

Comprehensive Sexuality Education

Tips for Adolescents and Young People



Hi there!

We are happy you are reading this exciting publication. Take your time to go through the information here. There are no limitations in life except those we choose to set for ourselves. In addition to the wonderful work your teachers are doing, we think it is also important that you have life skills too. It is essential that you have information about your sexuality.

Teenage pregnancy, Sexually Transmitted Infections like HIV etc can be prevented with the right information and attitude. How about also setting the right goals for yourself? What do you want to be 5 years from now, or even 10 years from now? That decision will have to be made today. This publication has tips about how you can improve on your self-esteem; manage friendships, menstrual hygiene and lots more. If you have any question, do not hesitate to reach out to the guidance counselor in your school or a trusted adult or teacher around you. And you can also contact us.



Value and Value Clarification

Values are the moral principles you believe in and are willing to stand up for. Value clarification is also important because it guides and determines your actions. Some examples of values include honesty, Integrity, discipline, loyalty, trust etc. What is your own value or what are your values? You should be able to identify a few values for yourself.

That is one of the best means of preventing your friends/peers from pressuring you to do what will put you in trouble. Your values will determine how you think, dress and also interact with others. We all have different set of values based on our background. You can develop good values by doing the following –

1. Copy good behaviours you see around you.
2. Spend your time well and ensure you learn something new everyday.
3. When you make choices or decisions, be ready and responsible for the consequences (whether positive or negative)



Preventing Drug Abuse

Is drug abuse legal and okay for me? The answer is No! It is not. Drug abuse is a habitual use of drugs illegally. It is the use of drugs in an amount that is harmful to human lives. The use of drugs can lead to criminal and anti-social behavior. Over 40% of Nigerian youths currently abuse one form of drug or the other.

Drug or substance abuse will lead to an addiction. Using drugs like marijuana, tramadol, codeine, tobacco, cigarette and alcohol can damage your health in a few years time. It causes the following –

1. Making irrational decisions and getting involved in life threatening accidents
2. Indulge in unsafe sex and exposes you to sexually transmitted disease (STIs) and unintended pregnancy
3. Make you think less of yourself and you only feel happy when high.

Using hard drugs does not make you cool. It can cause your memory to start failing, poor concentration in class, make you look funny and sleepy and it can lead to mental disorder. Other health consequences also abound. It can affect your liver and other vital body organs. Other consequences include it leading to violence and cultism and ultimately becoming a school drop out. It is best to stay away from drugs. Trying to know what it feels like can lead to an addiction.

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We wish you the best of your adolescent and youth life.



SMART Goal will guide young people towards making decisions that will give meaning and support their direction in life.



hair amongst others. The girl's breast starts developing, her hips gets broader and she starts menstruating. All of these are normal and it happens at different ages because our bodies are all different.

It is the period when friendship becomes a big deal for adolescents. Make sure you screen your friends and choose your friends properly. It is not the time to visit a friend of the opposite sex in the house alone. If you have to go on a date, make sure someone older or another friend who you trust is with you. Your focus at this stage and age should be your studies and not sex. There are many years ahead of you to do that. Indulging in sex can lead to unintended pregnancy. Several girls have lost their lives trying to abort pregnancies because of the stigma that may come with it. Besides from this, there is also the possibility of getting infected by different sexually transmitted infections which can be deadly. Examples are Human Immuno-deficiency Virus (HIV), Gonorrhea, Syphilis, Herpes etc. HIV has no cure. It can only be managed. Currently, about 240,000 Nigerians between ages 10-24 are living with HIV.

One of the best ways of preventing STIS like HIV is abstinence. Abstinence means staying away from sex. It is the safest method of protection from pregnancy, emotional imbalance and any sexually transmitted infection. Having sex is not a method of proving that you love anyone. Anytime you want to do anything that you are not going to be proud of someone else knowing, then you need to know it's a wrong choice. Stay away from it. It is fine to have friends of the opposite sex but it is wrong to experiment with sex with them. It can lead to consequences you cannot deal with.



Teenage Pregnancy and Sexually Transmitted Infections

Having a baby has to be planned. It is sometimes life threatening when a girl in school gets pregnant. For the boy, it can also lead to him dropping out of school to go and look for means to support the girl.

It is a normal part of growing up especially in teenage years to start getting attracted to someone of the opposite sex in your class. This happens during puberty. Puberty is a transitional period between childhood and adulthood when noticeable sexual, psychological and fertility changes appear in young people. The teenage/adolescent years are the period when several biological changes happen in our bodies. The boy's voice gets deeper, he grows broader shoulder and bicep, and he starts growing pubic



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Decision Making, Goal Setting and Communication

Life skills refer to skills that are necessary to manage and live a useful life. It is making good decisions based on what you know about yourself, your situation in life, your needs and what you think will work best for you. Deaf and Hard of Hearing adolescents and young people need to also understand how to make good decisions in life. These include - good decision making skills, goal setting, assertiveness, and communication etc.

Good decision making skills helps you make choices that promote healthy life styles and safety. Good decision making skills make your friends and family trust you and respect you because you can demonstrate good character. There are times when you however need to make hard decisions that your friends may not like. Decisions like refusing to skip school and instead go and play etc.

How can I set goals for my life?

Goals are targets that you aim to achieve. Goals help you to track progress. Goals can be set to make academic progress and in other areas of life. Goals can be short term or long term. Your goal for example can be to be the fastest 100 metres runner in your school. Another goal may be to pass Mathematics and English with an 'A' in your third term examination. Whatever the kind of goal you have, it has to be SMART. A good goal MUST have the following qualities -

- S** **Specific (What exactly do you want to achieve)**
- M** **Measurable (How do you know when you are getting closer to the goal)**
- A** **Achievable (Is it something that can be done)**
- R** **Realistic (Planning to finish secondary school in 2 years instead of 6 is not realistic)**
- T** **Time-bound (When is your goal likely going to be achieved)**

In communicating, always ensure you are clear. When you are saying 'No' to a request for instance, say it clearly and with your body lan-



About 200 million women and girls have been cut across the world with Nigeria having the highest number of girls and women that have been cut

-nguage. If you need to walk away from the environment, ensure you do so immediately. That is one good way to being assertive.



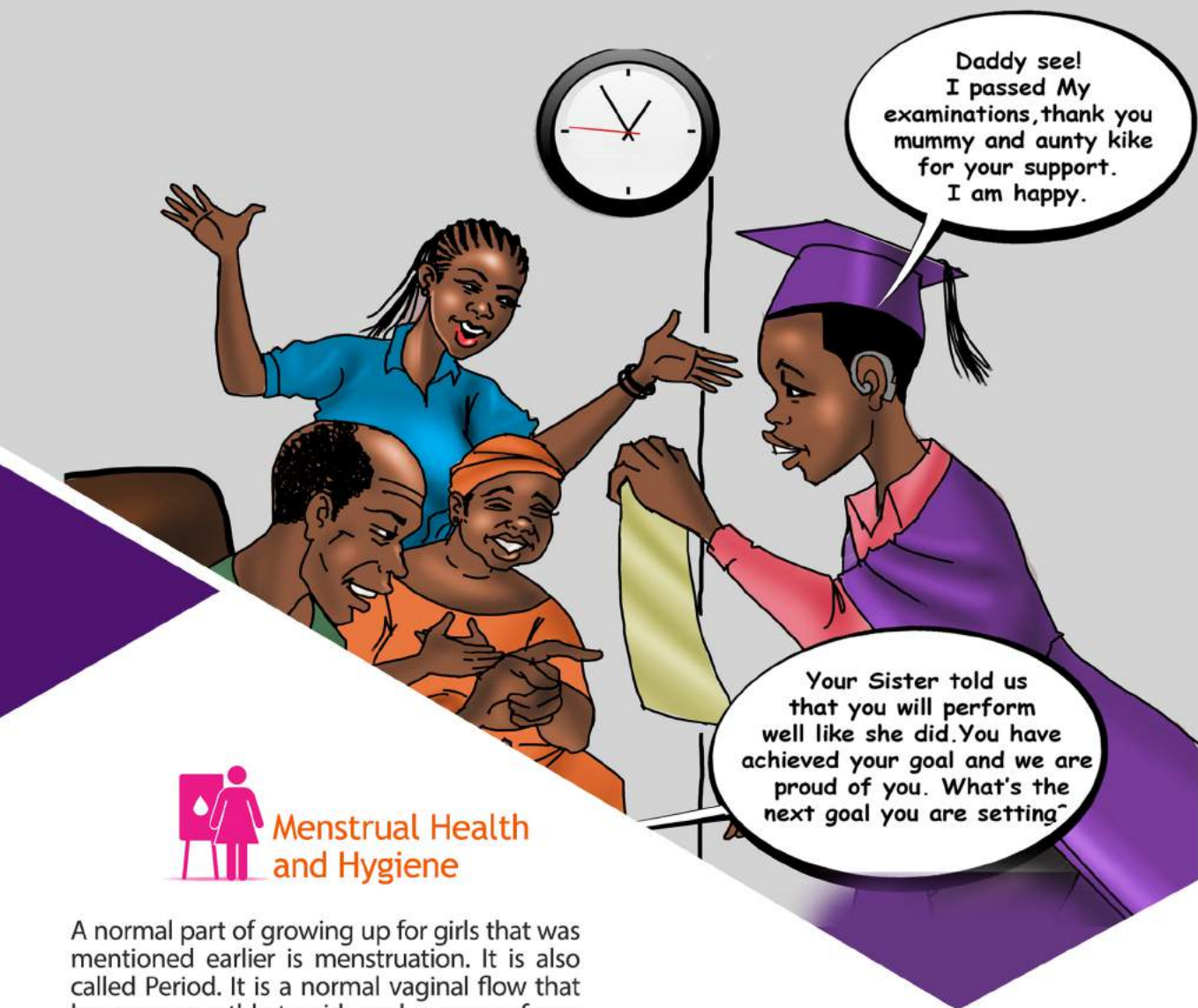
Female Genital Mutilation

Female Genital Mutilation/Cutting is also commonly called female circumcision. It is a harmful traditional practice that involves tampering with the external female genital organ for non-medical reason. There are various types of Female Genital Mutilation and it is an injurious act commonly carried out on the girl child to prevent promiscuity, promote beauty and makes her 'marriageable.' About 200 million women and girls have been cut across the world with Nigeria having the highest number of girls and women that have been cut (estimated at 20 million).

It poses a number of risks to the health of the girl child. In some cases it is known to make menstrual flow painful, severe pain, infections, injury to surrounding genital tissues, prolonged labour in women during childbirth which increases the risk of death for both mother and child.

You deserve to know about this now because in the future you will become a mother or father. This knowledge can help you protect your daughters or sisters in future. FGM is illegal in Nigeria and there is a law called the Violence Against Persons Prohibition (VAPP) Act 2015 that make it criminal. Anyone caught and convicted is to be sentenced to imprisonment not exceeding four years or a fine not exceeding 200,000.00 Naira or both.

No religion supports FGM and medical experts have confirmed that it is harmful to the health of the girl child.



Menstrual Health and Hygiene

A normal part of growing up for girls that was mentioned earlier is menstruation. It is also called Period. It is a normal vaginal flow that happens monthly to girls and women of particular age. A girl's first menstruation is called menarche and the last one usually at about age 50 is called menopause. Some girls start menstruating as early as 11 years of age and it is perfectly normal.

Menstrual blood is a combination of blood and tissue from inside the uterus, which is shed when, matured eggs is/are not fertilised. It passes out of the body through the vagina. During this period, a girl may feel abdominal pain, lower back pain, want to eat a particular kind of food, have mood swings and so get easily annoyed or even irritated. Some have headaches during this period and menstruation can last for 3 to 5 days but it varies from person to person.

To keep yourself healthy and safe during your menstrual period, here are some tips –

1



Change your sanitary pads regularly. The ideal recommendation is to change every

eight hours. Get a new one before going to school and ensure to change latest immediately you get home from school to prevent skin rashes and other infections.

2



Clean up regularly. It is also a time you want to have a warm bath to ensure that your entire body is clean. The best way to wash the vagina is by using water only and not soap or any other product that can kill the good bacteria in that part of the body and then make infections easy. Use water and soap on your body but only plenty water for your genitalia. It is not true that a girl should not bath during her period. This will only be correct if you have your bath in a stream or river that others also use!

3



Use the right motion when washing. Move or wipe from the vagina to the anus always and not the other way as this can cause bacteria from the anus to be placed in the vagina or urethral opening.

4



Dispose your sanitary pads properly. Do not just dump them in dustbins. Ensure that you wrap it properly before disposing of it or you can burn it.

5



Be prepared. Always have extra sanitary materials with you. It is wrong to use two pads or two or more sanitary materials at the same time. It can cause rashes. The solution lies in you changing frequently. Rolls of tissue paper are also not the best as it can cause infections because it tears into bits when wet. Whatever you do, ensure you remain dry at all times. Ensure your underwear are also clean during this period.

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Clean up
regularly.
Stay Clean
Morning and
Night

For more Information and to Request us to speak to any group on age appropriate Comprehensive Sexuality Education/ Sexual And Reproductive Health and Rights Information for Teenagers, Adolescents and Young Persons, kindly contact us -

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