

Technical Update 2019

Participant Handbook

Family Life Education:
Teaching Adults to Communicate with Youth



from a Christian Perspective



USAID
FROM THE AMERICAN PEOPLE



JSI Research & Training Institute, Inc.

fhi360
THE SCIENCE OF IMPROVING LIVES



Participant Handbook

Family Life Education: Teaching Adults to Communicate with Youth from a Christian Perspective

2019 Update

FHI 360



Acknowledgements

The *Participant Handbook* is part of the larger publication, *Family Life Education: Teaching Adults to Communicate with Youth from a Christian Perspective*. The handbook, compiled and authored by Maryanne Pribila of Family Health International (FHI)/YouthNet, was started in Tanzania as part of the field-testing process by a group of dedicated public health workers, pastors, reverends, and youth leaders in the Christian community.

Ideas for handbook images and key messages were developed by Willy Hyera and Father Lameck Luoga of the Anglican Church of Tanzania; Florian Mwano, Severine Njelekela, and Father Walter Mgaya of the Roman Catholic Diocese of Njombe and Iringa; and Paul Husurupia of the Tanzania Presbyterian Church.

The boxed sections, “Communicating with Young People,” were drafted by Lisa Moreau, consultant, and revised and enhanced by Rev. Isaac Chengula, Rev. Benito Madembo, and Rev. Nathaneal Mnyalape of the Evangelical Lutheran Church of Tanzania; Rev. Jacob Kahemele of the Christian Council of Tanzania; Chrispian Alamu Kajuni of the Moravian Church of Njombe; Rev. Phayrod Nyagawa of the Tanzanian Assemblies of God; and Ed Scholl of FHI/YouthNet.

The publication was revised by FHI 360 in 2018-19 with financial support provided by Advancing Partners & Communities (APC). APC is a five-year cooperative agreement funded by the U.S. Agency for International Development under Agreement No. AID-OAA-A-12-00047, beginning October 1, 2012. APC is implemented by JSI Research & Training Institute, Inc., in collaboration with FHI 360. The authors’ views expressed in this publication do not necessarily reflect the views of USAID or the United States Government.

© 2006 by Family Health International; Revised 2019 by FHI 360
ISBN: 1-933702-01-X

FHI 360 Headquarters
359 Blackwell Street, Suite 200
Durham, NC 27701 USA
T 1.919.544.7040
F 1.919.544.7261
www.fhi360.org

FHI 360 would like to acknowledge the Advancing Partners & Communities (APC) project for providing the financial support for the 2018-19 technical updates to these materials for use in Uganda.

Contents

Introduction	4
Section 1. Skills to Communicate with Young People	6
Section 2. Five CFLE Communication Steps	7
Section 3. Sexual Development of Boys	10
Section 4. Sexual Development of Girls	12
Section 5. Menstruation	14
Section 6. Preparing for Reproduction	15
Section 7. Sexual Desire	17
Section 8. Sexually Transmitted Infections	18
Section 9. HIV and AIDS	20
Section 10. ABCs of HIV Prevention	22
Section 11. Voluntary Counseling and Testing	24
Section 12. Ten Ways Young People Can Avoid Unwanted Sex	25
Section 13. Helping Youth Choose Abstinence before Marriage	27
Section 14. Common Drugs and Alcohol	29
Section 15. Good Relationships	32
Section 16. Helping Young Couples Understand Faithfulness	33
Section 17. Preparing for a Baby	34
Section 18. Fertilization	35
Section 19. Pregnancy	36
Section 20. Family Planning	37
Additional Sources for Reflections	41

Introduction

Family Life Education: Teaching Adults to Communicate with Youth from a Christian Perspective includes a manual containing six day-long workshops; and this *Participant Handbook*. This handbook is referenced in the workshops and is designed for participants to keep and use when talking about reproductive health and HIV with youth.

Every participant should receive a copy of the *Participant Handbook* to enhance and strengthen outreach to youth following the workshops. If it is not possible to provide copies for the participants to keep, provide copies of key pages from the *Handbook* and other resources that CFLE Educators can use during interactions with youth.

The objectives of the six day-long workshops are to:

- Learn and practice the “Five Christian Family Life Education (CFLE) Communication Steps” and the accompanying skills to discuss family life topics with young people
- Learn essential youth reproductive health information, including sexual development, sexually transmitted infections, HIV and AIDS, pregnancy, family planning, and gender roles
- Build communication skills to guide youth to make informed decisions about having sex, seeking professional medical services when needed, choosing a partner, using drugs or alcohol, continuing one’s education, and developing a livelihood
- Examine personal beliefs and use the Bible to discuss values about reproductive health and HIV prevention with young people
- Identify and map local resources in the faith and medical communities
- Develop an individual action plan for outreach with youth following the completion of the workshops

Workshops

Each of the six workshops focuses on a topic. They build on cumulative knowledge, using several common features, such as comparing myths and facts about each topic and participating in role-plays. Collectively, the six workshops cover the major topics of family life education.

Workshop 1. Communicating with Young People — introduces the workshops, ideas about working with youth, and specific CFLE communication steps

Workshop 2. Growing and Changing — summarizes basic sexual development and reproduction and begins working with role-plays, practicing the Five CFLE Communication Steps

Workshop 3. Prevention of Sexually Transmitted Infections and HIV — covers basic information on sexually transmitted infections (STIs), including HIV

Workshop 4. Safety and Your Future — addresses gender roles, livelihood issues, the sensitive issue of unintended sex, and alcohol and drug use

Workshop 5. Family Life — discusses relationships and marriage, planning a family, and contraceptive methods

Workshop 6. Resources, Responsibilities, Graduation, and Next Steps — emphasizes next steps for participants, including how to refer youth to resources

Participant Handbook

The *Participant Handbook* was developed to ensure that CFLE Educators (those who complete the six workshops) can disseminate correct information following graduation. It is intended to be used to facilitate dialogue between adults and young people, using fun and simple drawings for low-literate audiences. The handbook sections are grouped by topic and follow the order presented during the six workshops. Each section contains factual information related to the topics, with typical questions and useful answers. *Additional Sources for Reflections* contains verses from the Bible that are appropriate for discussing the topics with young people.

Adapting Materials

These materials were developed for a global audience. They are intended to be adapted as appropriate to the local environment, cultural context, and specific needs of youth. You may choose to translate text into a local language. If you are using these materials in a community with a high HIV prevalence, you may decide to add additional information about care and support for people living with HIV and AIDS.

Communicating with Young People

Integrated into each lesson are questions or concerns that might be raised by a young person and possible responses to those questions by an adult. *These are not intended to be the best or only responses.* They are suggested responses that help CFLE Educators to prepare for the questions youth might ask. Always use the Five CFLE Communication Steps when discussing family life education.

Keep in mind that your role is not only to respond to questions, but to listen to young people. *You will not have all of the answers.* Do not be afraid to admit this and find the answers from reputable resources in your community.

Most importantly, remember to support young people in a safe, confidential, and trusting way.

Accept him whose faith is weak, without passing judgment . . . Romans 14:1



Section 1. Skills to Communicate with Young People

Positive

- Listen
- Ask questions
- Understand the problem or issue
- Give facts and correct information
- Be able to say, “I don’t know”
- Share your values
- Be patient
- Share your faith
- Respect their opinions
- Assure confidentiality, build trust
- Share alternatives and options
- Give choices
- Develop their decision-making skills
- Give guidance to live long, healthy lives
- Help them identify their feelings and opinions
- Build their confidence and self-esteem
- Tell them where they can access services



Negative

- Lecturing or preaching
- Not listening
- Using punishment or anger
- Judging their actions
- Forcing your own values
- Forcing your own faith
- Telling them what to do without providing options or discussion
- Talking to them condescendingly or without respect
- Telling them wrong or incorrect information
- Making them feel badly about themselves
- Sharing personal information without consent
- Laughing at them or making their questions seem silly



Confidentiality and Safety

Communicating with young people is an important role with serious responsibility. Educators who work one-on-one often develop trusting relationships with young people. They become confidants and learn very personal information.

All information should be kept confidential *except* when the young person is in danger or involved in illegal activity that puts people at risk, especially in cases of rape, incest, or other abuse. Appropriate authorities must be notified and actions taken to protect the rights of every young person.



Section 2. Five CFLE Communication Steps

1. Understand the question being asked.

- ▶ Make sure you understand what the young person is asking or what information he or she needs.
- ▶ Think about why the question is being asked, but do not ask why. The young person may become defensive or stop talking.
- ▶ Ask questions that will help you understand what the young person wants to know.
- ▶ Listen to the young person's response(s).
- ▶ Do not ridicule or judge the question. Be supportive of the effort to get more information.



2. Give a clear and simple answer.

- ▶ Give a response according to the age and needs of the young person.
- ▶ Use language the young person can understand.
- ▶ Keep your answers short and simple, but allow the young person to ask other questions.
- ▶ If you do not know an answer, do not be afraid to say that you do not know. Tell the young person that you will find the answer and let her or him know. For example, "That is a good question. I am not sure about the answer. Maybe the doctor could help us." Be sure to follow up as soon as possible or go together, if possible, to find an answer.



3. Share your values and use your faith.

- ▶ Let the young person know what you think and feel about the issue.
- ▶ Use your Christian faith to help describe your values.
- ▶ Do not lecture or expect all young people to share your values.
- ▶ Listen to what the young person has to say and do not judge. Guide the young person, using the Bible.

4. Check for understanding of the answer.

- ▶ Ask if the young person understands your answer. Ask him or her to repeat it back to you.
- ▶ Listen to his or her response.
- ▶ Correct any misinterpretations.

5. Build confidence and trust.

- ▶ Thank the young person for coming to you with a question.
- ▶ Give the young person your full attention and time in a comfortable place.
- ▶ Let the young person know that it is normal to have questions.
- ▶ Assure the young person that you will not share this information with others (unless it will put him or her at risk or he or she gives permission to share).
- ▶ Tell the young person that he or she is special and unique and that God loves him or her. Build the young person's confidence and self-esteem at every opportunity.



Communicating with Young People

Youth: Whom should I talk to about sex and relationships?

Adult: Talking to knowledgeable adults you trust and have a special relationship with — such as your parents or relatives or an adult you respect who is affiliated with your church or school — can help you get information that will help you make healthy and safe choices regarding your sexual development and other personal matters.

Listen, my sons, to a father's instruction; pay attention and gain understanding. I give you sound learning, so do not forsake my teaching. Proverbs 4:1–2

Youth: How can the church help me with my questions about sex?

Adult: In learning from the Bible and developing a relationship with God, you will be empowered to make healthy and safe choices regarding your sexual development and life. Ultimately, it is the strength of your relationship with God and the understanding of His love for you that will guide you through some difficult times and help you make hard decisions.

How can a young man keep his way pure? By living according to your word. Psalm 119:9

CFLE Communication Steps — Observation Checklist

Instructions: Use this checklist during role plays (or during supervision visits) to record observations. Place a tick mark in front of the behaviors observed during the interaction and make additional notes as needed. After the role play, use the information to provide constructive feedback.

1. Understand what the young person needs.		Notes:
	Identifies what is being asked and what information is needed.	
	Considers why the question is being asked, but does not ask why.	
	Asks open-ended questions to understand the person's issues.	
	Listens carefully to the response(s).	
	Shows support; does not ridicule.	
2. Give a clear and simple answer.		
	Gives an age-appropriate response that addresses the needs/issues.	
	Uses language the young person can understand.	
	Keeps answers short and simple.	
	Encourages and responds to follow-up questions.	
	Promises a later response, if unclear about an answer.	
3. Share your values and use your faith.		
	Shares personal thoughts and feelings about the issue.	
	Uses Christian faith to describe values.	
	Does not lecture or judge other's opinions.	
	Guides the young person, using the Bible.	
4. Check for understanding of the answer.		
	Asks young person to repeat message to ensure understanding.	
	Listens to his/her response.	
	Corrects any misinterpretations.	
5. Build confidence, self-esteem and trust.		
	Thanks the young person for coming with a question(s).	
	Gives the young person full attention and time in a comfortable place.	
	Lets the young person know that it is normal to have questions.	
	Assures confidentiality (unless youth is at risk or gives permission).	
	Tells young person that s/he is special and that God loves him/her.	



Section 3. Sexual Development of Boys

Boys develop sexually from ages 10 to 24. Every individual will experience these changes at different times; this is normal. However, the majority of young people will see the following changes.

Physical Changes for Boys Ages 10 to 14

- Growth spurts occur; weight and height increases
- Muscles enlarge; broader chest and shoulders
- Voice deepens; but is also uneven, varies from high- to low-pitch
- Skin becomes oily; acne develops; perspiration increases and body odor appears
- Sperm matures, wet dreams begin



Emotional Changes for Boys Ages 10 to 14

- Values and beliefs primarily determined by family
- Experience mood swings, behavior driven by feelings
- Confused about emotional and physical changes
- Begin to have sexual feelings and curiosities
- Begin to seek independence from parents and acceptance by peers through competition and achievement

Physical Changes for Boys Ages 15 to 19

- Development continues
- Genitals enlarge
- Hair grows around genitals, under arms, and on face and chest



Emotional Changes for Boys Ages 15 to 19

- Challenge rules and test limits
- Feelings contribute to behavior but do not control it, can analyze potential consequences
- Compare own development to peers, become concerned with self-image
- May have a girlfriend and want to experiment or act on sexual desire
- Peers influence leisure activities, appearance, substance use, and initial sexual behaviors

Physical Changes for Ages Boys 20 to 24

- Development finishes

Emotional Changes for Boys Ages 20 to 24

- Develop more serious relationships, may commit and marry
- Understand consequences of behaviors
- Struggle with adult roles and responsibilities, modern versus traditional values
- Can make own decisions, peers have less influence
- Cope with the competing demands of school, family, spouse, community, livelihood, and self



Communicating with Young People

Youth: Does the size of a penis make a difference?

Adult: Boys and men often worry about how tall or muscular they are and about the size of their penises. They compare themselves with others, although most are about the same size. The size of the penis does not relate to how good one will be at sex, but it can relate to how one feels about oneself. It's something you don't have any control over, so it is best to accept your body as it is. These feelings are very common. No one wants to feel different, but you're not alone.

God saw all that he had made, and it was very good . . . Genesis 1:31

Youth: One of my testicles is bigger than the other. Is something wrong with me?

Adult: No. One testicle, usually the left one, normally hangs lower than the other one. This is the way that the body protects the testicles from being painfully pressed together.

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:13–14



Section 4. Sexual Development of Girls

Girls develop sexually from ages 10 to 24. Every individual will experience these changes at different times; this is normal. However, the majority of young people will see the following changes.

Physical Changes for Girls Ages 10 to 14

- Height and weight increases (often before boys); body fat increases
- Breasts begin to enlarge
- Hips widen
- Skin becomes oily; acne develops; perspiration increases and body odor appears
- Hair grows around genitals and under arms
- Ovaries mature, menstruation begins, able to become pregnant



Emotional Changes for Girls Ages 10 to 14

- Values and beliefs primarily determined by family
- Experience mood swings, behavior driven by feelings
- Confused about emotional changes, preoccupied with physical appearance
- Self-esteem determined by others
- Begin to seek independence from parents and seek acceptance by fostering relationships

Physical Changes for Girls Ages 15 to 19

- Development continues
- Breasts enlarge, hips widen, hair grows around genitals and under arms; vaginal wetness increases



Emotional Changes for Girls Ages 15 to 19

- Compare their development to peers, determine self-image
- May challenge rules and test limits of gender norms, desire more control over life
- Increased interest in sex, aware of own sexuality
- Desire to be loved may influence decision-making in sexual relationships
- Peers influence leisure activities, appearance, substance use, and initial sexual behaviors

Physical Changes for Girls Ages 20 to 24

- Development finishes

Emotional Changes for Girls Ages 20 to 24

- Develop more stable relationships
- Understand consequences of behaviors, prepare for parenthood
- Clearer about self in relation to others, including spouse
- Cope with the competing demands of school, family, spouse, community, livelihood, and self
- Able to recognize and seek help when needed



Communicating with Young People

Youth: Is it normal for my breasts to be different sizes?
Why are my breasts so small (large)?

Adult: Breasts may look slightly different in size as they grow. Some women and girls have big breasts, others have small breasts. They are all fine.

He has made everything beautiful in its time . . .
Ecclesiastes 3:11



Section 5. Menstruation

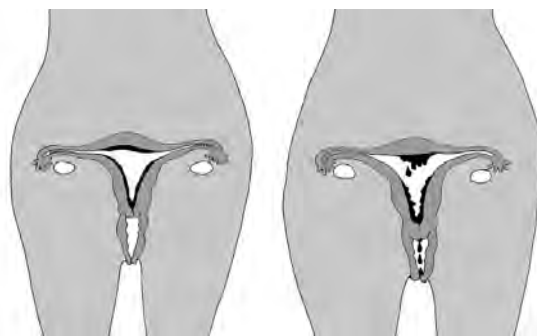
A menstrual period is the normal, healthy shedding of blood and tissue from the lining of the uterus through the vaginal opening. Menstruation:

- Is the first visible sign that a young girl can become pregnant and have children
- Has started when a little blood comes slowly out of the vagina, which may feel wet and be absorbed in the panties
- Is often irregular in the beginning but will become more regular with age
- Can start as early as age 9 or as late as age 16
- Can last from three to seven days and happens about once a month for most girls
- Varies widely in flow and amount of blood, which can change in amount and color throughout a period

Physical symptoms associated with menstruation:

- Cramps, pain, bloating, weight gain, food cravings, swollen or painful breasts, swollen hands or feet, skin problems, headaches, dizziness, or irritability

Relief can be found with pain relievers, hot water compresses, herbal teas, or other local remedies. If these do not help, she should visit a health provider (clinic nurse or doctor) to discuss the matter.



Communicating with Young People

Youth: When will I begin to menstruate and what should I do once it starts?

Adult: You may begin to menstruate any time between 9 and 16 years of age. Everyone is different. You will bleed from your vagina for three to seven days. There are different products that can absorb blood, such as sanitary napkins, clean rags, or towels. It is important to change the products regularly to avoid odor or itching. I am glad you asked about the changes going on with your body.

He has made everything beautiful in its time. Ecclesiastes 3:11

Note: When a girl is approaching puberty, she must be taught about her menstrual cycle, bleeding and hygiene. A menstruating girl needs pads, tampons, clean cloths, toilet tissue, and soap and clean water so that bleeding will not interfere with going to school or other daily activities. Support from parents, schools, and the community helps girls get through the time when their bodies are growing and changing and allows them to continue their education. Ideally, by the time a young girl has her first monthly bleeding, she knows what it is and understands that it is normal and a part of growing up.

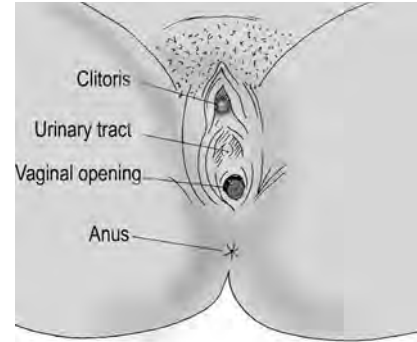
— Facts for Family Planning, 2012



Section 6. Preparing for Reproduction

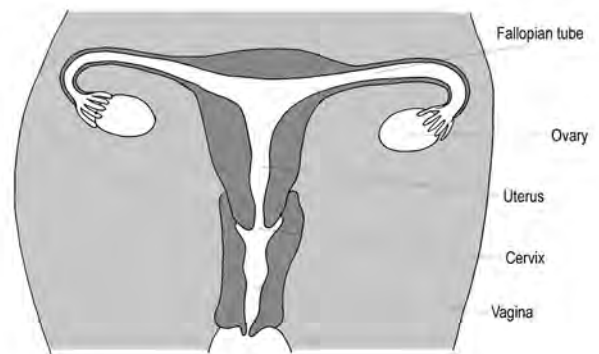
Female External Genitalia

- The **clitoris** is the area of sexual arousal for a woman. About the size of a pea, it enlarges during stimulation.
- The **vaginal opening** is where:
 - ▶ menstrual blood and tissue leave the body
 - ▶ the penis is inserted during sexual intercourse
 - ▶ expansion occurs during delivery, to allow the birth of a child



Female Internal Genitalia

- **Ovaries** contain thousands of immature egg cells.
- Monthly, the ovary releases a mature egg (**ovulation**), which travels through the **fallopian tube** to the uterus.
- If an egg is fertilized by sperm, the fertilized egg generally attaches to the wall of the **uterus**, which supports the growth of a fetus. If the egg is not fertilized, the egg, tissue, and blood are shed during menstruation.
- The first menstrual bleeding is called **menarche**; after that, most girls may have irregular menstrual bleeding (also called periods, menses or menstruation) for awhile; eventually, most women will have a period every 26-32 days. Although unlikely, it is possible for a girl to become pregnant before her first period because ovulation (when it occurs) always precedes menstruation.
- Unlike men who remain fertile, women's fertility stops at **menopause**, when periods stop permanently.



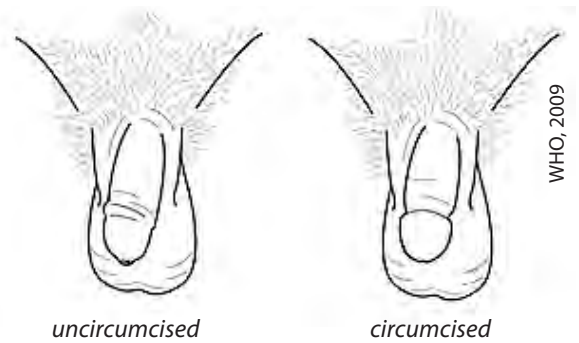
Communicating with Young People

Youth: Can a girl masturbate?

Adult: Yes, girls and boys can masturbate. Masturbation does not cause any kind of sickness or infertility. It is normal and not harmful unless a person becomes overly preoccupied with it.

Male External Genitalia

Males can be circumcised or uncircumcised. In uncircumcised males, the foreskin covers the tip of the penis. In circumcised males, the foreskin of the penis is removed, exposing the tip of the penis. Circumcision can be done safely by professionals with clean medical instruments. Circumcision reduces the risk of acquiring HIV during sex.



Erections occur when the penis fills with blood and becomes hard and straight.

- Erections in young boys can happen for no reason at all or as boys develop sexual desire and think about sexual things.
- Erections begin in infancy; younger boys do not have control when erections occur. As they grow older, boys learn to control them better.
- It is very common for a boy to wake up with an erection. While he is asleep, a boy's penis can become erect five to seven times. This is healthy and normal.
- Having an erection is not a sign that a boy must ejaculate (release sperm) or have sex. If he waits, the erection will go down on its own without causing any harm.
- When a boy has an erection, he will find that he cannot urinate easily because a muscle blocks off the bladder. He will have to wait for the erection to go down before he can urinate easily.

A **wet dream**, or nocturnal emission, happens when a boy's penis becomes erect and he ejaculates while sleeping. This causes the boy's underwear or the bed to be a little wet when he wakes up.

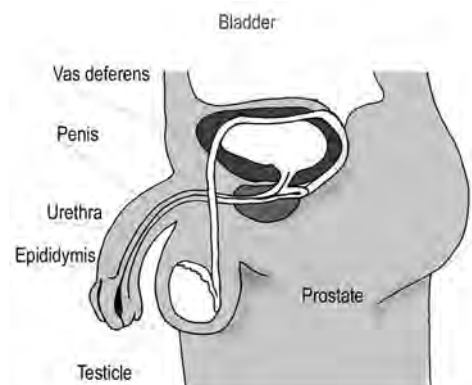
Communicating with Young People

Youth: Why do boys have wet dreams?

Adult: A wet dream is when a boy's penis becomes erect and ejaculates while he is sleeping. It is part of male sexual development. If a boy does not know about wet dreams, he could become worried or confused. Wet dreams are completely natural and normal. A boy cannot stop himself from having wet dreams.

Male Internal Genitalia

- **Testicles** produce sperm. Males have two testicles, which are contained in a sac called the scrotum.
- The **vas deferens** carries sperm from the testicles to the penis during stimulation.
- Sperm and fluid are ejaculated from the penis through the **urethra**.
- Beginning with his first ejaculation, a man is fertile for his whole life.





Section 7. Sexual Desire

As young people mature and develop, they will begin to notice feelings for the opposite sex. This is common and normal. However, it may become a problem when a young person acts on these desires prematurely. A young man or woman may simply not be ready to have sex and take responsibility for the result, such as a child or a disease.

Young people should know that in a good relationship, based on loving feelings, sex is never pressured, forced, traded, or coerced.

Communicating with Young People

Youth: Sometimes I touch my sexual parts. Does this mean I'm strange or doing something wrong?

Adult: Getting pleasure by touching or rubbing our sex organs — our penis or clitoris — is called masturbation. It is normal and not harmful unless we become overly pre-occupied with it. This is one of the ways we discover more about our bodies. The good thing about this act is you are safe from any sexually transmitted diseases. However, some churches and individuals feel that masturbation is driven by lust, and is, therefore, an act of adultery.

Youth: Sometimes I dream about sexy things. Is there something wrong with me? Does this mean I'm perverted?

Adult: Many people have sexual fantasies. Sometimes people have sexual urges and desires, but they know that acting on these urges would be inappropriate, so they experience them in their imagination instead. While this can be healthy and helpful, it can also be a sign of emotional problems when people are unable to think about anything else. Or they may lose sight of what is real and what is fantasy and may try to live out their fantasies, hurting themselves and others in the process.



Section 8. Sexually Transmitted Infections

Sexually transmitted infections are passed on by any type of genital (penis and vaginal area), oral (mouth), or anal (bowel opening) contact with another person. The penis does not have to enter the vagina, mouth, or anus for some of these infections to be passed on. But there may be contact between these parts of the body during which an infection can spread.

A young person who is concerned about his or her sexual health after having unprotected sex should be referred for a medical exam and STI testing.

STIs often do not show symptoms.

As a result, many people do not know they are infected. However, people without symptoms can still infect others.



Some people experience symptoms/signs of infection. Signs of STIs in males include:

- A wound, sore, ulcer, rash, or blister on or around the penis
- A discharge, like pus, from the penis
- Pain or a burning feeling when passing urine
- Pain during sexual intercourse
- Pain and swelling of the testicles
- Abnormal swelling or growths on the genitals



Signs of STIs in females include:

- A discharge from the vagina that is thick, itchy, or has an unusual odor or color
- Pain in the lower abdomen
- Pain or a burning feeling when passing urine
- Pain during sexual intercourse
- Abnormal, irregular bleeding from the vagina
- Itching in the genital area
- Abnormal swelling or growths in the genitals
- Sores around the genital area

Any young person who has had unprotected sex, or who is experiencing symptoms of an STI, or whose partner has been diagnosed with an STI, even though they may not experience symptoms themselves, should be encouraged to seek immediate medical care from an experienced doctor or nurse.



Communicating with Young People

Youth: What are the chances I'll get an STI? I don't know anyone who has had one.

Adult: You cannot get an STI unless you have sexual contact. If you have sex without using a condom consistently and correctly, you have a much higher chance of getting an STI. We cannot tell who has an STI or HIV just by looking at them. Most people may not even know they are infected. Almost half of all new cases of HIV are in young people. Not having sex at this time in your life is the safest protection against becoming infected with an STI or HIV.



Section 9. HIV and AIDS

H = Human (only found in humans)

I = Immunodeficiency (weakens the immune system)

V = Virus (a type of germ)

A = Acquired (to get something that you are not born with)

I = Immuno- (the body's defense system, which provides protection from disease)

D = Deficiency (a defect or weakness, lack of or not enough of something)

S = Syndrome (a group of signs and symptoms in a disease)

HIV and AIDS are not the same. HIV is the virus; having HIV means that the person is infected with the virus. AIDS comes as a result of becoming infected with HIV. AIDS is a syndrome of symptoms and various diseases that results from a weakened immune system. A person can be infected with HIV for a long time before developing AIDS. ARV (antiretroviral) drugs cannot cure AIDS but can keep a person with HIV more healthy by preventing the growth of the virus. When the amount of virus is reduced, HIV infection is less likely to spread.

HIV Transmission

HIV can be transmitted:

- When having unprotected sexual intercourse with an infected partner (anal, vaginal, and in some cases, oral)
- During delivery when the mother is HIV positive
- During breastfeeding when the mother is HIV positive
- By sharing needles or sharp objects with someone who is HIV positive

HIV can be transmitted when a person comes in contact with:

- Blood
- Semen
- Vaginal fluids
- Breastmilk



Sex without a condom



Using unclean syringes to inject street drugs



Breastfeeding



Unsafe piercings and tattoos



Potential transmission methods

HIV cannot be transmitted by:

- Hugging, shaking hands, or sharing a home with an infected person
- Eating with or sharing utensils used by an infected person
- Sharing toilets used by an infected person
- Having an infected person kiss, spit, sneeze, cough, breathe, sweat, or cry on you
- Being bitten by mosquitoes
- Receiving a blood transfusion

Communicating with Young People

Youth: Can I get AIDS from a mosquito? After all, they take blood from one person's body and inject into another person's body.

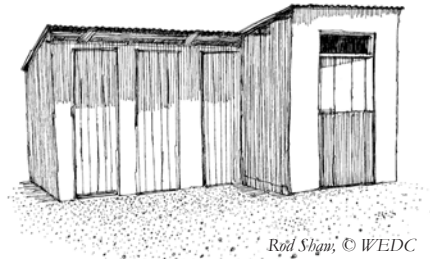
Adult: No; you get AIDS from a virus called HIV. HIV cannot live in a mosquito's body. HIV can be transmitted in blood by sharing needles or razors and through sexual intercourse. I'm glad that you are asking questions to better understand HIV and AIDS.



Sharing food/meals



Playing sports



Sharing latrine/toilet facilities



Mosquito bites



Blood transfusions

NOT transmission methods

*Unless otherwise noted, illustrations are from the Centre for the Support of Peer Education (CSPE)
Artist: Amelia Rossouw*



Section 10. ABCs of HIV Prevention

Young people are at greatest risk of HIV infection through unprotected sexual intercourse. “ABC” is a menu of choices a young person can make to avoid sexual transmission of HIV. Each letter represents a different behavior; A=Abstain, B=Be faithful, and C=use Condoms.

A = Young people should abstain or stop having sex.

For more on abstinence, see *Section 13. Helping Youth Choose Abstinence before Marriage.*

Communicating with Young People

Youth: If I shouldn't have sex, what should I do with my boyfriend (girlfriend)?

Adult: There are lots of ways to show someone you care without having sex. I can help you think of some ideas. What kinds of things do you enjoy doing with your boyfriend (girlfriend)? (Share ideas for activities you both feel would be fun and safe, such as dancing; playing cards or games; going for a walk; talking; listening to music; or being part of a club, choir, sports, school activities, or community projects.)



Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. 1 Timothy 4:12

Youth: Sometimes my girlfriend and I like to touch each other. We don't have sex, but we have come very close.

Adult: Sex does feel wonderful and God made our bodies so that we enjoy those feelings. But He tells us that sex is for married couples. It is very easy to be carried away, and it can be difficult to stop. It is important to set limits on what is right for this time in your life.

Daughters of Jerusalem, I charge you by the gazelles and by the does of the field: Do not arouse or awaken love until it so desires. Song of Solomon 2:7

B = If the individual cannot abstain, she or he should remain faithful to his/her partner.

For more information on faithfulness, see *Section 16. Helping Young Couples Understand Faithfulness*.

Communicating with Young People

Youth: My girlfriend and I are thinking about getting married. We plan to have sex only with each other. We are safe from getting infected with HIV, right?

Adult: The Bible teaches us that sex is preserved for the covenant of marriage and not before. Also, we cannot tell who has an STI or HIV just by looking at them. Many people may not know they are infected. Not having sex at this time in your life is the safest protection you have against infection with an STI or HIV. However, if you have been sexually active, you should get tested for HIV now.



C = And if abstinence or remaining faithful is not possible, individuals should protect themselves by using condoms every time they have sex.

Communicating with Young People

Youth: I feel so confused. I want to have sex. My girlfriend (boyfriend) wants to have sex. We know about condoms and would be totally safe. Why shouldn't we have sex?

Adult: The consequences of sexual activity can be long lasting and life changing. The Bible teaches us that sex is preserved for the covenant of marriage and not before. If you and your boyfriend (girlfriend) care very deeply for each other, despite what the Bible says, you may weigh the risks of pregnancy or STIs together and decide to be intimate. If you choose this, protect yourselves by using condoms correctly every time along with an effective contraceptive method for dual protection.

Youth: Why would God make sex feel so good and then tell us not to have it?

Adult: God does not forbid us from having sex. God has made sex to be a pleasant thing, but it has a place in marriage. Sometimes it is not always clear to us why God does what He does. But He does instruct us through Paul's words that sex in marriage is sacred and good. He also reminds us that sex outside of marriage can have negative consequences — pregnancy, jealousy, and the breakdown of families and communities.

The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. 1 Corinthians 7:4–5



Section 11. Voluntary Counseling and Testing

If one has had unprotected sex or is at risk for HIV, one should find out one's status by being tested. Testing is becoming more widely available.

HIV counseling and testing centers can help young people:

- Be tested
- Know their HIV status
- Receive counseling on their results
- Plan for healthy living, whether one tests HIV positive or HIV negative
- Be referred for treatment with ARVs if HIV positive

People Living with HIV

Being HIV positive is difficult, but everyday life does not need to change drastically. Remember, HIV is not transmitted through common interactions. In fact, remaining connected to the community and feeling supported by others are important parts of continuing with life. A person with HIV can live for years without severe symptoms. With appropriate treatment, a person with HIV can live a full life.

Communicating with Young People

Youth: What should I do if I have unprotected sex with someone? What happens if I test positive for a disease?

Adult: If you think you have been exposed to HIV or an STI, being tested is a good idea. You can be tested at a voluntary counseling and testing center, clinic, or local hospital. The clinic will counsel you regarding your test results.





Section 12. Ten Ways Young People Can Avoid Unwanted Sex

Tell young people that they can avoid unwanted or pressured sex.

1. Trust your instincts.

If someone makes you feel uncomfortable or threatened, pay attention to your feelings and act on them. Have several close friends and an adult mentor that you can trust to give you good advice.

2. Do not be alone with someone whom you do not know well enough to trust.

Go out with a group of trusted friends or stay with the group.

3. Do not go to someone's house if no one else is home.

Do not go to places where no one else is around. Only go to locations that you know to be safe spaces for youth.

4. If you are going out, make sure other people know where you are going and when to expect you home.

This could be friends, parents, or other family members.

5. Know your own limits.

If you do not want to have sex, explain this clearly to your friend when a relationship starts to ensure you both have the same expectations.

6. Always have money when you go on a date.

You can get home safely on your own if necessary.

7. Split the costs of things with friends.

Do not let him or her think that you owe any sexual favors in return for money spent on you.

8. Do not take alcohol or drugs.

Alcohol and drugs can make it difficult for you to be clear about your limits. They can make it hard for you to explain yourself.

9. If you are pressured, do not be afraid to say “no” and mean it.

Give a firm, strong refusal. Look him or her in the eye. Do not smile or look away shyly. Do not give the person the impression that you want to be coaxed or convinced.

10. If someone tries to force you, try to run away and scream for help loudly and continuously.

Sexual violence or coercion is never the fault of the victim.

Communicating with Young People

Youth: Sometimes I like to get dressed up when I go out. I'm still a virgin and it doesn't mean I want sex just because I wear a short skirt and high heels.

Adult: How you dress can send messages that you may or may not intend to send. Think about what image you want to project and how your clothing choices affect what other people may think about you. Do those clothing choices make you feel powerful, popular, or older than you are? Are you being manipulated by clothing manufacturers or society to be someone other than your true self? Your beauty is found in who you are, not in how you dress. There are many people who may take the way you dress as a signal to pursue you sexually. What are some ways that you can show how truly beautiful you are without being sexual? (Discuss ideas together.)

Discretion will protect you, and understanding will guard you. Wisdom will save you from the ways of wicked men, from men whose words are perverse. Proverbs 2:11–12

Youth: I don't know what to do about a family friend; he hugs me in a way that makes me feel uncomfortable. He also asks about who I am seeing and what I do with boys for fun.

Adult: You have a right to say no to something you do not want to do. It is okay to let him or your parents know that you are uncomfortable. Be strong about how you feel and what you don't want. What are some ways you can tell him this?

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. 2 Timothy 1:7

Youth: I've heard about a teacher who threatens to fail girls if they do not have sex with him.

Adult: It is important that these young women say "No!" to this teacher and get help from adults — such as their parents, the school headmaster and/or the police — to ensure that he is stopped. It is wrong for him to continue this. It can affect their health — they may be exposing themselves to becoming pregnant or infected with an STI or even HIV. They can also start to feel very bad about themselves and may become very depressed. Together, we can help them refuse this teacher if they don't feel they are able to do it themselves. What do you feel would be the best way to help them say "No!" to this teacher? (Discuss ideas. Identify steps. It is important that this teacher be stopped!)

Wisdom will save you from the ways of wicked men, from men whose words are perverse, who leave the straight paths to walk in dark ways, who delight in doing wrong and rejoice in the perverseness of evil, whose paths are crooked and who are devious in their ways. Proverbs 2:12–15



Section 13. Helping Youth Choose Abstinence before Marriage

Benefits of Abstinence before Marriage

Physically, a young person is:

- Completely protected from pregnancy, without side effects
- Completely protected from STIs, including HIV

Emotionally, a young person:

- Demonstrates maturity, that one can resist peer or social pressure
- Is without worry, guilt, or shame
- Develops deeper friendships and love
- Can concentrate on personal goals and desires



Communicating with Young People

Youth: Is it ever okay to have sex?

Adult: When two people are married, sexual intercourse is a beautiful expression of their love. It is a way in which a husband and wife can give each other pleasure and intimacy. It is also the way in which a couple can take part in the creation of a new life. God intended for sex to be enjoyed in marriage.

For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame.

Genesis 2:24–25

Youth: Do many people have sex before marriage? What happens if they do?

Adult: While many people do have sex before marriage, that does not make it right. God teaches us to enjoy sex within marriage, where faithfulness and commitment are more permanent. By having sex before marriage, people risk emotional hurt, pregnancy, and diseases.

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body. 1 Corinthians 6:18–20

Spiritually, a young person:

- Respects God's gift of sex within the covenant of marriage
- Preserves virginity for the sacrament of marriage
- Honors his or her body

Choosing When to Have Sex

Having sex for the first time can be an important emotional event. There are many questions that should be considered before having sex, such as:

- Am I really ready to have sex?
- How will I feel about myself after I have sex?
- How will I feel about my boyfriend (girlfriend) afterward?
- Am I having sex for the right reasons?
- How will my parents and friends feel about me having sex?
- What do my religion and culture say about sex and sex before marriage?
- How will I protect myself from unintended pregnancy and sexually transmitted infections?
- If I have sex, will I have to lie about it later?
- Will I feel guilty?



Communicating with Young People

Youth: What is it about sex that I need to learn?

Adult: You need to learn about good things and bad things because sex is more than an act that can produce a child or pass a disease. It is complicated and also includes your growth, development, personal safety, and relationships. I can help with some of the information you may be looking for.

Youth: I don't plan to get married until I have finished school and saved a lot of money. This probably means I won't get married until my late 20s or early 30s. Are you saying I should wait to have sex until then?

Adult: It is wonderful that you have goals and a vision for your life, but the Bible teaches us that sex is preserved for the covenant of marriage and not before. If you and your boyfriend (girlfriend) decide to be intimate, protect yourselves by using condoms correctly every time along with an effective contraceptive method for dual protection.



Section 14. Common Drugs and Alcohol

Alcohol is an active ingredient in wine, beer, distilled spirits, and local brews. Alcohol makes people feel sedate, calm, mellow, intoxicated, and sometimes sleepy.

Alcohol

Alcohol can affect young people (as well as adults) by:

- Impairing decision-making abilities
- Slowing reaction time, slurring speech
- Giving them a false sense of confidence

Long-term alcohol use can cause:

- Addiction
- Cancers and diseases of the liver, stomach, colon, breasts
- High blood pressure, heart attacks, and strokes
- Impotence and infertility
- Birth defects, including retardation and low birth weight



Communicating with Young People

Youth: Adults like to drink beer or alcohol sometimes — why shouldn't I?

Adult: Drinking beer affects the body, especially when you are young and developing. It can give you a false sense of confidence and affect your ability to make decisions clearly. Adults sometimes do not drink responsibly. The age when people are considered old enough to drink responsibly varies by culture. But even after reaching that age, people need to drink responsibly.

Youth: I have a friend who drinks when he goes out with his friends. He acts very different and has done some crazy things. Whenever I try to talk to him about it, he walks away or changes the subject. What can I do to help him?

Adult: Watching friends do things that hurt themselves or others is difficult. How can you let him know you care but don't want to be around when he drinks? We can think of some ways together. (Discuss different messages that could be used in this situation.) I am proud that you care enough to let him know how you feel. Your friend may not be ready to change, but you will have taken an important step in letting him know you care.

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. Galatians 6:1

Marijuana

Cannabis/Marijuana is a plant. Most commonly, its leaves are smoked; although sometimes it is eaten/chewed. It makes people feel sedate, calm, and mellow. Sometimes users think marijuana relieves stress.

Marijuana can affect young people by:

- Slowing brain function, such as memory, judgment, perception, and motor skills
- Impairing concentration and overall performance
- Causing breathing problems

Long-term marijuana use can cause:

- Lung disease
- Heart problems

Stimulants

Stimulants are drugs that make one feel high and give one a temporary rush of energy and artificially good feelings. After use, one often feels depressed or sad, making one want to use more.

Common stimulants are cocaine and methamphetamine. Young users will know these drugs by their slang names, such as speed, coke, or ecstasy.

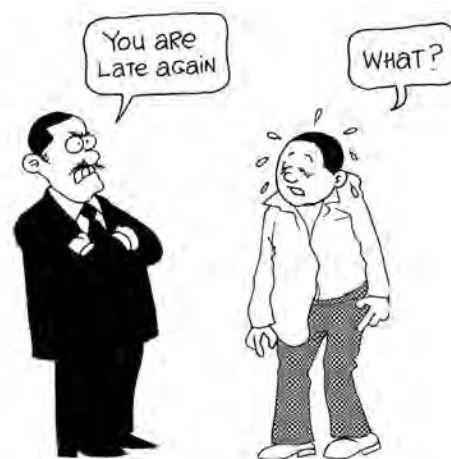
Stimulants can be taken in the form of pills, inhaled, or injected. Injecting drugs is especially risky when needles are shared — drug users pull blood into a syringe before injecting; thus, they are at high risk for diseases found in blood, such as HIV.

Stimulants can affect young people by causing:

- Addiction
- Hallucinations or nightmares
- Loss of appetite
- Restlessness and anxiety
- Death from overdose

Long-term stimulant use can cause:

- Heart and lung problems
- High blood pressure
- Stomach and liver problems
- Brain damage



Other Abused Substances

In some communities, youth may also use khat/mirungi (street names for this stimulant vary) — which is a leaf that is chewed to get high.

Youth may also sniff glue and aviation fuel. The short-term health effects include slurred speech, lack of coordination, feeling high, dizziness, and hallucinations. Long-term health effects may include liver and kidney damage, loss of coordination and limb spasms, delayed behavioral development, and brain damage.



Tobacco

Tobacco is a plant; most commonly, its leaves are smoked as cigarettes or chewed. The nicotine in tobacco is also a stimulant and makes people feel relaxed or more alert.

Tobacco can affect young people by:

- Causing addiction, often quickly
- Reducing lung capacity, slowing breathing ability

Long-term tobacco use can cause:

- Cancers of the lung, throat, mouth, stomach, and cervix
- Poor circulation
- High blood pressure, heart attacks, stroke
- Impotence
- Low birth weight in babies born to mothers who smoke



Communicating with Young People

Youth: Look, it's not like I do drugs; it's just smoking cigarettes.

Adult: Smoking is a type of drug too. Smoking hurts your body in many ways; it can cause disease and even death. Many chemicals are present in smoke, some of which are known to cause cancer.

Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6:19-20

Youth: I don't feel like I can do anything in this town without everyone knowing my business. I want to be able to go somewhere without you asking where I'm going and who I'm with. Are you worried that I'll be using alcohol or drugs?

Adult: The reason I ask these questions is because I care about you. Young people today face a lot more challenges than I did growing up. When I do not know where you are or whom you are with, my fears start to surface. I don't need to be with you wherever you go, but I do want you to know that I am thinking of you because I care about you.

Youth: Sometimes I don't feel like being around other people my age who smoke and drink, but my friends like to hang around with these boys and girls who do. How should I handle it when they want to go see these boys and girls?

Adult: It sounds like a challenging situation. What can you say to your friends to let them know you don't want to go with them when they visit these boys and girls? (Help to find an acceptable way to address this problem and provide support.) It's brave to stand up for what you know is right.

He who walks with the wise grows wise, but a companion of fools suffers harm. Proverbs 13:20



Section 15. Good Relationships

Good relationships bring happiness to both people involved. They include:

- **Time** — These relationships often start as friendships and develop over time.
- **Mutual respect** — Each person genuinely values the other, promotes greater self-esteem in the other, and respects the individual needs and wishes of the other.
- **Trust and honesty** — There is confidence that each person is being truthful and faithful in the relationship.
- **Support** — Couples provide companionship and strength to each other in good and bad times.
- **Fairness** — Couples strive for an equal balance of both giving and taking in the relationship.
- **Separate identities** — Each person retains his or her individual personality and sense of self. In good relationships, there is compromise, but that should not mean losing oneself in the process.
- **Communication** — Couples are able to talk openly and honestly about their feelings and thoughts.

Communicating with Young People

Youth: I feel very strongly about my boyfriend — I think about him all the time. Does this mean I should marry him?

Adult: Being strongly attracted to someone can make you think you belong together, but without love it may not be the right choice. It is a good thing to be strongly attracted to someone; however it is important that you are able to differentiate between true feelings of love and lust or infatuation.

It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God. 1 Thessalonians 4:3–5

Youth: Did you have sex before you got married?

Adult: This is very personal, so I would rather not answer that about myself. Tell me why you want to know. Do you want some guidance about making a decision on whether to have sex?

Note: The answer to this question may not be easy. If you want to share your experience, perhaps in terms of regret or negative outcomes, please be sure that your answer and own experience keeps the focus on the needs of the youth. If your answer to this question is no, tell the young person about how you felt deciding to abstain until marriage. Encourage him or her to wait until the right time by explaining that you went through difficult decisions. Sometimes you felt good about your decisions; sometimes you made mistakes.



Section 16. Helping Young Couples Understand Faithfulness

Faithfulness means:

- Complete devotion to your wife or husband
- Remaining monogamous in your relationship; resisting temptation
- Respecting the vows of marriage

Benefits of faithfulness in marriage:

- Creates peace of mind and trust in your relationship
- Develops stronger commitment and deeper love
- Preserves God's gift of sex within the covenant of marriage
- Provides security in knowing each other's sexual health status and risk of infection (following STI and HIV testing)

Communicating with Young People

Youth: Sometimes it's really hard to be married. I have been with my wife for three years now and feel as though we have become brother and sister, not husband and wife.

Adult: Marriage is not always as easy as it appears, but your commitment and love for each other can help you through challenging times. Communication about your feelings with your wife is very important; perhaps she is feeling the same way. Have you talked to her about these thoughts yet?



In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church. Ephesians 5:28–29

Youth: Does it hurt to have sex? If so, why do people have sex?

Adult: Sexual intercourse is generally pleasurable for women and men. God created our bodies to have sex and our bodies prepare for it to feel good. The lining of a woman's vagina will become wet with a mucous; men may have a small amount of semen leak from the penis. If a woman is rushed, intercourse can be painful. The first few experiences of intercourse can be uncomfortable for both the woman and the man, generally due to the breaking of the woman's hymen and their general nervousness and inability to relax.



Section 17. Preparing for a Baby

A young man and woman should ask themselves the following questions before becoming pregnant:

- **Are we emotionally ready for a baby?**
A child needs attention 24 hours a day, seven days a week. It takes much patience and attention from both the mother and the father.
- **Are we financially ready?**
Parents would have to find a source of money to pay for the baby’s daily needs — food, medicine, clothes, and childcare — in addition to their own needs.
- **Are we willing to compromise our future goals?**
It can be very difficult to raise a baby while going to school or working. Many young girls find that they have to drop out of school and ultimately give up their plans for the future after having a baby.
- **Can we trust each other to be good parents?**
Raising a child alone is very difficult. Single parents often struggle to support themselves and their children at the same time. They are often forced to rely on others, such as parents or family members, for assistance.
- **Will we have the support from our families to raise this child?**
Will they help you? If young parents need to stay in school or work, they will need help taking care of the baby.
- **What does my culture say about a young woman having a baby?**
In some places, a young unmarried or divorced woman with a child is discriminated against or even banned from the family.

Communicating with Young People

Youth: I think having a baby would give me respect in my community. What could be so bad about having a baby at my age?

Adult: Having a baby is an adult thing to do. It’s understandable for young people to want to do adult things. But while babies are cute and loving, they are also a tremendous responsibility. By waiting until you are financially, emotionally, and physically ready, you will be able to realize God’s plan for you and your family-to-be.



Consider using these Obulamu brochures as an additional resources for youth. They contain questions similar to those above along with short descriptions of FP methods:

<https://www.obulamucampaign.org/resource/what-would-pregnancy-mean-you-now-brochure-boys>

<https://www.obulamucampaign.org/resource/what-would-pregnancy-mean-you-now-brochure-girls>



Section 18. Fertilization

Girls are born with a supply of immature egg cells in their ovaries. Once a month, the ovaries release a mature egg (ovulation) about halfway through the menstrual cycle, about day 14 in a 28-day cycle. The egg survives for not more than 24 hours as it travels down a fallopian tube. If the egg unites with a sperm, it's called fertilization.

Using foreplay, caressing each other's bodies, kissing, and fondling arouses men and women. A woman's body prepares for penetration by producing secretions; her vagina becomes wet. These secretions help sperm to travel through the uterus to the fallopian tube, where fertilization occurs.

A man gets an erection. Often, a small amount of pre-ejaculate is released before orgasm (release). Ejaculate is made of sperm and fluid. When a man reaches orgasm, he releases the sperm and fluid. When sperm is ejaculated into a woman's vagina, it travels to her fallopian tubes where it can survive for five days. If an egg is present in the fallopian tube during any of these five days, fertilization can occur.

Communicating with Young People

Youth: Is there a certain time a woman can become pregnant?

Adult: Yes, during each menstrual cycle, there are several days when a woman can get pregnant (called fertile days). The fertile days include the day of ovulation and the five days prior to it. However, because cycle length and the time of ovulation vary from month-to-month (especially among younger women who have not established regular cycles), it is not possible to know exactly which days a woman will be fertile. Women who want to prevent pregnancy must avoid unprotected sex for a full 12 days, from day 8 through day 19.



Section 19. Pregnancy

Pregnancy is the period when a woman carries a fetus in her uterus, usually for nine months.

Facts about Pregnancy

- A girl can become pregnant the first time she has sex.
- A girl can become pregnant even if her partner does not completely ejaculate inside her vagina.
- A girl can become pregnant even if she has never had a menstrual period.

When an egg is fertilized by sperm in the fallopian tube, it then travels to the uterus, where it implants in the lining of rich nutrients. It develops there over a period of nine months until delivery. If pregnancy does not occur, the lining of the uterus sheds (menses).

Communicating with Young People

Youth: How is a baby actually born?

Adult: The mother's vagina expands and muscles contract in the uterus to push out the baby. These contractions are called labor. The baby comes through the uterus into the vagina, usually headfirst.

Signs of Pregnancy

The most common sign of pregnancy is a missed menstrual period for girls or young women.

Other signs are:

- Tenderness of breasts
- Nausea
- Fatigue
- More frequent need to urinate

If a young woman has had unprotected sex and thinks she may be pregnant, she should see a provider (nurse or doctor) and find out. If she is pregnant, the provider can instruct her about how to best care for herself and prepare for the baby.





Section 20. Family Planning

Young married couples can choose to plan or space pregnancies; this is called family planning (FP) or healthy timing and spacing of pregnancy (HTSP). If desired, couples can consult their church leaders for religious guidance and visit a local clinic.

Many FP methods are available. Those that are most recommended for use by young people are effective and temporary. They will not cause permanent infertility.

Most importantly, when any young couple is deciding on a method other than condoms, they should consult a nurse or doctor to guide them through the process and make sure that they understand how to use the method and what to expect while using it.

Family planning methods that are safe and appropriate for young couples include:

- Male or female condoms
- Oral contraceptive pills
- Hormonal injections
- Hormonal implants
- Intrauterine devices

Natural methods, such as the Standard Days Method (SDM) and the TwoDay Method method, may not be the best choice for youth. Though widely accepted by most churches, these methods require long periods of abstinence every month, making them hard for young couples to use correctly, and resulting in higher failure rates. Also, many young women have irregular menstrual cycles which does not allow effective use of SDM.

Male condoms

Male condoms provide a barrier that prevents pregnancy and protects against sexually transmitted infections, including HIV. For this reason, it is often the ideal method for youth who are sexually active and are at risk of STIs.

- A male condom is a soft, thin sheath, made of soft plastic or rubber, that a man puts over his erect penis before having sex. When a man ejaculates, his sperm is caught in the condom and prevented from entering a woman's vagina.
- To be effective, condoms must be used correctly and consistently every time a couple has intercourse.
- Male condoms are found in pharmacies, drug shops, and health clinics and from VHTs, at a relatively low cost and are sometimes free.
- A new condom should be used every time a couple has sex. They cannot be washed or reused.
- For exact instructions, follow package drawings or ask an experienced user to demonstrate using a penile model.



THEY'RE NOT JUST FOR HIV AND STIS. CONDOMS PREVENT PREGNANCY TOO.



Female condoms

Female condoms also provide a barrier that prevents pregnancy and may provide protection against sexually transmitted infections, including HIV.

- A female condom is a soft, thin sheath, made of plastic or rubber, that a woman inserts into her vagina before having sex. When a man ejaculates, his sperm is caught in the condom and prevented from entering a woman's vagina.
- Female condoms are sometimes not as widely available as male condoms, primarily because they cost more. They are sold or distributed free of charge by health clinics, community-based distributors, or nongovernmental organizations; some pharmacies and drug shops also sell them.
- The female condom is intended for single use. Consult a health care provider for instructions about how to insert and remove it.



Pills

Pills are a hormonal method of family planning that prevents the monthly release of an egg from the ovaries.

- A woman continues to have her period while taking the pills, but it may be lighter and less painful.
- When taken as prescribed by a provider, every day at the same time of the day, pills are very effective. However, if you miss three or more pills in a row it is possible to become pregnant.
- It is important to note that pills do not protect against STIs or HIV.
- Pills are usually inexpensive and can be found in clinics, pharmacies, and drug shops and from VHTs. They typically come in one-month supplies.
- Women interested in using the pill should seek guidance from a nurse or doctor or VHT, who can give complete instructions on use and side effects.

Communicating with Young People

Youth: What is family planning?

Adult: Family planning (FP), also known as Healthy Timing and Spacing of Pregnancy (HTSP), is a way to prevent pregnancy and control when to have children. A doctor or nurse can help an individual or couple decide the best method. Condoms, one method of family planning, also prevent HIV and other STIs, when used consistently and correctly.



Hormonal Injections

Injections are a hormonal method that prevents ovulation in a woman's body.

- A woman can get a regularly spaced injection at a clinic, hospital, drug shop or from a VHT.
- After an injection, a woman is protected against pregnancy for two or three months, depending on the type of injectable. Injections are convenient for women who find it difficult to take a pill every day or use a condom before having sex each and every time.
- Injections are private. No one can tell when a woman has had an injection.
- Injections can make your periods irregular and/or longer at first, but eventually periods become lighter or stop altogether.
- The ability to become pregnant, although not permanently affected, may not return immediately. After stopping injections, it may take up to nine months to become pregnant.
- Injections do not protect against STIs or HIV.
- When considering injections, one should seek guidance from a nurse or doctor, or a VHT who can give complete information and administer the injection in a safe way.



Hormonal Implants

Contraceptive implants are inserted under the skin of a woman's upper arm and provide continuous, highly effective pregnancy protection for 3 to 5 years, depending on the type of implant. When this time is over, new implants can be inserted during the same visit that the old set is removed.

- Implants are small plastic rods, each about the size of a matchstick.
- These rods are placed just under the skin on the inside of a woman's upper arm.
- Implants prevent pregnancy mainly by preventing ovulation and are almost 100% effective.
- Implants do not protect against STIs or HIV.
- Implants are among the easiest family planning methods to use. After insertion, there are no further actions to take until they are removed.
- A woman must visit a trained health care provider to have implants put in her arm or to have them removed.
- A woman will become fertile again and able to get pregnant almost immediately after the implants are removed.
- Side effects of implants include irregular vaginal bleeding and spotting. Some women's monthly bleedings stop altogether.

Intrauterine contraceptive devices (IUDs or IUCDs)

Intrauterine contraceptive devices (IUDs or IUCDs) are small, flexible plastic devices that are inserted into the woman's uterus. The most common IUDs contain copper and can provide protection for up to 12 years.

- An IUD is a small, often T-shaped plastic device that is wrapped in copper or contains a progestin hormone.
- The copper-bearing IUD works by creating an environment in the uterus that damages the sperm and keeps them from uniting with an egg.
- A specially trained health care provider inserts the IUD into the uterus.
- IUDs are nearly 100% effective.
- IUDs do not protect against STIs or HIV.
- When the IUD is removed, a woman can get pregnant immediately.
- IUDs are among the easiest family planning methods to use; after insertion there are no further actions until the IUD is removed by a trained provider.
- Women of all ages can use IUDs, whether or not they have had children.
- Common side effects of the copper IUD are heavier and/or longer monthly bleeding and cramps; these side effects often go away after the first three months of IUD use.

Emergency contraceptive pills (ECPs)

Although not a regular method of family planning, emergency contraceptive pills (ECPs) are a good option for couples who have unprotected intercourse and wish to avoid pregnancy. ECPs are 75 to 95% effective if used within five days of unprotected sex; the earlier they are taken, the more effective they are.

- ECPs are sometimes referred to as the “morning-after pill” because they are taken after unprotected sex has taken place.
- ECPs work like other hormonal methods by preventing ovulation. There is no evidence that ECPs prevent a fertilized egg from attaching to the uterine lining; if taken accidentally by a woman who is already pregnant, they will not harm the woman or the fetus or disrupt the course of pregnancy.
- ECPs should not be used in place of regular contraception because they are not as effective as most regular methods.
- Women who use ECPs should seek help from a provider to choose a regular contraceptive method for ongoing protection against pregnancy.
- ECPs have no serious side effects. Some women may have headaches, nausea, or vomiting after taking ECPs, but these go away within several days.

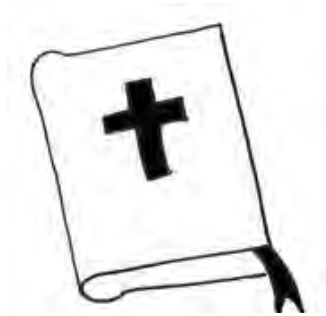
Additional Sources for Reflections

Use the following list of Bible verses to reflect further on topics related to family life education.

God's Gift of Sexuality

Genesis 1:26–27, 31

Song of Solomon



Sex and Marriage

Genesis 2:18

Genesis 2:24–25

Matthew 19:5–6

Mark 10:6–9

1 Corinthians 7:1–5

Ephesians 5:31

Premarital and Extramarital Sex

Exodus 20:14

Proverbs 7:13–27

1 Corinthians 6:12–20

Colossians 3:5

1 Thessalonians 4:3–5

Hebrews 13:4

Sexual Development, Sexual Anatomy, and Gender Roles

Genesis 2:7 and 2:20–25

Genesis 5:2

Galatians 3:28

Ephesians 5:21–33

Personal Safety and Drugs and Alcohol

Romans 13:13

Ephesians 5:18

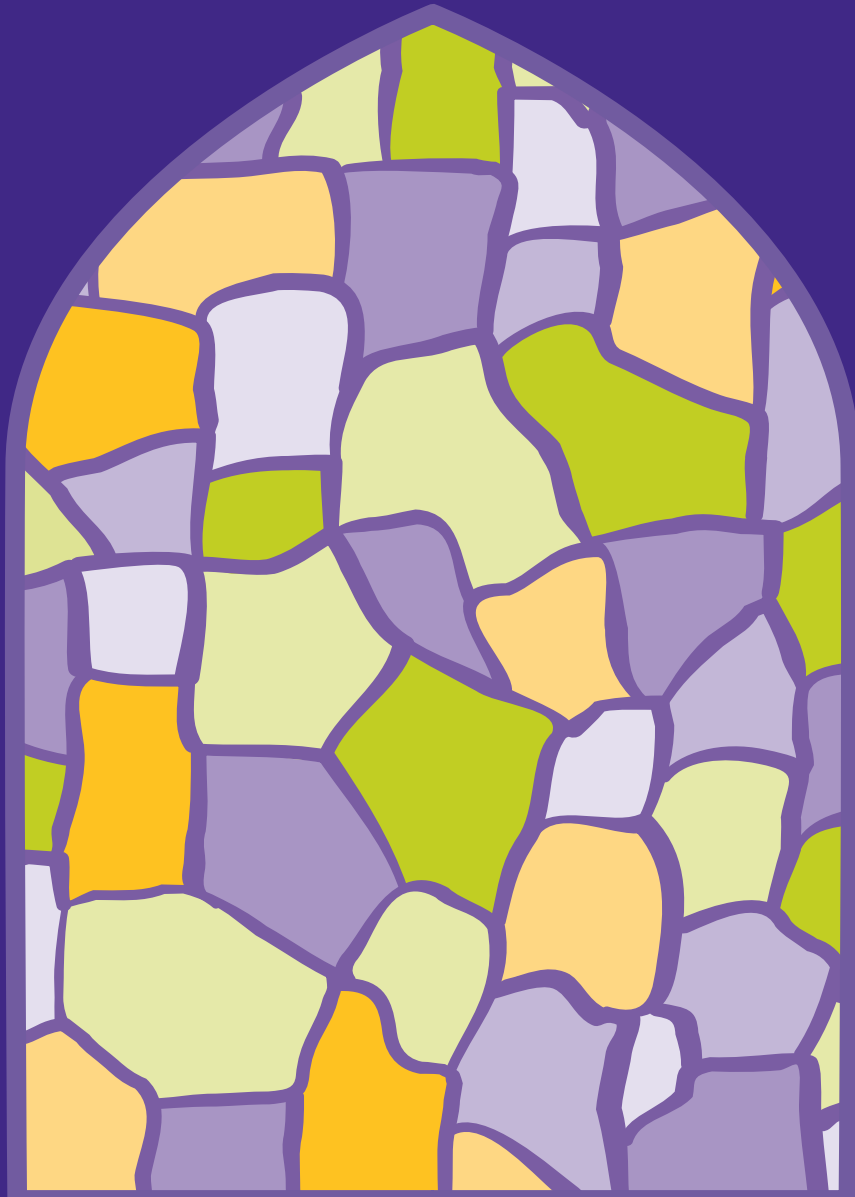
1 Corinthians 6:10

Relationships and Dating

1 Corinthians 6:12–20

1 Thessalonians 4:2–8

2 Timothy 2:22



FHI 360 Headquarters
359 Blackwell Street, Suite 200
Durham, NC 27701 USA
T 919.544.7040
F 919.544.7261
www.fhi360.org