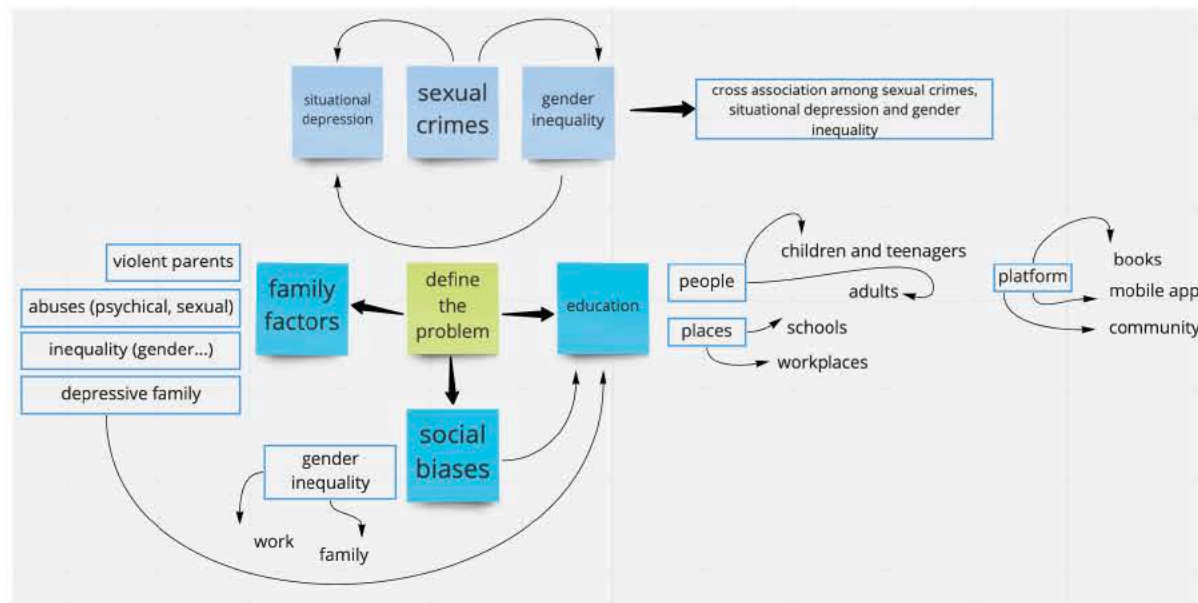


Where our group is focusing on



My focusing question

How might we provide beneficial information about sex and mental health for teenagers in China so that contribute to their well-being?

There are three research areas in our group, which are **Situational Depression, Sexual Crimes and Gender Inequality**. We found similarities in our topics and our discussion towards focusing questions all kind of relate to sex and mental health.

Research

Influence from the Mao period and transformation of sexual concepts

Zarafoetis reports (as cited in Wang and Ho, 2011) that the sexual climate in China has undergone significant transformation in recent decades. Throughout the Mao period, the “social evils” of prostitution, polygamy and adultery were immediately abolished under Mao, further removing the topic of sex from the public sphere. In these texts, men and women were portrayed in essentialist terms, with the “natural” differences between the sexes underscored (as cited in Evans, 1997). With the emphasis now placed on the heterosexual, married couple, sexuality in the Mao period primarily focused on the importance of one’s “reproductive citizenship”. Any relationship that occurred outside the monogamous, married ideal was condemned as immoral and bourgeois (as cited in Wang and Ho, 2011: 195).

As a result of receiving feudal ideology education about sex, generations of my grandparents and parents were ashamed to talk about sex. Besides, teachers are commonly untrained in sex education. From my personal experience, I was never given sexual education from kindergarten to high school. Teachers felt shamed when talking about sex as well.

Teenagers in China lack of sexual education

Sex education was formally introduced into the school curriculum in 1988. Nonetheless, the current policies, as practised, are widely considered to be inadequate (Burki, 2016).

According to the research by Burki, teenagers mostly obtain information about sex from the internet or friends. Only 60% of teenagers have basic knowledge of HIV/AIDS. 30% of teenagers have no idea that HIV won’t be transferred by mosquito. In addition, roughly 90% of new HIV infections are caused by unsafe sexual contact.

Lack of mental health facilities

Nowadays, China is still facing the problem of lacking of mental health facilities, whether from the central arms of government to distant rural villages. (Cyranoski, 2010)

A psychiatrist at Shanghai Mental Health Center, says that there are only 20,000 psychiatrists in China: 1.5 for each 100,000 people, a tenth of the ratio in the United States. Many are poorly qualified, and they often deal with problems that would be handled by social workers or clinical psychologists elsewhere. Patchy distribution is an even greater worry.

Inequality in education resources

According to a survey by the China Youth Daily in 2009, only 11.2% of respondents argued that educational gaps were narrowing; school selecting policies, educational gaps between rural and urban areas, and other irrational policies were recognized as the source of education inequality. Actually, as a result of divisive economic structure separating urban and rural areas, increasing income inequality, unbalanced development among different regions, and other inadequate distribution of educational investment and resources, not everyone with normal abilities can acquire the same education (Yang, Huang and Li, 2009).

Design ideas comes from research

Lack of sex education

Mostly come from friends and the internet (may be harmful)

School

Teachers are not trained

Parents

Feel shamed to talk about sex

Lack of mental health facility

Mental health education

Mental health knowledge

Don't know how to deal with depressive moods or depression

few psychiatrists

Misunderstanding of depression or other mental illness

How to convey information about sex and mental health

Express delivery box packaging design (96% of Chinese people use)

Good for conveying information

negotiate with the vendor

People make not notice

Brochures (schools, libraries)

Good for containing information

Easy access

Mobile apps advertising (Qzone is a place where lots of teenagers use)

Good for conveying and containing information

Some teenagers don't have access



什么是青少年抑郁症？

青少年时期可能非常艰难，时不时感到悲伤或烦躁是完全正常的。但是，如果这些感觉没有消失或变得如此强烈以至于使您感到绝望和无助，那么您可能正在遭受困扰。

青少年的抑郁症不仅仅是暂时感到悲伤或沮丧，这是一种严重且令人沮丧的持续障碍，可以改变您在日常生活中的思维、感觉和功能方式，从而在家庭、学校和社会生活中引起问题。沮丧时，您可能会感到绝望和孤立，似乎没人能理解。但是，抑郁症在青少年中的发生率远远超出您的想象。青少年时期日益增加的学业压力、社会挑战和荷尔蒙变化意味着我们中大约五分之一的青少年患有抑郁症。您并不孤单，但并不代表软弱或性格缺陷。

即使感到抑郁的乌云永远不会消失，您还是可以采取许多措施来帮助自己应对症状，恢复平衡并再次变得更加积极、充满活力和充满希望。



为什么我会抑郁？

尽管您可能被告知，抑郁症不仅仅是由大脑中的化学失衡引起的，可以用药物治疗。相反，抑郁是由生物学、心理和社会因素共同造成的。由于青少年时期可能是动荡和不确定的时期，因此您可能会面临许多可能导致抑郁症状的压力。这些变化范围从荷尔蒙变化到家庭或学校的问题，或关于您的身份和适合的位置的问题。

如果您有抑郁症的家族病史或曾经历过童年早期的创伤（例如失去父母或遭受身体或情感虐待），那么在青少年时期，您



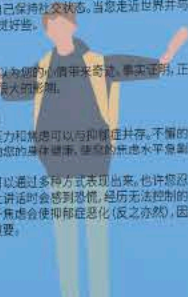
克服青少年抑郁症的秘诀1：与您信任的成年人交谈
情绪低落不是您的错，您也没有做任何造成这种情况的事情。但是，您确实可以控制感觉。第一步是寻求帮助。

提示2：尽量不要孤立自己-这会使得抑郁恶化
抑郁使我们许多人退缩，您可能不希望看到任何人或做任何事情，而有时候只是早上起床会很困难。但是孤立自己只会使抑郁恶化。因此，即使这是您要做的最后一件事，也请尝试强迫自己保持社交状态。当您走近世界并与其他人建立联系时，您可能会发现自己开始感觉好些。

提示3：养成健康习惯
选择健康的生活方式可以为您的心情带来奇迹。事实证明，正确饮食，定期运动和充足的睡眠对抑郁症有巨大的影响。

提示4：管理压力和焦虑
对于许多青少年来说，压力和焦虑可以与抑郁并存。不断的压力、怀疑或恐惧会削弱您的情绪能量，影响您的身体健康。焦虑的焦虑水平急剧上升，并引发或加剧抑郁。

如果您患有焦虑症，您可以通过多种方式表现出来。也许您正经历着强烈的焦虑症发作而毫无预警，在课堂上讲话时会感到恐慌，经历无法控制的侵入性思想，或者生活在持续的担忧中。由于焦虑会使抑郁恶化（反之亦然），因此在这两种情况下均应寻求帮助，这一点很重要。



如果您被欺负...

欺凌的压力无论是在网上，在学校还是在其他地方，都很难承受。它会让您感到无助、绝望和羞愧（抑郁症的完美组合）。如果您被欺负了，那就知道这不是您的错。不管欺负者说什么或做什么，都不应为自己是谁或感觉到什么感到羞耻。欺凌是一种虐待，您不必忍受。您应该感到安全，但您可能需要帮助。从不敢告诉别人的朋友那里寻求支持，并寻求您信任的成年人，无论是父母、老师、辅导员、牧师、教练还是朋友的父母。

