

Part 2: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HOW PREGNANCY OCCURS

Teen Girls Talk

We Care Groups

Jifahamu

Part 2: What a girl needs to understand about how pregnancy occurs

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FRONT – seen by the Girls

What is Sex?

Sex is Best when the two people know and care about each other.



Sex is Best when the two people both get pleasure during sex – giving and receiving pleasure!



Sex is Best when the two people ask for permission from the other (consent) – to do anything sexual.



Sex is Best when the two people being sexual talk about their plan to have sex before they have sex.



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BACK – seen by facilitating volunteer

Facilitator Explain: *What does sexual activity mean?*

- Sex can include:
 - 1) vaginal sex – this is when the penis of the man enters the vagina of the woman
 - 2) anal sex – this is when the penis of the man enters the anus of the woman
 - 3) oral sex – this is when the penis of the man enters the mouth of the woman or the man touches the woman’s vulva with his tongue.

Facilitator Explain:

Sex is Best:

- 1) When two people being sexual, can talk freely talk to each other about their plan to have sex with and about how the two people can be safe.
- 2) When two people know and care about each other
- 3) When both people get pleasure
- 4) When no one is afraid about the risk of pregnancy

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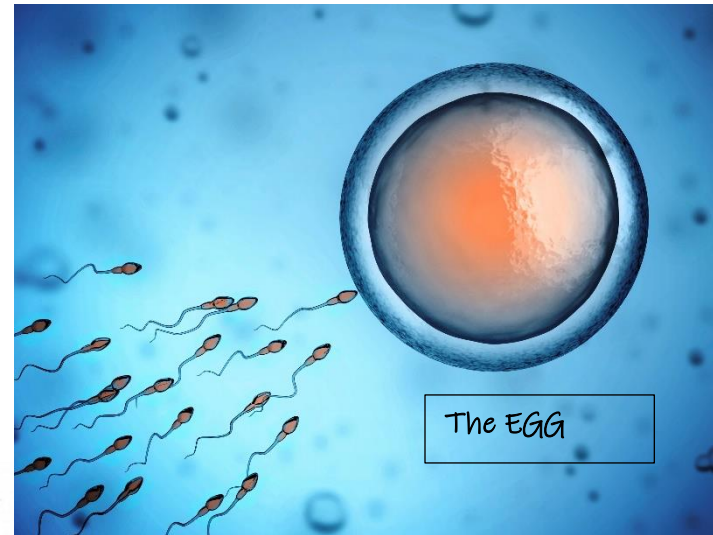
FRONT – seen by the Girls



When the penis becomes hard and erect it can enter the vagina of the woman. Any liquid that is released from the sperm will contain sperm. Millions of sperm will swim to meet the egg of the woman.

As soon as the egg is fertilized the fetus begins to grow.

It will take 9 months for the fetus to grow into a baby.



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Facilitator Explain:

Pregnancy happens when a man's sperm enters the woman's body through the vagina and reaches the egg that has been released from the ovary.

- 1) During sex the **semen** or fluid that is ejaculated from the man's penis into the woman's **vagina** contains millions of sperm. One ejaculation can contain more than 300 million sperm.
- 2) As soon as the **penis is erect – or goes hard**, before the man ejaculates, a liquid is produced. This liquid can also contain thousands of sperm. Men have no control over the production of this liquid.
- 3) The man's sperm enters the woman's body through her vagina, then travels through her womb to the tube where an egg is traveling down from the ovaries.
- 4) When the egg and sperm meet, the egg is fertilized (conception).
- 5) Pregnancy officially starts when a fertilized egg settles itself into the lining of the womb or uterus.
- 6) It takes up to 2-3 weeks after sex to be able to test for pregnancy. The first sign of pregnancy is a missed period, breast tenderness, nausea.

Facilitator Ask: Anyone have any questions? (Receive any questions without judgement)

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Busting the Myths and Misconceptions about how pregnancy happens