

Compilation of India specific
Audio-Visual Material on Sexual
Health & Rights



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Prayas (Initiatives in Health, Energy, Learning and Parenthood) is a public charitable trust, which was registered in 1994. Prayas consists of four independent groups viz. Health, Energy, Resources & livelihoods and Learning & parenthood.

Prayas Health Group (PHG) works mainly in the area of sexuality and HIV/AIDS. More recently PHG is conducting research to understand sexual health of young people and also implementing an intervention to improve sexual health and sexual self-efficacy of young people in Pune district. Supported by ViiV Healthcare's Positive Action Programme

The compilation is with the intention of increasing use of India specific SRHR material to improve health. Prayas Health Group only compiled the audio-visual material available in public domain. The list is neither exhaustive nor has it been critically evaluated for its correctness or age-gender appropriateness.

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Why a compilation of audio-visual materials

This document aims to provide a systematic database of Indian context-specific videos which address various issues of sexual health and rights.

Why sexual health?

Sexual health has been defined as a state of holistic sexual well-being. It is not just the absence of diseases, illnesses or disorders, but a safe and respectful approach towards the physical, social, emotional, and relational aspects of sexuality in order to savor rewarding sexual experiences. There are several factors which affect sexual health of individuals such as the familial norms, social context, institutional structures, and governmental regulations. For instance, due to globalization, urbanization and technological revolution in India, there has been a change in the overall sexual behavior, especially in the young population. However, even today, many youngsters do not get sexuality education. Sex and sexuality remains a tabooed topic. This increases vulnerability of youth's mental and/or physical health issues and thus emphasizes the need to target sexual health.

This is reflected in the recent National Family Health Survey (NFHS4) which reported increased incidence of STI among unmarried youth compared to the previous round. There is also widespread confusion and emotional turmoil associated with sexual relationships, leading to a range of mental health issues. For these reasons, there exists a need for interventions and services targeted towards fulfilling sexual health across all sections of society. These interventions need to address all stakeholders starting from individual to societal level. They also need to target knowledge and abilities of individuals along with the inequitable social norms and stigma. In a separate document on sexual health and individual abilities, we have identified a set of abilities related to different aspects of sexual health, which is needed for improving sexual health of the youth.

Why audio-visual aids?

Audio visual aids are used to communicate thoughts, ideas, theories, stories, news, or educational information. More and more videos are being made with the purpose of educating, raising awareness and changing behaviour; with pervasion of technology and gadgets, videos are increasingly becoming the preferred form of educative audio-visual aids for the masses.

Several researches have confirmed that videos impact thoughts, ideas and behavior. However from a health perspective, this impact can be either negative or positive depending on the content of the material. Some research conducted on positive effects of media, unanimously indicate that both mass and targeted media can play the role of an educator, promoter, and supporter of a range of pro-social and healthy behaviors (Maccoby, Flora, & Maibach, n.d.).

People, especially youngsters, are greatly influenced by popular, appealing media, and if packaged well they can even lead to behavior change.

Why a compilation?

A number of governmental & non-governmental organizations and several other digital platforms have produced and made available a number of videos for the purpose of educating, sensitizing and creating awareness about issues pertaining to sexuality, sexual health, and sexual rights. However these videos are strewn all over the internet, and while few are popular, most have not been seen by many. Thus, the purpose of this document is to create a database of audio visuals material related to sexual health, specifically designed for Indian viewers and are available on the internet. By making such a list available, it is hoped that it will increase the uptake of material already being prepared so that duplication of work can be avoided. With that perspective, we hope that it will serve as a helpful resource, for easy access to the number of materials available on this topic, the specific topics addressed in these, the nuances of the content in the videos, and to understand the gap in the topics addressed.

How the list was derived

We started off by looking for videos related to sexual health on the websites of Indian, governmental, non-governmental, non-profit and social organizations. After which we searched the internet, YouTube channels and intersectional digital magazines publishing on and for the purpose of sensitizing and educating the public about issues on sexuality.

We selected videos which addressed sexual health and related issues; which were made for educating, informing or empowering young people living in the Indian socio-cultural context. These videos had to be available on the internet, at least in one of these three languages: Hindi, Marathi and/or English and must be accessible for all.

As the objective was to enlist and categorize, we have not excluded videos based on the quality of content or our personal position about the content.

How to read the list

A total of 100 videos have been enlisted below. The videos have been presented under broad individual categories based on the main subjects addressed in them. The categories are: Masturbation, Menstruation, Self-Image/Body Image, Gender-based discrimination, Gender-role Stereotypes, Child Sexual Abuse, LGBTQIA+, HIV/STDs, Safe Sex, Intimate Partner Abuse, Violence

Against Women, Sexual Harassment at Workplace, Consent, Sex Education, Abortion, Others. The lists also provide the name of the producer of the video and the language/s that the videos are available in, along with their respective URL.

Disclaimer: The list of videos is not all-exhaustive, and is still a work in progress. The categories of the lists are not absolute and rigid as quite a number of videos involve more than one specific topic. There are many videos on the internet made by different online production channels, from different regions, which we probably have not been able to locate.

Please click on the name to get directed to the video.

Masturbation

Name of Video	Producer of Video	Language Used
<u>Sex Ki Adalat- Masturbation</u>	Population Foundation of India	Hindi
<u>Masturbation Ka Asar</u>	Agents of Ishq	English
<u>Masturbation Ki Umar</u>	Agents of Ishq	English
<u>Hasthmaithun Ka Sahi Formula</u>	Agents of Ishq	Hindi
<u>Hasthmaithun Aur 'Real' Kaamuttejna</u>	Agents of Ishq	Hindi
<u>Hasthmaithun Ki Chetavni</u>	Agents of Ishq	Hindi
<u>Hasthmaithun Aur Relationship</u>	Agents of Ishq	Hindi
<u>Masturbation Ki Mukhtalif Aadatein</u>	Agents of Ishq	English
<u>Wake up Marda (episode 5)</u>	Tathapi Trust	Marathi
<u>Sex Chat with Pappu and Papa (episode 1)</u>	YFilms	Hindi

Menstruation

Name of Video	Producer of Video	Language Used
<u>Vitalacha Vital</u>	Tathapi Trust	Marathi
<u>Sex ki Adalat- Menstruation</u>	Population Foundation of India	Hindi (Other Indian regional languages)
<u>Period First Day</u>	Dasra India	Hindi
<u>The Pad Effect- The Sustainable Menstruation</u>	Feminism in India	English
<u>Sex Chat with Pappu & Papa (episode 4)</u>	YFilms	Hindi

Sex Education

Name of Video	Producer of Video	Language Used
<u>Wake up Marda (episode 6)</u>	Tathapi Trust	Marathi
<u>Why Shouldn't we teach Sexuality Education in School</u>	Feminism in India	English
<u>Sex Education in India</u>	East India Comedy	English
<u>Mai Aur Meri Body</u>	Agents of Ishq	Hindi
<u>Hormones ki Jaankari</u>	Agents of Ishq	Hindi

Self-Image/Body Image

Name of Video	Producer of Video	Language Used
<u>That's the way I am</u>	Tathapi Trust	Marathi

<u>Is That You #Change The Rhyme</u>	Blush	Hindi
<u>Wake up Marda (episode 3)</u>	Tathapi Trust	Marathi

LGBTQIA+

Name of Video	Producer of Video	Language Used
<u>Silly Questions Straight People ask Gay Men</u>	Gaysi Family	English
<u>Rainbow in a Brown World</u>	Gaysi Family	English, Marathi, Hindi
<u>Dr Anjali Chhabria Talks about LGBT Kids and Adolescents</u>	Gaysi Family	English
<u>Definitions- LGBTQ</u>	Yaarian	English
<u>A Beginner's Guide to growing up Queer and Invisible-1</u>	Gaysi Family	English
<u>A Beginner's Guide to Growing up Queer and Invisible-2</u>	Gaysi Family	English
<u>A Guide to Growing up Queer and invisible-3</u>	Gaysi Family	English
<u>Sex Chat with Pappu & Papa (episode 5)</u>	YFilms	Hindi

Condom use/ Safe Sex

Name of Video	Producer of Video	Language Used
<u>Sex Chat with Pappu & Papa (episode 3)</u>	YFilms	Hindi
<u>Wake up Marda (episode 2)</u>	Tathapi Trust	Marathi
<u>Yaha Surakshit Rehana Jaroori Hai – Safety Matters</u>	Tathapi Trust	Hindi
<u>Condom ringtone- Raising Awareness</u>	BBC Media Action	Hindi, English

<u>Condom & Kabaddi – PSA</u>	BBC Media Action	Hindi
<u>Condom Puppy</u>	BBC Media Action	Hindi
<u>Condom – Raising Awareness</u>	BBC Media Action	Hindi
<u>Use a ‘Ring’ – Condom Campaign</u>	BBC Media Action	Hindi
<u>Condom TVC</u>	NACO	Hindi
<u>Condom Promotion TVC - Achchi Aadat Part 1</u>	NACO	Hindi
<u>Condom Promotion TVC - Ek Achchi Aadat Part 2</u>	NACO	Hindi
<u>Babli</u>	NACO	Hindi
<u>Chunni Lal</u>	NACO	Hindi
<u>Condom- It's OK TVC</u>	NACO	Hindi

STDs/HIV

Name of Video	Producer of Video	Language Used
<u>Sirf Status Badla Hai</u>	MTV SAF & Yaarian	Hindi
<u>Sexual Health – Son of Abish</u>	Son of Abish	English
<u>Kishor ka Shor (episode 6)</u>	Population Foundation of India	Hindi (Other Indian regional languages)
<u>Prevent HIV & Stay Safe</u>	MTV SAF & Yaarian	English
<u>Sexual Health in India – The Itch</u>	BBC Media Action	Hindi
<u>Clinic Darr- Sexual Health in India</u>	BBC Media Action	Hindi
<u>Dilasa- STDs</u>	MSACS	Marathi
<u>ART- Vishwas</u>	Maharashtra State AIDS Control Society	Marathi

	(MSACS)	
TeachAIDS HIV Prevention Tutorial	TeachAIDS	Hindi
TeachAIDS HIV Prevention Tutorial - Male	TeachAIDS	Hindi
TeachAIDS HIV Prevention Tutorial- Female	TeachAIDS	Hindi
Chunni Lal Part 2	NACO	Hindi
NACO Testing Youth Campaign	NACO	Hindi
Mohd. Saud NACO AIDS Awareness TVC	NACO	Hindi
NACO TVC (India's Voice Against AIDS) Pitch Video	Dramantran	Hindi
INDIA HIV/AIDS: HIV Awareness: Boy-Girl	Johns Hopkins CCP	Hindi
Behaviour Change Campaigns	NACO	Hindi

Abortion

Name of Video	Producer of Video	Language Used
Abort the Stigma	CREA	English
A 101 Video on Abortion in India	Feminism in India	English
Unwanted Pregnancies to Safe Abortions	AS AP	English

Gender-role stereotypes

Name of Video	Producer of Video	Language Used
Ye Tera Ghar, Ye Mera Ghar	Tathapi Trust	Marathi
Mother's son	Tathapi Trust	Marathi

<u>Break It</u>	Tathapi Trust	Silent
<u>Move on</u>	Must Bol	Silent

Gender-based Discrimination

Name of Video	Producer of Video	Language Used
<u>Don't Protect, Support</u>	Tathapi Trust	Marathi
<u>Restrictions on Girls</u>	Space Please	Marathi
<u>Sex ki Adalat- Virginty</u>	Population Foundation of India	Hindi (Other Indian regional languages)
<u>Like Sisters</u>	Child line	Hindi (Other Indian regional languages)

Child Sexual Abuse

Name of Video	Producer of Video	Language Used
<u>Break the Silence</u>	Population Foundation of India	English
<u>RANGG</u>	FPA India	Marathi
<u>KOMAL - A Film on Child Sexual Abuse</u>	Child line	Hindi, Marathi

Intimate Partner Abuse

Name of Video	Producer of Video	Language Used
<u>Bas Ab Bahut Ho Gaya - Call of Cry</u>	Population Foundation of India	English

<u>Fine line</u>	Must Bol	Hindi
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Sexual Harassment at Workplace

Name of Video	Producer of Video	Language Used
<u>Wake up Marda (episode 4)</u>	Tathapi Trust	Marathi
<u>Sexual Harassment at Workplace</u>	Tathapi Trust	Marathi
<u>Sexual Harassment at Workplace in India</u>	Feminism in India	English
<u>Unmute</u>	Population Foundation of India	English
<u>Sexual Harassment</u>	Blush	Hindi & English

Violence against Women

Name of Video	Producer of Video	Language Used
<u>Say It</u>	Tathapi Trust	Marathi
<u>Nightmare on the Road</u>	Population Foundation of India	English
<u>Female Harassment</u>	Tathapi Trust	Marathi
<u>That's not how things work</u>	Tathapi Trust	Hindi
<u>Bas Ab Bahut Ho Gaya - Blind Train</u>	Population Foundation of India	Silent
<u>O Bhai</u>	Must Bol	Hindi
<u>A Handy Guide to Law against Sexual Violence</u>	Feminism in India	English
<u>Stop misuse of Mobile technology</u>	Tathapi Trust	Marathi

<u>A Call to End Cyber VAW</u>	Feminism in India	English
<u>Bas Ab Bahut Ho Gaya- Perfect Change</u>	Population Foundation of India	Hindi
<u>Bas Ab Bahut Ho Gaya- Not My Cup of Tea</u>	Population Foundation of India	Hindi, English
<u>Sexual Harassment</u>	Population Foundation of India	Hindi
<u>Why what clothes I wear matter</u>	Tathapi Trust	English
<u>Shit people say</u>	Must Bol	Hindi

Others

Name of Video	Producer of Video	Language Used	Tags
<u>Khane Mai Kya Hai</u>	Blush	Hindi	Female Sexual Pleasure
<u>Gyan from Gynae: How to talk to each other comfortably about sex</u>	Agents of Ishq	English & Hindi	Communication
<u>Kishor ka Shor (episode 1)</u>	Population Foundation of India	English (Other regional languages)	Puberty
<u>Kishor ka Shor (episode 2)</u>	Population Foundation of India	English (Other regional languages)	Puberty
<u>Kishor ka Shor (episode 3)</u>	Population Foundation of India	English (Other Indian regional languages)	Puberty
<u>Sex ki Adalat – Pornography</u>	Population Foundation of India	Hindi (Other Indian regional languages)	Pornography
<u>The Importance of Mental Sexual Health</u>	Agents of Ishq	English	Mental health, Sexual health
<u>Male Bullying</u>	Tathapi Trust	Marathi	Abuse, Bullying
<u>Bullying at college</u>	Tathapi Trust	Marathi	Bullying,
<u>A Morning After High Fun</u>	MTV SAF & Yaarian	Hindi	Sexual Risk Behaviour

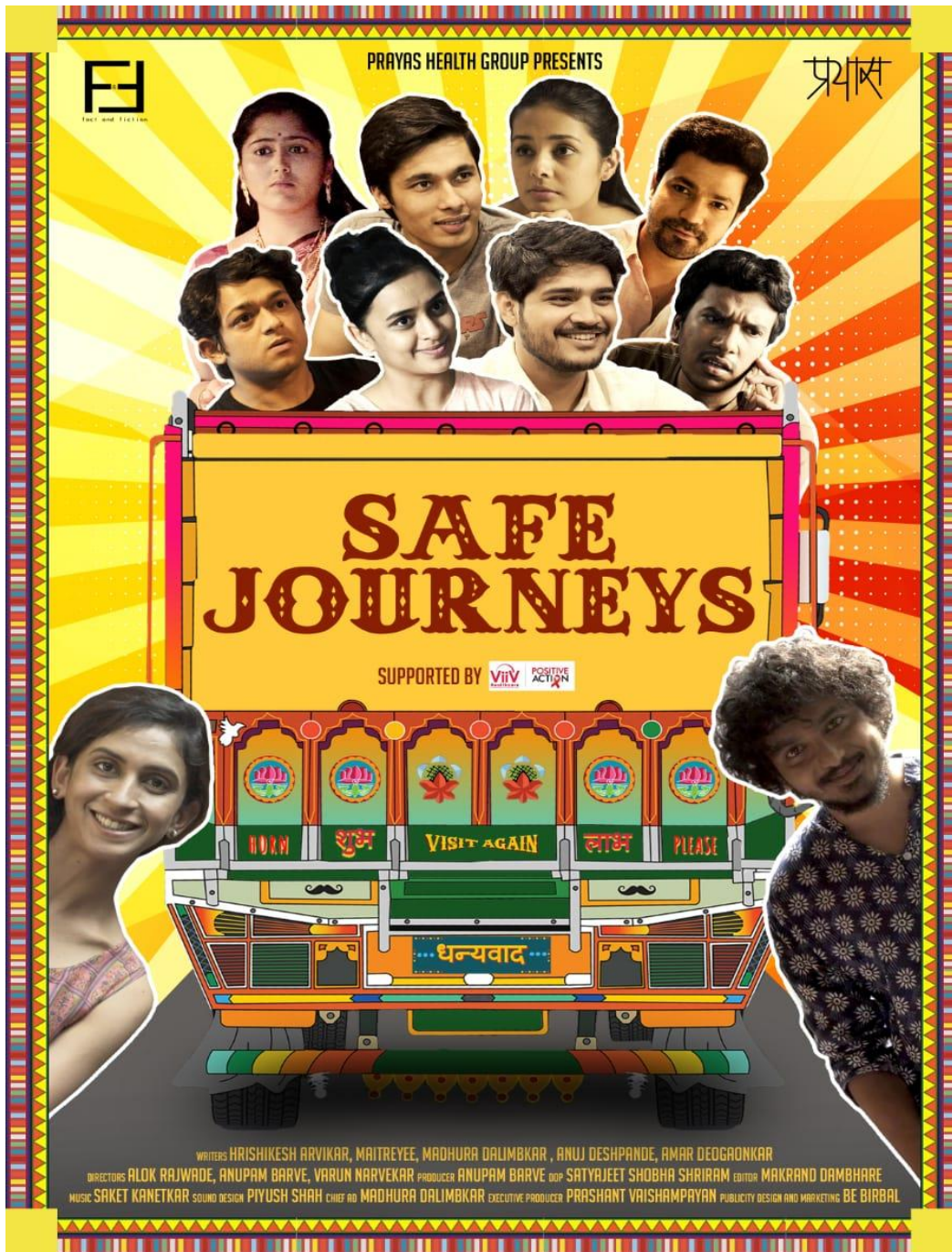
<u>Labels</u>	Must Bol	Hindi/English	Stereotyping
<u>Kishor ka Shor(episode 5)</u>	Population Foundation of India	English (Other Indian regional languages)	Puberty
<u>Baat</u>	NACO-MSACS	Hindi	
<u>Pyari Meenu</u>	FPA India	Hindi	
<u>Sex Chat with Pappu & Papa (episode 2)</u>	YFilms	Hindi (Other Indian regional languages)	Sex & Pregnancy

[Note: Population Foundation of India, in the year 2014, launched a trans-media initiative called Mai Kuch Bhi Kar Sakti Hoon. It has gained wide popularity, being aired on the Indian national television channel (DD-Doordarshan), radio, the internet and mobile platforms. The main objective was to enhance women's agency to improve health conditions despite the social constraints. Mai Kuch Bhi Kar Sakti Hoon by itself is a television show and radio series scripted to influence the behavior revolving around several social norms, stigma etc. The First Season of the television show comprises 52 episodes and deals with the following issues- Sex determination of baby, Spacing between pregnancies, Child marriage, Quality of Healthcare, Domestic Violence, Age at first Pregnancy, Gender Based Violence, Mental Health, Substance Abuse. The Second Season has 79 episodes and has a special focus on the awareness of sexual and reproductive rights of the youth; the specific issues focused on are-Nutrition, Physical changes during Puberty, Gender Based Violence, Substance Abuse and Need for Peer Educators. Under the same initiative a few short videos have also been prepared- Sex Ki Adalat and Kishor ka Shor which have been included in the tabulated lists above.]

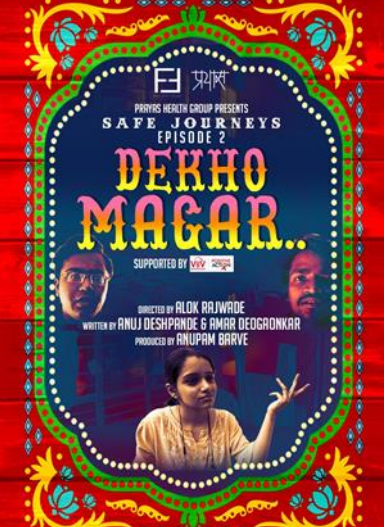
An Appeal

As mentioned earlier, this list is still a work-in-progress. As a bunch of videos and short films are made every day, we hope to find, watch, and add more to the existing list of videos for sexual health. However, if you have any video/s in mind which addresses matters of sexual health, and has not been included in the lists above, please fill the [Google form](#) or write to us at technopeer@prayaspune.org

Safe Journeys- Prayas Health Group



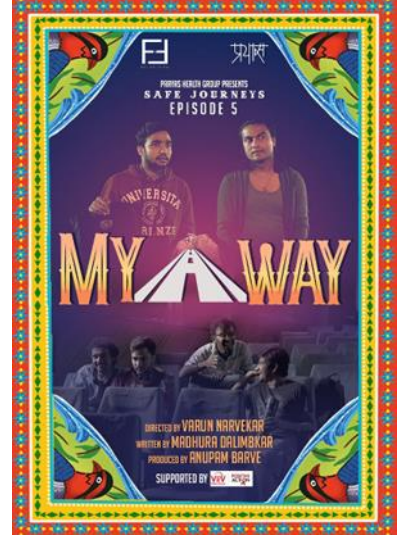
'Safe Journeys' is a series of 8 short films, prepared by Prayas Health Group with the support of Fact & Fiction films and ViiV Healthcare's Positive Action Programme, on various issues related to sexuality and sexual health. Each video is in the form of a narrative, which deals with common conflicts that the young people face. Every video is solution-oriented and are followed by short, direct messages for the viewers. These videos were released online as web-series, and are available on YouTube as well as Prayas Health Group official website.

Episode	Name of Video	
1	<p><u>Kab Kab Jab Jab</u></p> <p>This film deals with risk perception of HIV and other STIs along with testing & treatment for the same.</p>	
2	<p><u>Dekho Magar...</u></p> <p>This film busts some common myths regarding Masturbation and Porn viewing.</p>	
3	<p><u>Thamba, Paha, Pudhe Jaa</u></p> <p>Through three interwoven narratives, some difficulties in intimate relationships are brought to light and dealt with.</p>	

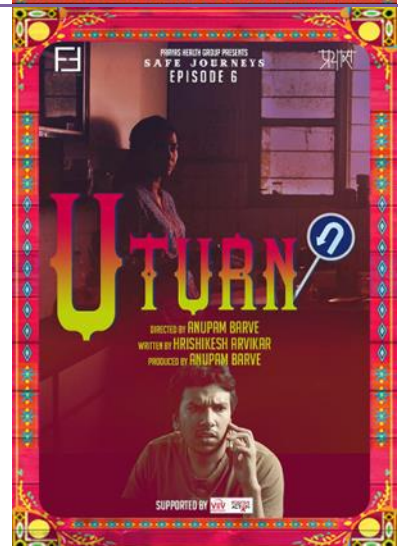
- 4 **Foglights**
Foglights highlights the common mental health issues faced by young population in relation to sexuality and intimate relationships. It promotes mental healthcare and support seeking.



- 5 **My Way**
This film talks about acceptance of diversity and self-acceptance when faced with pressures of conforming to existing norms.



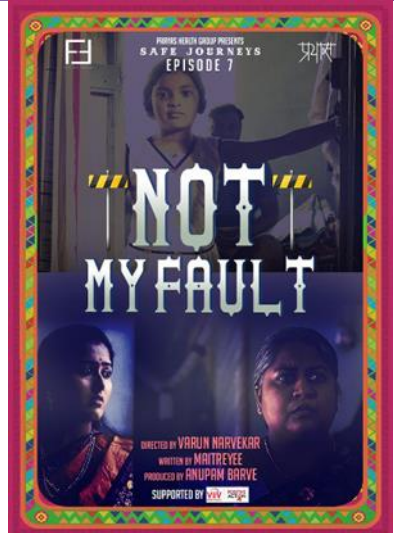
- 6 **U-Turn**
The story narrates worries that come with unwanted pregnancies and positive ways to deal with it.



7

Not My Fault

A realistic depiction of the torments of child sexual abuse and a way to deal with its long term impact.



8

Green Signal

This film takes an interesting approach towards dealing with the intricacies of consent through the imagery of food.



Please click on the name to get directed to the video.

ANNEXURE

The list of producers:

- [Agents of Ishq](#)
- [AS AP](#)
- [BBC Media Action](#)
- [BLUSH](#)
- [Childline](#)
- [CREA](#)
- [Dasra India](#)
- [East India Comedy](#)
- [Feminism in India](#)
- [FPA](#)
- [Gaysi Family](#)
- [Let's Talk Sexuality](#)
- [MTV SAF & Yaarian](#)
- [Must Bol](#)
- [Population Foundation of India](#)
- [Son of Abish](#)
- [The Quint](#)
- [Y-Films](#)
- [NACO](#)

Apart from the videos made in India, several international content on sexual health are also available on the internet. As many of them may not be applicable in the Indian context, they were not included in the database. However, we are also providing a list of some international resources where multiple videos on sexuality can be found:

- [American Sexual Health Association](#)
- [Blue Seat Studios](#)
- [Breakthrough U.S.](#)
- [IPPF](#)
- [Maine Family Planning](#)
- [Planned Parenthood](#)
- [Sex etc.](#)
- [StayTeen](#)
- [The Guardian- Vagina dispatches](#)
- [TeachAIDS](#)