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Technical Update 2021



FAMILY LIFE EDUCATION

**Equipping Faith Leaders to Communicate about
Sexual and Reproductive Health from Christian
and Muslim Perspectives**

Participant Handbook

PARTICIPANT HANDBOOK

Family Life Education: Equipping Faith Leaders to Communicate about Sexual and Reproductive Health from Christian and Muslim Perspectives

*2021 Update by World Relief
Developed by FHI 360*



World Relief would like to acknowledge the Advancing Partners & Communities (APC) and YouthNet projects for providing the original materials for adaptation and use through the SCOPE project Haiti, Kenya, Malawi and South Sudan.

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The original curriculum, known as Teaching Adults to Communicate with Youth from a Christian Perspective (FLE), was developed by Family Health International (FHI)/YouthNet in 2006. YouthNet was funded by the U.S. Agency for International Development (USAID) to improve reproductive health and prevent HIV among young people. The YouthNet team was led by FHI and included CARE USA and RTI International. The original publication was funded through the USAID Cooperative Agreement with FHI for YouthNet, No. GPH-A-00-01-00013-00. The information contained in the publication does not necessarily reflect FHI or USAID policies.

Originally, compiled and authored by Maryanne Pribila of Family Health International (FHI)/YouthNet, was started in Tanzania as part of the field-testing process by a group of dedicated public health workers, pastors, reverends, and youth leaders in the Christian community.

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INTRODUCTION

Family Life Education: Equipping Faith Leaders to Communicate about Sexual and Reproductive Health includes a manual containing five day-long workshops and this *Participant Handbook*. This handbook is referenced in the workshops and is designed for participants to keep and use when talking about reproductive health.

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

Workshop Objectives

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

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

Workshops

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

- **Workshop 1. Communicating about FLE** — introduces the workshops, ideas about working with youth, in particular, and specific FLE communication steps
- **Workshop 2. Growing and Changing** — summarizes basic sexual development and reproduction and begins working with role-plays, practicing the Five FLE Communication Steps
- **Workshop 3. Safety and Your Future** — addresses gender roles, livelihood issues, the sensitive issue of unintended sex, and alcohol and drug use
- **Workshop 4. Family Life** — discusses relationships and marriage, planning a family, and contraceptive methods
- **Workshop 5. Resources, Responsibilities, Graduation, and Next Steps** — emphasizes next steps for participants, including how to make referrals to resources

Participant Handbook

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

Adapting Materials

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

Communicating About FLE

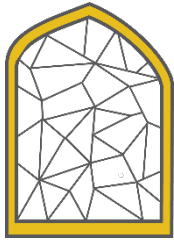
Integrated into each lesson are questions or concerns that might be raised and possible responses to those questions. These are not intended to be the best or only responses. They are suggested responses that help FLE Educators to prepare for the questions youth might ask. Always use the Five FLE Communication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

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

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

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

Speak to him gently so that he may take heed or show respect. Ta Ha (20): 44.



SECTION 1. SKILLS TO COMMUNICATE WITH YOUNG PEOPLE

Positive

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



Negative

- Lecturing or preaching
- Not listening
- Using punishment or anger
- Judging their actions
- Forcing your own values
- Forcing your own faith
- Telling them what to do without providing options or discussion

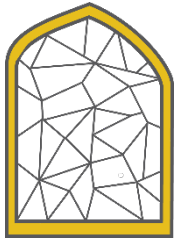


- Talking to them condescendingly or without respect
- Telling them wrong or incorrect information
- Making them feel badly about themselves
- Sharing personal information without consent
- Laughing at them or making their questions seem silly

Confidentiality and Safety

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

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



SECTION 2. FIVE FLE COMMUNICATION STEPS

1. Understand the question being asked.

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



2. Give a clear and simple answer.

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



3. Share your values and use your faith.

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

4. Check for understanding of the answer.

- Ask if they understand your answer. Ask them to repeat it back to you.

- Listen to their response.
- Correct any misinterpretations.

5. Build confidence and trust.

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



Communicating About FLE

Young Woman: Whom should I talk to about sex and relationships?

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

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

I am to you just like a father to his son, for I give you instruction. Miskat al-Masabih 347

Adult Woman: How can the church or mosque help me with my questions about sex?

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

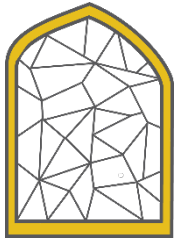
How can a young man keep his way pure? By living according to your word. Psalm 119:9

They were guided to good speech and to the path of the One Worthy of all Praise. al-Hajj (22): 24

FLE Communication Steps — Observation Checklist

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

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

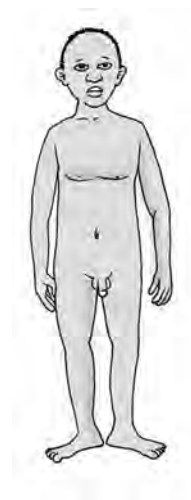


SECTION 3. SEXUAL DEVELOPMENT OF BOYS

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

Physical Changes for Boys Ages 10 to 14

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



Emotional Changes for Boys Ages 10 to 14

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

Physical Changes for Boys Ages 15 to 19

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

Emotional Changes for Boys Ages 15 to 19

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



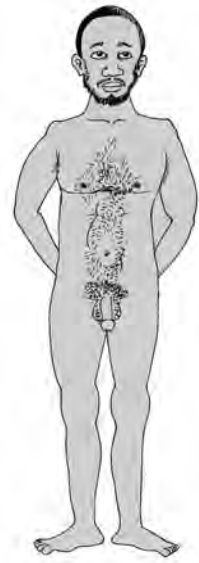
- Peers influence leisure activities, appearance, substance use, and initial sexual behaviors

Physical Changes for Boys Ages 20 to 24

- Development finishes

Emotional Changes for Boys Ages 20 to 24

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



Communicating About FLE

Young Man:

Does the size of a penis make a difference?

Faith Leader:

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

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

Such is He who knows all that is unseen as well as what is seen, the Almighty, the Merciful, who gave everything its perfect form. al-Sajda (32): 6-7a.

Adult Man:

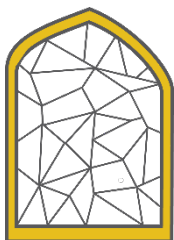
One of my testicles is bigger than the other. Is something wrong with me?

Faith Leader:

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

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

Was he not just a drop of spilled-out sperm, which became a clinging form, which God shaped in due proportions, fashioning from it the two sexes, male and female? al-Qiyamah (75) 37-39



SECTION 4. SEXUAL DEVELOPMENT OF GIRLS

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

Physical Changes for Girls Ages 10 to 14

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



Emotional Changes for Girls Ages 10 to 14

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

Physical Changes for Girls Ages 15 to 19

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

Emotional Changes for Girls Ages 15 to 19

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



- Peers influence leisure activities, appearance, substance use, and initial sexual behaviors

Physical Changes for Girls Ages 20 to 24

- Development finishes

Emotional Changes for Girls Ages 20 to 24

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



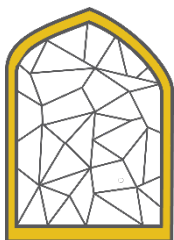
Communicating About FLE

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

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

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

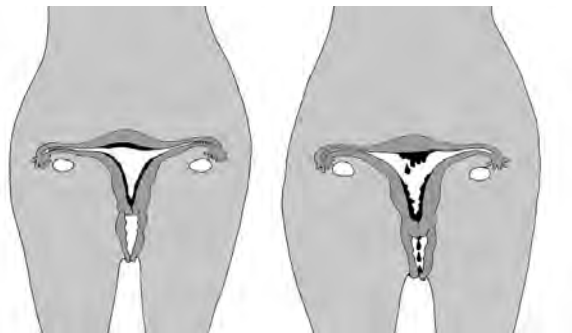
*He formed you and made your forms good: you will all
return to Him. al-Taghabun (64): 3*



SECTION 5. MENSTRUATION

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

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



Physical symptoms associated with menstruation:

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

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

Communicating About FLE

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

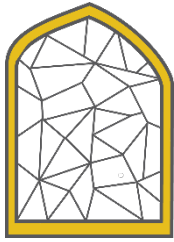
He has made everything beautiful in its time. Ecclesiastes 3:11

He formed you and made your forms good: you will all return to Him. al-Taghabun (64): 3

Note

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

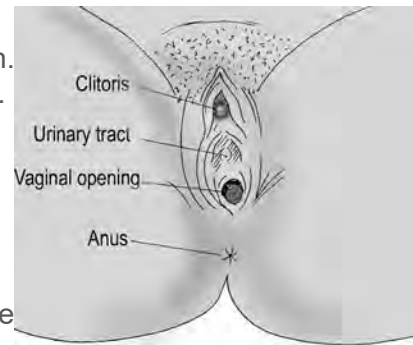
— Facts for Family Planning, 2012



SECTION 6. PREPARING FOR REPRODUCTION

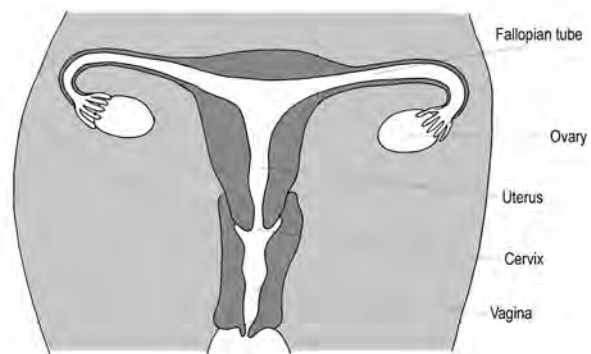
Female External Genitalia

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



Female Internal Genitalia

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



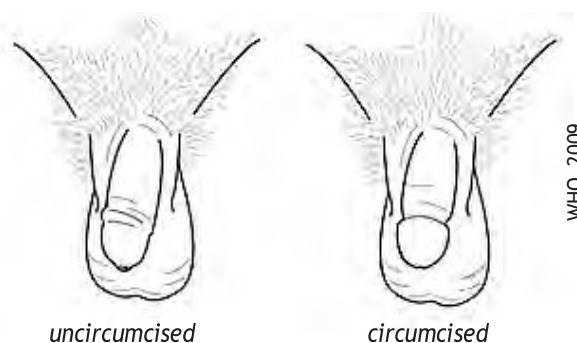
Communicating About FLE

Young Woman: Can a girl masturbate?

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

Male External Genitalia

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



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

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

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

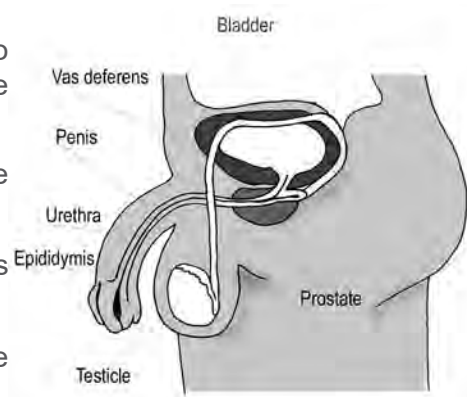
Communicating About FLE

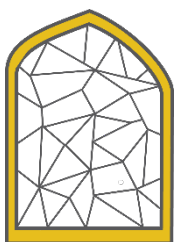
Young Woman: Why do boys have wet dreams?

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

Male Internal Genitalia

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





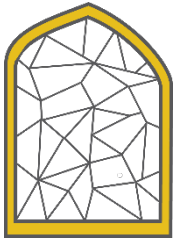
SECTION 7. SEXUAL DESIRE

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

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

Communicating About FLE

- Boy:** Sometimes I touch my sexual parts. Does this mean I'm strange or doing something wrong?
- Faith Leader:** Getting pleasure by touching or rubbing our sex organs — our penis or clitoris — is called masturbation. It is normal and not harmful unless we become overly preoccupied with it. This is one of the ways we discover more about our bodies. The good thing about this act is you are safe from any sexually transmitted diseases. However, some churches, mosques, and individuals feel that masturbation is driven by lust, and is, therefore, an act of adultery.
- Young Woman:** Sometimes I dream about sexy things. Is there something wrong with me? Does this mean I'm perverted?
- Faith Leader:** Many people have sexual fantasies. Sometimes people have sexual urges and desires, but they know that acting on these urges would be inappropriate, so they experience them in their imagination instead. While this can be healthy and helpful, it can also be a sign of emotional problems when people are unable to think about anything else. Or they may lose sight of what is real and what is fantasy and may try to live out their fantasies, hurting themselves and others in the process.



SECTION 8 TEN WAYS TO AVOID UNWANTED SEX

Tell people that they can take steps to try to avoid unwanted or pressured sex.

1. Trust your instincts.

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

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

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

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

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

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

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

5. Know your own limits.

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

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

You can get home safely on your own if necessary.

7. Split the costs of things with friends.

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

8. Do not take alcohol or drugs.

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

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

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

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

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

Communicating About FLE

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

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

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

God is limitless and all knowing, and He gives wisdom to whoever He will. Whoever is given wisdom has truly been given much good, but only those with insight bear this in mind. al-Baqarah (2): 268b-269.

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

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

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

Protect them from all evil deeds Ghafir (40): 9a

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

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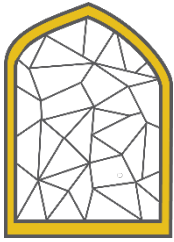
Communicating About FLE (Continued)

Faith Leader:

It is important that these young women say “No!” to this teacher and get help from adults — such as their parents, the school headmaster and/or the police — to ensure that he is stopped. It is wrong for him to continue this. It can affect their health — they may be exposing themselves to becoming pregnant or infected with an STI or even HIV. They can also start to feel very bad about themselves and may become very depressed. Together, we can help them refuse this teacher if they don’t feel they are able to do it themselves. What do you feel would be the best way to help them say “No!” to this teacher? (Discuss ideas. Identify steps. It is important that this teacher be stopped! It is important to communicate (in this example) that the adult now has the responsibility to report or follow up on what the person has said. If a young person alleges sexual abuse, so it should be made abundantly clear that the next step is not up to a child/young person, but to the trusted adult they have reported this to)

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

God is limitless and all knowing, and He gives wisdom to whoever He will. Whoever is given wisdom has truly been given much good, but only those with insight bear this in mind. al-Baqarah (2): 268b-269.



SECTION 9. HELPING YOUTH CHOOSE ABSTINENCE BEFORE MARRIAGE

Benefits of Abstinence before Marriage

Physically, a person is:

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

Emotionally, a person:

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

Spiritually, a young person:

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



Communicating About FLE

Boy:

Is it ever okay to have sex?

Faith Leader:

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

For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame. Genesis 2:24–25

Another of His signs is that He created spouses from among yourselves to live with in tranquility: He ordained love and kindness between you. There truly are signs in this for those who reflect. al-Rum (30): 21

Young Man:

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

Faith Leader:

While many people do have sex before marriage, the way I understand God's wishes, that does not make it right. God teaches us to enjoy sex within marriage, where faithfulness and commitment are more permanent. By having sex outside of marriage, people risk emotional hurt, pregnancy, and diseases.

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

And do not go anywhere near adultery: it is an outrage, and an evil path. al-Isra' (17): 32

Choosing When to Have Sex

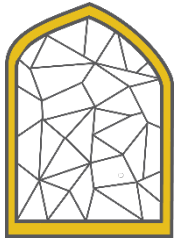
Having sex for the first time can be an important emotional event. There are many questions that should be considered before having sex, such as:

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



Communicating About FLE

- Girl:** What is it about sex that I need to learn?
- Faith Leader:** You need to learn about good things and bad things because sex is more than an act that can produce a child or pass a disease. It is complicated and also includes your growth, development, personal safety, and relationships. I can help with some of the information you may be looking for.
- Young Man:** I don't plan to get married until I have finished school and saved a lot of money. This probably means I won't get married until my late 20s or early 30s. Are you saying I should wait to have sex until then?
- Faith Leader:** It is wonderful that you have goals and a vision for your life, but the Bible and Qur'an teach us that sex is preserved for the covenant of marriage and not before. If you and your partner decide to be intimate, protect yourselves by using condoms correctly every time along with an effective contraceptive method for dual protection.



SECTION 10. COMMON DRUGS AND ALCOHOL

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

Alcohol

Alcohol can affect young people as well as adults by:

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

Long-term alcohol use can cause:

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



Communicating About FLE

- Boy:** Adults like to drink beer or alcohol sometimes — why shouldn't I?
- Faith Leader:** Drinking beer affects the body, especially when you are young and developing. It can give you a false sense of confidence and affect your ability to make decisions clearly. Adults sometimes do not drink responsibly. The age when people are considered old enough to drink responsibly varies by culture. But even after reaching that age, people need to drink responsibly.
- Young Woman:** I have a friend who drinks when he goes out with his friends. He acts very different and has done some crazy things. Whenever I try to talk to him about it, he walks away or changes the subject. What can I do to help him?
- Faith Leader:** Watching friends do things that hurt themselves or others is difficult. How can you let him know you care but don't want to be around when he drinks? We can think of some ways together. (Discuss different messages that could be used in this situation.) I am proud that you care enough to let him know how you feel. Your friend may not be ready to change, but you will have taken an important step in letting him know you care.

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

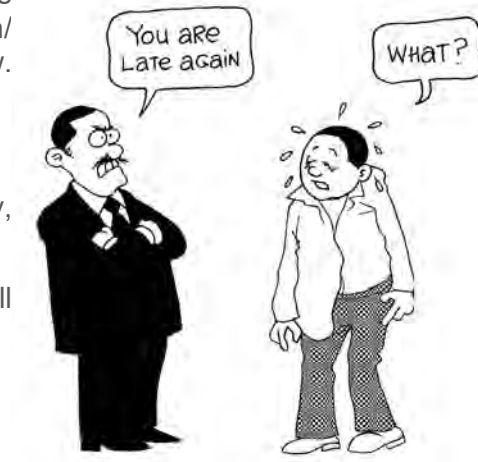
Speak to him gently so that he may take heed or show respect. Ta Ha (20): 44

Marijuana

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

Marijuana can affect people by:

- Slowing brain function, such as memory, judgment, perception, and motor skills
- Impairing concentration and overall performance
- Causing breathing problems
- Long-term marijuana use can cause:
 - Lung disease
 - Heart problems



Stimulants

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

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

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

Stimulants can affect people by causing:

- Addiction
- Hallucinations or nightmares
- Loss of appetite
- Restlessness and anxiety
- Death from overdose
- Long-term stimulant use can cause:
 - Heart and lung problems
 - High blood pressure

Other Abused Substances

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

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



- Stomach and liver problems
- Brain damage

Tobacco

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

Tobacco can affect people by:

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

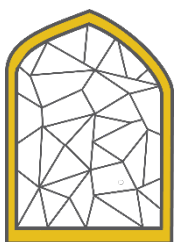
Long-term tobacco use can cause:

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



Communicating About FLE

- Adult Man:** Look, it's not like I do drugs; it's just smoking cigarettes.
- Faith Leader:** Smoking is a type of drug too. Smoking hurts your body in many ways; it can cause disease and even death. Many chemicals are present in smoke, some of which are known to cause cancer.
- Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6:19-20*
- You who believe, you are responsible for yourselves; if anyone else goes astray, it will not harm you so long as you follow the guidance. al-Ma'idah (5): 105a*
- Young Man:** I don't feel like I can do anything in this town without everyone knowing my business. I want to be able to go somewhere without you asking where I'm going and who I'm with. Are you worried that I'll be using alcohol or drugs?
- Faith Leader:** The reason I ask these questions is because I care about you. Young people today face a lot more challenges than I did growing up. When I do not know where you are or whom you are with, my fears start to surface. I don't need to be with you wherever you go, but I do want you to know that I am thinking of you because I care about you.
- Girl:** Sometimes I don't feel like being around other people my age who smoke and drink, but my friends like to hang around with these boys and girls who do. How should I handle it when they want to go see these boys and girls?
- Faith Leader:** It sounds like a challenging situation. What can you say to your friends to let them know you don't want to go with them when they visit these boys and girls? (Help to find an acceptable way to address this problem and provide support.) It's brave to stand up for what you know is right.
- He who walks with the wise grows wise, but a companion of fools suffers harm. Proverbs 13:20*
- The Messenger of God said, "The wise man is the one who takes account of himself and strives for that which is after death. And the helpless man is the one who follows his own whims then indulges in wishful thinking about God." Sunan Ibn Majah 4260*



SECTION 11. GOOD RELATIONSHIPS

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

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

Communicating About FLE

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

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

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

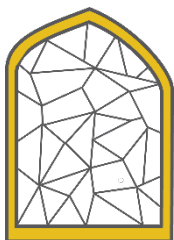
And do not go anywhere near adultery: it is an outrage and an evil path. al-Isra' (17): 32

Young Man: Did you have sex before you got married?

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

Note

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



SECTION 12. HELPING COUPLES UNDERSTAND FAITHFULNESS

Faithfulness means:

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

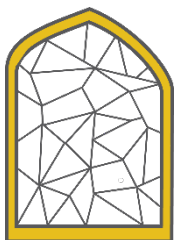
Benefits of faithfulness in marriage:

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



Communicating About FLE

- Adult Man:** Sometimes it's really hard to be married. I have been with my wife for three years now and feel as though we have become brother and sister, not husband and wife.
- Faith Leader:** Marriage is not always as easy as it appears, but your commitment and love for each other can help you through challenging times. Communication about your feelings with your wife is very important; perhaps she is feeling the same way. Have you talked to her about these thoughts yet?
- In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church. Ephesians 5:28–29*
- Another of His signs is that He created spouses from among yourselves to live with in tranquility: He ordained love and kindness between you. There truly are signs in this for those who reflect. al-Rum (30): 21*
- Young Woman:** Does it hurt to have sex? If so, why do people have sex?
- Faith Leader:** Sexual intercourse is generally pleasurable for women and men. God created our bodies to have sex and our bodies prepare for it to feel good. The lining of a woman's vagina will become wet with a mucous; men may have a small amount of semen leak from the penis. If a woman is rushed, intercourse can be painful. The first few experiences of intercourse can be uncomfortable for both the woman and the man, generally due to the breaking of the woman's hymen and their general nervousness and inability to relax.



SECTION 13. PREPARING FOR A BABY

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

Are we emotionally ready for a baby?

A child needs attention 24 hours a day, seven days a week. It takes much patience and attention from both the mother and the father.

Are we financially ready?

Parents would have to find a source of money to pay for the baby's daily needs — food, medicine, clothes, and childcare — in addition to their own needs.

Are we willing to compromise our future goals?

It can be very difficult to raise a baby while going to school or working. Many young girls find that they have to drop out of school and ultimately give up their plans for the future after having a baby.

Can we trust each other to be good parents?

Raising a child alone is very difficult. Single parents often struggle to support themselves and their children at the same time. They are often forced to rely on others, such as parents or family members, for assistance.

Will we have the support from our families to raise this child?

Will they help you? If young parents need to stay in school or work, they will need help taking care of the baby.

What does my culture say about a young woman having a baby?

In some places, a young unmarried or divorced woman with a child is discriminated against or even banned from the family.

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

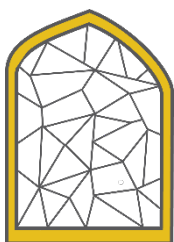


- www.obulamucampaign.org/resource/what-would-pregnancy-mean-you-now-brochure-boys

- www.obulamucampaign.org/resource/what-would-pregnancy-mean-you-now-brochure-girls

Communicating About FLE

Adult Woman:	I think having a baby would give me respect in my community. What could be so bad about having a baby at my age?
Faith Leader:	Having a baby is an adult thing to do. It's understandable for young people to want to do adult things. But while babies are cute and loving, they are also a tremendous responsibility. By waiting until you are financially, emotionally, and physically ready, you will be able to realize God's plan for you and your family-to-be.



SECTION 14. FERTILIZATION

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

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

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

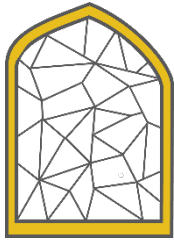
Communicating About FLE

Adult Man:

Is there a certain time a woman can become pregnant?

Faith Leader:

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



SECTION 15. PREGNANCY

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

Facts about Pregnancy

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

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

Signs of Pregnancy

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

Other signs are:

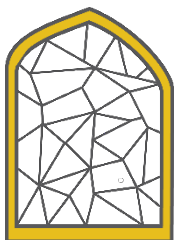
- Tenderness of breasts
- Nausea
- Fatigue
- More frequent need to urinate

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



Communicating About FLE

Girl:	How is a baby actually born?
Faith Leader:	The mother's vagina expands and muscles contract in the uterus to push out the baby. These contractions are called labor. The baby comes through the uterus into the vagina, usually headfirst.



SECTION 16. FAMILY PLANNING

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

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

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

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

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



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

Male condoms

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

- A male condom is a soft, thin sheath, made of soft plastic or rubber, that a man puts over his erect penis before having sex. When a man ejaculates, his sperm is caught in the condom and prevented from entering a woman's vagina.
- To be effective, condoms must be used correctly and consistently every time a couple has intercourse.
- Male condoms are found in pharmacies, drug shops, and health clinics and from VHTs, at a relatively low cost and are sometimes free.



- A new condom should be used every time a couple has sex. They cannot be washed or reused.
- For exact instructions, follow package drawings or ask an experienced user to demonstrate using a penile model.

Female condoms

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

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



Pills

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

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



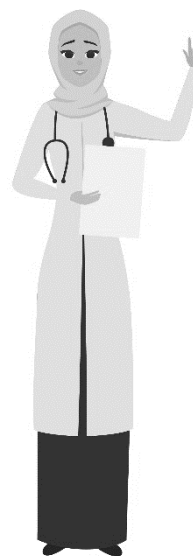
Communicating About FLE

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

Hormonal Injections

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

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



Hormonal Implants

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

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

Intrauterine contraceptive devices (IUDs or IUCDs)

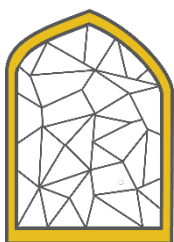
Intrauterine contraceptive devices (IUDs or IUCDs) are small, flexible plastic devices that are inserted into the woman's uterus. The most common IUDs contain copper and can provide protection for up to 12 years.

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

Emergency contraceptive pills (ECPs)

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

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

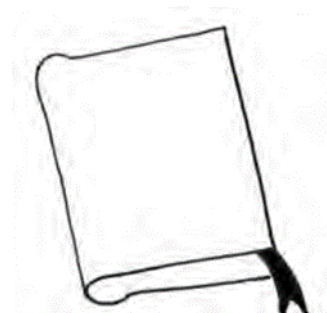


ANNEX I: ADDITIONAL RESOURCES FOR REFLECTION

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

God's Gift of Sexuality

- Genesis 1:26–27, 31
- Song of Solomon
- al-Qiyama (75): 37-39



Sex and Marriage

- Genesis 2:18
- Genesis 2:24–25
- Matthew 19:5–6
- Mark 10:6–9
- 1 Corinthians 7:1–5
- Ephesians 5:31
- al-Rum 30:21

Premarital and Extramarital Sex

- Exodus 20:14
- Proverbs 7:13–27
- 1 Corinthians 6:12–20
- Colossians 3:5
- 1 Thessalonians 4:3–5
- Hebrews 13:4

- al-Isra' (17):32

Sexual Development, Sexual Anatomy, and Gender Roles

- Genesis 2:7 and 2:20–25
- Genesis 5:2
- Galatians 3:28
- Ephesians 5:21–33
- al-Qiyama (75):37-39

Personal Safety and Drugs and Alcohol

- Romans 13:13
- Ephesians 5:18
- 1 Corinthians 6:10
- al-Nur (24):31

Relationships and Dating

- 1 Corinthians 6:12–20
- Thessalonians 4:2–8
- Timothy 2:22
- al-Rum (30):21

