



**Manual**  
**Sexual and Reproductive Health**

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Making Sexual and Reproductive Health Work for the Next Generation

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## **Abbreviations**

AIDS	Acquired immune deficiency syndrome
COC	Contraceptifs Oraux Combinés
COP	Contraceptifs Oraux Progestatifs
DIU	Dispositif Intra Utérin
GBV	Gender Based Violence
HE	Healthy Entrepreneurs
HIV	Human Immunodeficiency Virus
SRH	Sexual and Reproductive Health
STIs	Sexual Transmitted Infections
UNFPA	United Nations Populations Fund

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## **Sexual and Reproductive Health Education**

Sexual and Reproductive Health (SRH) are sensitive subjects to talk about with people. People are afraid that they are being judged because they are searching for information regarding SRH. This manual is giving you some tips and tools to help the people find the right information.

### **The manual**

The manual follows the structure of the application on the tablet. The manual has different chapters that deal with different subjects corresponding with the information on the tablet. In the manual we give answer to the most frequently asked questions. People might ask these questions after seeing the videos and information on the tablet. Whenever you get a question from youth you can use this manual to support you in answering the questions. Not all questions that youth will be asking are in there, but it covers many questions. When you feel you cannot answer a question, also not with the help of the manual, please contact a health care provider or ask the customer to go there and get the information him/herself.

### **Sexual and Reproductive Health**

Sexual Health is defined by the World Health Organisation as ‘a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence’. Whereas, Reproductive Health is defined by the UNFPA as: ‘a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes’.

Both Sexual and Reproductive Health are important subjects all over the world. In each country around the world there are issues related to SRH, therefore the United Nations established millennium development goals in the year 2000. These goals are there to motivate and help countries to focus on important health issues. These goals grew as important issues after the year 2000. Many organisations are focusing on the subjects of the goals. Just like Healthy Entrepreneurs, it likes to make a difference on some of the goals that are defined. You as an entrepreneur are an important link to bring the education, products and services to the people in your surrounding. This manual is trying to help you with this; to ‘make Sexual and Reproductive health work for the next generation.’

### **What is the cause of health problems in youth?**

The causes of STIs, HIV transmission or unwanted and unplanned pregnancies in youth can be found in the individual behaviour (unprotected sexual activities), in their lifestyle (experimenting, multiple partners in a row) and in their environmental factors (social pressure, social norms, lack of education, no access to contraceptives). To reduce the amount of people that got STIs, HIV or unwanted and unplanned pregnancies interventions are needed that focus on the individuals, lifestyle and the social environment. By making use of the application of HE social impact all of these target points are being taken care of. HE social impact supports youth to gain access to information, products and services in their surroundings. HE Social Impact aims to teach people to have protected sexual intercourse, provide access to contraceptives and allows the population to gain knowledge regarding a positive and healthy lifestyle.

### Goals of giving SRH education

The SRH education that HE Social Impact, and therefore you, are providing has the aim to reach a certain amount of goals:

- To increase the knowledge of youth regarding STIs, HIV, AIDS, contraceptives and condom use.
- To increase the knowledge of youth regarding the dangers and risks that are attached to performing sexual activities.
- To promote protected sexual behaviour and proper condom use.
- To make youth aware of the choices they have regarding sexuality.
- To make youth aware of the wishes and barriers they can draw while being involved in sexual behaviour.
- To allow youth to think about love, gender, puberty, relations, risks of sexual behaviour and pregnancy.
- To support people to discuss subject regarding SRH.
- Making people aware of the opinions and prejudices that are present in society.
- To answer and comment on questions and remarks of people.

### The content application

The application is based on some concepts, so called; blended learning and peer education.

Blended learning is a method that makes use of all kind of different methods to transmit the information from one person to the other. In the case of HE Social Impact technology and personal approaches are combined. The application is supporting the entrepreneur in providing information. But the entrepreneurs remain accessible for education to people who still have questions after using the application.

Furthermore, the method of peer education is provided on the application. Peer education is a method that allows people from the same social group to educate each other. In the movies and the content of the application the opinion of youth is showed. Besides, the actors in the movies and pictures are also youth. Youth telling youth what SRH is about, that is peer education.

### Tips and Tricks

There are, because of the sensitivity of the subject, some things that you as an educator/entrepreneur need to keep in mind. These things are called the tips and tricks while giving education. The tips and tricks are not rules, but are certain issues that you take in consideration while providing information about SRH. Underneath a list of the tips and tricks is given:

- Put a lot of emphasis on privacy issues. Tell people who come to your shop that everything that is discussed in the shop remains between you and the customer.
- Introduce yourself always properly. Tell the customer who you are and that you are there to help him/her.
- Take care of a safe environment. When there are people around or want to listen to what you will tell somebody in private, just wait for a couple of minutes. Or tell the person to come back another time. Issues related to SRH are no subjects to be discussed with people around.
- Respect the question and opinion of the other person.
- You can laugh about something, but you cannot laugh at somebody.
- When somebody does not want to tell something personally respect that, and tell the person that he or she can also go to a health care centre to get proper help.

- Listen to one another let somebody talk.
- Personal experiences need to be handled with care. So keep somebody's experiences to yourself and do not talk about this with other people.

**What if you do not know the answer?**

When you do not know the answer to a certain question, you can always ask the person to go to a health care centre. In the health care centre they are specialised in these kind of questions, and will be able to help the person.

When you get certain answers more often, and they are not in the manual, please contact the HE Social Impact office or your contact person of HE Social Impact to report the missing question. HE Social Impact will put the question in the next update of the Sexual and Reproductive Health Manual.

## **Chapter 1      Sex**

### **1.1      People have sex to have children. What is the purpose of having sex when you do not want to have children?**

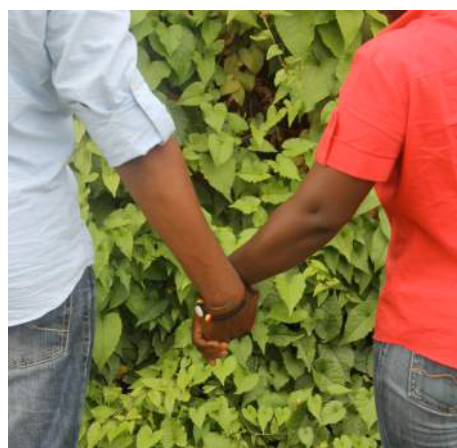
It is true that one of the purposes of having sex is to have children. But that is not the only reason. Other reasons are enjoyment, excitement, getting your mind off other things, as well as building a lasting relationship and getting the feeling that you both need and love each other. Sexual relationships are bringing people more closely together when they like each other.

### **1.2      Who is having more enjoyment when having sex, the boy or the girl?**

This is hard to say, this depends on the people who are involved. But the most important thing about having sex is that both men and women try to satisfy each other in a responsible way. You have to share your needs with each other, and try to please each other's need. In that sense both the girl and the boy will have enjoyment while having sex. Communication is important; if you do not feel pleasure or you want something else you have the right to speak out and tell your partner.

### **1.3      Is it a problem when somebody is not having an orgasm while having sexual intercourse?**

This is not a problem. It happens often that a woman is not able to have an orgasm while having sexual intercourse. Therefore, some more attention to the woman can be given. They sometimes need another way of stimulation to have an orgasm. This can easily be combined with the sexual intercourse. You have to talk about it with your partner. But keep in mind, that sex is always with two people, so you need to take care of each other while having sex, both man and woman.



### **1.4      Is having oral sex something unhygienic?**

Yes and No, sometimes sex can be a little bit unhygienic because of bacteria on the intimate parts. Therefore, it is advised to wash the intimate parts before having oral sex. This will make the activity more hygienic, when you do not wash your intimate parts it is also fine, but then there are some more bacteria present. Most of these bacteria are not causing troubles to your intimate parts or your partner. By washing of your intimate parts is not protecting the other person from having STIs or HIV.

### **1.5      Can STIs be transmitted when having anal sex?**

Yes, that is possible. Anal sex is the sexual activity with the highest risk of transmission of HIV. Therefore when you have anal sex always use a condom.

### **1.6      Can force be a culturally acceptable part of sexual relationships?**

No, it cannot. Force is a violation of the Reproductive and human rights. A sexual relationship should be based on understanding, respect and love for each other. When somebody is forcing you to have sex, you should report this to somebody you trust or to the authorities.

### **1.7 What do I do with my sexual feelings?**

For many people it is not easy to know what to do with sexual feelings. Having sexual feelings or an erection does not mean that you must have sex. If you don't want to have sex, but you have these feelings, try to do something else, find another activity that distracts you from these feelings. You can do other activities by expressing sexual feelings, like holding hands and kissing. When you are alone you might perform masturbation. This is possible for both women and men. When you cannot hold the sexual feelings, then at least have safe sexual intercourse. Only safe sexual intercourse will protect from pregnancy, STIs and HIV.



### **1.8 What is a virgin?**

The term 'virgin' is used for men or women who did not have sexual intercourse in his or her life before. Some people say that virginity can be proved for women, if they bleed during the first time of sex because of a layer of skin in the vagina that might break. Nevertheless, this is not always the case; the layer that is causing the blood, can also break while doing sports activities, or while being medically examined. Besides this, some women are even born without this layer. Therefore, bleeding during the first time of sexual intercourse can't prove virginity. You can only know if somebody is a virgin by asking the person. This is the same for both men and women.

### **1.9 When a grownup person has sex with a child and they both agree to this, is this also an abuse?**

Yes, this is an abuse. Children can be influenced and manipulated by an adult who tries to persuade them to have sex. A child is also most of the time not fully informed and therefore cannot make a right decision about this issue. When a grownup has sex with somebody who is not grown up yet it is an offence, even if the girl consents to it. The young person should go and tell somebody he/she trusts. Together with this person it is wise to report the event to the authorities, and go together to the health care centre or other centre that can help you to be checked for other issues and get proper inclusive help.

### **1.10 When do I make the decision to start with sexual activities?**

You start with sexual activities when you are ready for it. You can decide when you want to start and with who you want to do this. When you do not feel comfortable to have sex, you can always make the decision to wait. Nobody can force you to have sexual intercourse.

### **1.11 Why do girls start to menstruate?**

Menstruation is a sign that you are growing up. It happens for the first time between the age of 8 and 18. When you menstruate it does not mean that you have to start having sex, because when you start have menstruations you can also become pregnant. When you have sexual intercourse always protect yourself.

### **1.12 Do boys get periods like girls?**

No, boys do not get a period like girl. Boys get the ability to ejaculate. This happens most of the time for the first time within a wet dream. Wet dreams do not have a pattern or cycle, they occur randomly.

**1.13 My breasts are different compared to other girls, is this normal?**

Yes, that is normal. Every person is different; in the same way women have different sizes and different shapes of their breasts. This is nothing to worry about.

**1.14 Why do some people mature early, while others become physically mature late?**

Every person on the earth is different. Some are tall, some are short. In the same way, every person has his or her own way and time to grow up. But there is nothing wrong with maturing early or maturing late, since everybody will mature at some point.

**1.15 Is there some medication for people who mature late?**

No, there is no medicine that can help in this sense. But it does not matter when a person is mature. Everybody will mature at the end, but some people take some extra time. When you are really worried you can get in contact with a health care worker.

**1.16 What is the normal size of a penis?**

The average size of a penis is 7 to 10 centimetres when not erected, and an erected penis is 13 to 18 centimetres on average. The size of the penis has no relation to the body size of a person. During sexual intercourse the size of a penis is not important. What is more important is that both persons are in good health and both consent to having sex. Besides, the sensitive places of a woman are not in the canal of the vagina and therefore the length of the penis does not matter. Summarising, the length of the penis has no relation whether a sexual relationship is satisfying.



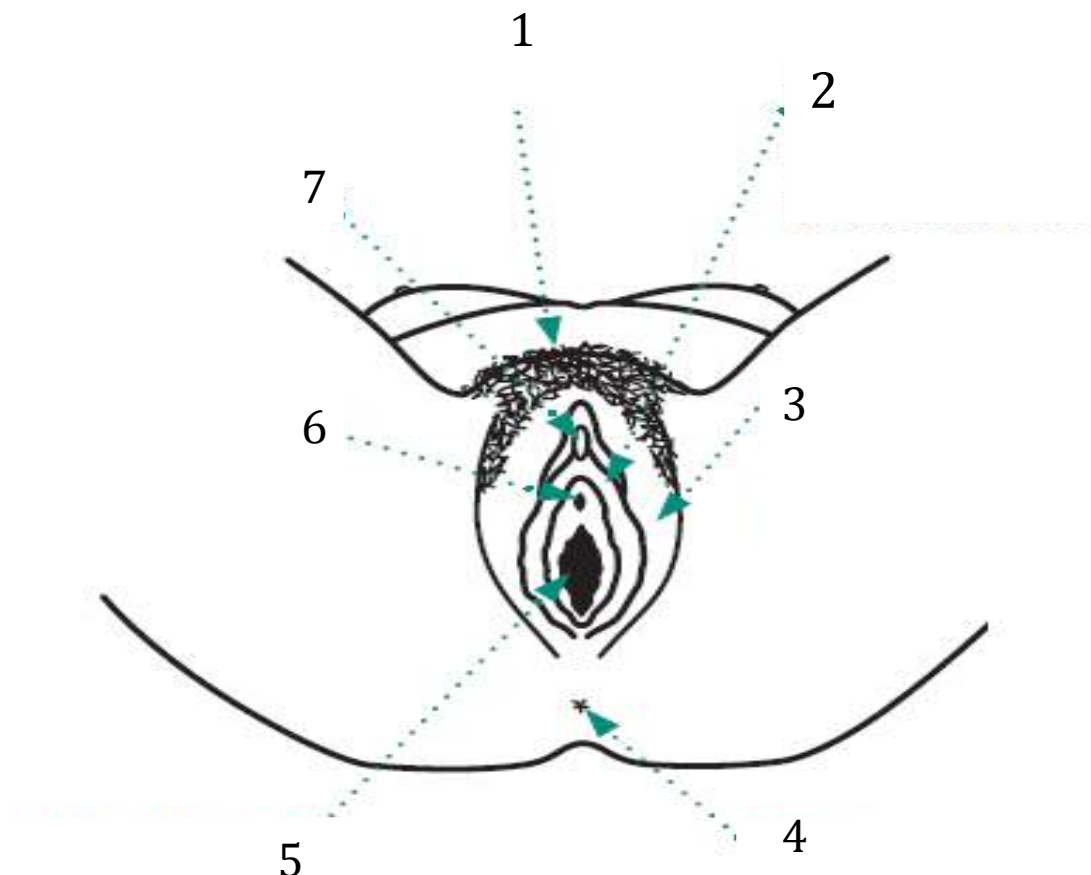
**1.17 What exactly are wet dreams?**

A wet dream is an ejaculation while sleeping. Most of the time the boy is then dreaming about sexual activities. The boy ejaculates sperm and wakes up, the sperm is sticky, and whitish. When a boy has a wet dream it does not mean that the boy should be having sex with others, wet dreams and having sex are not related. This is nothing to be ashamed about it is totally normal.

**1.18 Why are adolescents told not to have sex?**

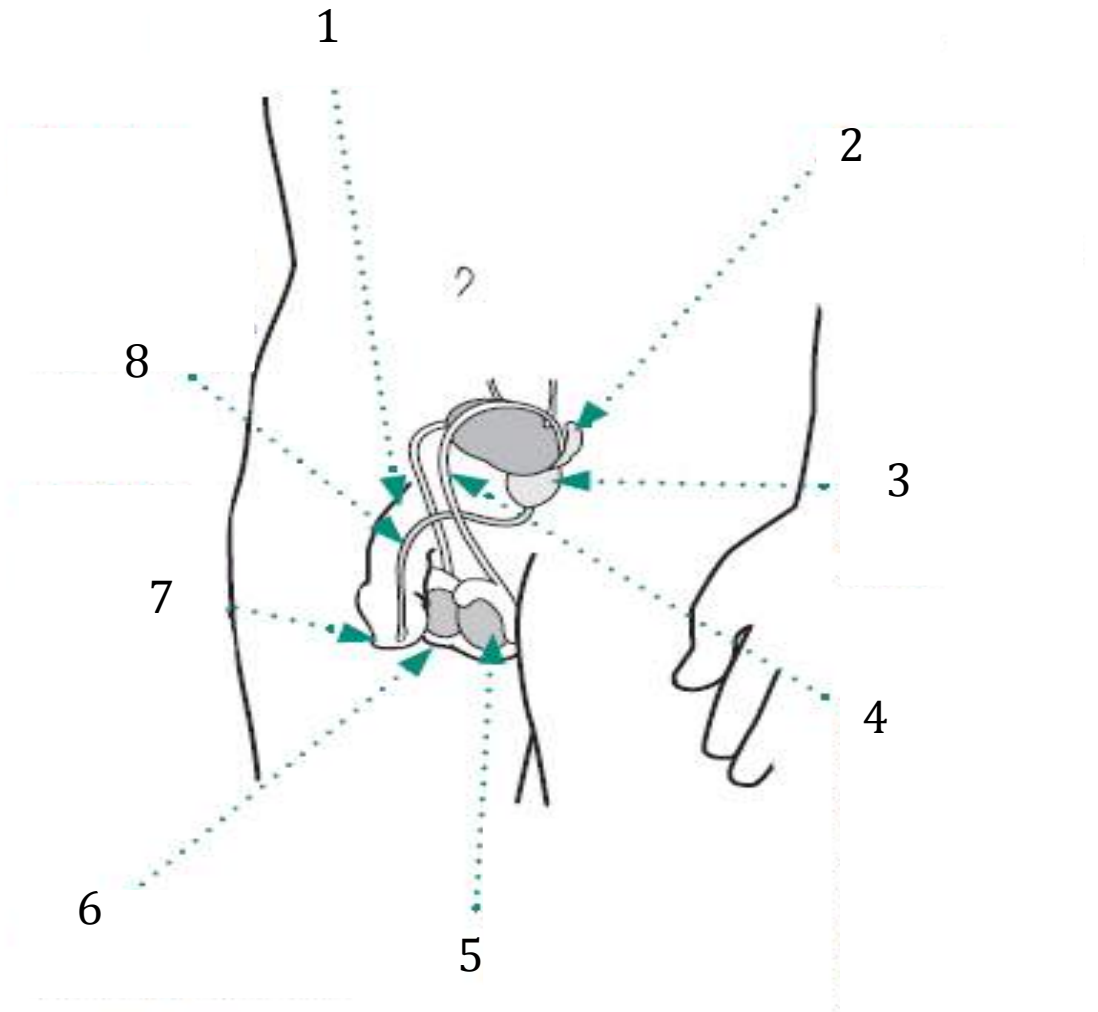
Adolescence is the period between childhood and adulthood. During this time, your body is in a constant change. You mature during this period of time. Adolescents are told not to have sex, because of the many problems that can eventually arise. Firstly, a relationship takes a lot of energy and time, and might interfere with your study. Secondly, you might become pregnant, which can cause many problems like being expelled from school or neglected by society.

**1.19 How does the intimate part of a girl look like?**



1. **Pubic Hair**  
Hair that grows during puberty and surrounds the female organs.
2. **Inner Lips**  
The folds of skin, inside the outer lips that extend from the clitoris
3. **Outer lips**  
Two folds of skin, one on either side of the vaginal opening that protects the female organs.
4. **Anus**  
Opening where solid waste (faeces) leaves the body.
5. **Vaginal Opening**  
The man's penis is inserted during sexual intercourse. Blood flows from here during monthly bleeding.
6. **Urethra**  
Opening where liquid waste (urine) leaves the body.
7. **Clitoris**  
Sensitive ball of tissue creating sexual pleasure.

### 1.20 How does the intimate part of a man look like?



- 1. Penis**  
Male sex organ made of spongy tissue. When a man becomes sexually excited, it grows larger and stiffens. Semen, containing sperm, is released from the penis (ejaculation) at the height of sexual excitement (orgasm). A male condom covers the erect penis, preventing sperm from entering the woman's vagina.
- 2. Seminal vesicles**  
Where sperm is mixed with semen.
- 3. Prostate**  
Organ that produces some of the fluid in semen.
- 4. Vas Deferens**  
Each of the two thin tubes that carry sperm from the testicles to the seminal vesicles.
- 5. Testicles**  
Organs that produce sperm.
- 6. Scrotum**  
Sack of thin loose skin containing the testicles.
- 7. Foreskin**  
Hood of skin covering the end of the penis. Circumcision removes this piece of skin.
- 8. Urethra**  
Tube through which semen is released from the body. Liquid waste (urine) is released through the same tube.

**1.21 Do I just ask to have sex with somebody?**

No, you need to find the person that feels right for you to have sex with. When both people like each other and it becomes more serious you can decide to start talk about sexual activities. Sometimes, both of you feel comfortable about it and steps towards sexual activities come naturally. But keep in mind, when you do not feel comfortable about it you can always decide to stop.

**1.22 When I am in a relationship do I have to have sex every day?**

No, that is not needed, it is important that you and your partner talk about sex and that you are both comfortable with the frequency of having sex. When you think the frequency is not enough you should talk about it. Same wise when you think you have to often sex.

**1.23 When you do not have sex for a long time, does that lead to damage or sickness?**

There are no health problems at all if you abstain from sex for a long time. No harm will be done to either your private parts or any other part of your body when you do not have sex for a longer period of time.

**1.24 Can I still say NO when I am already in the bedroom?**

Yes, that is no problem. You can say NO whenever you want. You are the one who decides if you want to have sex. It does not matter in which situation or location you are. When you already are in the bedroom, you can still decide to leave when you do not feel comfortable.

**1.25 Do old people aged 60 still have sex?**

Yes, it is possible for people aged sixty to still have sex, however it depends on the couple. Some have the desire and the energy to have sex, whereas others are not having this desire. Every individual has his or her own time to stop having sex.

**1.26 Is it promotion and encouraging sex when people are providing condoms and sex education?**

No, this can only be seen as a preventive matter against STIs, HIV and unwanted and unplanned pregnancies. People decide themselves when they want to have sexual intercourse that has no relation with promotion. Promotion related to sex is merely focusing on the risks and tries to help people to make well thought decisions in life, and helps them to have a healthy future.



## **Chapter 2 Relationships**

### **2.1 Is a relationship something that everybody should be having?**

Everybody could be having a relationship, but it remains the individual who decides to have a relationship the yes or the no. When somebody wants a relationship they can look for somebody. But when somebody decides not to have a relationship he/she can also stay without a relationship, it depends on the person.

### **2.2 What does it mean for your surroundings when you will have a relationship?**

For you and your partner it means a lot, you start to be together, for yourself, but also for your friends and family. People will start to see you as a couple. The family will hopefully give their support to the relationship. When this is not the case, try to talk to your family and explain why you love the person you have a relationship with.

### **2.3 How do I get to know the person I want a relationship with?**

When you meet somebody that is nice, you can start having conversations with this person. This person can provide you all kind of information about him or herself. When you get to know each other more properly you can make a wise decision if you want to have a relationship with this person.



### **2.4 What do I do when I want to have a relationship with somebody?**

You start talking to this person first. You need to get to know each other. When the other person is also showing his/her interest you might take a next step and ask that person if he/she wants to have a relationship with you. But be aware, it might also be the case that this person does not want to have a relationship with you, and rejects you. This might happen, but there are more people around that you can fall in love with, maybe this person was not the right person for you.

### **2.5 What kind of qualities do I have to look for in my partner?**

As a person you know what kind of person you want to have a relationship with. Not everybody is having the same requirement that is why not all the people like the same persons. Everybody is looking for other qualities, and everybody has to find out the qualities for themselves. Most important is that in the relationship there is balance, respect and happiness.

### **2.6 What are important things to keep in mind when I consider a relationship?**

Things to keep in mind are all related to you and the person where you want to have a relationship with. You have to keep in mind that the person is loving, caring and showing his/her respect to you. On the other hand, a relationship is something you have to work for. It is like fire, you have to put some effort to it to keep it burning.

### **2.7 What is the best age to get a relationship?**

The best age to get a relationship depends on who you are. When you fall in love with somebody at the age of 20, you can try to get a relationship with this person when you feel ready for it. But

sometimes, there are also people who do start having a relationship at the age of 30. This is also fine; everybody is doing it in his or her own way.

## **2.8 What is the best age to get married?**

Getting married means taking full responsibility for your life, and being a caring spouse. Some people are able to take this responsibility when they are 21, while others are ready to do so when they are much older.

One thing to keep in mind is that marriage is often related to getting children, therefore marriage with a girl below the age of 21 should be well considered. The body of a girl below the age of 18 is not ready yet to bear a child. Therefore it is advised to wait to get married until the girl reaches the age to safely bear children and when it is legally allowed.

## **2.9 Is there any problem when a young girl has a relationship with a much older man?**

It is possible for a young girl to have a relationship with a much older man. However, experience has shown that it is often very difficult. The girl might not feel connected to the man due to the age difference. Furthermore, when the girl is young she is not ready to bear a child. And the man, since he is older, might have had more sexual partners before, which increases the risks for STIs and HIV. When you consider a relationship with an older guy, take these things into account.

## **2.10 What can I do to make sure that I choose the same boyfriend or girlfriend as my parents?**

It is possible that there is a conflict between you and your parents regarding your boy or girlfriend. Therefore it is important to talk to them and try to understand why they think that way. Try also when you talk to them to explain why you think the way you do. When you do not agree, try to convince them in a respectful way that you do not agree. This might lead to their consent.



## **2.11 Can parents have a positive influence on their children regarding healthy sexual behaviour?**

Yes, parents are the right people to have an influence on their children. Children listen most often to their parents. Nevertheless, parents do sometimes instead of a positive influence have a bad in

## **2.12 What can I do to make sure that my partner does not have another girlfriend or boyfriend?**

Communicate closely in order to understand the ideas and the problems of the other. Do not hide the truth and be open. Additionally, show you love and affection to the person. While talking and showing your love, and you have good discussions you will be able to fully trust each other. When you do not trust the other person it might be the case that it is not the right person, or maybe your love is not strong enough?

### **2.13 What should I do when I feel sexual desires to my partner?**

For many people it is not easy to know what to do with sexual feelings. Having sexual feelings or an erection does not mean that you must have sex. If you don't want to have sex, but you have these feelings, try to do something else, find another activity that distracts you from these feelings. You can do other activities by expressing sexual feelings, like holding hands and kissing. When you are alone you might perform masturbation. This is possible for both women and men. When you cannot hold the sexual feelings, then at least have safe sexual intercourse.

### **2.14 If you want to wait in your relationship to have sex until you are married, how can you avoid being humiliated by those who pressurise you not to wait?**

You can decide not to have sex before you get married; this is your own decision. You make this decision that is your right, like other people make other decisions.

There is no reason to feel humiliated if your friends talk about having sex. Be aware that many adolescents who talk about sex are just exaggerating. If your friends continue to harass you, try to explain to them why you have decided no to have sex before marriage. If they still continue, maybe the only solution is to choose other friends with whom you will get along better.

### **2.15 When do I know that my partner wants to have sex?**

Talking about sex is something that is always a bit hard; therefore it might happen that your partner is making gestures towards sexual activities. These gestures can be comments regarding sexual intercourse, but it can also be a touch on the legs, a kiss, or a hand underneath your clothes. When you do not feel comfortable with that, you should tell your partner. On the other hand, when you feel comfortable, you can tell your partner to continue. Sometimes you also have the feeling that you want to do it slowly, or that you are a bit scared of what is going to happen next. This is not a problem, as long as you talk about it with your partner.



### **2.16 When I'm not ready to have sex but my partner is, what can I do?**

The only thing that you can do is to be honest and talk to your partner. You have to make clear that you are not ready and that you need time before you can have sexual intercourse. Try to talk to each other, and respect each other's opinion. When your partner is not respecting your decision, your partner might not be the right person for you.

### **2.17 Will a relationship make my life easier?**

A relationship is not something that makes life easier. You start a commitment with somebody; together you have to work on this relationship. That takes a lot of effort, but on the other hand, love is something that is really beautiful. The love and pleasure can make life more fun and nice. Besides, a relationship with somebody can eventually lead to marriage or children, which both can bring happiness to your life.

## **Chapter 3      Gender and Gender Based Violence (GBV)**

### **3.1      Is gender just the difference between men and women?**

No, gender is more than the difference between sexes. It is the role of a man or a woman in society. Everywhere around the world the man and the woman have a different role in life. The environment where you live in decides what the role is. This role can change over time, and you always have your own input to life, but some standards are given. Therefore, gender is not merely the sex you have, but also the role in society; the expectations that society has for each sex.

### **3.2      Are women less valuable to society than men?**

No, that is not true. Men and women do have other roles in society, but it does not mean, that women are less valuable to society. The role everybody is having is equally valuable to society.

### **3.3      What is balance in a relationship?**

Sometimes when there is no balance in a relationship there might be violence. It is important that the man and the woman are equally important in the relationship, but perform a different role. Sometimes a man is acting like he is the boss over a woman, this should not be the case, and it leads to imbalance. Women should keep in mind that it is their life, and when they do not feel comfortable in a certain situation since there is no balance, they can decide to leave the partner, or to find a solution with the partner about the imbalance.



### **3.4      Are women to be blamed for the spread of HIV?**

No, there is no sex that is to be blamed for the spread of HIV. Neither a minority is to blame. HIV is an infectious disease that can be spread due to different ways, both men and women might be involved, but it can also be transmitted through blood or during delivery of a baby. Keep in mind that nobody is to be blamed. Even when you have HIV you are not the one to be blamed for getting HIV.

### 3.5 Is a man that carries condoms a responsible man?

A man that carries a condom is a good thing, but keep in mind that although he might have it, he should also use properly while having sexual intercourse. Then the man is taking his responsibility to protect the girl and himself.

### 3.6 Is a woman who carries a female condom easy/promiscuous?

No, a woman who carries a female condom is taking her precautions to have safe sexual intercourse. She is the one who is protecting herself and the person she is having sexual intercourse with. She protects the person not only against STIs and HIV, but also against unwanted and unplanned pregnancy.



### 3.7 Can men have as many partners as they want?

Men can do that if they like. Women could also have as many partners if they want. The question is, if you want to have as many partners as you want. When you have many partners the risk of getting infected with a STI or HIV or get pregnant is higher, and you are not able to have a stable and worthwhile relationship. When you want to have a serious relationship you should be committed to one person and share the love for each other.

### 3.8 When a female ignores sexual matters it is a sign of purity.

Yes and no, it can mean that the female is not ready yet to have sexual intercourse or is not interested in sexual intercourse. But on the other hand, it can also be possible that she might have had a bad experience with sexual matters. Therefore, if you want to know more about the female, you should start talking to her. She is the only one that can tell you how she feels about it.

### 3.9 It is true that a man has the right to ask for sex, a woman is not?

No, both man and woman do have the right to ask for sexual activities in a relationship. Nevertheless, sexual activities do involve two people; therefore it is important that both of them agree. You have to understand that all the people are equal, so when a woman in a relationship does not want to have sexual activities, it should be respected.

### 3.10 Are women to blame for being raped if they wear short dresses or tight jeans?

No. Rape is something that is not right. It is illegal following all the international rules and regulations. When a women want to wear a short dress or a tight jeans that is her decision and that has nothing to do with rape. You should respect every person and every sex of what they want to wear. Women have the same rights as men, and the rights protect the women from rape or other activities that interfere with their dignity.

**3.11 Is it important to take my daughter to a hospital for testing if I found out she had been raped?**

Yes, that is very important. There might be an STI or HIV transmitted during the rape. This can be checked at the health care centre. Furthermore, you have to go to the police to report the rape. The police will help you with the further legal issues.

**3.12 Have boys and girls equal capacity to learn?**

Yes, they are equal in any case. Women and men are equal; there is no difference in rights. Both men and women have the right to education and health.

**3.13 Do children have rights?**

Yes, children have rights. There is a declaration for children rights that is internationally recognised, and allows children to have rights. Furthermore, children are people, so they also have the right of the universal declaration of human rights. It allows children to have proper health, education and a safe environment to grow up in.

**3.14 Is it more important for boys to get an education than girls?**

No, it is equally important for both boys and girls to get education. Education is important for all; it helps to get a better future perspective.

**3.15 Is it my responsibility to speak up and stop it, if I hear or see someone harassing fellow students because of who they are?**

Yes, you have the responsibility to help others. But keep in mind; you should not put yourself in danger. When you do not feel comfortable with interfering yourself you can go to an adult or somebody you trust that is nearby, tell him/her what is happening and ask for help.

**3.16 Do young girls bring trouble on themselves by the way they dress?**

No, girls can wear what they want. What you wear has nothing to do with who you are. When people are wearing short skirts for example there is no reason that this person should be getting in trouble. We have to respect any person that is around you. Everybody is different, and everybody should be respected in his or her own way.



**3.17 Do only girls experience violence in school?**

No, most of the time the girls are experiencing violence, but this is not always the case. Many boys experience also violence when they are at school. People harassing them or students that bully because somebody is a little bit different for example. Boys and girls are both experiencing violence at school.

**3.18 Is physical punishment OK if it helps children learn?**

No, physical punishment is never OK. It damages the child, and it against the rights of the child. People should be talking with each other to overcome problems, and to let people learn. When

there is something that somebody did wrong, and you want to teach the other person how to do it right, just talk with each other and explain why it is better to do it the other way.

### 3.19 What kind of gender based violence is there?

There are 3 main kind of violence against children and people: Psychological, physical and sexual violence. Psychological violence is emotionally putting violence on somebody. Like threatening somebody, or bully somebody. Physical violence is about activities that are physical, like kicking and punching. Sexual violence is about activities like rape and inappropriate touching. The different kind of violence is given down here.

Psychological violence	Physical violence	Sexual violence
<ul style="list-style-type: none"> <li>• Making threats</li> <li>• Teasing</li> <li>• Intimidation</li> <li>• Insulting someone</li> <li>• Bullying</li> <li>• Humiliation</li> <li>• Ignoring</li> </ul>	<ul style="list-style-type: none"> <li>• Holding</li> <li>• Punching</li> <li>• Restraining</li> <li>• Kicking</li> <li>• Hitting, including hitting with a switch or whip</li> <li>• Shoving</li> <li>• Throwing something at someone</li> </ul>	<ul style="list-style-type: none"> <li>• Rape</li> <li>• Defilement</li> <li>• Indecent touching and exposure</li> <li>• Sexually explicit language, including sexually suggestive remarks or offers</li> </ul>

Furthermore, there are two kind of violence that needs to be mentioned as well: Harmful traditional practices and social-economic violence. Harmful traditional practices involve female genital mutilation, early marriage, forced marriage, and shaming, honour killing and maiming. These activities are based on traditional practices and a violation of the present laws. Social-economic violence includes activities that prevent a victim to have ownership over financial resources, as well as activities to gain social-economic ownership. Besides, social-economic violence exclusion to public services like health care, education and social services due to sexual orientation are also included in social-economic violence.

### 3.20 Can gender based violence be prevented?

Yes. You can take your precautions to reduce the risk to become part of Gender Based Violence, but you can never prevent it totally. Gender Based Violence is something that will always remain in the world. There is nothing more that you can do than to take your precautions. Besides, education and raising awareness among youth might contribute to the prevention of GBV.

### 3.21 Do I have to do anything after I were abused?

Yes, you have to take care of your own health. Go therefore to the health care centre; they can help you with all kind of health related issues. It is also advisable to go to the police station, since the one who did gender based violence needs to be reported. It is illegal to do gender based violence. When you do not feel like doing this alone, you can ask somebody that you trust. Together with this person it is wise to report the event to the authorities, and go together to the health care centre or other centre that can help you to be checked for other issues and get proper inclusive help.



## **Chapter 4      STI's and HIV**

### **4.1      Is HIV something that can be transmitted by kissing?**

No, kissing is something that should not be a problem. Blood or sperm transfers HIV. Therefore it is not wise to kiss while you have a wound in your mouth or when you have irritated gum. It is also not wise to have sperm in your mouth.

### **4.2      Will HIV always lead to death?**

No HIV can lead to death. But this is not always the case. When a person takes medication there is no risk that this person gets AIDS. Nevertheless, you have to take the pills really good. You should not forget a pill, and always eat enough food. People who eat enough are better protected since the medication is working better when you eat properly.

### **4.3      Are condoms really the only method to prevent HIV?**

Yes, condoms are the only method that will prevent you from having HIV. Condoms are the barrier between the virus and somebody's body. Always use a condom to prevent yourself from getting STIs or HIV. But keep in mind; a condom only works when you use it properly, so read the instructions.

### **4.4      How can I see if somebody has HIV?**

You cannot see if somebody is having HIV. Somebody with HIV is not recognisable to have HIV. You are not able to differentiate between people with HIV and people without HIV. Therefore, you just have to protect yourself, since you are never sure.

### **4.5      Why are people still dying of HIV and AIDS when there are medications for these people?**

Although there are medications on the market, it remains a really strong illness. To take care of HIV you have to take your medication every day, and you have to eat properly. When you do not do this the medication might not work, or the virus will become resistant against the medication. When this happens people can get AIDS. Besides, it is also possible that medication is sometimes not available. Then the virus can do whatever it wants.



### **4.6      Are people living with HIV good for nothing?**

No. People that are living with HIV are equally important as other people. They might be ill, but it doesn't mean that they are less in society. People with HIV can live a normal life and contribute to the society, just like every other person.

### **4.7      Are people infected with HIV mostly prostitutes and promiscuous people?**

No. Getting HIV can happen to every person in life. When somebody is having HIV it doesn't mean that he or she is a prostitute or a promiscuous person. Everybody can get HIV and it is also possible to happen in a different way than having sex.

#### **4.8 Are widows HIV carriers?**

No. Widows are people who lost their spouse. But it doesn't mean that this person has HIV. The spouse could have died due to a car accident or something else like a heart attack. You cannot conclude that a widow is a HIV carrier, you cannot generalise this.

#### **4.9 Have women that are living with HIV the right to get children?**

Yes. Women with HIV have the right to have children. Besides, it is important to keep in mind that women with HIV can get children without having HIV. To make this possible it is important to go to the health care centre as soon as possible when a woman is pregnant, or even better before a woman gets pregnant. The health care centre will follow the pregnancy to ensure the baby will be born without HIV following the 'prevention of mother to child transmission' protocol.

#### **4.10 Do street children need positive support to reduce the risk of HIV infection**

Yes. Street children need positive support, not merely to reduce the risk for HIV infection, but also in general. Street children lack education and support. Try to take street children into account and help them as well as you can. Give them information regarding their health, or tell them about organisations that can help them.

#### **4.11 Are gay men spreading HIV because they are HIV carriers**

No, not all gay men are carriers of HIV. You cannot generalise a whole group of people. Of course, some people that are gay have HIV, but people that are heterosexual might also have HIV. All the people in society might have HIV you cannot see this. Therefore, you just have to be careful while having sexual intercourse; you have to use always a condom.



**4.12 Do men not like to admit that they lack knowledge about HIV and AIDS?**

This might be true. But the real truth is that the information regarding HIV and AIDS is limited. Both men and women do not know all the information regarding HIV and AIDS. Therefore it is important to get to know more, and to be able to take care of your future.

**4.13 Is HIV something that only bad behaving people are able to get?**

No, all the people in the world are able to get HIV. HIV does not make a selection between people due to their behaviour. Everybody should be protective to maintain his or her own health. So when you perform sexual activities you should be taking care of yourself and use a condom.

**4.14 Can HIV be transmitted if the penis is withdrawn before ejaculation?**

Yes, that is possible. The ejaculation of sperm is not only causing the disease; small sores and fluid before ejaculation are also involved in transmission. So HIV can be transmitted when you withdraw the penis before ejaculation, which does not help you to prevent that.

**4.15 Can I get HIV by touching a person who has HIV or AIDS?**

No, that is not possible. You can touch a person with HIV or AIDS. You can also wear his or her clothes. The only thing you have to be careful with is blood and other body fluids. Therefore it is not advisable to use each other's razor blades. Also materials in hospitals and health care clinics have to be sterilised to be sure that there is no transmission of the HIV virus. But you can eat from the same plate, or drink from the same bottle.

**4.16 Is prevention of HIV possible by having sex with only young people?**

No, that is not the case. Young people can have HIV or AIDS already, and besides this, you don't know whether this person was sexually active before. Therefore, the safest way to have sex is by using a condom. Besides, it is even illegal when the young person is below a certain age. Sexual activities involve two persons, both persons have to agree with the activities.

**4.17 How long does it take when you have HIV before you see any symptoms?**

For a HIV infection it can take up to ten years between infection and displaying the first symptoms. Some people show signs very soon after being infected, for others it takes a long time. There is no general answer to this question. Therefore it is important to get yourself regularly tested, so you know your status.

**4.18 Is HIV treatment possible for everybody?**

Yes, it is. But sometimes it is really difficult to get the medicine. There are some organisations that provide the medicine, and also the health care clinics and hospitals do provide the medicine. But sometimes the medication is not delivered, the government and other organisations try to increase the accessibility to HIV medication, ask the health care centre for help with the treatment.

**4.19 Do all people develop AIDS? And after how much time?**

Yes, people with HIV will develop AIDS at some point, when they do not take medication. It varies between people; some people develop AIDS really quickly, whereas others have years before it starts to develop. Nevertheless, when you take properly anti-retroviral therapy then it

will be unlikely that a person will develop AIDS. The medicine will protect you from this development.

#### **4.20 Are STIs something that only bad behaving people are able to get?**

No, all the people in the world are able to get STIs. STIs do not make a selection between people due to their behaviour. Everybody should use protection to maintain his or her own health.

#### **4.21 Is HIV also an STI?**

Yes, HIV is also an STI. Nevertheless, since it is such a different STI then the other STIs, most people talk separately about it. That is also the reason why there is a separate part for HIV in this application.



#### **4.22 Can you also get an STI when you shake somebody's hand?**

No, that is not possible. You have to be careful while having sex. Always use a condom while having sex, but you should not be afraid while shaking hands or get other contact with people. There will be no transmission of STIs while shaking hands.

#### **4.23 If I wash myself after sex, can I avoid getting sexually transmitted diseases?**

No, you cannot avoid getting a sexually transmitted disease by washing yourself after sex. The virus or bacteria that cause a disease are able to go into your body right away while having sex.

#### **4.24 Can STIs be transmitted if the penis is withdrawn before ejaculation?**

Yes, that is possible. The ejaculation is not only causing the disease, small sores and fluid before ejaculation are also involved in transmission. So STIs can be transmitted when you withdraw the penis before ejaculation, which does not help you to prevent that. Just the small interaction between vagina and penis can cause already a STI.

#### **4.25 How long does it take between infection and the outbreak of a STI?**

The time between infection and outbreak depends on the disease and on the person. Some diseases do not have symptoms in individuals and some people get a lot of symptoms. Some people show these symptoms right away and for others it takes weeks to show some symptoms. It depends on the person.

#### **4.26 Are all STIs curable?**

No, this is not the case. Most of the STIs are curable, but sometimes the treatment is really heavy to be effective and then you are not even sure if the infection will disappear. Furthermore, when you are late with the treatment, it might also be the case that you get side effects of the infection that cannot be health in the future. Additionally, HIV is not curable; it is only treatable and will remain the rest of your life.

#### **4.27 Can I have more STIs at the same time?**

Yes, that is possible. You can have more STIs at the same time. Try to go for voluntary testing often when you are sexually active. When you find out that you do have an STI it will be easy to treat the infection as soon as possible.

#### **4.28 Is using a condom the only way to prevent STIs?**

Yes, condoms are the only way to prevent yourself from getting a STI. You have to use the condom correctly, then a condom will protect you against STIs and HIV. Sometimes it can break, then always take your precautions and go as soon as you can to the health care centre to get advice.



#### **4.29 Is it true that STIs cannot be spread when you do not have sexual intercourse?**

No that is not true. You can get STIs also by other sexual activities, like oral and anal intercourse. Take care of your body, and protect yourself. When you are sexually active, you need to know what your status is concerning STIs and HIV, therefore you have to go every 3 months to get tested. This will help you to protect yourself.

#### **4.30 What about privacy at the health care centres?**

Especially in the rural areas there is sometimes a lack of privacy. Therefore the advice is to take care of your privacy yourself. Ask the health care provider to talk in a lower voice or ask if they can close a door or curtain. Also tell the health care worker that you would appreciate if he or she can keep your visit private.

#### **4.31 How do I know that my health care provider can help me?**

Your health care provider is working on a professional basis. Providers are following certain standards; therefore you can expect them to handle professionally. However, sometimes health care providers do follow their own religion or moral. This is not correct, but it can happen. When

you do not feel comfortable with your health care provider you can decide, when possible, to go to another health care provider and get the information and help somewhere else.

#### **4.32 Can I ask everything to the health care provider?**

Yes you can. The health care provider is there for you. They have to be respectful, non-judgmental and objective. They have to show interest in you and your problem or questions. In addition, they have to be confidential and protect your privacy. Be clear to the health care provider that you want him or her to be confidential about your visit.

#### **4.33 Are there youth friendly services?**

Not in all places there are youth friendly services, but there are more youth friendly services coming. If you have a youth centre nearby you can ask around about the availability. Sometimes, health care centres have a certain time in the week when youth is invited to come to the health care centre to get tested for STIs for example. Ask also your friends, educators and experts. In the health care centre you can most of the time find youth friendly services with well-trained staff and equipment for youth.

#### **4.34 Some people are showing off when they talk about STIs. They tell people that they had one, and are proud of it. Why is this?**

Some people think that it is interesting to have got an STI. They think that having STIs is related to having sex with people and think that it is really interesting to show off with this. Do not attract yourself from this kind of nonsense. The only thing they are doing is playing with their own health. When they are having a STI and they don't know they might even have really big problems with the health. And when they get HIV, they might even die from it. That is not at all funny or something to be proud of.

#### **4.35 Where can I go if I think I have HIV?**

Most of the time there are different places that you can go to. For example you can go to the health care centre, this is what most people do. At the health care centre they will test you for HIV and give you information about HIV. Sometimes there are also other places in the area where you can do testing, for example at youth friendly services. When you know a place like that in the neighbourhood, you can also go there.



## Chapter 5 Contraceptives

In this chapter you will find the questions corresponding to the questions in the tablet. For each question you will first see the text as provided on the tablet. After this you will find extra information that can be useful in answering questions from youth

### 5.1 What advantages of using contraceptives?

Underneath a table is showed with the advantages of all the contraceptives that are available:



Advantages for	Health advantages	Economic advantages	Social advantages
The mother/woman	Contributes to the reduction of maternal mortality <ul style="list-style-type: none"> <li>- Avoiding a high frequency of pregnancy.</li> <li>- Allows the woman's body to rest.</li> <li>- Promotion of birth spacing and avoiding unwanted pregnancies.</li> <li>- Avoiding complication due to deliveries that are close to each other.</li> <li>- Avoiding complications from unsafe abortions.</li> </ul>	<ul style="list-style-type: none"> <li>- Allows women to resume his professional and economic activities.</li> <li>- Avoiding absence of work.</li> </ul>	<ul style="list-style-type: none"> <li>- Development on sexual level as well as well being in general.</li> <li>- More time left to devote to education and other activities.</li> <li>- Is respected as a caring and proper mother.</li> </ul>
Children	Contributes to the reduction of child mortality: <ul style="list-style-type: none"> <li>- Reducing the risk of a low birth weight.</li> <li>- Allowing prolonged breastfeeding</li> <li>- Avoids injury to children, by proper immunisation.</li> </ul>	<ul style="list-style-type: none"> <li>- Has a good frame; medical care, education, food, etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Benefits from a good relations with the parents.</li> </ul>
The father/man	<ul style="list-style-type: none"> <li>- He ensures good mental health</li> <li>- He avoids the psychic depression and hypertensive crises due to the occurrence of an unwanted pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>- Reduction of expenses incurred by diseases</li> <li>- Meets the basic needs of the family</li> </ul>	<ul style="list-style-type: none"> <li>- The father has time for family</li> <li>- Reduces land disputes</li> </ul>
Society	<ul style="list-style-type: none"> <li>- Reducing maternal mortality and infant mortality.</li> <li>- Reduction of complications due to pregnancy and childbirth.</li> <li>- Prevention of high-risk pregnancies.</li> <li>- Reduction of induced abortions.</li> </ul>	<ul style="list-style-type: none"> <li>- Provides a quality workforce for the development of community.</li> <li>- Contributes to increased production of society.</li> </ul>	<ul style="list-style-type: none"> <li>- Reduces social phenomena as street children.</li> <li>- Reduction of criminality of youth.</li> </ul>

## 5.2 Could you give me an overview of the available contraceptives?

There are many contraceptives on the market, but not do prevent against STIs and HIV, or even to unwanted and unplanned pregnancies. Some of the contraceptives have double protection. This means that they prevent against both STIs and HIV as well as for pregnancy.

	Type	Efficacy	Duration	Effectiveness	Double protection	Reversibility
Hormonal Methods	Injectable	<ul style="list-style-type: none"> <li>- Inhibits ovulation</li> <li>- Thickens cervical mucus</li> <li>- Changes the endometrium</li> </ul>	3 months	99,9%	No	Yes
	Implant	<ul style="list-style-type: none"> <li>- Inhibits ovulation</li> <li>- Thickens cervical mucus</li> <li>- Changes the endometrium</li> </ul>	3 years	99% (99,5% - 99,9%)	No	Yes
	Combined Oral Contraceptives	<ul style="list-style-type: none"> <li>- Inhibits ovulation</li> <li>- Thickens cervical mucus</li> <li>- Changes the endometrium</li> </ul>	1 month	99%	No	Yes
	Mini-Pill	<ul style="list-style-type: none"> <li>- Thicken cervical mucus</li> <li>- Suspend ovulation</li> <li>- Thins the endometrium</li> <li>- Reduces transport</li> </ul>	1 month	99%	No	Yes
Internal methods	IUD	<ul style="list-style-type: none"> <li>- Copper is hostile to sperm</li> <li>- Inflammatory response</li> <li>- Aseptic foreign body</li> <li>- Changing the cervical mucus</li> </ul>	10-12 years	99,7%	No	Yes
Barrier methods	Male Condoms	- Physical barrier for sperm	Single use	> 95 %	No	Yes
	Female Condoms		Single use	95%	Yes	Yes
	Spermicides	- Chemical barrier for sperm	Usage unique	94%	No	Yes
Voluntary Surgical Contraception	Tubal Ligation	- Physical barrier to sperm and egg	Permanent	99,9%	No	No
	Vasectomy	- Physical barrier to sperm	Permanent	99,9%	No	No
Natural Methods	Calendar Method	- Counting fertile days	1 month	88%	No	Yes
Emergency Contraception		- Prevention of implantation	72 hours	Depending on the method	No	Yes

## 5.3 When should I start using contraceptives?

You should start using contraceptives when you are starting with sexual intercourse. When you are ready to have sexual intercourse you can visit a clinic for the right method and get condoms to always be prepared. The entrepreneur can also help you with the condoms.

#### 5.4 What are advantages of using a male condom?

There are many advantages of male condoms. But mainly, it is small, easy to use and it is free of charge at most places. Other advantages are:

- Condoms are the only method that prevents both unwanted pregnancies and STI/HIV (dual protection)
- No need for medical prescription
- Easy to get and to store
- Easy to use
- Low cost
- No side effects at all (although some people sometimes have an allergic reaction)



#### 5.5 What are possible side effects of using a condom?

Some people may encounter some problems using a condom. Here are some solutions.

##### Itching

A woman can experience an itching or dry feeling during or after use of a condom. Lubricants can help reduce dryness or irritation, but some lubricants can cause irritation. If the itching continues, this could be due to an infection or allergic reaction to latex.

Only use WATERBASED lubricants. No oil based materials such as cooking oil, baby oil, Vaseline, coconut oil, petroleum jelly or butter should be used with a condom. The condom might break or slip of during intercourse.

##### Broken/slipped condom

If condom breaks or slips off, you may need to use emergency contraception, and use another condom when you continue. To check if a condom broke while having sex, always check the condom after sexual intercourse.

#### 5.6 How can I resist the temptation of having sex without a condom?

Sometimes it is not easy to withstand the temptation of having sex without a condom because of pressure from your partner. But remember that it is often not easy to recognize whether someone has a sexually transmitted disease and therefore you are not sure if your partner does not have any sexually transmitted diseases or even an HIV infection. You don't know with how many other people your partner had sex before. Discuss with your partner and agree with him or her about the necessity of using a condom while having sex, in order to protect both of you. If your partner tells you that he or she does not have any such diseases, tell him or her that there is no certainty of not being infected until you take a test in the health centre. Do not agree to not use a condom, because it can endanger your life. Besides, using a condom also prevents also against pregnancy.

### 5.7 What is the lubricant in the condom package for and is it harmful to humans?

The lubricant in the packet of the condom is a special type of lubricant and it is there to protect the condom until the day it is used. Without this lubricant the strength of the condom would not be guaranteed, because the condom would dry out and lose its elasticity. Some people, whose skin is very sensitive, have an itchy feeling after using a condom due to this lubricant. This can be an allergic reaction. They are advised to gently wash their sexual parts with mild soap after having sexual intercourse.

There is a rumour that the lubricant on condoms contains HIV. This is not true; the lubricant is there only to guarantee the strength of the condom.



### 5.8 What are the most commonly heard myths and false beliefs?

Some people spread myths around regarding condoms and try to tell people that condoms are bad. Here are some myths and some responses to them:

Myth	Response
A condom can get lost inside the body	Not true, even if the penis slips out of the condom it can easily be taken from the vagina with the fingers
The condom has holes through which HIV or other sexually transmitted infections can pass	Wrong, no virus or bacteria can pass through the condom. Viruses and bacteria cannot survive on the surface of a condom
The condom hinders erection and pleasure	Wrong. It is often the other way round. The condom helps men to keep the erection for a longer time. If a man complains about not having an erection while trying to use a condom other reasons might interfere
The condom causes sterility or causes diseases by blocking the sperm	Not true: the condom does not interfere with the processes inside the body. It only serves as a barrier. Sperm is not blocked, it still leaves the body and is collected in the condom
Condoms are made to avoid the population to multiply	Not true; they are made to give a person the decision to choose whether or not to have a child at a certain moment in time.

### 5.9 What are advantages of a female condom?

There are many advantages of a female condom. But mainly, it is small, easy to use and it is free of charge at most places. Other advantages are:

Advantages female condom:

- Condoms are the only method that prevent against both unwanted

pregnancies and STI/HIV

- No need for medical prescription
- No side effects at all
- Woman can initiate the use
- Can be inserted some time before sexual intercourse
- Are not as tight for the man as a male condom

### 5.10 What are possible problems with a female condom?

Some people may encounter some problems using a condom. Here are some solutions.

#### Practice

The use of a female condom needs a bit of practice. Before using a female condom for the first time a girl should try to insert the condom on her own in a comfortable environment.

#### Itching

A woman can experience an itching or dry feeling during or after use of a condom. Lubricants can help reduce dryness or irritation, but some lubricants can cause irritation. If the itching continues, this could be due to an infection or allergic reaction to latex.

Only use WATERBASED lubricants. No oil based materials such as cooking oil, baby oil, Vaseline, coconut oil, petroleum jelly or butter should be used with a condom. The condom might break or slip of during intercourse.

### 5.11 What are the most commonly heard myths about the female condom?

Some people spread myths around regarding condoms and try to tell people that condoms are bad. Here are some myths and some responses to them:

Myth	Response
A female condom can get lost inside the body	Not true, it can easily be taken from the vagina with the fingers
The condom has holes through which the HI-Virus or other sexually transmitted infections can pass	Wrong, no virus or bacteria can pass through the condom. Viruses and bacteria cannot survive on the surface of a condom
The condom hinders pleasure	Wrong. It is often the other way round. The condom helps men to keep the erection for a longer time. The material is very thin (but strong) which provides pleasure for women too.
The condom causes sterility or causes diseases by blocking the sperm	Not true: the condom does not interfere with the processes inside the body. It only serves as a barrier. Sperm is not blocked, it still leaves the body and is collected in the condom
Condoms are made to avoid the population to multiply	Not true; they are made to give a person the decision to choose whether or not to have a child at a certain moment in time.

### 5.12 What are side effects that can occur while have a spiral in the health care centre?

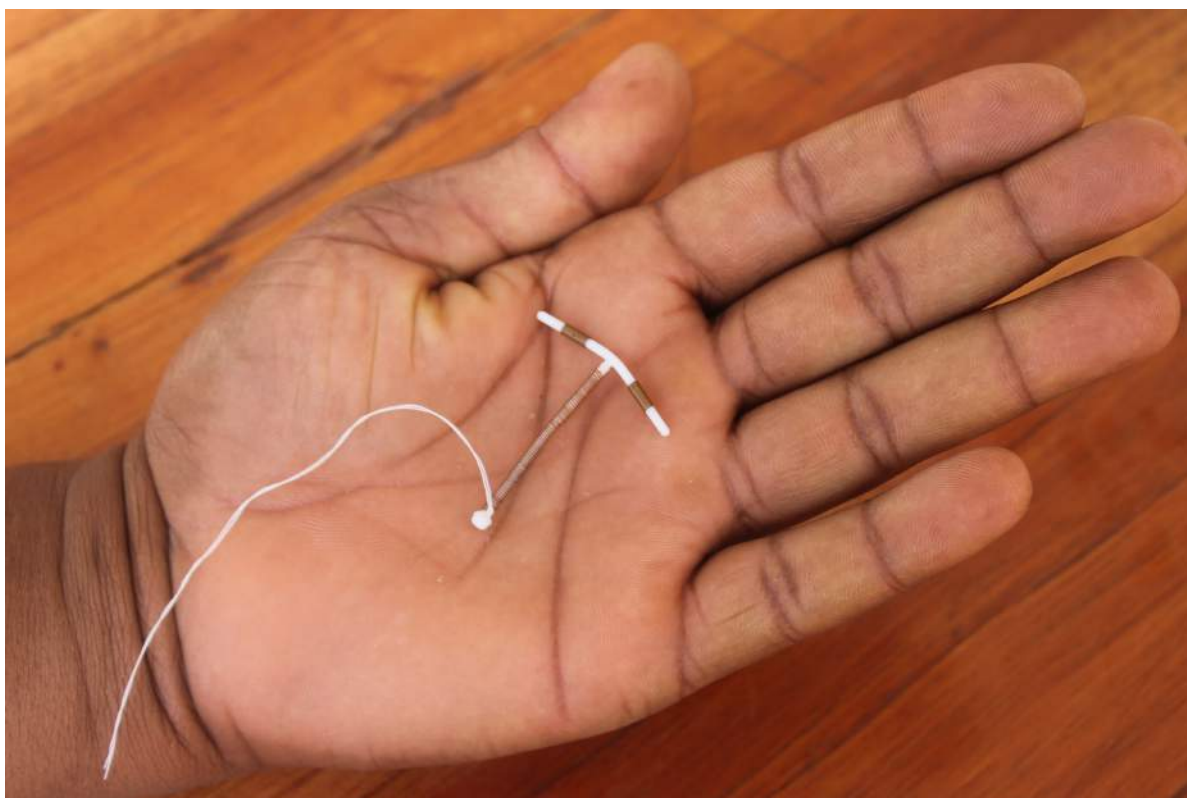
Always after placing a spiral you need to take extra precautions on complications. Sometimes you have to go for a check at the health care centre, get yourself proper information regarding these tests.

#### Side Effects

- Pain upon insertion
- Heavy bleeding during menstruation and pain in the first 3 months of insertion
- Uterine cramps and bleeding between periods.

#### Warning signs

- Abnormal Bleeding: abundant, spotting, clots
- Absence or delay rules
- Vaginal discharge
- Pain; dyspareunia
- Fever, chills or malaise
- Absence of the menstrual period



### 5.13 How does the pill work ?

The pill takes care of prevention of ovulation, thickening of the cervical mucus (prevents spermatozoa from entering uterus), modification of the endometrium (impossibility for egg to implement).

There are two types of oral hormonal contraceptives. The combined tablets include progesterone and oestrogen; the progesterone-only tablets just contain progesterone. The other ones are called mini-pill and can be functional for people who are giving breastfeeding.



#### **5.14 What are advantages of using the pill?**

The pill has the following advantages:

- Very effective
- Regulates the menstruation cycle
- Easily accessible (available at health centres, youth centres, pharmacies)
- Does not interfere with sexual relations
- Reduces probability of ovary and uterus cancer
- Reduces cramps and pain during menstruations

#### **5.15 What are disadvantages of the pill?**

The pill has the following possible disadvantages:

- Easy to forget daily intake
- Effectiveness reduced when affected by nausea, diarrhoea or being under antibiotic medication
- No protection against STIs and HIV
- Occasionally have some side effects: headaches, bleeding, between menstruation, dizziness, nausea, breast tenderness
- Reduced libido

#### **5.16 Who should not use the pill?**

Some women should not use the pill. When a woman is pregnant or has one of these problems she should go to the health care centre for check-ups or for a different method:

- Pregnancy
- Postpartum period + breastfeeding: before 6 month after delivery;

- Postpartum period, no breastfeeding: sooner than 21days after delivery.
- Liver disease
- Hypertension (high blood pressure)
- Vascular risk factors (hyperlipidaemia, thrombosis, smoking)
- Breast cancer
- Migraines (severe headaches)
- Unexplained vaginal bleeding
- A woman who smoke and who is older than 35.
- A woman using the following medicines: rifampicine, phénytoïne, carbamazepine, barbituriques, primadone

### Profile of the user

A woman looking for effective and reversible method;

- Who is not breastfeeding or nursing a baby over 6 months;
- Who has a history of functional ovarian cyst Benin
- Having a family history of ovarian cancer
- Who severe symptoms of the menstrual cycle;
- Having irregular menstrual cycles

### 5.17 What happens if you take to many contraceptive pills?

This is not good for your body. The hormones in the pill should not be too much in your body. Therefore you have to follow the prescription, only one pill a day. Even when you forgot one pill, you should take not two at the same time, just continue taking the pills like you did normally, but keep in mind that you are not really protected for some time. So be careful and use a condom when you forgot a pill. With the pill you are protected against pregnancy, but not against STIs or HIV.

### 5.18 How does the injection work?

With the injection you are protected against pregnancy, but not against STIs or HIV. The injection has the following effect on the body:

- Prevention of ovulation
- Thicken the cervical mucus (prevents spermatozoa to enter uterus)
- Modification of endometrium (no implantation possible).

### 5.19 What are advantages and disadvantages of the injection?

This are the advantages of an injection:

- Very effective method
- Does not interfere with sexual relations
- Discreet and private method
- The woman does not need to remember every day



This are some disadvantages that might occur

- No protection against STIs and HIV
- The user must remember the date for the next injection
- Rare side effects: Nausea, headache, mood changes, breast tenderness, changes in the bleeding pattern (sometimes no menstruation, but this is NOT harmful),
- Reduced libido
- Impossible to stop whenever you want
- Gaining weight

### **5.20 Who should not use the injections?**

Some women should not use the injections. When a woman is pregnant or has one of these problems she should go to the health care centre for check-ups or for a different method:

#### **Contra indications**

- Hypertension
- Pregnancy
- Thrombosis
- Liver disease
- Postpartum (before 6 weeks)

### **5.21 Is the spiral in my body for the rest of my life?**

No. The spiral remains in your body for some time, but at a certain point they take it out. When they take it out your menstruation will return and you will be able to become pregnant again. The spiral is not protecting against HIV and STIs, but it protects against unwanted and unplanned pregnancies.

### **5.22 Is an implant moving around in my body?**

No, an implant remains at the same place. During the time it is in your body it gives out hormones. These hormones prevent fertilisation of an egg of the woman. It does not protect against anything else, like STIs or HIV.



### **5.23 Where can I buy barrier methods?**

The health care centre provides sometimes spermicides. This method should not be used without another method like a condom. It kills the sperm, nevertheless, this methods is not working well when you do not use a condom with it. Therefore, always use a condom.

### **5.24 What to do after I had unprotected sex?**

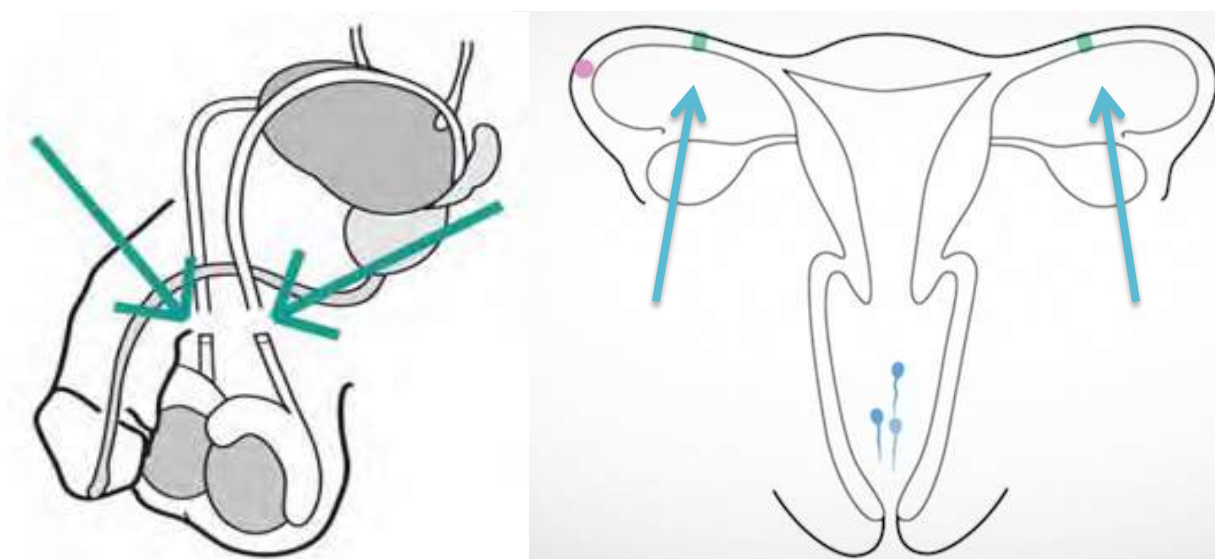
If you had sexual intercourse without a condom you should go to the health care centre to get advice and to check for STIs and HIV. Girls should take a morning after pill within 72 hours. This is available at the health centre; otherwise you might become unwanted or unplanned pregnant.

### 5.25 What is meant by double protection?

Double protection means a woman is protected against both STIs and HIV and unwanted and unplanned pregnancies. This means she uses still a condom although she might be already using another contraceptive methods such as the pill, spiral or injections. Only condoms can give protection against STIs and HIV.

### 5.26 Are they really cutting the tube while being sterilized?

Yes. When the tubes are cut, or closed there is no possibility anymore that sperm can go to the egg. This will prevent pregnancy. It will not prevent against STIs and HIV. It is a permanent solution. When sperm is not able to go through the tubes anymore, your body will remove the sperm. The egg will also be removed when it is released. So there is no reason to be worried about the sperm and the eggs after sterilization. In the drawings the arrows show the locations where the cut is being made.



### 5.27 Is the church right in their comments regarding contraceptives?

No. The church does not believe that contraceptives are the solution to prevent pregnancy, STIs and HIV. This is an opinion of a group of people. You have to keep in mind that you can make your own decisions in life. Believe where you want to believe in. Keep in mind while making your decision that modern contraceptives are the only properly working methods nowadays.

## **Chapter 6      Pregnancy**

### **6.1      Is pregnancy something that can only happen when you have sexual intercourse?**

Yes, you can only become pregnant when sperm gets in contact with vagina. This can for example happen before ejaculation, penetration and fingering after ejaculation. That is the only way to become pregnant. While having oral sex it is not possible to become pregnant.

### **6.2      What is the age that I can become pregnant?**

You can become pregnant when you start having your menstruation period. This starts around the age of 11 years old. But it can also happen that you start having periods from the age of 16 years, every person is different in that sense. Although you can become pregnant, you have to keep in mind that it is not healthy for your body to become pregnant on a young age. It is better to wait until an older age, like 18 years old. Even better is to wait till you find the right person, get married, and have a stable income and house before getting pregnant.

### **6.3      Is contraceptives enough to prevent pregnancy?**

Yes, a pill or condoms, but also other modern contraceptives will help you to prevent pregnancy. Keep in mind that it is not always protecting for 100%. Therefore you always have to be careful, and use the contraceptive wisely and correctly. Only modern methods work against pregnancy, counting is one of the methods that is not working, and is not safe. Besides, if you want to have double protection against STIs and HIV as well as pregnancy, you should use a condom.

### **6.4      How does a menstrual cycle look like?**

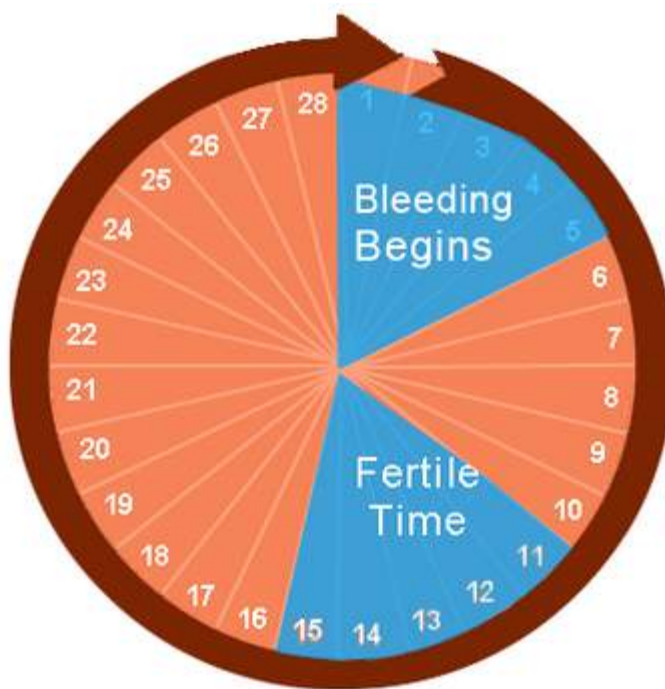
The menstruation cycle contains always of 28 days. And it exists to make the woman ready to become pregnant. When a woman does not get pregnant before the fertile time end, the cycle will continue and start over again. The different stages of menstruation is being explained underneath:

#### **Menstruation : 1st to 5th day**

This is the beginning of the cycle and it begins at the first day of the cycle and lasts 4 days. However, variations are possible and anything between 2-8 is considered normal.

#### **Development of the egg from the 6th to 13th day**

The formation of the uterine walls is according to the rules and a lot of eggs begin to develop in the ovaries.



### **Ovulation : Day 14**

Every 14<sup>th</sup> day of the period one egg reaches per month in the tubes and down into the uterus. There is always 14 days between ovulation and the next bleeding.

### **Fertile period : from the 9th to 15th day**

The fertile period with many chances to conceive. Knowing these days helps to prevent or plan pregnancy. Since there is such a variation in the fertility all pregnancies are unplanned or unwanted. There is a difference between the terms unplanned or unwanted pregnancies. A planned pregnancy may be required even if the couple would not have been the intention. Unintended pregnancies can be as unwanted. An unwanted pregnancy is a pregnancy that is not desired by the mother and / or father. These pregnancies can lead to unsafe abortion, poor health pregnancy and child neglect. On top of that, there is also the risk of STIs or HIV when the sex was unprotected.

### **6.5 Can I only become pregnant during my ovulation period?**

No, you can become pregnant outside of this period as well, therefore you always have to perform protected sexual activities. Sometimes the body is making some small mistakes, and then your period is not after 28 days. It can vary. Besides, semen and sperm can survive in your vagina for some time. So, to be sure, protect yourself with a condom.

### **6.6 Does everyone has the same menstrual cycle?**

Some women have an irregular cycle. It is rare that adolescents have a regular cycle. Irregularity is normal. Influencing factors can be stress, disease or malnutrition. Irregular means that some cycles are 23 days long; the following one might be 32 days long and the next maybe 25 days. In



these cases it cannot definitely be foreseen when ovulation takes place. In irregular menstrual cycles it is almost impossible to calculate the fertile days. This means that protection against pregnancy in the form of a contraceptive method is necessary. The counting method is not very safe, and does not protect against HIV and STIs.

### **6.7 What is semen and sperm?**

The semen is the fluid produced by the male genital organs (testicles, prostate and seminal glands). During ejaculation semen is expelled from the penis.

It consists of:

- Spermatozoa
- Seminal fluids (to protect and feed spermatozoa)
- Prostate fluids (protection of spermatozoa).

Spermatozoa (also referred to as sperms) are small cells and a component of the semen. Millions of spermatozoa are produced throughout a man's life in the testes and stored there. They carry the male genetic material.

In case of ejaculation seminal and prostate fluids mix to the semen. The other components of the semen protect and feed the spermatozoa.

In case of fertilization spermatozoa merge with the ovum to develop into a foetus. If spermatozoa enter the female body during sexual intercourse they engage in a race and struggle to fertilize the egg of the woman. Only one spermatozoon can fertilize one ovum.

### **6.8 Are girls who menstruate early more fertile?**

The onset of menstruation, either early or late, says nothing about fertility. It is a sign that now ovulation has started and an egg is released every month. It is also a sign that now a girl can conceive while having sexual intercourse. There is no reason to worry about fertility if menstruation starts later.

### **6.9 What are consequences of teen pregnancy?**

The consequences of teen pregnancy mainly impact on the young woman's health and her further socio-economic development (educational, professional and economic opportunities). Some women might have support from the father of the unborn child; others might be completely alone. These consequences can push the woman in problems like suicide, child desertion, drug addiction, unsafe abortion etc.

#### **Consequences of adolescent pregnancy**

- School drop out
- Poverty
- Difficulty to access health care
- Expulsion from family
- Stigmatization by society
- Difficulties finding a husband
- Sentiments of fear and shame



### **6.10 What are the first signs of pregnancy?**

One of the clearest signs is not menstruating. If a woman does not have her period as usual after having had sex with a man without using any contraceptives, it is often a sign of her being pregnant.

Another sign of pregnancy is swelling or tenderness of the breasts. Some women grow more pubic hair on the lower belly and for many the colour of the area around the nipples of the breasts becomes darker. Also, about half of all pregnant women feel sick and some vomit. Many women need to pass urine more frequently; some feel tired and dizzy, especially in the first three months. Sometimes women have strong desires or dislikes for specific foods.

If a woman has any doubts, she should go for a urine test at the health clinic in order to find out whether she is pregnant or not. You can also get these tests at the pharmacy.

### **6.11 Are there any dangers if a pregnant woman has sex with her partner?**

If the woman and the man do not have an IST or HIV, there is no danger if a pregnant woman has sex with her partner. It is important that both partners check this in the health clinic. The uterus is closed completely and the baby is protected well, so that the sperm of the man can, under no circumstance, reach the baby.

However, it is recommended that the two partners are careful and that the belly of the woman is not put under too much pressure. Sometimes women do not feel like having sex, especially in the last part of the pregnancy. If a woman has such feelings, her partner should respect this.

In addition, if the woman is infected with a sexually transmitted disease, having sex during her pregnancy can be very dangerous for her and for the unborn baby. If a couple has sex during pregnancy, they have to make sure that none of them has a sexually transmitted disease and/or they should use a condom for protection. In case of any doubts, they must consult a health care centre for examination.

#### **6.12 Can a woman get pregnant while breast-feeding?**

In the first six months after giving birth to a child, a breast-feeding woman is not fully protected from getting pregnant because of the hormones in her body. A woman is during breast-feeding not fully protected. She needs to breast-feed her child intensively. This means that the child suckles frequently, at least every 3 hours and also during the night, and receives breast milk only. This is really hard to do; therefore the method is not safe to prevent pregnancy. It also does not protect against STIs or HIV. If a woman starts to menstruate again or if the child receives any food other than breast milk, the woman can get pregnant again. She is therefore advised to use condoms in order to avoid having another child too soon, and to protect against STIs and HIV.

#### **6.13 Can I get pregnant while menstruating?**

Menstruation is a sign that the egg has not been fertilized and that the uterus is losing the lining, which leads to a bleeding. Normally, there is no other egg ready to be fertilised at the time of the menstruation and in this case there is no danger of getting pregnant. However, sometimes the body makes mistakes in the menstrual cycle. It is therefore possible that there is an egg that can be fertilised. Although it is not very common, it is possible to get pregnant even if you have your menstruation. So always be careful and use contraceptives.



#### **6.14 Can I get pregnant before the first menstruation?**

Yes, it is possible to become pregnant before the first menstruation. Before having the first menstruation, an egg can have ripened in the ovaries of the girl and it moves from the ovaries towards the uterus. The menstruation is the sign that this ripe egg has not been fertilised and therefore it leaves the body through the vagina together with the lining of the uterus. However, an egg may have started to ripen in her ovaries. This egg can be fertilised and the girl can get pregnant, even if she has never seen her menstrual blood.

#### **6.15 What happens to the other sperm cells that do not fertilize an egg?**

An egg is fertilised by one sperm only. The remaining sperm dies and leaves the body through the vagina, because it has no further purpose.

### **6.16 What do I do when I find out that I am pregnant?**

The first thing you do is to go to a health care centre and get yourself treated and tested. This is really important to have a healthy baby. The people in the health care centre will help you with all the information, and you can ask questions regarding your pregnancy.

### **6.17 What is a miscarriage?**

About 10% to 20% of all pregnancies are miscarriages pregnancy. The main reasons for miscarriages are problems with or damage to the fertilised egg. If such an egg continued to grow, the result would be a mentally or physically disabled child. Therefore, a miscarriage can be a natural way of the body of solving such problems. Additionally, miscarriages can happen if the woman falls sick with diseases like malaria or syphilis, if she falls badly or if she has any problems with her sexual organs. The signs of miscarriage are bleeding from the vagina and strong pains in the abdomen.

### **6.18 How can a woman make sure she delivers a healthy child?**

Even if a woman does all she can to make sure the child is healthy, there remains a chance to giving birth to an unhealthy child. This is due to bad luck and there is no way it can be avoided. This has nothing to do with punishment or witchcraft. To increase the chances of getting a healthy child a pregnant woman needs a balanced diet, avoid heavy work, smoking and alcohol, sleep enough, and attend antenatal care. It is very important for pregnant women to avoid being infected with malaria or other diseases, since this is a major danger for the unborn child.



### **6.19 What do I do when contractions start?**

You go to the health care centre when you have contractions for more than 30 minutes to an hour. It means that your delivery is going to start. In the health care centre they can help you properly and help you to get all the help you need. Even when there are complications they can help you with the right solutions, like medication.

### **6.20 What to do when my child is born?**

Your baby needs breastfeeding and proper care. In the health care centre they will measure the baby, test it for certain issues, and even give the baby care that protect against other diseases in the future.

### **6.21 Do I need to give breastfeeding?**

Yes, this is the best thing to do for your child. Breastfeeding is helping the child to have a good and proper health. The child will grow and develop properly. When you give other food then breastfeeding the child might get sick. Therefore try to give your baby in the first 6 months only breastfeeding, and only after these 6 months you can give small amounts of additional food; step-by-step, only after 2 years you can stop totally with breastfeeding.