Adolescent reproductive health: Booklet for parents

Rieny H. Hardjono
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PREFACE

Collaboration between the Center for Health Research, University of Indonesia, the National Family Planning Coordinating Board (BKKBN) - Bureau of Non-Physical Family Resilience, UNFPA Jakarta and the Population Council (Jakarta), produced and distributed in Indonesia two prototype modules as basic materials on Reproductive Health for Families with School-age Children and Adolescents, in 1996. A small study to pretest these materials was conducted between October 1994 and June 1995 to evaluate people’s perception and acceptance of them. An updated version for both parents and the adolescents themselves have been published by BKKBN this year, based on the version in 1997, produced by the Bureau of Non-Physical Family Resilience (BINOF) of the National Family Planning Coordinating Board (BKKBN), Yayasan Kusuma Buana (an NGO in Jakarta), UNFPA Jakarta project number INS/96/P12, the Center for Health Research University of Indonesia, and technical assistance was provided by the Population Council, Jakarta.

Alongside these, it was felt by the Population Council that international versions of the same material would be of great value, as the concerns and gaps in information are very similar all over the world with respect to the topics covered by these modules. Therefore, translation to English with necessary modification was done by Rashmi Pauchauri Rajan, an international consultant in the field of youth and HIV/AIDS, accompanied by Rieny H. Hardjono from BKKBN.

Youth, the world over, are constantly thirsty for knowledge and information, pertaining to their health, particularly their reproductive health, but do not always know where to get correct and relevant information. The same often holds true for parents of teenagers who also have to contend with the natural but difficult physical, emotional, and mental changes that their children go through during their adolescence. The objective of these books—the Adolescent Reproductive Health module for youth as well as the module for parents—is to attempt to provide concise, direct, detailed, and correct information about common concerns and questions teenagers have about the physical and mental changes that occur during puberty. The parents’ manual covers the same subjects but from the point of view of parents and their handling of adolescents, as parents begin to realize that they need to go against traditional practice and talk to their children about sexual development and behavior. The detailed information contained in these two manuals is supplemented with illustrations and drawings by Ahmad Fauzi, which further help in the understanding and comprehension of the issues addressed.

These books cover in a detailed and organized manner, the process of puberty (with respect to girls and boys); reproductive health, covering the
reproductive organs and menstruation; sex and pregnancy; risky sexual behavior and its consequences; behavioral changes during adolescence; pregnancy, delivery and post delivery; contraception; and sexually transmitted diseases (STDs), including HIV/AIDS.

With the objective of providing one source of correct, concise, and detailed information on topics of concern among youth all over the world, it is hoped that these two manuals on Adolescent Reproductive Health will go at least some way in quenching youth's thirst for knowledge on reproductive health which today is of greater importance than ever before, with earlier and more open sexual activity among youth on one hand, and the frightening and rapid spread of diseases such as HIV/AIDS and STDs, on the other.
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Glossary
Parents should realize that there will be a lot of changes, physical and mental, which adolescents will experience. This process of change is called "Puberty". During this period, parents should guide and educate their children. Parents should instill religious values in their offspring from early childhood. This will be of great value to the child when she/he faces adolescence and puberty. Parents should build a strong sense of self-esteem in their children, convince them that the education, and knowledge that they gain from school are very important for planning their future, and for becoming independent, and responsible during adulthood.
When facing the transition from a dependent childhood to a more independent adulthood, adolescents need support, and assistance from their parents, especially when they are under social pressures. At this time, parents can help adolescents to build up their self-confidence to be able to face problems, and not easily give up.

Adolescents need role models in their lives. Through their own behavior, parents must be role models for their children. Parents should have a sense of religious values and faith. This will play an important part in the development of the personality of their children.
Their Role As Supervisors

It is an obligation for parents to look after, care for, and supervise the behavior of their children during their puberty. Parents must make sure that their children do not get involved in criminal activities, or negative behavior. However, supervision can be done by parents in a friendly and nice way. Suspicion, on the other hand, can create distance between parents and their children. It will also cause loss of open dialogue, and good communication between them.

Their Role As Friends

During the process of puberty of their children, parents should be more patient and understanding about the changes that are taking place in their children. Parents should create an atmosphere where open dialogue, which is warm and friendly, with no tension and rudeness, can take place. If adolescents feel secure and protected, parents will become their main source of information, their best friends, and someone to discuss and talk about their problems with.
Their Role As Counselors

It is important for parents to be there when adolescents face difficulties and need help to make decisions. Parents may make suggestions and give advice about good and bad values which can help adolescents to make decisions for themselves. Parents should have more patience and be mentally prepared to deal with adolescent behavior. As counselors, parents should not be judgemental, but rather, be friendly and cooperative.

Their Role As Communicators

A harmonious environment and understanding between parents and adolescents will result in good communication. Parents should discuss all topics openly and wisely, and build a sense of security and protection which will help adolescents in talking about and discussing their problems. They will thus, be willing to ask for their parents' help in solving their problems.
Chapter 2

PUBERTY

I am a girl aged 11 years old. Lately, I have noticed that my breasts are getting bigger. I am very worried that it is some sort of disease... is it?

(Kompas, 14th June, 1992)

I am a teenaged boy aged 12 years old. Lately, I have been very confused because when I speak, my voice sounds very weird and deepens. What is happening to me?

(Kompas, 8th September, 1992)

Right now, your children facing the period of changing from a child to an adult. This process is known as “PUBERTY”. During this period of growing into an adolescent, they will experience lots of changes physically and mentally. These important changes will also affect their personality later on.
When Does Puberty Occur?

Puberty for girls starts earlier than for boys. Usually, girls start anytime between the ages of 11 and 12. Boys normally start later - between 13 and 14 years.

These changes could occur at different times for different people. This is because everybody grows at different rates. Your children might have noticed that their friends are getting taller while they are still the same size, or they have a deeper voice (boy) than their friend. This is perfectly normal, so your children need not be alarmed if everybody is changing while they are still the same. Eventually, they will catch up. It may also be that they are growing faster than other people they age.
What Are The Physical Changes That Adolescents Will Experience?

**Boys**
- Muscles develop (mainly the chest and shoulders)
- An increase in weight and height
- Voice deepens
- Hair growth around genitals (pubic area), legs, arms, chest, underarms and face
- Testicles enlarge and when stimulated, let out sperm (ejaculation)
- Wet Dreams

**Girls**
- An increase in height
- Hair growth around genitals and underarms
- Breast enlargement
- Hips enlargement
- Experience menstruation for the first time (onset of periods)

Adolescent Reproductive Health
What Mental Changes Will Your Children Experience?

Teenagers will be attracted to the opposite sex. Girls will want to make themselves look more attractive, and boys will try to show their manhood. Other mental changes that they will experience are usually lack of self-confidence (shy, sad, worried and confused). They may also feel awkward with the opposite sex - this is perfectly normal and happens to nearly everyone.

What Behavioral Changes Will Occur?

At this stage, adolescents will prefer to go out with their friends rather than to stay at home, and will often disobey you, showing off and not thinking before they act. This causes them to be easily influenced by their friends or those around them. Girls, before menstruation, usually become very sensitive, emotional, easily annoyed, and worried, without any particular reasons.

TEENAGERS ARE USUALLY EASILY INFLUENCED BY PEOPLE AND THINGS AROUND THEM.
What Other Changes Will They Experience?

Their skin will become more oily and therefore, can more easily get acne (pimples). But do not let this lower their confidence. This is caused by extra fat beneath the skin layer (sebaceous glands).

MAKE IT A HABIT TO DISCUSS YOUR ADOLESCENTS’ PROBLEMS AND BE THEIR BEST FRIENDS.
Chapter 3

ADOLESCENTS AND REPRODUCTIVE
HEALTH AND WELFARE

Can you please tell me what semen is...? I'm too shy to ask my
mother or any of my friends. I've heard that women are able to
produce sperm and also experience wet dreams. Sometimes I find this
whitish to yellowish discharge of liquid in my underwear—is that
what you call semen? I've also heard that semen can be produced
from having sexual intercourse, is that true also...?

(Kompas 18th September 1993)
There are a lot of things about yourself that you need to know, like the process of reproduction and the function of your reproductive organs.

What Is Reproductive Health?

Reproductive health is a state of complete physical, mental, and social well-being and not just the absence of disease or infirmity, in all matters relating to the reproductive system and to its function and processes. Reproductive health therefore, implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when, and how often to do so.

What Do You Need To Know About Your Reproductive Organs?

You may be talking only about the shape of your external reproductive organs (genitals). However, reproductive organs consist of external and internal parts.

Reproductive organs are parts of your body that are responsible for the process of reproducing.
**EXTERNAL FEMALE REPRODUCTIVE ORGANS**

1. Outer lips/labia majora
2. Inner lips/labia minora
3. Clitoris - This is very sensitive as it consists mainly of nerve endings.
4. Vaginal opening - To vagina, leading to the uterus.

**INTERNAL FEMALE REPRODUCTIVE ORGANS**

1. Vagina - Passage through which babies are born and through which menstrual fluid flows out.
2. Hymen - A thin tissue covering the vagina.
3. Cervix - Entrance to uterus.
4. Fallopian tubes - Tubes connecting the uterus, to the ovaries. These provide a passage for the ova.
5. Uterus (womb) - Where fertilized ovum grows during pregnancy. If there is no fertilized ovum, the lining breaks down during menstruation.
6. Ovaries - Produce ova, and the female sex hormones estrogen and progesterone. There are two ovaries on either side of the uterus.
A young teenage boy asked a doctor:

....I have a girlfriend who is 13 years old...but my friends say that she is no longer a virgin, as they can see that from the curve of her ankles. Is it true that she is no longer a virgin?

(Surya, 12th May 1993)

What Is The Hymen..... Really?

For women, the tearing of the hymen (loss of virginity) usually happens because they have had sexual intercourse (when the penis is inserted into the vagina). When attempting sex for the first time, there may be a little bit of bleeding from the vagina. But this also depends on how strong the hymen is. The hymen can also break because of an accident or because of rigorous exercising (horse riding or falling from a bike), but this may not happen often.
...I am a young girl aged 12 years. After my period, there is this pinkish to red liquid in my underwear. Is this the work of the devil? I'm afraid that I will not be able to pray, and I will be a sinner. This makes me want to give up and just die

(Surya, 8th June 1992)

What Do You Need To Know About Your Menstrual Cycle?

Periods/ menstruation is when the lining of the uterus breaks down and flows out of the vagina in the form of blood. This process happens every month and lasts more or less 3-7 days. The length of time from one period to another may be different for different women. This usually happens more or less every 28 days (between 21-35 days). But during puberty it may be irregular.

What Is The Process Of Menstruation?

A woman has a pair of ovaries, that produce eggs, on the left and right of her uterus. The uterus produces a lining on its walls to provide a nest for the egg that has been fertilized by sperm. If the egg does not get fertilized, the lining on the walls of the uterus thickens, then sheds, and comes out through the passage of the vagina in the form of blood (menstruation fluid). Menstruation does not occur if you are pregnant, because the egg that was fertilized by the sperm will nest in the uterus (womb).
When Does The First Menstruation Start And When Does The Last One End?

The first menstruation usually starts between the ages of 11-13 and is called MENARCHE.

MENOPAUSE is when the menstruation cycle stops completely, and this happens to women between the ages of 40-50 years.

Menstruation proves that a woman's reproductive organs are mature. After the first menstruation cycle, a young woman can get pregnant if she has sexual intercourse.

What Does A Young Girl Need To Pay Attention To During Her Menstrual Cycle?

- During menstruation, the lining of the uterus can easily get infected. Because of this, we should practice good hygiene because bacteria can easily enter the vagina and can cause diseases that may damage your whole reproductive system.
- During menstruation, some women may feel some pain around the hip and waist area. This is because of the stretching of the uterus muscles.
- To practice good hygiene, when using sanitary pads during menstruation, we should change them as often as 2-3 times a day and after bathing and urinating.
- When using sanitary pads, we should wrap them in toilet paper/wrapper, and throw them in an appropriate place. For other types of protection (cloth), it is best if we soak it in warm water and detergent in a closed container before washing it.

AFTER THE FIRST MENSTRUATION
YOU CAN GET PREGNANT IF YOU HAVE SEXUAL INTERCOURSE.
...Doc, I'm 11 years old. Why is my penis so small? Will I be able to have babies later on? But sometimes in the morning my penis hardens and lets out a small amount of liquid. Is this normal...?
(Pos Kota, 6th Sept. 1995)

The male reproductive organs consist of five parts:

1. **Penis** - This is a cylindrical shaped organ with its head shaped like a helm (called glans). The tip of the penis is full of nerve endings and is therefore, very sensitive.

2. **Testicles** - These are two round sacks which hang behind the penis. The testicles produce sperm.

3. **Urethra** - This is a narrow passage within the penis for the passage of urine and semen.

4. **Prostate glands** - These produce fluid which contains nutrition to keep the sperm alive.

5. **Seminal glands** - Its function is almost the same as that of the prostate glands. These two glands are the external male reproductive organs.
Why Is Male Circumcision Recommended?

After circumcision, the penis is easier to clean. Therefore, it is more hygienic, and prevents diseases and infections.

What Is An Erection?

An erection occurs when the penis hardens. It is caused by a large amount of blood entering the penis, making it large, stiff, and hard. An erection is followed by ejaculation (when semen containing sperm flows out of the penis).

What Is A Wet Dream?

A wet dream is ejaculation taking place when you are asleep. This is caused by a large amount of semen passing from the testicles through the urethra. A wet dream is nature's way of letting out excess semen and sperm.

What Is Masturbation?

Masturbation is a form of sexual gratification by the stimulation of one's own genitals. Mutual masturbation involves stimulating another person's genitals. Self masturbation is totally safe. It is not harmful at all. It is a physiological and natural phenomenon, and does not cause blindness, impotence, infertility, or madness, as it quite often believed.
What Is Your Role And Function?

As parents and family you play an important role in your children’s lives during their change from adolescents to adults. If they have not already discussed their problems with you, they should try to start now. If they have a habit of discussing their problems and solving them with you, it will help them choose the right path, because when they discuss their problems with you, they will have much more of a chance of solving them in the right way rather than if they discuss them with their friend. They will gain a great amount of knowledge about certain issues, like the changes that are happening to them, things relevant to adolescent reproductive health, and even things about dating, from you because you are their best source of information.

YOU ARE YOUR CHILDREN’S BEST FRIENDS.

Parents must remind adolescents to control their behavior during dating especially to control their urge to go further. They should tell their adolescents that parts of their bodies such as the genital, buttock, inner thighs, chest, neck, and mouth are very easily stimulated. Parents should therefore, remind the adolescents to avoid direct contact around these areas, because this will stimulate their sexual desire.
NO FREE SEX, DRUGS, & ALCOHOL
SEX AND PREGNANCY

... “I'm a teenager aged 17 years. My friend has had sex a few times. I want to ask, when can sex cause pregnancy?” ...  
(Pos Kota, 9 August 1992)

When Does Pregnancy Occur?

Sexual intercourse can cause pregnancy during your fertile period (young woman). This means that even if you have sex just once, you can get pregnant. If you have it more than once, the chances of your getting pregnant are higher.

EVEN IF YOUR DAUGHTER HAS SEX JUST ONCE IT IS ENOUGH TO CAUSE PREGNANCY.
..."I am a girl aged 15 years. My boyfriend is 17 years old and has asked if I want to have sex with him. I have heard that you can’t get pregnant if it is not during your fertile period. When and what is your fertile period?"

(Kompas, 1 April 1996)

When And What Is Your Fertile Period?

According to the obstetrics, the fertile time happens on the 14th day before the next menstrual cycle. But because the period in between the next menstrual cycle is different for different women, the fertile time is taken around 3-5 days before and after the 14th day. So, more or less 10 days in between the middle of the cycle is considered the fertile period. Attempting sexual intercourse during the fertile time will put your daughter at a very high risk of becoming pregnant. But attempting sexual intercourse during other days still puts her at a high risk of becoming pregnant. This is because at her age (an adolescent), the menstrual cycle has not yet formed a regular pattern. Therefore, the fertile time is very difficult to predict accurately.

THE FERTILE PERIOD FOR TEENAGERS IS VERY DIFFICULT TO PREDICT ACCURATELY.
How Does Pregnancy Occur?

Pregnancy occurs when the sperm of the male meets the egg of the female. During sexual intercourse, the penis enters the vagina. The penis (male reproductive organ) ejaculates (lets out a liquid called semen containing sperm) when it is inside the woman’s vagina. This causes the male sperm to fertilize the female egg (ovum) for pregnancy to occur.

TEENAGERS HAVE TO BE BRAVE AND FIRMLY REFUSE IF ANYBODY URGES THEM TO HAVE SEX WITH THEM FOR ANY REASON, EVEN IF THEY THREATEN TO BREAK UP.
What Are The Risks Of Teenage Pregnancy?

Teenage pregnancy can risk a teenager's and her baby's life. This can happen due to:

- Miscarriage
- Premature birth (baby born before 9 months), as well as the baby being underweight (weight lower than 2.5 kg).
- Complicated delivery (obstructive labor and bleeding) that can cause the death of the mother-to-be and her baby.

Other risks from unwanted pregnancy are:

- Mental disorder - Feeling scared and pressured, even leading to youth suicide.
- Dropping out of school.
- Attempting unsafe abortion (secretly).

TEENAGE PREGNANCY CAN CAUSE THE DEATH OF THE TEENAGER AND HER BABY.

Parents play an important role as a source of information about the process of pregnancy. As the external and internal reproductive organs mature and begin to function, they trigger off the onset of sexual urge. Therefore, the role of parents as guides and supervisors is important during this period. Often, adolescents indulge in sexual activity without thinking of its consequences. Openness between parents and adolescents plays an important part in deterring adolescents from experimenting with sex.
What Should An Adolescent Avoid When She/He Is Dating?

When adolescents are getting closer to her/his friend (boyfriend/girlfriend), they should control their urge to go even further. Parts of their body such as their genitals, buttocks, inner thighs, chest, neck, and mouth are very easily stimulated. They should avoid direct contact around these areas because it will stimulate their sexual desire.
AVOIDING PREGNANCY BEFORE MARRIAGE

"I'm an 18 year old girl going out with a 21 year old guy. At first, our relationship did not lead to any sexual contact, but lately when we’re flirting with each other, he kisses me on the lips and his hands wandered all over my body, then he wants to continue with sex... Can I get pregnant? How do I avoid getting pregnant?"...

(Pos Kota, 27th Sept. 1992)

It is more important for a girl to say NO to sex before marriage because the consequences of sex before marriage (unwanted and risky pregnancy, risk of STDs and HIV, and social stigma, etc.), for girls are far worse than for a boy. Therefore, a girl must be firm in her ability to say NO and thereby, control her own life and destiny.

Parents should advice their children, specially girls, to be firm and be able to say No if their partners ask them to indulge in sex. Parents must also educate their boys to respect their female friends and not urge or force them to have sex before marriage.
How To Avoid Becoming Pregnant Before Marriage?

The precise and most effective way to avoid pregnancy before marriage is to not attempt sexual intercourse (abstinence) during teenage years (before marriage).

Abstinence needs commitment, motivation and self-control. This is hard for teenagers. The best way for them is to refuse every invitation from their partner to have sex with them. They need to understand that sex is not the only way to express love towards their partner.

"I'm a 17 year old guy. When I'm close to my girlfriend, it makes me want to kiss her, and then I want to continue with sex. But my girlfriend always refuses because she's afraid that she'll get pregnant..."

(Pos Kota, 30th Nov. 1994)
How Should Adolescents Behave?

They have to control themselves when dating. They should avoid behavior that will stimulate their sexual desire, like feeling/touching parts of the body that are easily stimulated.

There is only one word for sex before marriage “NO!!!”

Why Do Teenagers Have to Say “NO” To Sex Before Marriage?

Sex before marriage has a lot of risks:

- It is not allowed by certain religions to have sex before marriage.
- Unwanted pregnancy - This often leads to unwanted marriage because teenagers are actually not ready for marriage.
- Abortion - If this is done by an untrained person, it can lead to heavy bleeding (hemorrhaging) which can cause death.
- Sexually transmitted diseases - Especially for people who change partners frequently, and those who visit prostitutes, there is a high risk of getting sexually transmitted diseases.
- Social stigma - Sex and pregnancy before marriage are still not socially acceptable by most societies in the world.

Teenagers have to be firm and say “NO” to every invitation to have sex.
What Is The Role And Function Of Parents In Helping Their Adolescent Girls Avoid Pregnancy Before Marriage?

Guidance and encouragement from parents is very important to build an atmosphere of openness and friendliness between them and their children. This will help teenagers, specially girls, to be firm and say No to sex before marriage.
RISKY SEXUAL BEHAVIOR AND ITS IMPACT

..."I have a close friend, a 16 year old guy...and he likes another friend who is also a guy. It seems like he likes me as well. Sometimes he likes to look at me and touch me. If I meet him, it makes me feel awkward and insecure, even though he is a close friend. What should I do? Is he gay (homosexual)?"...
(Surya, 30th September 1993)

Right now, your child is changing into an adult, so she/he is easily influenced. Her/his friends will influence her/him (or your child will influence her/his friends) into trying out new things (experiments). Your child has to know what type of sexual behavior is risky so she/he can avoid it.

KNOWLEDGE AND FAITHFULNESS ARE YOUR CHILDREN'S FORTRESSES AGAINST BAD INFLUENCE FROM THEIR ENVIRONMENT.

Adolescent Reproductive Health
What Is Risky Sexual Behavior?

..."I'm a boy aged 16 years, and have slept with my friend who is also a boy. When we were sleeping, he began touching me and it was very pleasureable. After that, I've never been interested in girls. Can I be a normal person later on and have children?"...

(Pos Kota, 4th Oct. 1994)

Homosexuals and Bisexuels

**Homosexuality** is when a person is sexually attracted to the same sex. A male homosexual is also known as a Gay, and female homosexuals are called Lesbians.

**Bisexuality** is when a person is sexually attracted to both sexes (attracted to both men and women).

For teenagers who are attracted to the same sex or have had a sexual relationship with a member of the same sex once or twice, it does not mean that they will be like that forever (homosexual). This sometimes happens because of the environment that they are in, or because of the influence of their friends, or because they are still young and still not sure of their sexuality.
Sex involving the penis entering the partner's anus is called anal sex. This type of sexual behavior can cause damage to the anus.

**Anal Sex (Sex through the anus)**

Sex that entails taking the external reproductive organs into the mouth is known as oral sex.

**Oral Sex (Sex through the mouth)**

These types of sexual behavior carry a high risk of contracting sexually transmitted diseases, if there are wounds/ulcers around the mouth area or the anal area (buttocks).

**DO NOT ATTEMPT SEXUAL INTERCOURSE THAT HAS HIGH RISKS. IT IS DANGEROUS!**

**What Is the Best Thing You Can Do?**

Parents who know that their adolescent children have friends who have risky sexual behavior, must tell their children to be careful and control themselves and not to be influenced by their friends and their behavior.
TEENAGE BEHAVIOR

"I often hang out with my friends at the end of the street near my house. At first we were just patrolling/night watching, but now I have started drinking alcohol and smoking pot (marijuana) because of these friends. Now I'm addicted and owe a large sum of money that's difficult to pay off. What is the best thing I can do?"

(Kompas, 24th March 1994)

Adolescence is a process during which your children experience changes (both physical and mental). They will form groups with their friends and will do everything with them.
What Are The Advantages Of Having Friends?

Having a lot of friends is one of the most beautiful things during adolescence. Your children can share their feelings, talk about anything, do stuff together with their friends and of course, help each other out. But there is one very important thing that they need to remember. Friends can also be a bad influence on them. They have to be extremely careful in choosing the right friends. There are many people out there who can get them into trouble which is difficult to get out of.

Can Friends Be A Bad Influence On Your Children? (Peer Pressure)

Adolescents may experience a negative change in their behavior, which may be caused by their friends, like becoming a drug or an alcohol addict. They may often be pressured into doing things that the others in the group are doing, or may be told that if they do not, they will be thrown out of the group. This can often lead to criminal activity. So it is best for them to just drop out of the group and find another that does not involve the above mentioned activities. It is the duty of parents to advice adolescents to resist these peer pressures and avoid joining these groups.
Why Do Teenagers Sometimes Behave Badly?

Teenagers want to be respected, paid attention to, and accepted by their friends. Because of this, teenagers often cause disturbance and create commotion. Bad teenage behavior can result in breaking of the law that can cause suffering and loss, make youngsters skip school, fight (gang-bash), indulge in graffiti, drag-racing, getting drunk, etc. Parents should therefore, support and encourage their children to spend their time and energy in more constructive ways and thus, improve their performance in and out of school.

What Can Bad Behavior Lead To?

For teenagers who are in school, there is a very high risk that they will be expelled from school, disabled for the rest of their life or die because of engaging in a gang fight or in drag-racing. Certain activities may result in arrest, because they have committed a crime.

REMEMBER !!!
YOU ARE YOUR CHILDREN'S BEST FRIENDS!
... At my school, I (14 years old) have a close gang. We always do everything together. We have a new friend in our gang who has just moved from a big city. She often invites us to do new things with her. At first it was fun, like watching videos at her house, but now I'm scared because she's asking us to try pills (ecstasy, LSD, etc.) that we drink with Sprite. What should I do?...

(Pos Kota, 13 Jan. 1992)

What Are The Effects of Consuming Illegal Drugs And Alcohol?

Consuming alcohol and illegal drugs can physically and mentally damage you. You can easily get addicted to the drug or alcohol. Your body will suffer because it will be poisoned and your organs will be damaged. Other effects are loss of concentration, inability to study and possibly getting expelled from school.

... Rm (19 years old) was brutally bashed because he was found raping Sun (14 years old). When Sun came over to Rm's house, she was forced to come into Rm's room and was disgraced....

(Pos Kota, 20 August, 1992)

Sexual abuse/harassment often happens under the threat of a weapon or because the victim is drugged beforehand. Sexual abuse/harassment can happen to children or teenagers. Sexual abuse is often done by someone whom the victim knows.
What Do You Need To Know About Sexual Abuse/Harassment?

There are two types of sexual abuse that often happen:

**Sexual Harassment** - All action, words and intentional unwanted sexual behavior which makes the victim feel uncomfortable.

**Rape** - Unwanted sexual intercourse.

You should advise your teenage children to be alerted if they notice any suspicious behavior, or if they are taken to desolate and dangerous places, or are touched in easily aroused parts of their body, etc. It is best if they just refuse or leave.

What Can Sexual Abuse/Harassment Result In?

For the victim, it may disturb her emotionally and she may find it difficult to face the future. If the victim ends up pregnant, she may have to have an abortion. And the rapist/abuser may have to face social sanctions or may be arrested.

**ENCOURAGE ADOLESCENTS TO HAVE GOOD FRIENDS.**
What Is Your Role As Parents?

While going through adolescence, your children need someone by their side to help face this transitional period. This role is perfect for you because you are able to guide and support them when they need it most. Their openness with you will help them to hold a dialogue, which will help them to behave correctly. They can discuss with and ask you about the risks of sex before marriage, and also how to say “NO” to sex. An open dialogue with you, will help them avoid risky sexual behavior and its results and the bad influences of their environment.

INSTILL FAITH IN YOUR CHILDREN.
ADOLESCENT REPRODUCTIVE HEALTH
19-21 YEARS
Chapter 1

PREGNANCY, DELIVERY AND POST DELIVERY

..."Doc, soon I'm planning to get married. I'm 20, and my fiancé is 24. When is the best time to get pregnant? What are the best things to do during pregnancy?"...

(Ayah Bunda, 21st April, 1991)

When Is The Fertile Period?

The fertile time is when the egg is released from the ovary. This happens exactly on the 14th day before the next menstrual cycle. But, the date of the next menstrual cycle is not certain for adolescents. It is usually taken around 3-5 days before and after the 14th day. For teenagers, avoiding pregnancy by not having sex during the fertile time is not controllable. This is because the menstrual cycle for teenagers have not yet establish a regular pattern.

I am a girl 19 years old. I am working. My boyfriend works out of town. We have been engaged for 2 years. Whenever he comes back home, he asks me to have sex with him. For a long time I resisted because I was scared. But then I finally gave in. We now have sex but irregularly, and not during my fertile period. Can I still get pregnant?

(Pos Kupang, 6 July, 1993)
What Is The Process Of Pregnancy?

Pregnancy can occur when sexual intercourse results in the male’s sperm meeting the female’s egg. When the penis is inside the woman’s vagina and ejaculation takes place, in a short time (around 5 minutes), hundreds of thousands of male sperm enter the uterus. If this happens during the woman’s fertile time, the released egg will meet the sperm and will result in an embryo being formed. The embryo then attaches itself to the wall of the uterus and slowly develops into a baby. This process lasts 9 months.

The male’s sperm can live as long as 2-3 days in the uterus, and the female’s egg can live up to 2 days. If you have sex during this period, it can result in a pregnancy.

Even if you have sex just once, you can get pregnant, especially if it is during your fertile period.
What Are The Symptoms Of Pregnancy?

The symptoms of pregnancy are:

- Menstruation does not occur.
- Dizziness and vomiting in the morning (referred to as morning sickness).
- Breasts enlarge.
- Area around the nipples get darker.
- Stomach enlarges.

..."I'm a teenager 18 years old, and my boyfriend always wants to have sex. Till now, I have been able to hold myself back, but I'm afraid he'll leave me like all of my other boyfriends. What should I do, because I'm afraid that I'll get pregnant? When is the best time to get pregnant?"

(Surya, 18th June 1995)

When Is The Best Time For Reproduction?

The best time for prosperous and healthy reproduction is during the ages of 20-30 years. During this time, a woman is in her best condition to get pregnant and to deliver a child with the lowest risks possible. After her first menstruation, an adolescent has a very high risk of becoming pregnant if she comes in sexual contact with the opposite sex. Socially and emotionally, a woman under the age of 20 is sometimes unable to cope with pregnancy and motherhood. It is best that the teenager avoids sex before marriage and sticks with the principles of "sexual intercourse that is correct, safe, healthy and permitted" should only be done within a legal marriage.
What Do You Need To Know About Care During Pregnancy?

Having a child who is healthy, smart, and strong is every mother’s dream. Therefore, child care (beginning with pregnancy) should be paid attention to carefully. Care that is needed to be taken by a pregnant woman consists of the following:

- The first pregnancy examination should be done at the end of the 16th week (the 4th month) to see if any diseases (anaemia, sexually transmitted diseases, malaria, etc.) are present. It is suggested that the pregnant women start taking iron tablets and receive the first immunization against tetanus toxoid at this time.

- The second pregnancy examination should be done in the 6th or 7th month. The mother-to-be should then receive the second tetanus toxoid immunization.

- The third pregnancy examination should be done in the eighth month, when screening tests to check the blood pressure, and examination of feet and hands (to see if there is swelling) should be conducted. Slight dizziness or blurred sight should be examined, and plans should be made to see which health care services are best.

- The fourth examination should be done in the 9th month, when the position of the baby should be determined, and which health care service will deliver the baby should be confirmed.
What Does A Mother Need To Know During Her Pregnancy And Delivery?

Risk factors for a mother-to-be and her baby are the following:

- If the mother is less than 20 years or older than 35 years.
- If the difference between the last child and the present pregnancy is less than 3 years.
- If the pregnant woman already has more than three children.
- If the pregnant woman has had a bad pregnancy and delivery record (obstructive delivery, operation/cesarean, still birth, premature birth, twins, or a miscarriage three times in a row).
- If the height of pregnant woman less than 145 cm.
- If the baby is in an unusual position.

Family members, especially husbands, need to pay attention to any danger signs which may lead to complicated pregnancy and delivery, like:

- Hemorrhaging during pregnancy (bleeding)
- Fluid retention during pregnancy.
- If the pregnant woman is pale and has a body weight of less than 45 kg and has convulsions.
- Swelling in the legs, blurred vision, or dizziness
- Increased blood pressure.
- Body temperature higher than 38 degrees Celsius.

If these symptoms occur, there is a need to go to the hospital where labor should be assisted by medical professionals.
..."I have a sister who just had a baby. For the first three days she did not want to breastfeed her baby and always threw away her milk, because people said that the first breast milk is dirty and stale. Is this true?"

(Kartini, August 1993 Edition)

What Does A Mother Need To Know To Look After Her Baby?

- Breastfeed directly after delivery. Give the first breast milk that comes out (this is called colostrum and it is yellowish in color) to the baby because it has high immunization value for the baby.
- Immunize the baby, because immunization can protect the baby from diphtheria, whooping cough, tetanus, polio, tuberculosis, and measles.
- Exclusively breastfeed the baby for four months and then give additional foods that are nutritious, as per the baby's age.

What Does A Mother Need To Know About Breast Feeding?

- The first breast milk that comes out (colostrum) is yellowish in color and is clean milk that is the best food for the baby, and it also immunizes and protects the baby from diseases.
- Breast milk consists of highly nutritious substances for the baby's physical and mental development.
- Breast milk is easily sucked and digested, will not cause constipation and allergies, is always clean and fresh, and is the right temperature for babies. It is also available at any time, as and when needed.

Adolescent Reproductive Health
• Breast feeding creates an emotional bond between the mother and her baby.

• Giving exclusive breast milk (without giving any additional food) should be done until the baby is four months old.

THE FIRST BREAST MILK IS THE BEST FOR THE BABY. BREAST SHAPE OR SIZE WILL NOT CHANGE BECAUSE OF BREAST FEEDING. BREAST FEEDING LOWERS THE RISK OF BREAST CANCER.

What Does A Mother Need To Know About Post Delivery?

• Take good care of the breasts because it helps in breastfeeding the baby (it increases and quickens the flow of breast milk).

• Consume iron tablets daily and eat highly nutritious foods.

• Practice good hygiene.

• Exercise after delivery.

• Have a medical examination after delivery.
AVOIDING PREGNANCY

According to research done by The National Family Planning Coordinating Board (BKKBN) in 1997, 1.2 million female adolescents get married before the age of twenty. Information on family planning is important to plan pregnancy or for use of contraception. It is best to delay pregnancy until it is a safe time for delivery, that is between 20-30 years.

There are three types of contraceptive methods that a married couple can immediately use, without medical examination. These are:

- **Abstinence** - This means not having sexual intercourse at all. This method is also perfect for avoiding sexually transmitted diseases. For this, a teenage couple needs to avoid touching in sensitive areas which may easily stimulate sexual desire. But this method of contraception is hard to follow by young couples who are already sexually active. So the risk of unwanted pregnancy is therefore, higher.

- **Rhythmic method** - This is also known as *coitus interruptus*. This is normal sexual intercourse, but where the penis is taken out of the vagina before ejaculation. This method needs extremely good self-control. If any semen containing sperm spills and enters into the vagina, it is enough to result in pregnancy.
Sex during the infertile period (Safe period) - This is easier for women who have a regular menstrual cycle. For women who have an irregular menstrual cycle (especially teenagers), this method is useless.

Modern Contraceptive Methods

These are of two types, 'non-hormonal' and 'hormonal'. Non-hormonal contraception consist of contraception which contain no hormones. Unlike non-hormonal contraception, hormonal contraception contains hormones.

Non-Hormonal Contraception

Condoms look like deflated balloons, but are made of extremely thin rubber, that is fitted on the penis when it is erect right before having sex. So the semen that is ejaculated remains in the condom and does not enter the vagina. Some of the drawbacks of condoms are that men find this method of contraception uncomfortable. Also, there are some people who are allergic to the rubber. But this method of contraception, if used correctly, is very effective, because the failure rate is very low. The advantages of using condoms are that along with preventing pregnancy, condom usage is the best method to prevent sexually transmitted diseases including HIV/AIDS, a condom is easy to use, does not need a prescription from the doctor, and is available at a reasonable price.
Spermicides

These are creams, jellies, tablets, and foamy liquids, that are applied in the vagina before sex. For some sensitive women, these sometimes cause irritation to the walls of the vagina, increase the level of discharge, and may even cause an itchy, uncomfortable feeling.

IUD (Intra Uterine Device)

This type of contraception is especially made to be placed inside the uterus. It prevents the ovum (egg) from attaching itself to the walls of the uterus. It is very effective, but in women under the age of 20 years, the device may sometimes come out by itself and there are risks of other complications. There is a chance that it might cause spotting, or heavier periods than usual. It is not suggested for use by women who suffer from infections with symptoms like vaginal discharge, etc. This is because it can cause infection that can spread through the pelvic cavities, and has a risk of causing infertility if immediate medical advice is not sought.
The advantages however, are, unlike pills, it cannot be forgotten (as it is already inside), it is not expensive and is easy to control, is safe to use for a long period of time, and there is no risk to fertility.

The pill contains either a combination of the female hormones, estrogen and progesterone, or just progesterone. It usually contains 21 or 28 tablets that are swallowed everyday by the woman. While on the pill the failure rate can be quite high if the pill is not had regularly. For teenage couples the use of the pill is less consistent as compared to adults. The pill containing the hormones oestrogen and progesterone, is safe to be used by teenage couples and is effective in preventing pregnancy, if used correctly. This method of contraception is not effective in preventing sexually transmitted diseases.

Injection is another method that can be chosen by teenage couples who are sexually active because they only need to make a short visit to a family planning clinic. This procedure is safe and the failure rate is low. The injection contains the hormone progesterone and consists of DMPA which is also known as Depoprovera that is injected every three months. NET-EN, also known as Noristerat, is injected every two months, and Cyclofem is injected every month.
Implant

Implant is a hormonal method that lasts 3-5 years. But this method can cause an irregular menstrual cycle, spotting, or even no menstrual cycle. This method is safe and the failure rate is low, but there may be a delay in resuming fertility after stopping its use. It gives no protection against sexually transmitted diseases.

Exclusive Pill (ECP)

There is a method of contraception which is for emergencies. This is the Exclusive Pill (Emergency Contraceptive Pill) which can be used to prevent pregnancy after sexual intercourse without protection has already taken place. This pill consists of two tablets. The first dose is had immediately after sex, but latest by 72 hours (3 days) after sex. And the second dose is had 12 hours after the first dose.

Operative/Contraceptive Method/Sterilization

The method of sterilization/operation is not for teenage couples because this method is permanent (unable to undo and go back the way it was before), and teenagers have only just begun the process of reproduction. After the operation the patient often needs counselling because he/she may have a change of mind and want their fertility to return.
SEXUALLY TRANSMITTED DISEASES (STDs) AND HIV/AIDS

..."I'm a guy aged 17 years. Every morning when I wake up I ejaculate a white discharge like pus from my penis. And when I urinate it stings. Have I contracted a disease?"

(Pos Kota, 30th August 1992)

Risks of having sex (sex before marriage, changing partners and having sex with a prostitute) include getting sexually transmitted diseases. Teenagers need to improve the knowledge of the symptoms of sexually transmitted diseases, in order to avoid them.
What Is A Sexually Transmitted Disease?

A Sexually Transmitted Disease (STDs) is a disease which is transmitted through sexual intercourse. The risk of STDs is higher especially if you change partners frequently or have oral or anal sex.

For men, the symptoms are easier to notice/feel. But for women, most of the symptoms are unnoticeable, and even if noticed, women often prefer not to seek medical advice (ignore it and hope it goes away), and not look at them as a source of STDs.

What Are The Common STDs?

There are lots of diseases that can be classified as sexually transmitted diseases. But the STDs that are common presently are:

Gonorrhea

This is a disease caused by the bacteria Neisseria gonorrhoeae. The incubation period is 2-10 days after the bacteria has entered the body through sexual intercourse.

The symptoms for women:

- Thick and yellowish vaginal discharge.
- Pain in the hip area.
- Can also occur with no symptoms.

Complications that can occur are:

- Pelvic abscess.
- Infertility, and infection in the new born baby’s eye that can cause blindness.
- The risk contracting HIV is higher if you have gonorrhea.
This is a disease caused by the bacteria *Treponema pallidum*. The incubation period is 2-6 weeks, or sometimes up to 3 months after the bacteria has entered the body through sexual intercourse. After that, a few years can go by without any symptoms.

The symptoms are chronic and symptomatic infections are divided into three phases:

- **Primary** - A painless wound in the genitals that is usually solitary.
- **Secondary** - Red spots on the body.
- The latent stage has no clear clinical symptoms.
- **Tertiary** - Abnormality in the nervous system, heart and cardio-vascular region.

Complications that can occur are:

- If not treated, it can cause severe brain and heart damage.
- During pregnancy, it can be transmitted to the unborn baby and can cause miscarriage or congenital problems
- The risk of contracting HIV is higher if you have syphilis.
This is a disease caused by the bacteria *Herpes simplex*. The incubation period is 4-7 days after the bacteria has entered the body through sexual intercourse.

In the beginning stages the symptoms are infections such as:

- Watery blisters (close together around the genitals) which are very painful.
- These burst and leave dry sores that crust, and then disappear.
- Symptoms reccure as before, but are not as painful as the first time, if triggered by factors such as stress, menstrual cycle, food/drinks containing alcohol, excessive sexual intercourse. This process continues for the rest of your life.

Complications that might occur are:

- Pain in the nerve endings.
- Can be transmitted to the new born if the birth takes place when watery blisters are still active.
- Can cause severe infection, systemic for the baby, and can result in the baby’s death or in an abortion.
- The risk of contracting HIV is higher if you already have Genital Herpes.

This disease does not have a cure yet. But an anti-virus drug can lessen the pain and the period of time of the episode.
Trichomoniasis is caused by a type of protozoa, *Trichomonas vaginalis*. It is transmitted through sexual intercourse.

The symptoms are:
- Thin vaginal discharge, yellowish to green in color which is foamy and has an unpleasant odor.
- Swollen vulva which is reddish, itchy, foamy, and feels uncomfortable.

Complications that might occur are:
- Skin around vulva gets damaged.
- During pregnancy, it might result in premature birth.
- The risk of contracting HIV is higher if you have this STD.

This is caused by the bacteria, *Hemophilus ducreyi* and is transmitted through sexual intercourse.

The symptoms are:
- Wounds in various places, that are very painful. These occur without any clear reason.
- Very painful lumps in the groin that can easily burst.

Complications that might occur are:
- Wounds become infected and cause the tissues around the area to die.
- The risk of contracting HIV is higher if you have this STD.
This sexually transmitted disease is caused by the bacteria *Chlamydia trachomatis*. The symptoms are:

- Vaginal discharge, whitish to yellowish in color.
- Pain in the hip area.
- Bleeding after sexual intercourse.

Complications that might occur are:

- Pelvic inflammatory disease (PID), which can cause infertility.
- Ectopic pregnancy.
- Chronic pain in the hip area.
- Severe eye and lung infections (pneumonia) to the newborn baby.
- The risk of contracting HIV is higher if you have this STD.

This is caused by the Human Papiloma Virus. The symptoms are, one or more warts around the genitals.

Complications that might occur are:

- The warts can enlarge and grow together.
- May cause cancer of the cervix.

The treatment only consists of curing the warts, but cannot get rid of the virus that causes the disease.
How Can We Avoid Sexually Transmitted Diseases?

For those of you who are not married, the best way is to avoid having sex.

1. Do not change partners frequently.
2. Avoid unsafe sex (eg. with a prostitute).
3. Always use a condom.

Women need to realise that they are at greater risk of contracting STDs as compared to men because women are more susceptible, and often the STDs may be more severe because the initial symptoms are left unnoticed, and the disease progresses to the next stage which is worse.

Can STDs Be Cured?

Yes, most STDs can be cured. One of the ways is to seek medical advice either from a doctor or a health clinic. If infected with an STD, your partner should be examined and get medical treatment. If he/she not treated, infection on will recur. You need to realise that STDs cannot be prevented only by:

1. Choosing a partner who looks clean.
2. Washing genitals after sex.
3. Drinking herbal medicines.
4. Consuming antibiotics before and after sex.

THE BEST WAY FOR TEENAGERS TO AVOID STDs IS BY NOT HAVING SEX BEFORE MARRIAGE AND BY NOT CHANGING PARTNERS.
What Is HIV/AIDS?

HIV (Human Immunodeficiency Virus), is a virus which causes AIDS. This virus attacks the human white blood cells which are the most important parts of the immune system of the human body. HIV, once it has entered the body, can be found in large amounts in blood, semen, and vaginal discharge. AIDS (Acquired Immune Deficiency Syndrome) is a group of symptoms/syndromes which gradually destroy the immune system of the human body. It is caused by the HIV (Human Immunodeficiency Virus) which attacks important cells of the immune system.

How Is HIV Transmitted?

HIV can be transmitted in the following ways:

- Through unprotected sex with a person infected with HIV.
- Through reuse of contaminated needles, syringes and other sharp objects (for example, during ear-piercing, tattooing, shaving, etc.).
- Through the use of infected blood and blood products.
- From an infected mother to her baby before, during, or soon after birth.

What Are The Stages Of Progress Of HIV/AIDS?

A person who is infected with HIV and is infectious, may not have any apparent symptoms.

There are three stages of the progress of AIDS:
HIV takes 2 to 24 weeks to produce antibodies. This is known as the window period, when the individual is infected and infective, but the HIV test for antibodies is negative. Therefore, to be sure of a person's HIV status, the test should be repeated 6 months after the last contact or exposure.

A few weeks after the virus enters the body, some people have flu-like symptoms such as fever, body-ache, headache (every infected person may not experience this). These symptoms disappear after a while, and then there is a long phase of 3 years to 12 years which is asymptomatic and which normally goes undiagnosed.

After the asymptomatic period, the immune system starts failing rapidly, and AIDS sets in. The early symptoms are, fatigue, unexplained weight loss, chronic diarrhea, prolonged fever, cough, night sweats, and lymph gland enlargement in more than one site.

Later, other common infections present in a particular locality may be picked up by an HIV infected person, such as TB, Herpes Zoster (shingles), fungal infections such as Thrush, CMV infections of the eye causing blindness, infections of the brain, and certain types of pneumonia. Once a person enters the AIDS stage, he/she may live for six months to two years.
How Can You Prevent Yourself From Being Infected By HIV/AIDS?

- Abstinence from sex before marriage.
- Not having sex outside marriage.
- Condoms provide excellent protection against HIV/AIDS when used correctly every time a person has sexual intercourse of any kind (vaginal, anal, or oral).
- Using only that blood and those blood products which have been screened for HIV.
- Using only sterilized syringes, and other invasive equipment on your body.
- Staying away from drugs, specially IV drugs.
- Avoiding getting drunk, which can lead to risky behavior.
- Sterilizing medical and non-medical equipment each time you use it.

What Are The Tests To Detect HIV?

There are a number of tests to detect HIV. But the most commonly done antibody tests for HIV are:

- Screening Test
  ELISA: Enzyme Linked Immunosorbent Assay
- Confirmatory Test
  Western Blot: The most commonly followed procedure.

However, it is extremely important to do pre- and post-test counseling and to get the consent of the person before doing an HIV test.
How Is HIV Not Transmitted?

HIV can not spread by casual contact such as touching, holding hands, body contact in crowded public places, shaking hands, working or playing together, sharing food, vessels and clothes, eating food cooked by an infected person, light kissing, mosquitoes an other insect bites, swimming pools and toilets.

Does AIDS Have A Cure Or Vaccine?

No, AIDS does not have a cure or vaccine so far. The main reason why it has not been possible to develop a vaccine against the HIV is that this virus is able to change its structure easily, thus making it difficult to produce an effective virus.

DO NOT INDULGE IN IRRESPONSIBLE SEXUAL BEHAVIOR!
What Role Do You Play As Parents?

For those of you whose children have reached the age of 19-21 years, their need for information on reproductive health is a must. They can discuss with and ask you about pregnancy, delivery and post-delivery. Your knowledge and experience will help them to solve their problems and increase their knowledge.

They can also ask you about ways of preventing and planning pregnancy, so that they are aware of the advantages and the disadvantages of each of the methods of contraception that are available. They can also discuss about STDs and HIV/AIDS and how to behave and control themselves in order to prevent acquiring these diseases.
REFERENCES


<table>
<thead>
<tr>
<th>Glossary</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abortion</td>
<td>When planned action takes place to end a pregnancy. The unplanned, natural loss of pregnancy is called a 'miscarriage'.</td>
</tr>
<tr>
<td>AIDS</td>
<td>Acquired Immune Deficiency Syndrome. When AIDS sets in, the immune system gets so weak that it can no longer fight off common infections and illnesses.</td>
</tr>
<tr>
<td>Anemia</td>
<td>A disease in which the blood gets weak and thin because it lacks red blood cells. This happens when the blood is lost or destroyed faster than the body can replace it.</td>
</tr>
<tr>
<td>Anus</td>
<td>The opening of the intestine from where the waste (stool) leaves the body.</td>
</tr>
<tr>
<td>Bisexual</td>
<td>A bisexual is a person who engages in sexual activities with both males and females.</td>
</tr>
<tr>
<td>Clitoris</td>
<td>The part of vulva most sensitive to touch.</td>
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<tr>
<td>Conception</td>
<td>When the egg and sperm join to begin making a baby.</td>
</tr>
<tr>
<td>Contraceptive</td>
<td>Device or drugs for preventing conception.</td>
</tr>
<tr>
<td>Contraception</td>
<td>Any method of preventing pregnancy.</td>
</tr>
<tr>
<td>Counselor</td>
<td>A person who helps clients make and carry out their own choices about their problem.</td>
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<tr>
<td>Complication</td>
<td>Problems or things that go wrong/things that make a situation more complex or difficult.</td>
</tr>
<tr>
<td>Colostrum</td>
<td>The yellow colored milk that comes from the breasts from 1-3 days after birth.</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Passing three or more loose, watery stools in a day.</td>
</tr>
<tr>
<td>Emotions</td>
<td>Strong feelings of any kind - eg., love, joy, hate, fear, and jealousy.</td>
</tr>
<tr>
<td>Endometrium</td>
<td>The lining inside the uterus (womb).</td>
</tr>
<tr>
<td>Erection</td>
<td>The hardening and swelling of the penis during sexual excitement, because of the large amount of blood entering it.</td>
</tr>
<tr>
<td>Estrogen</td>
<td>One of the hormones produced in a woman's body which controls her monthly bleeding. It is a very important female hormone.</td>
</tr>
<tr>
<td>Gay</td>
<td>The common term for male homosexuals.</td>
</tr>
<tr>
<td>Genital Herpes</td>
<td>A sexually transmitted disease that produces sores on the genitals or in the mouth.</td>
</tr>
<tr>
<td>HIV</td>
<td>The Human Immunodeficiency Virus - The virus that causes AIDS.</td>
</tr>
<tr>
<td>Term</td>
<td>Definition</td>
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<td>--------------------------</td>
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<tr>
<td>Homosexual</td>
<td>A person who is sexually attracted towards members of his/her own sex.</td>
</tr>
<tr>
<td>Hormones</td>
<td>Chemicals produced by the body that tell it how and when to grow. Estrogen and Progesterone are the most important hormones for women.</td>
</tr>
<tr>
<td>Hymen</td>
<td>A thin piece of skin that partially closes off the vaginal opening.</td>
</tr>
<tr>
<td>Immunization</td>
<td>Medicines that are injected to give protection against specific diseases like tetanus.</td>
</tr>
<tr>
<td>Infection</td>
<td>A sickness caused by bacteria, viruses, or other organisms. Infection may effect part of the body or all of it.</td>
</tr>
<tr>
<td>Kaposi's sarcoma</td>
<td>Brown or purple patches on the skin or in the mouth caused by a cancer of the blood vessels or lymph nodes. Occurs most often in persons with AIDS.</td>
</tr>
<tr>
<td>Labia Majora</td>
<td>Large folds of the skin that are part of the vulva also known as outer lips.</td>
</tr>
<tr>
<td>Labia Minora</td>
<td>Small folds of the skin that are part of the vulva also known as inner lips.</td>
</tr>
<tr>
<td>Lesbian</td>
<td>The common term for female homosexuals.</td>
</tr>
<tr>
<td>Ovaries</td>
<td>Small sacs about the size of an almond or grape, one on each side of the womb. Ovaries produce eggs that join with a man's sperm to make a baby.</td>
</tr>
<tr>
<td>Ovulation</td>
<td>When an egg is released from one of the ovaries during the middle of woman's monthly cycle.</td>
</tr>
<tr>
<td>Ovum</td>
<td>Female egg-cell capable of developing into a new individual when fertilized by male sperm.</td>
</tr>
<tr>
<td>Penis Glans</td>
<td>The tip (helm) of the penis which is full of nerve endings and is therefore, very sensitive.</td>
</tr>
<tr>
<td>Pneumonia</td>
<td>An infection of the small breathing tubes deep in the lungs.</td>
</tr>
<tr>
<td>Premature</td>
<td>When a baby is born too early.</td>
</tr>
<tr>
<td>Progesterone</td>
<td>A female hormone.</td>
</tr>
<tr>
<td>Prostate</td>
<td>Gland at the neck of the bladder in men.</td>
</tr>
<tr>
<td>Puberty</td>
<td>The time of life when the body begins making adult levels of sex hormones and the young person takes on adult body characteristics.</td>
</tr>
<tr>
<td>Reproductive Health</td>
<td>It is a state of complete physical, mental, and social well being and not just the absence of disease or infirmity, in all matters relating to the reproductive system and to its function and processes.</td>
</tr>
</tbody>
</table>
Sebaceous glands: These produce an oily or greasy substance and are just below the skin.

Sperms: The male sex cell. Sperm are produced in the testes of an adult male and released into the vagina during ejaculation. If conditions allow, sperm swim through the opening of the cervix to the uterus, and into the fallopian tubes. If ovulation has recently occurred, sperm may then penetrate the female egg and cause pregnancy to take place.