

## THE FORESKIN IS A NORMAL, HEALTHY AND BENEFICIAL PART OF THE MALE PENIS

The foreskin consists of at least three structures: an outer foreskin, inner foreskin and the frenulum. It begins as far back as the shaft midpoint, covers the glans (head of the penis), and can extend beyond the glans. The frenulum (similar to that which is under the tongue) connects the foreskin to the underside. The foreskin and glans are joined by a common membrane and separate gradually. For some, the process is not complete until puberty.

### PURPOSE AND FUNCTION OF THE FORESKIN

**Protection.** The foreskin protects the sensitive glans throughout life from adverse conditions, such as the abrasiveness of clothing. Without the foreskin, the glans become dry and calloused and desensitized.

**Pleasure.** The foreskin is a unique structure filled with delicate nerves and a rich blood supply. The foreskin enhances sexual pleasure, especially as it glides over the corona (ridge of the glans) during sexual activity.

**Sensitivity.** The foreskin is a highly nerve-laden structure, containing approximately 20,000 nerve endings. It is this structure that gives the man his most pleasurable sensations. It also helps to retain glans' sensitivity. Circumcision removes this structure and, over time sensitivity decreases, making it more difficult to achieve satisfactory stimulation.

**Lubrication.** Much as the way your eyelid 'lubricates' and protects your eye, the foreskin keeps the glans moist and sensitive. This effect is helpful during sexual penetration as the penile shaft glides within its own skin sheath rather than directly, chaffing one's partner. Without the foreskin, many couples need additional lubricants.

**Privacy.** Like the female clitoris, the glans is designed to be a protected internal organ, exposed only when aroused.

### WHAT IS CIRCUMCISION?

Every day in this country, more than 3000 infant males are strapped to a circumcision board, against their will to have their penis irreversibly altered for life.

Amputation of a newborn's healthy foreskin is the only contraindicated surgery for which the patient does not consent. It is an unethical practice. Parents often consent with incomplete knowledge of anatomy or surgical consequences. Tragically, infants (who we know feel pain acutely) receive no anesthesia. The baby's arms and legs are restrained. A probe is inserted between the glans and the foreskin and the two structures are torn apart. The foreskin is crushed and a cut is made in it. It is then pulled forward and amputated. The raw glans is then totally exposed, which, along with the remaining inner foreskin, eventually becomes dried membrane leaving the shaft skin taut and immobile.

This "Little snip" removes from 50 to 80% of the sheath's structure. A permanent, visible scar remains. This violation of body and human rights robs the male of his birthright: an intact, fully functional penis.

### PHYSICAL RISKS OF CIRCUMCISION

The following conditions are iatrogenic (doctor-produced) and are

not found in the normal penis protected by the foreskin.

**Hemorrhage.** This occurs with many infants' circumcision.

**Meatal Ulceration.** It is caused by the raw glans being constantly abraded against diapers. This occurs in 30% or more of circumcised infants.

**Meatitis.** Inflammation of the urinary opening, may lead to meatal stenosis (narrowing of the opening).

**Excessive Skin Loss.** This results in tight and painful erections. Penile Bowing/Curvature. Uneven removal of skin can cause this.

**Hypospadias.** A urethral opening cut on the underside of the penile shaft from surgical mishap.

**Epispadias.** A urethral opening cut on the top of the glans by surgical mishap.

**Skin Tags.** Random pieces of remaining foreskin adhering to the nearby skin.

**Skin Bridges.** Tissue adheres to the glans and forms a bridge/tunnel from the shaft to the glans.

**Keloid.** A prominent circumcision scar.

**Discoloration.** Shaft skin appears darker than the exposed remains of the inner foreskin from the scar to the glans.

**Circumcision "Ring."** This is a dark ring or discolored skin at the scar site.

### HISTORY OF CIRCUMCISION IN AMERICA

Routine circumcision in the U.S. was not widely practiced until the late 1800's, introduced from England to 'cure' masturbation (then thought to cause insanity and other medical/psychological ills). England rejected routine circumcision in 1949. When the masturbation theory was disproved, the medical profession used hygiene, cancer, infection and now AIDS, to justify the procedure. There is, in fact, no valid medical evidence to justify routine infant circumcision.

Medical professionals are slow to abolish a surgery producing millions of dollars annually. Men's Voices show that the medical community violates its prime dictum, "Do no Harm."

### MYTHS

**Cut now before he has problems.** 85% of the world's males are intact. They have no more penile problems than circumcised males.

**Babies feel no pain.** We now know that babies do feel pain, very acutely. Babies scream, choke, hold their breath, and vomit.

**It's more painful if done later.** Older children and adults receive anesthesia for circumcision. Infants do not.

**Smegma is bad.** This natural secretion assists in lubricating the glans. Females also produce genital smegma. Smegma of either sex is not carcinogenic.

**It's cleaner without a foreskin.** Children will learn genital hygiene just as they learn to brush their teeth and clean behind their ears.

**Phimosis.** This rare condition occurs when the foreskin cannot be retracted. Some males don't have a fully retractable foreskin until puberty. 'Phimosis' is normal in infancy and childhood. If phimosis continues into adulthood, it can be alleviated by gentle stretching of the opening.

**Infections.** Even circumcised males (and females) will get urinary tract infections (UTI). Antibiotics are a less traumatic solution than circumcision. Doctors and parents who forcibly retract the foreskin to clean or inspect, can cause UTI s in intact sons.

**Premature Ejaculation.** A foreskin doesn't cause premature ejaculations. The problem is a common sexual complaint among circumcised and intact men.

**Penile Cancer.** This is very rare (one in 100,000) usually in older men. Both circumcised and intact. This is related to HPV, a sexually transmitted virus.

**Cervical Cancer.** We now know that cervical cancer is associated with a history of STD. Foreskins do not cause cancer. Women with circumcised partners and lesbians can get cancer.

**AIDS/Venereal Diseases.** Some fear small tears in the foreskin might allow HIV or other infection to occur. However, small tears in the taut shaft skin of a circumcised male can also occur.

America, where most males are circumcised, has the 5th highest rate of AIDS in the world and a high rate of sexually transmitted diseases (STD). 80+% of American sexually active adult males are circumcised. It has not reduced the risk of AIDS or STDs!

**Peer Pressure.** Parents fear an intact son will be ridiculed by friends. With circumcision declining, it will be the circumcised boy who may feel different. Males eventually realize that "all men are not created equal" without suffering emotional harm.

**Like Father-like Son.** One's psyche is not so fragile that he must have a clone of his father's or sibling's genitals for mental well-being.

**Circumcision Wish.** A very small minority of intact men wishes that their parents had had them circumcised in infancy. Such men can freely choose circumcision. The problems of a few do not justify circumcising the majority.

**Men Prefer Being Circumcised.** With no accurate means of comparison, the typical circumcised man has no idea with he is missing. A man, colorblind from birth and thinking his sight is normal, might also never question his condition. An increasing number of men express resentment about being circumcised and are seeking restoration information.

**Every Nation Circumcised.** Wrong! More than 85% of the world's males are intact. The U.S. is the only country routinely circumcising the majority of its newborn males for nonreligious reasons.

**Christianity Requires It.** This is not true. Christ, who as Jewish, was circumcised by the covenant of Abraham and had glans coverage. Jews for only the last 2000 years have used the radical denudation of the glans. Circumcision is not required of Christ's followers. St. Paul's letter to the Galatians states, "In Christ, circumcision availeth nothing."

**RESPECT YOUR SON'S BOY, HIS FEELINGS AND HIS HUMAN RIGHTS! THE ONLY CARE THE INTACT PENIS NEEDS IS TO WASH THE OUTSIDE. DO NOT FORCIBLY RETRACT THE FORESKIN! UNEDUCATED HEALTH-CARE PROFESSIONALS MAY ATTEMPT THIS! SAY NO!**

### A SPECIAL MESSAGE TO PARENTS

**PARENTAL RIGHTS.** Parents have the right to consent to surgery if the child faces a threat to life or health. THE FORESKIN POSES NO SUCH THREAT. Parents do not have the right to request the amputation of any other healthy part of the body and the penis should be accorded the same respect. **Betrayal and resentment.** Many circumcised men may deny any negative feelings about their circumcision. However, a 1991 survey of 301 males seeking restoration information showed almost 70% of those circumcised as infants or as children resent their parents for their circumcision.

## MEN'S VOICES

"I'll always be my parents' son, but my body belongs to me and no one else. No one had my permission to circumcise me. Since there was absolutely no medical threat from my foreskin, it is a clear violation of my basic human rights. Could some doctors be giving wrong advice on infant circumcision because it is a big business in the U.S.?" G.D. Arizona

"When we men discuss our feeling about circumcision, no one listens, not even doctors. I'm one of the millions of men who doesn't like being circumcised. I wish I had been able to scream at the doctors, 'Hands off, its mine!'" S.B., Atlanta, GA

"I've been restoring for almost two months and it's hard to believe, sex with my wife is getting better. I actually have more feeling. It's great." 35 yr old man. CA.

"I was cut at the age of 11. As the years have passed, I find that stimulation is difficult to achieve. It seems as though an excess of manipulation, almost to the point of pain, is necessary to achieve satisfaction." V.T., NJ.

"After thirty years in the natural state, I allowed myself to be circumcised because, in my physician's view, there might be problems in the future. For me, the sensitivity in the glans has been reduced at least 50%." T.B.

"I'm a 17-year-old male who is circumcised. I got to thinking, what am I missing? It makes me sad because I'm not whole as I was intended to be. Circumcision has deprived me of the most sensual receptor on my sexual organ." B.J., OR.

## FURTHER READING AND AUDIO VISUALS

*The Joy of Uncircumcising! Exploring Circumcision: History, Myths, Psychology, Restoration, Sexual Pleasure and Human Rights*, 2nd ed., Jim Bigelow, PhD. Available from NORM at [www.norm.org](http://www.norm.org) The definitive reference on foreskin restoration and the history of circumcision.

*Doctors Re-examine Circumcision*. By Thomas J. Ritter, M.D. & George C. Denniston. Excellent book on the issue.

*Whose Body, Whose Rights?* The most profound documentary on Human Rights! Everyone should see it. Go to [www.circumcisionvideos.com](http://www.circumcisionvideos.com) or contact NOHARMM (info below).

## OTHER RESOURCES

**NOHARMM** (National Organization to Halt the Abuse and Routine Mutilation of Males) [www.noharrrm.org](http://www.noharrrm.org), P.O. Box 460795, San Francisco, CA 94146. 415.826.9351 voice. 415.642.3700 fax. A national network of men organized against infant circumcision through consciousness-raising, empowerment and nonviolent direct action.

**NOCIRC** (National Organization of Circumcision Information Resource Centers) [www.nocirc.org](http://www.nocirc.org), P.O. Box 2512, San Anselmo, CA 94979-2512. 415.488.9883 voice. 415.488.9660 fax. National and international chapters. Several brochures and an online database are available including: *Answers to Your Questions about Infant Circumcision* and *Answers to Your Questions about Your Young Son's Intact Penis*. Send an SASE to receive an information packet by mail.

**CIRP** (Circumcision Information Resource Pages) [www.cirp.org](http://www.cirp.org)

## ABOUT NORM AND ITS SERVICES

**NORM** provides moral and technical support for men seeking foreskin restoration. It is open to all men regardless of age, race, religion, sexual orientation or circumcision status. Many groups sponsor monthly support meeting and offer a speaker bureau. There are groups all over the world and more are forming.

The national office support chapter-in-formation, and provides referrals and resources. Visit our web site at [www.norm.org](http://www.norm.org) or contact R. Wayne Griffiths at the office in Concord, CA for an up-to-date listing of the NORM services in your area.

## National Organization of Restoring Men JOIN THE NEW CULTURAL NORM!

NORM is a federal non-profit organization, your contributions are tax deductible!

YES! I want to contribute to NORM's efforts.

Enclosed is \_\_\_\_\_\$

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/Zip

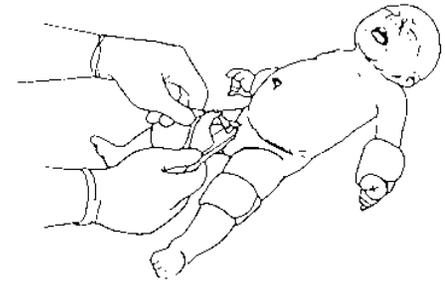
National Organization of Restoring Men  
c/o R. Wayne Griffiths  
3205 Northwood Drive, Suite 209  
Concord, CA 94520-4506  
(Voice 925.827.4077 - Fax 925.827.4119)  
[www.norm.org](http://www.norm.org)

© 2005 NORM, Concord, CA

(Additional brochures on request.  
May be duplicated for free distribution)

# RESPECT YOUR SON'S BODY

## THE BENEFITS OF THE FORESKIN AND WHY ROUTINE INFANT CIRCUMCISION SHOULD NOT BE PERFORMED



INFORMED CONSENT IS MEANINGLESS WHEN  
THE PATIENT HIMSELF IS GIVEN NO RIGHT TO  
REFUSE THE SURGERY.

*"My own preference, if I had the good fortune to have  
another son, would be to leave his little penis alone."*

Benjamin Spock, M.D. Redbook - April 1989

The *forced amputation* of a healthy part of an infant's or  
child's genitals in the name of medicine, religion, or social  
custom *violates his human rights*.

NORM – National Organization of Restoring Men  
A Federal 501(c)(3) Non-Profit Organization