

Boys Growing up

Girls Growing up

Teen Pregnancy Quiz

Am I Ready to Be a Father

50 Things About Rape

Abstinence

## Act Today and Protect your Future!

As a young person today, you are confronted with many changes, challenges and choices. Equipping yourself with information, knowledge and skills, about reproductive health will help you to make better more informed decisions and overcome many of the challenges that have lifelong consequences. One such challenge is becoming a parent when you have not planned for it.

Becoming a parent at this early age negatively impacts on your ability to achieve your educational and personal goals and dreams for a better life.

Young women often experience complications from pregnancy including childbirth and unsafe abortion which are a leading cause of death. You can avoid these dangers by making the right decision to:

- ★ Focus on your personal goals and aspirations;
- ★ Stay in school and pursue a career;
- ★ Delay marriage and childbearing
- ★ Prevent an unwanted or unintended pregnancy by using a modern method of contraception and
- ★ Protect yourself against sexually transmitted infections and HIV and AIDS

As a young person, therefore, it is in your best interest to fully understand how all modern methods of contraception work, the benefits and challenges of using different methods of contraception, and where to get them. You also need to encourage and support your peers to have correct knowledge and information and where to get reproductive health information and services.

Tupange is committed to ensuring that you have access to the information and appropriate services for your reproductive health needs.

There is more to learn beyond the information provided in this document wallet. You can access this information and help other young people like yourself to learn by logging on to the following websites:

info@tupange.or.ke  
www.youthsmart.or.ke  
www.facebook.com/tupange

Best of luck!



## What is puberty?

Puberty is when a young person's body begins to develop and change. This is a sign that a boy is growing into a man. Some boys start this stage earlier than others. Usually, a boy's body starts changing from the age of 10 to 15. Most importantly, bodily change happens when the body is ready and everyone has their own pace. The changes occur over time during the period.

## What's happening to my body?

The body undergoes a lot of change. The body becomes bigger, his muscles develop and the chest becomes broader. The voice breaks and becomes deeper. This can be embarrassing as some boys lack control over the voice pitch. It can go high mid sentence. However, the voice settles and remains deep. He also starts growing facial hair and soon has to start shaving. The hair also grows on the legs, chest, arm pits and the private parts.

## The penis

The penis and testicles also become bigger and longer. The testicles which are under the penis begin to produce sperm. At this stage, boys can get erections. An erection is where the penis fills up with blood and becomes hard. This normally happens when they think about sex or romantic thoughts and other times, for no reason at all. As one grows, it becomes easier to control the erections. Being common, there is little that a teenager can do to stop spontaneous erection. A teenager can therefore make it less noticeable by covering it, or wearing clothes that make the erection less obvious like tighter underwear or jeans.

## Body odor

During this stage, the sweat glands also develop. These glands are to help control the body's temperature and result in more sweat being produced. To avoid body odor, it is best to wash and change clothes daily. The use of anti perspirant deodorant also helps.

## Sperm

They are tiny organisms that swim in semen. Sperm is released from the penis when a boy has an ejaculation. Ejaculation is when semen containing sperm comes out of the penis. This happens after the boy has an organism which is the highest point of sexual excitement. A boy

can release millions of sperms in one ejaculation but only one of the sperms is required to fertilize an egg in a woman's womb thus making her pregnant.

## Wet dreams

This is when semen is released from the penis while the boy is asleep. Many boys and even grown men experience wet dreams. Wet dreams occur when a boy dreams or has images of girls that they may admire. On waking up, he will find semen smeared on his private parts and wet beddings on the particular spot. It is good hygiene to clean up on waking up after a wet dream to avoid infection around the testicles and penis if the area is not kept clean.

## Zits, spots and pimples

Pimples are very common and a normal part of puberty. They are caused by the over production of oils by the sebaceous glands under the skin. They can occur on the face, back, chest and bottom areas but will go away eventually. However, very bad spots might be acne. Acne is a common skin condition that mostly occurs on the face, arms, back and chest. Speak to a doctor if you have acne, as they will be able to give you advice. There are also various special creams and pills that your doctor may prescribe to help you with the problem.

## What to do if you have zits, spots and pimples

- Don't squeeze them as this will only worsen them and make the spread.
- Clean the face twice a day with soap and water
- Don't scrub the face with a face towel as this will only worsen them
- Avoid fatty foods like chocolate and fries and eat fresh fruits and vegetables and drink lots of water. This can also help prevent getting them.
- Use lightly medicated soaps and facial washes to keep the bacteria away.

**Good personal hygiene is the only way to fight and keep away pimples.**

## Surviving puberty

With all these changes going on in your body, puberty can seem like a nightmare. You must feel confused or have emotions that you have never had before. These feelings might make you feel bad tempered and easily upset. You might have new and confusing feelings about sex. Suddenly, girls become cuter and interesting and they also start showing an interest in you too. Do not become stressed as every adult male has gone through it. It simply means you are on your way to becoming a man.

# Girls growing up



## The amazing thing about puberty

Puberty is a period where an adolescent reaches sexual maturity and is capable of having babies. The changes can occur from age 10 where some start before others. The changes include menstruation, pimples, interest in the opposite sex and much more.

## What is happening to my body?

When puberty starts, which is any time from age 10 to 12, your body begins to change. You become taller and the body begins to change. Your breasts grow, the hips widen and you start looking less like a girl and more like a woman.

Hair also grows on the arm pits and the private parts. These changes occur due to hormones (chemicals) produced in small quantities in the bodies. They help coordinate the process of growth and reproduction. That time of the month

Once a teenager starts menstruation also known as the monthly period, it means that she can become pregnant. Menstruation is a monthly cycle. Some girls start as early as 8 while others as late as 16. Every girl has her own time.

## Ovulation

When puberty occurs, eggs also referred to as ova are released from the ovaries. Only one is released each month and it can survive for up to 36 hours. If a girl has sex during this period, she will become pregnant. If pregnancy doesn't occur, menstruation starts after 12 to 14 days.

## Menstruation

The start of the menstrual cycle is called menarche. This only happens when your reproductive organs are fully developed. During this stage, a girl will bleed from her vagina releasing blood and tissue from the uterus for 3 to 6 days. This happens every month to girls who have not conceived (become pregnant).

During this period, a woman can become moody with short tempers and cramps. Menstruation is something that women have to live with until they reach menopause which occurs from around 45 years.

## Someone says she smells?

As boys' and girls' bodies develop during puberty so too do their sweat glands. These glands are to help control the body's temperature and result in more sweat being produced. The best way to reduce the risk of smelling is to wash and change your clothes regularly and perhaps use anti-perspirant deodorant. Zits, spots and pimples

These are other hormonal changes. Pimples are caused by the overproduction of oil under the skin. They can occur on the face, back, chest and bottom areas. They disappear eventually. Although dirty skin does not cause pimples, sleeping with makeup can cause a few.

## Keeping those pimples in check

- Don't squeeze pimples, they will only spread
- Don't get stressed out, pimples go away once the hormones stabilize
- Avoid fatty foods like chocolate and chips, instead eat a lot of fruits, and vegetables. Drink lots of water too.
- Use lightly medicated soaps and facial washes to keep the bacteria away

**Good personal hygiene is the best way to fight the pimples.**

## Surviving puberty

With menstruation, body changes and pimples, life seems to be the low score heading down in to negatives. As if that is not bad enough, you suddenly can't find enough clothes to hide your body in and you basically feel awkward.



# Teen Pregnancy Quiz



## 1. About how many young girls between the ages of 15-19 in Kenya are pregnant or mothers?

- A. 10%
- B. 15%
- C. 20%

Answer: C

Four out of every ten young single women and two out of every three young men between the ages of 15 to 19 are sexually active. Almost one in five young women start childbearing before age 20. Teen-age pregnancy is most common in Nyanza and Coast provinces where more than one in four women are pregnant or already mothers by age 19. Women who start childbearing very young usually have more children. Early pregnancy is lowest in Central Province. Teenage childbearing has declined since 2003 when 23% of girls were either pregnant or already mothers.

## 2. True or False: Choosing not to have sexual intercourse is the best way to avoid becoming pregnant.

Answer: True. Choosing not to have sexual intercourse is the only guaranteed way to avoid pregnancy. Using a reliable form of contraceptives every time you have sex can lower your risk, but there is still a chance of pregnancy. A sexually active teen who does not use a contraceptive has a 90% chance of becoming pregnant within a year.

## 3. Becoming a teenage parent increases your chances of:

- A. not completing secondary school
- B. being a single parent
- C. missing out on good times with friends
- D. not having sufficient money to support yourself and the child
- E. all of the above

Answer: E

A pregnant teenage girl faces many social problems including:

- shame;
- losing respect of parents and friends;
- mental depression;
- dropping out of school;
- being chased from home;
- entering into an unwanted, early marriage;
- resorting to domestic servitude or prostitution in order to support the

- child;
- deciding to neglect or abandon the baby
- killing the baby (infanticide).

If young people abstained from sex until marriage there would hardly be a need to use emergency contraception or to procure an abortion. Remember, young people are expected to abstain from sex until they are married. However, if you can't abstain then you should practice safe sex.

## 4. True or false: A girl can get pregnant the first time she has sex.

True: A girl can get pregnant in any position if she has recently ovulated or is about to ovulate and her egg meets the male's sperm.

A girl can get pregnant the first time she has sex, even if she did it standing up or whether or not the sex was penetrative. Don't be like the girl who said, "it can't happen to me! I only did it once." You and your partner need to practice safe sex by using a modern method of contraception that will protect you against an unwanted pregnancy, HIV and other STIs. Nearly one in five female teens at risk of unintended pregnancy (19%) were not using any contraceptive method at last intercourse.

## 5. Babies born to teenage parents may

- A. be born prematurely
- B. be underweight
- C. have more health problems than babies born to adult women
- D. all of the above

Answer: D

Waiting until you are older to have a baby is a cool and smart thing to do. All the research says that teen pregnancy health risks can be greater than the risks of a pregnant adult. Pregnant teens and their babies face some special health challenges such as incomplete Physical development (small pelvis), toxemia, haemorrhage, anaemia and low birth weight. This is why it is so important for pregnant teens to get good medical care early in their pregnancy. With good medical care, teens increase their chances of having a healthy pregnancy and a healthy baby. Teens may be afraid to admit they are pregnant, so they don't get the care they need. Lack of prenatal care is a major cause of teen pregnancy complications.

## 6. What are the most common reasons young people have sex?

- A. Pressure from peers and friends to have sex.
- B. Teens often do not get good information about sex, relationships, and values from reliable sources, such as parents or teachers.
- C. The media conveys the idea that teen sex is common and acceptable.
- D. All of the above.

Answer: D

Teens who feel pressured to have sex because "everyone is doing it" should know that more than half of teens wait until they are older to have sex. Parents and teachers play an especially important role in teen prevention pregnancy by talking to teens about their values and the importance of waiting to have sex or having protected sex, encouraging their teens to set long-term goals like getting an education, and giving their teens a sense of self worth.

## 7. Which of the following can help you to avoid being a teen parent?

- A. Talking to a trusted adult about making good choices regarding sex
- B. Telling your partner you do not want to risk an unwanted pregnancy
- C. Staying in control and saying no to unwanted sex
- D. Having goals and dreams for the future.
- E. All of the above.

Answer: E

Young people need correct information and support from trusted adults to prevent unwanted pregnancies. Parents and teachers can help teens to prevent pregnancy by equipping them with knowledge and skills teens need to make wise choices regarding sex. Parents and teachers should:

- emphasize the importance of getting an education and help young people to set long-term goals.
- take a keen interest in everything their teen is involved in.
- spend time everyday listening to your teen and expressing your interest, support, and love for him or her.
- set clear, consistent rules for teens and enforce consequences when the rules

# Am I Ready to be a Father?



Being a father is one of the most meaningful and important things a man can do in his life. However, becoming a father when you have not planned for it, or if you are still young, or before you are ready, can be difficult for you and your child. Here are some questions to help you decide if you are ready to be a father.

## 1. What do I want from my life?

- Do I want to finish school and/or higher learning and get started in a career or business?
- How difficult will it be if I have a child now?
- Would it be easier if I wait and plan when to have a child? Would it be better for the child?
- Would I be better able to provide a good life for my child if I wait?

## 2. Is my relationship ready for a child?

- Are we ready for a lifelong commitment? Remember, it is a child's right to be raised by both parents.
- Have we talked about having a child? Am I thinking about having a child because my partner wants one?
- Am I ready to give my partner physical, emotional and social support during her pregnancy?
- What would happen if we split? Am I ready to pay child support? Would I want to be a part of my child's life as he/she grows to be an adult?
- Have we talked how many children we can afford to raise and provide for?

## 3. Can I afford to support a child?

- Do I have an income? Will the child's mother have to work? How will I be able to feed and clothe my child?
- Will we have enough money for school fees, uniforms, books and other things my child will need?

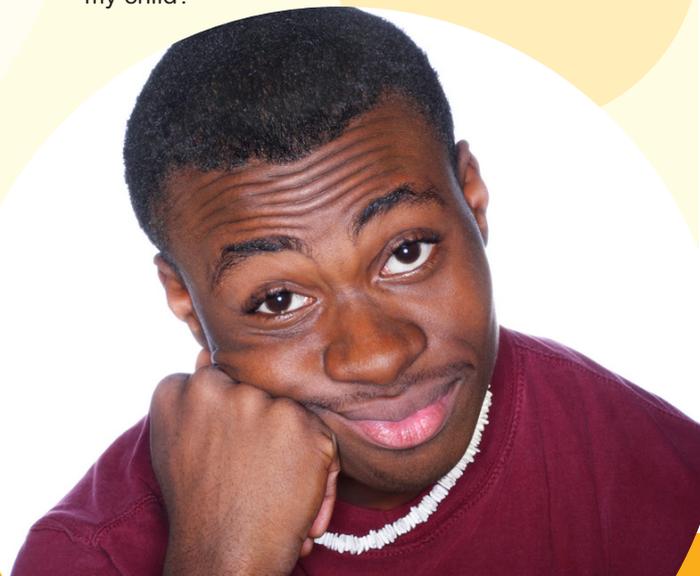
- Do I have money for unexpected expenses such as an illness?
- Will I be able to support my family and give them a good home and the quality of life I want for them?

## 4. Am I prepared for a 24-7 responsibility?

- Am I ready to give up other things in my life like hanging with pals to spend quality time and be with my child?
- Will I be able to live up to the responsibilities of a father and raise my child for the next 25 years?
- Am I ready to help my partner with the child and do my share of household chores?

## 5. What about the child?

- Do I want a boy? A girl? Am I ok with either?
- How will I feel if my child doesn't live up to my expectations?
- Will I be able to love my child unconditionally, no matter what he or she is like?
- Do I know how to discipline my child without using physical force or violence?
- Am I willing to learn how to take care of my child?



# 50 Things Everyone Should Know about Date and Acquaintance Rape



## 50 Things Everyone Should Know about Date and Acquaintance Rape

1. Date rape occurs when someone you have been dating forces you to have sex against your will.
2. Date rape can happen the first time you go out with someone. It can also happen after you have been dating someone for some time.
3. Acquaintance rape occurs when someone you know, but are not necessarily dating, forces you to have sex against your will.
4. In Kenya, 12% of women had their first sexual intercourse forced against their will.
5. In Kenya, 21% of women have ever experienced sexual violence.
6. In Kenya, 41% of all sexual violence is committed by a partner or spouse.
7. An attacker may use physical force, violence or a weapon, like a knife or gun.
8. Even if the person doesn't use physical force, it may still be considered as rape.
9. Many date rapes don't involve the use of a weapon.
10. If someone threatens another person in order to have sex, it could be considered rape.
11. If someone doesn't take no for an answer, it is rape.
12. Everyone has the right to say no to sex at any time.
13. You have the right to say no if you have been kissing or hugging or if you are wearing provocative clothes.
14. Being a sexually healthy person means that you can express your sexuality in ways that are not harmful to yourself or to anyone else. You can feel attractive and good about your body. You can have sexy thoughts and feelings.
15. You don't need to have sex when you have sexual feelings. You can feel emotionally close to someone else and enjoy being touched and hugged.
16. You have the right to say no even if you have had sex before with this person.
17. No always means no!
18. If you are the person being told no, you need to respect it and back off.
19. If you don't know what your partner wants, it is your responsibility to stop and ask.
20. If your partner is unclear about what she wants, and you try to talk her into having sex, it could turn into rape.
21. A man's size, physical strength and presence may frighten or scare her without him realizing it. She may not say no if she is afraid of being hurt.
22. Sexual excitement or arousal does not justify forced sex.
23. Date rape is not an act of passion; it is an act of violence.
24. Date rape is not about miscommunication. It is about power and control.
25. Alcohol and drugs may have a role to play in date rape.
26. Having sex with someone who is drunk or drugged or who is too high and can't say no to sex is rape.
27. The most common date rape drug is alcohol.
28. Not drinking or using drugs may make you safer and help you to avoid rape.
29. Men can be raped. About .....% of rape victims are male.
30. Trust your instincts. If someone does not listen to you or makes you feel uncomfortable or unsafe, you may be in danger.
31. If you are going on a date with someone you don't know well, go to a public place.
32. If someone is pushing you to have sex and you don't want to, say no clearly.
33. Move away from the person. Yell for help. If you can, get away.
34. Sometimes, it is not safe to resist a rape. The rape is still not your fault.
35. Rape is emotionally devastating.
36. A person who is raped by someone she/he knows, you may have difficulty trusting other people.
37. If you are raped, get help right away. Report to the police as soon as possible.
38. Tell a trusted friend or family member.
39. Call a crisis line or another hotline to get help.
40. Before you take a shower, see a doctor or health worker immediately.
41. Your health worker or doctor can give you medicine that can prevent a pregnancy.
42. Your health worker or doctor can also check if you have a sexually transmitted infection.
43. Date and acquaintance rape are illegal.
44. If you are raped by someone you know you have the same legal options as someone who is raped by a stranger.
45. It is your personal decision if you wish to press charges. It may help you gain control over your feelings.
46. People who rape, often do so more than once. Pressing charges may help stop that person from doing it again and again.
47. If someone tells you she/he has been raped, the best thing you can do is advise them to report to the police, and then go to see their doctor or health provider.
48. Listen and be supportive of the person who has been raped.
49. No one wants to be raped; no one asks to be raped.
50. Rape is never the victim's fault. NEVER!!!

# Abstinence



5 things that get in the way of saying no to sex and 18 things you can do about it

## 1. Alcohol and drugs—they make it harder to say no!

- When you say no to alcohol and drugs you have a clear head and this makes it easier to stay in control and say no.
- Say no and mean it... It is enough to say... you can repeat it if you need to.
- If people are pressuring you to drink or take drugs, call a friend or a trusted adult to come and get you. Or just leave!
- Choose friends to pal around with who do not need alcohol or drugs to have a good time.

## 2. Physical attraction---a powerful force of nature!

- Strong sexual feelings are normal and natural, but you don't have to act on them.
- Set limits for yourself. Hugging? Kissing? Decide how much touching is enough and ok for you.
- Show you care in other ways.
- Spend time doing things you both enjoy... send sms, get on facebook!!
- If you are with someone who is coming on too strong for you, move away or just leave.

## 3. Pressure from someone you care about--- it can pull you in!

- If your girlfriend or boyfriend acts hurt or angry when you say no to sex, don't be pulled into an emotional tug of war. Don't use emotional blackmail on your partner!
- The best way to respond is to act and speak calmly. Remember your values guide your behavior.
- Offer reassurance—"I am really into you, but I am not ready for sex."

- Tell your girlfriend or boyfriend what you really like about them—"you're smart, You make me laugh/happy."

## 4. Peer pressure--- it's everywhere all the time!

- If friends ask- have you done it yet? You can say, "I'm choosing to wait"... "or I'd rather ... not talk about", or "that's private."
- If you get teased, don't act upset, stay calm and walk away. Remember your values guide your behavior.

## 5. Pressure from inside---do you feel like you are the only one?

- Most young people are not having sex...in fact many who have had, wished they would have waited. Remember your values guide your behavior.
- Curiosity?? Not feeling ok about waiting?? Wanting to get it over with?? These are not good reasons for having sex.
- Believe in yourself and your choices. Spend time thinking about your goals and your future, your education and your career choice. Then do what you have to do to reach them!







[Info@tupange.or.ke](mailto:Info@tupange.or.ke)

[www.youthsmart.tupange.or.ke](http://www.youthsmart.tupange.or.ke)

