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**Research Title: Impact of Family and Other Factors on Adolescent, Youth Sexual Behavior: a qualitative research in Vietnam**

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## **PART ONE: RESEARCH METHODOLOGY**

### **1. Rationale and objectives of the study**

#### ***1.1 Rationale: Issues of adolescents' sexual and reproductive health***

There has been increasing interest in research involving adolescents in recent years in developing countries. Reasons for this increasing interest include an increasing recognition on the part of researchers of youth sexuality and reproductive health (YSRH) needs, given that sexual activity and rates of pregnancy outside marriage are increasing, along with the rate of sexually transmitted infections (STI), including HIV. In addition, although information, education, and communication (IEC) programs have been successful in increasing young people's knowledge about reproductive health issues, they have been much less successful in changing behavior.

Studies in many countries have shown that adolescents' need for information and services concerning YSRH are increasing. There is much demand, in particular from adolescent girls, for reproductive health information, and information about contraceptive use. Despite adults in general not feeling comfortable with this topic, a consensus in many countries has been built that young people need more information, skills, and services concerning sexual and reproductive health.

Studies in Vietnam have shown that young persons often engage in sexual activity but commonly have unsafe sex, exposing them to many health risks. They express a great desire for RSH information. However, there are not many IEC programs geared towards them and social acceptance of sexual education for adolescents is not high. Research has indicated that through school-based education, IEC may be valuable in improving knowledge. However, personal contact-based education has shown greater efficacy in changing attitudes and behavior. Communication among family members can help not only improve knowledge, but also foster positive attitudes and change behaviour regarding YSRH issues. Improvement in family communication also appears to facilitate a better understanding of ASHR problems and assists counseling efforts. Family acceptance and support is an important component of IEC and provides successful backing for youth programs. However, not much support is offered for family communication, and parents often do not talk to their children because they feel confused, ill-informed, or embarrassed about these topics.

#### ***1.2 Objectives***

1. Gain an overview of knowledge, attitudes, and behavior regarding youth sexuality and reproductive health (YSRH) issues.
2. Examine family influences on YSRH.
3. Examine school and peers factors influencing YSRH in comparison with family factor.

### ***1.3 Research questions***

#### **Proposed research**

Although school, mass media, peer, and family both influences on YSRH knowledge, attitudes, and behavior, however, each factor play different role. This study aims to describe patterns of family influence and measure the relative impact of family, school, and peers on youth's knowledge, attitudes, and behavior related to sexual reproductive health. In particular, this study pursues answers to the following research questions: what factors influence the frequency of and ease with which parents communicate with adolescents about sexual topics? How do parental communication and social values affect adolescents' sexual attitudes? How do family control, and values affect adolescent sexual behavior? In what ways is the influence of the family strong, and in what ways weak, on adolescents' sexual knowledge, attitudes and behavior, particular in comparison with the influence of the mass media, school, and peers?

### ***1.4 Expected study outcomes***

Our study results will be useful to aid in the formulation of policies designed to improve support for youth sexuality and reproductive health (YSRH) policies, especially the encouragement of a more active role for families. It is also expected that our results will be used for advocacy purposes, especially if, as we hypothesize, it is shown that communication within the family and increased family influences lead to greater adolescent YSRH knowledge and to more positive attitudes and safer behavior. Specially, the study is designed provide information regarding questions relevant to policy development. The results of study are expected to:

1. Assess the current state of communication between parents and adolescents and measure the extent to which parents and adolescents wish to establish the family as the primary arena in which socialization regarding YSRH takes place.
2. Define culturally acceptable ways to introduce the topic of YSRH within the family context in Vietnam.
3. Help determine how school, parents, and peers provide YSRH-related knowledge and support change in attitudes and behavior among adolescents, and how this dynamic can be promoted.

## **2. Previous studies: Vietnamese Situation**

In recent years, there have been many studies concerning ASRH in Vietnam. These studies have described the situation of sexual activities among adolescents that include pre-marital sex, unsafe sex, contraception knowledge and contraceptive use, pregnancy and abortion, STI experience and treatment. Acceptance of young people and society regarding pre-marital sex also has been studied. Some studies have involved needs of adolescents in their studies such as adolescents' need for ASRH knowledge, STI treatment, and contraceptive service as well barriers to providing information and service. Sources of ASRH information is a topic that has been of interest in many studies. These studies have described information sources that adolescents use to obtain knowledge as

well constraints of providing information and IEC programs. Some studies deal with the family and consider the family as one source of information. Although the family plays an important role in establishment of personality, these studies have shown that, in Vietnam, intra-family communication is not pronounced. Moreover, no study has included both parents and children in the same family. In general, these studies have conducted with either adolescents or parents.

- Sexual activities and risks among young people:

With respect to pre-marital sex, one study found that the mean age of adolescents with boy/girl friend is 18 years old. Among those who have girl/boy friends 29.8 percent have sexual relations, almost all with first girl/boy friends, one-third with second or third girl/boy friends (Khong, 1998, NCDFP, 1998). Mean age of those who have pre-marital sex is 17 - 19.5 years old and youngest is 14 (Pham, 1997). Among students, 3.1 percent - 4.4 percent have sexual relation, of those 14.8 – 17 percent of males and 2.4 - 2.6 percent of females. Nine percent of males had sex with prostitute (Goodkind,1997; Vu Quy Nhan, 1996). Survey Assessment of Vietnamese Youth (SAVY) showed similar results. The average age at first sexual encounter of the respondents in the sample is 19.6 years, and youngest is 14. Majority (79.1%) reported they had their first sexual experience with their girlfriend/boyfriend, 10% with friend, and 9.1% with a sex worker. Among people aged 18-25, 9.6% had sex. The proportion of those who had ever had sex is higher for those who are older, higher for boys than for girls, and higher in urban than in rural areas. Among people aged 22-25, 33.4% of urban male, and 26% of rural male, as compared to only 3.7% and 3.3% of their counterparts reported premarital sex. Previous research comparing other Asian (and some Western) countries suggests low rates of sexual experimentation and activity in this adolescent group, particularly among girls (WHO, 2005).

The very high numbers of young married people who report only having had premarital sex with their spouse (92%) also shows a pattern of sexual activity within a committed relationship, and this signals the continuance of rather strong moral values about love. At the same time, it indicates some departure from traditional norms, according to which one should not have sex before marriage, and this is especially applicable to women. Although young people tend not to have multiple partners prior to marriage. However, 15% of men reported having sex with someone other than their spouse prior to marriage (WHO, 2005).

With respect to unsafe sex, most young persons are not prepared to engage in safe sex (Population Council, 1997). Both young girls and boys are not self-controlled in sexual activities. While girls report feeling boys' pressure to engage into sexual activities (Population Council, 1997, Darly, 1996), some girls may also decide to engage in sexual activities because she "loves" and trusts the boy, but some boys report they would not become involved in sexual activities without her concurrence (Population Council, 1997). Among those who have sexual relations, one-third to one-half used contraception at first intercourse, while one-half did not know about contraceptives and very few intend to use (Population Council, 1997, NCDFP, 1998). The challenges of girls and boys are that

although they are afraid of pregnancy many still have sex. And of those that have sex, most do not use contraceptives. Consequently they face a high risk of pregnancy or suffer STDs.

Abortion is becoming a serious problem in Vietnam. Abortion is seen as the main method to avoid pregnancy because it is perceived as being anonymous (Population Council, 1997). Unmarried young people comprise 20-30 percent of the total number of women having abortions in Hanoi and HoChiMinh city (Khuat, 1996). One-fourth of girls who have had an abortion have had more than 2 abortions (Khong, 1998).

Apart from the above, young persons lack understanding and ability to apply their knowledge to their attitudes and behaviors. For instance with contraception, they not only do not know how to use contraceptives but also can not access services. The level of knowledge about contraceptives is not high and young person's knowledge can not be utilized. In addition, their attitudes are not positive, with most expressing negative attitudes towards premeditated sexual activities (Khong, 1998)

Many young people do not oppose pre-marital sex. Many girls report that pre-marital sex is allowable if both partners are in love (Population Council, 1997). About 71 percent boys and 32 percent girls consider that pre-marital sex among young people is common (Nguyen, 1998). Not only young persons, but also social opinion in general does not oppose pre-marital sex. In the past there were very strong prohibitions against pre-marital sex. However, this value has become more relaxed. The number of adolescents who have pre-marital sex is increasing. Modern ideas of sex are coming through movies, mass media etc. While pre-marital sex is discouraged, especially for girls, there is recognition that it does occur and social ostracism does not occur for those discovered engaging in pre-marital sex. Nowadays sexual relations have begun to find a place in society, as new attitudes and behavior are taking shape (Khuat, 1996 NCDFP, 1998). In the family it is appears that although parents do not strongly oppose pre-marital sex, they do not accept it, and do not consider that it occurs with their own children.

- Needs of adolescent

All studies have shown that young persons having a girl/boy friend tend to engage in sex but they lack knowledge about sexuality, reproductive health, and contraceptives. So their needs for information on these topics are very high. Most have needs for systematic and correct sexual education in the schools. They also need sex and sexuality knowledge and contraceptives supply before getting married (Vu, 1995). Moreover, youth express their need for guidance, support, open and confidante communication with adults, especially their parents' (Population Council, 1997).

Sex and sexuality needs of young persons are not taken into account properly (Vu, 1995). These are ambivalent attitudes among adults towards sexuality of young persons. While pre-marital sex seems allowable with both young persons and social opinion, not all accept sexual education and contraceptive use for unmarried persons (Care International, 1997). Namely youth do not receive information and services from the Family Planning

(FP) program. Supply of contraceptives only focuses on married persons and ignores adolescent's (NCDFP). Particularly, gynecological examination and use of contraceptives among girls are not encouraged (Pham , 1997).

- Other sources of information

While information sources of reproductive health are diverse, the main sources of information about reproductive and sexual health from which adolescents gain knowledge are mass media and the school, information from the family is limited.

Nowadays, Vietnamese youth are exposed quite early to a variety of national and international sources of information about sex and contraception, without any intention of looking for it (Population Council, 1997). But most of this information is informal and quite often false. Population and family planning (FP) programs of the government have only focused on adults who are married, youth have not been considered as a subject for providing knowledge and service. In addition, information-education-communication (IEC) programs do not focus on adolescents, as many fear that sex education would be seen as encouraging sexual behavior (Blomgard, 1996). Even the information received in schools does not all seem to be correctly understood (Vu, 1995, Blomgard, 1996). The sex education children receive in school is lacking both in content and time. The sex education component of subjects concentrates only on population and FP, not on reproductive health (Nguyen, 1998). The contents of sex education's not suitable; it makes youth feel strange and bored (Vu, 1995). Books and counseling centers are the only other sources on sex education for young people. However, the accessibility to books is not high, the contents are not adequate, and use of counseling services depends on the local information network (Vu, 1995).

- The role of the family

Almost all studies have indicated that sexual education still is a neglected issue both in the family and in the society. Young persons report that in the family they have rarely or never discussed sex and sexuality. In their view their parents do not believe in their ability to understand sexuality.

In the family, some younger girls (10-15 years old) receive information from their mother, grandmother and siblings about social lives, menstruation and physical changes. When growing up, they do not talk with their parents about their needs of sexuality information. In the case that IEC programs and schools do not provide enough information they learn mainly from their peers, or more experienced boyfriend (in the case of girls) and often this result in misconceptions (Population Council, 1997, Nguyen, 1998). Sometimes they are even afraid of their friends who may tease them or may not keep secrets (Population Council, 1997). They learn about sex from adults through only their jokes, obscure references, metaphors and overheard conversations (Pham, 1997, Population Council, 1997). They are often misinformed or ignored when they request information from family members.

There is a challenge between desire and practice. Although almost all parents wish that their children had positive attitudes and especial good behaviours such as safe and responsible sex. Many parents and young people, when they are asked, report that they would prefer parents be the main source of information about sexuality and reproductive health. But in fact, parents report that they have never discussed with their children about sex, and/or sexuality. Almost all parents think that their children are too young for sexual education. Adults do not want to recognise that adolescents have sex. If the young pay attention to sex or sexuality he/she would be judged as having bad behaviour. Parents wait until their daughter is in love and then discuss only how they must avoid “being corrupted”(Population Council, 1997). They are unwilling to answer questions or provide information about sex because they are afraid that sexual education will entice their children to have sexual activities too early. They only warn their children to not “lead carefree life”, or discuss about “good” or “bad” sex or “social evils” (Population Council, 1997). In the case of contraception, while many parents think that adolescents should be educated about contraceptives, few of them positively discuss with their children about love, sexuality, or other issues (NCDFP, 1998). Almost all parents (79 percent) do not allow their children to use contraceptives, few of them (12 percent) would know what to do if their children used, and only 7.9 percent would accept contraceptive use for their children (NCDFP, 1998)

A universal reason why adults have trouble assisting youth to adopt healthy lifestyle is that adults themselves may be uncertain about how to discuss issues related to intimacy and sexuality. They themselves lack knowledge and life skill about sexuality and reproductive health. No one has talked to them about these issues, so they have no experiences in transmitting such knowledge. Many parents express desire to learn more so they can better educate their children (Population Council, 1997).

Family education plays a special role compared to other sources of family information. Other sources while providing a valuable service to adolescents, may not be the most appropriate for adolescents, both because the information provided tends to be very superficial and also because adolescents are probably less likely to pay attention to information provided through institutional sources than where information are provided through primary sources such as the family. However, different family members play different roles in communication. The mother is more likely to discuss sexual issues than the father (Population Council). Some girls prefer to speak with their grandmother because they are afraid their mother will scold them (Pham , 1997, Population Council, 1997).

There is no study in Vietnam focusing on parent-children communication concerning ASRH. It is worth considering that there are also methodological problems in which most studies only interview adolescents and their reports about communication and skills learning, and this might vary from how parents actually view the situation. We do not know how openly issues of ASRH are discussed? How do children feel in confronting intimate issues with their parents? What are parent’s attitudes? How comfortable do parents feel? We need to know the constraints that parents feel to providing information

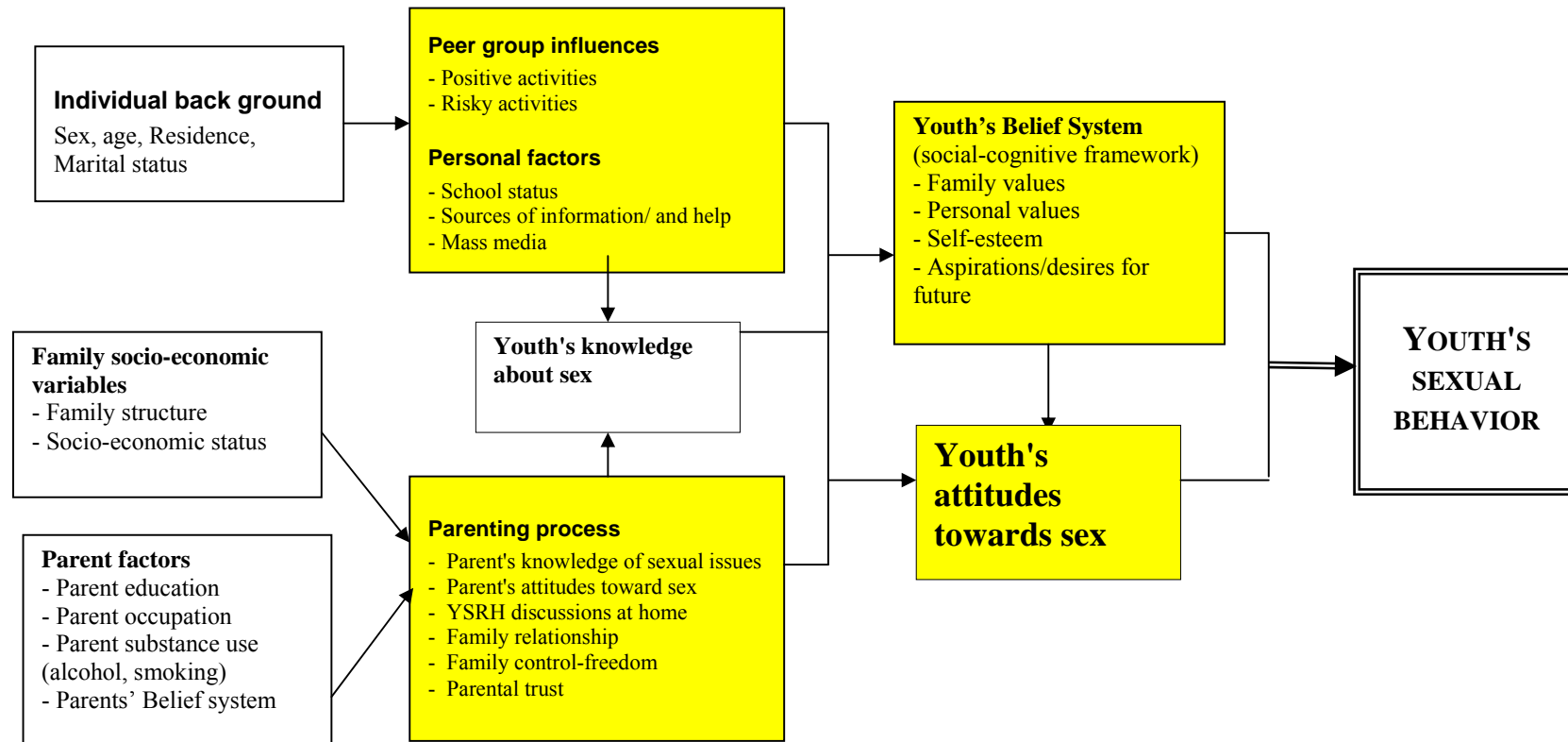


and skills to their adolescent children (shyness, lack of knowledge, view that this should be provided elsewhere etc.).

### **3. Conceptual framework and Hypothesis**

There is a general recognition that a central factor influencing YSRH is a supportive environment, which can include school, peer group, community, and family influences. However, there has been relatively little research undertaken on the YSRH context in Vietnam, and virtually no information on the role of the family role regarding topics related to YSRH. This study proposes to explore the components of supportive environments, in particular the roles of family, school, and peer influences.

## CONCEPTUAL FRAMEWORK



Note: yellow boxes are more focus on qualitative research

## HYPOTHESIS

- H1: Communication is lowest in families when compares to school and peers.
- H2: Those who are in the higher position of socio-economic more likely at higher level of communication in family
- H3: Parents those who have higher knowledge of sexuality and more liberal attitudes toward sexuality, or closer relationship with their children more likely communicate to and impact on their children.
- H4: Parenting play stronger role than school and peers in terms of influencing on adolescent's positive sexual attitudes and behavior.
- H5: Adolescents those who are at higher level of family value, personal value, self-esteem, school results, and aspiration more likely have more positive attitudes and safer sexual activities.
- H6: Those who have more positive sexual attitudes; less risk activities with their friends are more likely have safer sexual behavior.
- H7: Family influence on adolescent sexual beliefs and safe behavior is more likely stronger than of peer and school factors.

## 4. Design and Methodology

### 4.1. General outline

Vietnam is in a period of “renovation” (or “DOI MOI”), a time of changing from a planned economy to a market economy. Therefore, there are major changes in society, the economy and lifestyles. Young persons' lifestyles are changing, including sexual behavior. Lifestyle change is more rapid, and most clearly seen, in urban areas.

One of the major problems in intra-family communication is that parents and children have different perceptions regarding the importance, necessity, and appropriate topics of YSRH communication. We do not know what parents understand, or are willing to share with their children, and whether children want to receive such information from their parents. We can not directly test this without analyzing paired samples of parents and children in the same study. We can also seek to assess the quality of communication. For instance, parents frequently report attempting to communicate with their children; however, children, on their part, frequently report feeling it is difficult to understand or accept their parents' modes of communication. Parents may feel that the knowledge that they have to impart to their children is adequate, but their children may feel such knowledge is insufficient. This study will be, therefore, a paired study, in which both parents and their adolescent children are simultaneously examined.

### 4.2. Methodology

This is qualitative survey which using focus group discussion and in-depth interview. In order to prepare for selecting participants a pilot survey should be conducted.

**Exploratory phase:** Because YSRH is a sensitive topic and there have not been many previous studies on this topic, this study needs an exploratory phase before undertaking the data collection phase. In the exploratory phase, focus group discussions (FGD) and random in-depth interviews (IDI) will be conducted. FGD and IDI could provide more information on the context of intra-

family dynamics, help define issues, suggest appropriate terminology, and help in the construction of the guideline of FGD and IDI.

**Secondary data analysis:** Data set of “Study of Sexual and Reproductive Health among Adolescents and Young Adults in Three Asian Countries China, Taiwan, Vietnam” conducted by Institute of Sociology, and Institute of Family and Gender Studies in 2006 will be used for secondary data analysis. The survey is a comparison survey with Shanghai, Taipei, with support of John Hopkins University.

**Qualitative survey:** Guidelines for the in-depth interviews will be developed and pre-tested. The survey will focus issues such as the following:

- 1) Socio-economic background such as education, occupation, living standards.
- 2) Knowledge, attitudes and experiences regarding sex, abortion, contraception, and STIs. For example, we will inquire regarding what sources of SRH information are utilized by adolescents. What are the attitudes of parents/children toward pre-marital sex/abortion/STIs? How can children get counseling or help on these issues?
- 3) Adolescent needs. For example, what are adolescents’ needs? How do parent/children think about adolescents’ needs?
- 4) Attitudes and behaviors toward sexual communication, premarital sex.

**Sensitive issues:** Sex and sexuality are sensitive issues. However, studies on these issues in Vietnam have found that almost all respondents, both young and adults, including teachers, parents and community leaders, readily participate in interviews. They readily express their feelings, and want to share their thoughts (Vu, 1995, Khuat, 1996, Khong, 1998). Even among young unmarried girls who have had an abortion and who do not want to be identified, almost all are amenable to discussing their experiences with researchers (Quy Mui, 1998).

**Gifts and consent:** Experiences from previous studies have shown that in most surveys it is necessary to provide respondents with some kind of gifts. Gift-giving is important to compensate respondents for their time in answering questions. In addition, gift-giving also demonstrates the sincerity of the researchers and the respect for the respondents. However, such gift-giving is not frankly remuneration. It also is not intended to make the primary motivation for participation monetary, and it must be implemented in a fashion so as to not create selection bias. Nevertheless, respondents should be fundamentally willing to communicate their experiences. If they appear to be voluntarily agreeing to participate, the interview will be conducted, however, if potential subjects do not seem truly comfortable and willing to participate, the interview will be cancelled.

**Permission and Guider:** Researcher need to get permission of local authority for the research. Without permission of People Committee of ward or commune the research can not be conducted. To contact to residents in the research area researcher need support of guiders. Guiders help to introduce researcher to informants, but not attend the meeting of researcher and informants. Normally guiders may be either head of To (a group of households) or member of mass organizations such as Women's Union, Youth's Union, Veteran's organization... Researchers need to pay for help of guiders for their time spending.

### **4.3. Selection Criteria**

**Study area and Sample:** The fieldwork location will be Hanoi, the capital of Vietnam. Respondents are young people from age of 16 to 24, including both single and married, and their parents. Participants be selected in both central areas and outskirts of Hanoi. Based on results of "Study of Sexual and Reproductive Health among Adolescents and Young Adults in Three Asian Countries China, Taiwan, Vietnam" those who provided useful information be selected, and then, the method of snowball may be used. Acquaintance and connection, and then snowball be used.

Respondents will be chosen so as to represent a sample with the following varied characteristics:

**In-depth interview:** 38 cases be interviewed

- 3 girls (3 groups of age) who have experience of risky behavior including premarital sex
- 5 boys (3 groups of age) who have experience of risky behavior including premarital sex
- 8 girls (3 groups of age) who have experience of positive behavior
- 6 boys (3 groups of age) who have experience of positive behavior
- 7 fathers
- 9 mothers

**Focus group discussion** 2 FGDs be conducted:

- A group of girls
- A group of boys

### **4.4. Difficult of sampling**

**Young people feel hesitate**, especial those who have experience of risky behavior including premarital sex. Arrange a meeting is a hard work. Therefore it's difficult to contact. Sometime it need long time to persuade. Sometime a interview last for 2 or 3 times of meeting.

**Father feel hesitate and busy**. Not only children but most parent also feel hesitate. Sometime children accept an interview, but parent do not accept. It's more difficult to contact father than mother.

**Difficult to arrange a FGD among parent** because they are so busy, and hesitate. Although it takes time to arrange a FGD of parents but it's not success. To meet just one person it is difficult but to arrange a meeting of group of parents it seems can not.

**Bias**. All informants are enthusiasm. Those who are not enthusiasm that do not want to participate to the research.

### **4.5. Interview guideline**

- Focus on history but not only at time
- Focus on changing by the time
- Focus on looking for detail event but not in general
- focus on reasons, cause of action

### **1. Introduce**

- Age, living place, education, job, living level
- Parent: age, education, job, living level of family

- Sibling

## **2. Family relationship, parent-children relationship, parenting**

- Tell about your family when you are growing up. family relationship? (happiness, take care each other, equality)
- Tell about parent-children relationship in your family? (closeness, opening ...)
- Tell about parenting? (parental control, teaching, take care of children future ...) How is changing by the time?
- How is the role of the family to your life?  
     family is trust suport. think of family whenever you do something, you have important meaning to your family. Make parent fell be pround of you. Respect of parent opinion, Take care parent when they become old.
- Tell about parent teaching you on sex, sexuality? (how women can get pregnant, love, sex) Why?
- How important is your parent opinion toward your decision on selection boy/girl friend, husband/wife, sexual intercourse?
- Do you talk to your parent when you get menstruation/ nocturnal mission? How do they help you?
- How is your parent's opinion about sex in general?
- If you have sex, how is your parent, sibling opinion? Why?
- for girl, How is your future husband's opinion if you had sex before him? For boy, How is your opinion if you know that your girl friend have sex before you?
- 

## **3. School: focus on process of study, and environment of school**

- Results and process of your study? in progress? is it so hard?
- Your school (primary, secondary) is a good quality? do students study hard or just relax? How is friends relationship? (closeness, helpful...)
- Do teachers teach you about love, sexual knowledge? How do you think, Is your knowledge receiving from school enough?
- Did students in your school love during the time of schooling? if yes, how common is it? How do your think about their love (pure love, date, go out together, have sex...) How is attitudes of teachers?
- For those who have girl/boy friend: do you think love, sex effect on your study?
- 

## **4. Peers: focus on peers relationship, and effect of peers**

- Who are your friends? how is their study, their future plan, their helpful? Do they think of love, sex?
- Do you have close friends? If you would like to share private thing, who you would be most likely to confide in?
- do your friends talk, chat about love, sex? if yes, what do you talk in detail? (friend relationship, love, sex, development and societal concern, happiness, future plan...) How much do you learn from your friends?
- Suppose you have premarital sex, how do your close friends (girls, and boys) respond?

- How is important level of your friends' opinion toward your selection of girl/boy friend, husband/wife or your decision having sex? which one is more important to you, friends or parent, in terms of your decision?
- 

## 5. belief, values, norm:

focus on personal characteristics which impact on behaviour

### ➤ **Personal values**

- How is your growing up? prompt:  
*what is your interest? your dream?*  
*the most your like? don't like?*  
*the most your advantage, disadvantage?*

### ➤ **Self - esteem:**

*You are proud of yourself, You know your own strengths and weaknesses, You mean much to your friends, You believe that you can do what others can do, You think you are valuable to your family, You feel good about the way you act, You feel happy with the way you are, You feel happy with your life (now and future), I am pretty sure of myself, There are a lot of things about myself I would like to change*

## 6. Attitudes about love, sex: (changing by time)

### ❖ Attitudes about love, sex, changing by time

- What do love bring to you? (happiness, unhappiness) What does your love going by the time? Dose it have any problem or make you feel worry, anxious?
- Is sex important to love? How is relationship between love and sex? (feeling is more important than having sex, having sex is a way to express your feeling, it is difficult to control your feeling to having sex if you get in love)
- How do you think of pure love? love without premarital sex (PMS)?
- What is your opinion about PMS? if you accept, in what situation? should sex attach to marriage?
- How do you think about opinion that's better to have experience of sex? do man need sex experience?
- How do you think about the risk, and values of PMS? do early PMS cause problems to love and happiness?
- 

### ❖ Attitudes about sex in love?

- do you think that having sex with no enough good condition (in many aspect) may bring not full happiness (at moment and future)? Why?
- do you think love need to be based on moral, ethic? why?
- Do you think sexual desire control is necessary? Why?

### ❖ Attitudes about other assessment

- do you think if you had sex it should effect to your family, your friends, and your future?
- If your friend said that he/she have PMS what will you say to him/her?
- How do you think about opinion of PMS, virginity? (in both modern and old style)

## 7. Intend of having PMS

- When having girl/boy friend do you think of having PMS? do you feel curious, eager, waiting for sex? when your relationship becomes close do you intend "up grade" to have sex? Why? Prompt:  
having PMS when engage, when married, any chance comes. Having only one partner before married, having 2 or 3 but not at the same time, may have some partners at the same time.

## 8. Love, sex behavior

- How old were you when you had your first wet dream/ first period?
- When do you first having feeling to opposit sex friend? (just like cherish but not love)
- ❖ **Information resources**
- When growing up how do you learn a bout sex? first time how do you contact to sex knowledge?
- When growing up do you have chance to learn correct knowledge of sex?
- 
- ❖ **Love activity**
- When is your first love? who was your lover? why do you want to have girl/ boy friend? (curious, eager, or to be similar to friends...)
- About current your girl/boy friend, what do you feel about he/she good feature? why do you feel in love with him/ her? How is your love coming?
- If your girl/ boy friend have sexual desire how do you reaction? do you know how to cleverly react? if yes, where do you learn from? if no, do you intend to learn from somewhere?
- do you and girl/ boy friend talk about, physiology, pregnant system, sex, having sex?
- do you think if love you should do take care, concern, for yourself and your girl/boy friend? with your love, what are you doing?
- do you think if love you should respect yourself and your girl/boy friend and your happiness? with your love, what are you doing?
- do you think if love you should have responsibility yourself and your girl/boy friend? with your love, what are you doing?
- do you think if love you should have plan for future of living together? (if you have some girl/boy friend before, pls tell about all previous affair) Tell about your plan for living together with your currently girl/boy friend?
- For those who have no experience with PMS: how is your love effect to your pshycology, physicology, feelings? Does love bring you happiness or make you loss of pshycology or feelings? currently how do you think of love?
- 
- ❖ **Those who have experience with PMS**
- How old were you when you have first sex? in what situation? who initiate? After that, how often does it happen? do you use contraceptive methods? why? do you/your girl friend got pregnant? if yes, what did you do?
- do you prepare for you some necessary knowledge of sex? do you know what to do in that case?
- what are reasons to have sex? (because of love, curious, physiology demand, to please girl/boy friend, be involved in, desire to be taken care and be protected, I felt lonely, stress)?



- how is your love, sex effect to your pshycology, physiology, feelings? Does love bring you happiness or make you loss of pshycology or feelings? currently how do you think of love?
- do you argue about money?
- 
- ❖ **contraceptive method, STD, HIV**
- How do you think about contraceptive method? STD? HIV? abortion? are you worry suffer STD or got pregnant?
- How do you feel social press on pregnant without marriage, abortion, STD?
- 
- ❖ **Effect of sex (for those who have experience of PMS)**
- How does love, sex effect your pshycology, feelings, and body? How does it effect your future?
- Do you some time want to confide in someone?
- Now, if think back, how do you think about your activities related to sex that you done before? (worthwhile, consideration) How do you think does love, PMS at teen age make any bad influence? If you could do again, do you want to do the same way? Do you want to change any? do you feel any compunction?
- What do you want to advise your close friend (girl), sister, daughter? What do you want to tell those who are same your age? (if some friend (girl) want to have your advise)

## **9. The role of family, school, friend, mass media**

- Who, what factors do effect to your opinion, attitudes toward love, sex?
- How do you think about the role of family, school, friend, mass media in terms of positive and negative aspects.
- How do you think what family, school can do to help, support young people at this period of life? in another way, if you were your parent position, if you have children, what you want to do to support your children to have:
  - correct knowledge: physical, pshycology, physiology, pregnant mechanic, STD, HIV, sexuality
  - positive attitudes: peers relationship, love relationship, sexual activities, friend selection,
  - Positive behavior: safe sex, sexual desire control, how to say no, how to communicate to partner, take care, responsibility, respect,

## **10. Aspiration**

- What is your future plan? study, occupation, career, family,
- What is your hope for your future?

## **PART TWO: FINDING**

### **1. Sex education in school**

According to youths, the sex knowledge provided to them in the school is not enough or too little. This is because teachers often hesitate and skip to lecture about the anatomy and the physiology. Additionally, students feel ashamed so they do not learn carefully about this subject.

When we were in school there had not been sex education yet, sex education had not been integrated into school courses. A very little knowledge of sex education was taught in school. It was mentioned a little in biology, there was almost nothing mentioned in other activities.

*(Male PMS Tung)*

Teachers hesitate, do not lecture in details, girls cover their faces and giggle; boys laugh loudly and tease each other.

*(Male not PMS Ha 22 age)*

A: About the sex knowledge taught in school, school taught a little, we knew by ourselves. It was almost not taught, sometimes school invited specialists to give talks.

*(Male, not PMS Hung 23 age)*

A: When we went to school there had not been that sex education program, also my school is private, so we had not had condition to learn much. In public school, students can do it.

A: The knowledge that we acquired from school was almost nothing, we only could get it in informal way from books, newspapers.

Q: Did teachers tell you that you were so young, you shouldn't love early and should think about on study, that sort of things?

A: No, they didn't, because it was a private school, so that thing was not mentioned, they just taught subject matters, to make better.

*(Female, not PMS Trang 24 age)*

Teachers only tell about common background in terms of morality (like what our parents often say), and about some dos and don'ts in the relationship with friends of other sex. They do not lecture much knowledge of reproductive health.

The senior master gave concerns to us and advised that we should not fall in love early, should pay more attention to studying, etc. However, he did not tell much about sex knowledge.

*(Female PMS Yen 24 age)*

### **2. Friend**

#### **2.1 Attitudes and behaviour about Love and Sex among friends**

The friendship also affects the attitude and behaviour to the love and sex. The love is popular and popular in schools so students naturally accept it more and more by days. Previously, the love did not be popular in school like what we could see today, and it did not reach the sex activity, too. More and more students regard the love as the normal phenomena, and the sex relationship is acceptable.

Q: When you were in school, had your male and female friends loved yet?

A: Yes, but there were not many friends in love like now, but also not a few. In my class there were 4-5 couples. It accounted for a minor number, approximately 10% of total students. I think their relationship is not so profound, it is only a like. Only a date, going out. Going out is frequent.

Q: What about Going beyond?

A: In my opinion, it seldom happens in our times.

...

Q: If you have sexual relations, how do you think about sexual relations?

A: At our age my friends regard sexual relations as normal thing, all people do so, and people do have opinion of that. I think it is normal.

Q: What do you think about the view of society toward one's virginity?

A: From my point of view, there are many different opinions. For adolescent and adult, their view is like that in feudal times: compulsory, daughter must remain virgin when she gets married. For our generation, we enhance real love of couple. With this matter, everybody is the same, people may make a mistake. I do not enhance it.

Q: Do you think nowadays young people still enhance virginity?

A: No, as I see they do not enhance it much. There is only a small number of young people concerning about it, for these people it is very important to them. However, to me, I think it is not absolutely necessary to do so.

Q: Who is the person considering much virginity? Male or female?

A: They are often male.

Q: Why?

A: In many cases they believe much in that. After getting married, recognizing their wives who have had sexual relations, many feel disappointed. They regard it as important thing, may have negative bias toward their wives.

Q: What are the persons considering much virginity like?

A: Perhaps, some people are selfish, some others affected by family culture. Families are different from each other.

*(Male PMS Tung)*

Those friends have sex activity is a factor directly influencing the attitude on sex relation. Therefore, youths accept the sex behaviour gradually. It is likely to say friends provide experience in sex activities so students learn much about the sex. Thereby, the sex relation is not a strange issue to them.

While studying in a vocational school, I had a group of 04 close friends. A friend and I had not made any sexual activity; the two other younger friends often told about their sexual activities, and advised what should do or what should not do – that is our lesson.

*(Female PMS Yen 24 age)*

Q: In your group, do you often mention about relationship between a man and a woman?  
 A: Yes, we do... talk about relationship with lover... All of our group going out together, someone has it will tell... like yesterday invited girlfriend to an inn. That is it, no more.  
 Q: What is response of other friends when listening to him?  
 A: Laugh loudly.  
 (*Male PMS Manh 24 age*)

In general young people can accept pre-marital sex if both sides really love each other and surely their love leads to marriage. The relationship that is not certain to lead to marriage but with having sex is unacceptable.

A: Pure love can raise sexual relations. If they really love each other, they look PMS is acceptable.  
 A: In our group of coworkers, including classmates from first-grade until now, they regard that (PMS) thing as normal.  
 A: It means everybody accept, for example if someone has lover, sentiment with each other and determine to get married, their sexual relation is acceptable. But when it is not sure?  
 A: If it is not (lead to marriage) it is not accepted. This means that is now not accepted completely by our society. But if we are at the level of leading to marriage, meaning that real love can have (pre-marital sex). If today love this guy, but tomorrow another one, next day other guy is not acceptable.  
 A: It means having met relatives of both sides already, means two families have known each other already (can accept pre-marital sex)... Meaning that they are waiting for wedding time.  
 (*Female not PMS 24age*)

## 2.2 Risky behaviour

The kicking-up a fuss, a dust activities of young people.

A: When I was a schoolboy I also imitated variety of plays... Racing motorbike at night, having hairs cut with unusual styles, keeping mind on clothes, footwear.  
 Q: Did you leave home for leading a life like a dust?  
 A: Yes, several times. Giving motorbike as payment of a debt, playing lotteries, unofficial lotteries, and football too.  
 Q: Have you been playing?  
 A: Now I have no money to play. In the past, I got money from parents, so I had someone to redeem pawned motorbike. Now nobody do it, if I give motorbike as payment of a debt it will be.  
 ...  
 A: Going out with a guy to florid.  
 Q: For what?  
 A: racing, watching football with bet, playing games. But I have never thought about steal, robbery.  
 (*Male PMS Manh 24age*)

A: Racing on street... Yes, but a little, because I don't have a motorbike, I just sit behind my friend on his motorbike. When I was in the senior secondary school I also teased female friends.

Q: Why did you have those behaviors at that time?

A: I think that is because at that time my psychology was changing.

Q: Because your friends invited you or you like yourself to do like that?

A: Both.

Q: Or because you felt bored?

A: Because I felt bored, so I wanted to have something superior. I had grown up, regard it as normal.

*(Male not PMS Hung 23 age)*

More and more youths read and watch films, books, and websites of sex.

Q: In the past did you watch sex film or read sex-related materials?

A: When I was in school, we did watch it. There was a time that some friends in the same class watched together. At that time, we watched mainly tapes. Watching was in someone's house. Sometimes we watch it.

Q: Do you see that there are many male friends watching it like that?

A: I think not a small number of males do. Because in my group, there are many friends, who watching it. For other groups I do not notice.

Q: Now when you recall what have happened, do you think the watching sex film affects?

A: Maybe at that time we were so young, our level of aware was low, so everybody was curious, wanted to watch so that we know what it was like. Now, we do not think about that way.

*(Male PMS, Tung)*

A: When being in school we watched films on sex. Once some classmates arranged together.... At that time we mainly watched tape.... Watched in someone's house.... We watched once in a while.

Q: Do you see there are many male friends watching like that?

A: I think there are not a few. Because there are many friends in my group.

*(Male PMS Tung 25 age)*

Some youths make risky actions, but they have a sense of such risks so they stop. To some extent, they are under the strict control of their families. These are the ones relatively closely controlled or educated, oriented by their families.

When studying at the 7th grade (junior secondary school), I went to my countryside three months of summer holidays, and I smoked as many people smoked (self-wrapping cigarette, and pipe tobacco) in my countryside. I only smoked at that time; and I have not smoked any cigarette from such the holiday.

When at the junior secondary school, I called my friends to go fighting, and stealing fruits.

Game: My friends called me at first; then I became very fond of playing games. Regardless of how hard I tried, I could not play the Tack3 like my friends – they played very well so I felt interested in this game. Now, I hardly play this game. Today, students play online games very much.

My parents call alls and yells

Gamble, I have tried, but I do not regard this as a fun.

*(Male not PMS Ha 22 age)*

### **3. Family**

#### **3.1 Family relationship**

Generally, almost students say their family relationship is good. All family members help each other regardless of patriarchal families or families of equality.

Q: Can you tell me about your family from the time you have grown up? How do you find the relationship among people in your family?

A: I see that relationship among our family members is very sentimental. We live in the same house. After getting married, my brother has stayed here with the family. My younger sister also has stayed here after she got married. Our family relationships is close and sentimental.

Q: In your family, does every family member share house work?

A: We, brothers and sisters share our family work; in many cases we discuss together to see comments on it from each person, then start doing it

*(Male PMS Tung)*

#### **3.2 Equality, Patriarchal family**

In families of equality, children may feel that they have the freedom in actions so they are more free in their friendship, love, and sex relation.

Q: Is relationships between parents and children equal?

A: Yes, my parents have equal behaviour on their children, they do not have patriarchal or imposing behaviour on their children, but depending on children's interest, parents are only the one who provide orientation.

...

Q: For making decisions in your family, when your family has important matters, do your parents ask for or listen to children's opinions?

A: When making a decision for an important thing my parents often gather children. But my father chairs. Now, my brother chair in his family, my father just asks for opinion and give comments.

...

A: I respect all ideas of my father. However, my father does not impose anything; otherwise, I might have other thought about him. He respects my viewpoints. I think that is the equality. My dad and I can discuss about any issue, even faults. If parents impose their viewpoints to their children, children will conceal their things and do what they like.

*(Male PMS Tung)*

A: My parents are not every stern to us, however, the right is right, the wrong is wrong. My paternal family is of well-educated members so we are favoured with behaviour rules.

A: We can tell our interests to parents. For instance, if we like going out, my parents will agree in case they feel it is possible; if not, my parents will say no. Parents do not forbid anything; they only advise us to choose good friends. I think we can identify good and bad friends.

*(Female PMS Yen 24 age)*

In patriarchal families, children are not free in their actions, they often have to conceal their activities, do not let their parents know.

Frankly speaking, my father is very patriarchal because not only an eldest son in the family, he is also the head of my clan. His ideas are always right, and cannot be wrong. I'd better not to talk back to him as he will agree when speaking with gentle tone to him. I like his characters very much.

*(Male not PMS Ha 22 age)*

### **3.3 Family control**

Almost all of the parents keep an eye on their children. Whenever the children go, whoever they play with or whatever they do, parents do know. It is an approach to take control over the children, help them avoid bad friends and corrupt behaviors, as well as shaping and advising opportunely.

A: When I go out, some of my friends my parents know their ..., my parents also come over my friends' houses, even in the New Year. My parents pay attention to all of my close friends.

*(Female PMS Ha 25 age).*

In general, my parents are much concerned, especially about my study or the potential danger in the society.... The affairs known from the community are said by my father first. .. Not only take control, my parents did set up a rule that I can not surpass it, going out overnight without any reason, next day go home perhaps will get punishment, many things can be cut such as money for breakfast or other petty expense as making a copy. I have admitted that if such things are cut, I feel uncomfortable

...

At home, if I have my hairs dyed in green or red colour, always think of clothes, my father will give comments, but my mother is not concerned because my father is serious for this thing. If my hairs are green or red, I am sure that my father will shave my head

...

We just watch a tape on models my parents complain already, so just watch music tape, normal film, for 'fresh' (sex) film I never know.  
(Male not PMS Ha 22age)

If I go out with close friends, my parents know their telephone numbers, their faces, all of my friends. For money, my parents do not concerned about it because I am very well-behaved. For style of hairs, fashion of clothes etc... My parents feel very unconcerned, since I never imitate the things I do not like.  
(FGD student)

In some families, parents just remind, do not supervise closely, seriously, therefore, their children do not feel afraid of them due to their negative behavior. Many times parents tell them but they do not listen or freely hide their parents.

Q: Do your parents supervise you, for example when you have free time you go out with someone, do something, do your parents know everything about this?

A: yes, they do, but not those things because if I don't tell them, they can't know all...They make a rule that if going out, 10-11PM we have to go home...whenever going out, we have to ask for permission....

Q: Does it mean where you go, with whom?

A: I just ask for permission of going out with friends and go home in time.

Q: Don't your parents know where you go, with which friends?

A: I just tell them I go out with a friend.

Q: are your parents concerned about the way you wear, style of hairs?

A: Sometimes if they see inappropriate clothes, hair style they will tell...When fashion, style are not suitable they will give comments...In general, they respect children's opinion, parents give comments for change.

...

Parents tell not to steal, rob ... not to get addicted.

Q: But, going out at night like that, do your parents know what you do?

A: No, they don't. Sometimes they know because I get an accident

Q: Do they tell you anything?

A: Yes, they tell me that you take part in motorbike race. They know vaguely about joining in the race. They don't allow but I have grown up already, so at times I don't follow parents' advice. Now I am married, don't want to go out, just work to make money, taking care of children is not enough, let alone going out.

(Male PMS Manh 24age)

In many families, mothers take the duty of family control. Particularly in the market economy, fathers are very busy so they do not have much time for their families. Thereby, dads often "transfer" all to mothers.

Q: In your life when you were in school, did your parents pay attention to children's activities? For example, did they know whom their children make friends with, what children were doing etc?

A: For those, my mother often concerns more. My father "tells off" my mother. My parents know whom children make friends with, until now they still do. My mother often



asks about my present friends, tells me to invite them to my house etc... when I go with my friend my mother also asks me about that.

*(Male PMS Tung)*

In patriarchal families, the patriarchal could be seen in the way that parents control children. Therefore, children may act secretly. Nevertheless, the patriarchal helps children be careful with their behaviours as they may be afraid of their behaviours against their parents' wishes. Thereby, they will not be free in their friendship, love, and sex relation.

Not only control, it is the regulation, I have no right to voice my ideas. If going out over night, I will be punished immediately. It maybe cut off many things; for example, money for breakfast, or photocopying fee, etc. Of course, I will be in trouble if those things happen.

My father complains immediately if I get my hair coloured green or red, or I am dressed in a ridiculous manner. My mom does not take part in as my father is very strict. If my hair is green or red, my head will be shaved.

Just only watching video tapes of models, my parents scold right after. Thereby, we could watch video tapes/disks of normal songs or films only. We never dare to watch films of sex. In my family, I will be scolded seriously if I wear bathing-costume, not mention to films of sex. I can see sex films in my friends' houses only.

I had got spanked very often when I was in the primary school; but I was not spanked in the time of senior secondary school. While in the primary school, I made many fusses; going out, playing football, fighting with friends, climbing, etc.

*(Male not PMS Ha 22 age)*

### **3.4 Parenting, guiding**

Most of families are concerned about their children. The highly-educated parents often place more attention to children's learning. The parents with lower level of education only supervise and remind their children to study. Similarly, the highly-educated parents often provide orientation towards children's future study at high level, the families with lower educated parents provide orientation of proper career for their children so that their children are able to avoid dissipating/indulging in pleasure and vagabond status. All families pay attention to education and supervision of their children to prevent bad habits, social evils.

A: Frankly, we tell children that when going out they should do the right things, even with their friends. You should be not depraved in those (social evils). I can not go behind you to know about these. I can only tell you like that. If you can avoid the bad things it will make you happier. I also get good reputation to society; people will tell to one another that these two children of my family are well-behaved. Now I can only tell them like that, I can not follow them for 24 hours. I believe that my children do not do the bad things, because if they do I will know.

Q: You said that in this area there are some addicted people. How can your children avoid them, do not make friends with them? Living in the same collective quarter they can invite each other, right?

A: No, they do not go together. Let's say, if my child goes back from work, the addicted drives motorbike to my house and invites my child to go for drink. My child will tell him that you should share my situation; my mother and child are at home. Before getting

married, he just went to get something to drink, then went home right away. Far away from the addicted, absolutely keep away from them rather than avoid only.

... At that time, my orientation was only given based on learning ability of my children; he can do what he likes. The second child is now given similar orientation, he extremely likes this way of orientation. He chooses himself. He studies what he likes, when he can study more, how much he needs I can give him to pay for his study so that he can have a chance to reach his aim of study. This child likes this subject, so he is extremely good at this. Some days ago, he took an end-of-term exam and said to me that it was too easy. The elder child was told to become a driver but he gets sick with car. He can not follow his father as a driver, so now we can only give him orientation. We tell him this you can not work for a long time; you should think about what you can settle down for your wife and children. I can not help you or live forever. Now you have to take care of your life by yourselves. Me too.

*(Mother PMS Tuyet 49 age)*

Rearing children is also done by mother. Father is only the person who shows 'power' to threaten children, especially son.

A: My parents are often concern about their children, their study. As for our work when we have grown up, my parents often ask about it to know if we have any problem, they also provide instructions.

Q: When children were small, did your parents often remind you to study, check to see how children study?

A: All our activities were supervised by my mother.

Q: Why was it done by mother but not father?

A: (smile) perhaps my father looks after important thing in our family, such as economic matters for family etc,,,, and my mother has more free time.

Q: When children are spoiled, or when educating children to avoid good/bad habits, do your parents often remind you?

A: We are afraid of my father. Because my father is stern to our activities. Maybe my mother tells him, so he notices. If we make a mistake, my father gives punishment. Only when we make big mistakes my father beats us. If it is a minor mistake, he scolds and reminds. In case we make it again, he gives more severe punishment. My father seldom beats us; he beats us only 1-2 times. He may impose to do some housework.

*(Male PMS Tung)*

Father often appears to be an ascendant person, always makes children afraid. While mother is gentle. In some families, daughter is often close and confides to father.

Since I was a child I am always afraid of spank. Because my father is very serious... I can say that my mother is a wonderful from her ways of eating, talking, going, educating children, communicating with people...In general, I can learn the cleverness of my mother. I am always afraid of my father when he teaches me. When I was at third grade, every time I had not yet learn by heart **multiplication table**, my father beat so strong that my **nose was bleeding**, I was so scared, since then If I see the multiplication table my face

gets **darkened**. We were often spanked. We see, whenever going home, our father made us lie face down on the bed and spank. He asked how many rods do you want to get? If we answered 1 rod my father beat 5 rods. Next time we answered 10 rods we got only one.

I often confide to my mother I always confide to my mother any things ...But I tell her things of girls less than I do that with my father. My father teaches me about things for girls more than my mother does. My mother too, but when I talk to father I feel comfortable. Relationship between father and daughter seems to have something more close. Even for personal things, my father also tells me directly. When I entered university, in the first year I was childish and innocent , my friends told my father that I was flirted by someone, just some nonsense sentences , like this, that ...My father also educated me and told me that if a man flirted like that he was not frank. I teased my father that: once my father also flirted my mother like that. He often tells me like that. My father often talks to me gently. For my brother, as he is a son, my father often shouts at him. He tells my brother to do like this, like that. But my brother is well-behaved and gentle. In general, we are self-**conscious** and know how to take care of ourselves.

*(FGD student)*

The family's education helps to form the attitude of choosing friends and making relations with friends of other sex, especially girls.

At secondary school, I did not get close to any boy. I was only close to girls. The cause is that my parents and elder people often says that it is not very good to going out with boys.

*(Female PMS Yen 24 age)*

### **3.5 Belief, respect, expectation from parents**

Parents show their trust, respect their children. As because of a numerous number of children in a family, inability of controlling or feeling unnecessary to control, parents do not expect much from their children. These may be the factors supporting sexual behavior. Children are free in both attitude and behavior control from their parents while they are not been able to control themselves.

Q: Do your parents believe in children? Since you were a child until now?

A: When we were small my parents may oversee us closely. But when we are grown up, they hardly are concerned about us; we can take ourselves because there are a lot of people in my family.

Q: Do your parents believe in children such as believe that their children will do the right things and do not do the wrong?

A: My parents may believe in children but may not do absolutely, they often follow, oversee our behaviours. For example, if I want to do something they do not stop, but they want to see how we do it. If we do the wrong they will remind.

Q: Do they expect much in their children? Hope children will be successful in this area or that area?

A: My parents do not expect much from their children. They only tell us how to try our best to study and work hard. They do not make us do this or that.

Q: Do they respect your interest?

A: They respect our either interest or indulgence, entertainment. For example, we watch football match or play sports, my parents never prevent.

*(Male PMS Tung)*

### **3.6 Aspiration**

Orientation of future is also an affecting factor. Whereas my parents do not orient future for children clearly, children are "free" in their actions. Nothing makes them drive for an oriented future.

Q: Do your parents pay attention to the orientation of their children's future? For instance choosing some school for children?

A: After graduating from school, my parents did not make us take university entrance exam to go to this one or that one. They let us decide depending on our ability, what occupation we like we can sit in exam to that university. They just tell us how to choose the right occupation so that in the future we can find job easily.

*(Male PMS, Tung)*

A: My parents are very comfortable, they let us develop freely. Loving in many ways but my father just tells us only one thing: you can love but later you have to think about your career first. It is that, my parents require just the things that are after we complete study, get good position, have favorable earning condition, are at middle level of society, live in city, and then we can love any one we like. Nowadays, for loving, my father also complains a bit because I have not yet completed any things... At my age, having just graduated from school, but getting married, so my father complains a little bit. What he means is I should not follow this way because around my house there are 4-5 guys who have just graduated from schools, have no job. My father thinks they are lazy, they think making just enough money is OK, do not want to strive.

*(Male not PMS Ha 22 age)*

### **3.7 Sex education in family**

In family parents often talk to their children about the matters related to moral, ways to communicate, making and selecting friends but not about the things related to psychophysiology, the parts of the body, pregnant mechanism and sexual relation. Parents can not absolutely talk about psycho physiological matters, the parts of the body, pregnant mechanism and for sexual relations it is more difficult for them to talk...

Q: In your family, do your parents guide you in love?

A: Many times my father and I talk to each other about that. My father often tells us about their loving story. It seems that telling us is to learn experience from them. He talks about how he conquered my mother in the past, what were opinions of their parents, the difference between the past time and present. I think he wants us to know so that we can learn the experience from these.

Q: Have your parents told you to choose this kind of person, should not that kind of person?

A: Yes. My parents always tell us how to choose girlfriend/boyfriend appropriate to the situation of our family; the couple should be really sentimental to each other, so that situation would be better. As for background, they think the background of two families should be similar. This will make the couple better integrate into counterpart family.

Q: When you were grown up, at the age of puberty, son often has phenomenon of wet dream, did you talk to your parents about it at that time?

A: I hid. I did not talk to anyone. I all the more did not talk to friends. I did not talk to anyone. After that, one or two years later, when the phenomenon happened more frequently I told my brother.

Q: Why did you talk so late?

A: At first I did not know that what the phenomenon was. Now sex education is commonly introduced, in the past it was seldom mentioned. At that time that was new to me, I did not know.

Q: Why didn't you talk to anyone when that happened?

A: No (smile), May be at that time I felt ashamed. My brother is 5 years older than me, later I talked to him and discussed with him.

Q: When you talked to him, did he explain anything to you?

A: Yes, he told me that at the age of puberty everybody has the same phenomenon, I did not understand clearly.

Q: Why did you talk to your brother only, but not to parents?

A: Because he is 5 years older than me I thought he had grown up already and he could know everything, so I talked to him.

*(Male PMS Tung)*

Parents can have talks with children on communications with and psychology of friends of other sex.

A: I asked my father how to flirt, and asked my mother about the psychology of girls. For example, ask my father how I can go out with girls, and my mother about the love feelings or the love symbols. My mother answers all. I have asked those things since I was in the senior secondary school because there were some couples in my class, so I asked my mom and she explained every thing. My mother's attitude is normal. I have gained much knowledge from asking my parents.

*(Male not PMS Ha 22 age)*

In many families mother educates children, teaches them how to behave with opposite sex friends, with girlfriend/boyfriend, while father does not tell directly but just tell mother, then mother talk to children.

A: If I have a boyfriend I should take/invite him to my house. First, he can know my house, my parents can know who and how he is. Like the other friends I have made from the past, know where they live. Their house I have known already. Then, introduce with friends, similar to the way I have done with other friends. Thus, should not be on the street with him so that my parents do not know. Relationship between a girl and a boy, if wanting to love each other let them find out about step by step, should not be **ebullient**.

Q: This is told by father or mother?

A: Mother....father is also concerned about it, but his appearance does not show his concern, but transmit through mother.

Q: Does this mean your mother is as a bridge?

A: Yes.

...

Parents just tell to choose a person appropriate to me, should not be choosy, **as long as** having good characteristics rather than handsome/ugly or rich/poor. Being poor is not important, as long as we understand, love each other. My mother does not talk much; it means when she talks she often makes jokes. For example, at home, during lunch, when we feel happy when often talk about this, that is what I say, actually we do not mention much.

There is a small number of young people who can consult their parents on psychology of age group, communication experience in relationship with boyfriend, girlfriend.

A: ...I get information from website. But information from family and school has greater impact. School is where I contact with many people. It is easy to talk to friends. There are some matters such as communication with girlfriend, or inviting girlfriend to go out I often ask some female friends. At home I consult adults, how did my elder sisters? There is no reason for asking experience of these girls while loving the other one, it is dangerous. They can get troubles. I debater seek advice from my mother. My father is a prissy man, I do not ask him.

... I don't like much. Because that son asks father about that is not much convenient. Talking directly to my mother is better

A: I should ask my father just the way to flirt, but ask mother how girls often think or feel

A: I should discuss with my father about how to go out with girlfriend... Asking mother about how a girl feels when being loved. Or what kind of girl I should love? My mother answers all what I want.... In my class there are some couples, I ask my mother what she thinks, her attitude is normal, she tells me what I ask... Asking parents also can get a good deal of knowledge.

*(Male not PMS Ha 22 age)*

While parents can educate children on communication, behavior towards opposite sex friends, most of them confide a little about psycho-physiology, feelings, emotions, wishes of **adolescent** age group. This is consistent with comments made by young people that are parents need to understand much more of psychology of young people, need to understand children more.

Q: For example a child has grown up, matters of children or psycho-physiology of girl or if you want to know psycho-physiology of girl or boy can you ask them?

A: a bit, a little. Mainly get information from books and newspapers.

Q: In the past how did you ask about these?  
 A: I did not talk about these much, I forget already.  
 Q: Have you been confiding with your parents?  
 A: No, I haven't.  
 Q: Have you talked less than before growing up?  
 A: I still talk to my parents, about confiding, my life is still normal, nothing happens, so nothing to confide.  
 Q: Confiding happy or unhappy things, about psychology of a girl, do you want to ask?  
 A: Do you mean my psychology? No, I don't.  
 Q: Or of your friends?  
 A: No. Because I have seen it already, for psycho-physiology of my friends I think by myself. To know about this I can read the newspapers, books. But I don't ask.  
 (Female not PMS Trang 24 age)

### **3.8 Parent's love, PMS, marriage attitudes**

Timely parents' concern and supervision are also effective, assisting youths to stop, not to love early, but to concentrate in study.

Q: It means when you were in senior secondary school, there were some classmates having those feelings but their families knew, right?  
 A: Yes, their families knew, they just gave advice of their children like complete study first, love can be later, and it is not late, still early, as you are so young. My friends understood, tried to concentrate on study. Perhaps, at that time they liked but the level was controlled.  
 (Female, not PMS Trang 24age)

Opinions of parents seem to be considered by children when selecting friends, boy/girl friends. However, the parents' attitude toward sexual relations does not impact their children's attitude. When children have attitude different from their parents they will hide their behavior.

Q: Are your parents' opinions important to your love? Such as when you introduce a girlfriend to your parents, they seem to be unpleasant, what do you do in this situation?  
 A: My parents' opinions are very important to me. For instance when they give comment on that topic and feel unpleasant, I will find the way to make both two sides understand more each other. It does not mean when parents feel unpleasant I will stop loving relations with her. But I should try to explain for my parents so that everybody understands each other.  
 Q: Regarding pre-marital sex, what are your parents' opinions?  
 A: I do not know whether they believe in children or not but they seldom mention that topic.  
 Q: When the sexual relations happen in society, what is their view?  
 A: Perhaps, they are a bit feudal; they oppose the things like that.  
 ...  
 Q: Have you had loving relationship?

A: Yes.

Q: Have your parents known it?

A: I have never talked to them about that (smile)

Q: Why do you hide, didn't talk to them about that?

A: I think this is common for young people, so it is not necessary to tell them. As I have mentioned, they are a bit feudal, they will oppose that very much.

Q: What about your siblings, have they known about your love?

A: All my siblings are young sisters, so I have never talked to them about that. For my brother, he also thinks so about that, regards it as common thing. He does not oppose, but I have never talked to anybody in my family.

*(Male PMS Tung)*

Despite that the view of parents affect their children's opinion, the parents who are serious will restrict children's behavior. However, young people also have their voice, they recommend parents to have more open view so that youths have more freedom, do not need to hide.

A: When your parents have a severe view, it also affects children point of view, their children also remain more severe than that of the children in families which are more open. Parents are more severe, their children will control such activities (sexual relations). For current society, I think the society should have open view; this would not affect much young activities (sexual relations).

*(Male PMS Tung)*

### **3.9 Family values**

All young people consider their families as a very important factor – a good prop for them in all fields. They always think about their families in all of their behaviours.

Q: Do you find family important in your life?

A: I think my family is important. Traditionally, it plays sentimental role. For other aspects, such as in my life I depend much on my family. May be I do not depend on family in economic and physical matters. Because now I am an adult, I do not need those. But family is a moral support. When I am in difficulty my family can make me overcome. As for work-related matters I often ask my father for his opinion. And other things, it depends on nature of each, I can ask my mother or father.

Q: What do you ask your mother?

A: Things relate study, relatives, neighbours etc... I think family is my believable support.

Q: Before you do something, have you ever thought that the action may affect your family?

A: Yes. I am not married, so everything I do I think of consequences that may happen to my family. I will decide how to do depending on its level of consequence.

Q: Do you think that you need to do something that make your parents happy or feel proud of you?



A: I think children always want to do things that make parents feel proud of them. (Smile)

Q: Do you respect your parents' opinion?

A: I respect all my fathers' opinions. But my father does not impose. If my parents impose I think everything will be different. My father respect children's opinions a lot. I find it equal; father and children can discuss something. Even in case it is the wrong thing we also can discuss directly. After that, depending on level, if we see what is the best solution we can decide to apply that solution. If parents impose children, I am sure in many cases children will hide and do themselves.

Q: When you have a female friend, girlfriend, the person chosen as your wife is your parents' opinion important?

A: I can be free to choose girlfriend, wife, this can be decided by myself. But parents' opinion should be respected.

*(Male PMS Tung)*

In a patriarchal family, children often try their best not make any influence to the family. This is because the family is crucial, and if the family knows about their improper actions, they will be in trouble. This may be a factor to help adjust youths' behaviours.

Whenever facing to great matters that other people cannot help to tackle, I return to get helps from parents. It means that I only return home to get helps whenever I do not have any other ways. The home is my final prop.

Whatever I do, I always try my best to avoid any possible influence to my family. This is my first concern, then no influence to my friends. As you brew, so you must drink; not the family. It is the worst thing if my family knows my faults.

*(Male not PMS Ha 22 age)*

H : When you choose to do the right, wrong thing, before doing that thing, you think of consequence of doing so, influence on yourself, friends and school...who do you mostly think?

A: ...that who is the first must be family. I recalled difficulties of my parents, think of my parents' advice, what I have promised, tried my best to achieve like that, now why not can I try more? After that I feel ashamed myself. Because I have set up myself something but I can not reach.

D : ... Parents' concern is the very taking care of me. If I do something wrong, It will first harm to me. I myself am not good, and then if thinking of parents, they see their children being unhappy like that, they will feel unhappy. That is not good for me, then think over I find that is a waste of my parents' efforts made to educate me to know this, to avoid that. After that I feel ashamed with my friends, I don't dare tell them. I see other people who have never harmed themselves and find them really happy, they know what is good for them. I mean the first thing I think of myself, then my family.

*(FGD student)*

## 4. Sexual Attitudes

### 4.1 Sex and love values

The viewpoint of sex in love is more open, especially people of PMS. They consider the sex activity in love as normal phenomena. However, every one objects to the sex without love.

A: I think in love, one can have sexual relations. That is normal

I think the outdated view of ascendant generations is actually reasonable. But should not keep a secret like that, because though many people have had sexual relations, they love each other much more, when people physically feel closer, they will have more feels of and love each other much more. When there isn't any matter, many things are new to the surroundings, maybe their sexuality is not suitable to each other, and they will feel stuck on some matters. But if it is more open, I think we should not. Because, now for our society, one has to love really, the one, who, one can believe to give oneself to a man, must have a certain characteristics. One can not love anybody, anyone can love oneself and one can not give oneself to any man.

*(Female PMS Yen 24 age)*

My friends, nowadays all young people think so; love needs to have sexual relations.

...

The girls who have just known a little about the partner, but still go out and have sex with him are libertine and unserious ... Their morals are not good. Such as some of my friends who are students of a university in Son Tay told me about the kind of students who have just made acquaintance, but have sexual relations naturally. Even, some girls from countryside now also imitate like that. It is now common.

*(Male PMS Manh 24 age)*

Most of youths don't believe that in love it is not necessary to have sex. And when having sexual relations the couple must have love. Youths also can distinguish that love and premarital sex, post marital sex are different. Prior to getting married, it is possible that love does not need to have sexual relations. However, after marrying love always goes together with sex.

Q: Do you think when you love, it is necessary to get married?

A: From love to marriage it is a different matter. I think it is not necessary for the couple that has sexual relations to get married. Getting married requires having many other factors, having sexual relations does not mean one has to get married. But I believe sexual relations need love.

*(Female PMS Yen 24 age)*

A: Love and sex are important. Love produces sex.

*(Male PMS Manh 24 age)*

A: I think, first it is necessary to decide what the relationship is, if the relationship is clear in goal, clear goal to reach a good result, then one can have sex. If not, try to avoid it and keep oneself from sex. If making a couple is just for indulging in pleasure, making a fun, should not have it. Sentiment needs seriousness.

*(Female PMS Hanh 22 age)*

A: The sex activity is not the most important thing in love. The most important thing is that both lovers see at the same direction to define their future. I think the sex is just only a spice. I do not think that the sex affair is a must in love as I have said that the sex relation is just only a spice to make the soup better.

...

A: I think there is no lesson in love, No one teach us what love is. Love has voluntariness of both sides. I believe when loving, sex is not important. But after getting married, sex is important.

*(Female PMS Yen 24 age)*

Q: Is there sex in love?

A: Actually, if getting married that is different (love may not need sex), but after getting married, it goes together with love. Before getting married love and sex are different, (not necessary to have sex). Love is expressed by something very general, for example from feelings, or being congenial or morals

*(Male PMS Dai 25 age)*

There exist points of view that men should get “experience” so having sexual relations with prostitutes is, to some extent, acceptable.

Q: Nowadays, many young people have sexual relations with prostitutes, what do you think about that?

A: That is only a desire. In my opinion, not all people do like that, but it comes from desire of each.

Q: Do you think there are many young people having sexual relations with prostitutes?

A: I think it is not a small number. It may be that they imitate their friends, some may have a desire, some may have multiple-relation etc... Someone may go with prostitute to get experience.

Q: Do people think man should have experience in sexual relations?

A: I think so.

*(Male PMS Tung)*

People without PMS have other concepts in the love and the sex as compared to people of PMS. They regard such an action as an earnest thing or a good feeling.

A: There were three couples in my class. They loved each other deeply; however, they said goodbye together when finishing the senior secondary school. I think the matter is that some boys like some beautiful girls, and girls like handsome boys so they get close together only. Nevertheless, they start to quarrel together after the first sight.

*(Male not PMS Ha 22 age)*

#### **4.2 Premarital sex (PMS) attitudes**

The viewpoint on PMS has changed much as compared to previous generations. Up to now, PMS is acceptable. Youths do not take care much of the virginity, especially people of PMS. They praise love, respect, and character.

Q: You think that a man having premarital sex with a girl is normal. For a girl doing like that, supposed your girlfriend had had sex with some man before loving you, how do you think?

A: I think it is now not so important, important thing is one's present sentiment. For those who are forgiving, they do not consider what happened in the past.

...

Q: What do you think about pre-marital sex?

A: In our opinion, it is not something so tied. We also do not enhance that so much. No tie does not mean it is not necessary to follow the past opinion, which is getting married or something like that before having sexual relations. It seems to be open now.

Q: Does it mean now this is more open than in the past? Why do you think it is more open than in the past?

A: For characteristic, it is not different. It may be because of life style, our view on life is now different from that the past time. In the past because the previous generations are feudal, they overstated consequence of premarital sex. They regarded it as the bad thing. Now people consider it normal one, it is not necessary to do so.

*(Male PMS Tung)*

A: The virginity was the most important think in the past. According to me, the sexual relation before marriage should not be condemned today. Once married, they do not get the virginity, they need wives of good virtue or hard-working manner. For example, my husband and I used to feel normal. When we had sexual relation, we felt closer and closer together. This is not a bad thing. We should not make derogative remarks each other after having sex together as the affection between boy and girl in a previous asset.

*(Female PMS Yen 24 age)*

Sexual relation becomes normal, acceptable. Its consequence which is abortion also seems to be common.

Q: Is there any in your group becoming a prostitute?

A: yes, there is I think but they just told equivocally. They didn't say that they were prostitutes, but they make known that thing.

...

Q: If your friends know you have sex, how do they think?

A: They will feel normal, not against.

*(Male not PMS Hung 23 age)*

Q: If you have sex, supposed your friends know, what will they tell you?

A: At our age group friends consider this normal thing, all people are like that, and people don't have a lot of comments on that.

*(Male PMS Tung)*

H; You have such sex with your girlfriend, do others know that?

A: No, they don't because I have not talked to anyone

Q: Assumed that everybody knows that, what are the opinions of people?

A: I think my close friends will regard it as normal

Q: It means your friends think it is acceptable?

A: yes

*(Male PMS Truong 25 age)*

A: ...Nowadays, price of inn is very cheap; it costs only 50,000VND for several hours, 100,000VND for a day. In general, going there doesn't need to have a lot of money, as its cost is trivial.

Q: Have you ever gone like that before?

A: I went to the inn at times. Go to Kim Dong, it is clean there, nice room but price only 50,000VND. Giáp Bát is dirty. Generally, it doesn't affect much money pocket.

*(Male PMS Manh 24age)*

Q: Are there many people having abortion in your group?

A: Yes, there are several, they did not use pills when having sex or they think it would not cause pregnancy, but later they are pregnant.

Q: How many times have they had abortion?

A: few. Usually it is because they were subjective

Q: Do you think it is because they are so young, so they don't know?

A: Perhaps sometimes they don't know. Such as for ages born in 1989, 1990 getting pregnant is common. When going to school, they are easy to expose to it. Young people are now very different; they are not like our age group in the past. Some neighbour girls born in 1990 have got married already. Now the more society develops, they think freely like Western people. Whatever they like they do, sometimes they are not much familiar with each other they still go together.

*(Male PMS Manh 24 age)*

Friends also have impact on behavior of youths. In a group of young people there is a tendency to imitate friends, and want to "equal friends".

Q: When you see your friends have girlfriend do you try to imitate friends to have a girlfriend?

A: Yes, I do.

Q: see you friends made an appointment with their girlfriends, have introduced their girlfriends already do you have to try to do like that?

A: yes, I do.

Q: If your friends have invited their girlfriends to go to the inn/hotels, do you also want to try so?

A: This thing must be partly because of me. I can't tell beforehand.

Q: Do you intent to equal friends?

A: Yes, I do. General speaking, now youths at my age, when loving, just want to go to the inn. Even for real love, they always think of that.

Q: Do you mean that now among youths there is majority doing so?

A: Yes, majority does like that.

Q: How many percents?

A: 100%.

Q: That is for boys for girls?

A: Boys.

Q: What about for girls?

A: I don't know about girls.

Q: How many percents can you estimate?

A: Around 50%.

Q: 50% of girls accept to sleep together?

A: Now society regards it as normal. Loving for several days, when getting bored she loves another one, society is now like that, mainly having not decided to get married, love is just to indulge in pleasure.

Q: Still the girls accept so?

A: I don't know, but I think it is about 50% of girls may accept having sex. Nowadays, sex is normal thing. Just love this girl/ boy, then after some days may change to other girl/boy. Just love but do not think of marriage.

*(Male PMS Manh 24 age)*

Nowadays young people have more open viewpoint about virginhood. However, either men or women still want their partners to keep virginity. Although girls do not make special importance to the virginity, they somehow worry about it when having sex relation.

Q: What do you think about present society's opinion of woman's virginity?

A: In my opinion, in the past it is a big matter, but now it is less. However, Asian people still need to have it.

Q: Assumed that you have a girlfriend who has had sex with other before, how do you think?

A: I will feel a bit sad. Now is the modern time, I should sympathize with her.

*(Male not PMS Hung 23 age)*

A: I was afraid that my man would not marry me. I would regret very much for my virginity if he denied me. I worried, especially the first time. I was afraid that he would not love me any more, and in this case, if I could get married to another man. At that time, my viewpoint was out of date. I may be luckier than others. It is the worst thing if the marriage does not happen after having sex relation.

*(Female PMS Yen 24 age)*

A: When love is not deep it will be strongly shocked (because lover has had sex before). Because, in my life I really hate it very much.... After that I think over much. I can give her a way out, if she can forget her past, I will accept her, if she can not, I will not

*(Male PMS Dai 25 age)*

Youths have open views on PMS because the society has a more open attitude, not as strict as it used to be.

A: Every one knew as it was the summer. Holding the wedding in the summer, every one knew I was being pregnant. My uncles, cousins, and relatives did not complain anything at all. As a matter of fact, there were many people attending my wedding. I think every people thought we would get married sooner or later because we had loved each other for a long time.

*(Female PMS Yen 24 age)*

## **5. Role of family, friend, school, and mass media**

### **5.1 Information sources**

Both school and family do not provide much information to youths. The key source of information of SRH is from friends, books, and films.

I learnt from my friends and books because of my curiousness and wish for knowledge. I think it should be known.

*(Female PMS Yen 24 age)*

In school, we get little background on this issue. We gain much background from the mass media. Knowledge from friends is not much, and parents hardly say about this subject in details. I can get known through my elder brother, however, we do not exchange much about this.

*(Male PMS, Tung)*

When growing up, I have got gender background from films, TV, websites, not much from parents. Websites are my key source of information, not friends. It can be said that I spend dozens of hours in shops of internet services every month. I have learnt many things from websites.

*(Male not PMS Ha 22 age)*

Youths get much useful skills if learning how to make communications from friends.

I need to be consulted in communications from different people.

My biggest information source is from websites. However, information from school and family has better effects. The school is where we keep in touch with every one, it is easy to talk with friends. I often ask for advice from some girls if I want to make friend with any girl. At home, I asked for ideas from older sisters. It is more correct to ask my mother about girls.

*(Male not PMS Ha 22 age)*

There are many sources of information about love, and behaviour in love for youths.

On websites, many people express their private feelings so I can understand more about love. The more reliable information is from experienced people, my parents for example. When talking with my mom, she told about her love to my father and why she loved him. From experience of my friends, I could understand my feelings – they are symbols of love or not.

*(Male not PMS Ha 22 age)*

Today, there are a lot of information sources from films of sex, websites of sex. Children make sense of the gonad tropic ability of sex films.

At the end of 11th school grade, I watched sex films at the computer in the house of other people, watched cartoons on Internet. Some boys have video disks, and others have websites with some minutes of free video clips of sex. I only watch video clips of sex from VCD/DVD player or website. Inside and around the dormitory of my university, there are

many kinds of writings and films. If you have a computer disk of 80G, they will provide enough 80G of films to you. Previously, I watched cartoons and read funny stories. I do not know where students can get those things.

*(Male not PMS Ha 22 age)*

In my opinion, sex films arouse sexually so children under 18 should not watch them. When we need to learn about, we can watch those films to get healthy experience and compare with the real circumstances. Small children should not watch, but adults should do I think.

*(Female PMS Yen 24 age)*

At that time, we were very young and had little knowledge so we watched films of sex to know what it is and how it looks like. At present, we do not watch those films.

According to me, we should not let youths watch sex films because watching sex video clips could change the psychology of watchers, arouse them, and sometimes cause serious consequences if passions are not dominated well. Those films will arouse youths' psychology, may lead to sexual behaviours. I do not think watching films of sex provide much knowledge of sexual relation.

Of course, watch as being curious, once upon watching sex films, we will be aroused, then become curious about sexual relation.

*(Male PMS, Tung)*

Youths believe that school and family should provide more sex education.

A: I think there should be many measures such as re-communication on sex experience, promotion of activities on sex education... more parents' communication of sex education. When young people get added knowledge of it, they will feel less curious.

*(Male PMS, Tung 25 age)*

Young people also believe that the form of direct counseling is useful in raising awareness.

A: I think the face-to-face form of communication, like you and me, two persons talking like me with you, for some matters with parents I haven't talked, but discussing directly like this I can talk... I think just talk like this. Group of youths sit together and talk with some specialist. The there will be more positive effects than newspapers. People just skim over newspapers, talking like this is still better.

*(Female PMS Hanh 22 age)*

## **5.2 Comparison family, friend, school and mass media**

Youths still concede that the family plays an important role in forming their viewpoints of love and sex. Further, the family makes great influence in selecting who is a close friend, lover, wife and husband.

A: I think when children reach the age of puberty their parents should give them guides, talk to them about changes in their body so that children can know, to avoid to be puzzled.

Q: Which one do, parents or school communicate better?



A: I think parents do better. School should spend more time on sex education. At present the time spent on sex education is little.

Q: Are there differences in the number of factors affecting children's view on love, sexuality, family role between family and school, friends?

A: I think when one was small, family plays significant role. Family can be considered the one who forms psychology of children.

Q: What about view of love, sex, choosing partner, girlfriend/boyfriend etc..., what is family' role in these?

A: Family plays an important role in those. Friends can not play role more important than family does. School does not have a lot of effects on these matters.

*(Male PMS, Tung)*

A: In my family my parents often do not tell carefully or in details about changes, body structure etc...but just educate the such as things should do like this, like that, should not do like this, like that.

Q: How do you estimate the role of parents and family in general (grandparents, aunt, uncle and siblings), how do they play a role in helping you perceive the right thing, the wrong thing, what should do and should not do? So that when you are out, there are many things such as try to live together, we know we should not, and help us to make more efforts to avoid it? Do you see family is more important or school, friends are more important?

A: Family is important.

A: Like all people here, I think family is the first.

*(FGD)*

Youths wish that school and family should provide more sex education to bring them correct knowledge. Family is also play an important part in education, instruction of youths in relationship with a sex difference friend, psychology of age group ... because parents are close to them.

Teachers should provide counseling about friendship, love and sex for youths. This will be better than they find out about themselves. The firstly because, for example if one has it (premarital sex), he/she should know a bit in order if one goes beyond, one knows how to avoid. That should be known. Like myself, after getting married, I find many things new to the surroundings, difficult. If I have known before it would be better.

*(Female PMS Yen, 24 age)*

A: Family, parents play significant role in education of children about the matter. School, I think, should organize extracurricular courses on adolescent reproductive health. As I see school teaches about this only a little. Thought the situation of premarital sex and abortion is relatively common, school does not play important role in sex education. The extracurricular sessions on this topic should be organized, this should not insert in civics curricular or biology. Because such insertion in curricular is not effective. Sometimes many teachers are reluctant to talk about that. Especially for young teachers, when students tease a bit their faces will go red, stop talking and return to other topic. So, in

school there should be an adolescent reproductive health, sex education counselor. I think, for communication through newspapers, our Government should have more open view. Nowadays, majority of people who have job have sex because they have money, we don't talk about them. But school students, who are still dependent on parents, have sex. If this happens, even though family allows to get married, how long can their marriages exist? Future is threatened.etc... For this matter, school plays an important part.

*(Female PMS Hanh 22 age)*

A: If family now strengthens the educating their children in terms of feelings, psychology of a girl/boy, for example how to behave properly with boyfriend, girlfriend or, how to choose a lover, boyfriend, family performs it much more than school does. I means that are parents, parents educate children through the things like that, then, give comments on children should do like this, that, because of sentiment between parents and children, children will receive easier than school in education... parents with children, sentiment between parents and children is always something easy to understand, it is more sympathetic, sentimental.

*(Female not PMS Trang, 24 age)*

Q: What will you do in the future to help your children get correct knowledge of love and sex?

A: I will talk to my children frankly

*(Male PMS Truong 25 age)*

A: Many people say that parents often mind talking about that If we were discussed about this problem, we could mentioned it openly with our children when they grown up in the future, but we could not ask our parents and they could not say, either. When my children become mature in the future, I will certainly talk about it to them. I think schools should include a psychophysiological subject and genitalia at puberty for pupils. Books and magazines also play an important role in providing knowledge of this issue, so there should be more articles on it put in. I myself like to find out about sphychophysiology or how to be pregnant, etc I think we could learn much from it.

*(Female PMS Ha 25 age)*

Family has a great impact on love and sex behaviors of youths.

Q: Which one, family or school has a greater impact on the matter of sexual relation?

A: Parents do better than friends

Q: Why?.

A: Because If we did bad things it would affect the reputation of the family.

*(Male PMS Truong 25 age)*

Q: In that matters (choosing lover, controlling sexual behavior), are friends important?

A: Friends can not be as important as family.

Q: How about school?

A: School does not influence much.

*(Male PMS Tung, 25 age)*

## 6. Sexual Intending

People of sexual intending may accept sexual issues, they do not care much about those activities. As to people who never have sex often give out a specific norm of no PMS.

For me, I require the immaculate of my girl if I am immaculate. In case, I have never had sex, she must never have sex, too. If I make love, it is another situation. I am sure I will not make love with her before marriage.

*(Male not PMS Ha 22 age)*

Parents' orientation has a great influence on their children's sexual intending.

My father requires me to make a good fortune before loving someone. My parents urge me and my brother to strive for a good fortune, reach good living standards as compared to the society, and live in the city, then love someone we like. My father will complain if I love someone at the moment. He advises I should not get married at my age because 4 – 5 boys at my age have got married without a good job. My dad says they are lazy and have no willing for a better life.

*(Male not PMS Ha 22age)*

## 7. Sexual Behaviour

### 7.1 Reasons of Having Sex

Majority of youths agree that young people, who have sex because of love, do not control their feelings. In addition, some people say due to being curious, or feeling bored, however, these reasons are not common.

Q: Is one of the reasons for youths having sex being curious?

A: I think so. There are many cases like that.

Q: Is that because of being bored or getting trouble of something so they have that behavior?

A: There are some people like that, but not many.

*(Male PMS, Tung)*

Boys say that they have sex because they fail to control themselves or be curious.

A: We did not think the sex activity happened. It maybe both of us desired for sex. We went out together and such an action happened without prediction.

...

A: Even at the moment, I think no one can control himself in such a situation.

...

A: The curiousness is one of reasons for sexual relation of youths.

...

Q: When you first have sex, is that because of being curious?

A: I think I did not because of being curious. Maybe it is distinction.

Q: Is that because you are curious or imitate your friends?

A: At that time I either was not curious or imitate my friends, but it is due to the situation and instinct. At that time feeling made us need.

*(Male PMS, Tung)*

Meanwhile, girls often have sex for their love

I think we will get married, I allow him even he has no intention to marry me because I love him very much, nothing can compare with it.

*(Female PMS Yen 24 age)*

## **7.2 Feeling control**

In general, youth think that need to know how to control feeling. However, girls need to control themselves much than boys.

Basically, we do self control our feeling (try to not PMS). It means try to preserve for each other.

*(Male PMS Tung 25 age)*

A: Girl should keep control. Girls can not be libertine as boys.

Q: Does your girlfriend do keep control?

A: Yes, she say: “no, can not”

*(Male PMS Manh 24 age)*

## **7.3 Safe sex activities**

Sex without preparation is quite common among young couples.

A: That may be because of both sides. We do not intend to have sexual relations when going out. Going out, then it suddenly happens, I do not intend. At that time we did not use contraceptive method.

Q: Not using any contraceptive method, did you feel worried?

A: At that time we did not think of anything.

Q: What about next times, did you use it?

A: Sometimes we used it, sometimes did not. In the next times, all it happened by chance.

A: My girlfriend used contraceptive pill. The pill was taken only one time, I did not notice it; she took it after having sex. We talked about it to each other, but she bought herself. We did not use condom we did not use because in those times those happened accidentally, were not intended. We did not think we should prepare in advance. Because we almost did not intend to do it before having sex.

Q: Have you ever talked to each other about using condom?

A: We have never talked about that.

Q: Does your girlfriend often use the pill?

A: No, She only uses after having sex.

...

A: Normally no, all it is accidental.

Q: After having sex did you use any methods?

A: No, we did not.

Q: After that your girlfriend used the pill again, right?

A: (smile) she often does so, because these occasions happen by chance, so after that she often takes the pill.

*(Male PMS Tung)*

### **PART THREE: DISCUSSION**

#### **1. Friend, school, mass media, family**

- The major source of information regarding sex that adolescents receive is from books, newspapers, and website. Some of them obtain information from friends and schools, in which information source from school is official and correct. However, schools often provide less and insufficient information. For other sources, the received information includes good and bad one. The adolescents will have to choose by themselves. Family is not a main source of information for them.
- Whereas, friends and family are shown as a main factor that has strong impact on attitude and behavior of adolescents. They are influenced much by friends. Group of friends not only provide information but also attitude towards healthy or unhealthy behaviors.
- Family is specially **raised** with the role of control, close supervision, education. The families that make close supervision, educate children in daily activities of communication, selection of friends or lover, in particular provide orientation of view of love, sexuality will have great influence on positive attitude, behavior of the adolescents.
- A part from activities of education and supervision of family, the family values also play an important role in helping adolescents control sexual activities and safe sex. In Vietnam society, family is still regarded as important. When doing something they often think of if it will affect his/her family. Furthermore, family is the most significant factor that makes them consider before loving or having sexual relations. In the future, when role of family becomes less important, family is no longer the most important VS personal freedom, the situation will change.

#### **2. Family**

- Most of families pay attention to education, supervision of children, to help them avoid bad habits, social evils. However, the families that provide more education and close supervision will have children with more positive attitude and behavior. Some adolescents are self-conscious of what they do but their families do not closely supervise, let them be free to do anything they want, to make friends with persons who have risk-behaviors. This causes them to easily accept risk behaviors.

- In most of families mother plays a role in education much more than father does. Partly because father is usually busy, but the main reasons for that are a view which is parents should not interfere so much in children's matters, and also hesitant psychology of father. Those are not for all families. There are also some families in which father play positive role in education of children, pays attention to, supervises, and educates children, however, the number of father doing so is small.

### **3. Changing sexual attitudes and behavior**

- Attitude of youths towards love, sexuality has changed much, if it is not said the attitude has altered basically compared to the previous generation. Currently, pre-marital sex is accepted by majority of people without criticism. A large part of young people consider it natural, normal. This is a factor that causes them to easily have pre-marital sex. While they can accept other people's behavior, it is easy for them to 'let it happen' to themselves. And when the social judgment is no longer severe, but that is accepted, it is not necessary to weight when selecting, deciding.
- While accepting that thing for other people in society, majority of youths hesitates, do not allow it to happen to just them. Both young men and women do not consider that thing normal, acceptable if it occurs to them. Some allow it to happen to them with a condition that will certainly leads to marriage. This attitude is a factor that partly helps youths to avoid pre-marital sex.
- However, a small number of young people accept premarital sex without a certain condition leading to marriage. They regard it as a game for indulge in pleasure. For young girls, most of them do not allow it to occur to them.
- Some young men wish that their parents should have more open view about it. They accept premarital sex if there exist real love, intention of marriage. This makes them feel more comfortable, unstressed and not to hide their behavior.
- Not only has attitude of youths but also parents' attitude changed. Like youths, they also do not strongly criticize premarital sex behavior as previous generations. Moreover, some people believe that it is necessary to have more tolerant view towards premarital sex of youths. The very attitude of parents makes them feel more comfortable, not so worried when deciding, selecting their pre-marital sex behavior.

### **4. Sexual Support factors**

- Youths get powerful impacts from friends. That a friend has sex will turn into a factor changing the viewpoint, and provide much background and skills of sex to other youths. This make youths think that "they may have sex or not", and they are not astonished when their need for sex occurs.
- There are a lot of sources of sex information in the society, including sex review and movies. Sex information has a strong impact to youths, especially to whom with little knowledge and support from adults. It can lead youths to risky behaviours.
- Both the society and youths accept PMS properly, but both the society and youths know not much about the safe sex. Therefore, youths face to risks.

## **5. Sexual Control factors**

- The patriarchal is a control factor. In patriarchal families, children may not retort their parents, not dare to talk back to their parents. It common that children make secret if their opinion is different to their parent's. This, to some extent, helps children take care of their love, sex, and sexual behaviours.
- Open talks between parents and children help both parents and children to update information, share knowledge and experience, and understand together. This is a way that parents express their attitude and helps for each specific situation of their children. However, it's popular that both parents and children feel difficult to do that.
- Parents' control also impacts children's behaviours, not only behaviours of love, friendship, and sex, but also other risky behaviours, Parent's control help children to practice controlling, and adjust their behaviours.
- Parents' orientation will affect sexual intention of children. Due to the targets of study, career and work for future of children, parents often remind young people to control in relationship with lover to avoid effects on future. Education, reminding and orientation of future made by parents are the factors that help youths know "stopping points", do not go "beyond".
- A part from education and reminding of parents, family values are also important thing. Either youths or parents recognize that values of family play a positive role in assisting young people in keeping love, sex, in considering carefully before taking action.
- Daily education made by parents will be a basis for sex education. The families in which parents pay attention to education, supervision of children will have favourable conditions for educating their children on sex education.

## **6. Issues**

- At present the prominent issue is unsafe sex of youths. A great issue of today is the unprepared sex of youths. Almost of youths do not have clear viewpoints of sex relations "whether have sex or not". They consider that they fail to control their sex behaviour as normal or acceptable. However, most of them have no preparation for sex activities. Therefore, after having sex, they have to apply the urgent anti-pregnant approach. Both boys and girls regard sex activities as normal and acceptable. Majority of young people thinks 'having is Ok'; 'not having is also OK'. The reason for this view is attitude of no acceptance, also no objection of the society, as well as of youths. Consequently, this leads to the situation in which young people do not prepare for having sex, do not have emotional state to prepare for their sex behavior. In other word, they have sex without responsibility. This means no control feeling is normal, acceptable. Consequence of having unsafe sex, no condom has been much mentioned: unwanted pregnancy, abortion, STDs. However, society also regards it as 'normal' because it has become.
- Another worth noting is gender issues. The use of contraceptive methods is mostly applied to girl, while men have no intention for it. The common state is having unsafe sex first, then application of urgent contraceptive method, or abortion. While condom is available, its use is much simpler than other methods but both boy and girl do not think of application for boy. Both consider it normal, acceptable thing.
- While female concern in virginal but having sex. including with prostitute is acceptable for male.





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