

Dr Miriam Grossman : You're Teaching My Child What ?

<https://www.youtube.com/watch?v=9LWEjAzpaU&feature=youtu.be>

中英文字幕

0:19

Hi , I am Bob Costry, national director of Family First, New Zealand.
您好，這裡是 Bob Costry，紐西蘭「家庭第一」機構的全國總監。

0:23

Dr. Miriam Grossman is a US psychiatrist
Miriam Grossman 博士是一位來自美國的精神科醫師，

0:27

specializing in adolescent and child psychiatry.
專攻青少年及孩童精神病學。

0:30 She recently came to New Zealand to speak at the Annual New Zealand Forum on the Family.
不久前她來到紐西蘭年度家庭論壇演講。

0:34

And during that time she spoke to a group of Auckland principals and boards of trustees and teachers
在此期間，她也與一組來自奧克蘭的校長們、理事會成員及老師們談話，

0:40

about the sex education curriculum and her concern about it.
談論有關性教育課程設置及她對性教育的憂慮。

0:44

Thank you for taking the time to watch her presentation'
感謝您空出時間來聽她的演講

0:48

Now here is Dr. Miriam Grossman.
現在讓我們歡迎 Miriam Grossman 博士。

0:52

Thank you Bob!
謝謝你，Bob！

0:53

When I graduated from medical school,
當我從醫學院畢業時，

0:58

I took an oath.
我曾立下一個誓言。

1:00

I stood up, I raised my right hand and I swore
我站起來，舉起我的右手發誓，

1:05

to prevent disease whenever I could.

無論何時，我都要盡一切力量預防疾病。

1:09

At that moment I believed

當時我以為

1:12

that the battles that lay ahead of me would be

我未來所要面對的是

1:15

against cancer, heart disease

癌症、心臟病

1:19

and emotional disorders.

和情緒失調的戰役。

1:22

But after two decades

但二十年過去，

1:24

and thousands of hours with young patients in distress,

花費了許多時間幫助沮喪下沉的年輕病人後，

1:28

I've discovered that my most challenging fight is not against dangerous diseases,

我才發現我最具有挑戰性的戰鬥並非對抗危險的疾病，

1:36

but against dangerous ideas.

而是對抗危險的理念。

1:40

I'm referring

這裡我指的是

1:43

to ideas that are central to what I'm going to call the Sex Ed industry.

那些我稱為性教育產業的核心理念。

1:47

This industry began in the United States

這個產業起始於美國，

1:54

and like many ill-conceived notions from the America,

如同許多來自美國的病態概念一樣，

1:57

it's been quite successfully exported to the rest of the world.

它已經成功地傳播到世界各地。

2:05

At the helm of the sex ed industry here ,
在這裡，主導性教育產業的組織

2:09

like Family-planning and Rainbow Youth.
例如「家庭計劃機構」和「彩虹青年」。

2:14

For my review of the websites and other material that these groups have created for New Zealand youth,
當我檢查由這些團體為紐西蘭的年輕人所製作的網站及其它文宣時，

2:21

I see that the approach that I'm so familiar with
發現了我所非常熟悉的運作方式

2:24

from the States has been duplicated in your country.
來自美國的性教育模式早已經在你們國家被複製。

2:27

Now as a physician,
作為一個醫生，

2:32

I have one objective - to keep people out of the offices of doctors and therapists.
我的目標是使人們遠離醫生和治療師的辦公室。

2:40

I'm going to demonstrate to you today how the sexed industry makes my job more difficult.
今天我要向你們說明這個性教育產業如何使我的工作越來越困難。

2:51

And I know that that's a strong statement to make.
我明白這是一個措詞強烈的聲明，

2:54

But the priority of groups,
但我仍要說的是，這些團體，

2:57

like Family Planning, is not sexual health; it is sexual freedom.
例如「家庭計劃機構」念茲在茲的，並非性健康，而是性解放。

3:03

The goal of these government-funded organizations is for students to be open to just about any sexual activity.

這些由政府資助的組織正在迫使學生對任何性行為都抱持開放的態度。

3:15

Children are told
孩子們被灌輸一個概念，

3:18

that sexuality extends from cradle to grave.

即性慾是與生俱來的且伴隨一生的。

3:22

Early sexual activity with multiple partners is assumed.

儘早開始與多數人發生性行爲也是理所當然的。

3:29

And high-risk behaviors are normalized,

高風險性行爲是正常的，

3:36

and attitude of openness and adventure is celebrated.

開放和冒險的精神是值得歌頌的。

3:42

Now these, of course, are the very behaviors that fuel the epidemics

正是這些行爲加劇了以下情況的蔓延，

3:46

of genital infections, unwanted pregnancies,

如生殖器感染，意外懷孕，

3:50

abortion and emotional distress,

墮胎和情緒沮喪，

3:54

whether or not a condom is used.

不管過程中是否使用了保險套。

3:58

Young people who practice the lifestyle endorsed by these groups

那些積極實踐這些團體所支持倡導的生活方式的年輕人，

4:02

have more doctors appointments, not less.

反而更頻繁地，而不是更少，出入醫生的辦公室尋求治療。

4:08

And that is so for a simple reason:

這出於一個很簡單的原因：

4:10

when sexual freedom is the priority,

當性解放成爲頭等大事，

4:13

when young people are given the 'Okay' to become sexually active

當我們放任而不是阻止年輕人嘗試性行爲

4:17

and to explore and experiment with multiple partners,

並與多人進行性探索，

4:20

they do just that.

他們就會一直嘗試那樣的行爲。

4:23

And their sexual health suffers.

結果就是嚴重影響他們的性健康。

4:28

You don't need a PhD in public health to understand this.

我想你並不需要有公共衛生博士學位，才能明白這個簡單的道理。

4:33

All you need is common sense.

你所需要的只是常識而已。

4:39

Now these problems are not abstractions to me ,

關於這些問題，我現在並非在談論抽象的概念，

4:43

I'm reporting to you from the front line.

而是向你們報導最前線的情況。

4:46

Over the past 25 years, I' ve seen

在過去 25 年裏，我持續觀察到

4:50

a steady stream of people come through my office

有相當多人來我的辦公室求助，

4:54

who were suffering from the sexual decisions that they had made.

他們正在爲自己過去所做性方面的決定而受苦著。

4:58

Their suffering was 100% avoidable.

而他們的痛苦原本可以完全避免的。

5:04

To make matters worse,

更糟糕的是，

5:08

there wasn't much I could do for them because it was after the fact.

我無力幫助他們，畢竟事情都已經發生了。

5:12

Now I'm not speaking about an occasional patient,

我現在並非在談論一個偶然出現的病人，

5:16

I'm not even speaking about a few dozen patients.

也不是再談論幾十個病例而已。

5:20

I'm saying that I have lost count of the number of patients that I've seen.
我想說的是，對遭遇過類似情況的患者，我已經完全數不清了。

5:23

Most of them are girls and young women
大多數患者是女孩和年輕女人，

5:27

who have been diagnosed with a sexually transmitted infection or
她們中間有些已經被檢測出感染性病，

5:32

were terrified that they could have HIV
有些因著可能感染愛滋病而驚慌失措，

5:36

or they were simply confused and upset
有些則是既迷惑又沮喪，

5:39

after hooking up with a guy a few times,
因為和一個男人發生了幾次關係後

5:43

developing feelings for that guy,
開始對那個男人產生感情，

5:46

and then realizing that emotional attachment
後來更意識到那個男人要的只是性，

5:49

was the last thing that he wanted.
不是感情。

5:53

And often when I explain to these students
當我向這些學生們解釋

5:56

the science that you're about to hear tonight,
那些你們今晚即將聽到的知識時，

6:00

she'd say, "That makes so much sense!
她會說：“這太有道理了！

6:03

Why didn't I know that?
為什麼我以前不知道呢？

6:06

Why didn't anybody tell me that?
為什麼從來沒有人告訴我這些呢？”

6:10

Well, these were good questions. And I began to wonder
嗯，這些都是很好的問題。然後我開始思考

6:14

if I read years ago in my medical journals about,
如果若干年前我在醫學雜誌上曾讀到過相關的內容，

6:18

for example, why girls are so vulnerable to STIs
例如為什麼女孩如此容易感染性病，

6:22

or about the biochemistry of attachment,
或者有關親密情感的生物化學變化，

6:27

which is how we' re wired to emotionally
也就是說，我們如何的因著與人的親密行為

6:30

connect with someone that we' re intimate with.
而與對方產生情感上的聯結，

6:35

why hadn' t this science reached my patients?
但為什麼我的病人沒有機會接觸到這些知識呢？

6:38

I mean they knew all about diet, heart disease,
我的意思是——他們清楚知道關於飲食、心臟病、

6:42

osteoporosis and breast cancer,
骨質疏鬆症以及乳癌的資訊，

6:45

they knew about a whole range of health issues,
他們了解一系列關於健康的問題，

6:47

so why this ignorance about the consequences of intimate behavior?
但為什麼卻完全不清楚親密行為所可能帶來的後果

6:51

These questions
這樣的問題

6:55

and others led me to write the book
和其他一些原因促使我寫了這本書

6:59

'Unprotected' .
《未設防的》

7:02

Each chapter describes a patient of mine
書裏每一章都講述了一個我病患的故事，

7:05

and how they were harmed by the sexual ideologies
他們如何因著性的意識形態

7:09

and omission of biological truths in sex education.
以及性教育中所不提的生物學真相而受害。

7:13

The students that I wrote about in this book
書中所提到的學生和他們的經歷

7:17

made a lasting impression on me.
留給我深刻的印象。

7:21

They turned me into an activist.
他們的故事趨使我採取主動，

7:24

And it's because of them that I'm here today.
也是因為他們，我今天才會站在這裡。

7:29

After 'Unprotected', I went deeper into what's taught in sex education,
出版《未設防的》一書後，我更深入地去了解性教育的具體內容，

7:33

especially the websites and books recommended to adolescence.
尤其是推薦給青少年的網站和書籍。

7:37

As a physician and a parent, I couldn't believe what I had seen.
作為一位醫生和家長，我簡直無法相信我所看到的。

7:42

And that's why my second book was called
這就是為什麼我將第二本書命名為

7:45

'You're teaching my child what?'
“你們在教我孩子什麼？”

7:48

So for the past seven years approximately, I've been studying sex education
所以在過去大約七年裏，我一直致力於研究性教育

7:53

how it began and what it is now.
研究它的過去和現在。

7:57

I was astonished to realize

我非常震驚地發現，

8:00

that sex education is not primarily concerned with preventing disease,

性教育主要並不關切疾病預防，

8:05

rather it' s a social movement.

它比較像是一個社會運動。

8:08

Its goal is to change society.

它的目標是要改變社會。

8:11

That was the case fifty years ago when it began

五十年前性教育興起的時候就是如此，

8:15

and it' s still the case now.

而現在，它仍未改初衷。

8:18

Like all social movements,

如同所有的社會運動，

8:21

sex education is not based on how the world is.

性教育並非為世界現狀而規劃。

8:23

It's based on how the world should be.

乃是為世界的未來走向而規劃的

8:27

It's based on a dream of vision of the perfect world.

它立足於一個幻想出來的完美世界

8:34

In this world there are no substantial differences between male and female.

在這個世界裡，男女之間沒有本質的差別

8:37

If such differences exist,

即使有差別存在，

8:42

they are not inborn, they are not eternal,

也並非天生的，更不是永久不變的，

8:45

they are due to forces in society

男女的差別是因為社會中的某些壓力造成的，

8:50

against which we' re obligated to struggle.
而我們因此有義務要與那些壓力對抗。

8:52

In this ideal world,
在這個理想世界裡，

8:53

no particular lifestyle is healthier than another.
沒有哪種特定生活方式比其他方式更健康。

8:57

Chlamydia, herpes, HIV, these infect people in a random manner.
衣原體病毒、疱疹、愛滋病等等疾病只會隨機地感染人群。

9:03

They are equal-opportunity diseases.
任何人感染這些疾病的機率都是一樣的。

9:07

In this world an abortion is like a tonsillectomy.
在這個理想世界裡，墮胎就像做一個扁桃腺切除的小手術一樣。

9:13

This vision appeals to many people because, after all,
這個願景果真吸引了很多人，因為歸根究底，

9:16

why should girls pay a higher price for promiscuity than guys?
憑什麼女生要比男生為性亂交付出更大的代價？

9:19

That' s sexist !
那是性別歧視！

9:23

It's not fair!
那不公平！

9:24

Why should certain sexual encounters be more dangerous than others?
憑什麼說某些性交行為比其他的更危險？

9:29

That's homophobic!
這是恐同症！

9:31

That's also not fair!
那也是不公平的！

9:34

This is a made-up world, it doesn't exist.
這是個捏造出來的世界，它並不存在。

9:38

In the real world, the differences between male and female are vast and permanent.
在現實世界裏，男女之間的差異是巨大且永久的。

9:45

One of these differences is that
其中之一的差別是，

9:48

girls have unique biological sensitivities
女生有著獨特的生物方面的敏感度，

9:50

and early sexual behavior endangers them more than it does boys.
與男生相比，過早進行性行為會對女生造成更大的危害。

9:53

That's not sexist; that's something that is seen under a microscope.
這並非性別歧視，這是通過顯微鏡下看到的，科學研究已經證實了。

10:01

Furthermore, regarding sexually transmitted infections,
與此同時，關於性病，

10:05

certain behaviors and lifestyles are 100% risk-free,
某些性行為和生活方式是完全沒有風險的，

10:08

and others are treacherous.
而其它方式則是有潛在危險的。

10:12

In the real world,
在現實世界中，

10:16

an abortion is devastating for some men and some women.
墮胎對於一些男人和女人來說有著毀滅性的影響。

10:20

It's a wound they carry with them for their entire lives.
他們甚至終其一生都無法忘記這個傷痕。

10:27

These are indisputable facts,
這些都是無可否認的事實。

10:31

there's no debating then.
因此沒有什麼好爭辯的。

10:33

But when the facts including the biological facts challenge the sex educators' vision of a perfect world,
然而每當這些生物學真相的事實挑戰了性教育者關於完美世界的幻影時，

10:41

they are omitted from sex ed.

它們就從性教育的教材中被略去。

10:45

If what's seen under the microscope threatens their dream for society, it doesn't exist.

任何顯微鏡下的真相威脅到那理想的社會，他們便宣稱那證據不存在。

10:51

That's why I contend

這就是為什麼我認為

10:54

that due to this ideology young people,

個意識形態已經讓年輕人，

10:58

especially young women,

這尤其是年輕女人，

11:00

are being sacrificed on the altar of political correctness.

成為確保政治正確性的犧牲品。

11:05

We all detest political correctness

我們都反對所謂的政治立場，

11:07

but in my profession - in the medical profession -

但從我專業的角度，即從醫學的角度來看尤甚，

11:11

when information is withheld,

當相關資訊不透明時，

11:13

if the consequences of abortion for example are whitewashed,

例如，墮胎的後果被忽略，

11:17

if a particular sexual act is discussed in a casual way

如果某些特殊的性行為被看成稀鬆平常

11:21

without waiving any red flags,

而沒有提出任何警告，

11:25

lives are endangered.

生命將遭受危害。

11:29

So the goal is to change society and create a world without sexual taboos and restrictions.

所以性教育的目標是改變社會並創造一個沒有性禁忌和限制的世界。

11:36

Each individual , regardless of age ,
每一個人，不論男女老幼，

11:38

makes his or her sexual choices.
都可自己選擇自己想要的性生活。

11:41

Each person decides how much risk he or she is willing to take
每個人決定他/她可以承擔的風險，

11:47

and no judging is allowed
並且不准任何人指指點點。

11:52

These ideas are at the core of modern sex education or as it's called sometime sexuality education
這些觀點已經成爲現代性教育或性愛教育的核心理念。

12:01

They are very dangerous ideas.
然而這些都是很危險的觀念。

12:05

Three groups pay the highest price
特別三個群體將要付上極高的代價，

12:08

when biological truths cannot be told
只因生物學的真相被掩蓋

12:11

and cradle to grave sexual freedom is celebrated:
以及終生的性解放被高舉，

12:15

girls, women and men who have sex with other men.
那就是：女孩、女人和男同志。

12:22

Please keep in mind
請記住

12:25

that educators described their materials as accurate,
性教育者總是將他們的教材描述成正確無誤，

12:28

ideologically neutral and in the interest of the students' well-being.
意識形態上保持中立，並且考慮到學生的健康。

12:33

They claim to provide your children, your students with all they need to know
他們宣稱可以爲你的孩子們、你的學生們提供他們需要的所有知識，

12:38

to make informed choices.

來幫助他們做出明智的選擇。

12:39

And they insist that they are on the same page as parents.

而且他們堅稱是與家長站在同一陣線上。

12:43

Now I know that there's lots of variation from one school to the next in what students are taught.

當然我明白各校對學生的教導會有差異

12:50

But I think it's important for all of you to know

但是我覺得在座各位需要了解很重要的一點是，

12:53

that when I reviewed the most popular websites and pamphlets created for young

當我審查那些最受歡迎、專為紐西蘭年輕人所製作的網站和小手冊，

12:59

New Zealand people by Family Planning and Rainbow Youth,

即那些由「家庭計劃機構」和「彩虹青年」所製作的文宣，

13:03

I found that they are not medically accurate,

我發現它們在醫學上是不正確的，

13:08

they are not ideologically neutral,

也沒有保持意識形態上的中立，

13:09

and they do not provide students with all they need to know.

或提供學生所需要了解的全部知識。

13:13

I suspect also that what most teens hear at home

我同時也懷疑大多數青少年在家裏所聽到的教導

13:18

is very different from what these groups are telling them.

與這些團體告訴他們的有很大的差異。

13:21

So these authorities promise one thing and do another.

所以這些權威機構所做的與他們所承諾的並不相符。

13:29

Where I come from that's called a hoax.

在我的國家，這叫做騙局。

13:36

And I know that's a serious charge to make,

我知道這是個很嚴肅的指控，

13:39

but I promise you it's the result of years of research and careful deliberation.

但我保證，這個結論是源自於多年的研究和慎重的考量。

13:46

So what I'm going to do now is

所以接下來我要做的

13:50

lay out the evidence that supports my argument.

是展示相關的證據來證明我的論點。

13:54

I must warn you like Bob did that

我必須先提醒你們，像 Bob 一樣，

13:57

I'm about to present some Disturbing information

就是我現在要展示一些令人不安的訊息，

14:01

and I apologize in advance.

並且我為此先向你們致歉。

14:02

But you must see it

可是你們必須要看看這些，

14:06

because this is what's being recommended to your students.

因為這就是正在推廣給你們學生的。

14:11

So I'm gonna show you some of the troubling things that

我將要給你們看一些令人憂心的資訊，

14:14

young people are taught by groups like Family Planning and Rainbow Youth as well as AIDS Foundation

而這正是「家庭計劃機構」、「彩虹青年」以及「愛滋病基金會」教年輕人的

14:19

and then I'll explain the science that's omitted from their message.

然後我會解釋相關的科學知識，也就是他們在性教育教材中所省略的。

14:27

First the claim that's made by these groups

首先，這些團體聲稱

14:31

that they are on the same page as parents.

他們與父母的意見是一致的。

14:35

Almost 70% of New Zealand parents believe

在紐西蘭，大約 70% 的父母認為

14:38

the teen should be encouraged to delay sex at least until after high school.

應當鼓勵青少年盡量晚開始有性行爲，至少應該等到高中畢業以後。

14:44

And in public forums and materials that's written for parents and policymakers, in爲父母和政策制訂者建立的公衆論壇和撰寫的宣傳材料中，

14:50

the sex ed industry insists they have the same goal.

性教育產業堅稱他們也有著同樣的目標。

14:54

For example, your ministry of educations,

例如，貴國教育部出版的

14:58

“Sex ed guide for principals, boards of trustees and teachers”

《爲校長、理事會成員及教師制訂的性教育指南》

15:03

says ‘a key message within our sexuality education program is the need to delay the start of sexual activity.’

其中提出“我們性愛教育項目的重要信息是延遲性行爲開始的年齡。”

:12

And in the New Zealand Herald – it came out a few days ago -

在前幾天的紐西蘭先鋒報裏，

15:16

there was an article about my visit here.

有一篇關於我訪問紐西蘭的報導。

15:21

And there was a response from Family Planning Chief Executive Jackie Edmond.

其中有一個回應是來自家庭計劃機構的總執行長 Jackie Edmond

15:30

And she said to the New Zealand Herald

她對紐西蘭先鋒報說

15:33

‘we support telling people to have loving caring relationships

我們支持並推廣擁有愛和關心爲基礎的情感關係，

15:39

and young people to delay having sexual onset.

並且鼓勵年輕人應當盡量延遲開始性行爲的年齡。

15:42

Now that sounds very good.

這聽起來並沒有什麼問題。

15:48

That sounds like what we want to hear.

確實也是我們所希望聽到的。

15:51

But look at this Family Planning pamphlet for teens

但是看看這本由家庭計劃機構為青少年制訂的小手冊，

15:55

called 'Your choice' .

標題是“你的選擇”。

16:00

It says 'only you should control your sex life.

它提到“只有你自己可以主導你的性生活。

16:04

Make sure it's your choice if or when you sleep with someone,

一定要確認是你自己選擇是否上床或何時上床

16:07

make sure you're really ready.

確認你真的已經準備好了。

16:10

Only you know when it is right for you.

只有你知道什麼時候對你自己來說是正確的時機。

16:13

And from another one of their pamphlets,

另外他們還有一本小手冊，

16:18

it's called 'Questions and answers- To all those interesting question about growing up' .

名叫“問與答---那些有關成長的有趣問題”。

16:25

'There is no right age to have sex.

“並沒有所謂的開始性行為的正確年齡。

16:29

The age someone chooses to have sex is different for everyone.

每個人選擇開始性行為的年齡都不相同。

16:34

It needs to be when it feels right for that individual person.'

只要那個人感覺對了，他就可以選擇發生性行為。”

16:40

Another, a website called the 'World.org' that Family Planning links to.

另外，有一個網站叫“World.org” 是與家庭計劃機構網站相連結的。

16:47

“Before you have sex for the first time,

“在你第一次發生性關係之前，

16:4

there are definitely a few things that need to be discussed.”

當然有一些事情需要討論一下。”

16:53

Are we ready?

我們準備好了嗎？

16:55

How comfortable do we both feel about becoming intimate with each other?

我們對於彼此享有親密關係都覺得很自在嗎？

16:58

Contraception- what options work best for you?

避孕，什麼樣的方式對你們最有效？

17:02

Remember, it's best to use condoms and lube and contraception

記住,最好要用保險套加上潤滑劑以及避孕藥

17:05

until you are in a long term committed relationship.’

除非你打算長期委身在這段關係中。”

17:09

Now I've underlined that

我把那句話加了底線，

17:12

because it implies that you may not be in a long term committed relationship.

是因為那句話暗示你可能不打算長期委身在關係中。

17:18

So kids are told 'it's up to you' .

所以正如你所聽到的，孩子們被灌輸的觀念是：“由你決定”。

17:22

‘There is no right age.

“並沒有所謂合適的年齡。

17:24

Make sure you talk about contraception and make sure you feel ready.’

只要確認你們討論好有關避孕的事，以及確定你們覺得已經準備好了。”

17:28

Now some teens may ask

有些青少年可能會問

17:31

‘How do I know when I feel ready?’

“那我怎麼知道什麼時候我覺得準備好了？”

17:33

So here's some more guidance from Family Planning,
這裡有由家庭計劃機構提出的進一步建議,

17:37

“I think you’ re…” This is a quote from another team.

“我認爲你…” 這裡引用另外一個團隊的話。

17:40

‘I think you're ready to have sex if you feel it’ s right.

“我覺得當你的感覺對了，你就已經準備好發生性行爲了。

17:43

If you like, hear a little voice, you know, don't do it don't do it,
如果你好像聽到小小的聲音，告訴你不要做，不要做，

17:48

you should hold off.

那你最好再等等。

17:51

But you know if it's like Yeah, I'm ready. Then okay.’

但是你如果聽到，是的，我準備好了。那就去做吧。”

17:56

Now mind you, according to this advice, you could have a 13-year-old girl

請注意，根據以上的建議，假定一個 13 歲的女孩

18:01

who meets a 16-year-old boy

認識了一個 16 歲的男孩，

18:03

and after a few days, if she hears little voices saying

幾天後，如果她聽到小小的聲音說

18:07

‘I'm ready, I'm ready. Do it! Do it...

我準備好了，準備好了。做吧！做吧！

18:11

so long there is a condom.

只要有個保險套。

18:13

According to Family Planning, it's just fine.

對於家庭計劃機構來說，這沒有什麼問題。

18:16

So this is certainly not encouraging kids to delay sexual activity ,

所以這樣的教材根本不是鼓勵孩子們延遲性行爲，

18:20

quite the opposite.

而是反其道而行之。

18:22

And you know I challenged Jackie Edmond to a debate or really anyone from any of these organizations. 我曾經挑戰 Jackie Edmond，願意與她或者其他任何組織的任何人來辯論。

18:30

We had the opportunity for a radio debate. 我們曾經有機會可在廣播節目中辯論。

18:35

But no one has stepped up yet to do that, unfortunately. 可惜的是，到目前為止沒有人願意站出來與我辯論。

18:39

Now look at the claim made by sex educators 現在我們來看看性教育者所提出的主張，

18:43

that parents should be the primary educators of their children. 即家長們應該成爲他們孩子的主要教導者。

18:48

This is from another pamphlet for parents. 這資訊出自另外一份寫給家長的小冊

18:51

Parents and caregivers are the first and most important sexuality educators of their children. 對於他們的孩子來說，家長和保母是第一個也是最重要的性教育者，

18:56

Sex education ought to be taught at home. 在家庭當中應該進行性教育。

19:00

Now this implies that what the sex educators do is basically built on the parents' message, right? 這句話意味著性教育者所做的一切是建立在家長所教的知識上，不是嗎？

19:08

It implies that educators and parents are on the same page. 這暗示著性教育者和家長們是站在同一邊。

19:12

But I'd argue that that's not at all the case for example, 但我想證明的是，事實上根本就不是這樣。舉例來說，

19:15

look at this site to which Family-Planning refers students. 請看這個家庭計劃機構推薦給學生的網站。

19:25

In fact, sex ed organizations introduce students to high-risk behaviors, 事實上性教育組織向學生們介紹高風險的行爲，

19:31

discussing them as acceptable healthy options. 並把它們說成是可接受的健康選項。

19:35

But these are activities that most parents don't want their children to even hear about.

然而，這些卻是大多數父母不希望他們的孩子們聽到的性資訊，更別說去做了。

19:42

This is from the website Curious.

以下是選自“好奇”網站。

19:49

I'm gonna let you read this for yourself.

我現在讓你們自己閱讀這些資訊。



The image shows a screenshot of the Curious website. The website header includes the logo 'curious' and a navigation bar. Below the header, there is a main content area with a cartoon illustration of two people. The text on the website reads: 'Don't fit in. Stand Out!' and 'Mouths are soft and warm which makes having your penis sucked feel really good....'. To the right of the screenshot, there is text that reads: 'Rainbow Youth & Family Planning Ass'n - www.curious.org.nz'.

19:53

口交

嘴巴很柔軟溫暖，它可以讓你的陰莖在被吸吮時感覺很舒服

www.curious.org.nz

Be happy with you're a**

You have probably been told ...that your a** is a dirty place and shouldn't be touched. This is silly. People should be happy with all parts of their bodies...

19:58

讓肛門愉悅

也許過去別人告訴你,說你的肛門是個骯髒的地方,所以不要去碰它,但那實在是傻話,人們應該喜歡自己身上的所有部位才對

www.curious.org.nz

It is true that you get rid of waste out of your anus, but that's not the only thing that it's good for. You p**s out your penis, but you can do more things with your c**k than that.

20:07

沒錯,你是用你的肛門排泄,但是它不是只有那一個用處,你也可以用你的陰莖做其他的事

www.curious.org.nz

There are some men who only enjoy being the "top" (doing the f**king), and some men who only enjoy being the bottom (getting f**ked). But most like it both ways. It's good taking turns at being top and bottom.

20:16

有的男人做愛時喜歡在上面，有的男人喜歡在下面，但多數人兩種姿勢都喜歡，所以應該要有兩種體位的經驗

www.curious.org.nz

Your anus is only dirty when it hasn't been cleaned - just like any other part of your body.

20:25

你的肛門只在沒有清洗時才是髒的，就跟你身上其他的部位一樣

20:33

There are many other examples from this and other websites that Family-Planning links to. 你可以從家庭計劃機構網站的友善連結找到更多其他的例子

20:42

So suffice it to say that this all comes from a certain worldview of vision of sexuality, 所以我只想說，這些都源自於一種性愛幻想的世界觀，

20:50

in which the focus like I said is not on health,
如同我所說的，它不是聚焦在健康，

20:54

but on being open and accepting and free of judgment.
而是開放、可接受和毫不指責的態度和氛圍。

20:58

Of course, what is missing here is the biology
顯而易見，教材中缺少的也就是從生物學的角度來說，

21:03

that certain forms of sexual expression are much higher risk than others with or without condoms.
某些性表達行為將帶來更大的風險，甚至與使用保險套與否都無關。

21:09

And the notion that all lifestyles are equal in terms of health is a dangerous one.
而認為所有的生活方式就健康的角度來說並無差別，這種觀念亦是相當危險的。

21:16

Another one of those dangerous ideas that I referred to later, I mean earlier,
另外還有一個非常危險的觀點，正如我之前所提到的，

21:23

so the priority is sexual license, not health
他們的首要任務是獲得性行為的許可，而不是健康；

21:28

and when sexual license for sexual freedom reigns,
當性自由的許可證大行其道時，

21:32

sexual health is going to suffer.
性健康將會遭受損害。

21:35

The claims next are being medically accurate and science based,
然而這些團體接下來卻聲稱他們的建議在醫學上無誤，並且有科學證據的，

21:39

I'm going to begin with the fact
我將就以下事實來說明，

21:42

that girls are biologically more vulnerable to infection than boys and they're not being informed of that.
從生物科學的觀點出發，女孩比男孩更容易受到感染，卻不自知。

21:48

For example, regarding the human papillomavirus,
比如，人類乳頭瘤病毒，

21:53

HPV virus and that's a picture of it,
也就是 HPV，這是病毒的圖片，

21:57

it's actually a lot smaller than that.

實際上它比圖片上看到的小更多。

22:03

Why does the human papillomavirus infect girls so easily?

為什麼女孩如此容易感染人類乳突病毒？

22:07

In the States we have 25% of all teen girls are infected with either this, 在美國，少女中大約有 25% 感染了這種人類乳突病毒，

22:16

mostly this virus and also the herpes virus.

大多數是人類乳突病毒還有皰疹病毒。

22:20

One in four teens.

每四個人裏就有一個感染。

22:23

Why is it so easy for this virus to infect girls?

為什麼女孩這麼容易感染病毒？

22:26

It's because of their immature cervix.

是因為她們尚未發育成熟的子宮頸。

22:30

The cervix is the entrance to the uterus and mmm

子宮頸是通往子宮的通道，嗯…

22:35

or you're looking at here on the left side is the photo of the cervix itself;

你們可以看這裡，左邊這張是子宮頸的圖片；

22:43

the center... central area is called the transformation zone and it is circled with the yellow marking.

這個中間部位叫做子宮頸轉化區，這裡用黃色標註出來了。

22:54

And on the right side of the slide you see a diagram,

而在投影片的右邊，可以看到一張示意圖，

22:58

the diagram indicates that the area that's in the center of the cervix there is only covered by one layer of cells.

圖像標出了子宮頸中間區域只有一層細胞厚度。

23:09

That, the right part of that diagram shows one layer of cells.

在那裏，圖像的右邊顯示了一層細胞。

23:16

And this solitary layer is very easy for viruses and bacteria to penetrate.
這層單薄的細胞使得病毒和細菌非常容易穿透進入。

23:27

As a girl gets older
隨著女孩漸漸長大，

23:30

and she moves into her later teens and her early twenties,
她從十幾歲到二十出頭的年紀，

23:35

this vulnerable area becomes thicker and tougher
這個薄弱的部位變得越來越厚和堅韌，

23:40

as shown on the other side of that diagram.
正如圖像另一邊所顯示的。

23:45

But what you see there on one side is many levels... many layers of cells
但在那邊看到的子宮頸是有很多層細胞的，

23:52

and that's what the mature cervix is covered with
那就是發育成熟的子宮頸所應有的被覆蓋的樣子。

23:56

and that is clearly understandably
所以顯而易見，

23:59

more difficult, if not impossible, for viruses and bacteria to penetrate.
這樣的構造會使得病毒和細菌更難，甚至不可能通過。

24:06

So as a girl gets older with each year that passes,
所以當女孩逐漸成長，一年又一年，

24:10

she's building her own biological protection,
她一直在建造她自己的生物防護罩，

24:16

you could call it, like a shield,
你可以說它就像一個盾牌，

24:18

so it's harder for her to be infected.
所以後來就比較不容易被感染。

24:22

There are...let me show you this.
還有，我再給你們看這個。

24:26

So this is a photograph...what the mature cervix looks like.

這是一張照片，是一個發育成熟的子宮頸。

24:30

It' s smooth and pink and those...

它很光滑，是粉紅色的...而且，

24:33

if you look at it microscopically, (there are) many many layers of cells.

如果你從顯微鏡下看，可以看到很多很多層的細胞。

24:38

And then here is the immature cervix,

然後，這張是未發育成熟的子宮頸，

24:42

and that central orange area is the zone that' s only covered by one cell 中間橙色的區域就是只有一層細胞覆蓋的地方，

24:47

and it' s so easily infected.

它非常容易被感染。

24:49

And we've have found, the research has shown that there are two environmental factors that can delay the maturing of the cervix.

我們已經找到了相關的研究顯示有兩個環境因素會延緩子宮頸的發育成熟。

24:59

Remember what you want is for it to mature.

記住你的目的是要它發育成熟。

25:02

One factor is smoking;

其一是抽煙，

25:03

when girls smoke cigarettes,

也就是說當女孩們有抽煙的習慣，

25:06

their cervix matures more slowly.

她們的子宮頸會發育得更慢。

25:08

The other factor is when they're on birth control pills.

另外一個因素是，服用避孕藥。

25:12

The hormone in the pill can prevent this area from shrinking.

避孕藥中的荷爾蒙成分會阻止這個區域收縮。

25:21

So when we put young girls on birth control pills,
所以當我們讓年輕女孩們吃避孕藥時，

25:25

we may actually be inadvertently increasing her vulnerability to infection.
我們可能實際上無意之中使她們更容易被感染。

25:32

So I like to call these cells... the cover of the cervix...
所以我喜歡稱這些細胞，

25:37

the one layer of cells 'politically-incorrect cells' .
即覆蓋子宮頸的這層細胞為“政治立場錯誤的細胞”。

25:42

Because boys don't have them in their reproductive system,
因為男孩們的生殖系統裏面並沒有這種細胞，

25:48

and you know this just means that boys and girls are certainly different.
而且你知道，這恰恰意味著男孩和女孩確實是不同的。

25:54

This is one of many ways that they are.
這只是他們之間差異的其中一項表現。

25:58

So you see biology,
因此，你從生物學，

26:00

not only morality says,
不僅從道德標準，

26:02

and traditional values and family first says wait,
從傳統價值和家庭觀念都建議等候，

26:07

it's also biology
單就生物學的觀點來看，

26:10

that says it's best to wait.
也是建議性行為最好要等一等。

26:13

Biology also says girls are more vulnerable than boys
生物學也強調，女孩的生理結構比男孩更脆弱，

26:17

and they need to know that.
而她們也需要知道這一點。

26:22

Another interesting thing I can't spend too much time on it
接下來我想花一點時間談另外一個很有意思的事情，

26:26

because I have to get to so many other things;

因為我還有很多其它的事情要講；

26:29

but another reason why it's easy to infect a young woman

話說一個年輕女孩非常容易受感染的另外一個原因，

26:33

is that there are times in her cycle

是因為有月經週期，

26:35

when her immune system is weaker in the middle of the cycle of ovulation

她的免疫系統在排卵期中間時會變得比較虛弱，

26:42

is when she's more vulnerable to infection,

這也是她比平時更容易被感染的時候，

26:48

because your body won't fight it off as easily.

因為你的身體無法像平常一樣抵抗病菌。

26:52

So and this is well-known...this is, you know,

這是眾所周知的，正如你知道的，

26:55

this has been known actually for decades

數十年來這個道理早已為人所知，

26:57

that sexually transmitted diseases pose a severe threat to women's health and fertility;

那就是性病對女人的健康和生育能力帶來的嚴重威脅；

27:02

biological factors place women at greater risk than men.

生物性因素使女人承受比男人更大的風險。

27:06

And this is unlikely to change

而這個事實是不會改變的，

27:10

even if your Counsel for civil liberties threatens a lawsuit.

即便你的公民自由委員會因此威脅要提出訴訟。

27:18

Didn't anyone think that was funny?

你們不覺得這很好笑嗎？

27:22

But the science about girls' vulnerability is omitted from sex education
不過這關於女孩易感染的知識，從坊間的性教育教材中被刪除了，

27:24

is omitted from sex education
從坊間的性教育教材中被刪除了，

27:26

and all the while they claim to be feminists,
然而他們還一直聲稱自己是擁護女權主義者，

27:30

advancing the welfare of young women,
致力於促進年輕女性的福祉，

27:32

it's totally upside down.
事實上卻是本末倒置。

27:35

The immature cervix should be at the front and center for anyone teaching science-based sex education.
對任何以科學為本的性教育者來說，未發育成熟的子宮頸應是首先教導的核心內容。

27:44

Real feminism protects girls and women.
真正的女權主義者應該是保護女孩和女人的。

27:47

A few more things about the human papillomavirus
另外還有一些關於人類乳突病毒的事情，

27:51

is that the emotional consequences are often whitewashed.
即感染所導致的情緒後果常常被粉飾了。

27:54

And I have a study here from New Zealand
我這裡有一個來自紐西蘭的研究，

27:59

showing that 75% of patients experienced depression and anger at their initial diagnosis of human papillomavirus

顯示 75% 的患者在他們初次被診斷出感染人類乳突病毒時，表現出抑鬱和憤怒；

28:06

and for one-third of these feelings persisted for years.
而其中三分之一的人，甚至被這些情緒困擾了很多年。

28:10

Now I'll just remind you that this virus can cause both genital warts
當然我也提醒你，這種病毒會造成生殖器疣

28:15

and in rare cases cervical cancer and other cancers.

以及在少數情況下導致子宮頸癌和其它癌症。

28:22

But overall, sex education in my country and in your country

總而言之，性教育，不管是在我的國家還是在你們國家，

28:29

whitewashes

都隱埋了一個真相，

28:32

what it's like for people when they find out that they have this virus for which there is no cure.

就是當人們發現他們感染了這種不能根治的病毒時的感受。

28:39

There are treatments available

雖然有一些治療辦法，

28:41

but the warts often return.

但疣子常常會捲土重來。

28:45

Now I don't want to get too graphic

現在我不想再展示太多圖片，

28:50

and I know that you just had dinner

因為我知道你們可能剛吃過晚餐…

28:52

or you're about... you just had tea...

或是剛喝過茶，

28:56

or you're about to have tea,

或是你想要喝茶，

29:00

so I won't get graphic.

所以我不再展示圖片了。

29:01

But to enter a relationship

但是你要知道，進入親密關係後，

29:03

knowing that at anytime you could have an outbreak of warts or blisters on your genitals,

若是你常常擔心不知何時自己生殖器官上會突然爆出一大片疣子或者水泡，

29:09

it's hard to feel beautiful,

這會讓你很難有美好的感受，

29:12

it's hard to feel attractive when you're diseased.
當你發病時大概不會再覺得自己有吸引力。

29:19

So this is important stuff.
我想這對你來說是很重要的事。

29:22

Now another big thing that is missing from sex education
另外，有一件很重要的事情，而性教育中並未提到的，

29:27

is that the human papillomavirus can be transmitted through oral sex into the mouth
就是人類乳突病毒可以經由口交行為進入嘴裏，

29:34

and then it stays dormant in the mouth and throat.
而且它會在嘴和喉嚨裏以休眠的形式存活下來。

29:38

And years later it can cause throat cancer.
而若干年後，它可能會引發喉癌。

29:45

I also just learned this last week
而上週我也剛得知，

29:49

that certain strains of the human papillomavirus are associated with increased heart disease.
某些類型的人類乳突病毒和與日劇增的心臟病有關聯。

29:55

They think that the virus inactivates a gene that regulates heart disease.
研究者認為這些病毒會使人體裏面調節心臟疾病的基因失去活力。

30:01

Anyway there's so many things that we don't know about this.
不管怎樣，有很多很多事情是我們所不了解的。

30:05

We shouldn't just say like this fellow that interviewed me
我們不應該像這位曾經訪問過我的老兄一樣，

30:10

at the Herald that New Zealand...
來自紐西蘭先鋒報

30:13

so it's called...the New Zealand Herald.
叫什麼...對，就是紐西蘭先鋒報。

30:16

So we were talking about human papillomavirus
當我們談到人類乳突病毒時，

30:19

and he said 'oh well,everyone gets that. Everyone's gonna get that.'
他只是說“噢！那個啊，大家都有啊。每個人都會得啊！”

30:24

And I just said 'What??' ...

當下我簡直無語了。

30:28

you know... he didn't...really didn't want to hear about it.

你知道嗎...他的舉止像是完全不想聽這些。

30:33

But the truth is that not everyone has this virus

但真相是，並非所有人都有這種病毒，

30:36

and many people manage to escape it.

同樣也有很多人成功地逃過一劫。

30:39

And that is the idea that we should be presenting to our students,

而這個觀點也是我們應該告訴學生們的，

30:43

not that 'everyone gets this' .

而不是告訴他們”每個人都會得這種病”。

30:47

So I was saying that boys...

現在，回到男孩子身上，

30:50

getting back to the cervix and the one cell layer.

關於剛提到子宮頸和單一細胞層的話題。

30:53

Boys don't have this area of vulnerability in their reproductive system

男孩們的生殖系統裏沒有這個脆弱易感染的區域，

30:57

but they do have it in their GI system...their gastrointestinal system.

可是他們也有相似的區域，就在他們的消化系統裏。

31:04

And this is one of many reasons why anal intercourse is so very dangerous.

而這就是另外一個原因爲什麼肛交是非常危險的。

31:10

And this is one of those difficult subjects you need to know though that

同時這也是各種難懂的相關話題中你一定要了解的一個，

31:14

kids are being taught that there are three types of sexual intercourse:

因爲孩子們被告知有三種性交的方式：

31:20

vaginal, oral and anal.

陰道性交、口交和肛交。

31:22

And they do not however learned that even with a condom,

可是他們並不知道即使在使用保險套的情況下，

31:26

anal intercourse is a high-risk activity

肛交也是高風險的行為，

31:29

and this again is based not on morality but on biology.

這與道德問題是不相干的，它的危險是基於生物學的觀點。

31:35

And the vagina has these different properties.

而陰道有著不同的特質。

31:39

It has a low pH

它是一個弱酸性的環境，

31:41

which inactivates the HIV particle;

可以使愛滋病微粒失去活性；

31:46

the mucus has certain proteins that fight HIV as the lining is thick.

陰道內壁很厚，且分泌粘液，它含有一些特殊的蛋白質可以對抗愛滋病毒。

31:50

There's stretching

陰道也是富彈性可伸展的，

31:53

because the vagina obviously is a birth canal

因為它是產道，

31:56

and it's made to deliver a big ten-pound baby.

足以分娩一個十磅大的嬰兒。

32:02

So the vagina is constructed in a completely different way from the rectum

所以陰道的構造與直腸是完全不同的，

32:05

which is made differently

直腸有著異於子宮頸的結構，

32:09

and about also the rectum I discovered in my research has a kind of cell called M cell.

在我的研究中發現，直腸有一種細胞叫做 M 細胞。

32:15

And those cells I write about in my book,
而我在書中寫的那些細胞，

32:18

they actually take the...they take HIV
它們實際上會攫取愛滋病毒

32:22

and deliver it right into the lymphatic system
並將它們送至淋巴系統，

32:26

Which is where it wants to get to, to infect the person.
而淋巴系統正是愛滋感染的途徑。

32:30

So M cells are very dangerous and you don't have them in the vagina.
由此可見 M 細胞很危險，可是在陰道裏並沒有這種細胞。

32:34

So these are some other reasons why for the transmission of HIV,
所以這是另外一個原因為什麼在傳播愛滋病毒上，

32:38

anal intercourse is at least twenty to thirty times more dangerous than vaginal intercourse.
肛交至少有高出陰道性交 20 至 30 倍被感染的風險機率。

32:43

Now I like to give students and my patients the same advice
我喜歡給學生和患者引用一個建議，

32:49

that a friend of mine whose name is John Potter gave to his kids.
就是我朋友 John Potter 給他自己孩子的建議。

32:54

John, for thirty years, was the director of all the STD and AIDS programs in a city called Colorado Springs.

我朋友 John 過去三十年一直擔任科羅拉多水泉市傳染病和愛滋病計畫的負責人。

33:02

And he's author of about 200 publications about STDs,
同時他還撰寫了大約 200 部有關性病的學術著作，

33:05

so he's really an expert.
他真的是這方面的專家。

33:07

Before his kids became sexually active
早在他的孩子們有性經驗以前，

33:10

he told them the anus is an exit, not an entrance.

他就告訴他們，肛門是出口，不是入口。

33:15

This is not the Bible,

這不是聖經的道理，

33:17

he told them, this is science.

他告訴他們，這是科學的事實。

33:20

Nature puts a tape at the center,

大自然好像放了一條橡膠帶在肛門口中間，

33:22

a muscle that stays closed at the entrance of the anus

一條緊繃的擴約肌就設置在肛門的入口，

33:27

for a reason: 'keep out' .

這是有原因的：“禁止進入”。

33:31

Few of us are experts like my friend John,

我們當中少有人像 John 一樣是性傳染病的專家，

33:33

but all kids need to hear his wisdom.

可是所有的孩子都應聽到這樣智慧的建議。

33:38

However they won't be hearing it from the people from Family-Planning or Rainbow Youth

然而，孩子們卻不會從「家庭計劃」或「彩虹青年」

33:43

or even from your Ministry of Health.

甚至你們國家衛生機構的口中聽到這個建議。

33:45

Earlier today Bob showed me some pamphlets

今天早些時候，Bob 給我看了一些小冊子，

33:49

that I guess came from one of other schools.

我猜是從一所學校拿來的。

33:53

And they were written by the Ministry of Health

這手冊的內容由衛生機構的人員撰寫，

33:56

and they did not provide this warning to students.

而他們也並沒有向學生提出以上的警告。

34:03

The real question here is

我想這裡真正的問題在於

34:06

why promote the idea that vaginal and anal intercourse are comparable?

爲什麼性教育極力地將陰道性交和肛交相提並論呢？

34:11

What is behind this notion of generic intercourse?

提倡「陰道性交和肛交一樣好」背後真正的企圖是甚麼？

34:15

What's behind it is the false belief

我想它背後的錯誤信念是

34:18

that males and females are the same

認爲男人和女人都是一樣的，

34:22

and that their unions are equivalent.

他們的結合也是同等的。

34:27

That's what they want your children to believe.

這就是那些團體的人希望你們孩子相信的。

34:32

The last thing that I wanna tell,

最後我想說的是，

34:35

well the next-to-last, that is omitted from sex education,

倒數第二點，在性教育中被忽略的內容，

34:37

that is called the biochemistry of attachment

就是叫做「情感依附」的生物化學原理，

34:38

and this is very exciting science

而這是非常令人興奮的科學知識，

34:42

about human attachment through sexuality.

講到人類如何透過性愛產生情感依附關係。

34:46

I'm gonna quickly tell you a story

我要很快的告訴你們一個故事，

34:49

about a patient of mine who I call Kayla

是關於我的一個患者，我叫她凱拉，

34:53

and she was having one night stands or hookups.

她曾有過一些一夜情和交往關係。

34:59

I worked many years in the Student Counseling Center at a big University.

當時我在一所大學的學生諮商中心工作。

35:05

So she was 18 and she came to my office

那時她 18 歲，來到辦公室找我，

35:08

because she'd been unable to get to class for two weeks.

因為在那之前她已經連續兩週無法上課了。

35:12

She was drinking and smoking pot most of the night

大部分的晚上她會喝酒，抽大麻，

35:16

and sleeping during the day.

而整個白天都在睡覺。

35:19

Kayla was vague about how she'd fallen into this pattern.

凱拉精神恍惚，也不清楚自己怎麼變成這個樣子。

35:22

But soon the discussion turned to David,

然而我們的談話很快就轉到大衛身上，

35:26

a guy who lived down the hall.

一個住在同棟宿舍的男孩。

35:29

He was very nice and cute.

他人很親切，也很討人喜歡。

35:31

And they hung out with the same group of friends.

他們常常跟同一群朋友出去玩。

35:35

One night they started kissing,

有一天晚上，他們開始接吻，

35:37

one thing led to another,

漸漸地一步接著一步，

35:39

and they had sex.

他們發生了性關係。

35:41

After this happened a few times,,
接下來陸續發生過幾次性關係之後，

35:43

Kayla discovered that she had feelings for him
凱拉忽然發現她開始對大衛產生了感情。

35:48

‘I can't stop thinking about him’ she said to me,
“我無法不想他。”她告訴我，

35:51

‘What's wrong with me?’
“我到底是怎麼了？”

35:55

Kayla found that the more time she spent with David
凱拉發現當她與大衛相處的時間越長，

35:57

the more time she needed it.
她就越想更多跟他在一起。

36:00

She wanted a relationship with him.
她想與他成爲情侶穩定地交往。

36:03

But he told her ‘No way.’
可是大衛卻告訴她“門兒都沒有。”

36:06

Now Kayla knew that guys don't like high-maintenance girls,
就這樣，凱拉明白了男孩不喜歡黏人的女孩，

36:11

so she hooked up with him and acted like it didn't matter.
所以她跟他搭上，卻表現出不在乎的樣子。

36:15

‘That's what everyone else is able to do’ she thought, ‘why can't I?’
她想著“既然別人都可以這樣做，爲什麼我不能？”

36:20

But in fact
可是事實上，

36:22

Kayla was always hoping to hear from David constantly,
凱拉總是盼望著可以經常聽到大衛的消息，

36:25

waiting for a text message and checking her email.
總是在等他的簡訊和察看是否有大衛寄來的電子郵件。

36:29

She longed for some signs of connection,
她渴望著有一些他們情感聯結的記號，

36:32

some indication that she meant something to him.
有一些可以表明她對他很重要的蛛絲馬跡。

36:36

People close to her noticed that she was getting irritable and moody.
她身邊親近的人發現她開始變得易怒和情緒多變。

36:40

And because she couldn't concentrate on her work or sleep well,
由於她無法集中精神在學習上，睡眠也不好，

36:44

she began to drink and smoke pot to help her relax.
她開始酗酒、吸食大麻，藉此來讓自己放鬆。

36:50

David was always around
大衛仍然常常在她身邊，

36:52

because he lived right down the hall
因為他就住在同一棟宿舍裏，

36:54

and he was interested in hooking up with her but not much else.
而除了上床以外，他對她其他方面都不太感興趣。

36:57

Things spiral down worse to a point
情勢急轉直下，糟糕到一個程度，

37:02

where Kayla really was not herself.
讓凱拉已經完全變了一個人。

37:06

She was failing 3 subjects,
她有三門功課被當掉，

37:09

she was abusing substances every night.
每天晚上她都服用過量的藥物。

37:12

And when she was high, she would hook up with other guys.
而當她情緒高昂時，就會搭上其他的男孩。

37:17

I told Kayla that I gave her help so she could stop smoking and drinking
我告訴凱拉，我可以幫助她，讓她停止抽煙和酗酒，

37:22

and she was fine with that.

她同意了。

37:24

Then I advised her to stop all hooking up,

然後我建議她不要再搭上任何男孩，

37:28

no kissing, no sex, nothing...

不要接吻，不要上床，什麼都不要……

37:32

at least not for now,

至少現在不要，

37:34

I told her, because she's too fragile emotionally.

我告訴她是因為她的情感還處於很脆弱的狀態。

37:38

Well she just couldn't believe that.

她難以相信我會提出那樣的要求。

37:41

'No kissing?' she asked me, 'I can't kiss any guys?'

“不要接吻？”她問我，“誰都不能親嗎？”

37:47

'Kissing is an intimate behavior' I told her

我告訴她，“接吻是一種親密行為，

37:50

'It has an effect on you.

它會對你有一些影響。

37:52

How about trying it for one week?

要不要先試一個星期？

37:56

Can you agree to that?'

你同意嗎？”

37:58

'Okay' she said 'But this is going to mean a big change of lifestyle.

“好吧”她回答“可這也意味著生活上將有一個大轉變，

38:04

I'm going to need something to remind me.”

我需要一個什麼東西來提醒我。”

38:07

So there is a rubber band on my desk,

剛好我的辦公桌上有一個橡皮圈，

38:10

a white rubber band, so I gave it to her
一個白色的橡皮圈，

38:12

so I gave it to her
所以我送給她，

38:14

and I told her to write on the rubber band 'No hooking up'.
然後告訴她在橡皮圈上寫“禁止勾搭”。

38:18

I told her to put it on her wrist
我要她把橡皮圈戴在手腕上，

38:20

and keep it there until our next appointment
並且戴著它直到我們的下一個約診時間，

38:26

so it would remind her of our conversation.
這樣可以提醒她記住我們之間的談話。

38:29

Well telling a patient to wear a rubber band with advice on it
嗯，要病患配戴一個寫有治療建議的橡皮圈的方法，

38:33

is not something that I learned in medical school,
並不是我從醫學院學到的，

38:37

nor was it any more than a stop-gap solution to this crisis.
它也只不過是因應危機所想的權宜之計。

38:42

But I considered her behavior in an emergency
但我從她的行為判斷，覺得狀況已經很緊急了，

38:44

because whether or not she used a condom,
因為不管她是否使用了保險套，

38:48

I knew that she could show up at her next appointment pregnant
我知道很可能下一次約診時，她已經懷孕了，

38:51

or infected with a sexually transmitted infection.
或已感染一種性病了。

38:55

So I did whatever I could to help her stop these meaningless encounters.
所以我盡我所能幫助她停止這些毫無意義的約會經歷。

39:00

She took the rubber band ,
於是她拿了那個橡皮圈，

39:02

she wrote no hooking up on it and she wore it.
在上面寫了“禁止勾搭”，然後戴在手腕上。

39:07

Now what's wrong with this picture ?
這幅畫面有什麼地方不對勁？

39:10

Kayla was a bright girl.
凱拉是個聰明的女孩。

39:12

In fact she was an honor student in high school.
事實上她曾經被評為高中的榮譽學生。

39:15

She knew very well what was and was not responsible sexual activity.
她非常清楚何謂負責任以及不負責任的性行爲。

39:20

In fact , Kayla and David had followed the guidelines for responsible sexual behavior
實際上，凱拉和大衛遵循了性行爲指導原則中所指出的負責任的性行爲，

39:26

that sex be consensual,
也就是兩情相悅，

39:29

non exploitative,
沒有脅迫或欺壓，

39:30

honest, pleasurable and protected.
彼此誠實，令人愉悅，並且採取了保護措施。

39:33

This was a list that I got from a website in the States
這個清單是我從美國的一個學生網站上摘錄下來的，

39:38

where students...well it' s like a Family-Planning type, website for students.
嗯，它就像家庭計劃機構那種類型的學生網站

39:44

Kayla and David' s encounters met these criteria.
凱拉和大衛的經歷完全符合這些標準。

39:47

They follow the rules.
他們遵守了這些規則。

39:48

So what went wrong?

那到底出了什麼問題？

39:51

What went wrong is that like so many girls

我想問題就出在像很多女孩一樣，

39:54

Kayla was naïve and misinformed.

凱拉太天真了，而且她被誤導了。

39:57

She was completely unaware that as a woman

她也完全不知道作為一個女人，

40:00

she has vulnerabilities related to sexual behavior

當涉及到性行為時，她有著與生俱來的脆弱特質，

40:03

that David doesn't.

而大衛卻沒有這些問題。

40:05

What went wrong is that she didn't realize sex is a serious matter.

問題也出在她沒有意識到性行為是一件嚴肅的事情。

40:10

A single encounter even with protection can change your life forever.

即使採取了保護措施，僅僅一次性行為也會對你的人生產生一輩子的影響。

40:16

That's not sexist. That's biology.

那並不是性別歧視，而是生物學。

40:19

When Kayla is with David,

當凱拉和大衛在一起時，

40:21

her brain is flooded with the hormone oxytocin.

她的大腦充滿了荷爾蒙催產素。

40:26

This is a politically incorrect molecule.

這是一個政治上不正確的立場。

40:30

It challenges the belief the differences between men and women are due to socialization.

它對於「男女之差異全部源于社會化過程」的觀點提出了挑戰。

40:38

It also challenges the idea that sexual behavior can be easily separated from emotional attachment.

它也挑戰了「性行為可以輕易與情感聯結切割」的觀點。

40:45

A hormone is a molecule

荷爾蒙是一種分子，

40:48

that travels from one organ to another with a message.

會將信息從一個器官傳遞到另外一個器官。

40:51

Depending on the context, oxytocin carries different messages.

根據荷爾蒙所處的環境，催產素會攜帶不同的信息。

40:55

During labor it travels from the brain to the uterus

在分娩的時候，荷爾蒙從大腦跑到子宮，

41:00

with the message 'Contract and push out the baby' .

攜帶“收縮並把胎兒推出去”的信息。

41:03

During nursing it travels from the brain

在哺乳時，它從大腦跑到乳房，

41:06

to the breasts saying 'Make milk available' .

發出“釋出母乳”的信息。

41:09

It also travels within the brain

它同時還會在大腦裏旅行，

41:12

with messages about emotions and behaviors.

攜帶著關於情感和行為的信息。

41:15

If you take a virgin rat

如果你拿一隻未交配過的母鼠，

41:19

and you inject her with oxytocin,

給它注射催產素，

41:22

and then put her in a cage with another rat' s litter

然後將它與其他母鼠所生的一窩幼鼠放在同一個籠子裏，

41:27

she will act toward that litter as if those babies are her own.

她會善待那窩幼鼠如同自己的孩子一樣。

41:33

So oxytocin carries a message,

所以催產素會傳遞信息，

41:36

create a bond,
製造出一個聯結，

41:39

create an emotional attachment.
激發出情感的依附關係。

41:42

And what's important for young people to know is that
對年輕人來說，很重要且需要知道的一點是

41:44

this hormone is released during intimate behaviour as well.
當我們與人親密時，也會釋放出荷爾蒙來。

41:49

Intercourse is not necessary
甚至在還沒有發生性交前，

41:52

and need I say that condoms have no effect on the actions of this hormone.
而且保險套也無法阻擋這荷爾蒙的作用。

41:57

Am I proposing that a casual sexual encounter causes a deep emotional bond
我當然不是在說，偶一為之的性行為也可以建立深厚的情感聯結，

42:02

such as what you see between a mother and child...
如同你所看到母親與孩子之間的聯結……

42:05

of course not that's ridiculous.
那太荒謬了。

42:09

But I'm suggesting that girls must learn from their biology
我其實是建議女孩們必須好好學習與她們生理相關的生物學知識，

42:14

and understand that they are wired not only to experience pleasure for moments of closeness and intimacy,
並且明白當她們在情不自禁地體驗片刻親近和親密的愉悅感時，

42:22

she is also wired to have an emotional reaction.
她們同時也會自然而然地作出一種情感的回應。

42:26

And I don't want to mislead you ,
我並不想誤導你，

42:28

men also have hormones that promote attachment
因為男人也會產生這種促進相互依戀感的荷爾蒙，

42:32

and of course they develop deep bonds to their partners.
因此他們也會與自己的伴侶產生深厚的聯結。

42:37

But remember- men, especially young men,
但是要記住，男人，尤其是年輕男人，

42:41

have a lot of testosterone
會產生很多睪固酮

42:43

and testosterone drives them to want to distribute their DNA
而睪固酮會驅使他們渴望散播自己的 DNA，

42:48

as far and as wide as possible.
而且是傳得越遠越廣越好。

42:53

Another difference between male and female is that estrogen,
另外一個男女之間的差異是，雌激素，

42:57

the female hormone, ramps up the effective oxytocin
就是女性荷爾蒙，它會使得有效的催產素增加，

43:00

and testosterone dampens it.
而睪固酮則會抑制它的產生。

43:04

And very interesting how...
而非常有趣的是...

43:07

when is estrogen highest in a female,43:10
你知道什麼時候女性體內的雌激素濃度最高呢，

43:10

it' s right before she ovulates.
正好就是她排卵之前。

43:12

So the way that we are,
所以這就是我們的樣子，

43:14

if you wanna say if you believe in a creator you can say the way we were created
如果你相信有造物主，你可以說我們被造的樣子

43:18

or if you believe in evolution you can say the way we've evolved,
或者如果你相信進化論，你可以說我們進化成的樣子，

43:22

but whatever you want to say,
但是不管你怎麼說，

43:25

at the time in a woman's cycle,
在一個女生的生理週期中，

43:28

when she has the potential of creating a new life in her
當她有可能孕育一個新生命的時候，

43:37

is when she is most primed to connect to the person that she's with.
正是她最自然而然想與她的伴侶相連結的時候。

43:46

Now in addition to promoting feelings of attachment,
除了激發情感依附的感覺，

43:49

oxytocin also affects our judgment and our risk-taking...
催產素也會影響我們的判斷和願意冒險的程度...

43:57

It dampens the area of the brain that waves red flags when you're about to do something dangerous.
在你準備做出危險舉動時候，它會削弱抑制大腦的判斷力。

44:03

So instead of being very cautious about things,
因此對事情的發展你不再保持警覺，

44:08

you know, instead of a red light
也就是說，你不再看見紅燈，

44:10

you're gonna have a yellow light or a green light.
而是看見黃燈或者綠燈。

44:13

It affects that area of the brain called the amygdale.
催產素會對大腦名叫杏仁體的區域產生影響。

44:16

It's supposed to alert you to something that you're about to do that may not be smart.
而杏仁體的作用是在你將要做一些不明智的舉動時提醒警告你。

44:23

Oxytocin affects that area as well.
是的，催產素也會影響那個區域。

44:26

So basically when Kayla is getting it on as they say with David
所以當凱拉與大衛打得火熱時，

44:33

the oxytocin that's being released affects how she thinks and feels.
她體內產生的催產素影響了她的判斷力和感覺。

44:37

And this is also very interesting
還有個很有趣的事。。。。

44:39

...I'll just take a second...
給我幾秒鐘解釋，

44:41

oxytocin is being used in people with high functioning autism or Asperger's disorder
催產素常用來治療高功能自閉症患者或亞斯伯格症候群患者，

44:47

because autism as you know is a disorder of connection.
因為自閉症如你所知是一種人際關係上的失調。

44:52

These individuals have a lack of attachment to other people,
這些患者因為缺乏與其他情感上的連結，

44:59

they feel anxious with people,
所以在人群中會感到焦慮，

45:01

they don't read social cues well, they don't read facial cues well,
他們不太會解讀社交的暗示，不太明白表情的暗示，

45:06

they avoid looking into people's eyes
他們也迴避與人的眼神交流，

45:09

and it's been found that when you give them some oxytocin,
而研究顯示當你給他們服用一些催產素後，

45:12

they improve in those areas.
他們就會在前述方面表現得好一些。

45:16

So oxytocin switches love and trust on,
所以催產素會打開愛與信任的開關，

45:21

and it switches caution and aversion off.
卻關閉謹慎和厭惡的按鈕。

45:25

So when Kayla asked me what's wrong with her for feeling attached to David
所以當凱拉問我她到底出了什麼問題，他如此依戀大衛

45:30

and yearning for some signs that he was attached to her,
並且渴求獲得一些他也愛她的訊號時，

45:33

I told her 'There's nothing wrong with you.'
我告訴她，你沒有什麼毛病。

45:38

She was relieved to discover she wasn't crazy.
她才如釋重負，相信自己沒有發瘋。

45:41

The only thing wrong with this young woman
事實上，這個年輕女孩的唯一問題

45:43

was her ignorance of her unique female wiring,
是她完全不清楚她身為女性的獨特構造，

45:47

about that she didn't have a clue.
她沒有任何概念。

45:50

But how could she?
可是她又如何能得知呢？

45:52

The sexuality experts who promised to provide her with
那些性愛專家曾經承諾過要告訴她

45:55

medically accurate up-to-date information failed to do so.
醫學上既正確又最新的訊息，可是實際上他們卻沒有做到。

46:01

I'm gonna quickly go through the issues with condoms.
接下來我會很快的講一下關於保險套的問題。

46:06

These are quotes from Family-Planning brochures about condoms:
這裡有一些從家庭計劃機構的手冊裏引用出來關於保險套的廣告：

46:13

'These are great at helping to protect you from STIs,
“它們很好用，會防止你感染性病，

46:16

use them correctly they are ninety percent effective,
如果正確使用，它們有效率高達 90%，

46:19

if use them correctly every time they are ninety percent effective,
如果你每次都正確使用，他們的避孕效果高達 90%，

46:26

get them from your clinic, you can get heaps for three dollars.'

你可以在診所裏買到它們，只要花三塊美金你就可以擁有一大堆。”

46:30

Now this is a problem, because the real numbers are...

現在問題來了，因為真實的數字是，

46:37

in terms of pregnancy,

就懷孕而言，

46:40

perfect use by adults,

那是指成人完全正確無誤地使用，

46:42

perfect use that means every time

意思是說每次都用，

46:47

and using it every time perfectly,

並且每次都完全按照正確方法使用，

46:52

there's a 98...

可達到 98%...

46:56

the avoidance of pregnancy is 98%.

就是避孕率可達到 98%。

46:58

But by typical use by adults,

但如果是按照成人[一般]的習慣來使用呢，

47:01

which means not every time, it slips to 85%.

意思是不見得每次都用，那麼避孕率便會下滑到 85%。

47:07

This is only vis-à-vis (conception) of avoiding pregnancy.

這只是從避免懷孕的角度來說而已。

47:13

So if we look at...but the numbers probably are for teenagers

所以如果我們看...這個數字很可能指的是青少年，

47:19

whose typical use is going to be worse

而他們的典型使用情況，

47:22

we can assume than adults

我們可以假設比成年人更差，

47:24

when you think of alcohol use and impulsivity and so on,
尤其考慮到青少年常喝酒、又容易有性衝動等等因素，

47:28

it's going to be under 85%.

避孕率應該低過 85%。

47:32

But the question was asked in 2001, there was a meeting of experts outside Washington DC

在 2001 年，在華盛頓郊區所召開的某個會議中，一個專家提出了這個問題：

47:39

‘What is the scientific evidence

“有沒有科學證據可以證明

47:40

on the effectiveness of a latex male condom

在陰道性交的過程中，使用男性乳膠保險套

47:44

used to prevent STD transmission during vaginal intercourse?’

可有效阻止性病的傳播？”

47:48

And they met for a week

會議持續了一整個星期，

47:50

and talked and compared and went to the research

專家們一致討論、比較並尋找實驗數據，

47:53

and this was their answer.

終於公布了答案。

47:58

That meant that depends on the organisms.

即保險套是否有效取決於微生物的種類。

48:02

There are many different organisms that we're looking at,

我們研究了很多不同種類的微生物，

48:05

the best numbers are for HIV

發現預防效果最好的是對愛滋病病毒，

48:09

and that number is 80%,

預防率可達 80%，

48:12

the worst numbers are for the human papillomavirus which is probably around 0%.
而最糟的是人類乳突病毒，其預防率幾乎為零。

48:19

So even when condoms are used a hundred percent of the time,
所以即使每次都使用保險套，

48:22

a lot of people are still gonna get herpes and human papillomavirus
還是有很多人會感染疱疹和人類乳突病毒，

48:28

because these viruses live on skin that is not covered by condoms.
因為這些病毒可存活在保險套無法覆蓋到的皮膚上。

48:33

And even if you don't have a blister or a wart,
即使你沒有水泡或疣子，

48:36

the virus can be present on the skin in you
病毒仍然可能存在你皮膚上，

48:39

and a person can share them with somebody else.
而繼續從一個人傳到其他人身上。

48:46

So what bothers me and which should bother all of you is that
因此，現在困擾我的問題，我想也應該困擾你們的是

48:52

these terms are being used like 'very good protection',
這些正在使用的口號，比如“極好的保護”，

48:56

'very effective protection',
“非常有效的保護”，

48:57

'excellent protection' even 'moderate protection'.
“極佳的保護”甚至是“適度的保護”。

49:00

In this study of herpes,
在這個針對疱疹的研究中

49:03

a hundred percent condom use
在百分之百使用保險套的情況下

49:05

only lowered the risk by 30%.
只能降低 30% 的感染率。

49:08

Now herpes is not...this is not fun to have herpes, this is devastating
感染了疱疹可不是鬧著玩兒的，這是可怕的，

49:15

and to only have a 30% lower risk,
如果保險套只能降低 30% 的風險，

49:17

I would not call that 'moderate protection' .
我不會稱之為“適度的保護”。

49:21

Now I wanna just mention that these studies all referred to vaginal intercourse,
另外我想指出的是這些研究全部指的是陰道性交，

49:28

not anal intercourse.
而不是肛交。

49:30

And the Food and Drug Administration of the United States
美國的食品藥品管理局

49:33

which is responsible for approving medical devices,
是負責核准醫療設備的機構，

49:39

and condoms are considered a medical device,
而保險套被認定為一種醫療設備，

49:41

if you go to their website intercourse ,
如果你去看他們的網站，

49:44

they will say condoms may be more likely to break during anal
上面說保險套在肛交的過程中更容易破裂，

49:47

even if the condom doesn' t break, anal intercourse is very risky.
即使保險套沒有破，肛交也是非常危險的。

49:52

Condoms may provide some protection 保險套也許可以提供一點點保護，

49:55

but it' s simply too dangerous to practice.
但仍然是太危險了。

49:58

And this was said by one of our Surgeon Generals years ago,
這是若干年前，我們國家一個衛生部長所說的，

50:02

it's still on the website there 這句話仍然被貼在網站上，

50:05

and I believe that this is what we should be telling young people,
而且我相信這正是我們應該告訴年輕人的，

50:09

‘It’ s simply too dangerous to practice.’

“太危險了，不要那樣做。”

50:12

A word about the teen brain. There’ s just so much science here that I could tell you
我可以分享給你們關於青少年腦部的研究太多了，

50:17

I'm just picking a few vital things.

這裡只是選取了一些很重要的內容。

50:23

All of us who have worked with young people with teens
我們中間所有曾經在青少年中工作過的人，

50:26

know that..... how should I say it.

都知道....該怎麼說呢?

50:28

They do goofy things , use that word goofy right?

他們會做傻事，我用[傻事]這個詞對嗎？

50:34

They do goofy things

他們做完傻事之後。

50:35

and then the next day when you say to them

第二天你再問他們

50:38

‘What were you thinking ?’ What would they say?

“你做那件事時在想什麼？” 他們會怎麼說？

50:42

They often say you know I guess I wasn't thinking.

他們常常告訴你“呃，我當時連想都沒有想。”

50:46

And we've discovered now this is so amazing.

現在我們可以看到這是多麼不可思議的了。

50:49

We've discovered that the part of their brain,

我們發現他們的大腦，

50:54

that the part of anyone's brain

應該說是任何人的大腦

50:57

that is responsible for thinking things out, for analyzing, for thinking of consequences

都有一個部位負責思考、分析和考慮後果，

51:06

you know what's gonna be in the future if I do such-and-such,

也就是思考事情將會如何發展的能力

51:10

that is the part of the brain that matures last

就是這個部分的腦組織（前額葉）最晚發育成熟，

51:14

and it actually doesn't mature until the mid twenties.

實際上是要到 25 歲左右才完全發育成熟。

51:18

And what I have here is an advertisement

我這裡有一個廣告，

51:21

that was run by a company that sells car insurance that's called 'Allstate'.

來自一個汽車保險公司，名叫“全國旅遊通”。

51:27

And they drew on this research about the teen brain to explain to people

他們做了一個關於青少年大腦的研究，藉此來向人們解釋

51:34

why the insurance rates are so high for teenagers and young adults.

為什麼青少年和年輕人的保險費費率如此之高。

51:41

But then when you reach 25, the rates go down.

可是當你年滿 25 歲，費率就降低了。

51:45

So this was their ad

所以這就是他們的廣告內容

51:47

Why do most 16-year-olds drive like they're missing a part of their brain?

“為什麼大多數 16 歲的青少年開起車來就像少了一部分大腦一樣？”

51:52

Because they are and there you have...

因為他們真的如你所看到的，

51:55

it says there teens, 16-year-old brain, there is a part of it missing.

研究顯示 16 歲青少年的大腦，確實是有一部分尚未發育完全。

52:02

But this is not a joke.

這並不是一個玩笑。

52:04

This has really been shown.

你們已經看到了這個研究結論。

52:06

So what is the relevance of it to sex education?

那這結論跟性教育又有什麼關聯呢？

52:09

It's very relevant to sex education.

這個結論和性教育有非常重要的關係。

52:11

Because one of the cool ideas of sex education is that

因為性教育裏面很譁眾取寵的一個觀點就是：

52:17

all we need to do is to give young people information

我們只需要提供年輕人相關資訊，

52:21

and birth control and reproductive health services.

並提供避孕和生育健康方面的服務就好。

52:25

Just give them information information information,

只要給他們一大堆資訊、資訊、資訊，

52:28

truck loads of condoms,

還有一卡車的保險套，

52:30

just keep giving it to them.

只要不斷地給他們這些就好了。

52:33

But we know now

可是現在我們知道，

52:36

that very often the reason for their poor decisions

他們經常做出不明智決定的原因

52:40

is not that they don't have the information,

不是因為他們不知道相關的資訊，

52:43

it's that they don't have the good judgment.

而是因為他們沒有良好的判斷能力。

52:46

And think about it, with condoms you know

想想看，你知道關於保險套…，

52:49

we' re asking teenagers,

我們要求青少年，

52:52

in the heat of the moment,

在那麼熾熱的時刻，

52:54

you know

你知道

52:57

we're asking them to suddenly stop

我們要求他們突然停下行動，

53:01

and you know find the condom,

找到保險套，

53:04

make sure it hasn' t expired,

確認它沒有過期，

53:07

open it up put it on properly,

打開它並且正確地戴好，

53:09

I mean come on, that' s called realistic?

拜託，這實際嗎？

53:13

I think that it's much more realistic to advise students

我覺得更實際的做法是勸告學生們，

53:17

that it's best not to even find yourself in that situation.

最好不要讓你自己處在那種無法抽身的情況之下。

53:23

So I'm gonna wrap up just by telling you that

我想再與你們分享最後一點，就該結束演講了

53:27

in a recent interview I was told that I must be exaggerating.

在最近一次訪問中，有人說我太誇大其詞了。

53:31

I was told it must be hyperbolic

很多人覺得我太誇張，

53:34

when I said that sex education is madness.

因為我說性教育已幾近瘋狂了。

53:37

I do call it madness that it teaches untruth

我確實稱之為瘋狂，是因為它教導謊言，

53:41

and exposes our kids to smut.

並且將各種色情場面呈現在我們的孩子面前。

53:44

If that's true, I was asked,

有人反問我，如果這是真的，

53:46

wouldn't there be congressional hearings about it?

怎麼國會沒有因此舉行關於性教育的聽證會呢？

53:49

But I am not exaggerating.

可是我並非誇大其辭。

53:51

From my perspective,

從我的角度來說，

53:53

having taken that oath to prevent disease,

自從我宣誓要預防疾病之後，

53:57

the principles of...what for me...

那些原則對我來說就高於

54:00

over in the States it's Planned Parenthood and your Family Planning

美國[家庭計畫機構]，及你們的[家庭計劃機構]

54:05

Association or Rainbow Youth,

或[彩虹青年]，

54:09

those principles

那些原則，

54:11

they are madness because they promote sexual freedom

那些機構根本就是瘋了，因為他們是在推崇性解放，

54:16

and when sexual freedom reigns, sexual health suffers.

而當性解放獨霸時，性健康將遭受重創。

54:22

Is every young person going to postpone sex?

每個年輕人被勸告後都會願意延遲發生性行為的年齡嗎？

54:24

Of course not

當然不會。

54:26

but we are still obligated to inform them of the risks they face,

可是我們仍然有義務告訴他們可能面對的風險，

54:31

to teach them biological truths

教導他們生物學真相，

54:34

about their physical and emotional vulnerabilities,

尤其是關於他們生理上和情感上的脆弱性，

54:37

to warn them in an no- nonsense manner about avoiding high-risk behaviors

以萬分嚴肅的態度警告他們應該避免高風險行為

54:42

and to encourage the highest standard.

並鼓勵遵照最高的預防標準。

54:46

That's what we do in every other area of health care.

這正是我們在其他保健領域所倡導的。

54:50

But when it comes to sexuality,

可是當提到性愛，

54:52

kids are being taught that they can play with fire.

孩子們卻被教導他們可以玩火。

54:57

In the waiting rooms of doctors and therapists

在醫生和治療師的候診室內，

55:01

are filled with people who have been burned,

大多是遍體鱗傷的患者，

55:05

inside and out.

包括身體和心靈都是。

55:08

I urge all of you to condemn this dangerous message,

所以我衷心懇求你們譴責這個危險的訊息，

55:13

to tell students that sex is a serious matter,
告訴學生們性是一件很嚴肅的事情，

55:16

that what they're seeing on television and at the movies is fiction.
而他們在電視上和電影上所看到的都是虛構的。

55:19

In fact science affirms
實際上，科學已經證實了

55:23

the age-old wisdom of restricting sexual expression to marriage that is the ideal.
婚前守貞這個古老的智慧之言是最理想的。

55:31

Tell students 告訴學生們，

55:33

that the pain and anguish of sexually transmitted infections and unwanted pregnancies are 100% avoidable.
感染性病和意外懷孕的艱苦和傷痛是百分之百可以避免的。

55:42

It' s all in their hands
這完全取決於他們自己，

55:43

and they can do it.
他們也一定能夠做到。

55:45

Educate yourselves about these government-funded groups
也請各位好好研究一下這些政府資助的團體

55:48

and the material they promote to students.
以及他們所推薦給學生們的教材。

55:51

Don't allow the stuff into your schools.
不要讓那些謊言進入你們的學校。

55:55

There's a lot of work to be done
在這方面可以做的工作還很多，

55:57

and it's not easy to speak of these things.
我知道要談論這些事情很不容易。

56:01

It' s awkward and everyone squirms.
非常尷尬，且令人感到難為情。

56:04

But the stakes are very high

但是我們可能會付上的代價實在太高了，

56:06

and it's too important not to.

它的重要性促使我們不得不去談論它。

56:11

But most of all we really don't want to hear.

我想大多數人一定不希望聽到，

56:13

what I've been hearing from my students

我轉述從學生口中所聽到的。

56:16

We don't want our students to come back to us in a few years

我們不希望自己的學生若干年後回來找我們，

56:20

and say 'why didn't I know?

然後說“爲什麼我當時不知道？”

56:23

“Why didn't anybody tell me?

爲什麼沒有任何人告訴我這些？”

56:26

Thank you so much.

非常感謝你們。