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

Grade 11-12



RIGHT HERE
RIGHT NOW

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

11

Introduction

The World Health Organization (WHO) has defined Sexual and reproductive health pertains to the state of physical, mental, and social well-being in all matters related to the reproductive system. Good SRH implies that people can have a satisfying and safe sex life, the capability to reproduce, and the freedom to decide if, when, and how often to do so. If you are not pregnant, you should have regular menstruation and menstruation for your menstrual period.

The main purpose of teaching this subject in class 11 is to inform the students about sexual and reproductive health as well as its various aspects. After reaching this stage, the students have to get information about the overall reproductive process, menstruation, child birth, maternal and child care and contraceptive measures. So this booklet has tried to cover these topics.



Sexual and Reproductive Health

Meaning of sexual and reproductive health

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

Sexual and reproductive health means being physically, mentally and socially better in all aspects of the reproductive system. These include the ability to have a satisfying and safe sex life, to have reproductive functions, and to have the freedom to decide when, how, and how often to do so.

Sexual and reproductive health is an educational experience aimed at developing the ability of adolescents to understand the physical, psychological, social, cultural reproductive dimensions, etc. related to sex. It will help them decide their life plans and reproductive health behaviors and actions to protect them from unwanted pregnancies, sexually transmitted infections, unprotected sex, sexual exploitation, unsafe abortions, strengthen physical development and raise awareness of gender equality.

Elements of sexual and reproductive health

The elements of sexual and reproductive health are mentioned below.

A. Family planning

Family planning means managing the family's source of income and making the family members happy. The family plan covers how to shape the family based on the available resources of the family, to arrange for the family's education and career development, at what age to get married, how many children to have at different intervals, and to get the necessary health care.

B. Safe motherhood

The second aspect of sexual and reproductive health is safe motherhood. This includes taking care of the mother's health during pregnancy and childbirth. According to world statistics, millions of mothers die each year from pregnancy-related causes. The main challenges of safe motherhood are getting married at a young age, becoming a mother, having a miscarriage, malnutrition, etc.

C. Infant and child health care

According to the World Health Organization, a total of 4.1 million children under the age of five died in 2017, up from 8.8 million in 1990. The world's infant mortality rate has also dropped to 29 per 1,065 infant mortality in 1990. Although infant and child mortality rates have fallen sharply, they still need to be improved. Therefore, it is also considered as an aspect of sexual and reproductive health.

D. Unsafe abortion and its consequences

People are found to be having abortions whether they want to or not. In about 90 percent of the world's countries, abortion is legalized in cases where there is a risk to the mother's health due to the fetus. However, the number of unsafe abortions has not decreased. It is imperative to prevent unsafe abortion, which can even kill the mother.

E. Prevention and control of RTIs, STIs and HIV and AIDS

Reproductive tract infections are also considered a major cause of sexual and reproductive health. This is especially true of poor hygiene. Similarly, many of the problems caused by unprotected sex and HIV infection are also considered major problems from the point of view of sexual and reproductive health. Sexual and reproductive health cannot be improved without preventing these problems.

F. Adolescence sexual and reproductive health

Adolescence is a transitional period in which many physical, mental, emotional, social and sexual changes appear in them. This group is in dire need of sex education as they have to face many reproductive health problems in this condition. As sexually transmitted infections and HIV infections are also more prevalent in this group, adolescent sexual and reproductive health has been identified as a major factor in addressing this group.

G. Treatment and control of infertility

Some couples do not have the pleasure of having children even if they want to. Infertility is not being able to get pregnant. Infertility can be caused by physical or medical reasons. Some infertility is cured when it is treated in time. If someone has a problem with infertility, they can get relief by contacting a health institution and getting treatment. This helps in promoting their sexual and reproductive health.

H. Reproductive health of adult women

After reaching the reproductive age (40-50), women experience problems such as menopause, cervical and breast cancer, tingling, back and hip pain. Health care and counseling services are needed to avoid this problem. In this case, by consulting for health care and reminding everyone that such problems are a normal condition, it is possible to increase their morale and take necessary measures to maintain good health.

I. Gender based violence

Violence against women because they are women and men because they are men is called gender based violence. If any human being is discriminated against on the basis of gender, it is called gender based violence. This includes acts of causing physical, mental or sexual harm or pain to anyone in public or private life on the basis of sex.

Reproductive System

In the reproductive system, the sperm and the female ovum meet in the fallopian tube of the uterus through sexual intercourse to describe the process from fertilization to the birth of the baby. This includes fertilization, pregnancy, and childbirth. In order to better understand the human reproductive system, male and female reproductive processes will be explained separately.

Male and female reproductive systems and organs

A. Male Reproductive System

Male reproductive organs are described here below.

Testes

The testes are the male reproductive glands. They lie outside the abdominal cavity in the pouch called the scrotum. Each testis contains up to 300 lobules. Each lobule holds up to four seminiferous tubules in which the sperm are produced. Between the tubules, there are groups of interstitial cells, which secrete the testosterone hormone. At the upper pole of the testis lie the epididymis which advance the sperm from testis to the vas deferens.

Epididymis

The epididymis is made up of tiny semicircular tubules. It is connected to each of the testicles by vas deferens. It lies on the back of the testicles. This is where the sperm travels through the vas deferens.

Vas Deferens

Vas deferens starts from epididymis and open to the ejaculatory ducts. Sperm travels through the vas deferens up to ejaculatory ducts.

Seminal Vesicles

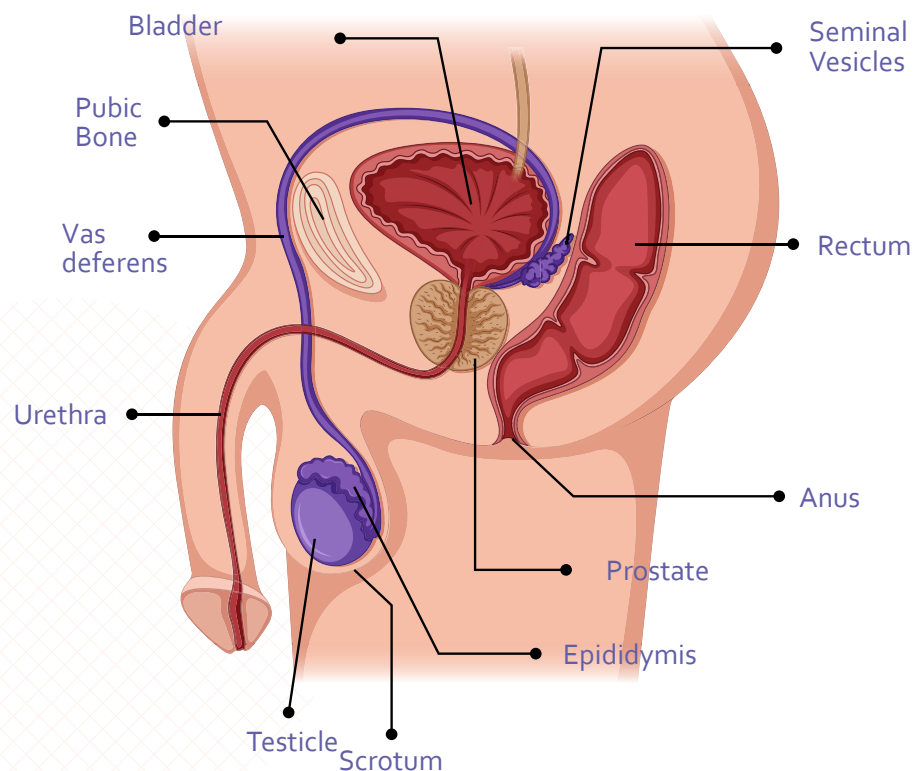
The seminal vesicles are two small pouches lying on the posterior aspect of the bladder. These glands secrete a viscous fluid that becomes integrated with the sperm mass during ejaculation. The union of the ducts from a seminal vesicle and a deferent duct form an ejaculatory duct. Both ejaculatory ducts open to the urethra, which carry seminal fluid and spermatozoa to the urethra.

Ejaculatory Ducts

A canal in the male formed by union of the vas deferens and the duct from the seminal vesicle. The ejaculatory duct passes through the prostate. Semen passes through them at the time of ejaculation.

Prostate Gland

The prostate is a walnut-sized gland located between the bladder and the penis. The prostate is just in front of the rectum. The urethra runs through the center of the prostate, from the bladder to the penis, letting urine flow out of the body. The prostate secretes fluid that nourishes and protects sperm.



Cowper's gland

This gland is also called the balbourethral gland. It lies in front of the prostate gland. The number consists of two otas. It produces preejaculate fluid, which cleans the urethra and makes it easier for sperm to pass.

Penis

The penis lies just in front of the scrotum. It is cylindrical in shape and contains erectile tissues and involuntary muscles. It is covered with skin. It has a rich blood supply. The body of the penis surrounds the urethra. The urethra is a common passage of urine and the semen to the external world.

Ejaculation Process

The tip of the penis is called the glans penis, which is triangular. Just above the glans, the skin is folded to form a movable double layer which is called foreskin.

This process is controlled by the internal and external organs involved in the male reproductive system, the gonadotrophic releasing hormone, which is produced from the anterior segment of the pituitary gland. At the beginning of the ejaculation process, the sperm produced by the testicles goes to the epididymis. At that time, the testicular sac shrinks due to the stimulation, as a result of which the sperms in the epididymis pass through the vas deferens into the ejaculatory duct and the semen produced by the spermatozoa is excreted in the urine. This process is called ejaculation process.

B. Female Reproductive System

The female reproductive organs are divided into external and internal organs. However, the main role in reproductive system is played by internal organs. Therefore, we will know the functions of internal organs.

i. External Organs

The common name of the female reproductive organ is called vulva. It consists of mons pubis, labia majora, labia minora, clitoris, vestibule, and perineum.

◇ Mons Pubis

It is a thick layer of skin and fat located in front of the vulva. From the beginning of puberty, hairs start appearing on it and later this part is covered with hairs.

◇ Labia Majora

The skin behind the Mons pubis is an organ made up of fibrous tissue and fat. It consists of nerve fibers with abundant blood cells and oil glands. This part covers the vaginal opening on both sides.

◇ Labia Minora

The two small layers of skin inside the large labia are called the small labia. It also contains abundant oil glands and sweat glands that help to smooth the surface of the inner lip.

◇ Clitoris

It is located in front of the inner lip. This part is made up of excitatory fibers. This is the most aroused part of a woman.

◇ Vestibule

The part between the two leaves of the inner lip is called the vestibule. It has openings in the vagina and urethra.

◇ Perineum

It is located between the external organs of the female genitalia and the anus, which is made up of skin and tissues. It is torn during childbirth.

ii. Internal Organs

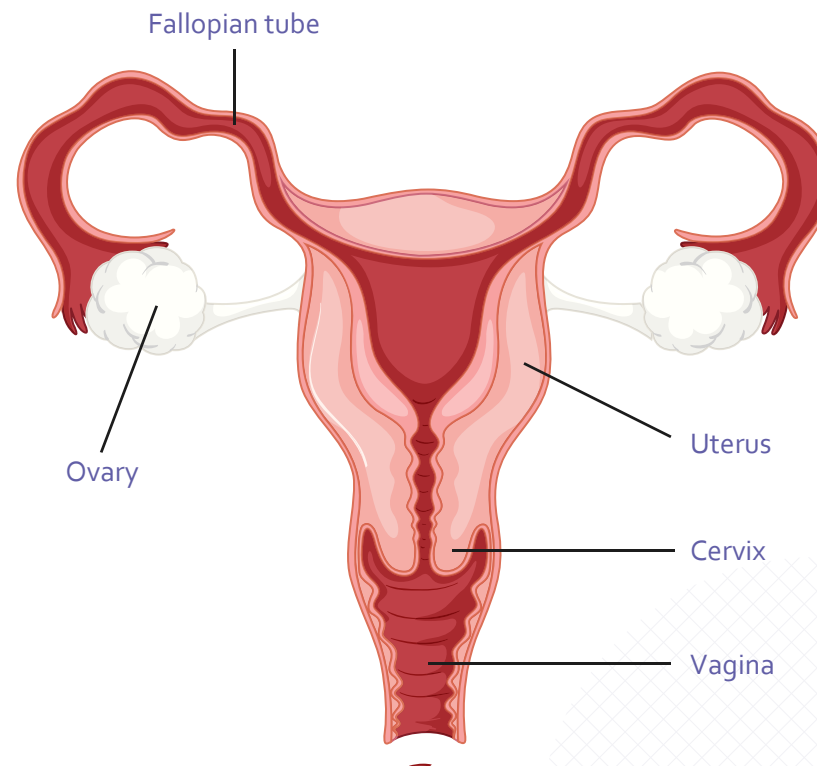
The internal genital organs of the female reproductive system are located in the pelvic cavity. These include the vagina, uterus, fallopian tubes, and ovaries.

◇ Vagina

The vagina is about 7.5 cm. long tube which connects the uterus with the external world. It is composed of muscle and fibro-elastic connective tissue. The vagina is behind the urethra and bladder and in front of the rectum. It serves as a receptacle for the male penis and sperm and as a passage for the emergence of the baby into the outside world.

◇ Uterus

The uterus is a pear-shaped organ. It lies between the bladder and rectum. It is the place where the fertilised ovum becomes implanted, receives nourishment, and develops, over a period of nine months, into a human being. The parts of the uterus are the fundus, body and cervix.



The fundus is the dome-shaped part of the uterus above the openings of the fallopian tubes. The body of uterus is the main part. The lower, narrow neck is called the cervix, and leads into the vagina. After puberty, the uterus goes through a regular cycle of menstruation, which prepares for implantation of a fertilised ovum. However, if a woman does not become pregnant the uterus starts the process of menstruation.

◇ Functions of Uterus

- » The contraction of the muscle causes the fetus to push at the end of the pregnancy by activating the uterus.
- » The fertilized ovum is taken from the fallopian tube and the ovum is nourished and housed throughout the gestation period.
- » Participates in the menstrual cycle.
- » Helps in the growth and development of the fetus.

Fallopian Tube/Uterine Tube

The fallopian tubes are extended from the sides of the uterus between the body and the fundus. They are about 10 cm. long. The end of each tube has finger-like projections called fimbriae. They pass the ovum from the ovary to the uterus.

◆ Functions of Fallopian Tube

- » Receive the Ovum produced from ovary.
- » Fertilization occurs in the ampulla of fallopian tube and the fertilized ovum is called zygote. The tube carries zygote to the uterus.
- » It stimulates the ovum to move towards the uterus.

Ovaries

Ovaries are divided into right and left sides on both sides of the uterus. These are 2.5 cm. long 1.5 cm wide and 1 cm thick. They are about the size of an almond and weigh up to 8-10 grams.

◆ Functions of Ovaries

- » Produces eggs.
- » The graafian follicles in the ovaries produce a hormone called estrogen.
- » The corpus luteum produces a hormone called progesterone. This hormone regulates ovulation and menstruation as well as promotes adulthood in women, makes the uterus suitable for fertilized ovum, and creates an environment conducive to the growth and development of zygotes.

Menstruation related taboos and menstrual hygiene

Although menstruation is a normal process in women, there are many misconceptions about it in our society. Menstrual culture, menstruation and menstrual hygiene management will be discussed here.

Menstruation related culture and its effects in Nepal

Menstruation is a natural process in women of reproductive age group. Despite this, the old culture and customs are found to be rooted in Nepali society. According to the final results of the 2068 census, there are 125 ethnic groups in Nepal. Most of them are Chhetris and Brahmins. It is in these castes that traditional untouchability based on the culture of menstruation is given more recognition. Cultural influence on other Magar, Tharu, Tamang, Newar, Thakuri, Gurung, Limbu, Sherpa, etc. castes is found less. Every culture has a different view of menstruation. Culture is the overall form of the customs, manners, beliefs, values, traditions, etc. of the people living in a certain place. The Chhaupadi practice can be taken as an example. This practice is practiced in the western part of Nepal, especially in Achham, Bajura and Dadeldhura. It has been reported in the media that the campaign to demolish the cowsheds in Achham and Bajura districts has not been successful. This kind of practice is very painful and degrading from the point of view of women's health. This is a kind of evil practice. Despite efforts to remove it, it has not been removed.

The custom of not being seen by the father, brother and sister of the family during the first menstrual period of a teenager at home and

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hiding in the house of others still exists in the village. It is customary not to cook during menstruation and not to go to the temple for worship. Religious, political, legal, social and economic factors in the society also have an effect on menstruation. During menstruation, Brahmins and Chhetris living in almost all the states look at it from a cultural point of view and traditional values. It is not uncommon to go to kitchens and places of worship, while in districts infested with the practice of chhaupadi, other castes besides Chhetri and Brahmins, especially in the far west. Menstrual cramps, chills, sexual assaults by wild animals, deaths due to excessive bleeding while in the cowsheds, illegal pregnancies, increased stress in adolescents, suicides, anemia, poor health,

Different types of reproductive health problems occur. Therefore, women with menstruation or women of reproductive age group should be given education on reproductive health. In order to promote their health, they should plan and consume a more nutritious balanced diet at that time. They should not be treated like an animal in a cowshed, but should be kept at home. Consume sources of vitamin A-rich vegetables and iron-rich foods, as well as rest, and pay attention to personal hygiene. We have to assimilate the beliefs based on scientific facts that have come into vogue in our society and community in the traditional way. Instead, we need to promote and sensitize adolescents regarding health issues caused from the traditional rudimentary superstitions and evil practices.

Menstruation cycle

Menstruation occurs in females every month throughout the childbearing period. This is a series of events, starting from the age of menarche to menopause. The average length of the menstrual cycle is about 28 days. However, it ranges from 26 to 35 days.

The anterior pituitary gland secretes the FSH (Follicle-stimulating hormone) which promotes the maturation of ovarian follicles and secretion of oestrogen. In the same way another secretion LH (Luteinising hormone), by the pituitary gland, stimulates the development of corpus luteum and the secretion of progesterone.

FSH stimulates ovarian follicle to mature and produce oestrogen. Oestrogen stimulates the proliferation of the layer of uterus (endometrium) in preparation for the reception of a fertilized ovum. The endometrium becomes thicker by rapid cell multiplication. This phase ends when ovulation occurs.

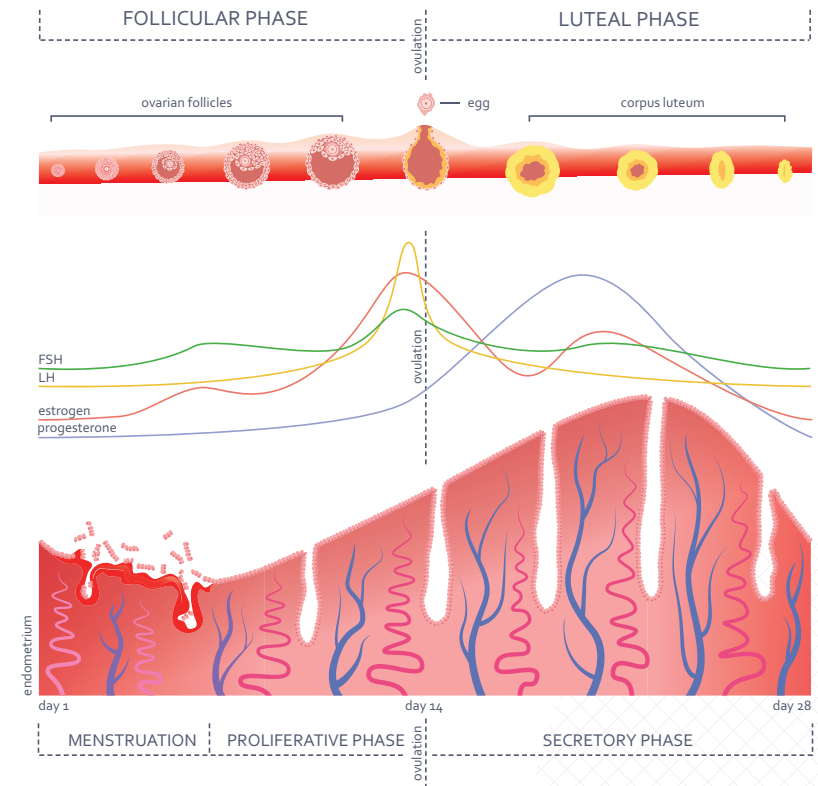


fig. Menstruation Cycle

After ovulation, LH stimulates the lining cells of the ovarian follicle to develop the corpus luteum, which produces progesterone. The progesterone influences the endometrium to secrete watery mucus which helps to thicken the endometrium.

The process by which a mature ovum comes out of the follicles is called ovulation. The ovum that comes out in this way comes to the fallopian tube. During sexual intercourse at this time, the sperm of the man comes through the uterus to the fallopian tube and is fertilized. The fertilized ovum takes about 6 days to reach the uterus and sticks to the wall, which is called implantation.

When the ovum is not fertilised, the high level of progesterone in the blood restrains the activity of the pituitary gland and the secretion of LH is reduced. At the same time, the secretion of progesterone is also considerably reduced. Then the endometrium degenerates and breaks down and menstruation begins. The menstrual flow consists of the extra secretions, endometrial cells, blood from the broken down capillaries and the unfertilized ovum.

When the amount of progesterone in the blood falls to a critical level the pituitary gland secretes another FSH to begin a new cycle.

Menstrual hygiene management

Personal hygiene during menstruation is called menstrual hygiene. Menstrual hygiene is about how to manage sanitary pads or dry soft cloths worn during menstruation. Sanitary pads purchased from the market should be thoroughly discarded after use and if clean soft cotton cloth is used, they should be thoroughly washed and dried in the sun. In our society, women are still considered as a matter of shame, so it is customary to wash the clothes used during menstruation and dry them in a place where others cannot see them or in a place where the sun does not shine, which is very wrong. Similarly, sanitary pads do not drain properly. Apart from these, the vagina and the area around the vagina should also be thoroughly cleaned. To manage menstrual hygiene, there are tampons inserted into the vagina of a sponge and a menstrual cup to prevent bleeding from the vagina.

Activities

Does your family have restrictions in menstrual period? How is menstrual hygiene managed? Discuss with your friends.



Maternal health care

Maternal health care is the care of the mother during pregnancy and childbirth. During this time, the mother's health is likely to deteriorate as she have a baby in her womb and will have to breastfeed after birth.

Pregnancy and pre-natal care

Pregnancy is a time of great physical and psychological stress for women. In this case, the woman should keep her health at the highest level and be ready to give birth and breastfeed the future baby and also give proper nutrition to the baby growing in her womb. Nausea and vomiting during the first three months of pregnancy make pregnant women unable to consume good nutrition, while pregnant women need to build new cells to build their bodies for the remaining six months of pregnancy. In this case, health check-ups should be done from time to time, injections against various diseases should be taken and the same attention should be paid to hygiene. Pregnancy is usually 40 weeks or 280 days. After pregnancy, you can know when the delivery will take place. For this, the date of menstruation is picked up and the date of delivery is known in a couple of days. For example, if the last menstrual period is on 3rd October, 2020, then adding 9 months and 7 days to it, the day of delivery will be on 10th July, 2021.



Postpartum period and post-natal care

Maternity care refers to the service provided to the mother during delivery. It begins with the first labor pains and ends with the third stage of labor. This means that maternity care is given after the onset of labor until the saliva, placenta and membranes are completely removed. The objectives of this care are to provide the best services to the mother during the delivery period, and to prevent maternal and infant mortality and morbidity. To do this, do the following:

- » The delivery should be performed by a doctor, staff nurse or ANM.
- » Newborns should be cared for by a doctor, staff nurse or anesthesiologist.
- » Monitor the woman and her newborn baby 24 hours after delivery for dangerous signs and symptoms.
- » Cleaning should be done six times during the delivery care period.
- » Clean the hands
- » Cleaning the perineum.
- » Cleaning the surrounding area.
- » Clean the blade and cut the umbilical cord.
- » Clean the placenta
- » Do not keep anything inside the vagina that has not been cleaned.

Activities

What happens when a baby is born in your family? What is fed to the mother after she delivered the baby? How is the cleaning done? Make a brief outline of all these points.

Concept of family planning

Family planning is the process by which a family decides where to take their family members according to their resources. Questions like, When to get married? How many and when to have children? How to give education? come under family planning. Family planning brings happiness to the family and helps in quality of life. Contraceptive measures, also known as family planning measures, are needed to determine the number of children and when to plan for them.

5.1 Contraception

Contraception is a way to prevent unwanted pregnancies. These methods will be explained by natural method, trinity method, chemical method and permanent method.

A. Natural Methods

◇ Rhythm/Calendar Method

This method is based on the principle of reproductive process. In this method, the period of one week before menstruation and one week after menstruation is considered as safe period. At that time the woman is not able to conceive because at that time she is unable to produce ovum. According to a general rule, if a woman's menstrual period is on Monday, then the next Monday is considered a risky day for her to conceive. If a woman's menstrual cycle is regular, it is not difficult to calculate the safe period, but if a woman's menstrual cycle goes up and down, it is difficult to determine the time of ovulation. The failure rate of this method is about 24 percent.

◇ Basal Body Temperature Method

In women, an increase in the hormone progesterone during ovulation causes their temperature to rise from 0.3 to 0.50 C. This method is called temperature method. Similarly, a woman's body temperature does not rise when there is no ovulation. When measuring body temperature, a woman should wake up in the morning and measure from bed. If the temperature has risen, you should not have sex during that time. In this method, sexual intercourse should not take place on all days of the ovulation period and then for three days after the temperature rises.

◇ Billing's Method

This is also called vaginal fluid test. It is also known as ovulation method. Before ovulation, the vaginal fluid is usually thick, but during the ovulation period, the vaginal fluid is like the water of a raw egg and sticky, slippery and discharged slightly more. From a woman's vagina, there are two types of vaginal fluids viz. one is thick and less sticky and the other one is sticky. Thus, sexual intercourse should be done only after knowing the nature of the vaginal fluid. If the fluid is sticky and it is considered as the unsafe period and there may be chance to have fertilization.

◇ Symptothermic Method

This method is more effective than the method of billing. This method studies the above two methods and requires a double test in which body temperature and vaginosis are to be tested.

◇ Lactation Amenorrhea Method

This method is also called contraception from breastfeeding. For a few months after a woman gives birth to a child, the ovum is not removed from her ovary. If the mother breastfeeds the baby for a long time, the process of ovulation and menstruation will be delayed. Prolonged breastfeeding interferes with the production of hormones needed by the ovaries to mature. As these hormones cannot be made in sufficient quantity, ovulation is obstructed and pregnancy cannot take place.

◇ Coitus Interruptus Method

This method is based on the process of pulling the penis out of the vagina at the time of ejaculation. During sexual intercourse, a man ejaculates by pulling his penis out of the vagina. By doing this, the sperm will not be able to reach the uterus and the woman will not be able to conceive.

◇ Abstinence Method

This method is the most effective method of contraception but also this method is not so practical and reliable. This method is only useful to some extent for those who spend their daily lives as nagansi or monk, saints. Nowadays, this method is also used to abstain from sexual intercourse after the child's needs have been met. However, this method is considered as a very difficult method.

Not all of the natural methods mentioned here are reliable. When there is no solution, it is better to follow these methods only as an alternative.

B. Artificial Methods

◇ Temporary Methods

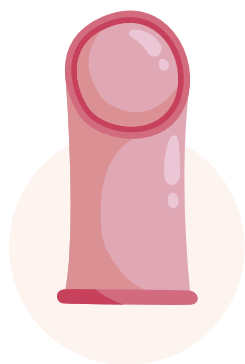
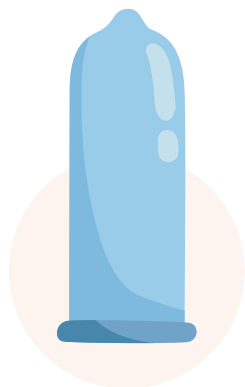
Condom

Condoms are also called shields, which are temporary contraceptives used by men. It is made of high quality synthetic rubber. It is applied by the man himself before having sex with the man's aroused penis. It prevents male sperm from entering a woman's vagina and protects against deadly infections such as HIV. It is 86-98 percent effective.

When using a condom, you must first remove the condom from the plastic. Then on the aroused penis of the man, the index finger should be attached to the tip of the condom and the thumb should be attached to the tip of the penis. This prevents the condom from filling with air. Then the bit of the condom attached to the tip of the penis should be extended towards the base of the penis. After ejaculation during sexual intercourse, the penis should be removed from the vagina as soon as possible because after ejaculation, the semen can spill into the woman's vagina, which can lead to pregnancy. The condom should be properly disposed.

Femidom

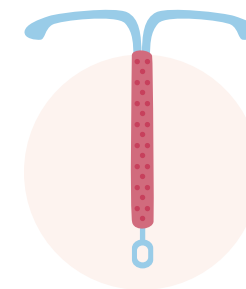
Female condoms are a temporary means of family planning. It is a new means of contraception that can be used to prevent help a woman to conceive. This is a very expensive tool. It is soft, loose, about 15 cm. Min. Long and 7 cm. Min. The diameter of the polyurethane sac is 9th. Is a substance. Its diameter is larger than a male condom. The open part is attached to a soft outer polyurethane ring. It covers the vagina. Sex is done in the empty part of the instrument.



◇ Chemical Method

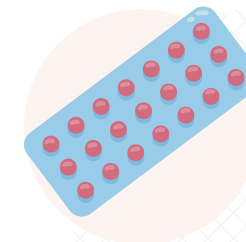
IUCD/Copper T

IUCD is a temporary device used by women to keep births for up to twelve years. The IUCD used in our country is Copper T T380 A. It is usually made of plastic and copper and has nylon thread hanging on the bottom. This device is easily inserted into a woman's uterus by a specially trained doctor or health worker. This tool is considered to be 99.2 to 99.4 percent effective. This prevents the sperm and egg from mixing in the uterus.



Oral Pills

Taking oral pills is a popular temporary contraceptive used by women. It is used by about 60 million women around the world. Oral pills contain the hormones estrogen and progesterone. One packet contains 28 pills. Of the 28 pills, 21 are white with hormones and the remaining seven are with gray which contain blood iron. Some companies' pills are only available in 21 packets. The hormone in the oral pills regulates the ovulation process in women, as well as making the cervix thicker or narrower. In our country, the oral pills is called Gulaf or Nilokan white. It is 95 percent effective if taken properly and regularly.



Implant

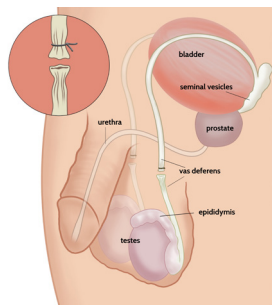
Implant is a temporary device used by women for birth control. It is a tool made of a soft rubber-like material. It is full of synthetic hormones. It is a six-pronged plastic capsule. It is placed under the skin of the upper part of a woman's arm by a skilled doctor or nurse through simple surgery and it slowly releases hormones and mixes with the blood in the body. If there is no pregnancy for five years after placing the implant, all six capsules of the implant should be removed after five years. The implant prevents ovulation and makes the sperm's way to the ovum or the fluid in the cervix thicker and thinner. This helps in contraception. Its effectiveness is 99.5 percent.



◇ Permanent Methods

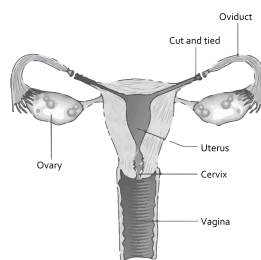
Vasectomy

This is a voluntary method of family planning for men. It is considered as a very effective and reliable method. This is a simple surgical procedure in which the two spermatic tubes that carry the sperm from the testicles to the ejaculatory duct are cut and tied on both sides. This prevents sperm from entering the ejaculatory duct, and prevents pregnancy during sexual intercourse, but sometimes sperm can remain in the vas deferens. Therefore, it is suggested that the male should use condom for three months or 20 ejaculations after vasectomy.



Mini Lap

This is a permanent measure adopted by women who have reached the age of childbearing. During this operation, 3 cm between the genitals and below the naval is cut to find fallopian tubes to tie and cut. Therefore, this operation is very safe and reliable. You don't have to be hospitalized for a mini lap and you can go home after two hours of rest after the operation. This operation is performed 45 days after delivery or within 8 days of menstruation. This operation should not be performed by pregnant women, those over 45 years of age, chronically ill, childless and unmarried women.



Contraception including emergency contraception

Emergency contraception is a way to protect yourself from getting pregnant after unprotected sex. For this, Econ and i-pill are consumed. Econ and i-pill are safe and if used properly, it can prevent pregnancy up to 99.9 percent. Econ should be taken as soon as possible after unprotected sex or within 5 days (120 hours) of unprotected sex. Since there is only one mill in the packet of Econ, it should be consumed at once. If you want to use ipil, it has two pills in its packet, so the first pill should be taken as soon as possible after unprotected sexual intercourse and the second pill should be taken twelve hours after the first pill. However, these pills should not be used as a regular method of contraception and should only be used in emergencies.



◇ Exercises

1. Give short answers to the following questions:

- What is sexual and reproductive health?
- What are the major organs of the male reproductive system?
- What are the functions of ovaries?
- Why is menstrual hygiene management necessary?
- What things should be considered while caring a pregnant mother?
- What is family planning? Explain its significance in three points.
- What are the methods of permanent contraception? Write.

2. Give long answers to the following questions:

- Make a list of the elements of sexual and reproductive health.
- What is the reproductive system? How is fertilization and pregnancy occurred? Write.
- Why are there different restrictions on menstruation in different communities? Explain ways to manage menstrual hygiene.
- "When caring for a pregnant woman, you should take care of the baby as well as the mother." Justify the statement.
- What are the reasons why oral pills are so popular? Shade lights on its role in birth spacing.





Grade
12

Introduction

Sexual health and sexual behavior are intertwined. It covers many topics, such as sexuality, relationships, love, sexual orientation, and so on. Grade 12 students are relatively mature. So it is very important to keep abreast of these issues. Adolescent-friendly health care also provides an opportunity for young adolescents to learn a great deal about sexuality, even when the social environment makes it difficult for them to learn about sexuality education.

It is observed that there are many incidents of sexual violence, love affair and ending in adolescence, it seems necessary to inform the students of class 12 about it. Therefore, this booklet aims to provide information about sexual health and its importance, ways to avoid sexually transmitted infections, healthy sexual behavior, various sexual orientations as well as practice.



Prevention from STIs and HIV

Meaning and importance of sexual and reproductive health

Meaning of sexual and reproductive health

Sexual and reproductive health means being physically, mentally and socially better in all aspects of the reproductive system. These include the ability to have a satisfying and safe sex life, to have healthy reproductive functions, and to have the freedom to decide when, how, and how often to do so.

Sexual and reproductive health is an educational experience aimed at developing the ability of adolescents to understand the physical, psychological, social, cultural reproductive dimensions, etc. related to sex. It will help them decide their life plans and reproductive health behaviors and actions to protect them from unwanted pregnancies, sexually transmitted infections, unprotected sex, sexual exploitation, unsafe abortion, strengthen physical development and raise awareness of gender equality.

Importance of sexual and reproductive health

Many sexual and reproductive health problems are faced during adolescence. For example, problems arising from physical, emotional, sexual and social changes, problems in premarital sex, problems in early marriage, problems in getting pregnant at an early age, problems with sexually transmitted infections and HIV. In this case, if proper knowledge is obtained and skill is learned, such problems can be faced normally. Sexual and reproductive health education should be emphasized.

Prevention and protection from STIs and HIV

Sexually transmitted infections

Sexually transmitted diseases are diseases that are transmitted from one person to another through sexual contact. Today, young people are falling in love and having unprotected sex before marriage, leading to a variety of sexually transmitted diseases. Here are some sexually transmitted infections.

A. Urethral Discharge Syndrome- UDS

Different symptoms appear when the penis flows from the penis.

- » Burning pain when urinating
- » Pip coming from the urethra

Sometimes there may be no symptoms of sexually transmitted disease, but germs can get inside the body and spread to others. Due to the physical texture, the symptoms are not easily seen in women and it is also difficult to detect the disease.

B. Vaginal Discharge Syndrome- VDS

The following symptoms may occur in such an infection.

- » Burning in the vagina, awkward
- » Pain during sexual intercourse
- » Wounds in the vagina, bad smell
- » Fluid flows from the vagina
- » It is both thick or thin, clean or yellow

C. Genital Ulcer Disease Syndrome (GUS)

The following symptoms appear when a genital lesion occurs.

- » Wounds, sores or blisters on or around the genitals
- » Pimples appear on one or both sides

- » Wounds look one or more light or deep, clean or dirty
- » There may also be a lump in the armpit that hurts or does not hurt

D. Lower Abdominal Pain Syndrome- LAPS

Lower abdominal pain has the following symptoms.

- » A woman's lower abdomen (uterus) pains from time to time or always
- » Fever
- » Vaginal discharge
- » Pain in the lower abdomen when touched or pressed

E. Chlamydia

Chlamydia can affect both men and women. It can completely damage a woman's reproductive system. The following symptoms may appear.

- » Burning while urinating
- » Burning during sexual intercourse
- » Lower abdominal pain in women
- » Unusual fluid flows from the vagina
- » Bleeding even in the middle of menstruation
- » Pus-like, watery discharge from the penis in men
- » Swelling of the testicles
- » Pain around the anus and bleeding from there.

◇ Complications of sexually transmitted infections can occur if not treated in time

- » Infertility in men and women
- » The man's urethra becomes narrow
- » Cancer of the cervix of a woman
- » To give birth to a low birth weight child
- » Infection of the fetus
- » Abortion may occur
- » If left untreated, it can spread to the respiratory tract and the brain

F. HIV and AIDS

AIDS is a condition in which, a very small invisible HIV virus (retrovirus group), enters the human body and destroys the body's immunity. HIV (the virus that destroys the immunity power) 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 our body's blood. The full form of HIV is Human Immuno-deficiency Virus and ATDS is Acquired Immuno Deficiency Syndrom.

The following symptoms may occur if someone is infected with HIV.

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

As these various infections have a negative impact on health, it is important to avoid them. Take the following steps to prevent these infections.

- » To adopt safe sexual behavior. Having sex using a condom regularly and correctly.
- » Especially HIV-infected mothers should not give birth to a newborn baby and should follow the doctor's advice if they want to have a baby.
- » Be aware that some sexually transmitted infections can be transmitted not only through sexual contact but also through infected clothing and the person with the infected person.
- » Do not use needles, piercing tools, blades, used by HIV infected people.
- » Do not take HIV infected blood.

In addition, adolescents should be made aware and educated 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, yali, etc.

Sexual behavior and orientation

Methods of healthier sexual behavior and their importance

Sexual activity that does not pose any risk to the sexual partner and is consensual is called healthy sexual behavior. In this way, men and women experience complete sexual satisfaction and freedom. Sexual intercourse between the vagina and the penis should be completed after all sexual activities such as deep sexual conversations, body massage, massaging, breast massage, full arousal. Only with the full consent of both parties should one engage in sexual activity.

Sexual intercourse that is done responsibly and safely against many diseases makes a person happy and helps to maintain an atmosphere of trust and harmony in the family way of life by keeping the infection at bay. Unprotected sexual behavior without a sense of responsibility can lead to many perversions in society.

The following steps can be taken to have responsible and healthy sexual behavior.

- » Having sexual intercourse only with full consent between husband and wife. During sexual intercourse, only by adopting the whole process of sexual intercourse, to be involved with full arousal.
- » Use a condom if you have to have external sexual activity.
- » To provide complete information about sexual and reproductive health to the adolescents.
- » Do not have sexual intercourse using intoxicants and stimulants.
- » Emphasize on the care and hygiene of sexual organs for adolescents.
- » To provide information about sexually transmitted infections.
- » In case of any sexually transmitted infection between husband and wife, seek medical treatment as per expert's advice.
- » To perform safe sexual activities with caution and self-control during pregnancy.
- » Not having sexual intercourse during adolescence, only using a condom safely if necessary, or engaging in sexual activities other than masturbation and sexual intercourse.
- » Stay away from social crimes like sexual violence and rape.

2.2 Sexual identification and roles

Sexual identity refers to the characteristic of a person being sexually attracted to a woman or a man. Sexual identity refers to a person's sexual behavior and relationships. Every person needs to understand the emotional, sexual attraction and ability to have intimate and sexual relations with another person who has a different sex or has the same sex or both have the same and different sex. The attraction of different sexes to each other is called opposite sex orientation. The attraction of homosexuals to each other is called sexual orientation. The attraction of a man to both men and women is called bisexual orientation. Such behavior may be innate. Although science has shown that sexual identity in humans is a reaction to the complexities of physical, mental, biological, and environmental interactions, it has not been able to show a solid cause. So there can be different reasons for this and those reasons may also vary from person to person.

The expression of sexuality depends on the sexual identity of the person. Individuals based on sexual identity can be defined as follows.

a. Heterosexuals: This group includes people who have sex between men and women. Most people belong to this group.

When discussing sexual identity, it is necessary to discuss sexual minorities in addition to the opposite sex. Sexual minorities are also called LGBTIQ. These topics are briefly explained.

b. Homosexuals: People who have sex between men and men or women and women belong to this group. The male homosexual is called gay and the female homosexual is called lesbian.

» **Lesbian:** It is also called a group of women who have sexual relations with each other (FSWF—Female sex with female). If a woman is attracted to a woman for sexual purposes, she is called a lesbian. Naturally, they are born and raised as sexual women, and from adolescence onwards, they do not have sexual attraction with the opposite sex, but with



women. As a result, women engage in a variety of sexual activities with women for sexual satisfaction.



» **Gay:** if a man is physically attracted to a man, then such a person is called gay. Male homosexuality is also called MSM (Male sex with male), which means that a man has sex with a man. Since male homosexuals are more attracted to men, they are less likely to be close to women, to talk to them, to have sex, and to marry. They expect to have children but are unable to do so.



C. Bisexuals: Some people fall into this group if they have sex with the same sex and the opposite sex.

A person who is able to enjoy or entertain with both sexes, both physically and emotionally, is said to be bisexual. Such people are attracted to both homosexual and heterosexual people, and are both interested in sexual activity and have sex. Due to their dual character, they too belong to the sexual minority. Although they behave similarly to the homosexual, they can produce offspring if they are able to have sex with the opposite sex.



D. Trans Sexual: Such people, whether physically male or female, behave contrary to their biological sex.

A transsexual is a man and a woman who feel uncomfortable with their sex and have a strong desire to have the opposite sex. They are eager to engage in sexual misconduct and act accordingly. A person who plays the role of the opposite sex by wearing the clothes of the opposite sex and adopting such behavior, even if they are of the same sex, is called a transsexual.



E. Intersexual: A person who is naturally difficult to identify men and women is called intersex. At the time of birth of such a person, sex cannot be separated between a man and a woman, and in such a person, and they have both men and women's biological chromosomes. Even doctors find it difficult to get rid of them. It is difficult to determine which of the two sexes is more active. At a young age, parents treated

him as a boy, but he becomes more like a girl when he grows up. In contrary to that a person behaving like a girl at a young age, growing a beard and a hoarse voice when she grows up.

F. Queer: Queer is used for those who have a different identity than the opposite sex. These users believe that the queer should say that their identities cannot be fully disclosed as female homosexual or male homosexual or bisexual only.

Situation of sexual minorities

Attitudes towards sexual minorities in Nepal have not yet been positive. A study of sexual minorities by the Blue Diamond Society has also highlighted the problem of the group. According to the study, this group is viewed in a negative light, with violence that violates their family rights and is rejected by family and society, as well as discrimination in access to education, health, employment and other facilities.

In the case of Nepal, the situation of sexual minorities is much better than in other Asian countries. In 2007, the monarchy passed and new laws for sexual minorities in Nepal were made. These legal provisions protect sexual identity. Same sex marriage seems to have been legalized in 2007. The Constitution of Nepal, 2072 BS, has recognized the rights of sexual minorities as human rights.

Article 12 states that a certificate of citizenship with sexual identity will be provided. Article 18 states that the state should not discriminate against sexual minorities. In the same article, sexual minorities are referred to as marginalized in the constitution.

Article 42 states that sexual minorities have the right to participate in the structure of the state and in public service.

Despite all these provisions, it may still take time to put them into practice. Because unless the human brain develops an awareness of these provisions, it is difficult to put them into practice. Therefore, the work of raising awareness should be carried out continuously.

Relationships

The relationship between two people, groups, or countries, the way they behave, the way they look at each other is really the relationship. The following bases are required for a relationship.

- » Speaking
- » Mutual respect
- » Compromise
- » Be helpful
- » Respect each other's privacy

Love and romantic relationship for sexual and reproductive health

◇ Friendship

Friendship is a relationship between friends or mutual affection and love between two or more people. The characteristics of friendship include affection, empathy, compassion, honesty, altruism, mutual understanding, partnership, kindness, rejoicing together, being happy, believing, expressing one's experiences and feelings, etc. A good friend is one who identifies right and wrong and gives the right guidance. For example, to avoid drug abuse, to help in studies, etc.

◇ Love

Love is the fullest form of passion, attraction, faith, respect, emotional intimacy, and so on. Love is also a major expression of sexuality. Love happens between individuals, family members and friends. There are three stages in love: intense desire, attraction and constant intimacy. To make love healthy, one should respect each other's desires and feelings. Don't force it.

◇ Romantic relationship

In a romantic relationship, boyfriends and girlfriends are attracted, meet, rejoice, hang out together, walk, lust in emotions, etc. It is a state in which couples get to know each other, realizing that true and genuine love has not happened. Even in a romantic relationship, it is important to respect each other's wishes and feelings. No one should be forced against their will. If they do so, they will be punished according to the law. Establishing an exciting relationship should be protected from risky behaviors.

Preparation for marriage and healthy marital life

Marriage is the union of two minds. Love marriages are done by recognizing each other, but in some arranged marriages, the bride and groom may not even know each other. Only by securing one's future can one get married and plan one's family well. Without a plan, the future of a hasty marriage may not be secure. Therefore, planning for marriage should be done only after becoming physically, financially and professionally self-sufficient. Getting to know each other is just as important as getting married. In this way, planned marriages are healthy and lasting. For this, at least both of them should think about how much to study and what business to do. Some marry and have children. In order to have a happy life, do not rush to have children, but consult with each other in a planned manner.

Sexual and reproductive rights

When talking about sexual and reproductive rights, it is necessary to add the context of human rights first. According to the United Nations, human rights are rights that all people should have as human beings. In order to exercise one's rights, one's race, religion, sect, nationality, age, sex, political views, knowledge, disability, sexual orientation, sexual orientation, etc. do not matter.

Reproductive rights were initially raised at the International Conference on Population and Development in Cairo, Egypt. Reproductive rights include the couple's freedom to decide when and at what age to have children, the right to information and education, access to reproductive health care, and to make decisions about reproduction without pressure or violence.

The 1979 Convention on the Elimination of All Forms of Discrimination against Women is a major convention in the protection of women's human rights. Similarly, the Convention on the Rights of the Child, 1989 has ensured the rights of children. Articles 16 to 46 of the Constitution of Nepal, 2072 BS have given 31 different basic rights to Nepalis. These include the right to live with dignity, freedom of expression, religious and cultural freedom, the right to untouchability and discrimination, and so on.

Introduction to sexual and reproductive rights

Sexual and reproductive health and rights, are fundamental human rights that are related to sexuality and reproduction. These rights allow people to make informed and meaningful decisions about their own sexual wellbeing, such as their sexual orientation, relationships, sexual activity, family planning or their bodies. Knowing your rights is important to have a good sexual and reproductive health.

1. The right to equality
2. The right to participation
3. The right to life and to be free from harm
4. The right to privacy
5. The right to personal autonomy and to be recognised as an individual before the law
6. The right to think and express oneself freely
7. The right to health
8. The right to know and learn
9. The right to choose whether or not to marry or have children
10. The right to have your rights upheld

The Declaration of Sexual Rights was first proclaimed on the 13th World Congress of Sexology in Valencia 1997 (Valencia Declaration of Sexual Rights) and launch a press meet to attract the world's attention on it. Similarly IPPF also published SRH rights in 2008.

The World Association for Sexual Health revised SRH rights in 2014 and declare 16 rights, which are listed below.

- A. The right to equality and non-discrimination
- B. The right to life, liberty, and security of the person
- C. The right to autonomy and bodily integrity
- D. The right to be free from torture and cruel, inhuman, or degrading treatment or punishment
- E. The right to be free from all forms of violence and coercion
- F. The right to privacy
- G. The right to the highest attainable standard of health, including sexual health; with the possibility of pleasurable, satisfying, and safe sexual experiences
- H. The right to enjoy the benefits of scientific progress and its application
- I. The right to information
- J. The right to education and the right to comprehensive sexuality education
- K. The right to enter, form, and dissolve marriage and other similar types of relationships based on equality and full and free consent
- L. The right to decide whether to have children, the number and spacing of children, and to have the information and the means to do so
- M. The right to the freedom of thought, opinion, and expression
- N. The right to freedom of association and peaceful assembly
- O. The right to participation in public and political life
- P. The right to access to justice, remedies, and redress

Activities

Suppose child marriage is widespread in your community. What can your group do together to prevent this? Discuss and create a public awareness program.

Sexual violence

“Violence is the act of threatening or using physical force against oneself, another person or a group or community, resulting in injury, mental and physical damage, impediment to personal development and death.” It increases the likelihood of such a threat. “ - World Health Organization

Meaning, cause and effect of sexual violence

Sexual violence refers to the act of forcing one’s sexuality against one’s will, through greed, or intimidation, or by engaging in any act that would have a negative effect on one’s sexuality. Sexual abuse or sexual violence is defined as the use of force, the use of force for one’s own benefit, the use of force, sexual harassment, harassment, etc., contrary to one’s sexual desires.

Types of Sexual violence

- A. Sexual Harassment
- B. Rape
- C. Incest
- D. Sexual abuse
- E. Touch
- F. Sexual Exploitation

Meaning, cause and effect of sexual abuse and sexual harassment

Sexual abuse by one person against the will of another is called abuse or sexual abuse. In this one person abuses another person’s desire for his sexual gratification. Such as sexual intentional touching, sexual assault, Sexual molestation, hugging, kissing, hurting, etc. This kind of abuse can be done anywhere by a person who is in the power and has got such power. In particular, most of the victims of this type of abuse are women. Most women are victims of sexual harassment when discussing with women. Such abuses are often perpetrated by acquaintances. Recent events in Nepal have confirmed this.

Due to our social structure, men are among the victims of such abuse, but it is considered insignificant. Growing up in a patriarchal society, no man can and does not want to openly expose his sexual violence. Even if a man talks about violence in front of others, the listener ignores it and laughs at it, which may lead to some kind of violence in men as well.

Such violence and abuse can have effects on physical, mental, social and spiritual health, which are summarized below.

- » Physical wounds, injuries, pains or injuries to the genitals.
- » Transmitted sexually transmitted diseases or HIV
- » Can get pregnant at a young age.
- » The risk of unsafe abortion and various risks and even death in order to protect social prestige and get rid of unintended pregnancies.
- » If a child is born after the incident of rape, the responsibility of raising the child should also be borne and the presence of the child always reminds the person and the person related to it, so the woman or the teenager is always saddened.
- » Adolescents who have been sexually abused as children are at greater risk or vulnerability than other adolescents.
- » To be despised by the society and family and to be hated by all, which makes the victim a victim of mental stress
- » Reaching the point of committing suicide due to rejection of family and even committing suicide
- » Adolescents who have been sexually abused do not have sexual desire which can lead to marital unhappiness later on.
- » Not focusing on studies, irregular in school
- » Leaving school
- » People who are physically,

mentally and socially affected by sexual violence suffer from self-pity, lack of self-confidence and fear of being involved in many social and spiritual activities.

Among the various forms of sexual violence, rape is also considered a heinous crime. In order to take legal action against the rapist, the rapist can be easily released if a little bit of evidence is destroyed, so the following measures should be taken to prevent the destruction of evidence in case of rape.

- » Clothes worn during rape, especially underwear and if blood has been spilled due to injury, should not be washed and protected.
- » Important evidence may be lost when changing clothes, bathing, washing genitals, defecating, or cleaning nails.
- » Immediately after the rape, you should document your situation with the help of a hospital doctor or health worker, which is very helpful for legal action.
- » To keep all the reports of health check-up safe.
- » A person who is raped in such a situation needs more support and understanding from family members and society.
- » Another unintended consequence of rape is unintended pregnancy. Apart from these, there is also the possibility of HIV and sexually transmitted infections

The following measures should be taken to avoid such situations.

- » Immediately after the rape, the status of the victim should be documented with the help of a hospital doctor or health worker, which is very helpful for legal action.
- » All health check reports should be kept safe.
- » A person who is raped in such a situation needs more support and understanding from family members and society.
- » Measures should be taken for emergency contraception within 120 hours of the rape but as soon as possible on the advice of a health worker.
- » In order to prevent the transmission of HIV, within 72 hours of the rape, a trained physician should be consulted and precautionary measures should be taken.

Preventive measures of sexual violence, abuse and harassment

Safe measures to avoid violence

Since sexual or gender-based violence can happen anywhere, from any person, it is best not to go alone to the place where the violence takes place. A secluded place, a secluded room, with no members in the house is a potential environment for sexual violence. If we are aware of the possibility of violence in such a situation, we can avoid possible violence.

In case of any violence, report it to the nearest child club, parents, health workers, best friends, police, police helpline (100), women's helpline (1145) and One-Stop Crisis Management Center- OCMC and the supports should be taken from Adolescent Friendly Health service.

Adolescent Friendly Health Service

Introduction and importance of adolescent friendly health service

Adolescent friendly health service is an environment and condition in which adolescents can use health care in a comfortable and friendly way. Friendly service for them is to receive the service and behavior expected by the service recipient from the person or organization providing health care without any discrimination.

Adolescents may need special health care. Because their developmental condition is not immediately understandable. They are also ignorant of many things about themselves in this situation. In addition, adults may not want to talk openly about their problems and their friends may not have full knowledge. In this case, many teens are reluctant to seek health care. For a variety of reasons, it is important to provide adolescent-friendly health care.

The programmatic features of adolescent friendly health care need to be as follows.

- » Adolescents should be involved in the process of program design and implementation
- » Promotion of services at the place of gathering of adolescents, detailed information of adolescent friendly services available in health institutions should be made available at the community level. Also, for such events, priority should be given to the gathering place, especially for teenagers
- » Establishing links with schools, youth clubs, children's clubs and other organizations: Adolescents and young people should be coordinated with various organizations such as schools, youth clubs, wall clubs in the implementation of sexual and reproductive health programs.
- » You should be able to get the service without having to wait or wait a long time)
- » Adolescents should be welcomed and served equally
- » Even unmarried clients should be welcomed and served without prejudice and according to the prevailing norms in the society.
- » Encourage parental involvement in the program but should not be made mandatory
- » Adequate family planning devices should be available
- » Educational (information, education and communication) materials should be available in the service center
- » Alternative means of access to information, counseling and services should be provided

The characteristics of a health institution need to be as follows for adolescent friendly health care.

- » There should be appropriate service time for adolescents (clients)
- » The health institution should be in a suitable place
- » There should be enough space in the organization
- » There should be a suitable place for enrollment and waiting of service recipients
- » There should be adequate confidentiality, a separate or curtained room with the necessary materials for counseling and clinical services (there should be a system where the problems of adolescents and young people are discussed and others should not see them during health check-ups.)
- » There should be a convenient environment like drinking water, toilets.
- » Adequate information, education, communication and behavioral change materials should be available in a timely manner.

Another important feature of adolescent friendly health center is the behavior of the health professionals working there. If the behavior of the health professionals is friendly, even if there are no other general facilities, it does not matter much. Therefore, it is necessary for the entrepreneurs working in the adolescent friendly health center to have the following characteristics.

- » There should be health workers in the health institution who know the basic counseling, testing, health check and where to send the service recipient for the services not available in the institution.
- » Health professionals should be trained in sexual and reproductive health (e.g., service providers should be trained in adolescent sexual and reproductive health and orientation in the National Adolescent Sexual and Reproductive Health Program, and adolescent sexual and reproductive health programs).
- » There should be health professionals who maintain the confidentiality and confidentiality of the services provided to the adolescents.
- » There should be health professionals without prejudice and respecting adolescents according to the prevailing behavior.
- » There should be health professionals who have enough time to discuss between the service recipients and the health professionals.

Activities

Make a brief account of your visit to the Adolescent Friendly Healthcare Center in your community as a group of three friends. Or prepare a short report with reasons why you didn't visit.

Exercises

1. Give short answers to the following questions:

1. Define sexual and reproductive health in your language.
2. Briefly describe any five ways to avoid sexually transmitted infections.
3. What is sexual behavior? Give three examples of healthy sexual behavior.
4. What is love and romance? Write down four steps you can take to make it sustainable.
5. What are sexual and reproductive rights? Explain briefly.
6. What are the main causes of sexual violence? What measures should be followed to minimize it? Write briefly.
7. What should be the characteristics of a health practitioner working in an adolescent friendly health care center? Write any five attributes.

2. Give long answers to the following questions:

- A. What are sexually transmitted infections found in women? Write any five public awareness messages to avoid it.
- B. What role can you play in ensuring sexual and reproductive rights? Explain.
- C. What is sexual identity? Discuss the situation of sexual minorities in Nepal.
- D. What is sexual abuse? What measures should be taken to overcome this?
- E. What is adolescent friendly health care? Confirm its significance on the basis of five points.



