

04.12-Sex education

Sex education

Dream of the bed chamber

China is **in the midst of** a sexual revolution. Time to start educating the young
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Vocab

1. **chamber** n. 大房间;(尤指)大会议室 A **chamber** is a large room, especially one that is used for formal meetings.
2. **in the midst of** **IDM** **in the midst of sth/of doing sth** while sth is happening or being done; while you are doing sth 当某事发生时;在某人做某事时
e.g. a country in the midst of a recession 处于衰退中的国家

“SEX, sex, **sexual intercourse**, **penis**, penis, **vagina**.” More than 150 undergraduates are sitting in a lecture hall at China Agricultural University in Beijing, shouting loudly. Many are sexually active, or soon will be. Yet for most it is the first sex education class they have attended.

Vocab

1. **sexual intercourse** n. 性交;性行为;性关系 **Sexual intercourse** is the physical act of sex between two people.
2. **penis** n. 阴茎 A man's **penis** is the part of his body that he uses when urinating and when having sex.
3. **vagina** n. 阴道 A woman's **vagina** is the passage connecting her outer sex organs to her womb.

Sentence

Yet for most it is the first sex education class they have attended.

yet 在这里是 conj, 表示但是: **despite what has just been said** 但是;然而

e.g. It's a small car, yet it's surprisingly spacious. 这辆汽车不大,然而却出奇地宽敞。

most 在这里指代 150 undergraduates

Their instructor hopes that shouting such words will help youngsters talk more openly about sex. Lu Zhongbao, a 24-year-old **forestry** student, says he was told as a child that he “**emerged** from a rock”. When he started having sex with his university girlfriend he had little idea about **contraception**. This evening he arrived an hour early **armed with** another question: will **masturbating** damage his health?

Vocab

1. **forestry** n. 林学;林业 **Forestry** is the science or skill of growing and taking care of trees in forests, especially in order to obtain wood.
2. **emerge** v. (of an insect or other invertebrate) break out from an egg, cocoon, or pupal case (昆虫或其他无脊椎动物) 破壳而出
3. **contraception** n. 避孕法;节育法 **Contraception** refers to methods of preventing pregnancy.
e.g. Use a reliable method of **contraception**. 采用安全的避孕方法。

4. **armed with** ~ (with sth) knowing sth or carrying sth that you need in order to help you to perform a task 备有所需的

e.g. He was armed with all the facts. 他备有所需的全部事实材料。

5. **masturbate** v. 自慰;手淫 If someone **masturbates**, they stroke or rub their own genitals in order to get sexual pleasure.

masturbation

•The sperm sample is produced by masturbation.精子样本通过手淫获取。

It is not just China's economy that has loosened up since 1979. The country is in the midst of a sexual revolution. A 2012 study found that more than 70% of Chinese people have sex before marriage. Other polls put that figure lower but consistently indicate that over the past 30 years, more young Chinese are doing it, with more partners, at a younger age. But a lack of sex education means that many are not protecting themselves, resulting in soaring **abortion** rates and a rise in **sexually transmitted diseases**.

Vocab

1. **poll** n. the process of questioning people who are representative of a larger group in order to get information about the general opinion 民意测验；民意调查

e.g. to **carry out/conduct** a poll 进行/做民意测验

2. **consistently** adv. 一贯地；一致地；坚实地

3. **abortion** n. the deliberate ending of a **PREGNANCY** at an early stage 人工流产；堕胎；打胎

4. **sexually transmitted disease** n. (abbr. **STD**) any disease that is spread through **sexual intercourse**, such as **syphilis** 性传播疾病

Sentence

1. The country is in the midst of a sexual revolution. 回应开头

2. Other polls put that figure lower but consistently indicate that over the past 30 years, more young Chinese are doing it, with more partners, at a younger age.

主干：Other polls put that figure lower 这里谓语 put 这里说，表达的意思：**to express or state sth in a particular way** 说；表达 e.g. She put it very tactfully. 她的话说得很巧妙。

that 在这里是前句的70% 这个数值所指代的对象即：Chinese people have sex before marriage 这件事。

but consistently indicate that over the past 30 years 这里省略了主语 but (it) consistently.... 即这个调查表明了在过去30年里...

more young Chinese are doing it 给了一个现在进行时，it 在这里指代 Chinese people have sex before marriage 这件事。

with more partners, at a younger age 两个短语来修饰 it 这件事

The Communist Party has **stuck its nose into** people's bedrooms for 30 years through its harsh family-planning policies. Yet **taboos** on sex before marriage **prevailed**, the result of **paternalistic**—not religious—values about female **chastity**, with a **dose** of Communist **asceticism** thrown in. **Pre-marital** sex **fell foul of** a range of laws, including the **catch-all** charge of "**hooliganism**", only scrapped in 1997.

Vocab

1. **stick one's nose into** 把某人的鼻子放进...
2. **taboo** n. a cultural or religious custom that does not allow people to do, use or talk about a particular thing as people find it offensive or embarrassing (文化或宗教习俗方面的) 禁忌, 忌讳, 戒律
e.g. to **break/ violate a taboo** 触犯禁忌
3. **prevail** v. to exist or be very common at a particular time or in a particular place 普遍存在; 盛行; 流行
e.g. Those beliefs still prevail among certain social groups. 这些信念在某些社会群体中仍很盛行。
4. **paternalistic** adj. 家长式的; 家长作风的 Someone who is **paternalistic** takes all the decisions for the people they govern, employ, or are responsible for.
e.g. IBM has always been a **paternalistic** employer. 国际商用机器公司一直是个家长作风很强的雇主。
5. **chastity** n. 贞洁; 贞操; 禁欲 **Chastity** is the state of not having sex with anyone, or of only having sex with your husband or wife.
6. **dose** n. (尤指数量很多的)一份, 一次, 一点 You can refer to an amount of something as a **dose of** that thing, especially when you want to emphasize that there is a great deal of it.
7. **asceticism** n. 苦行主义; 禁欲主义 **Asceticism** is a simple, strict way of life with no luxuries or physical pleasures.
8. **premarital** adj. happening before marriage 婚前的
e.g. premarital sex 婚前性行为
9. **fall foul of sb/sth** **IDM** **fall foul of 'sb/ 'sth** to get into trouble with a person or an organization because of doing sth wrong or illegal (因做错事或不法行为) 与...发生麻烦, 与...产生纠葛, 冒犯
e.g. to fall foul of the law 触犯了法律
10. **catch-all** n. 含义甚广的术语; 笼统的类别 A **catch-all** is a term or category which includes many different things.
11. **hooliganism** n. 阿飞习气; 流氓行为 **Hooliganism** is the behaviour and actions of hooligans.
e.g. ...police investigating football **hooliganism**. 调查足球流氓行为的警方

The social climate remains **chilly**. Most news items about sex involve scandals or crimes. Schools ban pupils from dating and many deploy “morality **patrols**” to root out **flirting** or **frolicking** couples. Sex outside **wedlock** is not illegal but children born to unmarried mothers face obstacles obtaining a hukou, or household **residency**, that entitles them to subsidised education and welfare. Yet with greater freedom from their parents, more money and increasing exposure to **permissive** influences from abroad, China’s youth are clearly separating sex from **procreation**.

Vocab

1. **chilly** adj. (人际关系、反应)冷淡的, 冷冰冰的, 不热情的 You say that relations between people are **chilly** or that a person's response is **chilly** when they are not friendly, welcoming, or enthusiastic.
e.g. I was slightly afraid of their **chilly** distant politeness. 他们那种冷冰冰的、敬而远之的客套让我有点愠头。
2. **patrol** n. a group of soldiers, vehicles, etc. that **patrol** an area 巡逻队; 巡逻车队
e.g. a naval/ police patrol 海军/警察巡逻队
3. **flirt** v. to behave towards sb as if you find them sexually attractive, without seriously wanting to have a relationship with them 调情

4. frolic v. (-ck-) [V] to play and move around in a lively, happy way 嬉戏；嬉闹
e.g. children frolicking on the beach 在海滩上嬉戏的儿童
5. wedlock n. the state of being married 婚姻；已婚状态
e.g. children born **in/out of wedlock** (= whose parents are/are not married) 婚生/非婚生子女
6. residency n. 居住；居住权 Some-one's **residency** in a particular place, especially in a country, is the fact that they live there or that they are officially allowed to live there.
e.g. **Foreigners found without residency cards can be fined or imprisoned.** 没有绿卡的外国人一经发现就会被罚款或监禁。
7. permissive adj. allowing or showing a freedom of behaviour that many people do not approve of, especially in sexual matters 放任的；纵容的；姑息的；（尤指两性关系）放纵的
e.g. permissive parents (= who allow their children a lot of freedom) 放任的父母
8. procreation n. 生殖；生产；繁殖

Education on the subject is **compulsory** in Japan, South Korea and Taiwan—societies that have some cultural **similarities** with China. But most Chinese schools teach only basic **anatomy**.

Vocab

1. compulsory n. 强制性的；强迫的；义务的 If something is **compulsory**, you must do it or accept it, because it is the law or because someone in a position of authority says you must.
e.g. **In East Germany learning Russian was compulsory.** 在东德，俄语是必修课。
2. similarity n. =resemblance ~ (in/ of sth) | ~ (to/ with sb/ sth) a feature that things or people have that makes them like each other 相像处；相似点；类似的地方
e.g. a study of the similarities and differences between the two countries 对这两个国家的异同点的研究
3. anatomy n. (动物体的) 结构 An animal's **anatomy** is the structure of its body.
e.g. **He had worked extensively on the anatomy of living animals.** 他在活体解剖方面经验丰富。

This is not entirely for lack of trying. **Pilot** campaigns in Shanghai and Beijing schools in the 1980s were **incorporated** into a nationwide programme in 1988 but it was never implemented. In 2008 the Ministry of Education included sex education in the national health and **hygiene** curriculum. The barriers are not just **prudery**. Like football, fashion and other teenage **pastimes**, sex (and learning about it) is seen as a **distraction** from studies. “Sex is not an exam subject,” says Sheng Yingyi, a 21-year-old student.

Vocab

1. pilot adj. done on a small scale in order to see if sth is successful enough to do on a large scale 试验性的；试点的
e.g. a **pilot project/ study/ survey** 试验性项目/研究/调查
2. incorporate v. ~ sth (in/ into/ within sth) to include sth so that it forms a part of sth 将...包括在内；包含；吸收；使并入
e.g. Many of your suggestions have been incorporated in the plan. 你的很多建议已纳入计划中。
3. hygiene n. the practice of keeping yourself and your living and working areas clean in order to prevent illness and disease 卫生
e.g. personal hygiene 个人卫生

4. **prudery** n. (*formal, disapproving*) the attitude or behaviour of people who seem very easily shocked by things connected with sex 谈性色变的态度 (或行为) ; (对性问题的) 大惊小怪, 假正经

5. **pastime** n. 消遣; 娱乐 A **pastime** is something that you do in your spare time because you enjoy it or are interested in it.

e.g. His favourite **pastime** is golf. 他最喜欢的消遣是打高尔夫。

6. **distraction** n. a thing that takes your attention away from what you are doing or thinking about 分散注意力的事; 使人分心的事

e.g. I find it hard to work at home because there are too many distractions. 我发觉在家里工作很难, 因为使人分心的事太多。

Where classes happen, most students are **merely** given a textbook. “Happy Middle School Students”, written for 12- to 15-year-olds in 2006 and still widely used, refers to sperm meeting egg without describing the mechanics of intercourse. A more **explicit volume** for primary-school pupils published in 2011, which did explain how sperm were delivered, was criticised for being **pornographic**.

Vocab

1. **merely** adv. used meaning 'only' or 'simply' to emphasize a fact or sth that you are saying 仅仅; 只不过

e.g. It is **not merely** a job, but a way of life. 这不仅仅是一份工作, 而且是一种生活方式。

2. **sperm** n. 精子 A **sperm** is a cell which is produced in the sex organs of a male animal and can enter a female animal's egg and fertilize it.

e.g. Conception occurs when a single **sperm** fuses with an egg... 当一个精子和一个卵子结合时受孕就发生了。

3. **the mechanic** n. **the mechanics** [pl.] the way sth works or is done 方法; 手段

e.g. The exact mechanics of how payment will be made will be decided later. 确切的付款方法以后再作决定。

4. **explicit** adj. 明确的; 清晰的; 毫不隐讳的 Something that is **explicit** is expressed or shown clearly and openly, without any attempt to hide anything.

e.g. ...sexually **explicit** scenes in films and books. 电影和书籍中露骨的性爱片段

5. **volume** n. 书; 书籍 A **volume** is a book.

e.g. ...a 125-page **volume**. 一本125页的书

6. **pornographic** adj. [usually before noun] (*disapproving*) intended to make people feel sexually excited by showing naked people or sexual acts, usually in a way that many other people find offensive 下流的; 黄色的; 色情的

e.g. pornographic movies/ magazines 黄色电影/ 期刊

Sentence

“Happy Middle School Students”, written for 12- to 15-year-olds in 2006 and still widely used, refers to sperm meeting egg without describing the mechanics of intercourse.

主干: “Happy Middle School Students” still widely used

还可以理解成: “Happy Middle School Students” still widely used and refers to...

两种其实都不影响句子意思。

The dominant message is to **abstain**. A 2013 review by **UNESCO** and Beijing Forestry University noted the **prevalence** of “terror-based” sex education, with content largely focused on the horrors of **pregnancy**, abortion and HIV. Earlier this month a university in Xi’an in central China ran a course entitled “No Regrets Youth”

where students received a “**commitment card**”, essentially a pledge to remain a **virgin** until marriage.

Vocab

1. **abstain** v. 戒绝；抑制 If you **abstain from** something, usually something you want to do, you deliberately do not do it.

e.g. Abstain from sex or use condoms...禁绝性事或使用安全套。

2. **UNESCO** abbr. United Nations Educational, Scientific and Cultural Organization 联合国教科文组织；联合国教育、科学及文化组织

3. **prevalence** n. 流行；普遍；广泛

4. **pregnancy** n. the state of being pregnant 怀孕；妊娠；孕期

e.g. Many women experience sickness **during pregnancy**.许多妇女在怀孕期都会有恶心现象。

5. **commitment** n. ~ (to sb/ sth) | ~ to do sth a promise to do sth or to behave in a particular way; a promise to support sb/ sth; the fact of committing yourself 承诺；许诺；允诺承担；保证

e.g. She doesn't want to **make a big emotional commitment** to Steve at the moment.她不想在此刻对史蒂夫在感情上作出重大的承诺。

6. **virgin** n. a person who has never had sex 处女；童男

We need to talk

There is almost no discussion in Chinese schools about love, communication or trust, how to say no or to deal with **harassment** or **abuse**. **Homosexuality** is not discussed, and Chinese parents rarely talk with their children about sex. Peng Xiaohui of Central China Normal University, who runs sex-education classes (including the one at China Agricultural University), had **excrement** thrown at him last year because of the work he does. Several Chinese and foreign NGOs have tried to fill the gap, but many are now **wary** after the month-long **detention** this year of five **feminists** who had launched a campaign against sexual harassment. Most Chinese youths find out about sex from the internet and online **pornography**.

Vocab

1. **harassment** n. 骚扰；烦扰 **Harassment** is behaviour which is intended to trouble or annoy someone, for example repeated attacks on them or attempts to cause them problems.

e.g. The party has accused the police of **harassment**.该党指责警方有侵扰行为。

2. **abuse** n. unfair, cruel or violent treatment of sb 虐待

e.g. sexual abuse 性虐待

3. **homosexuality** n. 同性恋

4. **excrement** n. 粪便；排泄物 **Excrement** is the solid waste that is passed out of a person or animal's body through their bowels.

e.g. The cage smelled of **excrement**.笼子里粪臭熏人。

5. **wary** adj. =cautious careful when dealing with sb/ sth because you think that there may be a danger or problem (对待人或事物时) 小心的，谨慎的，留神的，小心翼翼的

e.g. The police will need to **keep a wary eye on** this area of town (= watch it carefully, in case there is trouble).警方必须密切注意这一带城区。

6. **detention** n. the state of being kept in a place, especially a prison, and prevented from leaving 拘留；扣押；监禁

e.g. a sentence of 12 months' detention in a young offender institution 在青少年教养院

拘禁 12 个月的判决

7. **feminist** n. 女权主义者;男女平等主义者 A **feminist** is a person who believes in and supports feminism.

e.g. ...a daunting **feminist** academic. 一位令人望而生畏的女性主义研究者

8. **pornography** n. 总称) 色情 (或淫秽) 作品 **Pornography** refers to books, magazines, and films that are designed to cause sexual excitement by showing naked people or referring to sexual acts.

e.g. A nationwide campaign against **pornography** began in the summer. 一场全国性打击淫秽作品的行动在夏季打响了。

That does not work well. Because of the **mismatch** between **lust** and learning, around a quarter of all sexually active women under 24 get pregnant by mistake. Half of them do not use **prophylactics**, some because they know little about them, others because of insufficient access.

Vocab

1. **mismatch** n. a combination of things or people that do not go together well or are not suitable for each other 误配; 错配; 搭配不当

e.g. a mismatch between people's real needs and the available facilities 人民的切实需要和现有设施之间的不协调

2. **lust** n. ~ (for sb) very strong sexual desire, especially when love is not involved 强烈的性欲; 色欲; 淫欲

e.g. Their affair was driven by pure lust. 他们私通纯粹是受淫欲的驱使。

3. **prophylactic** n. =**condom** (medical 医) a medicine, device or course of action that prevents disease 预防性药物 (或器具、措施)

Sentence

Half of them do not use prophylactics, some because they know little about them, others because of insufficient access.

主干: Half of them do not use prophylactics

some because they know little about them 这里 some 自然表示前文的 women under 24, 而 them 则是表示 prophylactics

others because of insufficient access 这里 insufficient access 表示, 不够得到, 即没有获取的方式

The pill is not widely used in China, even by married women. The government encourages the use of **intra-uterine** devices which provide less chance of human error. Until last year advertising condoms on television was banned (abortion, by contrast, is widely **promoted**). **Convenience stores** sell **condoms**, but they are not always available near college campuses.

Vocab

1. **the pill** n. **the pill** or **the Pill** [sing.] a pill that some women take to prevent them becoming pregnant 口服避孕药

2. **intra-uterine** n. within the uterus 子宫内的

3. **promote** v. 促销; 推广; 推销 If a firm **promotes** a product, it tries to increase the sales or popularity of that product.

e.g. Paul Weller has announced a full British tour to **promote** his second solo album. 保罗·韦勒已经宣布到英国巡演, 以推广他的第二张专辑。

4. **convenience store** n. 便利店;便民商店 A **convenience store** is a shop which sells mainly food and which is usually open until late at night.

5. **condom** n. 安全套;避孕套 A **condom** is a covering made of thin rubber which a man can wear on his penis as a contraceptive or as protection against disease during sexual intercourse.

Sentence

(abortion, by contrast, is widely promoted)

这里，插入语影响了主干：abortion is widely promoted 类似的句子很多，短的很容易理解，长的就需要仔细辨别了

Those who do use prophylactics often use them wrongly: a 2014 study found that a quarter of under-17s who got pregnant had used some form of **birth control**. There is also a **flourishing** trade in “**counterfeit** condoms”, **shoddily** made **sheaths** being **passed off** as popular name brands. As a result sexually transmitted diseases are on the rise; 91% of new HIV cases are from sexual contact.

Vocab

1. **birth control** n. 节育; 避孕 **Birth control** means planning whether to have children, and using contraception to prevent having them when they are not wanted.

2. **flourish** v. to develop quickly and be successful or common 繁荣; 昌盛; 兴旺

3. **counterfeit** adj. made to look exactly like sth in order to trick people into thinking that they are getting the real thing 伪造的; 仿造的; 假冒的

4. **shoddily** adv. 质量很差地; 粗制滥造地

5. **sheath** n. 保险套;避孕套 A **sheath** is a rubber covering for a man's penis and is used during sex as a contraceptive or as a protection against disease.

6. **pass off** 顺利地) 进行, 举行 If an event **passes off** without any trouble, it happens and ends without any trouble.

e.g. The main demonstration passed off peacefully...主示威活动和平地结束了。

Sentence

论避孕套的多种表达方式: **sheath, condom, prophylactic**, 当然还有一种文中没有给出:

French letter, 以及 **contraceptive sheath**

Dirty secrets

It is hardly surprising that the abortion rate is so high. The one-child policy has made **termination** a normal phenomenon. Most clinics, private or state, **put a premium** on speed and offer no advice on how to avoid getting pregnant again. So repeat abortions are common: a study of nearly 80,000 Chinese women who terminated pregnancies in 2013, published in October by the Lancet, a British journal, found that 37% were doing so for the second time, and 29% for a third time or more. Unmarried women account for a rising share of these—and are a significant reason why, after an extended period of decline, terminations have been increasing in number since 2003.

Vocab

1. **termination** n. [count noun] an induced abortion 终止妊娠, 人工流产

2. **put a premium** **DM** **put/ place/ set a premium on sb/ sth** to think that sb/ sth is particularly important or valuable 重视; 珍视

Sentence

流产的多种表达方式: **termination, abortion.**

Unmarried women account for a rising share of these—and are a significant reason why, after an extended period of decline, terminations have been increasing in number since 2003.

主干：Unmarried women account for a rising share of these 这里 rising share of these 表示这些人中上升的份额，share 这里是份额的意思，these 在这里指代那些 **made termination** 的人—and are a significant reason why, after an extended period of decline 这里做插入语的成分，这里 an extended period of decline 是下降的一段时间后，terminations have been increasing in number since 2003. 这就是 and 的结构里的主干了。

Although China has no national system for counting abortions (official statistics include only state facilities), a researcher from the National Health and Family Planning Commission reckons there could be 13m terminations or more a year, a figure widely quoted in state media. But Marie Stopes, an international **reproductive**-health agency, reckons that figure could be as high as 40m, given domestic sales for **pharmaceutical** companies selling drugs used in terminations. If that number is correct, around half of all abortions worldwide are in China. The high number of terminations is in marked contrast to the low birth rate. If Marie Stopes is correct, 2.5 babies are aborted in China for every one born, compared with about two live births per termination in Russia and five births to one abortion in America. Even using the widely cited 13m figure, there are nearly as many abortions as births in China each year. That, and not **frank** talk about sex, is China's shame.

Vocab

1. **reproductive** adj. 繁殖的;生殖的 **Reproductive** processes and organs are concerned with the reproduction of living things.

e.g. ...the female **reproductive** system. 女性生殖系统

2. **pharmaceutical** adj. connected with making and selling drugs and medicines 制药的 ; 配药的 ; 卖药的

e.g. pharmaceutical products 药物

3. **frank** adj. 坦白的;直率的;坦诚的 If someone is **frank**, they state or express things in an open and honest way.

Sentence

1. Although China has no national system for counting abortions (official statistics include only state facilities), a researcher from the National Health and Family Planning Commission reckons there could be 13m terminations or more a year, a figure widely quoted in state media.

主干：China has no national system for counting abortions

(official statistics include only state facilities) 这个自然是解释 counting abortions 了

a researcher from... 这里是 although 的转折部分。

a figure widely quoted in state media. 这句是对 13m terminations 的解释

2. If Marie Stopes is correct, 2.5 babies are aborted in China for every one born, compared with about two live births per termination in Russia and five births to one abortion in America.

在表达数据的时候，表达方式：2.5 babies are aborted in China for every one born, compared with about two live births per termination in Russia and five births to one abortion in America.

即：2.5 are ... in A for ..., compared with about 2 in B and 5 to 1 in C.

From the print edition: China

Sex education

Dream of the bed chamber

性教育：床楼梦

China is in the midst of a sexual revolution.

中国正在经历一场性革命。

Time to start educating the young. "SEX, sex, sexual intercourse, penis, penis, vagina." More than 150 undergraduates are sitting in a lecture hall at China Agricultural University in Beijing, shouting loudly. Many are sexually active, or soon will be. Yet for most it is the first sex education class they have attended.

是时候开始教育年轻人了。中国农业大学北京校区的讲堂里坐了超过150位本科生，他们大声喊着：“性、性、性交、阴茎、阴茎、阴道。”他们中有多人正处于性活跃期，或是即将步入这一时期。但是对他们大多数人来说，这是他们的第一堂性教育课。

Their instructor hopes that shouting such words will help youngsters talk more openly about sex. Lu Zhongbao, a 24-year-old forestry student, says he was told as a child that he "emerged from a rock". When he started having sex with his university girlfriend he had little idea about contraception. This evening he arrived an hour early armed with another question: will masturbating damage his health?

他们的导师希望，通过将这类词语大声说出口，能够让这些年轻人更自在地讨论两性话题。24岁林业学在读学生卢忠宝说，他小时候问自己是从哪里来的，得到的回复是“从石头里蹦出来的”。当他开始和他的大学女友有性行为时，他对于避孕毫无概念。今晚他提前一个小时来到讲堂，还带着另一个问题：“手淫会损害健康吗？”

It is not just China's economy that has loosened up since 1979. The country is in the midst of a sexual revolution. A 2012 study found that more than 70% of Chinese people have sex before marriage. Other polls put that figure lower but consistently indicate that over the past 30 years, more young Chinese are doing it, with more partners, at a younger age. But a lack of sex education means that many are not protecting themselves, resulting in soaring abortion rates and a rise in sexually transmitted diseases.

中国在1979年后开放的不仅是经济层面，这个国家更是在经历一场性文化改革。2012年的一项研究表明，超过70%的中国民众曾有过婚前性行为。其他调查结果的数值可能相对较低，但是依然表明在过去30年中，中国有过婚前性行为的人数越来越多，性伴侣数量在上升，而年龄却在下降。但是因为缺乏性教育，许多人没有在性生活中保护自己，这导致了堕胎率的飙升以及性传染病的传播。

The Communist Party has stuck its nose into people's bedrooms for 30 years through its harsh family-planning policies. Yet taboos on sex before marriage prevailed, the result of paternalistic—not religious—values about female chastity, with a dose of Communist asceticism thrown in. Pre-marital sex fell foul of a range of laws, including the catch-all charge of "hooliganism", only scrapped in 1997.

30年来，中共通过严厉的计划生育政策，将权力延伸到人们的卧室里。女性贞洁的传统家庭观念（但这并非宗教原因所致）和中共的禁欲主义相结合，使得婚前性行为依然是禁忌。婚前性行为与某些法律有冲突，其中包括定义模糊的“流氓罪”，这项罪名直到1997年才被废除。

The social climate remains chilly. Most news items about sex involve scandals or crimes.

Schools ban pupils from dating and many deploy "morality patrols" to root out flirting or frolicking couples. Sex outside wedlock is not illegal but children born to unmarried mothers face obstacles obtaining a hukou, or household residency, that entitles them to subsidised education and welfare. Yet with greater freedom from their parents, more money and increasing exposure to permissive influences from abroad, China's youth are clearly separating sex from procreation.

社会对此反应冷淡。许多与性有关的新闻都涉及丑闻或犯罪行为。学校禁止学生约会，还有许多学校会安排“道德巡逻队”来根除情侣调情嬉戏的现象。婚前性行为虽然不违法，但是未婚妈妈的孩子在获得户口（所在地户籍）时会面临障碍，而户籍是人们获得国家教育和福利的前提。但是现在的中国年轻人从父母那里获得了更多的自由，更为富有，同时不断受到国外文化对性较为宽容影响，他们能清楚地分辨性爱与生殖行为。

Education on the subject is compulsory in Japan, South Korea and Taiwan—societies that have some cultural similarities with China. But most Chinese schools teach only basic anatomy.

在日本、韩国和台湾等这些社会文化与中国相仿的地区，性教育都是必修课。但大多数中国学校仅仅只会教授基本的人体结构知识。

This is not entirely for lack of trying. Pilot campaigns in Shanghai and Beijing schools in the 1980s were incorporated into a nationwide programme in 1988 but it was never implemented. In 2008 the Ministry of Education included sex education in the national health and hygiene curriculum. The barriers are not just prudery. Like football, fashion and other teenage pastimes, sex (and learning about it) is seen as a distraction from studies. "Sex is not an exam subject," says Sheng Yingyi, a 21-year-old student.

但是这并不完全意味着没有尝试。20世纪80年代，北京和上海的学校曾经就此开展过试点项目。1988年，试点项目合并到一个全国性的项目中，但该项目从未实施。2008年，教育部将性教育列入健康卫生教育课程中。推行的障碍不止在于谈性色变。和踢足球、追求时尚以及其他青少年消遣活动一样，性和性教育常被视作干扰正常学习的因素。21岁的学生盛莹益说：“性教育并不是考试科目。”

Where classes happen, most students are merely given a textbook. "Happy Middle School Students", written for 12- to 15-year-olds in 2006 and still widely used, refers to sperm meeting egg without describing the mechanics of intercourse. A more explicit volume for primary-school pupils published in 2011, which did explain how sperm were delivered, was criticised for being pornographic.

基本上所有学校开展课程的方式仅仅就是给学生一本书。《快乐中学生》这本2006年出版的教科书专为12到15岁的学生设计，到现在为止依然被许多学校用作性教育教材。但书中只讲述了精子与卵子的融合，没有讲述性交的机制。另一本为小学生设计的教材于2011年出版，书中更直接了当地揭示了精子是如何进入女性体内，但是也因为这样，这本教材被批包含色情内容。

The dominant message is to abstain. A 2013 review by UNESCO and Beijing Forestry University noted the prevalence of "terror-based" sex education, with content largely focused on the horrors of pregnancy, abortion and HIV. Earlier this month a university in Xi'an in central China ran a course entitled "No Regrets Youth" where students received a "commitment card", essentially a pledge to remain a virgin until marriage.

社会的主流声音是禁欲。由联合国教科文组织和北京林业大学于2013年联合发布的研究显示，现在的性教育大多建立在对性的恐惧之上，性教育的内容总体集中在意外怀孕、流产和

艾滋病的可怕之处。这个月早些时候，西安（中国中部）的一所大学开启了一个名为“青春无悔”的课程，要求学生签署“承诺卡”，承诺自己结婚前禁止性行为。

We need to talk

我们需要谈一谈

There is almost no discussion in Chinese schools about love, communication or trust, how to say no or to deal with harassment or abuse. Homosexuality is not discussed, and Chinese parents rarely talk with their children about sex. Peng Xiaohui of Central China Normal University, who runs sex-education classes (including the one at China Agricultural University), had excrement thrown at him last year because of the work he does. Several Chinese and foreign NGOs have tried to fill the gap, but many are now wary after the month-long detention this year of five feminists who had launched a campaign against sexual harassment. Most Chinese youths find out about sex from the internet and online pornography.

在中国的学校中，没有人会讨论有关爱情、沟通或信任，以及面临性骚扰和性侵犯行为时，应该如何反抗和处理。同性恋问题无人提及，而且父母也很少会和子女谈论性的话题。华中师范大学的彭晓辉教授性教育课程（其中就包括在中国农业大学教课），他去年就因所从事的工作被泼粪。有几个中外非政府组织一直尝试弥补这一方面的空缺，但是今年，有五位女权主义者因发起反对性侵犯行为的运动后，遭到政府长达一个月的拘留，所以这些组织现在对此也小心谨慎起来。大多数中国的年轻人通过网络和色情网站了解性知识。

That does not work well. Because of the mismatch between lust and learning, around a quarter of all sexually active women under 24 get pregnant by mistake. Half of them do not use prophylactics, some because they know little about them, others because of insufficient access.

这见效并不大。由于欲望和掌握的性知识不匹配，在24岁以下处于性活跃期的女性中，有四分之一意外怀孕。她们中有一半人不使用避孕套，因为有的人对此并不了解，还有的人无法正常购买。

The pill is not widely used in China, even by married women. The government encourages the use of intra-uterine devices which provide less chance of human error. Until last year advertising condoms on television was banned (abortion, by contrast, is widely promoted). Convenience stores sell condoms, but they are not always available near college campuses.

避孕药在中国没有普及使用，即使已婚女性也是如此。政府鼓励夫妻使用宫内节育装置，来减少人为失误。长期以来，避孕套的电视广告都被禁播，直到去年才解禁（但是堕胎手术的广告却大规模存在）。便利店有避孕套出售，但不是每个校园附近都有便利店。

Those who do use prophylactics often use them wrongly: a 2014 study found that a quarter of under-17s who got pregnant had used some form of birth control. There is also a flourishing trade in "counterfeit condoms", shoddily made sheaths being passed off as popular name brands. As a result sexually transmitted diseases are on the rise; 91% of new HIV cases are from sexual contact.

而使用避孕套的人方法也不得当：2004年的一项研究显示，17岁以下怀孕女性中，四分之一的人曾经采取过某些避孕措施。现在市面上还存有大量“假避孕套”，一些粗制滥造的避孕套经过包装变成了知名品牌。也因为如此，性传染病感染率不断上升，且91%的新艾滋病病患通过性接触感染病毒。

It is hardly surprising that the abortion rate is so high. The one-child policy has made termination a normal phenomenon. Most clinics, private or state, put a premium on speed and offer no advice on how to avoid getting pregnant again. So repeat abortions are common: a study of nearly 80,000 Chinese women who terminated pregnancies in 2013, published in October by the Lancet, a British journal, found that 37% were doing so for the second time, and 29% for a third time or more. Unmarried women account for a rising share of these—and are a significant reason why, after an extended period of decline, terminations have been increasing in number since 2003.

这样看来，如此高的堕胎率也就不足为奇了。计划生育政策使得终止妊娠变成一种常态。大多数诊所，不管是私立还是公营的，进行人流手术时都很看重速度，且不会向患者给出防止再次怀孕的建议。因此多次人流成为正常现象。2013年10月，英国杂志《柳叶刀》发布的一项研究表明，在将近8万名曾终止妊娠的中国妇女中，有37%的人是第二次进行人流手术，有29%是第三次或以上。这些人中未婚女性的比例越来越高，这也是为什么下降了一段时间后，终止妊娠手术的数量自2003年以来又不断上升

Although China has no national system for counting abortions (official statistics include only state facilities) , a researcher from the National Health and Family Planning Commission reckons there could be 13m terminations or more a year, a figure widely quoted in state media. But Marie Stopes, an international reproductive-health agency, reckons that figure could be as high as 40m, given domestic sales for pharmaceutical companies selling drugs used in terminations. If that number is correct, around half of all abortions worldwide are in China. The high number of terminations is in marked contrast to the low birth rate. If Marie Stopes is correct, 2.5 babies are aborted in China for every one born, compared with about two live births per termination in Russia and five births to one abortion in America. Even using the widely cited 13m figure, there are nearly as many abortions as births in China each year. That, and not frank talk about sex, is China's shame.

尽管中国没有专门的组织统计堕胎的次数（官方数据只包含了国有机构的数据），但国家卫生计生委员会的一个研究院认为，每年堕胎数量至少有1300万次，这个数字也常常在官方媒体的报道中出现。但国际生殖健康机构玛丽·斯特普组织认为，从制药公司每年用于终止妊娠药物的国内销售情况看，这个数字应该高达4000万。如果这个数字无误，那么全球范围内一半的堕胎手术都发生在中国。这么高的堕胎数与如此低的生育率形成了对比。如果玛丽·斯特普组织的数据正确，那么每个中国新生儿的出生就伴随着2.5个胎儿被打掉，相比之下，俄国每2个新生儿伴随着1个胎儿死亡，美国每5个新生儿伴随着1个胎儿被打掉。即使是每年堕胎数是被广泛引用的1300万次，那么每年中国出生的婴儿数和被打掉的胎儿数也基本相当。相较于对性的闪烁其词，这才是中国的羞耻所在。