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KNOW. TALK. GO.

LPAY TALKING POINTS FOR SOCIAL MOBILIZERS

NURHI 2 /TCI LPAY is hinged on young people's reproductive and sexuality needs within a life cycle, helping them understand how their bodies work, equipping them with information and provision of services to make informed decisions as they transit into adulthood. Also help them make responsible life choices and healthy decisions about their reproductive health with complete and correct information. The following components are important to young people;

Gaining life skills;

- Accept yourself the way you are
- Identify your strengths and weaknesses
- Identify your values and behave according to them
- Set realistic goals
- Develop your abilities and be proud of them
- Cultivate positive relationships
- Be specific about what you feel and what you need from the other person
- Say exactly what you want without being rude or threatening
- Hold your head up high, do not sag your shoulders or hide your face with your hands
- Say no clearly and firmly and, if necessary, leave.

Family planning is life planning;

- Life planning helps you make responsible life choices and healthy decisions about their reproductive health with complete and correct information.
- Life planning enables you to better face challenges and uncertainties that are common in today's world.
- Unplanned childbirth is life changing, and can influence your educational, marital and career opportunities.
- Life planning is the basis of a person's future
- Life planning can help to achieve one's dreams
- He/she who fails to plan is planning to fail.
- Life planning can support your professional development

Life planning for young people, 18—24 years

- Raising a child is a huge responsibility you need to be prepared for.
- Unplanned child birth is life changing, and can influence your educational, marital and career opportunities.
- Modern FP methods are available for young people, so that they can have children when they are ready
- Modern FP methods are safe and will not affect a young person's future fertility.



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- Young people can access life planning information and services at NURHI 2/TCI supported facilities and other youth friendly services/centres
- Using modern FP helps young people prepare for a brighter future.
- FP providers at NURHI 2/TCI sites are friendly, nonjudgmental and welcome young people.
- Women and men 18 years and older can access life planning services without parental consent.

Life planning for adolescents, younger than 18

- Information about life planning is important whether you are abstaining from sex or not. To know more, visit a trained family planning provider with interpersonal communication and counselling skills today.
- Sexual abstinence means having no sexual intercourse at all. It is a conscious and deliberate decision not to have sex for a certain period or for life.
- Your desire to abstain can be further achieved when you are equipped with life skills that will enable you say 'NO' to sex until you are fully ready. Remember, it's okay to say No
- Adolescents younger than 18 years require parental/ spousal consent to access FP services.
- As a young person below 18, you can access FP methods at government and private health facilities with consent.
- Many young men in Nigeria are not having sex. Don't let your friends make you feel like a loser/ju-man.
- Pregnancy is a serious possibility if you have unprotected sex. Think about the consequences it will cause if you get a girl pregnant, including early fatherhood/ motherhood.
- If you decide to have sex and do not want to make a girl pregnant, you need to make sure she's using contraception. Because many girls are not.

Parents and young person's communications

- Communicating with adolescents about their reproductive health enables them make informed and correct choices.
- Life planning helps young people prepare for a healthy future.
 - Talking with young people about reproductive health enables them make informed choices (such as delay sexual debut, not fall to peer pressure, giving consent and respecting a partner's decision to refuse sex, and use contraceptives if they are sexually active)
 - Young people should ask parents/guardians about reproductive health questions/concerns
 - listen to learn your children's concerns about life and reproductive health issues



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- Find teachable moments to bond and discuss RH hopefully before they become sexually active or sexually curious
- Life planning for adolescents and youth counselling tools and materials are available at NURHI 2/TCI supported facilities to help you make informed and voluntary reproductive health choice

LPAY Support & Referral

- At NURHI 2/TCI supported facilities, different units work together to provide you with comprehensive health services that meet your needs in a confidential and youth friendly manner.
- Some of these services include:
 - Information on abstinence and pregnancy prevention
 - Services for management of post - abortion complications
 - Treatment and counseling for menstrual disorders
 - STI / HIV prevention and treatment
 - Sexual violence support
 - Mental health services
 - Counseling on substance use and abuse
- Where any of these services are not available within the facility, you will be directed to the safest and most convenient facility where you will get the required service.