



Unprotected: A Campus Psychiatrist Reveals How Political Correctness in Her Profession Endangers Every Student

Miriam Grossman, Anonymous

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How the PC agenda on college campuses is endangering millions of students

Radical social agendas have taken over campus health and counseling, and it's making students sick. Dr Anonymous should know: she's treated over 2000 students at a prestigious university, and seen first hand how the anything-goes, women-are-just-like-men, "safer-sex" agenda harms our sons and daughters. After years of hesitation, she's speaking up.

In *Unprotected* you will learn:

- * About an Ivy League university's health website that okays risky behaviors including S&M, "swinging", and bestiality
- * How campus health centers hound students to stop smoking, eat right, get enough sleep, and wear sunscreen, but tacitly approve of promiscuity, and whitewash the consequences of sexually transmitted infections
- * How HIV education is distorted, causing hysteria among students who are at no risk for infection
- * How campus counselors focus on sexual orientation, abuse, molestation, cigarettes and caffeine, but neglect to ask students about abortion
- * How ideology-driven health services lead young women to believe they are just like men – and to pay a high price for it.
- * How, despite strong evidence of significant health benefits of church attendance and faith in God, psychology remains anti-religion -- an irrational, out-dated prejudice Dr Anonymous calls "theophobia"

Parents, educators, and health providers are all disturbed and mystified by the epidemic of sexually transmitted infections on our college campuses, as well as the rampant depression, suicidal behavior, eating disorders, and cutting. Dr Anonymous has seen it all. The solution, she contends, is not Zoloft or condoms. Instead, she urges her colleagues to stop feeding students platitudes about diet and exercise and misinformation about "protection". What campus counselors and health providers must do, she argues, is tell uncomfortable, politically-incorrect truths, especially to young patients in their most vulnerable and confusing moments.

Unprotected: A Campus Psychiatrist Reveals How Political Correctness in Her Profession Endangers Every Student Details

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From Reader Review Unprotected: A Campus Psychiatrist Reveals How Political Correctness in Her Profession Endangers Every Student for online ebook

Judy says

This is one of the most important books I have read in a very long time. The author is a campus psychiatrist working at UCLA's student health services who has seen how political correctness has created health scares in students where they don't belong ("anyone can get AIDS") but has effectively shut out vitally important information because it goes against the liberal creed. As examples, Dr. Grossman cites actual, heartbreaking cases (names changed, naturally) of young women and men who are depressed and don't know why, yet Dr. Grossman's therapy and insight reveal that the shallow casual sex, emotional aftermath of abortion, and lack of spiritual grounding are causing epidemics of depression among young adults. While campus health advisors have no problem exhorting students not to smoke, drink, or ingest too much cholesterol, they refuse to warn about the very real dangers (both physical and emotional) of hook-up sex and the ensuing feelings of alienation; the very real emotional aftershocks from abortion (this goes for the guys, too); and, in one shocking case, a refusal to give a woman an appointment for a prescription to help her conceive, but instant appointments were suddenly available when the same woman called back pretending to want to come in for birth control.

Extensively researched yet easily readable in just one long sitting, "Unprotected" is a wake-up call for college students, their parents, and anyone involved in the health care (physical or emotional) of young adults today.

Aesha says

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Michelle says

I have four main points after reading this book: 1) Read this book if you truly care about your health or that of others. 2) I dare the person that holds political correctness close to his or her heart to read to the very end. 3) This is a wake up call for the ambivalent -- and may make those, who are already concerned, mad. 4) This should be required reading for any young man or woman leaving the safe haven of a parent's home.

This author fills in the unrealized chink in our armor of information we are equipped with that can provide us a bright future in our world.

My favorite quotes are: "If we are juvenile, why should they behave like grownups?" and "Nature exists; if you don't like what biology suggests about your ideology, maybe it's time to take another look at your ideology."

Ahmad Saqr says

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Aya Ibrahim says

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K says

This book basically reads like a religious right-wing conservative agenda, making points such as:

1. Casual sex is more casual for men than for women; contrary to what society would have you believe, women are simply not built like men and are hormonally predisposed to taking these relationships more seriously and to experiencing negative emotional fallout afterward.
2. STDs are easier to contract and harder to prevent or cure than medical personnel would have you believe (the protective value of condoms is highly overrated). They also have long-term effects that tend to be overlooked or glossed over in popular information sources.
3. Being religious has all sorts of mental health benefits.
4. AIDS is *not* an equal-opportunity disease; your behavior has a lot to do with your level of risk. Marketing AIDS as an equal-opportunity disease does a disservice both to people engaging in high-risk behaviors who then minimize the danger, and to people not engaging in high-risk behaviors who feel more anxious about AIDS than necessary.
5. Abortion is often not a simple procedure from which a woman simply walks away unscathed; professionals tend to minimize or ignore the real possibility of trauma and complicated adjustment afterward.
6. Delaying starting a family can have unforeseen and difficult consequences in terms of a woman's diminished fertility later on, when she may feel desperate to have a child; educated, professional women who ought to know better are woefully misinformed on this.

It would be easy to dismiss this as an agenda-based book that preaches to the converted, particularly the Dr. Laura set. Except that practically every claim Grossman made was backed up with a footnote. She is clearly speaking from an informed medical perspective rather than from a soapbox.

Grossman's overarching point seems to be that while doctors have no problem trying to get their clients to stop overeating, drinking, or smoking, they shy away from warning clients of the equally real dangers of risky sexual behavior. When it comes to sexual behavior and its health consequences, suddenly it's no longer about the lofty ideal of prevention but about the far inferior and very fatalistic goal of "risk reduction."

As someone who lives a religious lifestyle, it's always nice to receive some affirmation (especially when it comes with footnotes) for my choices which seem so at odds with those of the world around me. That makes it tempting for me to shut down my critical thinking when reading a book like this, so I would be interested in a thoughtful, evidence-based response from those on the other side of this debate. But I have to say that Grossman makes a very compelling case for the insidious way in which a liberal agenda influences the medical profession to the detriment of its patients.

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Skylar Burris says

This was an important book and a quick read, but I was disappointed in two ways. Firstly, I was somehow expecting more: more information, more statistics, more anecdotes, more revelations. Secondly, I wish she had come off as less "right wing" from the beginning because, taken altogether, it's pretty clear she's fairly moderate, and I think political liberals would be more receptive to her arguments if she didn't begin with a litany of conservative talk show hosts who have praised her book. She is, after all, making her arguments more from a medical perspective than from a moral one. This is not a Puritan moralist bemoaning, These darn kids today, but a psychologist bemoaning, These darn adults today, failing to help their patients lead physically and mentally healthier lives, because their political and philosophical agendas are more important to them than the real life sufferings of young women and men. So what changes does she want to see? For doctors to start caring for their patient "according to HER needs, without the false notions of modern ideology; be a REAL feminist."

If you don't know that college Student Health websites are advising students in "safer" ways to perform ménage a trios, urinate on skin, and clean cat o' nine tails after a session of S&M, this book will probably shock you. If, however, you've made your own trip to Student Health in the 90's or later, then you probably already know that celibacy is regarded as the only aberration. ("What?" I remember being exclaimed to in a tone akin to horror after having to insist, for the fifth time, that I could not report when I last had sexual activity because I was not sexually active, "you're not having sex of ANY KIND?!?!") It's about time

someone wrote a book exposing the agenda of many in colleges to promote active sexuality, diminish gender differences, and even normalize what has formally been considered perverse. When children have from the 4th grade on been taught that condoms will protect them from all harm, that casual sex poses no more physical or emotional risks for women than for men, it is little wonder that there has been a marked increase in STDs, teen depression, eating disorders, and suicides.

I appreciate that this doctor cared enough, and was angry enough, to speak out about the glossing over of mental and physical risks that is occurring in the service of political correctness and ideology. She also tackles her profession's failure to assist those 20% of women whose abortion choices lead to depression, or, in rare cases, outright trauma, and their refusal to even consider the mental affects on men. She rails against the fact that so many women are lulled into the mistaken belief that they can have children whenever they choose, into their 40's, only to be confronted by the infertility and depression later. And finally, she suggested to her fellow laborers that the profession make more effort to diversify by hiring religious psychologists who will better understand the needs and values of religious patients. There is somewhat of an aside about the health benefits of religious belief and practice as well.

She makes what I find to be a very persuasive argument (though I am already inclined to be persuaded), that because of ideology, sex is treated differently than **any other** health issue. "Instead of aiming for disease prevention, as is done in the fight against heart disease or obesity, the goal is risk reduction – a.k.a. safer sex – followed, when it fails to be safe enough, by damage control." It's rather like a doctor recommending Chaser before a drinking binge instead of simply advising his patient to avoid drinking binges for the sake of his physical and mental health. It's fine to address a patient's lifestyle and advise him on healthier choices when it comes to food, exercise, and smoking—but not when it comes to sex. Why do doctors advise their patients to exercise and eat better, even if they know their patients might not want or chose to, but not advise them to confine sex to only long-term, monogamous, committed relationships, even though they know their patients might not want or chose to? Why not offer the best advice for the most likely healthy outcome, and not send the message that it can't be done? That, says Grossman, "would elevate and inspire young people...Instead, we offer Sex-Tac-Toe, condom races, and students in banana costumes handing out free birth control. Is this the best we can do? If we act like juveniles, why should they behave like grown-ups?"

This was a powerful little tract I would give to a student heading off to college. It's not a thoroughly researched book by any means, but it serves its purpose. I learned about things I had limited knowledge of, such as the bonding effects of oxytocin released in women during sex and the stunning prevalence of HPV among college students.

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