસ્લિમ સ્ત્રીઓને જ નહીં, બધા મુસ્લિમોને જ સુરક્ષા આપવાની જરૂર છે.

Magazine
Features: Magazine | Literary Review | Life | Main Page | Open Page | Education Page | Book Review | Business | Sports | Entertainment | Young World | Quizzes | Folio | Page
Magazine

THE OTHER HALF
Remember this?
INDIA'S MUSLIMS
Can we afford to bury and forget the terrifying messages that the massacres in Gujarat sent?



THIS IS the reason why people are opposed to peace. Mind and intellect about the new game lie, and these recollections about the coming year — on how not to repeat the mistakes of the past. But for some, intellectuals (preached by Americans). Thus, when there is nothing to remember, there is nothing to regret.

Gujarat Chief Minister Narendra Modi is renowned that someone who still speaks of the heinous events of February-March 2002, in Gujarat — "five-star atrocities and gross-inequities" — is "braving the wrath of the Hindu's majority". There is not even a hint of acknowledgment, let alone regret, about the killings during these months that started with just Gujarat but India. As far as Modi is concerned, the "people have given them (the perpetrators) a fitting reply by voting the Bharatiya Janata Party (BJP) back to power and thank you for that. Have no right to question the collective wisdom of the people of Gujarat."

Asian Tribune
"Striving for Asian Solidarity"

Asian Tribune is published by World Institute For Asian Studies (Powered by WIAS Vol. 11 No. 143)
Home • India: Crimes against women in Gujarat - denied and unpunished

India: Crimes against women in Gujarat - denied and unpunished

AIAS says say of of of of - admin

On International Women's Day Amnesty International stands in solidarity with the women of Gujarat who were victims of gender violence during the massacres which started in the state on 27 February 2002.

"More than one year after the beginning of the massacres which targeted the Muslim community, there is still no official acknowledgement on the part of the government of Gujarat and the criminal justice system in the state of the magnitude and scale with which women were made a specific target of that violence," Amnesty International said.

Accounts narrated by eyewitnesses as well as human rights activists indicate that a large number of women in Gujarat were beaten up, stripped naked, gang raped, stabbed with iron rods, swords or sticks. Many of them were mutilated, disfigured and then often burnt alive by mobs allegedly led by Hindu nationalist groups. Police took insufficient action to protect the victims, while some officers reportedly navigated attacks or even sexually assaulted and verbally abused the victims.

Women's activists affirm that women's bodies were targeted as symbols of their community's honour and as a means to assault the dignity and integrity of the whole community.

Amnesty International calls on authorities within the government, the criminal justice system, the health system and the administration of the state to publicly acknowledge the extent of the gender violence which took place in the state; to take urgent steps to arrest and prosecute the perpetrators; and to provide appropriate redress and protection to the victims.

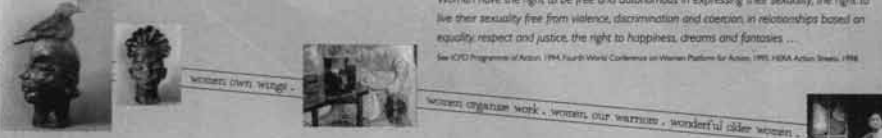
"Specific mechanisms and procedures, made contingent upon the exceptional circumstances in which the violence took place, should be set up urgently in Gujarat to ensure that crimes against women are investigated and prosecuted and that proper rehabilitation is offered to the victims," the organisation said.

"Rape by officials as well as private individuals constitutes as an act of torture for which the state must be held to account

TAROMI and CREA in collaboration.

Women have the right to be free and autonomous in expressing their sexuality; the right to live their sexuality free from violence, discrimination and coercion, in relationships based on equality, respect and justice; the right to happiness, dreams and fantasies...

See ICD Programme of Action, 1994, Fourth World Conference on Women Platform for Action, 1995, WEA Action Strategy, 1998



Orgasmo Adulto Escapes From The Zoo

Franca Rame and Dario Fo's play (translated by Estelle Parsons and by arrangement with Agenzia Danesi Tonai, Roma, Italy) is a cleverly crafted compilation of monologues on a range of women's issues including sexuality, motherhood, choice and violence. The Artists' Repertory Theatre (ART), based in Bangalore, performs three of these monologues. The presentation is a collage of three women and their experiences with family, sex and religion in a patriarchal world. The play's universal appeal and dramatic strength lies in the witty, humorous way in which it is written and presented. Directed by Arundhati Raja, the production has stimulated and provoked audiences in different cities.



Art Exhibition

Four young women artists create an experiential visual commentary on women and the world. Curated by Deeksha Nath, the works of two painters Sonni Mehra and Rohini Dewasher, photographer Priyanka Bhaini and sculptor Kirti Arora celebrate the many forms of women: earth goddess or mother nature; sexual being and urban independent woman.



On March 6, 7, 8, 2002

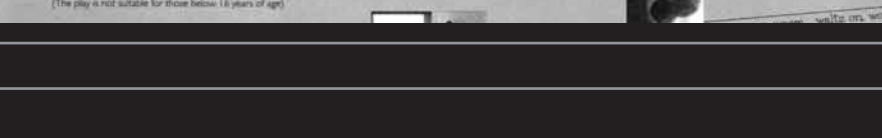
Play timings:
7:30 pm - 9:30 pm

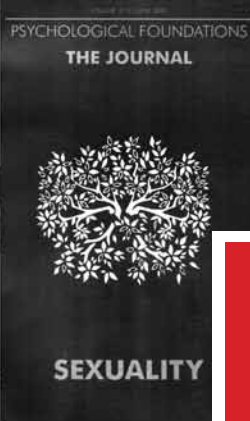
Exhibition timings:
On March 6
8:30 pm onwards

On March 7 & 8
11 am - 9:30 pm

Venue: The Sri Ram Centre for Performing Arts, New Delhi

Play Tickets: Rs 50, 100, 150 (available March 1 onwards at The Music Shop, Khan Market, and at the venue. (The play is not suitable for those below 16 years of age)





The South and Southeast Asia Resource Centre on Sexuality

2003

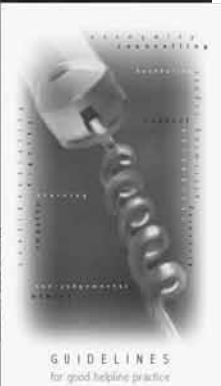
Set up The South and Southeast Asia Resource Centre on Sexuality to increase knowledge and scholarship in the region.

First annual Basic Training on Sexuality, Sexual and Reproductive Health and Rights for practitioners held.

Convened the first three-day National Meeting of Helpline Organisations.

Published *Guidelines For Good Helpline Practice* a guide on conducting helpline counselling, ethics and principles.

Together with CREA, convened a meeting on Sexuality, Gender and Rights at the Bellagio Conference Centre in Italy with international experts culminating in a book published in 2005.



CREA and TARSHI
In collaboration with Point of View and Swamyam Present
Broadway Star Sarah Jones
In Her new performance **Waking the American Dream**

Venue	Date	Time
Shree Auditorium, India Habitat Centre, Lodhi Road	8 and 9 December	7pm
Hindu College Auditorium, Delhi University, Free performance for students health identity card.	10 December	12:15pm
The Shri Ram Centre Auditorium, Badliar Hasdun Marg, Mayapuri	12 December	7pm

Tickets: Rs. 500, 300, 250, 150
Available at: CREA Office, India Habitat Centre and Shri Ram Centre
Available from: 1 December 2003

Supported by: CREA Swamyam PARK

THE SOUTH AND SOUTHEAST ASIA RESOURCE CENTRE ON SEXUALITY
BASIC TRAINING ON SEXUALITY, SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS
SEXUALITY AND RIGHTS INSTITUTE
HELPLINE

sexuality
matters

2004



TARSHI's South and Southeast Asia Resource Centre on Sexuality held the First Regional Institute on Sexuality, Society, and Culture in New Delhi, India. Participants were from nine countries of South and Southeast Asia. Five eight-day long residential annual trainings were conducted in India, Indonesia, Vietnam, China and India in rotation from 2004 to 2009.

Three day Basic Counselling Skills Training held in September for participants from helplines on sexuality and HIV and AIDS.

Convened a three day Regional Consultation on Sexuality in Bali, Indonesia with 25 experts on issues of sexuality in South and Southeast Asia. Report published *Sexuality Matters: Report of a Regional Consultation on Sexuality in South and Southeast Asia* (2007).



The South and Southeast Asia Resource Centre on Sexuality



Advisory Committee



Phase II of the Ministry of Health and Family Welfare's Reproductive and Child Health programme aimed to reduce the spread of HIV infection in India and strengthen India's capacity to respond to the HIV epidemic on a long term basis. Policy focus shifted from raising awareness to behaviour change and from a national to a decentralized response.

In an interview for AIDS awareness about the need for protected sex, famous South Indian actor Khushboo said it was fine for girls to have pre-marital sex but not without taking precautions to prevent pregnancy and sexually transmitted diseases. She also said that no educated man should expect his wife or girlfriend to be a virgin. Accused of 'public indecency' she had 22 criminal cases filed against her in the Indian courts, on various charges including that of obscenity. The Supreme Court dismissed the cases in 2010.

THE HINDU
 Online edition of India's National Newspaper
 Thursday, Nov 17, 2005

Front Page

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Front Page 

Kushboo enlarged on bail
 R. Ilangoan

Judge asks her not to make public statement on the dispute



REPRIEVE: Kushboo at the court of judicial magistrate in Mettur on Wednesday. -- Photo: P. Goutham

METTUR: Actress Kushboo spent about two hours in judicial custody in II Judicial Magistrate court here on Wednesday, as angry Dalit Panthers and Pattali Makkal Katchi cadres shouted slogans outside, decrying her reported comments on chastity and status of women in society.

Magistrate M. Sridharan enlarged the actress on bail on the condition that she evocate a personal bond for Rs. 5,000 besides a surety for a like sum.

He directed her "not make any public statement, which is the subject matter of this dispute till the disposal [of the case]."



ब्रह्मचरित्र

SEXUALITY, GENDER AND RIGHTS
 Saving Lives and Souls
 of High School/Underclass

SEXUALITY, GENDER AND RIGHTS
 Saving Lives and Souls
 of High School/Underclass

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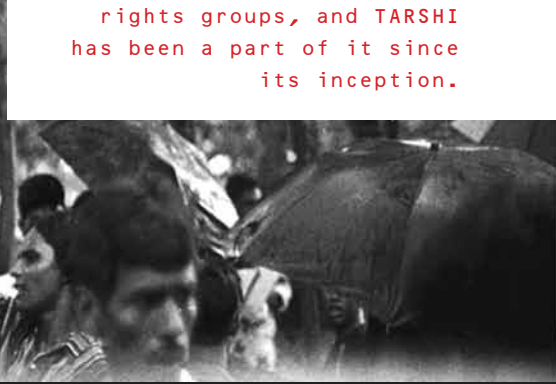
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Voices Against 377 filed an intervention in the Delhi High Court in support of the Naz Foundation (India) Trust petition against Section 377.

Voices Against 377 is a Delhi-based coalition of human rights, sexual rights, women's rights and children's rights groups, and TARSHI has been a part of it since its inception.





PLEASURE ME SAFELY 2006



Developed *Basics And Beyond: Integrating Sexuality, Sexual and Reproductive Health And Rights – A Manual for Trainers*, with over 75 exercises comprising more than 70 hours of training time, a valuable resource for individual trainers and organisations.

1st Basics and Beyond Training of Trainers held in October.



ALL PEOPLE HAVE THE RIGHT TO SEXUAL WELLBEING AND A SELF-AFFIRMING AND ENJOYABLE SEXUALITY

10 years of TARSHI
Taking Sexual Reproductive and Sexual Health Issues

TARSHI Helpline: 24372229. Fax: 8142 1144. Site: www.tarshi.net

*What's wrong with difference?
Each of us has the right to be.
To be sexual, to be free*

*The world is large enough to hold
us all and the possibilities of being
and doing are endless*



BASICS AND BEYOND TRAINING FOR TRAINERS
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Never too old to know

Hello! Let's talk about sex

Total calls: 60,000*

Ages: 10-76 years
 Under 10 years: 68%
 Men: 81.9%
 Women: 17.9%
 Transgender: .3%

(*Calls 1000 further analysed at its helpline for 10 years)

First concern of caller

General sexuality information: 35.02%
 Problems related to sex - for self/partner: 29.57%
 Contraception: 12.02%
 TARSHI services/ general queries: 8.36%
 Relationship problems: 7.9%
 HIV/AIDS: 7.84%
 Menstrual problems: 7.84%
 Referral information: 7.84%



more than pleasure

New Issues in Affirming Sexuality in Asia



2007

The TARSHI helpline was selected as a site in the research study 'Assessing the conditions and quality of counselling related to sexuality and sexual health' by The Royal Tropical Institute (KIT), the Netherlands, in collaboration with the WHO.

Affirming Sexuality, a South and Southeast Asia regional consultation was organised in Chiang Mai, Thailand.

More than Pleasure: New Issues in Affirming Sexuality in Asia, a Satellite Symposium was organised by TARSHI's South and Southeast Asia Resource Centre on Sexuality at the 4th Asia Pacific Conference on Reproductive and Sexual Health and Rights in Hyderabad, India.

Helpline analysis finds a lot

Sarichita Sharma
Hyderabad, October 28 2007

YOU ARE never too old to seek information on sexuality. The NGO TARSHI analysed 60,000 calls its helpline received in 11 years and found that the age of the callers ranged from 10 to 76 years. The majority — 68 per cent — were less than 10 years old, with 42.8 per cent of the calls being from people between age 15 and 24.

People in India are talking about sexuality, but anonymously and behind closed doors. The moral police may go blue in the face shouting that sex education is against Indian culture and tradition, but the number of calls to helplines dealing with sexuality and sexual health indicate that people want to talk about sex. A lot.

"The numbers are high, considering the helpline runs three days a

week from 10 am to 4 pm. Since callers are not obliged to provide information on themselves, only 2,000 callers mentioned their occupation. Of these, 22 per cent were students," says Harshika Chandrasena, executive director, TARSHI. The

were government employees, professionals such as doctors, lawyers and engineers, academicians, housewives, businessmen and domestic help.

Men accounted for 81.9 per cent of the calls, with only 17.8 per cent of the callers being women. The rest, the 0.3 per cent — 100 calls — were

carved from transgender and transsexual people. Surprisingly, 42.87 per cent of the calls seeking information were from married people.

"People want to talk about sexuality and related issues, but they don't know how, means or when it comes talking about it with their children



Youth to speak their mind on sexuality

THREE NEWS NETWORK

Hyderabad: Youth and their sexual and reproductive health issues will be the focus of the three-day Fourth Asia Pacific Conference on Reproductive Sexual Health and Rights (APCRSH) which begins at the Hyderabad International Convention Centre here on Monday.

Sexual and reproductive rights and bringing together multiple stakeholders for discussion, addressing issues in the new millennium are the focus areas.

Of the over 1,300 delegates representing 52 countries, one-third of the participants are youngsters who were given scholarships to participate in the

"The services are not user-friendly and are provided through vertical processes of bureaucracy resulting in multiplying duplication and are expensive. Through such conferences, we want to address this challenge and accelerate progress that has been made in areas of sexual and reproductive health," Dr Saroj Pachauri, chair, scientific committee, APCRSH, said.

Speaking on the issue of sexual rights, Radhika Chandiramani of Tarshi, the South and Southeast Asia Resource Centre on Sexuality, said, "Lesbians, gay men, bisexuals, transgenders and many more people live in the southeast Asian region. Everybody has a right to be safe

HIV helplines filling gap in sex education

By Savita Verma in New Delhi

ARMED with knowledge gained from various awareness campaigns on HIV and sexually transmitted diseases (STDs), young people are seeking yet more information. And in the absence of appropriate mechanisms for sex education, HIV helplines are playing the role of information providers. Experts, however, say awareness remains low.

Helplines receive calls from a wide age group — from eight-year-old children to

department runs a helpline called Shubhchintak. One caller was a 79-year-old man who wished to enhance his sexual performance as he wanted to remarry.

"The majority of callers are ignorant about the basics of human anatomy, sex and sexuality. There is an urgent need to impart appropriate sex education in schools," says Singh.

Most queries are about HIV risk after an unprotected sexual encounter — with a sex worker or otherwise — and about enhancing sexual pleasure.

Radhika Chandiramal, from a group called Talking About Reproductive and

Dial for help

■ TARSHI Helpline: (011)-24372229, Monday to Wednesday, 10am to 4pm

■ Shubhchintak Helpline (AIIMS): 26588333, Monday to Friday, 10am to 5pm

wife to hate them." The level of discomfort with sex-related issues is higher among women — they feel nervous discussing even common sexual health problems such as vaginal itching. They are reluctant to visit a gynaecologist. What makes matters worse is that the

sages seem to focus on how to keep young people away from having sex. "We seem to forget that young people are having sex despite or may be because of our negative messages," says Chandiramal.

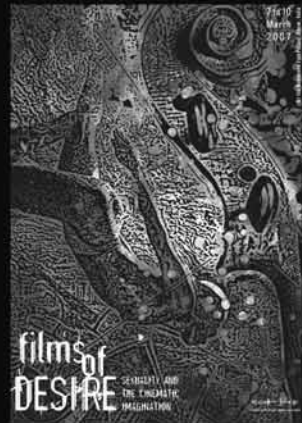
Over 12 per cent of callers to the Tarshi helpline are between 15 and 19. An analysis of calls to the AIIMS helpline showed that 2 per cent of callers were below 15 years while 87 per cent were in the 15-40 age group. Nine per cent calls were from people over 40 years.

A WHO report had pointed out that school curriculum-based HIV-prevention education increases the age at which pupils

Films of Desire: Sexuality and the Cinematic Imagination organized with CREA in March 2007, with three plenaries, nine panels, two skills building workshops and fifty-nine film screenings over three days, with 105 people from 15 different countries.

Talking about Sexuality: A report of preliminary findings from the TARSHI helpline (English and Hindi) analysed more than 40,000 calls received on the helpline, to reveal the trends according to the age and gender of callers and the nature of their queries.

Hollywood star Richard Gere kissed Bollywood star Shilpa Shetty at an AIDS function; effigies of them both were burnt in protest of their behaviour which was deemed to 'offend the country's culture'.



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THE SEX HIERARCHY IN SOUTH ASIA
SOUTHEAST
GOOD SEX | AREA OF CONTESTATION | BAD SEX
Dharma

2008



Heteros
Solder
Monoga
Marriage
religion
sex at night, under
the blanket, no light
no condom, no anal
oral sex, procreation

Let's talk about sex, baby

good times for everyone

SEXUALITY QUESTIONS, FEMINIST ANSWERS

By Radhika Chandiramani
Published by Women Unlimited (an associate of Kal for Women)
Paper: £12 Price: \$200

It is not important? And if it is, do we ever get around to talking about it? Considering the time of India's procreation, there's no doubt that Indians are well-served by the basic essence of reproduction. But what about southern women?

South and South-East Asian women and their conditions of sexuality and health are the focus of this collection on related concerns to women in the region. We Indians have gendered views on health and rights. It is likely that the same will prove correct as we attempt to procure the pleasure that gives life. Though in the eyes of the world and beyond, we must be able to change with the times. Radhika, the

RADHIKA CHANDIRAMANI

Good Times for Everyone; Sexuality Questions, Feminist Answers by Radhika Chandiramani (TARSHI) was published by Women Unlimited.

Report by Renu Khanna *Assessing the Conditions and Quality of Counselling Related to Sexuality and Sexual Health* was published by TARSHI and KIT

TARSHI's First Regional Training on Sexuality, Sexual and Reproductive Health and Rights attended by participants from 10 different countries in the region.

A Call to Action was circulated in the form of an advocacy statement urging the Government of India to provide comprehensive sexuality education as part of the school curriculum and demanding a review of the AEP (Adolescent Education Programme).

On 29 June 2008, four Indian cities (Delhi, Bangalore, Pondicherry and Kolkata) saw coordinated Gay Pride events. A rainbow parade was held at Chennai the next day. About 2,200 people turned up overall. On August 16, 2008 (a day after the Independence Day), the gay community in Bombay held its first ever formal pride parade (although informal pride parades had been held earlier), to demand that Section 377 be amended.



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On July 2nd, Section 377, the 148-year old colonial law criminalising homosexual sexual activity in India was overturned by the High Court in New Delhi. Consensual same-sex sexual acts between adults in private are no longer a criminal offence.

President Obama rescinded the Global Gag Rule policy.



2009

2nd Basics and Beyond Training of Trainers programme in March.

TARSHI helpline suspended because of shortage of space and funds.

TARSHI was part of the team reviewing *UNESCO's Global Guidelines on the International Technical Guidance on Sexuality Education* (An evidence informed approach for teachers, and health educators).

Developed *TARSHI Talks about Sexuality and Relationships*, an Audio Book. Mirchi Cares, the CSR wing of Radio Mirchi recorded the content developed by TARSHI on a pro bono basis.



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2010

64 *you and me* page no. 65

CHECK OUT THE NEWS. Keep abreast of current events that are discussed in your journal so that you can use the journal books to start a conversation about you and the world. The newspaper and TV (but not a reality show or game) and websites that can be used to present current events, especially with coverage, broad opinion, photos and addresses on topical issues to clarify your own values and beliefs.

SET YOUR PARTNER INVOLVED! Discuss with your partner the messages you want to give and the kind of role you want to play in the relationship. These messages will help you and your partner's values and attitudes to remain aligned. Review. Make sure partners are equal in their participation. If not or unsure, there may come a time when you need to talk to your partner or your parents or a counselor. Your goal will not be to control but to understand, respect and love each other.

REVISIT. Revisit, practice, practice and practice every week. Practice before you are with your partner in a formal or casual setting that you are getting your message across the way you want it. When you rehearse, plan for a time when you can be alone when you give your feedback to your partner so you can discuss what you did.

BE A GOOD PARTNER, NOT A BOY. Quality of character is not just a good person. It is not just about how you feel. It is about how you feel about others. It is about how you feel about your partner.

70 *the orange book* page no. 69

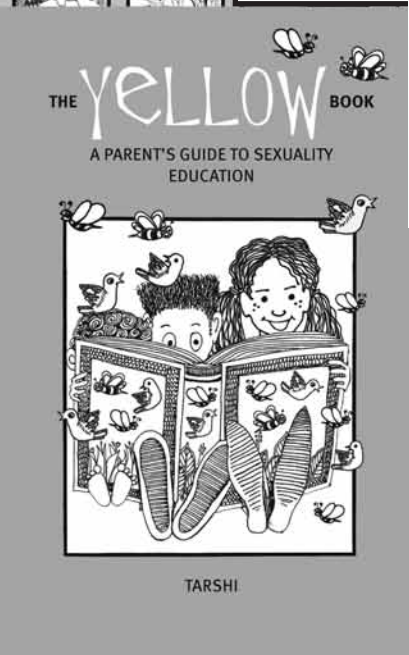
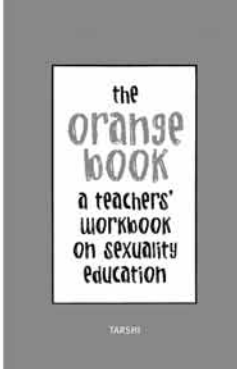
BROACH THE SUBJECT

OPPORTUNITIES AROUND. Look for opportunities to bring the subject up in your life. Use the journal books to start a conversation about you and the world. The newspaper and TV (but not a reality show or game) and websites that can be used to present current events, especially with coverage, broad opinion, photos and addresses on topical issues to clarify your own values and beliefs.

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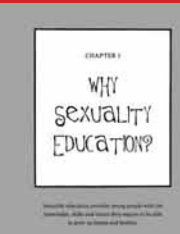


TARSHI's telephone infoline providing callers with pre-recorded sexuality and sexual and reproductive health information was launched.

TARSHI's *The Yellow Book: A Parent's Guide to Sexuality Education* published by Zubaan, is filled with tips and tools, information and advice on talking with young people about sexuality.

The Working Paper on Sexuality and Disability in the Indian Context, a collation of information and resources based on interviews with people with disabilities and their parents, teachers, and other care providers also draws upon secondary research to examine existing laws and policies relevant to sexuality and disability in India.

TARSHI conducted a series of trainings on sexuality and gender for the GFATM (Global Fund Against





AIDS, TB and Malaria) Master Trainers working in the field of HIV and AIDS under the public health system.

TARSHI developed the content for an e-learning course on sexuality and gender for GFATM Master Trainers.

The Orange Book: A Teachers' Workbook on Sexuality Education, a workbook for teachers with 28 exercises on imparting comprehensive sexuality education with confidence and ease was published.

2nd Regional Training on Sexuality, Sexual and Reproductive Health and Rights was held in Kuala Lumpur, Malaysia, attended by participants from 9 countries in the region.

First mainstream queer film festival held in Mumbai. Kashish, an International Queer film festival ran for four days screening 110 films from over 25 different countries.



We acknowledge and appreciate that we stand on ground prepared by those who came before us and all those who have worked alongside us. We thank our donors whose support allowed us to do our work: The John D. And Catherine T. MacArthur Foundation, The Ford Foundation, The David and Lucile Packard Foundation, SIECUS – Sexuality Information and Education Council of the United States, HIVOS, Astraea Lesbian Foundation for Justice, Mama Cash and RFSU (The Swedish Association for Sexuality Education). We thank our board members, staff – former and current, helpline callers, mentors, collaborators and partners, resource persons at our Institutes and trainings, participants at our Institutes, workshops and trainings, our supporters and well-wishers, all those who gave us technical and other inputs, as well as our critics who inspired us to work even harder towards our vision of sexual well-being for all. You are all too many to name individually. We are grateful to each of you. Thank you!

Call for pre-recorded information on sexuality at 011-26472229, Mon-Fri, 9:30 am – 5:30 pm

Join us on Facebook: www.facebook.com/tarshi.ngo

Find out more at: www.tarshi.net



TARSHI