

Fireproof your love against sexual perversion

In this era where everything seems to rotate around sex, how does one stay pure or clear headed in a relationship. ESTHER OLUKA finds out.

The world today is overly sexual. Sex has been taken away from the privacy of our bedrooms into the public.

Just scan through different magazines, television programmes such as telenovelas, movies and series and you will know what I am talking about. There is usually an elaborate sex theme or act, somewhere.

The trend is even worse on social media platforms as individuals post whatever their hearts desire including enticing photographs sometimes intended to attract a significant number of likes.

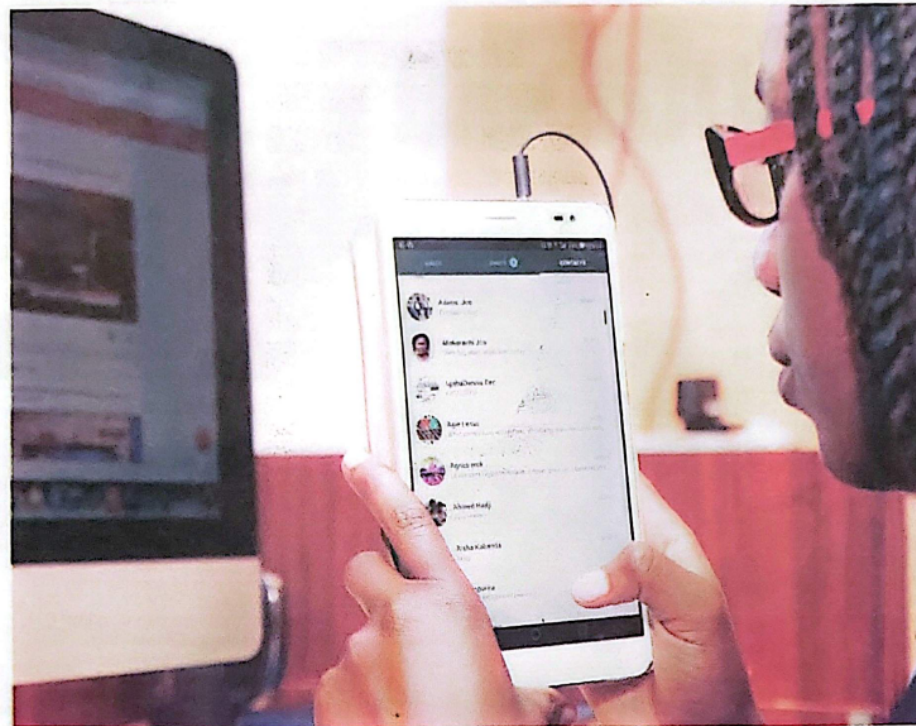
Social media content

"The problem with seductive pictures is that the images linger in one's mind," Joseph Otim, a social media user says, adding, "At one point a man may be compelled to reach out to the girl who has posted it. This is where you will find him either liking or commenting on the photo. Sometimes he may go the extra mile of sending a message to her inbox."

Otim says women are largely to blame here as they sometimes tempt men with the kind of photos they post on social media.

"When a girl posts a picture of herself dressed scantily with her thighs out, what kind of reaction does she expect? For the men to look away and not say anything? That is practically impossible in this era of social media," he says.

Away from the pictures,



Otim says there are also platforms that feed readers on uncensored erotic literature.

"WhatsApp groups are a good example of such platforms. I have previously been added to groups where the members talk only about sex and women. Even when you leave the group, a member may add you again," Otim says.

Preventive measures

So, in a society where sex is constantly thrown into our faces like it is a basic need, how does one stay pure or even limit tendencies of easily

getting lured or influenced.

In order to resist temptation to sin, Bruno Otim, a psychologist advises individuals to limit use of social media platforms.

"I am not saying stay away from using these platforms completely but rather reduce the amount of time you spend on them. This will enable you focus on other productive ventures," Otim says.

In circumstances where one is already addicted to social media, Otim advises such individuals to take breaks from the sites.

AVOID

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"My issue is with mostly soap operas which are often incorporated with a lot of kissing, sex and infidelity episodes. This is not what I would advise anyone to watch because one may be propelled to put into practice what they have seen on television," he says.

To those already hooked to watching telenovelas, Otim advises them to always find

Psychologists say people should avoid WhatsApp groups and Facebook groups that feed them with erotic and pornographic material.
PHOTOS BY RACHEL MABALA

alternative programmes with lesser sexual themes.

Consequences

During a previous church service on the theme at Watoto church in Bweyogerere, Pastor Kenneth Kanzairwe stated that every time sex is taken away from context outside marriage there will be guilt and shame.

"There is pain and a breakdown of relationships and marriages. There is also loss of trust among couples," he mentioned during the service.

Therefore, Kanzairwe advised individuals to flee from sexual immorality by not conforming to the patterns of this world by having self-control and not allowing sex to wreck their lives.

