
Comprehensive **Sexuality** Education **Booklet**

Grade 9-10



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Comprehensive Sexuality Education (CSE) is a curriculum based, age appropriate teaching and learning process to give young people knowledge, attitudes, skills and values to make appropriate and healthy choices in their life regarding their health, sexuality, relationship and also understand and ensure the protection of their rights.

Comprehensive Sexuality Education (CSE) Booklet

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Grade
9

Introduction

Students of grade nine are adolescents. Many changes like physical, mental, emotional, social, sexual can be observed during this stage. We are not able to tell the adolescents that these changes are natural and very normal. As a result of this, they have to face many problems in this stage. It can be assumed that comprehensive sexuality education can overcome these problems.

The purpose of this booklet is to enable students to openly discuss the concept, purpose and importance of sexuality education. Some adolescent problems are exacerbated by the lack of open discussion. Problems during adolescence can be resolved through discussion. Some adolescents may think that the problem is only of their own. When there is a discussion among the friends, it is understood that it happens to other friends as well.

Among the various problems of adolescence is the management of menstrual hygiene. Another important purpose of this booklet is to teach how to make sanitary pads from local materials as the use of sanitary pads available in the market is not sustainable at the student level. In addition to this booklet has been prepared for teaching the problems that occur during early marriage and pregnancy and the skills required to stay healthy.

Comprehensive Sexuality Education

Concept of comprehensive sexuality education

Comprehensive sexuality education is defined by the International Technical Guidelines on Sexuality Education (ITGSE) as a subject that needs to be learned continuously to develop attitudes, beliefs and values towards identity and relationships. Apart from these, it provides ample information and skills to the youth on health and sexuality and opens the door to various options and is a sensitive issue based on the rights of different groups (women, men, LGBTI, youth, etc.). Comprehensive sexuality education includes cognitive, emotional, physical and social aspects of sexuality.

Comprehensive sexuality education plays an important role in helping young adolescents lead safer and more productive lives, protect against sexually transmitted infections, including HIV and AIDS, and avoid unwanted pregnancies, gender-based violence, and gender equality.

Comprehensive sexuality education is age-specific, culturally acceptable (rights-based and gender-focused), providing scientific and factual information, in-school and out-of-school, and curriculum-based education. Comprehensive sexuality education teaches young adolescents to broaden their horizons, learn skills, respect human rights, embrace social values and establish healthy and positive relationships.

Objectives and importance of comprehensive sexuality education

Objectives of comprehensive sexuality education

Various scholars have presented different objectives of CSE in their own way. After examining all these objectives, the following objectives can be presented in a comprehensive manner.

- A. To provide factual information about sexuality.
- B. To help to understand personal sexual behavior.
- C. To reduce the fear and anxiety caused by sexual development.
- D. To encourage making rational decision making.
- E. To inspire to question, explore, and evaluate a person's attitudes toward sexuality

- F. To develop an attitude of respect for other people's sexual behavior.
- G. To be able to express sexuality in front of one's parents and other people.
- H. To develop sexual problem-solving skills.
- I. To help develop a positive sexual attitude.
- J. To teach to adopt sexuality as a normal lifestyle.
- K. To encourage interpersonal relationships to move forward in a positive way.

Importance of comprehensive sexuality education

Students can be given factual and scientific education in an organized manner if sexuality education is given in the school environment. Due to the lack of environment to provide factual education, sexual problems are increasing day by day in the society. Keeping this fact in mind, the World Health Organization, UNAIDS, UNESCO, Douglas Kirby, etc. conducted a study among students who received and did not receive sexuality education. They also reviewed various scientific articles to study. According to them, the following changes were observed in people who have received sexuality education.

- People with sexuality education were found to start having sex only later in life.
- They were also seen in the use of contraceptives.
- They also saw a reduction in drug use.
- Another strange thing was that people with sexuality education were also in the forefront in seeking health care.
- They were found to have comparatively less gender based violence, stigma and discrimination.
- They were found to have adopted safe sexual behavior.
- The above evidence makes it clear that people with sexuality education looked better in their healthy lives. Similarly, we can say that sexuality education must be provided inside or outside the school, especially for adolescents.

Activities

Does your school teach sexuality education? If yes, discuss with the teacher or, if not, with your peers the outline of an awareness program you can do at your level to convey the need to the community.

Sexuality in Adolescence

The World Health Organization defines adolescence as 10 to 19 years. Adolescents make up about 16 percent of the world's population. If we look at the situation of adolescents in the world, they are forced to face various risks such as human rights violations despite the problems caused by change. Sexual problems, child marriage and being forced to become mothers at an early age are also more prevalent in this group. The same groups are also at risk from forced marriages and rape, unwanted pregnancies, unsafe abortions, sexually transmitted infections and HIV infection.

Adolescents are also far from having access to sexual and reproductive health education. Adolescent sexuality is emphasized because many of these problems can be managed if sexuality education is given to them in this situation.

Problems of sexuality in adolescence and management

According to the World Health Organization, in 2016 alone, 1.1 million adolescents (3,000 a day) died of preventable and treatable diseases. Road accidents were the leading cause. Other causes included suicide, violence, HIV infection, and diarrhea. According to another fact, almost half of the population suffers from mental health problems in adolescence. Worldwide, 44 out of 1,000 adolescents between the ages of 15 and 19 have given birth. The above description shows the danger situation of adolescence. Adolescence is a challenging time. Many of the behaviors started in this case will continue until later. So the good behaviors we learn in this situation last a lifetime, and the wrong behaviors haunt us for a lifetime. Here we will discuss the problems that come with adolescence and the solutions.

A. Physical and emotional changes

During adolescence, physical changes are caused by various hormones. Adolescents experience stress such as breast enlargement, menstruation, hair growth around the genitals, dandruff on the face, as well as hoarseness, beard growth, and wet dreams. In this case, they have already crossed the stage of childhood and are about to enter adulthood. Therefore, they have stress for rejecting them both by children and adults as well. As sexual organs develop, sexual arousal also increases and this becomes problematic for them to handle.

Adolescents need to remember that these changes are a natural process in everyone. These changes can be better managed if they can intake a balanced diet and involve in physical exercise to keep them healthy by consulting with teachers and parents on how to manage and adjust to such changes.

B. Behavioral changes

Adolescents want to show their independence by doing whatever it takes to develop their brains. Due to the development of hormones, they start behaving as if they are fast, aggressive and do not listen to their parents. Not only have that, in this case they want to create new fashions and hairstyles in a different way. It is considered normal to speak on the ground.

Such behavioral changes in adolescents cause great concern to parents. In this case, the main responsibility of the parents is to win their hearts. We need to sit down and talk about their behavior. At this time, it is not appropriate for the parents to behave by abusing them. The problem can be solved by lovingly reminding them what the real thing is. At the same time, they need to be reminded that all decisions have not yet begun.

C. Falling into addiction

Adolescence is also a time of addiction to cigarettes, alcohol, and drugs. On the one hand, they are under peer pressure and on the other hand, they want to test everything. Moreover, if you have a member who smokes and drinks alcohol at home, they may become a role model for teenagers. As it is easily available in Nepal, it does not take much time to get involved in such addictions.

All parents need to know what their children are doing. This does not mean following them. Talking to them daily, telling them about their daily routine, encouraging them to do good deeds, helping them in case of any problem, inspires them to be honest. If the problem is already exacerbated, treatment may be needed according to the advice of a psychiatrist.

D. Educational challenge

Adolescents may have problems with what subjects to study, what college to study in, the stress of extracurricular activities, and the tendency to drop out. This problem may seem normal, but it can be very stressful for teenagers.

Never put pressure on what subject they want to study and what college they want to study in. When reading a subject, they should be given an explanation about the probable possibilities in the future, but they should be given the right to decide. Sometimes they may have various mental stressors and in such cases it is the parents who understand them closely. Therefore, by helping as much as we can to overcome such pressures, we will be able to address their problems.

E. Psychological problems

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F. Social problems

Adolescents begin to search for their identity. Unlike grouping friends, being attracted to sex and meeting each other also starts at this time. Due to the different social environment, they do not feel comfortable doing all these things. Competing with friends is another social feature. It cannot always be said that positive results come out of the activities they are involved in. It can also lead to problems. They cannot even keep such things open to their parents. Therefore, they feel insecure.

It is natural to meet in adolescence, to have exciting relationships, to mingle with friends. Parents need to create an environment where they can talk openly. Parents should think that they prefer to be with friends rather than with family.

G. Sexual problems

The biggest problem in adolescence is sexual problems. Other topics are less likely to be discussed openly, but it is difficult to talk openly about sexuality. Adolescents in particular face risks such as unprotected sex, unintended pregnancies, and unsafe abortions without proper guidance.

The solution to the sexual problem is possible only through negotiations. Parents need to make sure that they have learned about sexuality in school. If not taught in school, at least about unprotected sex should be taught at home. Adolescents are more likely to have sexual arousal, but they need to be warned that even small mistakes can cause serious problems.

Activities

What can you do if one of your friends has a sexual problem? Discuss.

Management of menstrual problems

After women enter adolescence, vaginal bleeding occurs every month, usually for 3 to 5 days, and this process is called menstruation. Menstruation is a normal and natural bodily process and a symbol of a healthy life. Menstruation is linked to the existence of the human race. This issue is not only related to women but men also need to support for menstrual management.

Management of menstruation related problems in adolescence

The problems seen during menstruation can be clarified from the following points.

- Lack of sanitary materials
- Lack of materials required for menstrual management
- Unable to go to public places and hesitation
- Lack of space to manage pads
- Lack of proper counseling

Menstrual problems can be managed by taking the following measures.

- Physical exercise greatly reduces the pain and discomfort caused by menstruation.
- When you have a stomach ache, it is very comfortable to wrap a bottle full of hot water in a cloth.
- Bathing with warm water reduces pain and makes you feel very relaxed.
- Drinking hot water is also very relaxing
- Many women have been taking painkillers such as paracetamol and ibuprofen for abdominal pain. But if you have to take medicine like this, follow the health professionals.

Preparation, use and management of sanitary pad

Sanitary pads are used to absorb blood flowing out of the vagina during menstruation. Old clothes are also used in rural areas. Since the sanitary pads available in the market have to be discarded once used, home-made sanitary pads are cheap, accessible and reusable, so here we describe is sanitary pads made.

To make a sanitary pad, you have to choose a cloth first. When choosing a fabric, pay attention to how soft and blood-absorbing it is, as well as whether its color fades and how fast it dries when washed and dried in the sun. After selecting the fabric, it should be cut to a suitable size. For example, cut to 40 cm in length and 20 cm in width, fold as shown in the picture and fold it and after folding it, sanitary pad is ready. The one who bleeds a lot also puts a thin cotton between three folds.

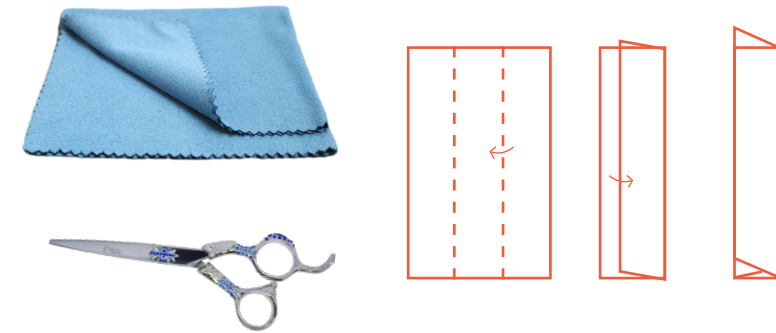


fig. process to make home-made sanitary pad

Once the sanitary pad is ready, it is important to know how to use it. The pad should be covered to prevent blood from flowing out of the vagina and it should not be tightened while wearing panties. For this, the panties should be moved upwards. Replace the pad as required. It is not advisable to use the same pad for more than five hours. After using the pad, it should be thoroughly washed and dried in the sun and kept safe for reuse.

Teenage marriage

Getting married before reaching the age of majority is called child marriage or early marriage. Child marriage is a violation of the human rights of children. In most countries, marriage under the age of 18 is called child marriage. But Nepali law makes marriage under the age of 20 illegal.

Although child marriage is legally prohibited, however, it has not been stopped. The main reason for this is the inequality between boys and girls based on social values and beliefs. Apart from these, the reason for child marriage is the belief that after marriage, one's responsibilities end and there is no sexual violence after marriage.

Problems of teenage marriage, pregnancy and motherhood and ways to be safe

Millions of teenagers in the world get married before the age of 18, or one teenager gets married every two seconds. If we don't take any initiative, 15 million girls will be married in the next 10 years.

Child marriage deprives adolescents of making the right decisions about their sexual health and overall health. They are deprived of education and opportunities to build their future. In addition, child marriage can lead to forced sexual intercourse, early pregnancy, increased risk of violence, sexual abuse, ill health, and even premature death. Not being able to go to school deprives you of many things to learn in life. Adolescents are not physically mature on their own. As child marriage is an inhuman and criminal act, it should be stopped at any cost. The following measures can be taken for that.

- Strict laws against child marriage should be enacted to discourage it. There is no justification for the law if it is not made and implemented only. Therefore, such incidents in the community should be closely monitored.
- Public awareness campaigns should be launched to encourage child marriage. An atmosphere of open discussion should be created in the community. For this, organizations working against child marriage should be mobilized and their work should be supported.
- Adolescents should be made capable to face unnecessary stress by practicing life skills.
- Awareness of the ill effects of child marriage should be spread through comprehensive sex education inside and outside the school.
- Arrangements should be made to disseminate information and provide necessary health care and counseling services to adolescents.

Activities

Make a short story on the basis of following information

Description	Sarita	Lalita	Description	Sarita	Lalita
Age	40	40	No of children	No of children	No of children
Age at marriage	15	23	Monthly income	Monthly income	Monthly income
Education	Five class	Bachelors	Monthly saving	Monthly saving	Monthly saving

Pregnancy prevention

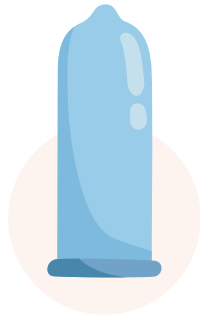
Contraception is the only way to prevent unwanted pregnancy. In contraception, either the egg and the sperm are not allowed to meet, or the egg is not produced, or the sperm is not allowed to reach the fallopian tube. When a person uses contraceptives, they should use the easiest, safest and most available means. Because condoms are a double protection (contraceptive and prevent sexually transmitted infections) as a means of contraception, it is emphasized in psychotherapy. But it is equally important to use condoms consistently and correctly.

Introduction to contraceptives and its types

Although there are various methods of contraception (such as natural, artificial, temporary, permanent), only a few simple measures will be discussed here.

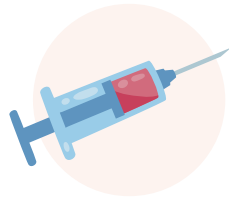
Condom

A condom is, made of a latex rubber, a contraceptive used by men. It is applied to the erected penis before sexual intercourse. It is the only temporary method of contraception that, with proper and regular use, can prevent HIV and sexually transmitted infections and unwanted pregnancies. Condoms are 98 percent effective if used properly and regularly. During sexual intercourse, semen accumulates in the condom and does not reach the woman's uterus and prevents pregnancy.



Depoprovera

Depoprovera is known as a three-month injection. It is a temporary method of contraception for women. One injection works for three months. This injection should be given within seven days of menstruation. If a miscarriage has occurred, it should be applied immediately or within seven days and 6 weeks after delivery. Its effectiveness is also 99.7 percent.

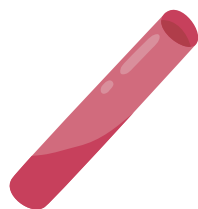


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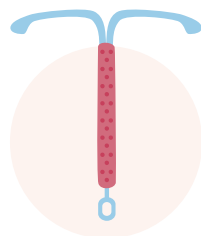
Implant

It is placed under the skin of a woman's arm with a small operation. Once installed, it works for 5 years. It is especially used by women who want to have a long-term birth control. Its effectiveness is 99.9 percent. It should be kept within 7 days of menstruation and immediately or within seven days of miscarriage. Similarly, a pregnant woman should use it after 6 weeks.



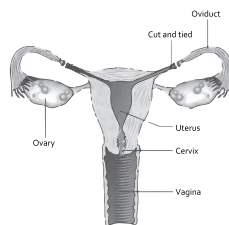
IUCD (Copper-T)

It is shaped like a T made of copper. It is placed inside the uterus by a trained health professional with the help of a special device. Once used, it works for 12 years. Its effectiveness is 99.4 percent.



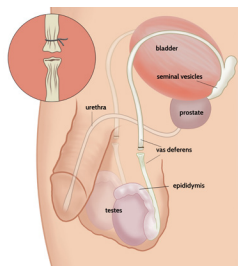
Minilap

This method is a method of permanent contraception for women. This is a small operation performed on women who have reached the age of childbearing. In this, the fallopian tube is tied and cut. This surgery should be done 45 days after delivery or within 7 days of menstruation.



Vasectomy

Vasectomy is a permanent contraceptive for men. During this operation, a small hole is made in the scrotum of the man and the spermatic tube is tied and cut on both sides from there and the sperm cannot come out from there due to which the ovum of the woman and the sperm of the man do not meet during sexual intercourse. Men should use a condom if they have to have sex for 3 months after having a vasectomy. This is because it takes about 3 months for the sperm to remain in the fallopian tube. Currently, vasectomy is performed in Nepal without surgery. This method eliminates the hassle of sewing the skin and the wound heals faster.



Skills for health and well being

It is everyone's potential right to live a healthy life. Still, not all people are able to lead a healthy life. Living a healthy is also an art, which requires a lot of skills. Here we will discuss about those skills.

To be healthy is to experience well being, happiness and prosperity. This includes physical and mental health, contentment in life, and stress management. Along with the development of technology, people have also faced many health problems. A competitive and stressful life is really a challenge to achieve a good health. In this case, we can stay healthy using different skills even in adverse environment.

We need more than luck to succeed in affiliate business. Since there are individual differences in people, the need for such skills may also vary from person to person. The first thing we need to understand is the answer to the question of where health comes from. In fact, health and wellness are brought about by our thoughts, behaviors and experiences. For example, if we think positively, we can develop a good emotional state. Having a respectful relationship with a person helps the person to develop good social qualities. On the contrary, if we think negatively, people's emotional state becomes imbalanced. We may be compelled to those tasks which we do not like to do. So the skill to get good health is to adapt one's lifestyle according to one's health needs

Introduction to the skills of norms and peer influence on sexual behavior, decision-making

Children and adolescents may experience a variety of pressures from their peers as they get older. In this case, it is because of the growing closeness between friends rather than family that one has to face such pressures. Adolescents can generally have a positive effect on the following aspects:

- Attitudes, behaviors and values, ideas
- Learning, reading and writing
- Ways to spend time
- Concerning future goal setting and thinking
- To work hard for personal development, educational efficiency, to get good marks, to develop instincts, etc.

- Ethical behavior, to be honest, to be self-confident
- E. Healthy: Healthy sexual behaviors including health benefits
- Development of culture and civilization
- Information on safe sexual health practices
- Receive self respect, respect others
- Increase in number of good friends, etc.

Consequences of peer pressure

- Wrong kind of work like stealing, lying, cheating etc.
- To learn the habit of using language that is indigestible to society,
- Can fall into the habit of smoking, alcohol and drugs
- Living in the habit of lying to parents, not paying attention to value, dignity and respect
- To engage in unsafe sexual behavior
- Fighting, getting injured, getting into an accident, getting into legal trouble

In this way, with the pressure of peers, one should always analyze the impact of the pressure on one's future and health. In this case, the decision-making capacity has a big hand. Failure to make the right decision can sometimes lead to difficult situations.

Decision making is the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions. When making a decision, the available options should be analyzed critically and creatively. If stress is causing mental stress, you may need to make excuses to get rid of it. Not only that, making friends with those who get it can put unnecessary pressure.

When making decisions, we prioritize the best of the various options. This requires creative and critical thinking. The following procedure should be followed when making a decision on any matter to be decided:

Communication, refusal and negotiation skills, media literacy and sexuality, and finding help and support

Communication is also called expression. It can also be used orally, written or non-verbal. Communication skills are considered as life skills. Effective communication is considered essential for good relationships. Effective communication helps to spread information, control the group and even listen to someone's voice.

Another important life skill is the refusal skill. Sometimes the pressure of the messenger can be for undesirable work, in such a case the skill of refusing can play a big role. Refusal can be done in different ways. Saying no, blowing up carelessly, making excuses for something you shouldn't do, pretending not to listen, changing the subject of the conversation, walking carelessly, refusing to say no if you put too much pressure, etc.

Negotiation is also considered life skills. Not everything that happens in life is favorable to us. In such a situation, an agreement has to be reached. A negotiation is a type of mediation skill where an issue is discussed between two people with different needs and goals in order to find a mutually acceptable solution. It is an exchange of ideas and values between individuals to reach a common decision. In order to have a successful conversation, you need to gather enough information to negotiate. You need more than luck to succeed in affiliate business. At the beginning of the discussion, it is important to listen to the other person respectfully and make it clear that there is no agreement. Mutual respect, cooperation and understanding by expressing your views in a positive way when there is conflict between adolescents or constant negative pressure from someone.

Activities

Your friends are planning to tease your heterosexual friends and are forcing you to have sex too. But you don't have to participate in that. In that case, what skills would you use to turn down the offer?

Mass media is any medium through which a person receives information. Print includes various newspapers, journals, etc. Audio materials include radio and telephone, audio-visual includes television, film, etc. and electronic technology includes internet, email, online journal, social media, etc.

Mass media is generally understood as the process of exchanging information. Adolescents use a variety of communication resources as a basis for developing sexual information, knowledge and attitudes. They find it easier to get information from the mass media than from other sexual learning sources.

Today is the age of technology. Everyone is now dependent on technology. In this case, the use of the Internet and social media has increased. When using the Internet and social media for information, we need to be careful about how we can get the most out of it. It can be an important source of knowledge if used properly. Information can be easily obtained through social media which can help promote or improve stereo type about gender. Nowadays, various content related to sexual activity can be easily found on such networks, the use of which can be harmful, be aware that. The Internet, mobile phones, and social media can also draw a person's attention to unnecessary tasks. Some of these materials are unnaturally constructed and therefore tried to be put into practice or imagined as real

◇ Exercise

1. Answer the following questions very briefly.

- A. Write down one of the purposes of sex education.
- B. Why are adolescent groups at risk for sexual problems? Write down a reason.
- C. What kind of cloth is needed to make sanitary pads?
- D. Write one of the reasons for child marriage in Nepal.
- E. Which method of contraception is known as double protection?
- F. Write down a couple of tips to consider when deciding on a topic.

2. Give short answers to the following questions.

- a. What is mass sexuality education? Write in your own words.
- b. Confirm the importance of sex education by presenting five points.
- c. What problems do adolescents experience during menstruation? Write down any five problems.
- d. What do you suggest to discourage child marriage? Write down five suggestions.
- e. What are the methods of permanent contraception? Explain briefly.
- f. What skills do you need to stay healthy? Explain in brief.





Grade
10

Introduction

Comprehensive sexuality education teaches young adolescents to behave responsibly. It is natural for sexual arousal to start as soon as one enters adolescence, but if it is not managed properly and safely, it can lead to various risks. Comprehensive sexuality education opens up many alternative avenues for managing sexual arousal.

Menstruation is also a normal process in adolescents. If we look at our society, there are many myths and misconceptions about menstruation. If adolescents are not taught to endure such delusions and misconceptions, they begin to understand the normal process as a problem. Comprehensive sexuality education also helps in menstrual hygiene management. In addition, this booklet introduces the key concepts of comprehensive sexuality education as well as educating adolescents on sexually transmitted infections and HIV infection.

Key concepts of CSE

Introduction to the key concepts of CSE

The International Technical Guidelines on Sexuality Education (ITGSE, 2018) have outlined eight key concepts of comprehensive sexuality education. Its general introduction is as follows.

A. Relationships

The first major concept of comprehensive sexuality education is relationships. Relationships are based on mutual respect. To establish a good relationship, parents should support and guide family members in their value decisions. The practice of gender equality begins with the role of the family. If family members are not healthy, we will not be able to find happiness in the family as we think.

There are different types of relationships:

- Family and social relations
- Relationships between classmates, co-workers, friends, teachers and students
- Love and hate

Here are some suggestions on how to maintain good relationships.

- To communicate with each other.
- To maintain mutual respect.
- To create an atmosphere of reconciliation.
- To have a supportive spirit in everyone.
- Respect privacy in any relationship.

B. Values, rights, culture and sexuality

Value is an expression that is valued by a person. Value shows the importance of something that is valid for us. When we value a subject, we think that it will benefit us. Individual values regarding sexuality vary from person to person. The value of the person in the community in which he grew up is the same. It should not be commented as right or wrong. However, some personal values related to sexuality can have a negative effect on our health. No matter what the value of sexuality, it should not have an adverse effect on human health. If such values and beliefs adversely affect health, they need to be replaced.

According to the United Nations Population Fund (UNFPA), sexual and reproductive rights are the only way for people to be satisfied with their sexual life, to be able to reproduce, and to be free to decide when and how to do so. Sexual and reproductive rights, in particular, are the right to enjoy sexual and reproductive health in a non-violent, non-violent, non-discriminatory environment.

According to the World Health Organization (2006), sexuality is a central part of human life. Sexuality is defined as the aggregate of many aspects of life such as sex, sexual identity and role, sexual orientation, sexual attraction, sexual desire and arousal, pleasure and fertility. Sexuality is experienced and expressed through a person's thoughts, desires, beliefs, attitudes, values, feelings, roles, relationships, etc. These things may not always be experienced and expressed. Sexuality is influenced by biological, psychological, social, financial, political, cultural, legal, historical and spiritual aspects.

We learn all the values and attitudes related to sexuality from our family and society. Anyone should understand their values, beliefs and attitudes. Such values and attitudes should be careful not to infringe on the rights of others. The main message of human rights and sexuality is to ensure one's own rights and respect the rights of others.

C. Understanding gender

Gender is a view of society towards women, men or sexual minorities. Therefore, it is also called social sex. Gender is a social attitude that reflects differences in gender roles. Society expects different characteristics, functions and roles of men and women according to their gender differences, i.e., the activities that men and women should play in the society and the roles that should be played. Gender roles are not the same everywhere.

Gender equality is not only a basic human right but also an essential basis for living in a peaceful, prosperous and sustainable world. According to the European Institute for Gender Equality, gender equality means the right of women or men or sexual minorities, etc., to participate in economic activities and to make decisions without any discrimination, including access to resources and opportunities. According to a one-year study in 2010, one in five women between the ages of 15 and 49 have experienced physical or sexual violence by a close friend. According to the study, no law has been enacted in 49 countries to provide justice to women against domestic violence. Human society could have benefited greatly if women and adolescents had been provided with education, health care, decent work, and participation and representation in the political and economic decision-making process.

Gender equality is linked to human rights. Adherence to human rights creates an environment in which gender roles change as equality is maintained between men and women and between women and men. Not only that, human rights awareness has led to a reduction in the incidence of sexual violence and sexual abuse and a positive change in social attitudes and perceptions towards sexual minorities.

D. Violence and staying safe

It is everyone's potential right to be safe from violence. Violence of any kind is a punishable crime. No one is allowed to commit violence. We must learn to be safe by recognizing the situation and circumstances of violence.

World Health Organization's World Report on Violence and Health (WRVH) defined violence as the deliberate use of force to injure, abuse, harm, intimidate, or inflict psychological harm on someone or oneself. There are different types of violence which can be briefly understood as follows:

- ◇ **Physical Violence:** Beating, slapping, pushing, holding, biting, pulling hair, etc. are included in physical violence. In addition to this, forcing someone to use alcohol, cigarettes and drugs under pressure also includes physical violence.
- ◇ **Psychological violence:** Threatening to threaten yourself or a friend, children to hurt a friend's family, damage pets and property, forcing someone to stay away from family, friends, school or office is psychological violence.
- ◇ **Emotional Violence:** Emotional violence is the act of humiliating a person's self-esteem. Examples include constant criticism, disregard for someone's abilities, unnecessary naming, spoiling someone's relationship with children, and so on.
- ◇ **Economic Violence:** Making a person financially dependent on his financial resources, obstructing access to money, not allowing him to appear in any office, etc. are economic violence.
- ◇ **Gender-based violence:** Violence based on gender or sexual minority is called gender-based violence. This is detailed in the source book.

E. Skills for Health and Well-being

Healthy living is the experience of good health, happiness and prosperity. This includes physical and mental health, contentment in life, and stress management. Along with the development of technology, people have also faced many health problems. A competitive and stressful life is really a challenge to achieve good health. In this case, by using different skills, we can become healthy and wholesome even in such an environment.

You need more than luck to succeed in affiliate business. Since there are individual differences in people, the need for such skills may also vary from person to person. The first thing we need to understand is the answer to the question of where health comes from. In fact, health and wellness are brought about by our thoughts, behaviors and experiences. For example, if we think positively, we can develop a good emotional state. If we have a respectful relationship with someone, it will make us feel good. On the contrary, if we think negatively, our emotional state becomes unbalanced. If we don't like a good job, we are forced to do bad work. So the key to good health is to adapt our lifestyle to our health needs.

F. Human body and development

It is natural for growing children to be curious about their bodies. For human development, it is necessary to fertilize the sperm of the male and the ovum of the female. Males produce sperm for reproduction and females produce eggs. Even after the baby is born, it develops in different stages and takes the form of a complete human being. Thus, when maturity comes in the body, the role of men and women is clearly different.

Reproductive function and sexuality are different aspects that develop over time. Behaving according to sexual feelings does not necessarily mean reproduction. Again, not all women are able to have children. Some women experience infertility, and some can recover if they are treated in time.

G. Sexuality and sexual behavior

Sexuality is the expression of thoughts, values, experiences, feelings, etc. related to sex and sexual behaviors. Human sexuality is presented or experienced in different ways. Man's sexuality is expressed through many things like thoughts, feelings, desires, perceptions, beliefs, behaviors, responsibilities, relationships etc.

Sexual behavior is the act of kissing, stroking the genitals and body before sexual intercourse, massaging, playing, talking about sex, talking about love, imagining, watching sex movies, pictures including sexual intercourse. When sexual behavior is done, man becomes happy and gets happiness. Achieving happiness in this way is considered as an important part of life.

H. Sexual and reproductive health

According to UNFPA, sexual and reproductive health means not only absence of disease and infirmity, but also physical, mental, emotional and social health of the reproductive system. This means that people can be satisfied with their sex life, be able to reproduce and be free to decide when and how to do it.

HIV infection and sexually transmitted infections have a major impact on sexual and reproductive health. Infected people should have a supportive environment to discuss the issue without hesitation. With proper care, respect, and support, HIV-infected people can lead productive lives throughout their lives.

Activities

How would your group do if they had to give mass sexuality education to friends in the community? Discuss and prepare a blueprint.

Human reproductive processes

Any creature has the ability to produce offspring just like itself. The process of producing offspring is called reproduction. In human reproduction, the sperm of a man and the ovum of a woman meet in the fallopian tube of the uterus and are fertilized and the fertilized ovum is implanted in the uterus and this process is called conception. The baby is born about nine months or 280 days after conception.

Introduction to fertilization, conception and pregnancy

Fertilization

According to the World Health Organization, in 2016 alone, 1.1 million adolescents (3,000 a day) died of preventable and treatable diseases. Road accidents were the leading cause. Other causes included suicide, violence, HIV infection, and diarrhea. According to another fact, almost half of the population suffers from mental health problems in adolescence. Worldwide, 44 out of 1,000 adolescents between the ages of 15 and 19 have given birth. The above description shows the danger situation of adolescence. Adolescence is a challenging time. Many of the behaviors started in this case will continue until later. So the good behaviors we learn in this situation last a lifetime, and the wrong behaviors haunt us for a lifetime. Here we will discuss the problems that come with adolescence and the solutions.

Pregnancy

In women of childbearing age, the stage from the last menstrual period until the baby is born is called pregnancy. During pregnancy, women undergo a variety of physical changes.

Normally, if a woman who is menstruating regularly stops menstruating suddenly, she is suspected to be pregnant and it is cured in 98 percent of women. Here the signs and symptoms of pregnancy are presented in point form.

- Stopping menstruation
- Changes in the breast
- Urinary incontinence
- Changes in the skin
- The first time the fetus moves in the womb
- Vomiting while waking up in the morning
- Low back pain, tea or spots on the face, bloating.

Sometimes there are signs of danger in pregnancy and in such cases it is necessary to seek the services of a health worker.

- If you have a lot of abdominal pain and high blood pressure
- If you have already had surgery on your abdomen
- If the child is in the opposite position
- If the mother has given birth to more than five children
- If the fetal heartbeat is not heard
- If very thin, thin and low in height
- In case of deformed buttocks and legs

Introduction to safe motherhood and maternal child health care

Safe motherhood protects the mother from the risks of pregnancy and childbirth. It will be interpreted as maternal and child health care as the baby also accompanies the mother.; Prenatal care required during pregnancy

- Personal Hygiene
- Care and hygiene of breast
- Balance diet
- Smoking and Alcoholism
- Light exercise
- Travel
- Medical science check up

Birth

- The process by which a gamete is formed after fertilization and stays in the mother's womb for about 280 days or 40 weeks is called vaginal discharge. If the baby is in front of the head, normal delivery will take place, but if the legs are in front or horizontally, surgery will be required.
- A baby born in a normal condition within 24 hours of delivery without any problem after reaching full day is called normal delivery. If a different delivery situation occurs, it is advisable to send it to the nearest hospital where the mother and child can be saved from death.
- In the context of Nepal, the technology of childbirth through surgery has come into vogue in recent times.

Activities

How is maternal health care practiced in your community? Discuss and prepare a brief description.

Sexual behavior

Sexual behavior is the use of the genitals in a natural and artificial way, or by rubbing or imagining them. Sexual activity including kissing, stroking the genitals and body, massaging, playing, talking about sex, talking about love, imagining, watching porn movies, pictures including sexual intercourse is called sexual behavior.

Sexual behavior is done mainly in singles and couples. Single sexual behaviors include masturbating, stroking and stroking one's own genitals, and engaging in sexual activity with sex toys, while sexual behaviors in couples include sexual acts with the opposite sex and sexual intercourse.

Problems of pre-marital and extra-marital relationships and methods of management

Marriage is a legal provision for sexual intercourse. If an adult man and a young woman have sexual intercourse before having this legal status and have intercourse with the opposite sex, it is called premarital sex.

In developed countries, premarital sex is not interpreted in a negative way, as adolescents are educated in a timely manner about physical transformation and sexuality education from the school level. But in our society, it is insecure, has an incomplete future and is risky, so it is legally banned and excluded even in terms of social values. The side effects of premarital sex can be summarized in the following points.

- To be forced to become a mother during adolescence if an unintended pregnancy occurs
- Having a dangerous health condition for the baby and mother,
- Having sexually transmitted infections, including HIV,
- Take the lead in having unsafe abortions,
- To increase maternal mortality,
- The birth of a malnourished baby,
- The mother is childless due to incomplete abortion,
- If a woman has a bleeding problem,
- Increased incidence of child marriage, polygamy, divorce, not good family relations.
- Incomplete sexual satisfaction,
- Economic crisis will arise due to unplanned lifestyle.

Measures to manage the problem of premarital sexual relations

Adolescence is a basic condition. It is in this situation that the responsibility of making life successful and effective is taken. Therefore, in this situation, only if they can teach about sexuality without hesitation, their children will be alert and aware of the consequences of having premarital sex and are ready to build a golden future.

In today's changing environment, adolescents are getting older at the age of marriage and their sexual development is accelerating, creating opportunities for premarital sex. Because premarital sex is socially accepted because of early marriages, the incidence of premarital sex is rarely heard or kept secret. But now, due to the influence of mass communication, many people find out about such incidents. In this environment, we will not be successful if we try to teach adolescents moral pressure not to have premarital sex. Good management for this is to make them aware of the ill effects of premarital sex as mentioned above and to enable them to have safe sexual behavior. Even if the slogan "Twenty years of behavior" can be given a meaningful form, this problem can be pushed back a

lot. In addition to this, by giving knowledge of many alternative ways of sexual behavior, they also help themselves

Extramarital Sexual Behavior

Sexual desire and lust for human life lasts from conception to old age. Sexual arousal in the human body is natural. Sexual aspirations can be fulfilled through sexual activity. The results of globalization, modernization, and industrialization have not changed the way people behave. It is found that such behaviors have been adopted due to new experience and curiosity.

Getting sexual satisfaction from married men and women by having physical contact with other outside men and women is called extramarital or sexual behavior with a heterosexual man or woman. Such contact is done with or without financial status. Mainly the temptation of employment, more sexual desire, family quarrels, family engagements, jobs, urbanization, entertainment, drug use, weak legal policies, rules, etc. can be taken as reasons for behavior. This type of sexual behavior can transmit a variety of sexually transmitted infections such as HIV, herpes, gonorrhea, etc. Unprotected sex can lead to family conflict, mistrust, loss of dignity, stigma, and social instability. Although such behaviors,

economic, social and moral values are considered sinful and criminal in our society, the report of the study and the increase in the number of people living with HIV have led to widespread extramarital affairs.

Recently, the increase in the number of people going for foreign employment has made such incidents more widespread. From this, family mismatch, mistrust, infidelity, excessive sexual desire, unwanted relationships, family misunderstandings, complete marital dissatisfaction can lead to divorce. Such problems would be greatly reduced if sex education could be widely provided in time. The solution to this problem is to expand and secure sexuality education through formal and non-formal education.

Safer sexual behaviors

Safe sexual behavior is the act of having a healthy sexual activity between a husband and wife in a comfortable and appropriate environment, free from any problems, fears, and intimidation. In such behavior, men and women experience complete sexual satisfaction and freedom. Sexual intercourse between the vagina and the penis should be done after full sexual arousal, such as deep sexual conversations, body massage, massaging, breast massage, and full arousal. Full approval of both

Menstruation related myths, and menstrual hygiene management

Menstruation related religious beliefs, myths and restrictions

Any statement about menstruation that does not have scientific basis and corroborating evidence is called menstrual misconception or myth. Even if there is not enough evidence of what someone has said and believed or what you have experienced, it becomes a myth. There are many myths and misconceptions about menstruation in Nepal. There is a partial truth in such a belief, but if it can be analyzed in a scientific way and made timely, then such a belief will become universal. Here are some of the religious beliefs about menstruation, Myths and facts will be discussed point by point.

- **It is a sin to touch a man during menstruation.** This statement is an illusion. Because menstruation is a natural process, touching someone in such a situation does not mean sin.
- **You should stay away during menstruation.** This statement seems to be partially true. Menstruating women need comparatively more rest and when they are isolated, they can grind saws. But it is wrong to keep it separate because it is menstrual.
- **Marriage of daughters after menstruation is a sin** This statement is completely wrong. Today, menstruation has started in 9 years. If this statement is to be believed, then you have to get married in 6-7 years. So there is no truth in this statement.
- **Do not have sex during menstruation.** This statement depends on the individual. During menstruation, some people get sick and some of them bleed profusely. In such a situation, the woman does not feel comfortable and sexual intercourse becomes like violence. However, if some people's blood flow is less and it is normal, then sexual intercourse does not seem to stop during menstruation.
- **Men are more likely to have an extramarital affair because women have less sexual arousal after menopause.** As we get older, not only women but also men become less sexually aroused. So there is no truth in this statement either.
- **Menstruating women should not drink cow's milk.** This is also a misconception. Menstruation has nothing to do with cow's milk.
- **Menstruating women should not go to the temple and worship.** This

belief is a practice adopted by many in Nepali society. However, there is no scientific basis for this. As menstruation is a natural process, it should not be viewed as discriminatory.

- **Menstruating women should not touch plants.** There is no truth in this statement either. There is no relationship between menstruation and plants.
- **During menstruation, dirty blood comes out and becomes dirty.** This is also a misconception. Since the blood that forms in the uterus is like any other blood in the body, it cannot be called pure and impure. Any blood substance that comes in contact with the outside air gradually stinks.
- **Menstruating women should not cook foods.** There is no truth in this statement either. Menstruation has nothing to do with cooking.

Importance of menstrual hygiene management

Cleaning during menstruation is like a person's routine work. A little carelessness during menstruation can lead to many problems. According to modern times, various materials like sanitary pads, menstrual cups, tampons are available for menstrual hygiene, but many women do not seem to pay much attention to hygiene. Even now, many people use old clothes during menstruation and in this case they are not washed and dried in the sun. Menstrual hygiene management can address this issue very well. The importance of menstrual hygiene management can be justified with the following points.

A. It can prevent urinary tract infection

Using whatever you find as a pad or using a sanitary pad continuously for more than four hours creates an environment in which a variety

of bacteria can grow in and around the vagina. These bacteria enter the urinary tract and begin to infect. As a result, problems like burning, lower abdominal pain, back pain and fever appear when urinating. This problem can be easily eliminated by changing the sanitary pads from time to time, washing and drying in the sun and cleaning the area around the vagina.

B. It can prevent rashes around genitals

If the pads are not changed or cleaned for a long time during menstruation, there is a possibility of swelling, rashes and sores due to getting wet around the genitals. This problem can be avoided by changing the sanitary pad from time to time.

C. It can help to maintain sexual and reproductive health

Women who do not pay attention to

proper hygiene during menstruation are more likely to have infections of the reproductive tract and vaginal discharge. Properly covered, it will withstand a great deal of adverse conditions and will help to improve overall sexual and reproductive health.

D. It can prevent cervical cancer

Human papillomavirus is the leading cause of cervical cancer. If hygiene is not managed, the virus can spread. The habit of not washing the hands properly after changing the pads and not cleaning vagina thoroughly creates an environment for such viruses to grow. With menstrual hygiene management, such viruses cannot grow.

Activities

Suppose there are many restrictions on menstruation in your community. What kind of programs would be appropriate to raise public awareness about menstruation in the community? Discuss.

Efforts on menstrual hygiene management in Nepal

Many non-governmental organizations, including the government, seem to be involved in menstrual hygiene management in Nepal. Dignify menstruation in 2018-20 and the government's efforts to make a menstrual hygiene management master plan can be understood as the government's attention in this matter. The government has seen the commitment of four ministers and the speaker of the National Assembly to sign a seven-point declaration to celebrate the national glorious menstrual day in May 2018. Regarding menstrual hygiene management, more than 40 organizations

The government's commitment is also reflected in the fact that Nepal has organized various programs in May to mark the National Menstrual Hygiene Day. The government has already drafted a national policy to make dignify menstruation and is in the process of submitting it to the Council of Ministers. In some places in the far west, it is still compulsory to stay in the cowshed during menstruation due to the practice of chhaupadi. Initiatives have also been taken by various non-governmental organizations and government bodies to improve it. It has been passed by the House to impose a fine of up to Rs. 10,000 in case of pressure to stay in Chhaupadi during menstruation.

The government's decision to distribute sanitary pads at the school level is also welcome. It is found that school going teenagers have experienced a lot of relief. In addition, the provision of adolescent friendly toilets in schools seems to have a positive impact on menstrual hygiene management.

Despite these various efforts, unless the level of human consciousness is raised, it will not bring the expected results. For this, it is necessary to make menstrual hygiene management a matter of glory by activating various bodies.

Prevention from STIs

Introduction to STIs

Infections transmitted from one person to another through unprotected sex are called sexually transmitted infections. Some sexually transmitted infections can be cured with simple treatment, while others can be helpful in causing problems as well as other infections. In addition, these infections can have serious and long-term effects (such as infertility, premature birth and even premature death).

With effective prevention, control and treatment and management from the health sector, the burden of sexually transmitted infections can be reduced in a variety of ways. Effective and safe treatment can prevent the spread of infections. Similarly, community education and outpatient clinics can also make a significant contribution to the control of sexually transmitted infections.

Cause, symptoms and prevention of various STIs including HIV

There are many sexually transmitted infections, but only a few will be briefly discussed here.

A. Gonorrhoea

Gonorrhoea is also called dhaturug in Nepali. The disease affects the reproductive and urinary tract. It is a sexually transmitted infection. The disease is caused by an infection with a bacterium called *Nigeria Gonococcus aeruginosa*. Although young people between the ages of 19 and 29 are more affected by the disease, it is more common in people in the age group of 19 to 49 who are more involved in sexual activity. It is less common in women than in men. The following symptoms may appear when this disease occurs.

- Frequent urination and burning and pain when urinating.
- Yellow and white pus flowing from the penis along with the urine.
- Some people have testicular pain and swelling.
- Pain in the glans penis.
- Dry and sore throat.

- Discharge from the anus and feeling uncomfortable. Later, impotence will appear.
- Pain in vagina and labia minora of the vagina due to infection in the cervix.
- White, yellow, thick smelling fluid comes out of the vagina.
- Frequent urination and burning while urinating
- Irregular bleeding from the vagina.
- Back pain during sexual intercourse.
- If not treated in time, infection can spread to the uterus and fallopian tubes. It can also lead to infertility and development of the fetus outside the uterus (ectopic pregnancy).

B. Syphilis

Syphilis is a chronic communicable disease transmitted through unprotected sex that is caused by a bacterial infection called *Treponema Palidum*. The lesions appear on the vagina of the infected woman and on the penis of the man. The disease affects newborns, young people and the elderly. When the initial symptoms appear, if not treated properly, it can damage various organs of the body such as the brain, liver, heart, etc. and can be fatal.

C. Chlamydia

Chlamydia is a type of fast-moving sexually transmitted infection. It is caused by the bacterium *Chlamydia trachomatis*. If left untreated, it can be devastating. The disease affects the urethra and rectum of both men and women. In the case of women, it can also affect the oral cavity. In some cases the disease affects other parts of the body such as the lungs, liver, throat and eyes.

D. Chancroid

It is also a sexually transmitted disease. It is caused by a bacterium called *Haemophilus dwarfism*. Its symptoms are similar to those of syphilis. It is more common in developing countries than in developed countries. Sometimes the disease and herpes can appear at the same time. This type of disease is especially prevalent among the most vulnerable groups and sex workers. The disease is found in five times more men than women. Men who do not clean the foreskin that covers the penis are particularly affected

E. Genital warts

Pinples appear in genitals are called genital warts. It tends to be dry and painless, but it also causes discomfort to both sexes during sexual intercourse. There are many types of genital warts. These warts are looked like pink, green, white, and pinples of cauliflower. The disease is caused by the human papillomavirus. The following symptoms appear when this disease occurs.

- Warts can appear on any part of the penis.
- Warts can come not only on the female genitalia but also around the nipple, mouth, lips and anus.
- The size of a wart is about half an inch.
- A wart can become infected and become a wound.

F. HIV and AIDS

AIDS is a condition in which the HIV, a very small invisible HIV (retro virus group), enters the human body and destroys the body's immune system. HIV attacks a person's immune system. Immunity is the body's ability to fight off an enemy or disease. Until immunity is lost, HIV invades the white blood cells in the body's blood. The full form of HIV is Human Immuno-deficiency Virus and the full form of AIDS is Acquired Immuno Deficiency Syndrom.

The main symptoms of HIV are as follows.

- Decrease in body weight by 10 percent.
- Fever for more than a month.
- Diarrhea for more than a month.

Since sexually transmitted infections and HIV transmission and prevention are similar, the transmission and prevention methods are described in the same place.

Sexually transmitted infections and HIV are transmitted through unprotected sex. However, some infections can be transmitted through infectious tissue and infected clothing, blood and blood products, or needles. Infections such as HIV and herpes can be passed from mother to baby.

The following measures can be taken to prevent sexually transmitted infections.

- Do not have unprotected sex with an infected person.
- An infected mother should not give birth to a newborn baby.
- Needles, skin piercing tools, blades used by HIV-infected people should not be used.
- HIV infected blood should not be taken.

In addition, it is necessary to educate adolescents about the causes of sexually transmitted infections and HIV, its consequences and prevention. This education can be given to school going students at school and to non-school going teenagers through local clubs, volunteers, peer education, radio, booklet, street drama, rally, etc. Various efforts can be made for this.

- To coordinate with other governmental and non-governmental bodies involved in health education and information dissemination
- To impart sexuality education to the adolescents and to give knowledge and skills of safe sexual intercourse, responsibility decision making.
- Condoms should be made easily available to teenagers involved in sexual activities.
- Detect and eliminate misconceptions about HIV and AIDS in your area.
- Adolescents suspected of HIV will be counseled and sent for voluntary blood tests.
- Explain the ways to avoid trafficking and rape
- Provide life skills and counseling for capacity building of sex professionals

◇ Exercises

1. Write very short answers to the following questions.

- A. Write down one of the basics needed to build a good relationship.
- B. What is social sex?
- C. Where does fertilization take place in the human reproductive process?
- D. Give an example of solitary sexual behavior.
- E. What is extramarital sex?
- F. Write down any misconceptions about menstruation.
- G. Write down a way to avoid sexually transmitted infections.

2. Write short answers to the following questions.

- A. Briefly describe the types of violence.
- B. Write down five of the signs and symptoms of pregnancy.
- C. What are the procedures of caring for a pregnant mother? Briefly describe in any five points.
- D. Here are five ways to avoid the ill effects of premarital sex.
- E. What is menstrual hygiene management? Confirm its significance in four points.
- F. What causes gonorrhoea?
- G. What causes syphilis? Write its four symptoms.

