

Growing Up

Know yourself and the world ———
(Human Values for Boys)

Fahmi Merchant



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Stories Matter

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Preface

This book is the best read for boys between the age of 13 years to 20 years. Males, older than 20 years should also read this book to become a guide for boys.

While growing up from a child to a teenager and to an adult, I came across many changes in myself and in the environment around. I experienced many things, got confused, made wrong assumptions, did not understand reasons behind certain happenings or changes, did not realize difference between right and wrong, made wrong decisions and choices, learnt in crude way from others, learnt on the go, made mistakes and did not realize that I grew up without knowing so many things. This happened just because, while I attained maturity, I did not gather the courage to discuss matters of concern with my parents, siblings, peers and friends. I felt scared or ashamed to seek answers to questions that mattered to me the most during my teenage. Moreover, it was a taboo to discuss topic of male sexuality.

Boys when grow up from teenager to adult, they need care and attention. They need guidance, patient hearing and they need honest answers to their questions. Kids ask questions without hesitation, while teenagers think before they ask questions. Due to hesitation, they are not able to seek answers for all their questions, though they have many questions to ask.

When my son became a teenager, I decided to give him most of the knowledge that boys of his age should have and they want to know, but they hesitate to ask. I decided to give him this knowledge in an organized manner, in an unbiased manner and in the right manner. This inspired me to pen down a book for him so that he can read it at his convenience and he can ask me his doubts and queries without hesitation. In order to help him grasp contents of the book, it was important for me to give him this book to read at an age when he is in his early teens and his mind has not got corrupted by the world he interacted with daily. I wanted to teach him all this before he learns them from people who don't know the right perspective, who have crude understanding of the aspects of life and male sexuality or who are out there to spoil him. I completed first draft of this

book when my son turned 13 years old. This is the age when boys still ask questions without hesitation or shame. Questions and doubts that he raised while reading this book helped me give him honest answers. He got answers to his questions at the right age.

After reading this book at the age of 13 years, I recommended him to read it again at the age of 15 years. Thereafter, I recommended him to read this book every year until he turned 18 years old. This has helped him become aware and he is coming out as more confident. He makes it a point to come back and tell me if he faces anything that is mentioned in this book and he is able to deal with them head on and confidently. He is not confused.

I also gave this book to a boy who had just turned 18 years old and he read this book for the first time. Both, my son and this boy came out highly confident in facing the world, changes in them and challenges they faced. The only difference was that, my son who was reading this book from 13 years of age knew things before he faced them; while the boy who read this book for the first time at 18 years of age had several experiences, notions, assumptions, thought processes, confusions and secrecy for which he got clarifications and corrections. Hence, I recommend that boys start reading this book from the age of 13 years to 15 years following the rule “Stitch in time saves nine”.

I also recommend that father or a male guardian answer their queries without hesitation or shame.

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Chapter 1: Adulthood

- Adulthood brings along the following:
 - Maturity
 - Responsibility towards
 - ✓ Family
 - ✓ Society
 - ✓ Nation
 - Wisdom
 - Thoughtfulness
 - Decision making
- Attaining adulthood means entering the age group that is expected to build society and the nation.
- Adults can vote, work, do business, marry, own property, enter contracts etc.

Chapter 2: Child labour

- People below the age of 18 years are not supposed to work.
- They are expected to study and play.
- Below the age of 18 years, people are considered as children.
- If they are made to work, then it is called child labour.
- Child labour is prohibited in constitution.
- People forcing children to work can be punished.

Chapter 3: Adulthood age

- A person becomes adult when he or she reaches the age of puberty.
- In most of the countries, the age of adulthood is 18 years for both girls and boys.
- Puberty can be achieved much before the age of adulthood.

Chapter 4: What it means being adult?

- Be responsible.
- Take care of the family.
- Help in building a better society.
- Help in building nation.
- Respect and care for elders.
- Respect and care for children.
- Respect fellow human beings.
- Use time wisely and constructively for the benefit of self and others.
- Give time to social work.
- Help poor and downtrodden.
- Study, work or do business to earn and support self and family.
- Set goals and work towards achieving them.

Chapter 5: Physical features of an adult

- Man:
 - Have some or more body hair (face, hands, legs, torso, back).
 - Mostly short scull hair (they are usually cut short).
 - Do not wear jewellery.
 - Do not apply makeup.
 - Different private parts:
 - ✓ Chest
 - ✓ Penis and testis (known as genitals)
- Woman:
 - Have negligible body hair.
 - Mostly long scull hair (they are usually kept long).
 - Wear jewellery.
 - Apply makeup.
 - Different private parts:
 - ✓ Breast
 - ✓ Vagina (known as genital)
- Common:
 - Hair in armpits.
 - Hair around genitals and in between the hips.

Chapter 6: Logical features of an adult

- Man:
 - Heavy voice.
 - Physically stronger.
 - Clothing has limited range and colour.
- Woman:
 - Soft voice.
 - Physically less strong.
 - Clothing has variety of range and colour.

Chapter 7: Bad words, slang and bad gesture

- Bad words:
 - They are used to hurt people mentally due to frustration or anger.
 - They are not in good taste.
 - They ascribe bad thoughts to the pure relations of mother, sister, father and brother.
 - They amount to verbal abuse.
 - They create heartburn and anger in the people who are abused.
 - They should not be uttered, accepted or made part of regular language.
- Slang:
 - They are bad or wrong words used in place of right words.
 - They violate decency and hurts people.
 - They should not be uttered, accepted or made part of regular language.

- Bad gesture:
 - They are bad facial formations or bad body movements aimed at offending people.
 - They amount to abuse.
 - They violate decency in physical behaviour.
 - Their use along with bad words and slang amounts to much bigger abuse.

Chapter 8: Myth of manhood

- There are many myths of manhood which teenagers must know about and they must avoid them.
- God has made genders to serve specific purpose in society that are irreplaceable by each other.
- No gender is good or bad, weak or strong, superior or inferior.
- The following myth of manhood must be avoided right from this age:
 - Man must tease women and shame them.
 - Man must abuse, insult and beat women.
 - It is natural to man to give bad words, use slang or bad gesture.
 - Man must practice vices.
 - Man must have some or the other bad habits.
 - He is not a man who does not show his body in public.
 - Man must take advantage of women and cheat them.
 - Man must see dirty pictures and videos of women.
 - Man must watch adult movies.
- These manhood myths are destroying society and resulting in increase in crime and violence against women

Chapter 9: Addiction and intoxication

Addiction means getting habituated to consuming something wrong or doing something wrong. Such consumption or action are repeated on a regular basis and the person is not able to give it up easily.

Consumption of anything that makes a person lose his / her senses is called intoxication. Things that make a person lose his / her senses are called intoxicants.

Addiction to intoxicants lead to dangerous diseases like cancer, tuberculosis etc

Some Intoxicants:

- Alcohol
- Cigarette / anything related to smoking
- Gutka
- Pan
- Pan masala
- Beetle nut
- Tobacco
- Painting materials (Paint, Varnish, Turpentine)
- Printer ink
- Drugs (Cocaine, Heroin)
- Balm

- Tranquilizing medicines (Sleeping pills, anti-depressant, pain killers etc)

Addictions can happen to:

- All or any intoxicant
- Watching television
- Listening to music
- Using phones and tablets
- Games (mobile, online, computer, gadgets)
- Social media
- Online chatting
- Internet surfing
- Some specific websites having bad contents
- Watching bad contents (photos or videos)

Chapter 10: Gambling

- Gambling is called the game of chance.
- Any activity that is performed that assures fortune on success and loss on failure is called gambling.
- Below actions are called gambling:
 - Betting of any kind (through games, sports, challenge, election etc).
 - Playing rummy using cards or online platform.
 - Playing casino.
- It is called as game of chance because there is no particular logic by which a person wins or loses in it.
- Playing of gambling on a regular basis creates its addiction.
- People addicted to gambling at times end up losing everything in life.
- It is very difficult to make a person give up habit of gambling once he / she gets addicted to it.
- Such a person keeps on gambling in hopes of winning fortune.
- Gambling addiction has destroyed many families. Rich people have lost everything and have become poor; and poor have lost everything and have become destitute due to gambling addiction.
- Now a days, several celebrities are promoting online gambling platforms through glamorous means. Gambling platforms use celebrities to promote their platforms and attract people towards

it. We must not fall into their trap by seeing our favourite celebrities promoting such things.

- Promotion of gambling platforms is high during sports seasons like FIFA World Cup, ICC World Cup, IPL etc. These seasons are good times for gambling companies to exploit sporting emotions of fans and convert them into gambling addiction among them.

Chapter 11: Blood donation

- Blood is an important component of the human body.
- Human beings cannot live without blood.
- In certain circumstances, human body requires blood from another person. Some of the circumstances are:
 - Draining of excessive blood due to serious injuries.
 - Contracting diseases that require blood transfusion from time to time.
- If blood is not given to a person falling under these circumstances, he / she will die.
- The need for blood from other human beings is called blood donation.
- Healthy human beings can give away a certain amount of their blood for donation. This limit is prescribed by doctors and it should not be exceeded.
- It is not allowed to sell one's blood. Hence, it can be only donated.
- Donation of blood is voluntary and healthy human being between age of 18 to 65 years can donate blood.
- Doctors assess health of the person before allowing the person to donate blood.

- In order to ensure smooth supply of bloods, hospitals take blood donations in advance and create sufficient stock to cater to the blood requirement on immediate basis. This blood stock is called blood bank.
- Hospitals conduct blood donation camp from time to time to augment their blood bank.
- Blood donation is a good thing to do, as it saves life. It is also a social responsibility of every healthy human being.

Chapter 12: Personal hygiene

- Personal hygiene involves maintaining oneself clean and tidy and well groomed.
- It is important for every human being to follow personal hygiene.
- People who do not care for personal hygiene are considered untidy and careless about themselves.
- Personal hygiene defines the personality and hygienic people have better acceptance among people.
- Personal hygiene includes:
 - Managing hair of skull, face and body.
 - Wearing proper and clean clothes and undergarments.
 - Keeping the body clean by taking regular bath.
 - Ensuring no lice or dandruff.
 - Ensuring proper brushing of teeth and no bad breath.
 - Ensuring clean nose and ears.
 - Ensuring no body / sweat odour.
 - Wearing proper footwear.
 - Ensuring no smell in socks.
 - Using clean handkerchiefs.
 - Ensuring the hands are always clean.
 - Ensuring thorough cleaning of hands before and after eating and after sanitation.
 - Following grooming methods to the extent required and possible.

Chapter 13: Grooming

- Grooming means performing actions to look good (external and internal).
- Grooming is essential part of life. Its choice and intensity differ from person to person.
- External grooming gives better looks and internal grooming gives confidence and comfort.
- External grooming involves:
 - Cutting, setting and combing hair on skull
 - Make up
 - Colouring hair on skull
 - Facial grooming like; trimming ear pinnae hair, nostril hair, eyebrows. Shaving, shaping and trimming facial hair.
 - Trimming or removing hair from body parts that are visible to others.
 - Cutting nails of fingers and toes.
- Internal grooming involves:
 - Trimming or removing hair from hands, arm pits, torso, back, arms, legs, genitals, anus, hips.
 - Body polishing, scrubbing.
 - Laser hair removal.

- Though, hair is natural to body, their uncontrolled growth and growth in wrong places generate dislike among many people. Such people opt for internal grooming apart from external grooming.
- Models, actors and sportsmen are always well groomed as their profession demands it.
- Every society, culture and profession have different grooming norms. People not following the minimum grooming requirements do not get accepted well.
- Well-groomed people are more acceptable than those who are not groomed.

Chapter 14: Race

- Every human being belongs to some or the other group.
- This group is identified by their colour, origin / place of birth, business / profession, country / any place, religion, culture etc.
- A person's identification based on any such group is called his / her race.
- Human beings have a tendency of identifying everyone as part of some or the other group.
- The wrong notion that human being follows is that some of the races are superior than the rest.
- Most of the problems in the world exist because people are differentiated by such groups and people of different groups do not get along with each other.

Chapter 15: Racial Abuse / Slur

- Abuse means demeaning people by calling them funny names, cracking jokes about them, ascribing wrong behaviours to them, making derogatory comments about them.
- Any abuse targeting the people of any race is called racial abuse.
- Racial abuse must be avoided under all circumstances, whether in private or public.
- It hurts the sentiments of the people belonging to the group.
- It may lead to disharmony and violence.
- We should not ascribe a bad behaviour of one or a few persons of a group to the entire group to label them.
- Every group have good and bad people. This is purely based on the person's choice. Generalizing bad behaviour of a few to the entire group is injustice to the large number of people in that group who are not bad.

Chapter 16: Gender attraction

- Kids attain this stage in their early or mid-teen age.
- It means people of opposite genders getting attracted to each other.
- Attraction happens basically due to a natural phenomenon that in this age people find the need to have a person of as partner in life.
- Some get attracted due to desires of lust and sex (this is dangerous and it must be controlled).
- The person should be highly responsible and cautious in dealing with gender attraction.
- It proceeds in the following order:
 - Looking or watching
 - Speaking
 - Being familiar (it is advisable to consult your parents if you wish to go beyond this point).
 - Physical contact (touch, hug, kiss, sex). Persons may destroy their lives if they do this without knowing its consequences.
- Gender attraction can be a start of the love affair.
- Kids usually do not understand how to handle gender attraction as they are not experienced. Hence, it is suggested that they understand its disadvantages and its rules either from either their parents or counsellors.

Chapter 17: Looks and self-adoring

- Kids find their looks important in the age of early teens.
- They feel it important as they adore the looks of their favourite film and sports personalities or anyone whom they adore.
- Kids want to look good. Hence, they pay attention to their face, hair, shape and clothing.
- Looking good becomes a trend in this age.
- They want to have good looking hairstyle, wear good clothes and be in good shape.
- Some kids make efforts like doing work outs in Gym for being in good shape.
- Some feel not interested in any of these and they let it be the way it is.
- Some kids mock those who do not appear overall good. This is called body shaming.
- Body shaming is bad and it should be avoided at all times.
- God has made everyone different. Hence, everyone cannot look same good. Kids must appreciate their looks, try to build over it and do not get carried away with the others who look better than them.
- It is better not to compete with others in looking good. Just be yourself and stay confident about it.

Chapter 18: Physical intimacy

- It is a result of gender attraction.
- It involves physical contact between a boy and a girl.
- It involves touch, hug, kiss and sex. Persons may destroy their lives if they do this without consulting their parents.
- Kids usually do not understand how to handle physical intimacy as they are not experienced. Hence, it is suggested that they understand its disadvantages and its rules from either their parents or counsellors.
- It can at times also lead to physical or sexual violence if the person is not in control of his / her desire.
- Knowing this nature of human being, society recommends marriage.

Chapter 19: Desire for partner and relationship

- In the age of mid-teens, kids feel the need to have a partner with whom they can have relationship.
- The partner is someone who is not from the family.
- The need for relationship is felt as the person feels the need to share with and belong to someone.
- This is a natural phenomenon.
- Society rules recommend marriage in long term to satisfy this need.
- Marriage is a long-term commitment between partners. It is a relationship that also creates families.
- People who are non-committal, they avoid marriage despite having relationship.
- Non-committal people get into the following relationships that do not have advantages of marriage:
 - Too long love affairs
 - Multiple love affairs
 - Too long live in relations
 - Multiple live in relations

Chapter 20: Display of affection

- Affection means liking.
- Showing liking in person or public is called display of affection.
- Affection is displayed in the following manners:
 - Smiling with love
 - Looking with love
 - Talking with love
 - Behaving with love
 - Touching
 - Hugging
 - Kissing
- Affection is displayed usually with the person whom you love.
- People show affection to blood relations or to their partner.
- Display of affection in open or in public is called Public Display of Affection (PDA).

Chapter 21: Proposal

- Proposal is a method of putting forth an idea, a concept, a method, a suggestion or a want.
- Proposal is put forth to another person who has an option of accepting or rejecting it.
- If the proposal is accepted, the proposer and proposed agree to the idea, concept, method, suggestion or want.
- Proposal is a larger term, but teens use this word specific to convey their want for relationships.
- A person requesting or suggesting or offering a relationship to another person is termed as a proposal.
- Proposal is a beginning of either a love affair, live in relationship or a marriage.

Chapter 22: Valentine's Day

- This day is celebrated on 14th February.
- It is celebrated as a homage to Saint Valentine who promoted love and affection.
- Marketers have made a big thing of this day and they promote this day to celebrate relationships.
- Valentine's day is not only meant for couples in love. It is also meant for couples in marriage and people in any relation who have love and affection between them.
- Due to too much focus on affairs between unmarried couples, conservatives in society are against celebrating this day.
- We must understand that love and affection is not only to be shown on this day. It is continuous and need not wait for this day.
- Marketers have destroyed the concept suggested by Saint Valentine for their own gains.

Chapter 23: Dating

- Dating simply means meeting.
- This word is mostly used to describe the meeting between couples (unmarried or married).
- Dating must not turn into physical intimacy without appropriate consultation.
- Marketers are exploiting this term for their own gains.
- Marketers promote dating in the name of Valentine's Day.
- Marketers promote the following as dating:
 - Watching movies
 - Eating at restaurants or cafes
 - Living in hotels together
 - Going for a tour or vacation
- Marketers have also come up with dating sites. These sites help in dating strangers.
- Concept of dating sites is dangerous and against moral values.
- These sites serve the purpose of people who are non-committal in relationships and desire different partners.
- If involved in this concept, the person can destroy his or her life and end up being cheated.

Chapter 24: Love

- Love is liking someone more than yourself.
- It begins with a desire to have a partner for a relationship.
- A person falls in love when he or she starts liking another person.
- Marriage between people who have been in love before is called a love marriage.
- Journey of love is as follows:
 - Gender attraction
 - Proposal
 - Love
 - Marriage
- Not all love affairs lead to marriage.
- Some love affairs experience break-up due to sharp differences that are experienced over a period of time.
- There are some people who get into love affair only to satisfy their desire of physical intimacy and sex. Such people are non-committal and they are only interested in their desires.
- It is important to get into a committed love relationship that can convert into a marriage.

Chapter 25: Arousal

- Generating an excitement in a body and mind of a person by the way of touching body, genitals and their surroundings is called arousal.
- When arousal takes place, a person generates a strong feeling of having sex.
- Some people arouse themselves by touching their body parts and their genitals. This is called self-abuse and it should be avoided.
- Some people feel good with self-abuse and they get addicted to it. Such an addiction is not good.

Chapter 26: Ejaculation

- When arousal reaches an extreme level in a male, it leads to erection, elongating and hardening of the penis.
- At this stage, it is highly likely that testes produce sperms.
- The sperms produced in testes are then released into urinary tract.
- Sperms are released into urinary tract through a liquid called semen.
- This liquid carrying sperms is released from the mouth of penis with a force in very short intervals.
- This release of semen is not controllable even if the male wants to control it.
- The release of sperm by the way of semen through penis with a force is called ejaculation.

Chapter 27: Wet dream

- Boys have certain features that are the signs of adulthood. Some apparent features have been explained in the earlier chapters.
- One of the features is the growth of genitals that makes the person ready to reproduce.
- Enlargement of penis and feeling excited about touch to body parts is one of such features.
- Such an excitement is called arousal.
- Enlargement of penis is also called erection, as it becomes hard.
- When boys grow up, they experience enlargement of their penis with a thought or view or experience of sexual behaviour.
- Penis enlargement accompanied with holding or rubbing it leads to formation of a liquid in the testes called “semen”.
- At the height of arousal, the semen is thrown out through the penis by force uncontrollably.
- This uncontrolled exit of semen from penis is called ejaculation.
- When boys dream of sexual behaviour during sleep, the process of ejaculation takes place while they are asleep.
- They get to know about it’s happening only when they feel wet in their lowers.
- Such dreams are called wet dreams.
- Wet dream is not a disorder, but it is common among boys and men equally.
- Wet dreams among males continue as long as they are capable of reproducing.

Chapter 28: Masturbation / Shagging / Self Abuse

- Some boys or men take the process of ejaculation excitingly and feel too good about sexual arousal.
- In fact, some get addicted to arousal and ejaculation.
- The process of arousal and ejaculation is natural and it is better to take place in the right situation. This process should not be enforced upon oneself.
- People who feel like getting aroused and ejaculate at will, play with their genitals and surroundings of genitals.
- They start with arousal, then lead to erection and then they ejaculate.
- This process is called masturbation / shagging / self-abuse.
- It is known as self-abuse because boys or men end up abusing their own organs to achieve this satisfaction.

Chapter 29: Sex / Reproduction

- Sex means entering into physical contact with or without clothes by a couple such that reproducing organs are used for arousal, excitement and satisfaction.
- Sex is a necessary for reproduction.
- During sex, the erected penis of a male is inserted in the open vagina of a female with mild jerks, leading to arousal and ejaculation. This is called sexual intercourse.
- This leads to generation and passing of male semen into the vagina of the female.
- Male semen carries sperm (reproducing eggs) that enter the female ovaries through vagina.
- When these eggs come in contact with ovaries, they produce foetus which is the start of the new life. This is also known as conception. A woman conceiving is called pregnant (which means she will delivery baby in next 9 months).
- Foetus grow into the baby which remains in a bag under a female body called womb.
- The womb remains the home to baby for approximately 9 months.
- After 9 months, when baby is grown enough, it comes out of the vagina of female and the baby is delivered.
- This makes the parents out of male and female who had sex.

- Since, sex generate a big responsibility, it is advised that it should take place only between married couple.
- Some people have sex without marrying with their partners, which is not advisable.
- In order to avoid giving birth to baby by having sex, some people use contraceptives (condoms among men and contraceptive pills among women).

Chapter 30: What is consent? What is age of consent?

- Consent means both partners agreeing to have sex by their own will without any force or intimidation by anyone.
- The mentioned partner can be a stranger, a known person or a husband or a wife.
- In order to give consent, a person is expected to bear a level of maturity so that he / she can take such a decision with full knowledge of its consequences and should be able to face them.
- Such a maturity comes to a person only after attaining a particular minimum age. This age is known as age of consent. Different countries have different rules for the age of consent.
- In most countries, the age of consent is 18 years. This means that convincing someone to engage in sex who is less than 18 years of age is a crime. Hence, marrying a person of age less than 18 years is also a crime.
- Engaging in sex after the age of consent with mutual consent between both parties is called consensual sex. This is acceptable in most countries. Some countries do not consider consent for sex as valid between unmarried couples.
- Forcing or intimidating someone to agree to have sex is a crime, no matter what is the age of victim. In this case, the rule of age of consent does not apply, because the victim of force and intimidation never gives consent to engage in sex.

Chapter 31: Kissing / Smooching

- Kissing is a way of expressing one's love or affection towards the other person.
- Following types of kissing are natural:
 - Parents to their children
 - Elder siblings to their younger ones
 - Elders to children
- Kissing of the above types though natural, have limits. They are considered offense if they are done on:
 - Body parts
 - Private parts
 - Opposed by the opposite person
 - Done with lust or sexual desire
- Kissing between unrelated people of similar or different ages, between the people of different or same gender cannot be done until both the people involved have given their consent to it. Here too, the law of consent is applied.
- Kissing done by force and / or without applying the law of consent is considered an offense. It amounts to molestation or harassment. Hence, the impacted person can file a complaint of molestation or harassment against the offender.

- Lip to lip kissing between people of similar age or different age, between the people of different or same gender is also known as “smooching”.
- Smooching is common between couple who are married and the couple who are in love with each other.

Chapter 32: Sexting

- Sending messages to anyone that are sexual in nature is called sexting.
- Sexting is considered as offense when the recipient of it is not in agreement of it or is not comfortable with it.
- If the recipient is not liking sexting, it leads to harassment of the recipient and may even create mental disturbance.
- Whether welcomed or not, sexting is not a good thing to do, as it can be anytime used against the sender.
- Sexting remains as evidence that the sender has troubled / harassed the recipient.
- Sexting among consenting couple can be considered, but it is not considered an offense between married couple.

Chapter 33: Body building

- Making efforts or doing work out or exercising in order to build a good body physique or good body muscle is called body building.
- Body building is a passion among some people. It gives them great looks and good feeling.
- Body building also helps in remaining fit and avoid diseases.
- Following are the ways of remaining fit and building body:
 - Weight training
 - Cardio
 - Running
 - Yoga
 - Zumba
 - Dancing
- Body building supplements help a good deal but should be taken only after consulting doctor or nutritionist.
- Diet discipline and life style discipline are important as much a work out regime is for building a good body.
- One should not go overboard in his / her passion for body building that he / she starts taking steroids. Use of steroids give quick results, but it is very harmful for body organs. Excessive usage of steroids can lead to death too.

Chapter 34: Body massage

- Body massage is a therapy that has the following benefits:
 - Increases blood circulation
 - Tones the body
 - Controls fat
 - Detoxifies the body
 - Treats bone and nerve related ailments
- There are many more benefits of body massage.
- It is performed by an experienced therapist by applying special oil on the body. In some cases, it is performed by two therapists.
- It is performed on entire body except genitals.
- Body massage must be taken in right sense and for the right purpose. If it is taken in the wrong sense, it may end up being used for satisfaction of sexual desires.
- Body massage must be performed by the therapist of the same gender. There is no right reason why an opposite gender therapist should perform it. An opposite gender therapist is used only for pleasure.
- Even if it is performed by the therapist of the same gender, we must be cautious not to allow homosexual or lesbian intensions take over the right purpose of it.
- Some of the massage parlours exist only to cater to the customers who are homosexual, lesbian or who have the need to enjoy the touch of opposite gender therapists.
- We must avoid body massage if we are not able to control our wrong desires.

Chapter 35: Dirty jokes

- Jokes that focus on offensive or sexual contents are called dirty jokes.
- Some people take pleasure and feel proud about cracking such jokes.
- Most of such jokes speak lots of wrong about societal relations that are otherwise considered pure.
- Light funny jokes with little or negligible sexual contents can be considered, but one should neither tell or hear jokes that have strong sexual contents. Such jokes if heard and / or told often, becomes a habit. Such a habit is not good.
- Jokes that contain contents that offend societal, cultural, racial or religious beliefs or practice must be totally avoided. We must object to anyone telling or sending such jokes and we should never participate with them.
- We must know that in constitution of some countries, offensive and / or dirty jokes are punishable offense. One may end up in jail if the offended person files a police complaint about the teller.

Chapter 36: Eve teasing

- Teasing, passing dirty / sexual comments, singing dirty / offensive / provocative / irritating songs by men to women is called eve teasing.
- Eve teasing is a punishable offense in constitution of many countries.
- An eve teaser can land up in jail if the victim woman files a police complaint against the eve teaser.
- Eve teasers reflect the loss of moral values among men. It shows that their parents have not taught them moral values and their family and society background is not good.
- Never accompany an eve teaser, as his actions will put a blot on your character too and people will tag you too as an eve teaser. You may end up getting into jail along with him.
- Eve teasing is rampant in some countries and regions and it has become a big social evil in society.
- All boys must grow up with a learning to respect girls. Boys who respect girls are considered an asset in society. Boys who disrespect girls are considered a liability in society.
- Some girls do eve tease on boys, but it is not considered offensive by most of the boys most of the times.

Chapter 37: Unwanted and uninvited advances

- Interaction between people happen in various ways:
 - By looking at each other
 - By using body language
 - By using gestures
 - By talking
 - By touching
- When any of these ways crosses the boundaries of an acceptable norm, it becomes an advance.
- Advances can be made only with the consent of the opposite person.
- If an advance is made without the consent of the opposite person, it is called unwanted or uninvited.
- Unwanted and uninvited advance is considered as a misbehaviour. They are of different degrees. They range from making a person uncomfortable to committing a crime like rape.

- Examples of unwanted and uninvited advances are:
 - Looking at or staring with lust, looking at or staring at body parts
 - Using obscene / sexual body language
 - Using obscene / sexual gestures
 - Using dirty or obscene / sexual language
 - Touching with lust
 - Touching body's private parts or organs
 - Giving an unwanted kiss

Chapter 38: Molesting

- Teasing, passing dirty / sexual comments, singing dirty / offensive / provocative / irritating / sexual songs, being physical with the person of same or opposite gender, stripping a person partial or full and / or enforcing oneself upon him / her by touching inappropriately (unwelcomed touch), groping (unwelcomed hugging or grabbing) is called molesting.
- When number of people molest one or more people, it is called mass molestation.
- Molesting is a publishable offense.
- In order to avoid molestation, one should avoid visiting places where people around are not of good character.

Chapter 39: Disco / Pub / Night club

- Disco / Pub / Night club are the places visited by young or old alike for hang out.
- These places are the centre of social evils as much as they offer relaxation to the people from their routine.
- Youth are increasingly getting attracted to these concepts and many of them are regular to these places.
- These places mostly operate at night.
- Following are the reasons they are social evils:
 - Intoxication is rampant
 - Alcohol is served freely
 - People perform vulgar / dirty dance
 - No restriction or rule for gender interaction
 - Forces people to get habituated to various intoxication and cultural degradation
 - Drugs are available, though secretly
- Visiting such places is a personal choice. But it must be borne in mind that there are several better ways of relaxing oneself from routine. Going to places full of vices (bad things) cannot do any good to oneself or to the society at large.

Chapter 40: Massage parlour

- Massage parlours are meant to provide the following health and wellness services:
 - Body relaxation
 - Treatment for various ailments
 - Offer ayurvedic remedy for chronic body problems
- In some countries, there are no rules for operating massage parlours.
- Only authentic massage parlours give the above-mentioned services in true sense.
- Unauthentic massage parlours offer many other services that are banned.
- Unauthentic massage parlours promote sex, homosexuality, lesbianism etc that have nothing to do with the purpose of their existence.
- People who wish to avail authentic services from massage parlour must be able to identify authentic massage parlours and visit them only.

Chapter 41: Internet

(boon and curse)

- Internet can give you the information about everything. It is also important to know how to differentiate between true and false information on internet.
- The medium of internet is used for both good and bad purpose. There is no rule that applies on internet when it comes to offering the content on it. There are both good and bad elements on internet who want to earn.
- When used in the right sense, internet is a boon, as it is full of information.
- When used in the wrong sense, internet is a curse, as it can offer false / misleading information, fake news, hate contents etc.
- With the advent of social media, internet has lost its authenticity. Many information is being shared on these media without any checks. This is leading to misinformation all across and people are not able to differentiate between true and false.
- There are many websites on internet that are offering only bad / dirty contents. Consumption of these contents is leading to social degradation and increase in crime.
- Some of the games offered on internet promote violence against society and do harm to the users by forcing them to accept dangerous challenges including attempting of suicide.

- Teenagers and illiterate are more vulnerable to wrong things on internet as they are not aware of their consequences. Ignorant among literates too are becoming victims of wrong things on internet.

Chapter 42: Nudity

- Nudity refers to showing body in part or full. It also means not wearing some or all parts of the clothes required to cover one's body.
- It is also known as baring the body. Person who bares body is called naked.
- It is natural for people to get attracted to nudity, particularly when it involves well-shaped and well-groomed body of good-looking people.
- Nudity is against the social norm. Which is why every human being wears clothes when he / she is in front of another person or in front of camera or has a possibility of being watched by someone though alone.
- Nudity is rampant in the following professions:
 - Modelling
 - Fashion shows
 - Movies
 - Advertisements
 - Modelling contests
- Though, nudity is against the social norms, it is a personal choice.
- Some people earn money by going nude or by selling nude pictures of others.

- People who believe in nudity or watch it must think if they would like to watch their near and dear ones naked. If the answer is no, then they should not get habituated / addicted to nudity.
- Hypocrisy is not the answer to get habituated / addicted to nudity.

Chapter 43: Vulgarítý

- Vulgarítý means going naked or making dirty actions or body movements seeing which people get offended.
- Vulgarítý also means talking dirty in front of others that may offend them.
- Being vulgar though is a personal choice, but one cannot force people to watch or hear vulgarítý.
- Such a force may be charged with molestation or harassment or eve teasing that are punishable offense.
- Jokes were started in olden times to give a source of entertainment to the people. But, involving vulgarítý in jokes has led to loss of creativity in jokes.
- Promoters of vulgarítý always say that if you cannot watch it, you close your eyes; if you cannot hear it shut your ears. These people, by promoting vulgarítý are leading to cultural degradation. They are also forcing people to lose their respect for other human beings and for the pure relations through which the family and society are bound.
- People who lack social values get attracted towards vulgarítý and get habituated to it.
- Teenagers come across vulgarítý at school, college, friend circle, television, internet, social media, websites. They must not get habituated to vulgarítý, as they are the ones on whom society depends to build it and not to destroy it.
- Hypocrisy is not the answer to get habituated / addicted to nudity.

Chapter 44: Pornography

- Pornography is projection beyond nudity or vulgarity.
- It involves severe sexual acts performed between one or more people, between people of same or different genders, between human beings and animals.
- Photos and videos of such contents are known as porn / pornographic contents. Concept of making and distributing pornographic contents is known as pornography.
- People who act in pornography are called porn actors. They are even glorified as porn stars.
- The business of pornography is predominantly conducted on internet. Television channels, CDs, DVDs, photos and videos on mobile phones are also the medium of distributing porn.
- Pornography is an absolute degradation of social values and it is denounced by every religion and society.
- Pornography is a form of sexual violence recorded and displayed for the pleasure of others.
- Watching pornography is a personal choice. But people should bear in mind that this is the main source of crime against women across the world.

- Irresponsible and insensitive people who watch pornography are highly prone to conducting the acts they see in it. They mostly end up committing sexual crimes by making innocent people their prey in fulfilling their sexual desires generated by watching porn.
- Hypocrisy is not the answer to get habituated / addicted to pornography.

Chapter 45: Child pornography

- Child pornography is pornography involving children.
- Children or teenagers are many times exploited by some people to make their pornographic contents.
- Children and teenagers are not able to understand what happens to them in this process as they have neither heard about such things nor watched them in past.
- Children especially are highly vulnerable to this.
- Child pornography is practiced usually by strangers (at times even by relatives) to children by using simple influencing measures like offering food, chocolates, toys etc in favour of porn.
- Children never agree to be porn actors with their own will.
- Several baby sitters, orphan shelter home keepers, religious place keepers, teachers etc across the world have been found guilty of child pornography.
- There are adults who like watching child pornography.
- Hypocrisy is not the answer to get habituated / addicted to child pornography.
- Child pornography (making or watching) is a punishable offense.

Chapter 46: Prostitution

- Prostitution involves selling sex for money. People involved in this profession cater to the demands of sexual desires and earn from it. It involves women, men and other genders.
- The place where this takes place is called brothel. Prostitution does not take place only at brothel. It can take place anywhere where such transaction is possible. Prostitutes who operate outside brothel scout for their customers at specific places on roads and places of entertainment and accompany customers to their homes or hotel rooms. They stand on road sides wearing heavy makeup and attractive clothing to scout for customers. They also visit discos, pubs and night clubs to scout for customers.
- Though prostitution is banned in some countries, it still takes place there and government pays blind eye to them. Some countries have legalized this profession and it is conducted openly.
- This profession mostly involves women. Men usually do not operate from brothel, as their prostitution is not so organized and women do not visit brothel to enjoy sex with men; rather they prefer a secret place for it like hotel room or guest house.
- Mostly single men and migrant workers visit brothel. Married men and locals also visit brothel who are addicted / habituated to it. It is also visited by the people who like to have sex with different people frequently.
- Prostitution is considered a social evil because it plays a role in destroying social and cultural values.

Chapter 47: Social impacts of prostitution

- Destruction of social and cultural values:
 - It promotes extra sex before and after marriage.
 - It destroys the concept of family and marriage.
 - People practicing it faces social stigma and they are not accepted in social mainstream.
 - It destroys families and relations of those who visit prostitutes and those who practice prostitution.
- Forcing women into prostitution:
 - There are women who practice prostitution at their will, but most of the times women are forced into prostitution as a consequence of human trafficking or human trade.
 - Young girls and women are kidnapped and sold to brothels by anti-social elements, they are enslaved and forced into prostitution.
 - Anti-social elements take advantage of destitute women, lure them with job offers, convince them to migrate to different cities and then sell them to brothels by cheating them.
 - Girl children born out of prostitutes are also most of the times forced into prostitution by snatching away their liberty to study, work and live free.

- Spread of sex related disease:
 - Having sex with multiple people make prostitutes highly prone to sexual disease like HIV AIDS. The person dies after a few years of getting this disease.
 - HIV AIDS is contagious. A person who has sex with a person suffering from HIV AIDS also gets this disease.
 - HIV AIDS can also spread through sharing of items used for grooming and hygiene like; shaving blade, razor, grooming scissor, tooth brush, nail cutter, etc.
 - It also spreads from blood-to-blood contact between infected person and non-infected person. Example of blood-to-blood contact is when blood producing or open wound of a person comes in contact directly or indirectly with blood producing or open wound of another person.

Chapter 48: Womanhood

- Being woman and having characteristics of woman is called womanhood.
- Women are equal or better human beings on the earth.
- Their contribution to the building of society and nation is immense.
- Since, start of the humanity, men have always treated women with less respect, have oppressed and suppressed them.
- We should know that all of us are born out of a woman and it is our duty to respect and protect them.
- An educated and self-sufficient woman can build a much better family and society.
- Women bear many hardships and sacrifice a lot to give benefits to their family. Men consider this as their duty and ignore their sacrifices. We must not have such an attitude towards them.
- Crime against women take place and are on the rise because, fathers have not taught their sons to respect and protect women.
- Growing boys should learn to appreciate the following about women:
 - Their creation and purpose
 - Their importance in society
 - Their contribution in building families and society and imparting social values
 - Their rights in society
- Women should also be given a fair share in her parents' estate and wealth.

Chapter 49: Foeticide / Abortion

- Ending life of a foetus under the womb of a woman is called foeticide or abortion. This is also called termination of pregnancy.
- Termination of pregnancy / foeticide / abortion usually happen in the following cases in society:
- Married couples decide to end lives of their foetus when they end up conceiving as a result of sexual intercourse but do not want the child to take birth.
- Couple who are not married decide to end lives of their foetus when they end up conceiving as a result of sexual intercourse but do not want the child to take birth.
- Some women who are forced to have sex with men without their consent end up conceiving. Such women usually do not desire to give birth to the child as they term them unwanted. So, they decide to end live of the foetus.
- Sometimes, foetus dies on its own in woman's womb due to medical complications or accident. Then, it becomes essential to do abortion of foetus and remove it from the woman's body to save her life.
- In some countries, foeticide / abortion is a crime. In some countries, it is allowed only in certain conditions.

Chapter 50: Infanticide

- Ending life of a newly born baby (infant) by any mean is called infanticide.
- Couple who fails to terminate pregnancy for any of the reasons discussed under foeticide choose to end life of their newly born babies by one or the other mean.
- Sometimes, at the time of giving birth, medical complications reach such a level where the family have to decide between life of mother or child, else both will die of complications. If the family choose to save the life of the mother, the infant's live is ended medically with family's consent.
- Human beings have stooped so low in committing infanticide that they have been found committing infanticide in many different ways. Below are some of the ways adopted by them:
 - Throwing in garbage bin on road side
 - Throwing in gutter
 - Feeding to dogs
 - Drowning in water
 - Burying under the ground
 - Throwing from height
 - Banging against hard objects or banging with hard objects
 - Chocking by strangling or stuffing something in mouths or throats leading to death due to suffocation
 - Poisoning
- Infanticide is a punishable offense.

Chapter 51: Female foeticide and infanticide

- In some cultures, girl child is considered a burden. This is because:
 - They do not get enough respect in some societies
 - Crime against women is high
 - Getting a girl married requires to pay expensive dowry to the boy's family
 - Single, divorced and widow women are considered a social burden.
 - Education among boys is preferred and male child is given more importance.
 - Boys are considered a family's torch bearer, while girls are considered a burden to offload.
- Though, society has become modern today, but there are many who carry the same orthodox thinking about women. Thus, women continue to suffer.
- Due to this culture, some families do not prefer girl child. This pushes them to take extreme step of killing girls either before or after they are born.

- Killing a girl (in the womb of mother) before it is born by performing abortion is called female foeticide. Killing a girl baby after it is born is called female infanticide. Both female foeticide and infanticide are punishable offense. Gender identification of the foetus is also a crime in some countries where crime rate of female foeticide and female infanticide is high.
- Female foeticide and infanticide reduce the number of females against the number of males in any region or a country. This spoils sex ratio that shows number of females against every 1,000 males in any place, region or country. Sex ratio should 1,000 : 1,000 (female : male). Countries where female foeticide and infanticide is rampant have lesser sex ratio. Such countries have higher crime rate against women.

Chapter 52: Domestic violence

(against women and children)

- Committing violence against women or children by their family members or relatives is called domestic violence.
- Domestic violence involves, Harassment, Beating, Abusing, Sexual violence, Confining, Starving, Killing etc due to prejudice, anger or any other reason.
- Domestic violence usually goes unnoticed because they happen within the family and within the house. Victims are usually dependent on their families for their living. Hence, they suffer and do not complain about domestic violence most of the times. Very few women are found to be standing against such violence, but children are the biggest sufferer as they have no other people or place to depend on and they are not matured enough to understand how to confront such violence.
- Domestic violence is a punishable offense. Any crime against women or children can be reported to police for action.
- Young generation should stand against domestic violence happening within their family.

Chapter 53: Socializing

- Interacting and mixing with other people is called socializing.
- Socializing is an important part of social life.
- It helps a person get known; it helps in knowing people, their nature and preferences.
- Some people are reserved (introvert), who do not socialize much, while some people who are open / bold (extrovert) who socialize a lot and with many people.
- Socializing is done by:
 - Talking and keeping in touch
 - Meeting and going out together
 - Visiting places of each other
 - Interacting on social platforms and groups (physical and online)
 - Making and nurturing friends

Chapter 54: Socializing – Advantages and Disadvantages

- Advantages:
 - You get to know people and people get to know you.
 - You get help from people when you are in need.
 - You get to know more from people than what you know alone.
 - It helps in remaining occupied and happy.
 - You can build trust among the people whom you know.
 - You can promote your business and skills among the people you know and they can further promote you by the word of mouth.
 - If people know you, then you can find the job and get help with much ease.

- Disadvantages:
 - Since, the world consists of many bad elements who look for socializing with people to cheat and exploit them, it is important to be cautious while socializing with strangers.
 - Never socialize with the people about whom you are not sure and whom you do not know enough.
 - Many cases of crime and exploitation occur due to socializing with wrong people.

- It is fine not to socialize with a person rather than socializing with a wrong person and falling prey to fraud, cheat, crime or exploitation.
- You must also know that a person is judged by the company of the people with whom he / she socializes. Hence, keeping company with good people is the right thing to do.
- At times, a bad company makes a person party to the wrongs committed by them.

Chapter 55: Social media

- Social media are the online platforms for connecting and interacting with people around the world.
- Social media have broken the barriers of distance and proximity among the social circle.
- Using this platform, people can connect with and be friend with any person from anywhere in the world. People can be in touch through chats.
- Social media is also used to share moments, events, happenings and opinions.
- Some of the social media platforms are:
 - Facebook
 - Orkut
 - Instagram
 - Twitter
 - WhatsApp
 - Telegram
 - Koo
- Social media platforms have become so popular that every organization and too many people have their presence there.
- Social media helps you make your own profile and page where you can share what you want to.
- There are two types of social media profiles:

- **Private**: This profile is accessible only to your connections.
- **Public**: This profile is accessible to anyone who exist on the platform

Chapter 56: Social media – Advantages and Disadvantages

- Advantages:
 - Helps you connect with anyone around the world and make friends.
 - Helps you remain in touch and interact with anyone whom you know and with any of your connections on social media platform.
 - Easy to share moments, events, happenings and opinions.
 - Helps in promoting business and skills.
 - Helps companies to interact with customers and sell products and services.
 - Helps in reunion of families, relatives and friends around the world.

- Disadvantages:
 - Fraudsters can steal your information to cheat you by hacking your profile or by being your connection.
 - Too much of sharing of information makes a person vulnerable to cheating and fraud.
 - Connecting with wrong people create problems due to their deeds.
 - Someone can make your fake profile to defame you.

- Anti-social elements use it to spread fake news and wrong opinions. They also use robot profiles to share similar opinions and fake news to make people feel that all what is shared is truth (because people are flooded with same opinion and news from too many profiles).
- There is no regulation. Hence, people use any language and they post anything they want to.
- It is also used to spread hatred and incite mob violence against a person, group, race or community.
- What you post on social media can never be erased. Hence, be careful of what you post and share.
- It can also lead to addiction of posting anything and everything; anytime and every time.

Chapter 57: Social groups (Physical and Online)

- Socializing through groups is the best way of interacting with multiple people at the same time.
- In earlier days, people used to meet in groups to socialize. This helped them know more people and make more friends.
- With the advent of social media, people make groups on social media platform for interaction and sharing.
- Though, physical groups still continue, online groups are outnumbered them, as they are easy to form and manage. Most of the physical groups also form online groups for better interaction.
- As far as social groups (both physical and online) are used for the right purpose, it is good. If they are used for the wrong purpose, then you must make sure that you exist such group as soon as you get to know about their wrong purpose.
- Wrong committed by the group of which you are a part, makes you too the part of the wrong doing.
- It is good be selective in joining groups. Join groups only after a thorough evaluation of what the groups do and only after getting satisfied with their activities.
- Police, investigating agencies and government agencies keep track of activities of suspicious groups. Hence, all parts of the group are tracked by them.

- Organizations evaluate social media profiles of candidates before taking decision to employ them. Countries evaluate social media profiles of people before granting them visa or citizenship. Hence, one wrong doing on social media can ruin the person.

Chapter 58: Sharing on social media

- It is easy and convenient to share on social media from anywhere you are. However, sharing on social media comes with its own consequences.
- As far as you are sharing limited, genuine and allowed to be shared information, it is fine. You must take extreme care and avoid sharing information that are too much in detail, false, not allowed for public.
- People who do not observe limits on social media for sharing have fallen into deep troubles.
- Sharing too much about yourself and your life means you are living a public life and there is nothing that others do not know about you.
- Information that are not allowed for public must not be shared, as it may drag you in legal trouble or you may find police or investigation agencies at your door.
- Do not try to trouble people or organization by sharing your bad opinion about them. Please note that it is only your opinion and you must not enforce the same on others by sharing them on social media.
- Since, people to people trust are stronger, many a times, opinions and news are believed simply because a known friend has shared them.

- Please take utmost care before forwarding anything that is sent to you. By forwarding rampantly, you may end up becoming a medium of false propaganda. You hardly know the information you are forwarding is truth or false. Anti-social elements use the public emotion and scare to spread rumours through social media.
- Make sure, you do not like the content on social media that is offensive, hateful, promoting or inciting violence, false information, bigotry or any other wrong doing.
- Make sure, you do not follow social media accounts that are involved in the above-mentioned activities.
- You will be perceived based on the posts you like and based on the accounts you follow on social media.

Chapter 59: Trolling

- An act of abusing, criticizing, taunting and refuting a person online for his / her online post on social media is known as trolling.
- Sharing of opinion against an opinion on online platform becomes trolling when it falls into the category of extreme criticism.
- One can share opinion against an opinion but should avoid trolling, as it mentally disturbs the victim of trolling.
- If you have shared an opinion on social media and you find that you are being trolled for it, just stop reading trolls or just deactivate your social media profile or delete it as you deem fit.
- The more you read trolls, the more you would feel like responding to them. Please note that every response to a troll can get another response. You must know that you are alone and there are too many on the other side. It is best not to attempt to win the war on troll.
- If you do not pay heed to trolls and you do not respond to them, they will subside after some time.
- People who are well known public figure are more prone to trolls for opinions they share on social media.

Chapter 60: Bullying

- Every human being is different. It is important to acknowledge this and appreciate it.
- There are people who feel that everyone should be perfect in all senses. Such people have lesser tolerance to differences and diversity.
- If they find that someone is missing some quality or is not as good as them, they poke fun at him / her and call him / her names.
- When this method is used to trouble a person consistently, it is called bullying.
- Bullying leads to loss of confidence in the victim person and he / she does not remain in good state of mind.
- Excessive bullying may lead to depression or loneliness.
- The victim person may take an extreme step of committing suicide too if he / she does not find support.
- It is important for us to object to bullying and save people from being bullied by others.
- We must give care and support to victims of bullying and help them recover.
- It is also important to confront and correct the people who bully others.

Chapter 61: Groping

- Holding someone with both arms out of affection and with the consent of that person is called hugging. Holding someone with both arms with force and without his / her consent is called groping.
- Groping is practiced by the eve teasers who desire to hug someone, but do not have the permission of that person to do so. Hence, they adopt this method of force. Groping is not just limited to hugging by force. The person doing so, may kiss and touch all parts of the body in a matter of seconds.
- Groping is a punishable offense and it is considered as molestation or harassment.
- Potential groper can be identified as the person who stares at you on a regular basis, who eve teases you or who tries to come closer to you without your permission.

Chapter 62: Flashing

- The term flashing refers to showing something without being asked for. Showing private body parts in public or in private to people who have not permitted it is called flashing.
- Flashing is practiced by the people who are desperate to attract others sexually. It is also at times practiced by those who are mentally disturbed and they do not understand the actions they commit.
- Flashing is considered offensive. It is a punishable offense and it is considered as harassment.

Chapter 63: Stalking

- Following someone on street without permission or tracking someone on social media with wrong intention is called stalking.
- Stalking is an irritation and disturbing to the target person and that person can even get scared to move out alone out of fear.
- Stalkers may have different intentions, but it is mostly sure that there cannot be any good intention behind stalking.
- Stalking is considered offensive. It is a punishable offense and it is considered as harassment.
- Boys who do stalking of girls for fun should be aware that they can land up behind the bars if the girl or her family members lodge a police complaint of harassment against them.

Chapter 64: Celebrities

- Well known personalities like film actors, sports stars etc are called celebrities.
- Celebrities are known for their work in the field in which they have excelled.
- Celebrities become the source of following by general public and people try to imitate them. This is the reason why companies use celebrities to advertise their products. Products advertised by celebrities are sold quickly.
- They can exercise high influence on society.
- They have a great responsibility on their shoulders to either mould society in the right direction or destroy its social and cultural fabric.
- A socially responsible celebrity will ensure not to influence society negatively. He / she will always promote good social values and shun social evils.
- Now a days, in order to earn more and more money, most of the celebrities are busy promoting anything that gets sold and anything that gets them money. Hence, in the name of promotion by celebrities, too much of cultural degradation is taking place.

- The example of bad influence by celebrities are:
 - Advertising habits like smoking, alcohol, gambling and other addictions
 - Acting in movies that have highly objectionable contents like sex, bad words etc.
 - Selling objectionable ideas in the name of comedy and entertainment (AIB etc).

Chapter 65: Celebrity life

- Celebrities live a dual life (personal and public). People see their public lives more often. Their personal lives are private to them and they do not wish to share it with public at large.
- Most of the fans of celebrities often try to imitate them in every walk of their lives.
- We must know that being fan of a celebrities is one thing and imitating them is another. We must know that we should stop following celebrities the moment we find them being irresponsible.
- We may have soft corner for celebrities whom we like, but when they commit crime or anything that is punishable in the law, we must stand by the law.
- Celebrities live a much different and liberal lives than the general public. It is because, they have money and power at their disposal. These two things, save them usually from consequence of the mistakes they do. Whether it is crime or divorce or extra marital affair or anything else, they do not suffer from them as much a common person may suffer if he / she does all these being influenced by the celebrities.
- Hence, idealizing celebrities is fine, but trying to match our personal lives with theirs is not.

Chapter 66: Hook up

- Hook up is a temporary relationship entered between two people of same or different genders.
- This relationship exists for a temporary period and breaks after that.
- People also use this relationship for fun and for sexual purpose.
- People who engage in hook up are not committed to the relationship. They exist in relationship only for their selfish desires. After completion of their desires, the couple break up, stop meeting and forget about each other.
- There are no emotions in hook up and one should not expect anything from it other than satisfaction of their desires.
- Any attempt made to make hook up a committed relationship turns into heart break and depression, as the other person would never want to commit to the relationship.
- A victim of hook up will always have a feeling that he / she has been used for desires and then left alone.
- People who are addicted to hook ups keep hooking up with newer and newer people to enjoy them.
- Evidences and traces left from a hook up relationship can cause troubles in a person's marriage and family relationships.
- Hook ups are not advisable, as they exist only to cater to selfishness.
- Women in this relationship suffer mostly.

Chapter 67: One night stand

- Getting into one night relationship with a person of same or different gender in order to have sex is called one night stand.
- This relationship lasts only for one night and the couple break up after that. It may take place between known or unknown people.
- People who are addicted to one night stand keep having it with newer and newer people to enjoy them.
- Evidences and traces left from a one-night stand can cause troubles in a person's marriage and family relationships.
- One night stand is not advisable, as it exists only to cater to sexual desires.
- Women in this relationship suffer mostly.

Chapter 68: Live in relationship

- Relationship between same or opposite gender in which they live like a couple and depend on each other without being married to each other is called live in relationship.
- There is no specific time frame for live in relationship.
- Those people enter in this relationship who want to stay with each other but do not want to get married during that time.
- Live in relationships are common among celebrities, rich, outward going people and migrants.
- Celebrities mostly engage in this relationship prior to the marriage with the person whom they want to marry. According to them, since, marriage is a committed relationship, living in for a reasonable time will help them know each other better. Thus, they can decide whether to marry or not. This is because, divorce costs them a lot socially and materially.
- Any kind of sexual relationship before marriage is not advisable. Celebrities have been practicing this for a reason best suited to them, but following them blindly and practicing it may lead to irreversible damage.
- Since, there are no social rules governing this relationship, it can be broken mutually or one sided anytime. This is the reason this relationship is not advisable.

Chapter 69: Body parts and use / purpose

	Body Part / Organ	Use / Purpose	Not a right use
Common	Mouth	Speaking, eating, breathing	Blow job (sucking someone's penis)
Common	Fingers	Holding objects	Inserting in Anus / Vagina
Common	Anus	Passing gas and stool	Anal intercourse, insertion of foreign objects
Man	Penis	Urinating, sexual intercourse	Self-abuse, flashing in public, inserting in anus
Man	Testes	Generation of sperms	Playing with or pressing
Woman	Breasts	Feeding babies	Pressing
Woman	Vagina	Urinating, sexual intercourse, delivering baby	Self-abuse, insertion of foreign objects

Chapter 70: Reproduction system - Men

Reproduction system of men contains:

- **Penis**: Used to penetrate in vagina of a woman and pass sperms in it by force.
- **Testes**: Used for generation of semen and sperm.
- **Semen**: Liquid that contains sperms. It comes out of penis through a pipe from testes to penis.
- **Sperms**: Reproducing eggs that are produced in testes.

Chapter 71: Reproduction system ~ Women

Reproduction system of women contain:

- **Vagina**: Allows penetration of penis of a man and accepts sperms released by it.
- **Ovaries**: It is behind and above the vagina of women. Sperm eggs get stuck to ovaries and start fertilizing into foetus.
- **Womb**: It is above the vagina of women. Foetus resides in it and grows for 9 months to form a full grown baby. After growing fully, in womb, the baby is pushed out of vagina to give it a birth.

Chapter 72: Menstrual cycle

- Females above the age of 9 years become fertile to reproduce.
- The eggs in their ovaries become fertile once every month (lunar cycle) to such an extent that they should either reproduce or be discharged.
- If they do not reproduce, then they are discharged from the vagina along with some quantity of blood. This discharge takes place for 3 to 7 days in a month and it differs from woman to woman.
- This discharge of female eggs with blood from woman's vagina every month is called menstrual cycle.
- Women wear sanitary pads / napkins during menstrual cycle to avoid getting dirty due to discharge.
- Some women even resort to taking medicines that stops menstrual cycle from taking place.
- Excessive use of such medicines can reduce the fertility in women and it may become difficult for them to reproduce in future.
- When eggs in ovaries come in contact with sperms, they reproduce and that woman does not experience menstrual cycle until the baby is delivered.

Chapter 73: Types of sex (Unprotected / Protected)

Having sex and choosing its method is the decision of the couple who enter into sexual contact. Based on the method of sex they decide to adopt, it is categorized into the following types:

- Unprotected sex:
 - Having sex without wearing gears that prevent passing of sperms from penis into vagina is called unprotected sex.
 - Unprotected sex has a very high chance of leading to reproduction.
 - If couple want to reproduce, they must perform unprotected sex. Else, they cannot reproduce.
 - Unprotected sex with multiple partners can lead to disease called HIV AIDS which has no cure and the people suffering this disease die a painful death.
 - Women are more prone to HIV AIDS than men because semen and sperm go and reside in them.

- Protected sex:
 - Having sex by wearing gears that prevent passing of sperms from penis into vagina is called protected sex.
 - Male and female use a protection called condom to have protected sex.
 - Protected sex is practiced by the couple who do not want to reproduce.
 - If a person is habituated to having sex with multiple partners, then he / she must practice protected sex to avoid contracting the disease HIV AIDS.

Chapter 74: HIV AIDS

- HIV is a virus called “Human Immunodeficiency Virus”.
- HIV causes disease in human beings called “Acquired Immunodeficiency Syndrome” (AIDS).
- HIV AIDS has no cure. This virus leads a person to slow and painful death.
- HIV is acquired by the people who are habitual in practicing unprotected sex with multiple partners again and again. Such people must practice protected sex all the time.
- It is also acquired if an infected person’s blood comes in contact with blood of another person or if it is consumed by another person. The blood consumption or entry takes place by the way of taking blood of the HIV infected donor for medical purpose, or by allowing the blood of HIV infected person to enter one’s body through injury or through the mouth.
- This is why, the blood of donors is checked for HIV.
- HIV AIDS is contagious. It is transmitted from and infected partner to the other partner by just having one unprotected sex. This is why, one must know the HIV status of his / her partner before having unprotected sex.
- Love bites, kissing or other practice leading to injury between partners is another mode of HIV transfer.
- Using blades, razor, tooth brush or any sanitation or grooming devices of HIV infected person is also a mode of HIV transfer.

- Some people ask for HIV test report of the opposite person before agreeing to marry so that they do not contract HIV unknowingly. The concern of spread of HIV comes from the fact that the present generation of youth have widespread practice of engaging in unprotected sex before marriage without knowing its consequences.
- The problem of HIV infection is very high in some countries and Government of those countries are spreading lots of awareness among people to help them avoid HIV contraction.
- Prostitutes and the people who visit prostitutes are the most affected with HIV.
- An HIV infected woman gives birth to HIV infected babies.

Chapter 75: Contraceptives

- Gears or medicines used to either have protected sex or to avoid conception after having unprotected sex are called contraceptives.
- Contraceptives for protected sex:
 - Male condom that is worn on penis.
 - Female condom that is used to cover inner part of vagina.
 - Barrier inserted in vagina to prevent penetration / insertion of penis beyond a point such that the flow of semen does not reach ovary.
- Contraceptives used after performing unprotected sex:
 - Pills consumed by women before or after having sex that help eliminating chances of pregnancy.
 - Excessive use of such pills makes a female infertile in the long run. Hence, it should be used only as prescribed by the doctor.
 - Medically cleaning of vagina to remove sperms.

Chapter 76: Sex toys

- Sex toys are the gadgets or objects that are made for the purpose of inciting sexual behaviour and to satisfy the sexual urge.
- It is not recommended to use these toys, as they lead to self-abuse by violating sexual organs or genitals and various other sensitive parts of the body that generate excitement.
- There are some people who enjoy solo sex (having sex with oneself). These are the people who enjoy sex toys.
- Using sex toys is the choice of a person. It is important to know their short term and long-term side effects before attempting to use them.
- Damage done by sex toys may have far reaching effects that may or may not be possible to reverse by medication.
- Excessive use of sex toys makes a person addicted to them and addicted to solo sex. In long run, this makes a person feel lonely and he / she enters depression. He / she is then not able to enjoy sex with a partner.

Chapter 77: Revitalizing products

- Products that after consuming make a person highly sexually active for a long time are called revitalizing products.
- These products when consumed bring about a change in person's hormones such that he / she feels a very high urge of having sex and continue having so for several hours.
- These products must be consumed only as per doctor's prescription, as they have far-reaching side effects that may create long lasting or permanent damage to person's body and reproducing organs.
- Companies promote these products by only advertising the good part of it that it makes a person highly sexually active for a long time.
- People who consume these products have the following qualities:
 - Very high urge of sex and for enjoyment but not able to do so due to lack of energy / stamina.
 - Do not have enough energy to have sex for even a short time.
 - Do not have enough urge to have sex due to some medical issue.
- There are many Allopathic, Ayurvedic and Homeopathic revitalizing products available in market most of which are not certified. Hence, consulting doctor before using them is a must.

Chapter 78: Harassment

- Any deliberate action towards a person or a group of persons with intention to offend, threaten, trouble or force into submission is called harassment.
- Following constitute harassment:
 - Racial insults or jokes.
 - Dirty or sexual jokes.
 - Gender related insults or jokes.
 - Forcing a person to grant sexual favours.
 - Eve teasing.
 - Using offensive songs, offensive music, unwanted comments, taunts, bad words against someone.
 - Using offensive gestures or body language.
 - Body shaming, adversely commenting on looks or clothing or physical features.
- Actions from those people lead to harassment who are not considered as buddy or friends or very close. At times, above mentioned actions from such people are taken lightly and are not taken as an offense. Even in such cases, one should not cross the thin line of harassment.
- At times, friends, family members and relatives become estranged due to such habits. Hence, it is better to stay away from such habits.

- Harassment can take place in person, on phone, text messages, internet, social media.
- Harassment is a punishable offense.

Chapter 79: Sexual harassment

- Harassment that involves sexual intentions is termed as sexual harassment.
- Sexual harassment involves:
 - Sexual jokes.
 - Forcing a person to grant sexual favours by using influence of authority or status.
 - Eve teasing.
 - Using sexual songs, sexual music, unwanted comments, taunts, bad words against someone.
 - Using sexual gestures or body language.
 - Body shaming, adversely commenting on looks or clothing or physical features.
- All kinds of harassments are unlawful.
- Harassments in general are directly dealt with by Police.
- Harassments in Schools, Colleges and Organizations are also dealt with by a special body constituted in such entities. Convicts of harassments are dealt with strictly and they are removed from School, College and Organization. This spoils their career.

Chapter 80: Sexual abuse

- Forcing someone into sexual acts without his / her consent is called sexual abuse.
- During sexual abuse, the offender commits any or all the following violence against the victim:
 - Strips partially or fully.
 - Inflicts injury on the various body parts, particularly on genitals.
 - Forcefully performs intercourse.
 - Takes pleasure from the suffering of the victim due to pain he / she suffers.
 - Violates the genitals using foreign objects or liquids that inflicts internal injury.
- Sexual abuse is also called sexual violence.
- In certain cases, victims of sexual violence die of the injuries or suffer from them for entire life.
- Some people go to the extent of committing sexual abuse on animals.
- Sexual abuse with anyone is a punishable offense.

Chapter 81: Sexual abuse of children or infants

- Person who is not adult is termed as a child.
- Sexual abuse or sexual harassment done on a child is called child sexual abuse or child sexual harassment.
- Child sexual abuse / sexual harassment is a punishable offense. This crime is committed by adults over children.
- People who commit this crime are called “Paedophile”. These are the people who enjoy performing sexual acts on children. In order to satisfy their urge for child sex, they scout for victims among children.
- They take advantage of innocence and trust of children and influence them to give into their demands for sex. Children fall prey to such people easily, as they are not aware of sex and they easily trust people.
- Paedophiles influence children by any of the following means:
 - They offer food, chocolates, ice cream, toys, play or anything with which a child may get attracted towards them and may easily trust them.
 - They give some compelling reasons to children to accompany them.
 - They show love towards children by touching and kissing them.

- Paedophiles can be strangers to children, but most of the times, they are known to children and they are among their family, relatives, family friends, neighbours, servants or people who visit their house regularly. Hence, children easily trust them. They make sex appear like a game or a playful thing to children.
- The consequence of child sexual abuse / sexual harassment is the long-lasting impact on children. They become low on confidence, they do not perform good academically, they do not mingle well with people, they do not stop trusting people easily, they suffer from psychological issues, they become violent, they show behavioural disorder, they stop talking, they remain sad etc.
- A child is termed to have been sexually abused or sexually harassed if any of these actions are committed on him / her by any adult person:
 - Smooching
 - Stripping naked
 - Kissing on body parts (neck, back, thighs, abdomen, hips)
 - Kissing on private parts or genitals
 - Touching body parts (neck, back, thighs, abdomen, hips)
 - Touching private parts or genitals
 - Taking or giving blow jobs (sucking penis)
 - Vaginal or anal intercourse

- Children should read early signs of sexual abuse and sexual harassment based on these actions. Once, they are sure that any of the above-mentioned actions have been committed on then they should immediately inform this to their parents. If parents do not pay heed to them, then they should inform this to either parents of their friends or to their school teacher or tuition teacher. Children should not remain quiet on this matter.
- Some paedophiles are so bad, that they commit sexual abuse on infants.
- The worst thing about sexual abuse of infants is that infants cannot speak about what happens to them.
- Infants are not able to bear the sexual violence. Hence, most of them do not survive this violence.

Chapter 82: Rape

- Rape is sexual abuse committed by any gender against any gender (same or different), against person of any age or against any animal.
- Rape involves sexual intercourse by force (without consent of the victim).
- Rape is committed by the people of low moral who have no respect for the human beings and / or animals.
- Most of the cases of rapes are committed by men against women.
- Some cases of rapes are committed by men against children or infants.
- Rape against animals is rare but it does take place.
- Rape is a crime that is punishable to:
 - Minimum imprisonment as per the law
 - Maximum imprisonment for life
 - Death penalty

Chapter 83: Ragging

- Ragging simply means teasing. The term ragging is used to describe the teasing of Juniors by Seniors in educational institutions like college, university, academy etc.
- Though, ragging in simple words means teasing, it is not as simple as teasing. Ragging in today's terminology has no limit.
- In earlier times Seniors used to have mild fun with Juniors to welcome them to the institution and to create bond between them. As the time passed, ragging kept becoming severe and painful for juniors. This is because, Seniors started treating Juniors mercilessly. Ragging has at times resulted in:
 - Students leaving the institution
 - Students leaving studies altogether
 - Students getting mentally unstable for life
 - Students becoming disabled for life
 - Students committing suicide
 - Students getting killed

- Ragging is a matter of great concern for institutions. It spoils the image of the institutions. Students do not prefer to join institutions where ragging is rampantly practiced. Ragging includes any or all of the following forced upon students or committed on students:
 - Made to strip or forced to get naked.
 - Made to perform sexual acts between them.
 - Made to perform vulgar acts or dance.
 - Made to do some difficult work out or exercise.
 - Made to do some highly physically stressful actions or postures.
 - Made to stay in some highly difficult conditions.
 - Mercilessly beaten up that may lead to fracture and temporary or permanent disability.
 - Molestation.
 - Taking photos or shooting videos of any of the above actions.
- Ragging is a punishable offense. People found guilty of ragging can be suspended from the institution, can be rusticated from the institution, can be punished as per the constitution of the country. Severity of punishment for ragging depends on its severity.

- Educational institutions are meant for producing people for betterment of the society. People resorting to ragging neither stay peacefully themselves, nor allow others to stay peacefully. They make the path of education difficult for budding talents. You should pledge to never participate in ragging. You should also expose ragging to authorities of the institution in order to save students from it.

Chapter 84: Spiked food, drink, substances and things

- Spiking means mixing sedatives. Sedatives are substances that on consumption make the person lose senses or become unconscious.
- Spiking of food, drink, substances or things is done by the people who intend to cause harm to any person by making them unconscious. The intended harm can be theft, molestation, kidnap, rape, blackmail, murder or any other crime.
- Spiking is usually practiced by criminals in places where free interaction with strangers or first-time contacts is common and where it is easy to commit crime or it is difficult to notice happening of crime. Places like Discos, Pubs, Farm Houses, Any House / Enclosure, Isolated places etc where a person cannot defend himself / herself are the places of choice for such criminals to commit crime.
- It is advisable to refuse food, drink, substances and things from strangers or the people whom you cannot trust. Consuming sedatives contained in them (by eating, drinking or smelling), would lead to unconsciousness and then the crime. Substances can be perfume and things can be handkerchief or some clothing.

Chapter 85: Street fight, Road rage

- While being outside, we at times come in contact with people with whom we have unpleasant interaction. Such interaction may start with argument, can lead to abuses and can lead to physical fight. Such fight is called street fight.
- At times, without knowing, we involve in these altercations with the people who are habituated offenders and who belong to dark side of the society. Such people have no remorse of their actions and have no fear of punishment. They may be habituated criminals too. By involving in fight with such people, we may suffer physical or mental harm.
- Here, it is not the matter who is correct and who is not. What matters here is the type of person with whom you have got into altercation or fight. In such fight, you will harm yourself both physically and mentally. Here, you are not, but the opposite person may be habituated to such fights.
- Hence, once you get to know that the altercation is going out of hand and the opposite person is about to resort to physical fight, you must immediately withdraw, stop the altercation and go away from there quickly. Ending the altercation right there is in your interest.
- When altercation happens in relation to driving or parking of vehicle, it is called road rage. Road rage also starts with arguments and can lead to physical fight.
- It is advisable to refrain from both street fight and road rage.

Chapter 86: What is marriage?

- Marriage is a social agreement or contract between a man and a woman to:
 - Love each other
 - Stay together for life
 - Support each other at all times
 - Respect each other
 - Cooperate with each other
 - Support each other's families
 - Reproduce
- Marriage is an accepted union between man and woman.
- Concept of marriage is common in all countries, regions and religions. However, the methods of marriage differ between them.
- Marrying is recommended because it gives a life partner to rely upon at all times. The basis of marriage is compatibility and trust.
- In almost all cultures, after marriage, the woman moves into man's house to live with him.
- In some cultures, marriage happens only when woman pays dowry asked by man. Dowry is considered a social evil, as there is no end to the greed by men in this regard. Marriage based on dowry has no trust in it.

- In some cultures, marriage happens only when man pays the quoted amount by woman. This is usually for safeguarding interest of woman in case marriage breaks apart.
- If the couple are not able to manage their marriage due to any reason, they opt for separation which is called divorce.
- After divorce, the person can marry someone else.

Chapter 87: Need for marriage

- Human beings are social. Their behaviour of socializing generates need for them to have relations with people of different types.
- The most important relation is that of a life partner. The need for this relation is the result of the feeling of belongingness, love, care, sex and reproduction.
- The need for this relation is long term and life-long.
- Religions and societies have a concept called marriage that is used to bring this relation in effect.
- Marriage takes place between two persons of different genders (male and female). As a social norm, after the marriage, the woman moves to the house of the man, however, in some communities or culture, man moves to the house of the woman. Some countries allow marriage between people of same gender.
- Marriage is start of a new family. It is an important stage in life.
- The minimum age at which marriage can take place is different in different countries.
- After the marriage, the man is termed the husband and the woman is termed the wife. Both play specific and crucial roles in their relation to ensure the marriage lasts lifelong.
- In some cases, husband and wife are not able to adjust with each other. Their differences reach such a point that they decide the part their ways. Thus, they divorce. This brings marriage to an end.

- Divorce is last resort in the marriage and it should not be used otherwise. Divorce after having kids breaks the family and have far reaching consequences on the upbringing and psychological well-being of children.
- Children love both the parents. Divorce separates them from one of the parents which is not acceptable to them.

Chapter 88: When to marry?

- A person should marry only after he / she attains minimum prescribed age that is mandated by constitution of the country for marriage in which he / she lives.
- Marriage taking place at lesser than the prescribed minimum age is termed as child marriage which is termed illegal.
- Parents forcing child marriage can be punished as per the law of the country.
- It is not necessary to marry as soon as one reaches the permissible age of marriage. Marriage can be done at any age after crossing the prescribed minimum age.
- Some people prefer not to marry at all. Such a decision is a personal choice and it must be respected. Such a decision should not be mocked or criticized. A man who is not married is called a bachelor and a woman who is not married is called a spinster.
- However, getting married is highly recommended. This is because, having family and offspring help in older age when people become weak and dependent.

Chapter 89: Responsibilities of couple after marriage

- Couple after the marriage are bound by number of responsibilities and they must discharge them.
- These responsibilities include:
 - Respect for each other.
 - Respect for each other's parents and families.
 - Support and care for each other.
 - Have trust in each other.
 - Avoid disputes with each other.
 - Take care of needs of each other.
 - Know each other's expectation and honour them.
 - Do not make the relationship one sided.
 - Share the responsibilities towards their family.
 - Live peacefully with each other.
 - Ensure kids and parents are taken care.
 - Do not have wrong demands from each other.
 - Treat each other equally.

Chapter 90: What is human reproduction?

- Human reproduction means having kids.
- It is highly recommended to have kids out of a relation of marriage only.
- Reproduction is also known as giving birth to babies.
- Human reproduction brings along lots of responsibilities on the shoulders of the couple (husband and wife).
- The husband and wife are called parents of their kids.
- Parents are expected to discharge the following responsibilities towards their kids:
 - They are looked after.
 - They are cared for.
 - Ensure their proper upbringing and education.
 - Ensure they are brought up such that they become good human beings.
 - They are taught to earn for their family and look after them.

Chapter 91: Why reproduce?

- Human reproduction starts the family.
- It helps give birth to newer generations with fresh minds.
- It creates a support system for the ageing couple and society.
- It helps in growth and prosperity of the nations.
- Since, human reproduction leads to growth in population, it is important to keep it in control.
- Uncontrolled population growth puts strain on natural resources.
- Thus, it is important to have minimum number of kids in each family.
- Having minimum number of kids in each family helps in proper upbringing of kids.
- Some countries prescribe no limit to number of kids a couple can have; some countries prescribe to have one or two kids; some countries do not punish parents for having more than prescribed kids while some countries punish them.
- These rules are different in different countries. It is because some countries have low population and some have high population. Having and implementing such rules in any country depend on how well its natural resources are able to support their growing population.

Chapter 92: Sperm donation

- Some couples are not able to reproduce due to inability to generate sufficient sperm by the male partner, while there is no lacking in the reproduction system of the female partner.
- Such couple seek sperm donation to reproduce.
- In this case, they seek sperm of another male who is able to generate sperm sufficient enough to help reproduce.
- Hospitals also undertake sperm donation to create sperm bank to help such couples reproduce.
- Sperm donation also takes place among families and friends, as not all couples are fine seeking sperm from stranger men.
- Once the sperm is made ready for use, it is injected in sufficient quantity using a device into the vagina of the female such that it reaches her ovaries and starts fertilizing.
- This procedure is performed by the qualified doctor under the right conditions.
- Once, the sperm is fertilized in female's ovary, the woman becomes pregnant and she starts her journey of giving birth to the baby.
- The baby produced through this procedure have some features of the male whose sperm has been used.

Chapter 93: Test tube baby

- Some couples are not able to reproduce due to inability of the female partner to help fertilizing male sperm, while there is no lacking in the reproduction system of the male partner.
- Such couple opt to reproduce through either test tube baby procedure or through surrogacy (surrogacy is explained in the chapter)
- Some couple opt for test tube baby even though there is no problem in their reproduction systems. This is opted by the couple where female partner does not wish to undergo the natural process of reproduction and she does not want to carry the baby in her womb.
- In this case, sperm of the male partner is collected in a test tube along with other necessary things and a procedure is performed for nine months.
- The test tube is made such that it contains all qualities of a woman's fertile reproduction system.
- The test tube is kept in right temperature and in right conditions for nine months (or sufficiently long time) so that the sperm transforms into a full-grown baby.
- The test tube acts as a womb of a woman that can carry and nurture the baby until its birth.
- The contents of test tube are regularly observed and treated to ensure the baby is produced, nurtured and it is healthy.

- Once the baby is fully grown, it is handed over to the couple.
- This method of human reproduction is also known as human cloning. Cloning means making an identical copy.

Chapter 94: Surrogacy

- Surrogacy is opted by the couple who are not able to produce due to the problem in female partner's reproduction system.
- Some couple opt for surrogacy even though there is no problem in their reproduction systems. This is opted by the couple where female partner does not wish to undergo the natural process of reproduction and she does not want to carry the baby in her womb.
- In this procedure, a woman is identified who is ready to rent her reproduction system to the couple to help produce the baby.
- In this procedure, sperm of the male partner is collected and injected in sufficient quantity using a tool into the vagina of the selected woman such that it reaches her ovaries and starts fertilizing.
- From this stage, the reproduction takes the natural course and the identified woman takes care of the baby in her womb just like her own.
- After completion of nine months, this woman gives birth to the baby naturally and hands over the baby to the couple. In return for renting her reproduction system, the couple pay an agreed amount to her.
- The baby produced through this procedure have some features of the female whose reproduction system has been rented.
 - Since, surrogacy had become a money-making business among families of poor women, Countries have made strict rules for it.

Chapter 95: Child adoption

- Child adoption means inducting a child into the family of a couple by following the legal procedure of the respective country.
- Child adoption usually takes place from:
 - Orphanage.
 - Shelter homes of destitute or lost children.
 - From poor couple who are not able to take care of all their children due to their bad financial situation.
 - From a family of friends or relatives who have multiple children and who are ready to give them for adoption to a couple who wants to adopt.
- Child adoption is done by the couple who may or may not have any children or by the couple who may or may not have problems with their reproduction system.
- Child adoption is considered a good gesture and a good deed because it helps give helpless children a better life, care of parents and a social space of live in and grow.
- Child adoption gives opportunity to a childless couple to have a child in their family.

- Children who live alone under the care of orphanage or shelter homes do not get to experience love of parents and family. Absence of these important things in life have a strong and life-long psychological impact on such children.
- Hence, it is highly recommended to adopt orphan children and give them a good life.

Chapter 96: Organ donation

- Organ donation means donating an organ of oneself to save the life of another whose same organ is dead.

Following organs can be donated by a person while alive or after death to another living person:

Organ name	When donated?
Eyes	After death
Brain	After death
Kidney	While alive / After death
Liver	While alive / After death
Heart	After death
Lungs	While alive / After death
Small intestines	While alive / After death
Pancreas	While alive / After death
Skin	While alive / After death
Bone marrow	While alive / After death
Hands	After death
Face	After death

- Organ donation can be done while alive or after death as mentioned in this table.
- The decision to donate organs can be registered with the hospitals or NGOs or can be mentioned in the will of a person which his / her legal heirs have to execute.

- Every organ of a human being lives for a specific time after his / her death and they must be removed and preserved under medical care before the organ's death.
- Dead organs are of no use.
- Organ donation is a good gesture and a good deed, as it saves life of a person who would not have lived without such donation.
- It is not allowed to sell human organs or do trade in them.
- Human organs can only be donated only with the permission of the donor.
- Organ donation from one person to another is known as organ transplantation.

Chapter 97: Other genders (LGBT)

Apart from the commonly existing genders of Male and Female, there exist other genders. Their numbers among the world population are very small. Below are the other four genders that are called as LGBT:

- **Lesbian**: They are women having sexual inclination towards women only. They like to have relationship and live their lives with women only. This relationship cannot help reproduce.
- **Gay**: They are men having sexual inclination towards men only. They like to have relationship and live their lives with men only. This relationship cannot help reproduce.
- **Bisexual**: They are men and women who have sexual inclination towards both men and women. They are fine with having relationship and live their lives with people of both genders at any time in their lives. Their sexual inclination towards different genders keeps changing from time to time or they can incline towards different genders at the same time. A person is called bisexual only when he / she has sexual relationship with at least two people of different gender each during his / her lifetime (at the same time or at different times). This relationship can help reproduce only if it is between a man and a woman.

- **Transgender**: They are the people who have dual gender. They do not entirely look like male or female. Their looks and behaviour reflect that of both men and women. They act as men or women based on their inclination that keeps changing. They have sexual inclination with any gender (Male, Female, Lesbian, Gay, Bisexual, Transgender). This gender cannot reproduce naturally.

Chapter 98: Homosexuality / Gay culture

- When men have sexual inclination towards men only, they are called gay or homosexual.
- Such a culture is called gay culture or homosexuality.
- A very small percentage of men in the world practice this culture. Men who do not follow this culture are called Straight men.
- Gays have a separate social group.
- Men follow this culture out of their own choice and preference.
- Though, this culture is against the nature, it is being practiced by some.
- It is not advisable to participate in their social groups, as they have high urge of having sex with men. Straight men may become victim of their sexual desires by ending up getting raped by them or may end up facing violence from them for denial of sexual favours.

Chapter 99: Pre-marital sex

- Natural way of engaging in sex is after marriage and with the life partner (husband or wife).
- Some people engage in sex before they get married. Such sex is called pre-marital sex.
- Pre-marital sex is not advisable because, it may ruin lives of the couple who engage in it.
- Babies born out of pre-marital sex face social issues and may end up growing under a single parent (mostly single mother).
- Men usually do not take responsibility of the consequences of pre-marital sex. Thus, women engaging in it suffer the most.
- Women have to be careful so that they do not get carried away with false commitments from men who lure them to engage in it.
- Pre-marital sex leaves traces of it which can haunt a person even after he / she gets married and can lead to destruction of marriage on its revelation to his / her spouse. This can ruin the family.
- With the advent of social media, such things do not remain hidden for many people.

Chapter 100: Extra marital sex

- Natural way of engaging in sex is after marriage and with the life partner (husband or wife).
- Some people engage in sex with partners other than their spouse.
- Extra marital sex is not advisable because, it may ruin lives of the couple who engage in it along with the life of the spouse.
- Babies born out of extra marital sex face social issues and may end up growing under a single parent (mostly single mother).
- Men usually do not take responsibility of the consequences of extra marital sex. Thus, women engaging in it suffer the most.
- Women have to be careful so that they do not get carried away with false commitments from men who lure them to engage in it.
- Extra marital sex leaves traces of it which can lead to destruction of marriage on its revelation to his / her spouse. This can ruin the family.
- With the advent of social media, such things do not remain hidden for many people.

Chapter 101: Stranger / known / friend

- Stranger:
 - A person not known by any means is called a stranger.
 - While out of home, we see many people whom we do not know. They are called strangers.
 - We do not interact with strangers or share anything with them.
 - It is highly recommended that we keep our interaction with strangers at the minimum.
 - It is not advisable to deal with strangers until they become known to you.
 - Seeking vehicle lift from strangers is highly risky.
 - Crimes like theft, kidnapping, rape and murder have been reported out of associations with strangers.

- Known:
 - The first interaction with a stranger makes the person known by one or the other mean.
 - Once a person becomes known, we increase our interaction with him/her.
 - We have to be very careful in increasing our interaction with known people until we become comfortable of their personality, behaviour and background and develop trust.
 - We must give ourselves time to evaluate the person before we become comfortable with him/her.

- Friend:
 - Once the known person is evaluated and liked and we start liking to interact with him/her, it develops a relationship with the known person.
 - When this relationship is sustained, it is called friendship (the relationship of trust).
 - We like to interact and share with friends and we enjoy their company. This is because, we have given ourselves enough time to evaluate and become comfortable with him/her.

Chapter 102: Friend / Girlfriend

- Friend:
 - A friend is a person whom we trust, with whom we like to interact with and whose company we enjoy.
 - A friend can be of the same or a different gender. A friend can be an animal, a bird or an insect too.
 - Friendship has no bounds. A friend can be from any place, any religion, any cast, any race etc.
 - Human beings cannot live without friends. Having friends helps the person live a better life in society.
 - People always want friends in life who are helpful and caring.
 - Friendships are of different levels. Hence, we categorize our friends as best friends and just friends.
 - We must be aware of people who tend to be our friends, but they do so only to seek advantages from us. We must not encourage relations with such friends.
 - Hence, genuineness of friendship needs evaluation from time to time.

- Girlfriend:
 - When friendship with a girl turns into a gender attraction, that girl then becomes a girlfriend.
 - Referring to a female friend explicitly as a girlfriend by a boy shows his desire to have a relationship with her to fulfil his want for a female partner in his life.
 - This friendship may convert into a committed relationship that may convert into marriage in long run.
 - If this is not so, then this relationship is only to seek pleasure from each other only till the time they enjoy it.
 - It has become a trend for boys to have girlfriends. This trend is destructive if it is only to seek temporary pleasure or to show off in friends' circle one's ability to have girlfriends.

Chapter 103: Girlfriend / Wife

- Girlfriend:
 - A female friend becomes a girlfriend when a boy wants to have her in life for a want of a female partner.
 - This relationship can be for any reason that the boy and the girl deem fit.
 - If this relationship becomes a committed relationship and the boy and the girl decide to spend life with each other, then it demands a bond.
 - The bond can be in the form of a live in relationship or a marriage.

- Wife:
 - If the committed relationship with a girlfriend turns into a marriage, the girl friend becomes wife and the boy becomes husband.
 - Wife becomes an integral part of life and a companion for life.
 - This relationship is widely accepted in society and considered as beginning of the family.

Chapter 104: Elopíng

- When a couple go away from their immediate relatives and immediate society without informing them in order to get married in hiding, it is called eloping.
- Couples elope usually to break the barriers created by their relatives and society against their desire to marry each other.
- Elopíng is considered a crime if couple of minor age commit it. Police is eligible to trace such a couple and hand them over to their parents or guardians.
- Even if one of the persons in couple is an adult and another one is a minor, it is still considered a crime. In such a scenario, the adult person in the couple is considered as kidnapper of the minor person and is liable for punishment.
- If such a couple have had sex after eloping and it is proven, then such a sex is considered as a rape by the law and the adult person involved is considered as an offender and minor person is considered as a victim of rape.
- Here, the adult person is considered an offender because the consent by minor person is not regarded by the law.
- Adult couple do not require anyone's permission to get married. If they elope, the law cannot stop them from getting married.

Chapter 105: Juvenile

- Minors who are in their teenage are called juvenile.
- Parents are expected to teach their children of this age to grow as responsible citizens.
- It is important for parents to teach them about:
 - Aspects of life.
 - Bodily changes.
 - Social behaviour and interaction.
 - Basics of law.
 - Social media, internet and digital world.
- This is the age when children learn to become good or bad citizens.

Chapter 106: Juvenile justice system

- Children of juvenile age do understand basics of life and they are capable of committing crime, not necessarily of the same intensity that adults are capable of.
- However, crime is crime, no matter what is its intensity and who commits it. We must know that juveniles are even capable of committing crimes of the same intensity that adults are capable of. Though rare, it is possible.
- If minor or major crimes committed by juveniles are not punished, then children will not learn from their mistakes, they may become bolder and may commit even bigger crimes in future.
- Those juveniles are prone to committing crimes who live under the company of either other spoiled juvenile or spoiled adults.
- There is a separate justice system for punishing crimes committed by juveniles. This is known as Juvenile Justice System.
- Some of the crimes committed by juvenile are punishable with imprisonment. Hence, there is a separate jail for juvenile where they are kept during the tenure of their punishment. This jail is called Juvenile Detention Centre.
- If the crime committed by the juvenile is of the same intensity that adults are capable of committing, then there is a provision in law of some countries that such juvenile can be punished under the law made of adults.

Chapter 107: Depression

- Depression is a state of mind when a person:
 - Feels negative about his / her environment.
 - Feels loss of interest in almost everything.
 - Feels loss of confidence in oneself.
 - Feels mistrust in others.
 - Prefers loneliness.
 - Behaves violent.
 - Exhibits suicidal tendency in some of the cases.
 - Exhibits behavioural disorder.
- In this state, the person exhibits extreme behaviour.
- Person of any age (teenage and above) can suffer depression.
- Case of depression can be a very high expectation from oneself or due to happening of incidents in life that create negative impact on the way the person sees life.
- People who suffer from depression need care and understanding.
- Depression is curable and it should not be ignored.
- On seeing the signs of depression in a person, Psychiatrists should be consulted for remedy without any delay.

Chapter 108: Internet contents and usage

- Internet has too much contents about any subject. It is extremely difficult to identify which content is authentic.
- If we are not able to identify the authentic content on internet, then we will continue to trust fake and false contents and consider them as truth.
- One may want to read a lot on internet, but he / she should not trust everything that he / she reads.
- It is our duty to know which website on internet provides authentic information and consume information only from such websites.
- Social media is the biggest source of unauthentic information where people share and consume the information without any verification.
- Since information on social media are shared by the people whom we know, they are trusted without any doubt.
- We must know that it is our responsibility to know the authenticity of the information, no matter it is shared by whom.

Chapter 109: Rejuvenating and pampering services

- People who feel tired from their daily routine, desire to have time for relaxation periodically.
- Method of periodic relaxation differs from person to person.
- Some desire methods of physical relaxation that help them overcome bodily lethargy and fatigue.
- Such physical relaxation methods are called rejuvenating. They are also called pampering.
- The Spa or Salon that provide such service are said to be offering rejuvenating and pampering services.
- These services mostly consist of:
 - Head massage
 - Face massage
 - Variety of body massage
 - Variety of foot massage
 - Steam bath
 - Special bath service
- These services must be taken in the right sense and for the right purpose.

- Some of the Spas exist to cater to the customer who are homosexual, lesbian or who have the need to enjoy touch of people of opposite gender.
- We must avoid these services if we are not able to control our wrong desires.

Chapter 110: Movie ratings

- Points or score given to any movie based on its contents by experts in the field of entertainment is called movie rating.
- Movie ratings are given by entertainment rating agencies, news channels and by the individual influencers who are either celebrities, journalists etc.
- Movies are rated on the scale of five stars. They are published on popular websites, in popular magazines or on news websites.
- Movie ratings along with expert review comments are published on the day of release of the movie.
- Movie ratings influence the decision of the public about watching the movie.
- Not every agency or individual providing ratings to the movie is honest. Some of them are paid influencers who give ratings in return of favour or money.
- Movies made by big producers or movies in which well-known celebrities have been casted are able to get good ratings most of the times, whether such movies deserve it or not.
- Hence, one must not only go by the rating provided to the movie, but should also try to evaluate the movie through different other sources.
- It happens at times that when any movie is made with a new concept and Producers and Directors would want to sell it to people, they influence rating agencies / individuals to give better ratings to that movie.

- This destroys the concept of neutrality and people end up watching the movies based on false rating provided to them.
- Providing movie rating as per the wish of the Producer / Director / Actors amounts to cheating the audience / tricking them to watch the movie.

Chapter 111: Where are movies going towards?

- Ever since the concept of drama / movies was invented, they have played the role of entertaining and influencing the society.
- Movies can either make or destroy the society, it can make society progressive or regressive. It depends on the content of movies.
- Most of the movie makers do not care about the negative influence their movies create on audience. They only care about making money.
- Movies create great influence because they have ability to imbibe thought process, belief and behaviour among audience by presenting anything as reality and anything as history.
- Irresponsible movie makers end up creating a bad society.
- In present time, movies have lost their essence. Many movies are being made to promote, hate, sex, sell awkward concepts, twist the reality, misrepresent the history, etc. People end up believing in everything shown in the movie and they fail to read the disclaimer shown in the beginning of the movie that speaks about fiction, no resemblance to reality and caution.
- It is important that we do see movies just for the sake of entertainment and do not take them seriously. We must learn only good things from the movies.

Chapter 112: Movies, TV channels and Media to avoid

- Movies, TV channels and Media provide entertainment and information. At the same time, they create influence among the people.
- As much they have capability of keeping you engaged and keeping you informed, they also have the capability of ruining your thought process and corrupting your mind. Such media produce bad human beings.
- Any medium that promotes social evils, glorifies wrong doings, spreads hatred, provides unauthentic or false information is as good as your worst enemy.
- You must use your knowledge and judgement to identify such media and keep yourself away from them. If you feel that your knowledge and judgement are not enough to identify bad media, then you should consult learned people whom you trust.
- The best way to identify such media is to check if it is pushing you or convincing you to do wrong, it is taking away your peace of mind, it is teaching you hatred or it is teaching you to commit or support violence. If answers to any of these questions is “yes”, then you must avoid such media.
- It is important to associate oneself with the media that is constructive in nature and that helps people become responsible and good human beings.

Closure note

This book is written with intention to help boys become aware of most of the life experiences and enhance their learnings towards them. Knowing in advance and in an organized manner is better than learning by committing mistakes or learning too late in life or learning in the wrong manner and from wrong people. I hope that this book served its purpose and you found this book informative and constructive. I hope that after reading this book, you will be more aware and informed, you will be able to carry yourself in life more confidently and you will know things beforehand and before you experience them. I hope that now you will be able to take informed decisions, you will not wonder or get confused, you will not crave for answers to difficult questions and you will not be forced to make wrong assumptions or learn from wrong sources.

I have tried to be as correct as possible and as simple as possible to make this book easy to read.

I am looking forward to enhance this book in its next version. For this purpose, you are welcome to share if you have feedback, if you have inputs, if you want some topics to be included or you have queries that are not answered in this book.

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