



张晶燕 著



告别困惑

——中国家庭中的儿童性教育

中国儿童生存、保护和发展书系

BOOK SERIES ON CHINESE CHILDREN'S
SURVIVAL PROTECTION & DEVELOPMENT

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告别困惑

SAY GOODBYE TO PERPLEXITIES

——中国家庭中的儿童性教育

——Child Sex Education in Chinese Families

张晶燕 著
by Zhang Jingyan

我们聚集一堂，举行世界儿童问题首脑会议，
目的是作出共同的承诺并向全世界紧急呼吁：让
每个儿童有更好的未来。

——《儿童生存、保护和发展世界宣言》

今天的儿童是二十一世纪的主人，儿童的生
存、保护和发展是提高人口素质的基础，是人类未
来发展的先决条件。

——《九十年代中国儿童发展规划纲要》

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告 别 困 惑

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序 言

李鹏

人类即将告别 20 世纪而跨入新的文明时代。

今天的儿童是 21 世纪的主人,儿童的生存、保护和发展是提高人口素质的基础,是人类未来发展的先决条件。我国人口占世界人口五分之一强,儿童数量居世界首位。因此,现在就抓好儿童工作,不仅对下世纪中国的经济腾飞和社会稳定具有战略意义,而且对促进人类进步、维护世界和平也会产生深远的巨大的影响。

1990 年召开的世界儿童问题首脑会议通过了《儿童生存、保护和发展世界宣言》和《执行九十年代儿童生存、保护和发展世界宣言行动计划》。1991 年 3 月,李鹏总理代表

我国政府在上述两个文件上签了字,并向全世界做出了庄严的承诺:“我们将保证履行我们的义务。我们相信在联合国的帮助下,中国儿童一定能够达到文件中所提出的一些要求。”为表明我国政府重视儿童问题的积极而严肃的态度,依据世界儿童问题首脑会议通过的两个文件精神,根据我国国民经济和社会发展规划和第八个五年计划提出的任务和总目标,1992年3月,国务院颁布了《九十年代中国儿童发展规划纲要》。它是我国90年代继《未成年人保护法》之后,又一个中国儿童生存、保护和发展的文件,是一件利在当代、功在千秋的伟业。

儿童是祖国的未来,民族的希望。儿童的健康成长关系到祖国的前途和命运。新中国建立以后,党和政府一贯重视和关怀儿童的健康成长,积极为儿童的生存、保护和发展创造良好的社会环境。党的十一届三中全会以来,党和政府把“提高民族素质,要从儿童抓起”作为社会主义建设的根本大计,“爱护儿童,教育儿童,为儿童做表率,为儿童办实事”已成为社会共识,我国儿童工作进一步走上了社会化、科学化、法制化的轨道。我国儿童的发展水平比新中国建立以前有了显著的提高,主要指标均处于发展中国家的前列。

当然,我们还应当看到,由于我国地域辽阔,经济文化发展不平衡,各地的条件也千差万别,因此儿童的教育、保健等方面与实际需要仍然有较大的差距。要实现《九十年代中国儿童发展规划纲要》提出的奋斗目标,实现我国政府向国际社会的承诺,还需要全社会坚持不懈地努力,做大量的艰苦细致的工作。

儿童生存、保护和发展又是一项综合性强的系统工程,涉及国家、社会和每个家庭,以及许多科学领域。儿童事业的发展,在很大程度上要依靠教育、卫生、文化艺术和新闻出版工作者、社会工作者采用行之有效的科学方法去教育和动员群众,提高广大群众的素质,让“儿童优先”的原则成为我国公民的自觉行动,“让每个儿童有更好的未来”成为全社会的共同意识。四川少年儿童出版社响应联合国世界儿童问题首脑会议的紧急呼吁,带头宣传和执行《九十年代中国儿童发展规划纲要》以及有关儿童工作的政策法规,编辑出版了这套《中国儿童生存、保护和发展书系》。这套书系率先科学地总结了我国儿童工作积累的经验、取得的成绩和存在的一些问题,并从理论上探讨产生这些问题的原因,从实践上寻找解决问题的思路导向,以期引起社会各界对中国儿童生存、保护和发展问

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题的关注,使我国儿童工作得到进一步改善和提高,这是为我国儿童事业做了一件功德无量的好事。我们相信,这套书系的编辑、出版,对我国儿童工作的综合、协调、全面发展会起到积极的促进作用。

1993 年 12 月 2 日

PREFACE

Mankind will pretty soon bid farewell to the 20th century and march forward to a new civilized era with big strides.

The master of the 21st century would be no other than today's children. Their existence, protection and development are the foundation to enhance the quality of our population, and the prerequisite of human development in the future. The population of our country accounts for more than one-fifth of that of the world, and the population of our children comes to the top in the world. Therefore, it is not only of strategic significance to stress the work of children for China's economic

boom and social stability in the next century, but also of far-reaching influence on boosting human progress and safeguarding world peace.

In 1990, the World Declaration of the Existence, Protection and Development of Children and the Executive Plan on the World Declaration of the Existence, Protection and Development of Children were adopted at the Summit Conference on Matters of the World's Children. In March, 1991, Premier Li Peng, on behalf of the Chinese Government, affixed his signature on the above two documents, and solemnly declared in front of the whole world: "We promise to fulfil our obligations. Our society believe that the Chinese children, with the help of the United Nations, are sure to fulfil some of the requirements put up in the documents." In order to show the active and serious attitude of our government towards this work, the State Council of the People's Republic of China issued, in March 1992, the Programme for the Development of Chinese Children in the 1990s, which is in accordance with the two documents adopted by the Summit Conference on Matters of World's Chil-

dren, and based on the Ten-year Planning for the National Economic and Social Development of Our Country, and the task and general objective set up in the Eighth Five-Year Plan. This programme, following the issue of the Protective Decree for the Minor in the 1990s, is another important document for the existence and development of the Chinese children, and an exploit which benefits not only the contemporary era, but also throughout the ages.

Realizing that the healthy growth of children, who are the future of the nation and the hope of the people, is closely connected with the future and destiny of our country, our Party and government have paid great attention to and showed much concern for the young generation, taking vigorous actions to create favorable social conditions for them. Ever since the Third Plenary Session of the Eleventh Central Committee of the C. P. C., the Party and the government has taken the slogan "It is necessary to start from children to enhance the quality of the nation" as a matter of prime importance for socialist construction.

“Taking good care of, educating, setting good examples and handling practical affairs for children” have already become public consciousness in our society, and therefore, such work has further been advancing along the right track of socialization, scientification and legitimation. As a result, the development of our children has been leveled up to a much higher standing than before the birth of New China, and all the main indexes relating to this field are now in the forefront of those of the developing countries. Furthermore, we should also be aware of the fact that there is still a great gap, because of the vast territory, the unbalanced development in economy and culture, and the immense variety of conditions in difference regions, between reality and actual demand for education and health care for our children. It is necessary for the whole of our nation to work unremittingly and meticulously to attend the aim of the Programme for the Development of Chinese Children in the 1990s, and redeem the promise made to the international societies by our government.

The task of children's existence, protec-

tion and development is also a comprehensively systematic project, relating to the country, the society and every family, and many domains in science. The development of the cause, to a great extent, must rely on workers in the fields of education, sanitation, art, culture, journalism and publication, and social workers to educate and mobilize the masses, by applying some effective scientific measures, to enhance the quality of the public, so that the principle of "Giving priority to children" could become the conscious action of all Chinese citizens, and that of "Making sure that each child has a better future", the common consciousness of the whole society.

The Sichuan Juvenile and Children Publishing House, responding to the urgent call of the summit Conference of the United Nations on matters of the World's Children, takes the lead, by publishing this series of books, *The Existence, Protection and Development of the Chinese Children*, in publicizing and implementing the Programme of the Development of the Chinese Children in the 1990s and other policies and decrees in this field. This series

summarizes, in a scientific way, experiences, achievements, and some problems in the work of children in our country, discusses in theory causes engendering such problems and tries to find some thought provoking means to solve these problems, in the attempt of drawing the attention of all social circles to further improve and strengthen the work of children, This is certainly a great undertaking. We are confident enough to expect that the publication of this series of ours would play an active roll in the overall, coordinated and comprehensive development of the work of children in our country.

December 2, 1993

Huang Qizao

本书内容提要

在我国,儿童性教育问题是许多父母感到困惑迷惘、难以启齿和对待的问题。本书从家庭教育的角度,在分析我国不同年龄阶段的儿童及青少年的生理和心理变化的基础上,论述了儿童性教育的意义、目标和内容,并针对儿童及青少年可能发生的性心理障碍和不良性行为,提出了矫治的措施和方法,具有实践性和操作性,是家长对儿童进行科学的健康的性教育必备的参考书。

ABSTRACT

In China, child sex education is perplexed and hard to mention for parents. On the basis of children's and teenagers' physiological and psychological changes at different age period, this book expounds the special significance, goal and contents of child's sex education from the angle of family education, puts forward countermeasures of how to correct sex psychological obstacle and unhealthy sexual behaviour that may happen to children and teenagers. It is an essential reference book for parents about scientific and healthy child education.

作者的话

两千多年前，伟大的智者孔子曾这样解释“惑”的含义，他说：“爱之欲其生，恶之欲其死。既欲其生，又欲其死，是惑也。”^①可见从那时开始“惑”就代表了一种矛盾、迷乱且又有些无奈的烦恼心态。

在今天儿童家庭性教育的种种问题上，有不少父母恰恰陷在这种矛盾、迷乱且又有些无奈的困惑心态中。

在中国封建文化的辞典上，“性”字具有“生殖”与“不洁”的双重含义。作为生殖的性，成人们从来就认为儿童长大自然就会明白，无须在童年时告诉他们；至于“不洁”的性，成人们认为更是应该在天真烂漫的儿童前百般封闭，以免亵渎了他们纯洁的心灵。对“性”的狭隘并且是错误的理解，使得以往的一代代父母们在家庭教育中拒绝考虑性教育应该占有的位置。

^① 宗福邦审阅：《论语注释》，巴蜀书社，1990年版，第100页。

然而使父母们感到不安的是，今天的儿童对性问题的态度，却远远不是他们的父母当年所表现的那么无知。在学校的家长座谈会上，可以看到教师们神情严肃地提醒家长注意孩子的早恋问题；父母们也不难观察到，在街头巷尾玩耍的半大孩子们聚在一起，有时会津津有味且又神秘兮兮地谈论性的话题；当父母们在书籍、报刊、电视和电影等传播媒介上见到那些关于未成年人性罪错的报道时，更是忧心忡忡，感慨不已。成年人以自己的前天、昨天的经验为尺度来衡量儿童的今天，不由得为孩子的“性早熟”和“不纯洁”感到失望和焦虑。对于孩子在性问题上使成人失望的表现，不少父母把它归咎为社会不良性文化的影响，因而主张在家庭教育中更加严密地封锁有关性的内容，以保证孩子与“性”的隔离。而这样做的结果，却往往是不但没有保证儿童对性的“纯洁”，反而给父母带来了更多的意想不到的烦恼。有的父母得出了与此不同的意见，至少有相当多的父母已经认识到，以往那种在家庭教育中绝口不涉及性的作法已不适合今天儿童的生活环境。抵制社会不良性文化影响的有效办法，不是在对儿童封锁性的内容，而是积极主动地进行正面性教育的引导。可是当他们一旦真的想对孩子说些什么时，却又感到迟疑和为难——他们在自己童年的回忆中，搜寻不到与此相关的经验。他们从自己的父母那里没有得到过关于性问题的主动引导，面对自己的孩子，他们不知该说什么才好。

在是否应该在家庭中进行性教育，以及怎样进行性教育的问题上，父母们感到困惑。

当一些年幼的孩童想从父母那里知道自己生命形成的奥秘时，得到的回答却是父母不知所措的搪塞支吾。这无异于父母在