

Part 3: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HOW TO PREVENT PREGNANCY

Teen Girls Talk

We Care Groups

Jifahamu

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

Part 3: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HOW TO PREVENT PREGNANCY



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Back – Seen by Facilitator

Facilitator Ask & Discuss: Why do some adolescent girls **have** sex? Why do some adolescent girls **not** have sex?

(Invite ideas from the girls without judgement)

Some of the reason girls have sex before they are adults	Some of the reason girls <u>do not</u> have sex before they are adults
<ul style="list-style-type: none"> • I want to! • I think I am ready! • I don't want to lose our boyfriend! • I am forced to - physically or verbally (mention that being forced is sexual assault, which is against the law.) • I am given alcohol that make me make different choices • My friends are doing it! • My peers' pressure me to go and have sex – telling us we are shy or still a child! • I am rebelling against my family /parent's authority • I want a baby • I think it feels good! • I am horny • I am in love • I am proving ourselves 	<ul style="list-style-type: none"> • I don't think I am ready (this is a good place to explore what it means to not be ready for sex) • I don't want to/not yet interested • I don't want to risk pregnancy or an STIs • I am too busy, I have no time • I have had a painful past experience (mention sexual assault isn't sex.) • I follow a religion that discourages early sex • I have future goals and sex can interfere with these • My boyfriend doesn't want to • I don't yet have a boyfriend • I fear my parents finding out rumours and being thrown out of the house • My values discourage sex at a young age • I am not comfortable with the idea

Facilitator Explain

Having sex should be your choice.

Whether you are having sex or not, it is important that you are **SAFE**.

- Having sex against your will is not safe.
- Getting pregnant as an adolescent is not safe for you or the baby.
- Getting a sexually transmitted infection or HIV through unprotected sex is no safe for you.

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FRONT – seen by the Girls



Let's talk about giving our permission to have sex

SEX AND CONSENT

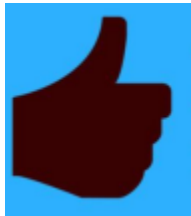
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BACK – seen by facilitating volunteer

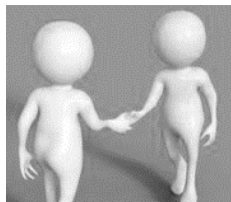
Sex requires Permission or Consent

Facilitator Explain: (slowly and carefully and without judgement or your opinion)

- 1) Consent means both people agree when it comes to doing anything sexual – touching, rubbing, holding and penetrating.
- 2) There are 3 parts to consenting:



YOU AGREE TO HAVE SEX WITH THIS MAN AND YOU ARE ENTHUSIASTIC – YOU WANT TO!



YOU ARE NOT BEING FORCED TO HAVE SEX IN ANY WAY
YOU ARE AWARE OF WHAT YOU ARE DOING AND YOU ARE AGREEING.
YOU'VE NOT BEEN TRICKED, CORNERED OR FORCED OR THREATENED OR YOU FEEL YOU OWE THE MAN SOMETHING.



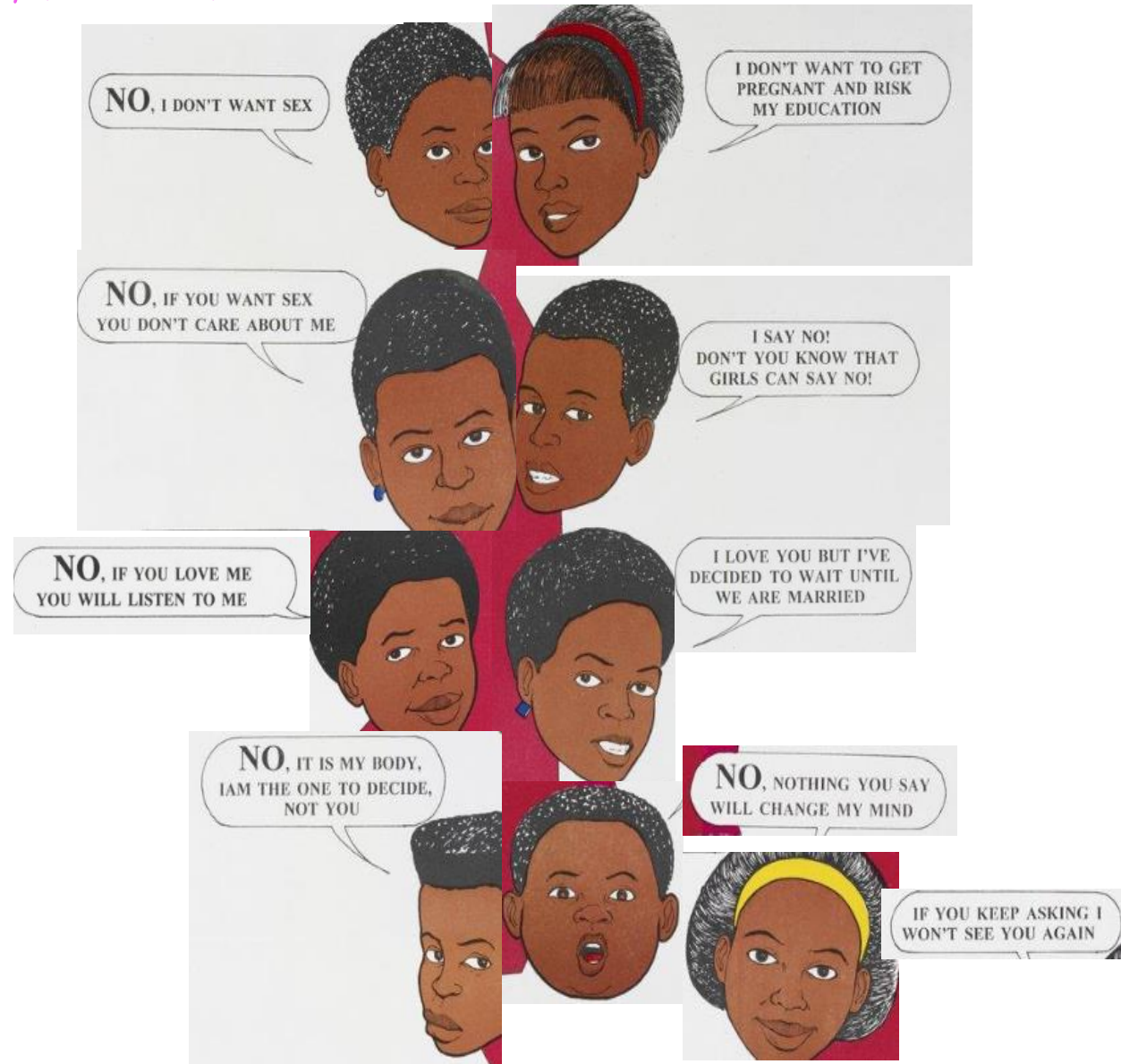
YOU UNDERSTAND AND KNOW WHAT YOU'RE ABOUT TO DO AND YOU'RE AWARE OF THE POSSIBLE RESULTS:

- PREGNANCY,
- SEXUALLY TRANSMITTED ILLNESS,
- HIV

AND YOU ARE CHOOSING TO GO AHEAD ANYWAYS.

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Ways that we can say No! If we don't want sex!



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BACK – seen by facilitating volunteer

Sex requires Permission or Consent

Facilitator Explain: (slowly and carefully and without judgement or your opinion)

- 1) If you don't want to have sex – there are many ways to say No!
- 2) Saying No, needs practice!

Facilitator Read:

I am walking back from a church meeting, it is Saturday evening, and on my way home I pass the football – I see a friend and talk to her and watch the boys play. I see Danny, a neighbor, on the field and he makes a sign to say I'm looking good! I wave goodbye and set off on my walk home it is getting dark and I hear the final whistle. A few minutes later, Danny calls my name from behind me and he begins walking beside me. We walk most of the way home together and then he tells me he says he knows a short cut to my house, and we should go that way. I don't want to go that way, it is getting dark. He takes my hand and pulls me that way.....

I have recently started kissing a boy who is a few years old than me, we meet near the river after I have collected the clothes. He has been pressuring me to do more than kiss – but now we are doing things I don't feel comfortable with – he is putting his hands everywhere and taking my clothes off and forcing himself, without asking me – I don't like that.

Role Play: (Facilitator Invite members of the group to practice Saying No – using these 2 stories)

Facilitator Contribute (if necessary):

Here are some suggested ways to say “No”

- I don't like that
- I don't feel like it today
- I am not ready for that.
- I don't feel like it today.
- I like you but I want this right now.
- I'll only do that if you use a condom.
- How about we do _____ instead.

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FRONT - seen by the Girls

So - You Said No to Sex - then what?

So, YOU SAID NO to Sex!

WHAT DOES NO MEAN?



Have you been kissing?



Has he given you rides? Done you favors?



Did he give you presents, or did he do favors?



Are your clothes off?



Have you had sex before?



NO STILL MEANS NO

SEX + CONSENT = SEX
SEX - CONSENT = RAPE

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BACK – seen by facilitating volunteer

Consenting to Sex

Facilitator Explain:

- 1) NO really means NO!
- 2) If you have said No, it doesn't matter what has happened or is happening – your No means No
- 3) Remember, if you've said No and the man forces himself on you – it is considered Rape and you can seek help.

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FRONT – seen by the Girls

Why do we want to prevent you getting Pregnant?



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BACK – seen by facilitating volunteer

Preventing Pregnancy

Facilitator Ask: Invite the girls to give their opinions about why it is important to prevent pregnancy until they have grown into fully developed women. (Receive answers and then explain the facts below).

Facilitator Explain:

- 1) A pregnancy at a young age, under 21, can be dangerous to both you and the baby. Both of you have a higher risk of dying and or cause serious problems to your health.
- 2) Raising a child before you are an adult can change your life completely.
- 3) You will have your whole life ahead of you to become a mother – letting your body finish growing and then you will be stronger and more able to be a good mother.
- 4) Think carefully before having sex – sex can lead to unwanted pregnancies, unsafe abortion, diseases that are passed through sex like chlamydia, gonorrhoea, syphilis, and HIV/AIDS.

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FRONT - seen

Preventing Pregnancy



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BACK – seen by facilitating volunteer

How does Pregnancy happen?

- 1) For pregnancy to happen, a sperm needs to meet up with an egg.
- 2) Pregnancy officially starts when a fertilized egg settles itself into the lining of the womb or uterus.
- 3) It takes up to 2-3 weeks after sex for pregnancy to happen.

Facilitator Explain:

- 1) There are safe and effective methods for preventing pregnancy that are good for adolescents.
- 2) There are safe methods that protect from STIs, and HIV/AIDS.
- 3) There are safe methods that can prevent a pregnancy if you have already had sex without protection – this method does not protect from STIs and HIV/AIDS.
- 4) All these methods are available to you and you do not require permission from your parents parental to receive a contraceptive method.

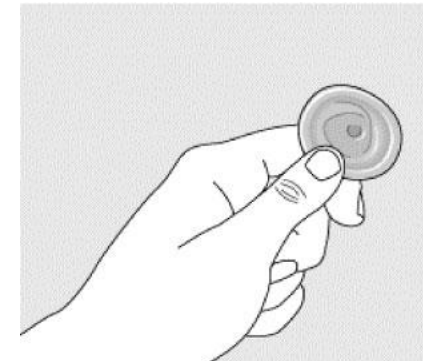
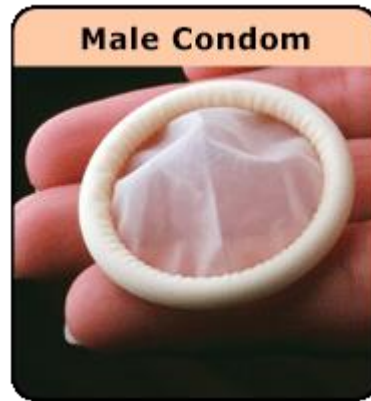
Facilitator Ask: *begin a discussion*

- 1) What methods have your heard about, which ones do you know, and which ones do you like or trust or prefer?

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FRONT - seen by the Girls

Methods that prevent pregnancy and diseases



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BACK – seen by facilitating volunteer

Preventing Pregnancy – Male Condom

Facilitator Explain:

- 1) A male condom is worn on the penis. It is usually made of latex, a type of rubber.
- 2) Condoms work by keeping semen (the fluid that contains sperm) from entering the vagina.
- 3) The male condom is placed on the penis when it becomes hard and erect before any contact with the vagina.
- 4) It is unrolled all the way to the base of the penis while holding the tip of the condom to leave some extra room at the end. This creates a space for semen after ejaculation.
- 5) Holding the tip of the condom is important – if this is done, it is less likely that the condom will break.
- 6) After the male ejaculates or releases the fluid, he should hold the condom at the base of the penis as he pulls out of the vagina.
- 7) He must do this while the penis is still erect. This prevents the condom from slipping off when the penis gets soft, which could let sperm enter the vagina.

- 8) A condom cannot be reused. A new condom should be used each time a couple has sex and it must be used from start to finish to protect against pregnancy and STDs.

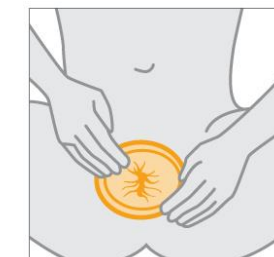
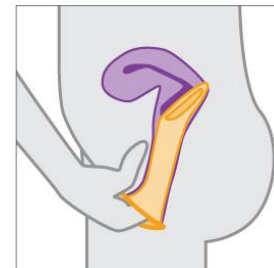
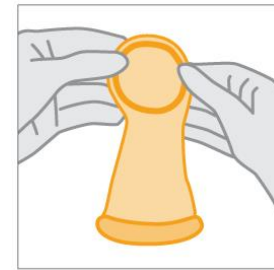
- 9) Oil-based lubricants (such as mineral oil, petroleum jelly, or baby oil) should never be used with condoms because they can break down the rubber.
- 10) A condom that seems dry, sticky, or stiff when it comes out of the package, or is past its expiration date (the date is written on the package), should be thrown away and a new one used instead.
- 11) It's helpful to have several condoms on hand in case there's a problem with one. It's best to store unused condoms in a cool, dry place.

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

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Methods that prevent pregnancy and diseases



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Preventing Pregnancy – Female Condom

Facilitator Explain:

- 1) A female condom is inserted into the [vagina](#).
- 2) It has a flexible ring or hoop at either end.
- 3) One end is closed and goes into the vagina; the other end is open and the ring sits outside the opening of the vagina.
- 4) The female condom has a higher failure rate than the male condom. Condom failure means it's possible to contract sexually transmitted infections or become pregnant. The female condom may not protect you if:
 - a. The condom breaks
 - b. The condom slips out of the vagina
 - c. The penis slips between the vagina and the outer surface of the condom
 - d. The outer ring of the condom gets pushed into the vagina during sex
- 5) To insert the female condom one needs to squeeze the ring at the closed end of the pouch with your middle finger and thumb and insert it into your vagina like a tampon. Place your index finger inside the condom and push the ring up as far as it will go.
- 6) Don't allow the condom to twist. Make sure the outer ring remains outside the vagina, extending beyond the thick lips - labia.
- 7) You can place the female condom inside your vagina up to eight hours before sex.
- 8) Guide the penis into the female condom. Make sure the penis doesn't slip between the vagina and the outer surface of the female condom. During sex, make sure the outer ring of the condom doesn't get pushed into the vagina.
- 9) After sex, remove the female condom carefully. Twist the outer ring so that the semen is contained in the condom and gently pull the device out of your vagina. Dispose of the female condom safely and away from places where children play.
- 10) The female condom is not the best method for an adolescent.

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

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Preventing Pregnancy – Hormonal Methods



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Preventing Pregnancy – Hormonal contraceptives

Facilitator Explain: the IMPLANT

- 1) The Implant is the most effective method to prevent pregnancy in girls 15 to 19 years old.
- 2) It stops ovulation – this means you do not release any eggs while on the implant.
- 3) It is inserted by a nurse at a clinic and once inside it lasts up to 3 years. You can then forget about it and know you will not fall pregnant.
- 4) You can feel it in your arm, but you cannot see it. No one will notice.
- 5) It can be removed if desired
- 6) Of course, it does not protect you from diseases – only condoms do that.

Facilitator Explain: the Depo Provera Injection

- 1) Depo Provera is an injectable contraceptive – given in the arm or buttocks – it also prevents release of the egg
- 2) It lasts 3 months and then you need to return for another one at the clinic
- 3) You should receive the injection during your period to protect you fully for the first month
- 4) This method is very effective at preventing pregnancy
- 5) You can reverse it by not getting the next injection if you wish
- 6) It will make your periods very light or for some it may mean spotting lightly for a few months
- 7) It is quiet and no one needs to know

Facilitator Explain: the contraceptive pill

- 1) Pills work well if they are taken every day without fail at the same time of day
- 2) There are different pills and some work better for others
- 3) These pills also prevent ovulation

The Morning After Pill: This pill can be taken 24 to 72 hours after sex if you have had sex without protecting yourself from pregnancy. This is not a contraceptive.

Facilitator Ask: Do any of you have any questions (receive questions from the girls without judgement)