## 6 Resumee

## Prof. Dr. med. Theodor Klotz, MPH

Chief Physician of the Clinic for Urology, Andrology and Urology for Children, Weiden

The present 3<sup>rd</sup> Men's Health Report »Sexuality of Men« is the first comprehensive and interdisciplinary German – language compilation of different aspects of male sexuality. During the preparation of the report, which lasted for approximately one year, it became clear to the editors that research needs in the area of male sexuality is immense. The special feature of this report is its interdisciplinarity. The articles combine sociological and pedagogical, health sciences and medical topics, and include marginal areas of male sexuality.

*Martin Dinges* introduced the report with a historical analysis of the development of »sexual culture« in Germany in five periods (1933–2016). Here, it becomes clear that commercialization has grown strongly with the help of modern media over time. Overall, the historical view shows that a number of liberalizations have taken place in the area of male sexuality in the last few years, but the fundamentalist critique of precisely these liberalizations also increases.

*Nicole Doering* provides an up-to-date overview of male sexuality. She describes the fact that current research is still incomplete and that male sexuality in public discourse is either demotivated or stereotyped. The article provides recommendations for the promotion of sexual health, which focus on science, the media and politics.

A definition of »sexual health« is made by the authors *Heinz-Juergen Voss* and *Doris Bardehle*, who outline the ways in which social concepts for sexual health in Germany should be developed in the future. Furthermore, there is a clear need to catch up on the establishment of study courses in sexual sciences.

Naturally, a report on male sexuality must deal with all ages. For this reason, *Gunter Neubauer's* work focuses on the description of sexual health from boys to puberty. This shows that there is still a lack of practice or informative approaches for explicitly promoting boys' sexual health in Germany.

A topic controversially discussed in recent years, the »ritual circumcision in boys «, is presented by *Heinz-Juergen Voss* within the framework of the German »Debate on circumcision «. The public discussion is by no means concluded here, even if the legislature has given an opinion or »Instruction manual «.

In his contribution, *Reinhard Winter* develops indicators that could serve as characteristics of a specific sexual health of male adolescents.

The theme of homosexuality is edited by *Stefan Timmermanns*. It is shown that versatile role models, especially for boys and men, support identity development and self-awareness. The author also presents »best practice« examples in education, school, youth and social work.

In their contribution, *Thomas Viola-Rieske* and *Bernard Koennecke* describe the basic principles of sexual-pedagogical working with male children and adolescents, whereby the standards of manhood are critically reflected. This is especially relevant when the development of a pleasurable, partnership-based and satisfying sexuality is hampered by these norms.

The sexuality of the middle age is commonly what is most reflected in the public discussion. Here *Kurt Starke* shows that there are positive interactions between sexuality, well-being and health. The largest sexual activity takes place in the men's male population in a firm and emotionally stable partner relationship.

A further focus is the sexuality of disabled men. This aspect is presented by the authors *Michaela Katzer, Theodor Klotz* and *Doris Bardehle* in a concise inventory of facets of the sexuality of disabled men. The topic of *Udo Sierck* is extended by consulting approaches and practical solutions as well as the future development that »sexuality and disability« should not be seen as a problem in society.

*Kurt Seikowski* shows how among the sexes in older age the relationship to sexuality tends to approach. Specific features of sexuality in old age are described which lead to suggestions for counseling and therapy. An important current topic is edited by the authors *Farid Hashemi, Torsten Linke* and *Heinz-Juergen Voss*. It deals with the sexual health of men from the point of view of migration and flight. The contribution emphasizes, in particular, the expansion of intracultural services and recommends that the self-organization of migrants be included in the development of offers.

*Harald Stumpe* describes sexual variants. As a starting point he uses – innovative – bisexuality, in order to put them into context with the two monosexualities: heterosexuality and homosexuality. Stumpe emphasizes that salutogenetic thinking, according to Aaron Antonovsky, also applies to sexual questions and can not only be the classic concept of »diseases« with regard to sexuality – and thus links the contribution of Bardehle and Voss to »sexual health«.

*Talke Floercken* deals with men and masculinity with regard to Asexuality, a topic that has so far hardly been in public discourse. Floercken recommends that the acceptance and dismantling of discrimination of asexual people should be supported.

A growing concern in recent years is the health care of trans-masculinities, edited by the authors *Arn Sauer* and *Annette Gueldenring*. It is shown how the previously more psychopathologizing health system in Germany could be adapted in order to better accommodate trans-masculinities.

*Katinka Schweizer* deals with the topic of health care and intersexuality with regard to masculinity. The recommendations for dealing with intersexuality, taking into account political and legal aspects, are particularly noteworthy.

The variations of sexuality in the sense of BDSM (The term is composed of the initial letters of the English names Bondage & Discipline, Dominance & Submission, Sadism & Masochism) describes *Kirstin Linnemann*. This article provides an overview of the current state of research on the different forms of experience of BDSM. The author continues to advocate the development of sexual and social science research on the subject of BDSM.

Undoubtedly a marginal theme, but still relevant to male sexuality, is the contribution of *Anja Drews*, who is concerned with »sex toys« and their meaning and application. The fixation on genital sexuality builds immense pressure. The question arises as to how far the use of »sex toys« can relieve this pressure, especially with sexual problems around penis and erection. »Sex toys« could lead to an increase of the relationship satisfaction and thus in general to the increase of the quality of life.

The contributions on medical-organic aspects of sexuality were created by the authors *Michael Mathers* and *Carl-Philipp Meyer*. The organic bases of male sexuality, the specific hormonal situation as well as frequent organic sexual disorders (erectile dysfunction, ejaculatio praecox) are considered. Individual therapy options are also briefly described. It is clear that fundamental research has progressed very far in recent years, and that there is now ample knowledge about the organic prerequisites of male sexual functions.

The important point of sexual disorders in mental illness is presented by *Michael Hettich*. The article describes the need for further training for the practitioners and therapists. It is recommended to place a stronger focus on these problems in the training of medical and (psycho) therapeutic professions.

The importance of sexually transmitted infections and their influence on men's health was analyzed by *Matthias Stiehler*. He stressed the need for approach to the prevention of sexually transmitted diseases, which focuses on the life-world of men.

*Aisha-Nusrat Ahmad* and *Phil C. Langer* are concerned with chronic illnesses and masculinity. The need for an intersectional approach for chronic diseases in the area of sexuality and the masculinity of affected men are presented. It is clear that so far, there are relatively few findings on how socioculturally different images of masculinity are effective in the context of chronic diseases.

*Sabine Andresen* describes the difficult topic of »Endangering Childhood« as well as the data on »Aids for Education«. The contribution is based on the concept of child well-being and endangering childhood. Furthermore, four perspectives for action are sketched out.

*Elisabeth Tuider* presents various perspectives on sexualized violence and sexualized border crossing, making herself strong for a »culture of looking and listening«. It is important for her to have a »non-self-evident« view of manhood and violence.

The very difficult theme of boys and young men with sexually transcendent behavior, often associated with their own abuse experience, is portrayed by *Torsten Kettritz*. Contexts between victim experience and perpetrator fractions are discussed with the necessary differentiation, taking account of the risks of re-victimization. It is clear that this area is subject to a multitude of sociocultural and daily political influences. The authors *Tillmann HC Krueger, Martin Walter, Klaus M. Beier, Jorge Ponseti, Boris Schiffer* and *Henrik Walter* have examined the topic »Pedophilia and Sexual Abuse of Children « from a psychological and neuroscientical point of view. It is clear that this area must be a research focus for the coming years. It is important to the authors that the delict-oriented approach is abandoned and that a holistic approach is coming.

The social approach to sex offenders is analyzed by *Heino Stoever*. The author shows that the treatment of sex offenders in social-therapeutic facilities significantly reduces the risk of relapse. The resulting recommendations for action will be immediately apparent to the reader.

Finally, the topic »Male Sexuality in Prison« by *Jens Borchert* shows the problem of sexuality in custody. This is undoubtedly a taboo subject. There are at most sporadic investigations. The paper concludes with recommendations for action, which discuss some conditions for facilitating partnership sexuality in prison and demand a corresponding reflection on politics and society.

This brief description of the contributions of this 3rd Men's Health Report, »Sexuality of Men«, shows how far the framework was stretched. However, many subjects have remained unprocessed, for example, the topic of contraception and fathers. There is a great need for research both in the social sciences as well as in the medical-organic aspects. Sexuality is a topic that has been widely discussed in the media and in the public for decades. At the same time, many areas of sexuality are tabooed in our society and are not reflected.

We hope that this report, which provides recommendations for action in all contributions, serves as an information basis for decision-makers and – this would be our greatest wish – to foster research and teaching in both the social sciences, pedagogical and health sciences and medicine.

Perhaps we know more in five years, and an updated men's health report on the sexuality of men should follow. A regular reporting on the »sexuality of men and women « as well as on »intersexuality « is the basis of a well-founded discussion for the future.

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