



COMPLETE WELLNESS **GUIDE**

Information on Relationships, Health, Well-Being & more!

Living Bright Begins Here!



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Health For Our Future



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Living Bright Begins Here!

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LOVE & RELATIONSHIPS



be Kind

(i)

Relationship tips for Girls

- **Be honest.** If you want your guy to be honest with you, be honest with him. Don't withhold information to prevent him getting hurt or angry.

- **Be kind.** This means a lot of things, including being kind and understanding if your guy makes a mistake. Do nice things for him and treat him with dignity and respect.

- **Be loving.** Give him a big hug or a kiss now and then. Or do something special for him just because you want to.

- **Be loyal.** We don't want guys to cheat on us, so we shouldn't cheat on them. It works both ways. Don't criticise him behind his back.

- **Listen to him.** If you want to be that person your man goes to when he needs to talk, show him that he can tell you anything by being a good listener.

- **Boost his ego.** This is the same as complimenting him. Tell him he looks great and that you appreciate him in your life.

- **Stand by each other** in bad times and above all, be kind.



**Love yourself -
find your own joy**

**What to do if
your partner is
cheating on you?**

Cheaters can break your heart!

If someone loves you, he or she would respect you enough to take care of what you have. If you stay in a relationship where someone is treating you badly, you may be sending a message to them that you think what they are doing is okay. It's not! Their cheating behaviour makes you feel bad and it puts your health at risk.

The best thing to do is move on. Reach out to friends and family who love and care for you. You deserve to be treated with love, care and respect. Love yourself enough to claim it!

It's cool to be single! You get time to work on building a relationship with yourself! By the time you meet the partner of your dreams you'll be a self-loving person who doesn't need someone else to make you feel whole. Here are some ways to learn to love you!

• **There is nobody quite like you!** You're unique with your very own strengths and weakness. Don't compare yourself to other people or celebrities. You can't be somebody you're not. Love yourself for who you are.

• **Let go of the past!** Mistakes are lessons to learn from. Holding on to regrets can make you a bitter person, so forgive yourself and others and move on.

• **Say no to negative thoughts.** Practice positive thinking even when things aren't going well. Write a gratitude list and add to it often. E.g: I'm grateful for my strong, healthy body, my pretty eyes, the blue sky... if you look you can find a lot to feel grateful for.

• **Appreciate your healthy body and treat yourself well.**

Exercise and eat healthily. You may not be a model but you can love what you have and treat yourself well.

• **Get active. Move and eat right.** Socialise with friends.

• Be your own best friend. Treat yourself kindly and with respect. Make choices that feel good for you.

• **Don't obsess about being in a relationship.** There is nothing wrong with single. Being independent can make you feel good and confident.

• **Be content with yourself.** You are perfect as you are.

Most young people want to be in a love relationship. But relationships can be tricky! Things can go well at first and then things can change. Perhaps you're being treated badly or your partner doesn't seem to appreciate you. Perhaps you suspect your partner is cheating. How do you know whether your relationship is good for you or not?

What is a healthy relationship?

You know you are in a healthy relationship when:

- your partner loves you for who you are
- your partner treats you with love and respect
- you communicate openly and honestly with each other
- you feel that special caring connection and you only want the best for each other
- You are kind and loving towards each other.

Signs of an unhealthy relationship

You may be in an unhealthy relationship if:

- you feel you can't be yourself
- your partner lies to you or manipulates you
- your partner uses physical or emotional abuse or is violent towards you
- you are being pressured to do things you're not comfortable with.



Sugar daddies/Blessers

Sugar daddies, also called blessers, are usually older men who date young girls in exchange for showering them with gifts, money, cell phones, security or status. They can be 5 years, 10 years or even 20 years older than the girl they are 'blessing'!

Blessers often date girls in exchange for sex, and this puts the girl at risk of contracting HIV or sexually transmitted infections. 40% of young women infected by HIV were infected by a man much older than them. That's a very high percentage! Protect yourself and stay away from sugar daddies and blessers!

Can I get out of the relationship?

You can, and probably should walk away from this kind of relationship. A blesser is in a position of power over you because he has more money and he is using it to control you to do what he wants. He might give you gifts of cell phones and money but it will be at expense of your body and self-esteem. Walk away !

I am not working and my parents don't give me money, is it wrong to date a Sugar daddy?

Yes. Sugar daddies may pressure you to have unsafe sex, thus putting you at a higher risk of contracting STIs including HIV. You could also fall pregnant. **It is important to put your future first and be your own 'blesser' in life. Respect yourself enough to say no to sugar daddies and be the maker of your own destiny.**

Sugar daddies often have wives and a family and are more than likely to leave you if you fall pregnant or get into trouble. **They may make all sorts of promises just to get what they want!**

So, be strong and surround yourself with people that love and care for you such as friends and family. You deserve a healthy relationship and a healthy life! Do things you enjoy, like playing sports, creating artwork and working on your goals. Do these things more often, and take charge of your own life. Be your own blesser!



Relationship tips for boys

- **Communicate openly about issues and ideas.** Share your hopes, fears, and crazy ideas.
- **Listen and show interest!** Ask questions and listen to her carefully. If you've been talking for 2-3 minutes straight, slow down and ask her a question. 50% of conversation is listening.
- **Compliment her!** But only if you mean it! Notice her laugh, or her hair, or even a something she does. eg: -
you are doing so well in school - I really admire you!
- **Be a shoulder to cry on.** Let her vent! You don't need to find a solution for her. Just be supportive and listen. She'll feel much better when she feels she's been heard.
- **Don't treat her like a guy friend.** Take her on a special date. Let her know she's on your mind and send a loving sms once a day. Write her a letter or poem on paper.
- **Don't ever force her to do something she doesn't want to.**
- **Be kind to her and her family and friends.**

be
Kind



WHAT IS GOOD LOVE?

Things You'll Feel if Your Relationship is Working!

In a good, loving relationship you will notice these things:

- You have strong caring feelings as well as physical attraction to your boyfriend or girlfriend, and you would easily agree that the word to describe this is "love".
- You know that your boyfriend or girlfriend loves you because their actions show that they care and have your best interests at heart.
- Your boyfriend or girlfriend makes you feel special and good about yourself.
- You trust them not to betray you or hurt your relationship. You feel safe.
- When you fight or argue, you try to resolve the argument without hurting each other.
- Your boyfriend or girlfriend never asks you to choose between him or her and your family and friends.
- Neither of you feels the need to test each other's loyalty or feelings.
- If sex is part of your relationship, it is because you both want it and agree to it without pressure.
- When you have sex, you both enjoy it and it increases the feeling of emotional closeness and love between you.



It may take a few relationships before you find one that is healthy and happy. You may have to learn what to look out for in a boyfriend or girlfriend, and what you like and don't like. But it is worth waiting for a relationship that is based on love, respect and mutual protection.

Source: <http://zw.tuneme.org/sections/relationships/healthy-relationships-good-stuff/what-good-love/>

WHAT MAKES A RELATIONSHIP REALLY LAST?

A relationship means having someone in your life that you value and trust. It's important that you love and trust your boyfriend or girlfriend - as they could one day become your husband or wife! A good relationship grows deeper with time. It also means making an effort to take care of the relationship even when there are lots of other things going on in your life.

— There are qualities that can make a relationship last:

•Care, Trust and Respect

You are both caring, loving and supportive of each other. You know when to listen to each other and you take each other seriously.

•Good Company

It is great to be with someone you can have fun and share jokes and laughter with. Your long relationship will be built on a good friendship.

•Being Real and Honest

When you are in a good relationship your partner knows your flaws - and likes you anyway! They will not lie to you, and they will try not to hurt your feelings deliberately. You will know where you stand and won't be afraid to share your true opinions.

•Freedom

Everybody wants a chance to think for themselves. Everybody wants to be with someone who lets them feel free to share their feelings. Listening to and respecting the other person is important. Listening to each other also means respecting each other's opinions and not imposing one's opinions on the other as the only right ones. Everyone's opinion is right for them so long as it does not violate the other's rights.

•Being your genuine self

You feel that you can be yourself and don't have to be different to please the other person or fear their reaction. You don't feel as if you have to put on a show or pretend to be someone you are not.

If a relationship lasts, it is a good one. It can lead to marriage when you both decide the time is right. Remember, you always choose whether to marry, who to marry, and when to marry. It is a good idea to date first and get to know the other person until you know it is the right time, the right love and the right man or woman

Source:<http://zw.tuneme.org/sections/relationships/healthy-relationships-good-stuff/i-do/>



HOW TO: UNDERSTAND GIRLS

Why Won't She Text Back?

You meet her. You like her a lot. You take her out for a date. You hold her hand on the walk home. You kiss her. You text her the next day. She doesn't reply.

Why?

Did you pick the wrong place? Did you talk too much? Did you talk too little? Did you say something wrong? Are you a bad kisser? Maybe she's busy. Maybe she left town. Maybe she's with another guy right now! What did you do wrong?

Don't worry! This kind of thing happens a lot after your first 'date'. First dates are the first time you get to see if you really like that person in that way. And the reason she hasn't replied could be so many things.

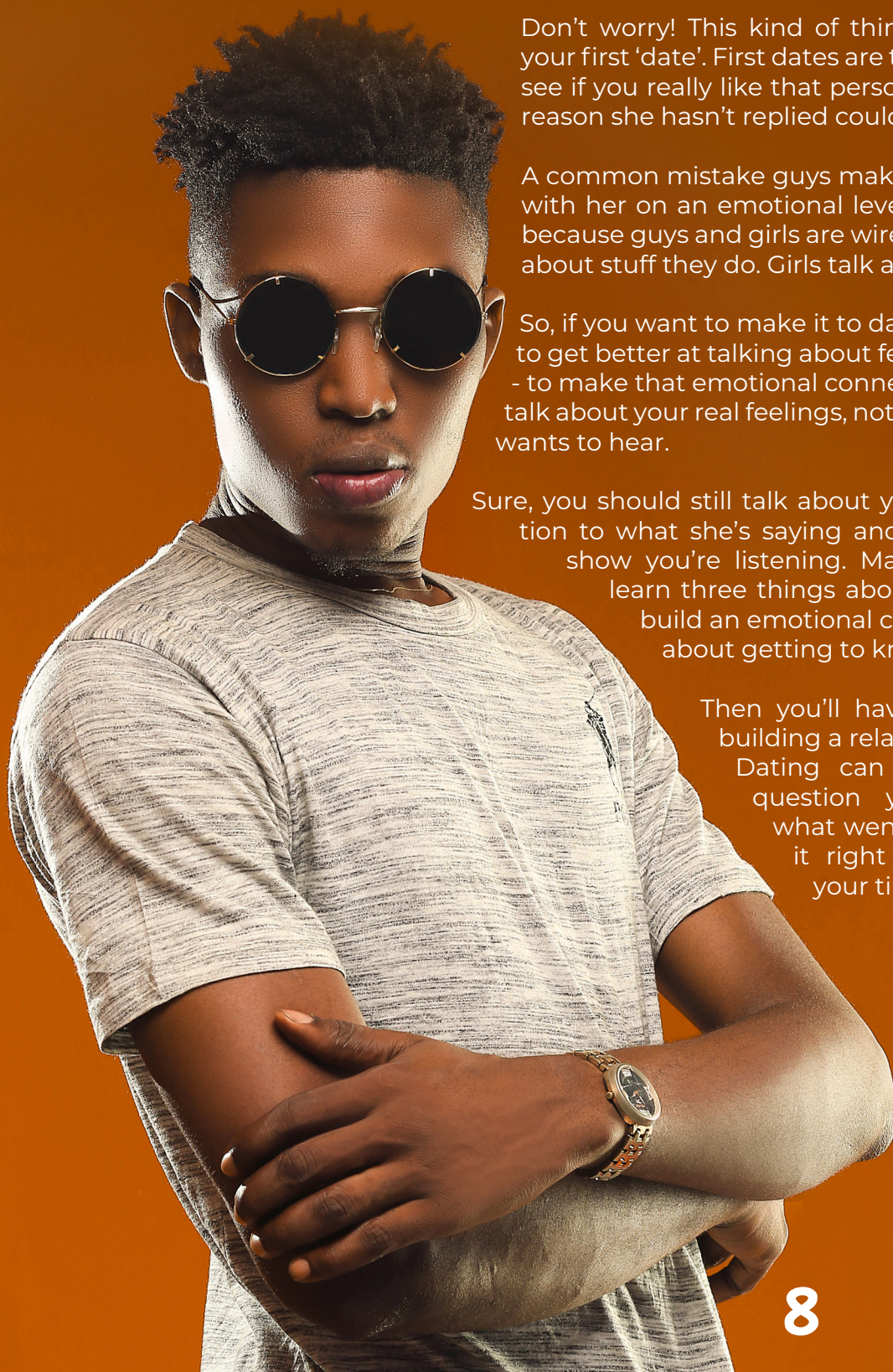
A common mistake guys make is they don't connect with her on an emotional level. It's an easy mistake, because guys and girls are wired differently: Guys talk about stuff they do. Girls talk about stuff they feel.

So, if you want to make it to date number 2, you have to get better at talking about feelings - yours and hers - to make that emotional connection. And you have to talk about your real feelings, not the ones you think she wants to hear.

Sure, you should still talk about yourself. But pay attention to what she's saying and ask her questions to show you're listening. Make it your mission to learn three things about her. That's how you build an emotional connection. Dating is all about getting to know the other person.

Then you'll have a better chance of building a relationship with her.

Dating can be tough. You may question yourself and wonder what went wrong. But you'll get it right eventually. What are your tips for dating?



HOW TO: UNDERSTAND GUYS

How to Tell if He Likes You

Guys are always complaining about how complicated girls are. But they're not so simple themselves! They can be very hard to read, especially if the butterflies in your tummy are making it hard to concentrate.

So how can you tell if he's into you?

If he's doing one or more of these things, things are looking good for you:

Body language

He's leaning in a little closer even though you're just talking about the weather.

Eye contact

Guys don't spend a lot of time looking you in the eye, but he's suddenly doing it all the time.

You're famous

His friends know your name and know who you are.

He makes the move

If he makes plans with you, that means he's making a move.

He's always around

He starts showing up at all the places you usually hang out – and you've never seen him there before. Make the most of it and start talking to him.

Whatever you do next is up to you... because it looks like you've got his attention!

Dating can make you question yourself. But if you like who you are, there will be someone out there who likes you too!



Source: <http://zw.tuneme.org/sections/relationships/healthy-relationships-good-stuff/how-tell-if-he-likes-you/>

DON'T DATE THESE PEOPLE

Love Yourself First

Dating can be fun and it feels good to be loved by someone. But dating someone does not mean they love you or you love them, it just means you are dating! You don't want to get caught up with the wrong person. Dates come and go, but you have to live with yourself. That's why it is so important to choose who you date wisely.

Avoid these people:

A Playa

Sure he's hot, but if you know a guy (or a girl) sleeps around, avoid them. Chances are he's got something you don't want to catch.

A Cheat

If he or she cheats on you once - never mind twice - avoid making this person your special partner.

An Addict

A person who drinks too much or takes drugs is no good for you. Keep your future bright by choosing someone with a future.

An Abuser

If they hit you even once, or you know they've beaten up previous partners, run a mile. Even if they say they will never do it to you because they love you so much.

They're wrong, but why are you attracted to these people? Being needy and lonely can make you vulnerable to forming relationships with anyone who shows interest in you. You may be looking for love, attention, or affection. Sometimes the word love is incorrectly given to these feelings.

Building a healthy relationship with yourself is the most important step to having a healthy relationship with someone else. If you don't feel good about yourself or your life wait until you are ready to date.



SEX DOES NOT MEAN LOVE

What's Best - a Lover or a Friend?

There are many families where children grow up not knowing what love really is. As you reach your teens, you'll want to find love. You may be looking for love or friendship, but end up just having sex. They are not the same. It's useful to know the difference.

Love, Sex and Friendship:

- We all want respect, trust, honesty and understanding in our relationships.
- Good friends help you with your problems, introduce you to new ideas and share your dreams for the future.
- Love is about respect and caring for each other.
- You can love your friends without having sex with them. *Sex is pleasurable – but doing it with a friend can change your friendship. You could even lose your friendship.
- You can have fun, safe sex with people you are attracted to without loving them. In this case, there is no love and no emotional connection (which is what makes love much more meaningful). Most people agree that the best sex is with someone you love and trust – and who loves you back. This is a relationship. Love never means putting a relationship before your personal well-being or doing things that make you feel unhappy. *Loving someone means protecting them at all times – from pregnancy, HIV, and abuse.
- The best relationship is one where two people love each other, care for each other, respect each other and protect each other!

There are lots of ways to be with a person of the opposite sex and have a great relationship with them - without having sex! If you are looking for closeness, look for friendships.

Source

:<http://zw.tuneme.org/sections/relationships/healthy-relationships-good-stuff/sex-does-not-mean-love/>

WHAT'S THE DIFFERENCE BETWEEN LOVE AND LUST?

Learn to Spot the Signs

When you are growing up, you may like someone and you may be attracted to them. There are different reasons for finding someone sexy – it could be because of their looks, their personality or even their money or job!

But attraction does not necessarily mean you love them. And just because they desire you does not always mean they love you. Love is a very strong feeling towards another person and it's more than just attraction.

Here are a few tips to help you check if it's love or lust:

Lust can be instant. It may last or fade over time.

Love is an intense feeling of deep affection that takes time to grow.

Lust is feeling a strong sexual desire for someone. You may or may not know the person.

Love involves someone whose strengths and weaknesses you know. You can't love someone you don't know!

Lust is all about sexual feelings and desires.

Love means both your heart and head are in control.

Lust involves someone you think is perfect.

Love means it may not be the perfect person but you appreciate their weaknesses. and strengths.

Lust can end just as suddenly as it started.

Love usually takes time to end.

When you are feeling attracted to someone, it's easy to think you are in love. But love is a deeper, longer process. You can also love a friend, and never have sex with that person.

Source:<http://zw.tuneme.org/sections/relationships/healthy-relationships-good-stuff/whats-difference-between-love-and-lust/>

ARE YOU A GOOD FRIEND?

Ask Yourself These Questions

Friends are really important as you grow up. Sometimes they feel more important than your family! They can help you with your problems, introduce you to new ideas and share your dreams for the future. It is important to choose good people and to support them too.

Are you a good friend: Ask yourself:

- Do you encourage your friends? Be encouraging: each person has happy and sad moments and needs to be encouraged.
- Are you genuine with them? Being genuine means that you can be yourself and not feel as if you have to pretend to be something else to impress them. Your real friends like you for your real self, don't put on an act.

- Do you build them up or cut them down? Don't tease or belittle your friends - and stand up for your friends if someone else does so. No one feels good when they are teased. In fact, teasing someone can make them feel less human.
- Can you compromise? Although you may not agree with your friends on all the things, you should learn to respect your differences.
- Are you considerate? Do you consider their feelings as well as your own. Can you talk openly about disagreements? Everyone disagrees sometimes, and friends can even have big fights at times. But can you be open and talk about your disagreements or do you hide how you really feel or sulk and ignore them?
- Can you say sorry? Everyone can make a mistake and can hurt a friend. It is important to genuinely apologise once you have hurt your friend. Sometimes you also have to say sorry, even if you weren't in the wrong!

Good friends can make you happy, take care of you, help you when you are in problems, stop you from doing bad things and give you good advice. Look after the good ones, and avoid the bad eggs.

Source: <http://zw.tuneme.org/sections/relationships/healthy-relationships-good-stuff/are-you-good-friend/>

Take Care of your Number One Relationship – Yourself!

Look Out for Yourself!

Your relationship with yourself is more important than your relationship with anybody else! You have every chance of growing into a confident and strong person, no matter where you come from or how your life started. Confident people feel good about themselves and have a "can-do" attitude. You can be one!

Of course everyone has bad times of worry and self-doubt - but these feelings should not stop you. You can learn to face and work through any problems - and get help when you need it!

Here are some tips for success:

Avoid negative people: Think about the people who surround you. Do they support you? Do you really want them in your life? Choose good people.

Keep promises to yourself: Make a few good ones and keep them. Good ones sound like *... I will finish school ... one day I will get a job... the only relationship I want is a one where my partner and I respect, love, care for and protect each other.* Learning to keep your word builds discipline and trust in yourself. It means your word has power.

Speak kindly to yourself: Sure, you are going to make mistakes. But you can survive most of them. You may even learn from them! Don't beat yourself up if things go wrong, brush it off and learn to make better choices.

Challenge ideas: As you grow up, you need to question what people tell you. You also need to question what is right and what is wrong. Don't let others use or manipulate you! Ask for help: Asking for support can be difficult - you may not know where to go, or you might feel uncomfortable, shy or guilty. But you need to act with confidence to get the help you need!

You are special and have value in the world. Believe in yourself and know that you have a purpose. That way you can make good decisions about your life.

Need someone to talk to? Call Youth Helpline for free on 393

Source: <http://zw.tuneme.org/sections/relationships/healthy-relationships-good-stuff/take-care-your-number-one-relationship/>



SAFE & RESPONSIBLE SEX

The Injections

With the injection, hormones similar to those in the pill are injected into a woman's body every 2-3 months. Every three months if it is the Depo Provera injection and every two months if it is the Nur-Isterate injection. You may experience negative or positive side effects just like when using the pill. The benefit of the injection is that you won't have to think about contraception every day or every time you have sex. It's important to go to your nearest clinic and speak to your healthcare provider about injections.

The Emergency Pill

As the name suggests, the emergency pill or morning after pill is for emergencies. If your usual contraception method has failed (e.g. the condom broke) or you have had unprotected sex, it can protect you from pregnancy. It does not protect from sexually transmitted infections!

The sooner you take the emergency pill the better. It's best taken within 72 hours of having unprotected sex but it can be taken up to 5 days afterwards. We recommend that you use it for emergencies only.

Dual protection - Remember... Condoms are the only method of contraception that offer dual protection. This means prevention from pregnancy and of transmission of HIV and other sexually transmitted illnesses.

STIs and HIV

Anybody, regardless of who they are (gender, race or culture) or where they live, can contract STIs including HIV.

- Many people presume that no symptoms means no sexually transmitted illness (STIs)! This is a common mistake. Sometimes the symptoms are so small they go unnoticed, so the only way to know if you have an STI is to get tested. That is why it is important to get regular STI screenings.
- Many people are embarrassed to go to the clinic. There are services at the clinic where the healthcare worker will test you privately and confidentially. It's important to get treated as soon as possible because even though most STIs are easily treatable, if left too long untreated, the symptoms become worse.
- If you have recently had unprotected sex, have a new partner or more than one partner or for any reason are worried that you might have an STI, it is important to get screened as soon as you can.

Testing for STIs

STI screenings involve being tested for a range of different STIs and usually include the following:

- Symptomatic testing (testing for STIs based on presentation of symptoms)
- Remember to always use a condom every time you have sex!
- Pap smear/cervical screening (checks the health of your cervix)
- HIV Testing and Counselling
- STI Screening (blood or urine)
- Medical history analysis
- Blood pressure and weight check
- Breast examination
- Urine analysis
- Contraceptive consultation

Condomise

Signs and symptoms of STIs

- Check for any signs of a skin rash.
 - While some discharges are normal, do you have any unusual vaginal discharge?
 - Struggling to sleep or night sweats.
 - Look for unusual bumps like sores or warts near your genitals or mouth.
 - Itching, swelling or redness near your genitals.
 - Experiencing pain during or after having sex.
 - To protect yourself against STIs, you can use a male condom or a female condom.
- The female condom puts the power in a woman's hands. Go to your local clinic and ask one of the nurses or healthcare workers for a female condom. Go with your friends if it will make you feel less shy. While you're there, you can ask one of the nurses how to use it properly.

**MY BODY
MY CHOICE**

**be safe
be free**

SEXUAL REPRODUCTIVE HEALTH

Choosing what's best for you and your future.

The decisions you make about sex can affect your future. For instance you can choose to have protected sex, keeping yourself healthy. Or you can wait until you are ready to have sex. These are conscious and empowering decisions.

Just because everyone else is doing it doesn't mean you have to.

Responsible vs Irresponsible

- **Irresponsible sexual behaviour** can affect your future. An unplanned pregnancy can change your plans or your current path. Having a baby is a big responsibility - physically, emotionally and financially. Whether you're a boy or girl you need to be sure and ready.
- **Responsible sex** is when you make a decision that to protect yourself from sexually transmitted illnesses (STIs) including HIV, as well as preventing an unplanned pregnancy.

What is HIV?

HIV (human immunodeficiency virus) is a virus that attacks the immune system, the body's natural defense system. Without a strong immune system, the body has trouble fighting off disease. Both the virus and the infection it causes are called HIV. White blood cells are an important part of the immune

Being safe & responsible

It's your body - you get to choose when and how you have sex. Make good choices that protect your health and allow you to have space for your future dreams and goals.

- **Condomise** - Having sex without protection is risky. You could get HIV or a Sexually Transmitted Illness. Or you could make a girl pregnant or become pregnant if you are a girl. Always insist on using a condom with your partner. It's loving behaviour.

Using a condom is as much a responsibility for a girl as it is a guy.

- **Have one partner at a time** - Having multiple sexual partners is risky, especially if you don't use protection. You could spread a disease from one partner to another.

- **Use a contraceptive to avoid unwanted pregnancy.**

- **Have sex for the right reasons.** Being sexually active is not only about being intimate with somebody, it should also be about taking responsibility for your own actions, staying safe and looking after your body. Making love with someone you care about and want to be with is a wonderful experience. Having sex for the wrong reasons is risky. Don't let your friends or partner pressure you. Using sex as a way to keep someone doesn't work and is bad for your self esteem.

- **Be with someone your own age** who shares similar interests and can love you for who you are. Having unprotected sex with an older partner who may be HIV exposed is dangerous. Avoid blessers and sugar daddies, they do not have your best interests at heart.

be safe
be free

Contraception for sexual health & preventing an unwanted pregnancy

Male Condoms

These condoms are worn by the guy. They are safe, effective, easy to get and offer dual protection against both pregnancy and sexually transmitted illnesses. They are the shape of a penis with a small tip at the top to collect the semen. They are placed on an erect penis before intercourse and keep semen from entering the vagina. They are made of latex which is a kind of soft rubber. There is a chance of a condom breaking or slipping off during sex, so make sure the condom is placed on the penis correctly by holding the tip and then sliding it onto the shaft of the penis. This leaves a space at the tip of the condom to allow space for the sperm to collect.

Female Condoms

These condoms are worn by the woman and fit inside the vagina. They protect against pregnancy and STIs and can also be used in conjunction with other contraception like the pill. The female condom has flexible rings at each end. To use it, squeeze the smaller ring at the closed end of the condom and insert it into the vagina. Make sure that the larger ring at the open end of the condom covers the vaginal opening. Make sure that the penis enters the female condom and not between the condom and the side of vagina. As soon as you're done, remove the female condom, by gently pulling it out, twist the large ring to prevent sperm leaking out and then dispose of it in a bin.

The Pill

The pill is taken orally by the female. It contains a combination of the hormones oestrogen and progesterone which prevents the body from ovulating. Ovulating is when an egg is released every month, if there is no egg to be fertilised then pregnancy cannot occur. The pill is most effective when taken every day at approximately the same time of day. You will still have your period, but some girls find positive or negative side effects, or both. You will need a doctor's prescription to go on the pill. Speak to your nearest health-care worker or doctor about the right pill and form of contraception to suit you.



WHO CAN I TALK TO ABOUT SEX?

Good questions to ask!

Talking about sex with your parents or guardians may be scary or impossible. You might not want them to know you're having sex. Or it might just be too embarrassing. But it is good idea to talk to someone who can give you advice.

But it is no good talking to someone who has the wrong information. And as much as you trust your friends, they might not know all the facts!

One of the best people to talk to when you have questions about sex, is a doctor or nurse. This can also be frightening. What if they yell at you for being sexually active? What happens if they tell your parents? Talking to a friend might seem easier!

But medical professionals will have all the **right** answers to your questions about pregnancy, STIs, HIV and contraception.

Not sure how to talk to them? Try one of these questions.

- How do I get tested for STIs?
- Can you tell me what happens to my test results? Who do you tell?
- Do my parents need to know I've spoken to you? What will you tell my parents?
- I think I may be pregnant, what do I do?
- What should I know about contraception?

If you're scared you may have an STI or be pregnant, you need to visit a CHIEDZA center or clinic. It can be scary to see or talk to a doctor or nurse. But ignoring a problem won't make it go away.

Source: <http://zw.tuneme.org/sections/sex/what-sex/who-can-i-talk-about-sex/>

SHOULD I BE HAVING SEX?

Ask Yourself Some Questions

As your body develops and grows, you'll start to think more and more about sex. When you have sexual feelings for someone, thinking about them or being around them can make you feel sexually excited (turned on, aroused or horny).

These feelings are all part of growing up! So how do you deal with them?

You want to have sex, but are you old enough?

You might feel sexual about someone and your body will feel ready for sex, but your mind and emotions may not be ready. Sex comes with many grown-up responsibilities, like possibly becoming a parent or dealing with sexually transmitted infections (STIs). If you're under 16, it's illegal to have sex. This law is there to protect you - it is called the age of consent to sex.



Is it right time, with the right person now?

- This is a critical question for you to think about before getting involved in a sexual relationship. Why this person? Why now?
- Is someone pressuring you to have sex? Do you feel comfortable with this person?
- Do you feel like you can say no or change your mind at any time?
- Do you think it's better to wait until you are more mature and able to deal with relationship issues or possible feelings of regret?
- Are you pressuring someone else?
- Are you old enough?
- Do you know how to use condoms and other contraceptives to avoid pregnancy or infections?

You like them, but are you under pressure?

Having sex with someone is not the only way to show that you love them. When you're old enough to have sex, it is still your right to decide if you want to or not. There are many other steps to dating or getting to know someone that should come before sex, like kissing and holding hands, sharing secrets and enjoying each other's company. You may also feel pressure from your friends who tell you that they're having sex (even if they aren't!). It can be tough to stand your ground, but it's important to care for yourself first.

Sex is the last step in the dating game, not the first! Delay it until you are sure you feel ready. Once you are sure, get yourself protected and safe. Talk to a doctor, nurse or counsellor about using condoms and other contraception to protect yourself against pregnancy, HIV and sexually transmitted infections.

Source: <http://zw.tuneme.org/sections/sex/what-sex/should-you-be-having-sex/>

SEX MYTHS

It's not dirty... is it?



Not everything you hear about sex is true. These are the top 3 myths we've heard!

Myth 1: Genitals are the dirtiest part of the body

Genitals are not dirty. They are just like any other part of the body. And just like the rest of your body, make sure you keep them clean. You also need to check them regularly for any changes. Some changes mean you need to go to the clinic. These include irregular bumps or lumps, itches, discharges, cuts or rashes. Go to a clinic sooner rather than later!

Myth 2: Masturbation is bad for you

Masturbation is a totally personal choice. But know that it can't harm you if you choose to do it. Things like impotence, blindness, or becoming mad are no way linked to masturbation. Neither is any other sexual performance worry.

Myth 3: I can't get pregnant the first time I have sex

A young woman can possibly become pregnant any time and every time she has sex. It doesn't matter if it's the first time or the seventh time. Plus, many young women are most fertile in their teenage years. This means it can be even more likely that they will fall pregnant. So it's very important to use contraception (and STI protection) each and every time you have sex.

There are many rumours about sex. Don't believe everything your friends tell you. Rather chat to a trusted adult or nurse to find out the facts. Check out Tune Me for more articles on sex and relationships.

Source: <http://zw.tuneme.org/sections/hot-topics/its-not-dirty-it/>

WHAT IS ORAL SEX ?

Is it Safer?

Oral sex is when one partner uses their mouth, lips or tongue on their genitals to pleasure their partner. Many people like it, others don't.

Staying safe for girls: Use a condom to protect yourself and him from HIV and sexually transmitted infections. Use flavoured condoms if you have them.

Stay safe for guys: use a barrier such as cling-film, a female or male condom cut into a sheet or a dental dam.

Don't have oral sex if you or your partner have sores, cuts or ulcers on your mouth or genitals and, if you can, check out your partner's bits carefully first too.

What are the risks?

You can't get pregnant by having oral sex but you can catch sexually transmitted infections, so it's best to use a condom or another barrier as mentioned above.

Remember giving or receiving oral sex to or from anyone under 16 is illegal as oral sex is considered a sexual act, even if both of you are under 16.

Source: <http://zw.tuneme.org/sections/sex/what-sex/what-oral-sex/>

HOW DO GIRLS GET PREGNANT?

Find Out What Makes a Baby

Once a girl has her period she can get pregnant any time she has unprotected sex. In the days before a girl ovulates, she is even more likely to get pregnant. Ovulating is when a mature egg is released from her ovary, and is pulled into her fallopian tube where it can be fertilised by sperm.

This happens 3 – 17 days after the end of her period. When it happens depends on the length of the specific girl's menstrual cycle and it can vary from month to month.

If the boy ejaculates in a girl's vagina during sex, his sperm will move up the vagina into the uterus and then up her fallopian tubes. If his sperm finds an egg there, they will fertilise it. The fertilised egg (or zygote) is moved down the fallopian tube to the uterus, where it implants itself into the lining of the uterus.

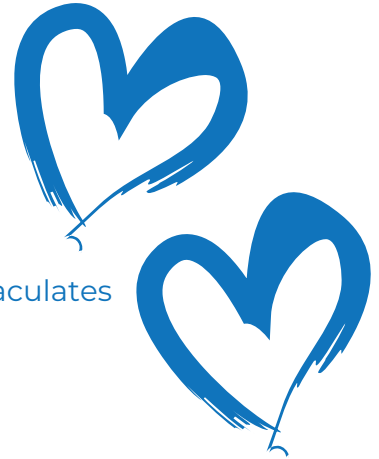
Once implantation has taken place we say that she is pregnant. In this case, she will miss her period. If a girl misses her period, she can do a home pregnancy test or visit a clinic to check if she is pregnant.



If the egg is not fertilised, the hormones that were building up the lining of the uterus go down. The thick lining then breaks down and the girl's period will start (blood, mucous and tissue will flow from her vagina).

A girl can get pregnant even if she has sex when she:

- is having her period
- has not had her first period yet
- does not have an orgasm
- does not have sex very often
- urinates right after sex
- douches (squirts water up her vagina) right after sex
- tells her man to pull his penis out of her vagina before he ejaculates
- jumps up and down after sex
- is under 12
- is having sex for the first time
- has sex while standing up



If you have sex without using protection (condoms or other contraception), you can get pregnant. Pregnancy can happen if the sex is wanted or unwanted. It can even happen if you have sex just once. Condoms are the only method that can protect against pregnancy, STIs and HIV.

Pregnant by accident? Find out what to do below.

Source: <http://zw.tuneme.org/sections/sex/pregnancy/how-do-girls-get-pregnant/>

CONDOM RULES

Make Sure You Know the Condom Rules

Find Out How to Put it On, Get it Off - and Keep Yourself Safe from STIs and Pregnancy

Before you put on a condom

- Store condoms in a cool, dry place away from direct sunlight.
- Check the expiry date on the condom.
- Do a pillow test - does the air stay in the package?
- Tear the condom package carefully to open - without using your teeth.
- If the condom looks damaged, discoloured, dried out or brittle, don't use it.



To put a condom on

- With one hand, pinch the tip of the condom to leave room for the ejaculate.
- With the other hand, roll the condom to the base of the penis or object.
- Continue using this hand to smooth any air bubbles out of the condom.

After the action

- Hold the base of the condom as you pull out to avoid slippage.
- Use toilet paper to hold the condom during removal.
- Remove the condom and throw away in the trash, not the toilet.



Safety tips

- Pull out while the penis is still hard because once the penis begins to lose its erection, ejaculate can leak out or the condom can slip off. This is best to avoid pregnancy and/or STI transmission.
- If you continue to have an erection and you and your partner would like to keep going after you ejaculate, hold the rim of the condom against the base of your penis.

Source: <http://zw.tuneme.org/sections/sex/family-planning-contraception/condom-rules/>

RIDICULOUS CONDOM MYTHS

You Heard What?!

Myth: I can't find a condom big enough That's rubbish. First of all, there are different sizes. Second, all condoms stretch and can fit every size (and even over your head).

Myth: I can whip on a condom just before I come. Wrong. You must put it on before any sexual contact happens. Men leak fluids from their penises before and after ejaculation. This fluid can carry enough sperm or germs to transmit HIV, STIs and possibly cause pregnancy. Not to mention that the penis is coming in contact with the fluids in the vagina, putting the guy at risk for STIs and HIV.

Myth: I can wash and re-use a condom. Wrong. You need to use a new one every time you have sex, even for oral sex. After 30 minutes of use a condom becomes easier to break, so you should change it. If the condom breaks during sex, withdraw from your partner and put on a new condom.

Myth: I use cling film or other plastic if I don't have a condom handy. Wrong. Only condoms have the strength to protect you. It is the only thing that can be put on a penis to help protect you from an unplanned pregnancy or potential sexually transmitted infections (STIs). Rather wait until you have one handy.

Myth: I can use oil to lubricate it. Wrong. ONLY use water-based lubricants. Oil-based lubricants such as petroleum jelly, cold cream, hand lotion, cooking oil or baby oil will weaken and break the condom. If needed, lubricate the outside of the condom.

Myth: Condoms take all the pleasure away. Not true. Sex with a condom may make the sex last longer which can be more pleasurable. Also safe sex is even more pleasurable! Worry about HIV is a passion killer.

Source: <http://zw.tuneme.org/sections/sex/family-planning-contraception/ridiculous-condom-myths/>

DON'T MAKE THESE CONTRACEPTION MISTAKES

Are They True or False?

You might have heard a few stories about contraception and sex, but some stories are just stories! Here's what's true and what's not...

False: A girl can have sex without getting pregnant three days before and three days after her period. She also can't get pregnant during her period.

True: A girl can get pregnant any time she has unprotected sex. Sperm can survive for up to five days in a girl's body.

False: A girl can wash sperm out of her vagina after having sex.

True: When a boy ejaculates, his sperm travel into the girl's cervix within seconds. Even if you jump out of bed immediately, you won't be able to reach them by washing.

False: A girl cannot get pregnant if she doesn't have an orgasm.

True: A girl can fall pregnant any time she has sex without protection.

False: You can't get pregnant the first time you have sex.

True: A girl can get pregnant the first time she has sex and even before her first period (if she is about to start menstruating).

False: If you have sex standing up or if a girl is on top during sex, then she won't get pregnant.

True: Sex positions do not have any effect on whether or not a girl gets pregnant. A girl can fall pregnant any time she has sex. Only a condom protects against pregnancy as well as STIs and HIV.

Source: <http://zw.tuneme.org/sections/sex/-family-planning-contraception/dont-make-these-contraception-mistakes/>



WHAT ARE SEXUALLY TRANSMITTED INFECTIONS ?

STIs, or sexually transmitted infections, are spread through having unprotected sex with someone who has an STI.

How do you get STIs?

- By having unprotected sex and coming into contact with sexual fluids (semen, pre-ejaculate and vaginal fluid) and the surfaces of the penis, vulva, rectum and mouth.
- Through all kinds of sexual contact (anal, oral and vaginal), All sexual contact that involves bodily fluids should be considered risky.
- The use of condoms does decrease your risk of getting STIs but is not 100% safe, because even with a condom you can still come into contact with infectious areas of the genitals.
- HIV, the virus that leads to AIDS, is also an STI and it can also be spread through blood and breast milk.

Only herpes can be spread through mouth to mouth kissing

How do I protect myself from STIs?

- In the early stages you cannot see the signs of STIs. But even if you can't see them, they are infectious and can be passed to others.
- You can protect yourself and your partner from STIs, including HIV, if you use a condom each time and for every round of sex (vaginal or anal).
- You can also get an STI from unprotected oral sex (blow job or tickling the vagina).

Signs and Symptoms

If you have any of the following, you should consult a health care worker as soon as possible:

- Unusual discharge from vagina, penis or anus,
- Itchy genitals
- Pain when urinating
- Pain during sexual intercourse
- Genital sores
- Swollen glands in the groin
- Lower abdomen pain
- Rashes and warts

be safe
be free

Treatment of STIs (other than HIV)

- Most STIs (other than HIV) can be cured with antibiotics.
- The earlier you go to the clinic and get treated the easier it will be to cure the infection.
- Always finish all the medicine you are given even if it looks like the infection has gone.
- If you stop taking your medication before it is finished, the infection may come back.
- Never share your medicines as this will mean that neither you nor the other person will have enough treatment in your system to cure the STI.
- Some people might consult a traditional healer- you need to also visit your doctor.

What is the relationship between STIs and HIV?

- HIV, the virus that causes AIDS, is an STI.
- The biggest problem with STIs is that they increase the chances of you getting HIV.
- If you or your sexual partner have an STI and HIV, the chances of passing on or getting HIV increase dramatically.
- Many STIs make little cuts, tears or breaks in the skin. If your partner is HIV-positive, the HIV can enter your body through these breaks in skin during sex.
- The discharges from any STI may contain a very high concentration of HIV.

How you get HIV

The virus is spread through all kinds of sexual contact (vaginal, anal and oral), blood to blood contact and from mother to child through body fluids such as blood, vaginal fluids and breast milk.

Anyone who has unprotected sex can get HIV but you are at high risk if you:

- Have more than one sexual partner.
- Use alcohol and drugs as this lowers inhibitions and increases risky sexual behaviour.
- Are in a relationship where money or goods are exchanged for sex as they may not want to use condoms.
- Have other Sexually Transmitted Infections (STIs).
- Use drugs and share needles with others.
- Have rough or dry sex, which can cause cuts and bleeding. This allows the virus to pass into your body more easily.

Why is HIV testing Important?

- When you are HIV infected you do not get sick right away, which means that you can spread HIV for many years before you come to know your HIV status.
- You can't see when someone has HIV; only testing will tell you this.
- Just like diabetes and high blood pressure, HIV can be managed through healthy living and taking treatment. Treatment will work better if you take it at the right time and do not wait until you are very sick.
- By taking the test you are taking control of your health and your life.
- Testing for HIV is a way of showing love and respect for your partner, yourself and your loved ones.

Everyone must know their status so that they can look after their own health and protect other people in their lives.

If you are having unprotected sex, it's very important to go for tests to check if you have any STIs. If you find out you do have one, then you can take medication to sort it out and also not pass your STI to others without meaning to!

Choose safe sex. This means using a condom correctly each and every time you have sex to prevent catching an STI.

Worried? Visit a CHIEDZA center or health facility near you and speak to a health worker or find the youth corner. They can help and will keep your visit confidential

BAD SKIN ALERT!

Get Help with Pimples and Acne

Your hormones can go a bit crazy during puberty and you may find you suddenly get pimples and acne on your face. You may also get some on your chest, back and shoulders.

This is because the oil glands underneath your skin are creating lots of extra oil (called sebum). The oil mixes with dirt and dead skin cells and starts to clog the skin. It can be embarrassing to have pimples and it can make you feel ugly and shy.

Sorry! There is no quick fix, but you can try making it easier by following these do's and don'ts:

- Do clean your face in the morning and evening with warm water and soap for pimply skin – making sure you remove all make-up at night
- Don't squeeze your pimples
- Do keep your hair clean and out of your face
- Don't touch your face
- Do protect yourself from the sun
- Don't use oily creams
- Do drink lots of water and eat fruit and vegetables
- Don't eat too much sugary food
- Do speak to a doctor or pharmacist if your skin is not getting any better

Your skin is going through puberty too and sometimes skin problems can only be managed, not changed. But don't worry, bad skin should clear up when you are older!

Source: <http://zw.tuneme.org/sections/your-body/girls-body/bad-skin-alert-girls/>



YOUNG WOMEN

GET TO KNOW YOUR SEX ORGANS

Find Out How Everything on a Girl Works

The parts of a girl's body that are in the genital area make up her sexual and reproductive systems. Female sex organs are also called reproductive organs because they are the parts of the body that allow women to reproduce (to have babies). You have reproductive and sexual organs on the inside and outside of your body.

Outside Your Body

Vulva

All of the external parts of the female reproductive system taken together are called the vulva, which means covering. The vulva covers the opening to the vagina, the labia, the clitoris and the opening for the urethra (where pee comes out).

Labia

Pronounced lay-bee-ja, the word labia means "lips" in Latin. Every girl has two sets of lips. The outside lips are thicker folds of skin that have pubic hair on them. Inside the outer lips is a second set of smaller, softer lips. Some women's inner lips stick out between their outer lips. Both outer and inner lips can be any colour, size or shape.

The clitoris

Pronounced klit-o-rus, this is a small little knob about the size of a pea located toward the front of your vulva where the folds of your labia join. It is very sensitive to touch and is the only organ (in both women and men) whose only purpose is sexual pleasure.

Inside Your Body

Vagina

This is hollow, muscular canal that leads from the vaginal opening to the uterus. It is made of a special kind of skin that stretches easily during sex and during birth. During sexual relations, the vagina receives the penis. During menstruation, the menstrual flow leaves the body through the vagina. In natural childbirth, the baby is born through the vagina. That is why it is sometimes called the birth canal.

The hymen

Pronounced high-men, this is a thin membrane or tissue that surrounds or covers the opening of the vagina in some girls. There are many different types of hymen – some just surround the opening others cover it but have one or more holes in it. Some girls are born without hymen and others tear their hymen during everyday activities or sports. If you still have your hymen when you first have sex, it may tear and can bleed lightly.

Cervix

The cervix is the lower, narrow part of the uterus. About half of the cervix is inside the vagina. It has a small opening that connects the uterus and vagina. Menstrual flow leaves the uterus through this opening and sperm enter the uterus through it.

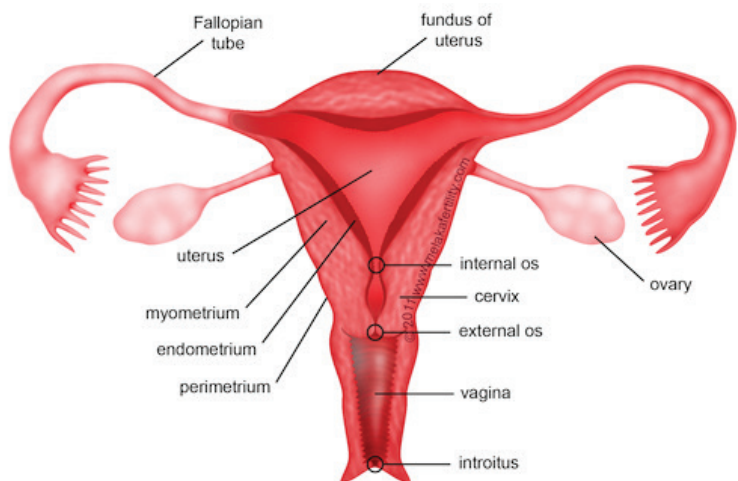
Uterus

Also known as your 'womb,' this is where your baby grows and develops when you're pregnant.

Ovaries

You have two ovaries, one on each side of your uterus. These produce your eggs. The ovaries also make the female hormones called oestrogen and progesterone.

Female Reproductive System



Fallopian tubes

These two tubes lead from your ovaries to your uterus. They are very tiny – only as big as two human hairs. The eggs travel down these tubes after ovulation and the sperm travel up them. If the egg and sperm meet, the egg will be fertilized and you may become pregnant.

No two girls look exactly the same down there. It is good to look at and understand your genitals and how they work. That way you can spot anything wrong and get care early.

Source: <http://zw.tuneme.org/sections/your-body/girls-body/get-know-your-sex-organs/>

PANTY ALERT!

Know your vaginal discharge

Every woman has a vaginal discharge that changes throughout the month. You can spot the change on your underwear or when you wipe.

Normal vaginal discharge has several purposes: it cleans and moistens the vagina, and helps to prevent and fight infections.

Normal vaginal fluids changes throughout the month in colour, amount and thickness.

The following changes may indicate a problem:

- change in odour (especially an unpleasant odour)
- change in colour (especially greenish or grayish)
- change in texture (such as foamy or looking like cottage cheese)
- vaginal itching, burning, swelling, or redness
- vaginal bleeding or spotting that is not a menstrual period

Some infections that can cause changes in vaginal discharge such as gonorrhoea are spread by having sex without using a male or female condom. Other infections can occur with or without having sex, such as bacterial vaginosis or a yeast infection.

If you notice any changes in your discharge let your CHIEDZA provider know - or visit your nearest clinic. They can assist you to clear it up.

Source: <http://zw.tuneme.org>

BURNING WHEN YOU URINATE?

You could have a UTI

A urinary tract infection (UTI) is a common infection for women of all ages. A UTI is caused by bacteria getting inside your bladder, usually through your urethra (the opening where your urine comes out). Females have shorter urethras than males do, so it is easier for bacteria to get inside and cause infections. Anyone can have a UTI. But it's most common in young women who are having sex or pregnant women.

You may notice:

- Pain or burning while urinating (especially at the end of urinating)
 - Feeling the need to pass urine frequently
 - Urinating very little even though you feel like your bladder is full
 - Urine is cloudy and/or foul smelling
 - Blood in your urine
 - Fever or chills
 - Pain in your lower back below your ribs
- If you have any of these signs, go to the clinic.

UTIs are very common and easily treated. But you will need to take medicine from to clear them up. So visit a CHIEDZA center or clinic if you suspect UTI. You will usually be given antibiotics to take for a few days. If you don't, the infection can get worse.

Source: <http://zw.tuneme.org/sections/your-body/girls-body/burning-when-you-urate/>

BUSTED! MYTHS ABOUT YOUNG WOMEN AND SEX

Don't believe everything you hear

Being a young woman today can be very different from when your parents were your age. You want to be assertive and live your life, but you also want to respect your religion, culture and family. And on top of all that, you have to navigate a country and a world often filled with sexual violence and HIV.

There are still a lot of myths you might have heard. Read about on the facts so you're in the best position to protect yourself.

Women are more faithful than men

Fact: Guys cheat, girls cheat - there's no difference. Cheating on your partner means you're not honest or respectful towards them or your relationship.

Women don't want sex as much as men do.

Fact: Sexual desire is totally personal and differs between everybody! However, as a young woman, once you decide you're ready to have sex, you need to be careful. Women are more vulnerable to STIs and HIV than guys are! Always use a male or female condom when having sex.

Take control over your sexual health and life by arming yourself with knowledge. Learn about STIs, HIV, how you can get pregnant - and how you can prevent all of these things! Make yourself your number one priority.

Source: <http://zw.tuneme.org/sections/sex/sex-rights-rules-choices/busted-myths-about-young-women-and-sex/>

(adapted from Dr Eve's Sex Book: A Guide for Young People)



BODY POSITIVITY!

Hey Beautiful - Do You Like the Way You Look?

Girls, it's easy to look at celebrities in magazines and wish you looked more like them. But they are often exceptionally good-looking people! Plus, did you know that most magazines change the pictures to make the people in them look more "perfect", whatever that means. Don't compare yourself to them. You are beautiful in your own way and what makes you attractive to others is not just your body but all of you.

Your basic body parts are here to stay. When you're born, you inherit some of your mom and your dad's features and your body grows to be like no other body! Maybe you're tall, have big hips, small breasts, and ears that stick out or a funny nose. The most important thing to know is you are you - and that's what makes you beautiful.

Body shape and looks are not the only things that make you beautiful – your personality and your self-esteem (how you feel about yourself and your body) play a big part too.

There are three types of basic body shapes. Can you spot yours?

- Endomorph: rounder curves with a bit of extra fat
- Ectomorph: thin with less curves
- Mesomorph: muscular with small hips and wide shoulders

No body shape is perfect. It's learning to love what you've got that is important. Don't compare yourself to others. Celebrate the fact that you're you – special and unique!

Source: <http://zw.tuneme.org/sections/your-body/girls-body/hey-beautiful/>



YOUNG MEN

WHAT DOES IT MEAN TO BE A MAN?

Guys, Ask Yourself These Questions

What sort of man do you want to be? Maybe you grew up without a dad or without positive male role models in your life. How do you learn what is right and what is wrong? Here are some things to think about:

Question authority.

It's important to respect your culture and your elders, but some aspects of your culture are positive while others are negative. Respect what is positive and discard what is negative. Know that your elders may not always be right. They may believe in things that you know are outdated.

Find what you stand for.

What you stand for is what you value. You can value things that you cannot touch such as honesty, respect, and trust. You can also value your religion, education, and your health.

Find good people.

Good friends help you make good choices and make you feel safe and comfortable. You may choose a group of friends who behave badly because you want to feel like you belong somewhere.

Drop bad friends.

Bad groups can lead to what is called "group think" instead of individual think. You may be in a crowd that rapes a girl but keep quiet even if you know it was wrong. If your group of friends does things that make you uncomfortable, make an excuse to get out of the group.

Protect your body.

Stay fit, avoid alcohol and drugs, eat well and exercise. Exercise releases chemicals into the brain that make you feel good. When you are old enough to have sex, keep it safe by using a condom every time. Protect your body at all times and it will last you a lifetime. Stand against violence.

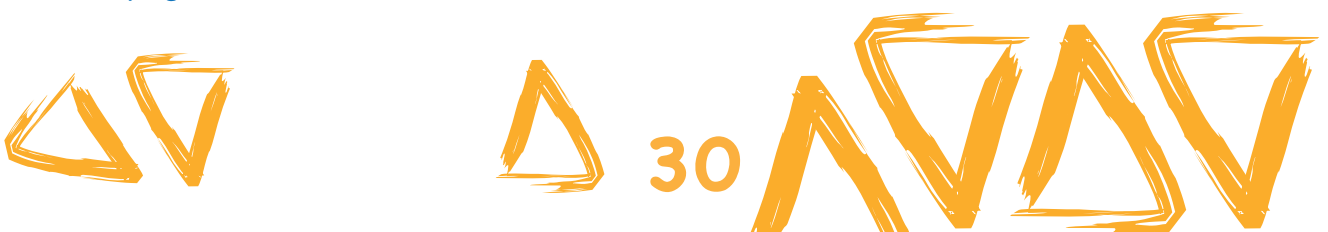
Some men are violent towards the women in their lives. Some of them actually think that this is okay. Hurting a woman (or a man for that matter) is abuse and it's neither okay nor manly.

Become aware.

Start to care how your home, community, country and world works. How can you make a difference within your family and community? People who help others feel happier with their lives than those who do not.

Every boy can learn to be a loving, caring and respected man. It is always your choice.

Source: <http://zw.tuneme.org/sections/relationships/healthy-relationships-good-stuff/what-does-it-mean-be-man/>



SEXUAL & GENDER BASED VIOLENCE (SGBV)

NEED HELP? START HERE

Get Help for Relationship Violence, Abuse & Rape

HELPLINES

SMS the word SAYWHAT to 33500 and be part of the U-Report, where you can ask questions and get help. You can also follow SAYWHAT on Facebook by liking the page Saywhat Organisation, and take part in the discussions on sex and sexuality done on the page. You can also use the SAYWHAT WhatsApp number 0882702886

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Population Services Zimbabwe 9 Bisley Circle Belvedere Harare 0772145244; 0772355171 www.mariestopes.org ASRH service delivery

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AFRICAID For all Your Information and Counselling needs on HIV and AIDS Related issues 12 Stone Ridge Way Avondale Harare 04 335805 www.africa.zvandiri.org

Leonard Cheshire Disability Zimbabwe Trust For all Matters Related to Disability 188 Westwood Drive Harare (04)2925455 /2928109/ 0777026695 info@leonardcheshire.org.zw www.leonardcheshire.org.zw www.facebook.com/LeonardCheshireZim

Zimbabwe AIDS Prevention Project (Regai Dzive Shiri) 31 Greenfield Road Masvingo +263 39 266326 mutariswa@yahoo.co.uk Masvingo

Musasa Project For GBV Related Assistance 64 Selous Ave, Cnr 7th Street Harare Toll free number: 08080074 Fax +263-(0)4-794983 Email address musasaproj@musasa.co.zw,

Zimbabwe Women Lawyers Association of Zimbabwe (ZWLA) For Legal Assistance zwla@zwla.co.zw 04 706676 / 09 887185-7

SPEAK TO SOMEONE Talking to someone who can help is often a good start. Why not try: A responsible adult you trust, Your friends, A CHIEDZA Center, A health centre near you, Youth friendly corners in clinics and hospitals, School guidance and counselling clubs.

GENDER-BASED VIOLENCE

You have not consented to a sex-act if you are:

- Intimidated, forced or threatened in any way, through violence or threats of violence against you or someone you love, or damage to your property
- Compelled by someone who abuses their power or authority, for instance, if someone tells you that you will lose your job if you do not have sex with them
- Lied to by a doctor or other health-worker who tells you that a sex act is part of a physical examination, or is necessary for your mental or physical health
- Asleep
- Unconscious
- Under the Influence of drugs or alcohol
- A child under the age of 12
- A person with a mental disability

How to stop gender-based violence?

It starts with you!

- Gender-based violence and discrimination is everyone's problem, and men can also take a stand on violence against women and children.
- If more people reported cases of genderbased violence, we might be able to bring an end to it. It's really important to report something that has happened to you or someone else. It might be hard, but we need to speak out so that we can end gender-based violence and women abuse.

speak out
get help



www.chiedza.co.zw

Where to get help?

Harare:

0779 620 908

Mashonaland East:

0716 318 730

Bulawayo:

0716 318 734

What is gender-based violence ?

• **Gender-based violence** is violence which occurs between men and women in relationships, in the home, at school, the workplace and in the community. It is all about power and control and includes physical, emotional, sexual, economic and spiritual abuse, towards someone based on his or her gender (being male or female).

Gender identity is how someone identifies themselves.

Eg: A man or woman or boy or girl.

Gender-based violence often has a lot to do with how someone believes another person of a particular gender needs to behave or needs to be treated. Eg: A man becoming angry at a woman because she hasn't done chores in the home he believes she should do. Or, a man forcing a woman to have sex. Or, a family forcing someone into a marriage arrangement they don't want. Or, a woman forcing a man to fix household appliances because she believes he should do so.

Gender-based violence can affect anyone. It occurs in all racial, religious, ethnic and political groups.

Generally, we talk about the abuse of women by men. However, violence by women against men does occur, and within same sex relationships. However, violence against women is the most common and usually more severe.

Types of gender-based violence

Physical Abuse occurs when someone uses or threatens to use physical violence to hurt another person. eg: kicking, slapping, punching, pinching, choking, striking with an object or weapon.

Emotional Abuse may involve intimidating, insulting, isolation, or other expressions of extreme jealousy. People who do this see their partner as an object they own rather than a human being with basic human rights. It is often difficult to recognise emotional abuse because the injuries are not visible. Someone who suffers from verbal abuse may start to believe that the things being said to them are true. Emotional abuse is often the most painful aspect of an abusive relationship and takes a long time to heal.

Sexual Abuse is unwanted sexual activity, including rape, unwanted touching, or being forced into unwanted sexual behaviour. Immediate reactions to sexual abuse include shock, fear or disbelief. Long-term symptoms include anxiety, fear or posttraumatic stress disorder.

Domestic violence usually takes place in the home between two people in a relationship. It may include physical, sexual and/or emotional abuse. Sadly, a young girl is more likely to be molested sexually in her own home than anywhere else, and an adult female is more likely to be physically assaulted and even killed in her own home by her partner than by anyone else.

Economic abuse involves withholding money, denying medical aid, or destroying property in the home. Spiritual abuse is when a person's religion is used against them. eg: passages of the bible may be used out of context to dominate or control a woman.

Gender 'correction' is when others mistakenly believe they can 'correct' the behaviour of someone who identifies as being gay, lesbian, bisexual or transgendered. The perpetrator may use violence and rape. Nobody can correct the gender of someone else. Violence against anyone else is a crime.

Neglect is when someone such as a child is not taken care of, nor given the right healthcare or education rights because of their gender. E.g: A girl in a family is not sent to school, but a boy is.

Harmful traditional practices such as forcing someone into marriage, genital mutilation, and some forms of traditional circumcision.

Consent in a relationship

Consent is giving someone permission to do something. In other words - saying yes. We should all respect other people's consent and be aware too, of their lack of consent. This means when someone says no - we should respect their decision. It means they have not consented, or they have changed their mind.

Changing your mind You have the right to say no to something even if you have previously said yes. Just because you give consent to be touched once does not mean that your consent is indefinite (forever). Your consent (saying yes to something) can be removed at any point during any interaction and that is your right.

Just because you have consented (said yes) before to sex acts with a person, does not mean that you can't report being abused by them. Remember, you have the right to change your mind at anytime.

Can a partner rape you?

People often think that if their partner has raped them that it is not "rape" – but this is not true. If you do not consent to having sex with your partner and they continue to have sex with you then that is also rape. Rape is when someone is forced to have sex whether or not they are in a relationship. Forcing a body part or object into someone's vagina, anus or mouth is also considered rape. When your consent has been violated but someone has abused you anyway - This is Rape. Perpetrators may use force, make threats or take advantage of a victim who has not given consent or able to give consent. Most victims and perpetrators know each other. Although sometimes the perpetrator is a stranger.

RAPE

Take back
the power

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Protecting yourself from rape

When it comes to a possible rape, there are no right or wrong responses. Often acting on instinct is the best response. If you sense trouble, trust your instinct – rape is never the survivor's fault even if the suggestions below are not followed.

- If you are able to, walk in the company of friends.
- If you think you are being followed, trust your instinct: walk faster, change direction and if necessary go to the nearest house or shop for help.
- Always lock your doors, even during the day.
- If an intruder gets into your home, pretend you are not alone by calling out to someone.
- When you get home, always have your keys ready to open the door; if you think someone is watching you, don't go into your house, but go to a neighbour or try to get some help.
- Don't accept lifts from strangers.

What is date rape ?

Date rape is when you are raped by someone you know, like a boyfriend or an acquaintance. Women are often raped by someone they know. Date rape specifically refers to a rape in which there has been some sort of romantic or potentially sexual relationship between two people. This is still rape and is a crime. Sometimes perpetrators use drugs are used to confuse women and make them unconscious. When they wake up, they find they have been raped.

Protecting yourself from date rape

- Don't get drunk in public or at parties – limit the number of drinks you have, especially if you are alone.
- Always keep your eye on every drink you order – if you lose sight of it, don't drink any more of it. Someone may have drugged it whilst you weren't looking. Don't trust people to order your drink for you.
- If you start to feel lightheaded, nauseous, dizzy or otherwise strange, seek help immediately.
- Use the buddy system. Have a friend you trust looking out for you and you in turn, looking out for them.
- If you feel uncomfortable during a date, but have no transportation, call a meter taxi. It is useful to have a driver's number on your phone so that you can be picked up quickly wherever you are.
- Avoid going into secluded areas with your date until you have known him for some time.

REMEMBER Most sexual assaults are committed by someone the victim knows and not a stranger

www.chiedza.co.zw

Where to get help?

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Harare:
0779 620 908
Mashonaland East:
0716 318 730
Bulawayo:
0716 318 734

SURVIVING RAPE

What is Rape?

Rape is sex you don't agree to, including the forcing of a body part or object into your vagina, rectum (bottom), or mouth. The rape act may be carried out by physical force, coercion, abuse of authority or against a person who is incapable of giving valid consent, such as one who is unconscious, incapacitated (drunk or disabled), has an intellectual disability or below the legal age of consent.

Rape is not about sex — it is an act of power by the rapist and it is always wrong.

Dealing with rape

People who have been raped can be traumatised and develop post-traumatic stress disorder that can last a long time. Serious injuries can result along with the risk of pregnancy and sexually transmitted infections. A person may face violence or threats from the rapist, and, in some cultures, from the victim's family and relatives. Rape is never your fault, but you may feel shame and guilt. You may feel suicidal and depressed. It's important to get help as soon as possible. You can receive supportive counselling from counsellors and psychologists to help you through the traumatic experience.

Rape is never your fault

No matter how many people you have had sex with before being raped, no matter how many clubs you had been to, no matter what you are wearing or how often you walk alone at night. It is NOT your fault. Even if the person was your friend, ex, current partner or someone you had been having sex with – if you were forced to have sex without your consent, you are not to blame.

What to do if you are Raped

- You need to get to your nearest hospital or clinic as soon as possible. Do not shower before going to the clinic because the healthcare worker will be looking for genetic evidence used to charge the rapist.
- You will need to fill in a form and your healthcare worker will do an examination which includes evidence collection. You have [72 hours in which to do this and that is why you must go to the clinic as soon as possible after being attacked](#).
- You have the right to be attended to by a health worker and police officer of the same gender as yourself. Such issues are always sensitive and you may feel more comfortable speaking to someone you can relate to. You will also be referred for trauma counselling.
- You need to be tested for HIV immediately. You will get ARV treatment even if you test HIV negative. If you are female and of child-bearing age, you will get emergency contraception to prevent any possibility of falling pregnant. You will also get treatment for sexually transmitted infections.
- You will be contacted by the police and court judge with the options to press charges against your attacker.
- Following the visit to the clinic, you must seek counselling services and support groups as rape is extremely distressing and traumatic. It helps to talk to others in a safe space.



What to do if you were raped in the past but have never told anyone

- You may have kept quiet because you were threatened. Somebody may have told you they would hurt you or even kill you.
- You may have kept quiet because you feel ashamed or embarrassed.
- You may have kept quiet because you know the person well. Perhaps they are in your family and you don't know how you'll manage without them even if you know what they've done is wrong. People keep quiet for many reasons. Fear, shame and guilt can stop you from taking action and from ensuring the same doesn't happen to others. It takes a lot of courage to report an abuser, and it's never too late. The law is on your side. Find someone you trust to talk to. A social worker or a nurse or trusted family member.

RAPE LIES REVEALED

You Heard.... Get the Truth

It's not always wise to believe what you hear from other people. Sometimes stories are made up and are not true.

Here are some examples:

You heard: Only girls get raped.

The truth: Boys can get raped too!

You heard: It's not rape if it's your boyfriend or girlfriend.

The truth: Most rapes are done by someone you know. No one has the right to rape you.

You heard: But we had been together before.

The truth: You can say no, even if you have had sex with that person before.

You heard: It's not fair if we were in middle of sex and she says no. That's not rape.

The truth: It can be difficult to stop when you are in the middle of things, but if your partner asks you to stop at any time always respect that request. If you force it, it's rape.

You heard: She was asking for it (sex) wearing such short, sexy clothes.

The truth: Wearing sexy clothes does not mean a girl wants to have sex. Nor does kissing or flirting.

You heard: It was sex, not rape.

The truth: If a boy forces himself on a girl after she has said no, or while she is passed out from drugs or alcohol, he is raping her -- they are not having sex! The same applies if a girl forces a boy into sex.

You heard: If they don't say no – it's okay.

The truth: If you are trying to get sexual with someone and they are pushing you away, drunk, passed out or trying to get you to stop, but you still carry on, it is rape. Just because they didn't say the word 'No!' doesn't mean that they wanted to have sex.

You heard: Some people lie about rape to explain why they are not virgins.

The truth: Many people tell lies, and not just about rape. If someone reports a rape, it's important to take it seriously and investigate it before assuming they are lying.

Have you been sexually assaulted or raped? Has someone you know? Visit a Victim Friendly Unit at a police station and report it.

Source: <http://zw.tuneme.org/sections/relationships/abuse-relationships/rape-lies-revealed/>

HOW TO: TELL IF YOU'RE IN A BAD RELATIONSHIP

These Behaviours Are Just Not Okay

Most of your relationships are going to be healthy and fun ones. A healthy relationship is an equal one. An unhealthy relationship is not an equal one.

Here are some signs of an unhealthy relationship - it could be a lover or a friend:

The person you are with may be:

Jealous and possessive. They may accuse you of cheating or flirting without any reason, and are always suspicious of where you have been or who you've been with.

Controlling. The person demands your time and attention, controls the finances and becomes angry if you show signs of independence.

Always winning. The person believes he or she is always right, and justifies his or her actions by blaming you or other people.

Manipulative. You're told you're crazy or stupid when you express yourself on certain points, and you are made to believe that things are your fault. They also play 'the silent game', ignore you or lock you out as punishment when they don't get their own way. Moody. The person's moods swing from aggressive and abusive to apologetic and loving after the abuse has occurred.

Contradictory. The person may break promises, or say they love you and then turn on you.

If your relationship does not make you feel safe, comfortable and good about yourself, it could be time to leave. Being safe and happy starts with you.

Need help for violence or abuse? Or do you know a young person in trouble? Call the Youth Helpline for free on 393 or Childline for free on 116.

THEY SHOULD LOVE YOU BUT THEY HURT YOU

What Is Intimate Partner Violence?

There are times when abuse or cruel behaviour happens between husbands and wives or boyfriends and girlfriends. This can be confusing because this person is the one who is supposed to care for you. It may even be happening between your parents and not to you directly. If this is happening in your home or love relationship it is called intimate partner violence.

What are the signs? You may be in an abusive relationship if your partner or lover:

- Calls you names, insults you or constantly criticises you.
- Physically beats, injures or assaults you.
- Controls your finances.
- Expects you to ask for permission before taking any action – large or small.
- Does not allow you to work.
- Monitors where you go and who you hang out with.
- Abandons you in dangerous or unfamiliar places when they are upset with you.
- Insists that you dress a certain way.
- Says they will not give you what they used to give you if you do not give in to what they want.
- Forces you into sex or ignores your feelings regarding sex or protection.

In all these cases the abuser aims to control, frighten, intimidate, terrorise, manipulate, humiliate and/or injure you.

Making changes in an abusive relationship is not easy, because you may feel frightened or worn down. Think about what you can do to change the situation – even taking a small step can help, like telling someone you trust what is happening.

Need help for violence or abuse? Or do you know a teen in trouble? Call the Childline for free on 116.

Source:<http://zw.tuneme.org/sections/relationships/abuse-relationships/they-should-love-you-they-hurt-you/>

HOW TO HANDLE AN ABUSER

Spot the Signs

Abuse is against the law. If you are under 18 you are a minor and there are laws to protect you and to punish abusers.

Your abuser may also threaten to hurt you even more if you tell anyone what they are doing to you. It is not your fault that you're being abused, and it never will be.

Have an action plan:

Speak up! It might be the last thing you want to do, but you need to tell someone about it. You can report abuse to the police or choose an adult you trust. It might be a teacher, a nurse at the clinic, a pastor or a friend.

If you can get out of the relationship with the abuser, do so. Ask the person you told to help you.

If you can't get out of the relationship, learn the warning signs! Watch out for signs and clues that your abuser is getting upset and may explode in anger or violence. Come up with several believable reasons you can use to leave the space (both during the day and at night) if you sense trouble brewing. Find safe areas! Know where to go if your abuser attacks or an argument starts. It could be a neighbour, relative or a public space. Avoid small, enclosed spaces without exits.

Tell an adult or person of authority that you trust each time the abuse happens. Sometimes adults may not want to believe what you are telling them. But keep telling people what has happened until someone believes you and knows how to help you. Try and record the abuser so you have some evidence.

It is very common for abusers to blame their victims, but is never the fault of the victim. Abuse is always the abuser's fault. Even if you do something wrong and make an adult angry, it is never a reason for abuse.

Source:<http://zw.tuneme.org/sections/relationships/abuse-relationships/how-handle-abuser/>



WHAT IS INCEST?

Awkward Questions Answered

Incest is any sexual activity between family members or close relatives. It is a social taboo and usually illegal to have sex, or any sexual contact at all, with any member of your own family.

Who's off limits?

A person is regarded as family if they have a close blood relationship to you such as your father, mother, brothers or sisters, children, grandchildren, nieces, nephews, grandparents, uncles and aunts. It may also include adopted siblings and cousins.

Why's it illegal?

There are a number of reasons why incest is illegal. One reason is that incest often goes hand in hand with sexual abuse. This is because incest most often happens when an older person has sex with a child within a family. Because they're older, they may be able to manipulate the child into doing sexual things without actually having to use physical force. If one of the people involved is under 16, the crime is both incest and rape (or defilement) as it is illegal to have sex with anyone under 16. Some other reasons incest is illegal are that it often involves an abuse of power and is done without consent and any resulting children may have genetic problems. It may also be against religious values.

If any adult in your family (or any other adult for that matter) is touching you in a way that is sexual, it is illegal and you need to get help. Tell an adult who can help, report them at the police Victim Friendly Unit, or call the Childline toll free line 116.



YOUR PERIOD!

Message from UN Resident Coordinator,
United Nations in Uganda

Dear Children,

This booklet was put together for the boys and girls to read and learn about the changes that happen to all girls as they grow up, and especially about menstruation. Menstruation is a natural part of growing up for girls that we all need to understand.

The UN cares about all boys and girls and works to help them achieve their rights and enable them to grow, be healthy, learn and be safe at school and at home.

This booklet is for boys and girls in primary schools to refer to, help them understand what menstruation is and, why it happens, how to manage it and who to talk to about it.



Ahunna
Eziakonwa-Onochie



WHAT IS MENSTRUATION?

BASIC FACTS ON MENSRLUAL HEALTH MANAGEMENT

PUBERTY

...is the name given to changes that occur in girls and boys as they grow up. Most girls and boys begin to notice these changes taking place to their bodies between the ages 10 and 14. These changes take place over a number of years and also include emotional changes.

MENSTRUATION

...is the normal, healthy shedding of blood and tissue from the uterus that exits the body through the vagina.

...is also called a girl's/woman's "period".

...usually lasts between 3-7 days.

...happens for most about once a month (most menstrual cycles are between 28-30 days long).

...starts between ages 11 and 14.

...is a sign that one can now become pregnant. Women stop menstruating during pregnancy but start again after delivery.

WHY DOES MENSTRUATION OCCUR?

Girls have thousands of eggs in their ovaries when they are born. Every month, or about once in 21-40 days, one of the eggs leaves one of the ovaries, and travels through the fallopian tube. When the egg leaves the ovary, that is called ovulation. As the egg travels in the fallopian tube, a soft spongy lining gets formed within the uterus. This lining is mostly made of tiny blood vessels. In case an egg and sperm meet to form an embryo or a baby, that begins to grow in the uterus, the lining will provide the nutrition. If the egg is not joined by a sperm, the lining of the uterus begins to break. The blood that is released from the broken lining flows out of the vagina. This bleeding is the menstrual period. This whole cycle is called menstruation.

HANDLING THE CHANGES ASSOCIATED WITH MENSTRUATION

Cramps, pain, bloating, weight gain, food cravings, swollen or painful breasts, swollen hands or feet, skin problems, headaches or dizziness are physical symptoms that can be experienced.

DEALING WITH SOME OF THE ABOVE:

- Fill a plastic bottle with hot water, wrap it in a towel and place it on the abdomen.
- Massage the abdomen.
- Local remedies such as ginger or any herbal teas can be taken.
- Eat a diet that is low in salt.
- Eat foods high in calcium.
- Eat foods like leafy green vegetables and fruits, which are high in fiber.
- Take a brisk walk.
- Mild exercises or yoga can be helpful.
- A warm water bath would give some relief for the aches and pains.
- If these do not help, one needs to visit a health care provider.

Sometimes emotional changes are experienced like short temper aggression, anger, anxiety or panic, confusion, lack of concentration, irritability, nervous tension, fatigue, or depression around the time of one's period. Not everyone has these feelings.

Period time is time to rest, relax and regenerate. Taking time out to pamper self will reduce one's discomfort during the period.

USE OF ABSORBENTS

Girls and women use different way to absorb menstrual blood.

Cloth – A pad made of cloth is folded and placed within the underwear or passes over the private parts by means of a string tied around the waist. The cloth is washed and reused.

Use clean cotton cloth only for making the cloth pads. The used cloth should be washed separately and thoroughly with water and soap and dried in the sun.

Sanitary Napkins/ Pads – These are disposable and should be discarded after being used once. Some sanitary napkins/ pads are made with removable strips of paper that reveal adhesive tape that is made to stick to your panties. Other pads have wrap around “wings” that wrap under your panties to keep it from moving or “bunching.”

Some may prefer the belt model where the napkin is held using the belt. Pads have a plastic lining to minimize the spill of blood.

If one uses pads, she needs to bury them. Or burn them after use. Also, one can wrap the napkin in one old newspaper/waste paper and drop it in the dust bin.

Sanitary napkins are available with ASHA workers, local self-help group members, teachers, and even at outlets like medical stores, etc.

- Sanitary napkins/ cloths should be stored in a clean, safe and dry place.
- Never flush a sanitary or cloth pad down the toilet as they will cause blockage.
- They should be left in the garbage pile.

HYGIENE PRACTICES DURING MENSTRUATION

Bathe at least once daily	Ensure that undergarments and sweat drenched clothes are changed regularly.	Wash the genital area each time after use of the toilet, also after urination.
Cotton panties are preferable to synthetic ones as the latter hold in moisture and heat making it a breeding ground for bacteria.	Use of toilets is very essential.	Keep the area between the legs dry otherwise soreness and chaffing may develop.
If the underwear is soiled, it must be changed, otherwise this makes bacteria to grow and cause infection.	Some amount of body odour is natural but regular bathing, washing and changing of cloth/napkins will ensure that it is not noticeable.	Change napkins and cloth periodically – at least 3-4 per day (preferable after every 4-6 hours). Most importantly, once wet, the napkin/-cloth should be changed immediately.
Cloths should not be shared with others.	During menstruation, the outer genitals should be washed from time-to-time to remove any blood that is left. Hands to be washed every time the pad is changed.	

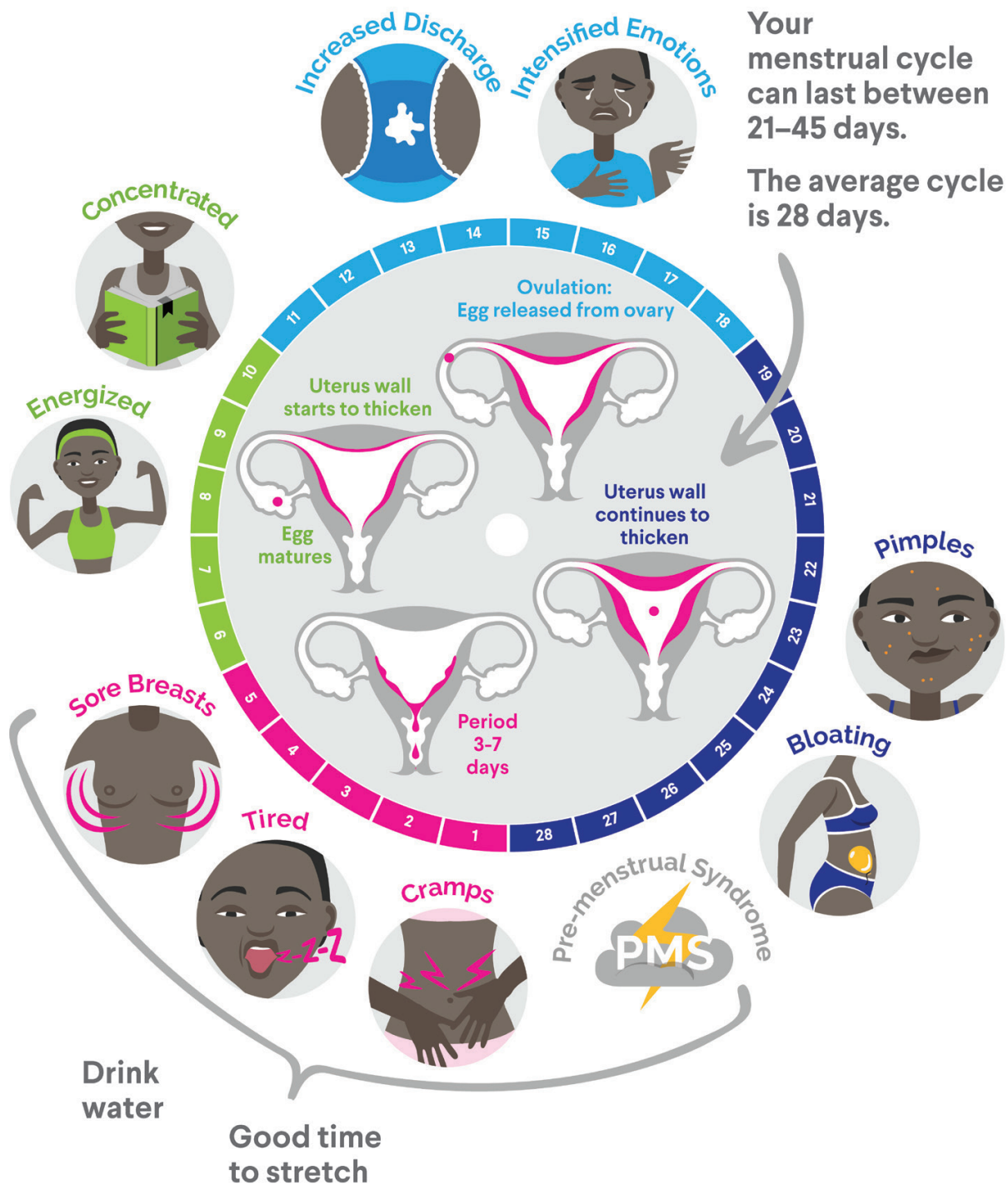
In the ancient days, people used to bathe in water sources like the river, pond, lakes etc. These were public places and when they took a bath in them there could be causes for embarrassment. So it was advised that girls desist from taking baths during their periods.

However, now times have changed and we have the privacy of a bathroom or a separate place to bathe. It is advisable to take a bath at least once a day in lukewarm water to keep the body clean and avoid bad odour.

A NORMAL PROCESS

- Menstruation is a part of every girl's/woman's life.
- This is absolutely normal, not an illness or curse.
- There is no need to be scared about getting the periods.
- There should be no shame or embarrassment around menstruation.
- It is not risky and dangerous to engage in sports and playing games. It is medically safe to do anything that you normally do during menstruation.
- There is no reason for a girl/woman to eat separately while having her periods.
- There is no impurity or pollution in the blood associated with menstruation.
- Practices such as seclusion or staying away from school should not be followed.
- Keeping a record of periods should help in preparing one to handle it effectively.
- It is important to communicate. Any doubts can be clarified by discussing with parents, older siblings, relatives, teachers and health care providers.

MY MENSTRUAL CYCLE & HOW I FEEL



PADS, TAMPONS & CUPS

To absorb and catch the blood, and to prevent stains on her clothes most girls use a pad, a tampon or a menstrual cup. A pad sticks to your underwear. Tampons and cups are inserted into the vagina.

Pads are worn inside your underwear to collect your menstrual flow (blood). They come in different sizes, styles, and thicknesses. Some have extra material on the sides called “wings” that fold over the edges of your underwear to help keep the pad in place and give better protection. A thinner, shorter version of a pad is a “panty liner.” Some girls wear panty liners on the last days of their periods when the flow is light or on days when they think their periods will come.

You can buy pads or make your own from an absorbant cloth like cotton or wool. Change or wash your pads often. Disposable pads and tampons should be wrapped in toilet paper or newspaper and thrown in the dustbin. Don't throw them down the toilet or your toilet may become blocked.

Tampons are made of soft cotton pressed together to form a cylinder-like shape, so that they can be easily inserted into the opening of the vagina. A tampon absorbs your menstrual flow, or blood, before it has a chance to leave the body. Tampons come in all different sizes and absorbencies.

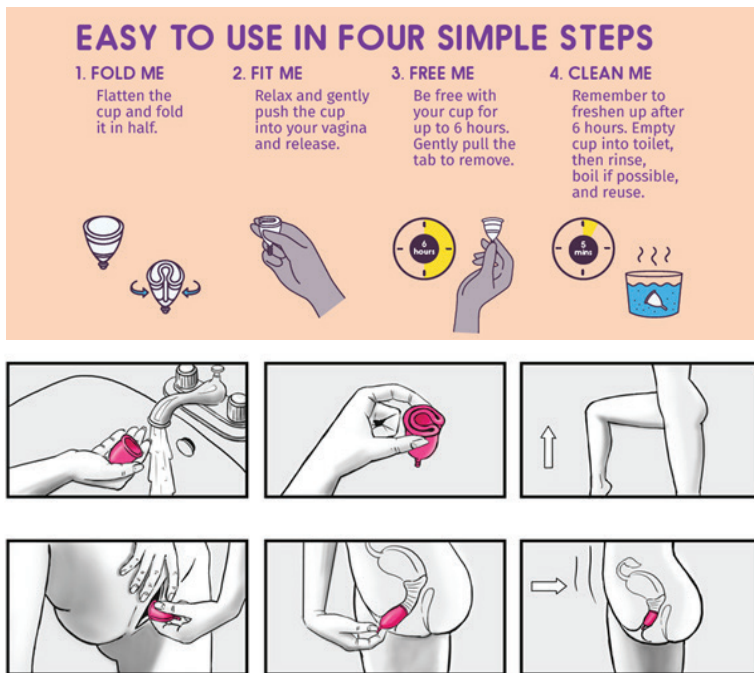
Change your tampons often and dispose of them in a place where animals or children can't find them.

Menstrual cups are made out of surgical grade silicone and are inserted into the vagina to collect, rather than absorb menstrual fluid, and are a much healthier option for a woman's body. Menstrual cups have no negative side effects on a woman's body and there is no threat of Toxic Shock Syndrome.

When inserted correctly, the cup creates a vacuum seal to prevent leakage. The cups provide 12 hours of comfortable, leak-free protection, and can be reused for up to 10 years - making it an economically wise solution. Menstrual cups create relieve the financial burden of menstruation. Without having to budget for sanitary pads each month, girls and women are better able to budget for themselves and their families.



HOW TO USE A MENSTRUAL CUP



FOLDING METHODS



When should I see a doctor or visit the clinic concerning my periods?

- If your period is much heavier than usual and goes on for more than 7 days
- When you haven't had your period in 2-3 months (You may be pregnant or you may be stressed)
- If bleeding happens in between your periods
- If you experience extreme cramping pains

Toxic Shock Syndrome (TSS)

is a life threatening infection that can occur, especially if you are using tampons. It usually happens when a tampon is forgotten inside the vagina. This can cause a dangerous infection, so if you do use tampons, make sure that you change them regularly. (see definition on page 9)

Symptoms :

A sudden high fever, low blood pressure (hypotension), vomiting or diarrhea, a rash resembling a sunburn, particularly on your palms and soles, confusion, muscle aches, redness of your eyes, mouth and throat, seizures and headaches.

MYTHS ABOUT YOUR PERIOD

- **I'll lose my virginity if I use a tampon. Not true!** You can't lose your virginity by wearing a tampon. Virginity is a "state of never having had sex". This means that a tampon can't break your virginity because it is not a sexual partner.
- **I can't exercise when I've got my period. Not true!** Exercising is actually good for you because it helps ease the pain of cramping and also boosts your mood! So, you don't have to stop exercising when you are having your period. If you wear a secure pad you'll be fine.
- **I can't swim when I've got my period. You can swim!** Just make sure you have the right period protection, such as a menstrual cup or tampon. If you are swimming it might be better to wear a tampon. If you're wearing a tampon, just remember to change it regularly.

• **I won't get pregnant if I have sex during my period. Wrong!**

The fact is, you can fall pregnant. Here's why: Once inside you, sperm can live for 3-5 days. Ovulation can happen during your period or soon afterwards. So even a few days later, the sperm can fertilise the egg and result in your falling pregnant.

QUESTIONS AND ANSWERS

Q1: CAN YOU FIND OUT WHEN YOU'LL GET YOUR NEXT PERIOD? HOW?

ANS: Yes. Periods generally occur after regular intervals which can be known by tracking periods on a calendar. This interval is known as length of menstrual cycle. By knowing the date of last period and the length of menstrual cycle, we can find out the date of next period.

Q2: WHY DO SOME GIRLS FEEL PAIN IN THEIR LOWER ABDOMEN DURING PERIODS? HOW TO REDUCE PAIN?

ANS: The uterus contracts to squeeze out the menstrual fluid. That's why some girls feel pain in their lower abdomen. The pain can be reduced by applying a warm heating pad to the lower abdomen and getting the body into child pose (Balasana), butterfly pose (Titliasana) and cobra pose (Bhujangasana) and holding for five deep breaths.

Q3: WHAT IS MENOPAUSE?

ANS: Between the ages of 45 and 55 years, periods stop. This is known as menopause.



HIV & AIDS

WHAT IS HIV & AIDS?

What is HIV?

HIV (human immunodeficiency virus) attacks the body and makes the immune system weaker so that it cannot fight disease. When someone has the HI virus, they are said to be HIV-positive.

AIDS (acquired immune deficiency syndrome)

After some time (usually 5-10 years) a person with HIV can get very sick and may have the following symptoms:

- Feeling tired and weak.
- Mouth infections.
- Lung diseases such as TB and rare kinds of pneumonia.
- Weight loss.
- Skin changes and rashes.

When a person with HIV starts to show these kinds of symptoms, we say the person has AIDS

Just like diabetes and high blood pressure, HIV can be managed through healthy living and taking treatment. Treatment will work better if you take it at an early stage and do not wait until you are very sick.

How you get HIV

The virus is spread through all kinds of sexual contact (vaginal, anal, and oral), through blood to blood contact, and from mother to child through body fluids such as blood, vaginal fluids and breast milk.

Anyone who has unprotected sex can get HIV but you are at high risk if you:

- Have more than one partner.
- Use alcohol and drugs as this lowers inhibitions and increases risky sexual behaviour.
- Are in a relationship where money or goods are exchanged for sex as partners may not want to use condoms.
- Have other sexually transmitted infections (STIs).
- Use drugs and share needles with others.
- Have rough or dry sex which can cause cuts and bleeding, which allows the virus to pass into your body more easily.
- Are uncircumcised. Although male circumcision partially reduces the chances of men being infected with HIV, they should still use condoms every time they have sex.

HIV cannot be spread by touching others like hugging and shaking hands, surface contact (toilet seats etc) or through insect bites.

How to protect yourself and others from HIV

ABSTAIN - do not have unprotected sexual intercourse.

ALWAYS be FAITHFUL to your partner.

TEST and know your and your partner's status by talking about and testing for HIV at regular intervals.

You should know your status so that you can look after your health and protect other people in your life.

- When you are HIV infected you do not get sick right away, which means that you can spread HIV for many years before you come to know your HIV status.
- You can't see when someone has HIV; only testing will tell you this.

Who should test?

- If you've ever had sex (vaginal, anal, oral) without a condom, or sex where the condom failed.
- If you've been exposed to somebody's blood without protection.
- If you are a drug user who has shared needles.
- If you are HIV-positive and give birth to a child without access to treatment you should take your child for an HIV test.
- Children who have been breast-fed by an HIV-positive person.
- If you have an STI (sexually transmitted infection).
- If you suspect you have TB.

CONDOMISE - always use a condom properly each time and for each round of sexual intercourse (vaginal, anal and oral).

Using condoms correctly

- Check the expiry date on the condom and if the date has passed do not use it.
- Check the packaging is not damaged. If the packaging has a hole or is torn the condom inside will probably be damaged too, so don't use it.
- Keeping a condom in your wallet or in your pocket is not a good idea because it can get heat damaged, especially after a long time. Store condoms in a cool place.
- Don't use butter, Vaseline, fish oil or any other oils as lubricant when using condoms as these may cause the condom to break
- Only wear one condom. Don't wear two male condoms. And don't have sex with a male condom if the woman is using a femidom. Using two condoms could make the condoms burst.

Other reasons to test for HIV

If you have TB you need to also test for HIV as TB is very common in HIV-positive people and the earlier you know your HIV status, the better it is for your health. TB is completely curable if treatment is taken properly.

If you or your partner is pregnant make sure they are tested. An HIV- positive mother can protect her child and reduce the risk of her baby becoming infected with HIV by her and the baby taking antiretroviral drugs.



HIV & STIGMA

All of us have experienced stigma or discrimination at some point in our lives. Maybe we have been **discriminated against** because of our skin colour, because we are male or female, because of our size... Some of us may have been bullied or teased at school, but some of us may be stigmatised against as adults. Sadly, because there are still a lot of misunderstandings about HIV, there is still a lot of stigma in South Africa.

Why do people stigmatise? We stigmatise against others when we don't understand or when we are afraid. If we don't have enough information about HIV, we might get scared that we are going to get infected. Sometimes we can tease other people so that they don't tease us.

Stigma must be challenged! If someone is being stigmatised or discriminated against because of their HIV status, they have the right to speak out about it if they feel comfortable doing so.

CHIEDZA HIV SERVICES

Knowing What to ask your CHIEDZA Provider about CHIEDZA Services (HIV services)

Knowing what to ask a healthcare provider –is important. Asking the **right questions** means getting the **correct information**. Going to seek health services can be difficult: providers can be very busy and the staff don't always seem to have enough time to go through everything. Using these tips might help you and people in your support groups to have a good experience at CHIEDZA:

- Ask to see the same person if possible.
- Learn the names of your CHIEDZA providers.
- If you want, make sure your healthcare providers know your name.
- If you are on ART, ask for a viral load test every 6 months – this is very important!
- If you have a blood test, ask what it is for.
- If you have had a blood test, ask for your results – it is your right to know them!
- See if any of your friends or anyone else in your support group goes to the CHIEDZA center: you could try and go on the same day so you have someone to talk to while you're waiting.



Adopted from www.mykhuluma.org

Pre Exposure Prophylaxis (PrEP)

- PrEP is the use of ARV drugs before HIV exposure by people who are HIV negative in order to prevent the acquisition of HIV.
- PrEP has been included in Zimbabwe as a combination prevention (meaning to be used together with other prevention methods such as condoms)
- Adherence to PrEP is important. If taken strictly, PrEP may reduce the risk of infection by 90%
- PrEP DOES NOT protect against pregnancy and STIs
- Possible side effects to PrEP may include nausea, headaches, stomach aches, dizziness. However, these have been reported by other users to go away within the first month.

YOUR HEALTH IS OUR RESPONSIBILITY #bePrEPared

Key Points

- Pre-exposure prophylaxis (PrEP) is when people who don't have HIV but who are at high risk of getting HIV take HIV medicine every day to reduce their chances of HIV infection.
- The HIV medicine used for PrEP is called Truvada. PrEP is most effective when taken consistently each day
- Studies have shown that daily use of PrEP reduces the risk of getting HIV from sex by more than 90% and from injection drug use by more than 70%.

What is PrEP?

PrEP stands for pre-exposure prophylaxis. The word "prophylaxis" means to prevent or control the spread of an infection or disease.

PrEP is when people who don't have HIV but who are at high risk of getting HIV take HIV medicine every day to reduce their chances of HIV infection. The HIV medicine used for PrEP is called Truvada. If a person is exposed to HIV, having the PrEP medicine in the bloodstream can stop HIV from taking hold and spreading throughout the body.

Who should consider taking PrEP?

PrEP is for people who don't have HIV but who are at high risk of becoming infected with HIV through sex or injection drug use.

Specifically, PrEP is recommended to be considered for people who are HIV negative and in an ongoing sexual relationship with an HIV positive partner. This recommendation also includes anyone who isn't in a mutually monogamous relationship with a partner who recently tested HIV negative, and:

- is a gay or bisexual man who has had anal sex without using a condom or been diagnosed with a sexually transmitted disease (STD) in the past 6 months, or
- is a heterosexual man or woman who does not regularly use condoms during sex with partners of unknown HIV status who are at substantial risk of HIV infection

PrEP is also recommended for people who have injected drugs in the past 6 months and have shared needles or works or been in a drug treatment program in the past 6 months.

If you think PrEP may be right for you, talk to your CHIEDZA health care provider or a health provider at your nearest clinic.

How well does PrEP work?

PrEP is most effective when taken consistently each day. CDC reports that studies have shown that daily use of PrEP reduces the risk of getting HIV from sex by more than 90% and from injection drug use by more than 70%. Adding other prevention methods, such as condom use, along with PrEP can reduce a person's risk even further.

Does PrEP cause side effects?

Some people taking PrEP may have side effects, like nausea, but these side effects are usually not serious and go away over time. If you are taking PrEP, tell your health care provider if you have any side effect that bothers you or that does not go away. What should I do if I think PrEP could help me?

If you think you may be at high risk for HIV and that you might benefit from PrEP, talk to your health care provider. If you and your health care provider agree that PrEP may be a good choice for you, the next step is an HIV test to be sure you don't already have HIV. If you are HIV negative and additional tests show that PrEP is likely safe for you, your health care provider can provide you with the necessary steps to access PrEP.

What happens once I start PrEP?

Once you start PrEP, you will need to take PrEP every day. Studies have shown that PrEP is much less effective if it is not taken every day.

Continue to use condoms while taking PrEP. Even though PrEP can reduce your risk of HIV greatly, it doesn't protect against other STDs, such as gonorrhea and chlamydia. Combining condom use with PrEP will reduce your risk of HIV even further, as well as protect you from other STDs.

You must also take an HIV test every 3 months while taking PrEP, so you'll have regular follow-up visits with your health care provider. If you are having trouble taking PrEP every day or if you want to stop taking PrEP, talk to your health care provider.



HIV counselling and Testing

Why is HIV testing important?

- When you are HIV infected you do not get sick right away, which means that you can infect others with the HIV virus before you come to know your own HIV status.
- You can't see when someone has HIV, only testing will tell you this.
- Just like diabetes and high blood pressure, HIV can be managed through healthy living and the taking of treatment. Treatment will work better if you take it at the right time and you take treatment as soon after diagnosis as possible, and do not wait until you are very sick.
- By taking the test you are taking control over your health and your life!
- Testing for HIV is a way of showing love and respect for your partner and yourself!

Everyone should know their status so that they can look after their own health and protect other people in their lives.

- You might be tested for HIV along with testing for other illnesses such as TB, Sexually Transmitted Infections (STIs), Glucose, BP and pregnancy to ensure that you know your general health status.

Who should test for HIV?

- If you've ever had sex without a condom, or sex where the condom failed.
- If you've been exposed to somebody's blood without protection.
- If you are a drug user who has shared needles.
- If you are pregnant. If you are pregnant. If you have had unexplained illness that you cannot understand, it is important to test for HIV.
- If you are HIV-positive and give birth to a child without access to PMTCT treatment you should take your child for an HIV test.
- Children who have been breast-fed by an HIV-positive person.
- If you have an STI (sexually transmitted infection).
- If you have TB (tuberculosis).

Know your rights when testing

- If you are 16 years or older you do not need your parents' consent for an HIV test.
- It is private and confidential and only you know the results and only you have the right to tell others your status.
- It is your decision and you have to give permission for the test to be carried out.
- No-one can discriminate against you if you are HIV-positive or use the results against you in any harmful way.

1. Pre-test counselling (before the test)

You will spend some time receiving counselling before the test to discuss:

- What it means to have an HIV test and how it works.

You don't have to give permission for the HIV test until you understand the whole procedure. You should always feel free to ask questions.

- What it means if you receive a positive result.
- What it means if you receive a negative result.

2. HIV testing

- Can be done at all health care facilities and trained Community Based Organisations and programs.
- "oral HIV tests can be used as a screening tool
- The blood test tells if you are infected with the HIV virus or not
- A health care worker makes a small prick on the tip of your finger.
- The test is quick and painless ... about 15 minutes to get a result.
- If the 1st test is positive a second test is done to confirm the result.

3. Post-test counselling (after the test)

You will get post-test counselling if you test negative or positive. The counsellor will listen to what you say and try to encourage you to talk about how you feel about your test results. If you test HIV-positive, they will also advise you on what you should do next. Ask to be tested for TB.

Remember that counsellors are trained to counsel and support you. Ask them as many questions as you like. You don't have to be ashamed or embarrassed by how you may feel or react.

For Free (telone, Econet, netone):

SMS "YAZ" to 33500

or text / whatsapp **"call me back"** to **0777469107**

Econet subscribers only **can call toll free line "393"**

Taking the next step

If you test HIV-negative it is very important that you:

- Retest within 3 months because when you are newly infected the virus is difficult to detect and may not show in the first test during this period ... it is called "being in the window period".
- Protect yourself and others and always practise safe sex.

If you test HIV-positive it is very important that you know the following::

- **start treatment immediately. Talk to our CHIEDZA provider or visit the nearest clinic.**
- **Getting treatment early and taking treatment faithfully can reduce the amount of HIV in the body (Viral Load), leading to a longer, healthier life.**
- **All HIV infected children should be on treatment. If you know your child is HIV positive and not on treatment, please take him/her to the nearest clinic for treatment.**
- **Ask your partner to also go for an HIV test so that you can both know your HIV status and protect yourselves accordingly.**

Always practise safe sex to avoid re-infection

When you are HIV-positive you can become re-infected with HIV if you do not use protection during sex, which could mean that ARVs that previously worked do not work so well anymore and you may get sick more quickly.

Ask to be tested for TB

TB is very common in HIV-positive people and the earlier you know your HIV status, the better it is for your health. TB is completely curable if treatment is taken properly.

HIV Positive & Staying Healthy

Having a healthy lifestyle – eating well and getting exercise – is important for everyone, but if you are HIV positive you have to look after your health even more. Being healthy means eating the right kinds of food, not smoking and drinking too much and getting exercise if you can. We know that not everyone likes exercise or eating vegetables, but here are some simple ways to help people lead a more active, balanced lifestyle. Staying healthy in your body and your mind helps your body fight HIV and other opportunistic infections like TB.

SOME TIPS:

- Can you get out of the taxi before the robot instead of after? These few extra steps of walking will make a difference.
- Make your meals as colourful as possible by adding fruit and vegetables.
- We know that fresh food is expensive sometimes: why not grow your own vegetables, or set up a gardening group in your community?
- Getting enough sleep isn't easy, especially when you're stressed. Go to bed at the same time every night and you'll start to feel happier and healthier. You'll have more energy too.

Adopted from www.mykhuluma.org

What YOU need to know about...

HIV treatment (ARVs)

HIV treatment - antiretrovirals (ARVs)

- Antiretrovirals (ARVs) have given millions of people living with HIV a new life.
- ARVs are powerful, life-saving drugs that control HIV by slowing down the way the virus reproduces.
- ARVs are not a cure for AIDS; they can have side effects and sometimes can be difficult to take.
- ARVs are the best treatment available at the moment and enable HIV-positive people to live longer and healthier lives.

When should I start treatment?

As soon as possible after you are diagnosed and at the direction of your health care provider. A CD4 count test is used to find out how HIV has affected your body and how strong your immune system is.

If you are pregnant or breast feeding and you are HIV positive you will need antiretroviral treatment.

If you have TB - Everyone that is HIV positive and has TB should start ARVs.

If you become sick with HIV and have serious and ongoing symptoms of feeling tired and weak, weight loss, skin changes such as rashes, mouth infections or chest infections, your health care worker may advise that you start ARVs.

Starting treatment

Make sure that you speak to your health care worker and understand what you are taking, how to take it and what the possible side effects are.

Side effects of treatment

- Many treatments have unwanted side effects such as headaches and nausea when you first start taking them but these usually improve in a few weeks.
- Different treatments cause different side effects and affect people differently.
- Before you start treatment make sure your health care worker explains the possible side effects to you and what to expect.
- If you are concerned about any of the following consult your health care worker immediately: nausea and vomiting, tiredness, no appetite and weight loss, diarrhoea, stomach pains, dark yellow or brown urine, yellowing of eyes or skin, difficulty breathing, skin rash and ulcers in the mouth, eyes or nostrils.

Taking treatment correctly – adherence and resistance

- Taking treatment incorrectly – too much, too little or not at all – can cause serious problems.
- Taking too much medicine or taking it too often may cause side effects.
- Taking too little because you feel unwell or share with family or friends can cause resistance.
- Resistance to ARVs develops when there isn't enough medicine in your blood to kill the virus and means that even if you start taking the right amounts in future the treatment will no longer work.
- Remember treatment is for life and once you have started you must not stop..
- See our pamphlet on adherence for more details.

Positive living and what it means to you

- If you take your treatment properly and take care of your health you can live a long and healthy life – you can work, have children and lead a normal life.
- It is important that you look after your health by eating a balanced diet, getting exercise and rest.
- Do not smoke or drink alcohol.
- It is important that you get support from family and friends or from another person living with HIV – think about joining a support group or talking to others in the same situation.
- If you are feeling anxious or depressed, seek counselling from your pastor or someone who has experience in dealing with these issues.

HIV treatment (ARVs) and children

- All children, who are HIV+ and under the age of 5, must be on treatment.
- Children may receive different combinations of medicines, depending on their individual needs. It is very important that children only take their own medicines and that they never share these with other people.
- Children also need to take their treatment every day and take it at the same time every day.
- Medicines might come in the form of tablets or liquids.
- If you are giving liquid medication, make sure that you know exactly how much to give and that you measure it out properly each and every time.
- If you are giving pills to the child, make sure that you know exactly how many to give each and every time.
- Remember to give the child lots of praise after each dose – this is called positive reinforcement.
- Always store ARVs in a safe place, out of reach of toddlers and young children. It is important to never run out of medication – make sure that you have a new monthly supply of ARVs before they run out.
- At CHIEDZA, you can join a supportive CAPS group and having a support buddy is encouraged.

TUBERCULOSIS (TB)

What is TB?

Tuberculosis (TB) is a disease caused by bacteria (germs) which enter the body through the air and damage the lungs. It is a serious but curable disease.

How is it spread?

When a person with TB coughs, sneezes or spits the TB germs go into the air. Anyone who breathes in this air could be infected and develop TB.

Who gets TB?

Some people believe that you only get TB if you are poor or are an alcoholic. This is not true. Anyone can get TB and it all depends on how well your body fights disease. You will find it more difficult to fight disease if you:

- do not eat healthy foods and do not get enough rest.
- you drink lots of alcohol or smoke.
- you have diseases like high blood pressure, diabetes, HIV or AIDS.

Some people believe that when you have TB you have been bewitched but this is not true. TB is a disease caused by germs and it is easy to treat.

Signs and symptoms

- Cough of any duration.
- Severe and unintended weight loss.
- Loss of appetite.
- Coughing up blood.
- Pains in the chest.
- Drenching night sweats.
- Fever
- Tiredness and weakness.
- Becoming short of breath.

How do you know if you have TB?

- At the clinic a person showing signs of TB will be asked to cough up sputum.
- The sputum will be examined in the laboratory and if TB germs are found they will have to start TB treatment.
- If you have TB the people that you live with should also be checked for TB.

TB treatment

- TB is treated and cured by taking a combination of tablets for a period of six months or more.
- It is important to take your medicines as your health care worker tells you to and to go for regular check ups.
- While on treatment tests are done at two weeks and six months after starting treatment to see if the medication is working.
- Do not stop your treatment until your health care worker says you can. This is very important.

Drug resistant TB (MDR and XDR TB)

- If you don't adhere properly to your TB treatment by not taking all your pills or you miss some days, you can develop drug resistant TB.
- Drug resistant TB means that the TB germ will not respond to the usual TB drugs that are used.
- This is very dangerous, because it is very difficult to treat.
- It can be passed on to other people who have never had TB before. This will put those around you at risk.

Common side-effects of TB treatment are:

- Nausea.
- Cramps or tingling feeling in your feet (called peripheral neuropathy).
- Stinging pains.
- Changes in the colour of your urine and tears.
- Skin rash.

If you have side effects you must not stop taking TB treatment on your own. Carry on with the treatment but go to your doctor or nurse and tell them what you are experiencing. They can give you something for the nausea and something for the cramps.

What is the link between TB and HIV?

If you are HIV-positive, HIV attacks the body's immune system and you get sick more easily. One of the most common diseases that you can get is TB.

It is important that if you have HIV you are screened for TB and that if you have TB you are tested for HIV so that you can get the right treatment.

TB treatment and ARVs

- Everyone who is HIV positive and has TB should start treatment. Doctors will treat the TB first, and then start you on ARVs.

For more information:
www.hivsa.comv



www.chiedza.co.zw

Harare: 0779 620 908

Mashonaland East: 0716 318 730

Bulawayo: 0716 318 734

MENTAL HEALTH

Your youth years (adolescence) can be a stressful time emotionally, socially and physically. You can feel like you are going totally crazy and that you just can't cope with everything that's going on! There can be so many stressful things to deal with! School work may be too much and too difficult, fitting in with your friends isn't always easy, your body is changing and that can be confusing! You may even be dealing with unemployment! Figuring out who you are and where you want to be in your life can be frightening!

So what can you do?

There is always hope. It's important to be in touch with what you are feeling and know that you're not alone – there are people you can talk to for help and support!

What is Stress?

Stress is your body's way of responding to emotional and physical demands. We call this the fight or flight response. When you feel threatened, physically or emotionally, your nervous system responds by releasing a flood of stress hormones including adrenaline and cortisol.

What are the signs and symptoms of stress?

Stress can show up in many ways. Here are a few ways it can debilitate and disturb your life.

- **Anxiety or panic attacks** - This is when you have difficulty breathing and your heart beats really fast. You may feel afraid and panic.
- **Physical symptoms** - You may develop a headache or a skin rash.
- **Changing sleeping patterns** - You may have difficulty falling asleep, or waking up.
- **Substance abuse** - You may find you are drinking more alcohol or using drugs to cope.
- **High heart rate** - Your heart might beat much faster than usual.

What is depression?

It is normal for everyone to have feelings of sadness, but for people living with depression it is much more than feeling a little blue now and then. Depression is a long-term mood disorder that includes prolonged feelings of sadness, discouragement, and hopelessness that can last for weeks, months, or even longer.

Am I depressed?

You may be depressed if you are experiencing any of the following:

- **I feel helpless and hopeless** - When you feel like you can't do anything to change the situation or you believe it's impossible for it to change, you may be depressed.
- **I have little or no energy** - This may include always feeling tired even when you've had enough rest. You might not want to get out of bed.
- **I don't feel motivated to do anything** - Not even wanting to get out of bed in the mornings. Not going to work or family gatherings.
- **I'm struggling to concentrate** - When your mind is scattered and you can't pay attention to one task long enough to complete it.
- I have physical symptoms (headaches, fatigue, changes in weight: either losing or gaining a lot of weight).
- **I don't want to see anyone!** - you feel like you want to isolate yourself from friends and family members and even stop doing the activities you once enjoyed together.
- **I want to hurt myself** - You hurt yourself by cutting or pinching and you don't know why.

What can I do keep my stress levels in check?

- **Get enough rest** - Sleep at least 5 -7 hours a night.
- **If you are studying, have a 5min break every 25 minutes** - Close your books, get up, stretch, make a cup of tea and come back feeling refreshed.
- **Give yourself a bigger break** - Go out and have some fun with friends or family.
- Exercise really helps! Even if it means taking a 15 minute walk, try and be active often.
- **Stress is a temporary problem** - Trust that it won't always be this way!
- **Challenges are opportunities** - You can learn a lot from the hard times you go through. Practice solving your problems yourself and ask others for help and guidance when you can.
- **Eat a healthy and balanced diet** - Try to stay strong and healthy. Stress sometimes makes people stop eating or eat too much. Both are unhealthy. Eat nutritious food to keep your mind and body strong.
- **Meditation and prayer** can help you to feel hopeful and positive. Take time out to communicate with your higher power or to be out in nature.
- **Breathe** - Take 3 deep breaths when things feel out of control.

What is suicide?

Depression can cause someone to feel so hopeless that they feel like they want to die. Suicide is the act of taking your own life or killing yourself. If you, or someone you know feels this way, you should seek help.

Suicide Danger Signs

- **Previous suicide attempts:** Between 20 and 50 percent of people who kill themselves have previously attempted suicide. Those who make serious suicide attempts are at much greater risk of actually taking their lives.
- **Talking about death or suicide:** People who commit suicide often talk about it directly or indirectly. Be alert to such statements as, "My family would be better off without me". Sometimes those contemplating suicide talk as if they are saying goodbye or going away.
- **Depression:** Although most depressed people are not suicidal, most suicidal people are depressed. Serious depression can be manifested in obvious sadness, but often it is expressed instead as a loss of pleasure or withdrawal from activities that had once been enjoyable

Be concerned about depressed persons if at least five of the following symptoms have been present nearly every day for at least two weeks:

- depressed mood
- change in sleeping patterns
- change in appetite or weight
- speaking or moving with unusual speed or slowness
- fatigue or loss of energy
- feelings of worthlessness , self-reproach or guilt
- thoughts of death or suicide
- **Additional factors that point to an increased risk for suicide in depressed individuals are:**
- Extreme anxiety, agitation or enraged behaviour
- Excessive drug and / or alcohol use or abuse
- History of physical or emotional illness
- Feelings of hopelessness or desperation

Take the signs seriously

75% of all suicides give some warning of their intentions to a friend or family member. All suicide threats and attempts should be taken seriously.

If someone you know is threatening suicide:

Be willing to listen

- Take the initiative to ask what is troubling them.
- DON'T be afraid to ask whether he/she is considering suicide.
- Do NOT try to argue anyone out of suicide, rather let the person know that you care and understand that they are not alone, that suicidal feelings are temporary, that depression can be treated and that problems can be solved. AVOID the temptation to say: "You have so much to live for" or that "suicide will hurt your family."

In a crisis

- In an acute crisis, take the person to an emergency room or walk-in clinic – **DO NOT leave the person alone until help is available.**
- Remove drugs, razors, scissors or firearms that could be used in a suicide attempt away from the potentially suicidal person.
- If the above options are unavailable, call your local emergency numbers.

Where to get help?

- **Talk to somebody you trust and who cares.** Somebody who is willing to listen.
- **Seek professional help.** There are people trained to help people suffering from depression.

Speak to a social worker at your local clinic or a psychologist or psychiatrist. Remember, depression doesn't show itself the same way with everyone. Only a trained professional should diagnose someone with depression. If you think that you, or someone you know may have depression, seek professional help. Start by calling the numbers below to speak to a counselor.

everything
will be okay

www.chiedza.co.zw

Harare:

0779 620 908

Mashonaland East:

0716 318 730

Bulawayo:

0716 318 734



NUTRITION & EXERCISE

In your teenage years your body starts changing. There is a new more grown up you emerging. Now is the time to dump the junk food that makes you fat, sluggish and unhealthy (and may give you pimples)! Girls can gain weight and boys suddenly become lanky and thin. Eat the right food and get enough exercise to keep fit and healthy and watch your self esteem grow!

Health & Exercise Tips for a Healthy Lifestyle

Start slowly

If you haven't exercised in a long time start off slowly so that you don't burn out or become discouraged. Increase the speed you walk or run gradually over time and then increase the distance. Make it a habit to do at least 30-45 minutes physical-activity session every day, or three short 10-minute sessions during the day. Make use of every opportunity to move. Soon you won't feel right unless you are moving!

Here's the best reason to start moving!

When you exercise, the brain releases 'feel-good' hormones (endorphins) which will make you feel good and happy.

Want to lose weight?

It's simple! Eat less and move more!

Here's some ideas that will help you reach your goal!

- Stop or reduce sugar in your tea
- Have 2 slices of bread not 4!
- Swop unhealthy snacks like chips and biscuits with fruit and yoghurt

Keep at it!

You'll soon see a difference! They say it takes six weeks to create a new habit so keep at it and you'll see the results.

Team up! Start exercising with a friend. Share diet tips and recipes with each other, set weekly challenges and encourage each other to keep going.

You don't need to do it alone!

Get fit through sports or hobbies Getting fit is fun. Find out what sports are available at your school, local gym or community centre. Start your own after school sports team with your friends. Try boxing, dancing, soccer, running, netball, karate, swimming - the list is endless. **Remember every body started somewhere!**

**What you put in
you get out!**

**eat
right**

1. Eat and enjoy a variety of foods.

Variety means eating different foods within a meal, on different days and preparing food in different, healthy ways. Recipes are a great way of mixing it up! The more colourful a plate of food, the better the variety of nutrients and it's more enjoyable. Cooking can be creative and fun even with the most simple ingredients.

2. Be active. We've talked about this already - keep moving to regulate your weight, and reduces stress.

3. Drink lots of clean, safe water. Drink at least six to eight glasses of clean, safe water every day, or more if you are thirsty or very active. This also includes tea, with no added sugar. Sugary drinks like sodas should be avoided.

4. Eat starchy foods as part of most meals - Choose unrefined starchy foods that are high in fibre since these help us stay full, and support healthy & regular bowel movements. Unrefined starches include whole-wheat bread, brown rice, wholewheat pasta, high-fibre cereals, oats and coarse maize meal. Starchy foods are rich sources of carbohydrates, our main source of energy, and should be eaten with every meal. Refined starchy foods include maize meal, cereals, samp, bread, rice, pasta, potatoes and sweet potato and should be eaten in moderation.

5. Eat plenty of vegetables and fruit - Always have something green on your plate, spinach, cabbage, green beans. Fruit and vegetables are full of vitamins and we need them in our diet. Eat 5 portions of fruit and veg every day if you can.

6. Eat dry beans, split peas, lentils and soya regularly - Eat two to three times per week. They're affordable, high in protein and fibre and low in fat. Mix with vegetables like spinach, cabbage and tomatoes to make delicious soups and stews.

7. Have milk, maas or yoghurt every day

8. Eat fish, chicken, lean meat or eggs - Animalbased foods are higher in fat (saturated fat) and we tend to eat more of these foods than we need to. You only need to eat these foods daily in small quantities or even better just eat them one or two times a week. Include more vegetables in your meals and eat less red meat.

9. Use fats sparingly. Choose vegetable oils, rather than hard fats. Vegetable oils are better for you than hard fats. Use canola or olive oil instead of sunflower oil, and use peanut butter instead of margarine. Choose polyunsaturated instead of saturated fat.

10. Use sugar and foods and drinks high in sugar sparingly Sure, sugar gives us energy, but it has no other nutrients. Avoids sweets, cakes and sugary drinks. They might taste good but they can cause tooth decay.

11. Use salt and food high in salt sparingly Don't cook with salt and just add a little to your meal. Rather use herbs, salt-free spices and flavourings. Also avoid processed foods with a high salt content.

12. Alcohol - Alcohol is high in energy and contains no other nutrients. Nobody has to drink alcohol, but if you do, only drink a little (one drink for women and two drinks for men per day). **You may not know how much you can drink before getting tipsy. Take it from us - too much alcohol causes impaired judgement and you can be at risk of unsafe sex, or having an accident. You should not be drinking at all if you are not yet 18. This list is based the South African Guidelines to a balanced diet.**

(<http://www.adsa.org.za/Portals/14/Documents/FoodBasedDietaryGuidelinesforSouth-Africa.pdf>)

Keep track of your goals

Write a food journal and take note of when and why you eat. For example, do you eat junk food like sweets and cakes when you're sad, bored, or stressed out? Noticing what triggers you to make bad choices will help you change them. Also keep track of your healthy habits. Your journal can track your weight goals so that you can see how you are doing over time. Stay Positive Making the decision to be healthier and take care of yourself better is always a good one so never stop trying. If you feel like you've slipped into old habits, simply start again. Recommit and believe in your ability to achieve your health goals no matter what!

Check list:

Am I living healthily?

You are if...

- you are eating a variety of healthy food
- you are drinking enough clean water
- you are exercising regularly
- you are not using tobacco, alcohol and drugs
- you are taking the time to relax, de-stress and have fun
- you are getting enough sleep every night

Why you should choose a healthier lifestyle...

- You will feel and look great!
- You will have more energy
- Your heart gets fitter and stronger the more you exercise
- If you eat less bad fat you can lower the cholesterol levels (LDL) that's bad for your heart
- You could reduce the risk of diabetes
- Your body will fight off colds and flu more readily
- Your skin will look healthier, your nails will be stronger and your hair and eyes will be shiny
- You'll look stronger and more toned
- You'll be happier and more positive
- You will sleep better
- You will have better concentration
- Your creativity and problem-solving skills will be better
- Stress will be easier to handle
- You will feel emotionally stronger and your self-confidence and self-esteem will improve

Exercising and eating right for a healthy life



HEALTH & NUTRITION

Move
more
eat
right

MEDICAL MALE CIRCUMCISION (MMC)

WHAT IS CIRCUMCISION ?

The male penis is covered with a layer of skin called the foreskin. Removal of this skin is called circumcision.

Why is it a good idea to circumcise?

- For hygiene reasons: it is easier to keep the penis clean.
- To reduce your risk of sexually transmitted infections (STIs) including HIV.
- Female sex partners are protected from cervical cancer and other infections.
- For cultural beliefs.
- For medical reasons to treat various penile problems that require removal of the foreskin.

Circumcision and reducing the risk of STIs

- The inside of the foreskin is different from the skin on the rest of the penis. The tissue contains many more cells that are susceptible to STIs, including HIV.
- The foreskin is at risk of tearing and getting other infections, which can also increase a man's risk of contracting STIs.
- When a man is circumcised, his foreskin is removed, and the number of cells that are susceptible to STIs, including HIV infection are significantly reduced.

Although studies show that circumcision reduces the risk of STIs and HIV, it does not protect you fully and you should always practise safe sex: Abstain, Be Faithful and Condomise.

Facts you should know

- If you are under the age of 16 you will need the consent of your parents to get circumcised.
- Circumcision of males older than 16 may only be performed if consent is given to the circumcision after proper counselling.
- It is important that medical male circumcision is done by people trained and qualified to do it.
- You will first receive counselling about what to expect and be asked to sign a consent form.
- You will be offered an HIV test and other routine health screening.
- The procedure will be done under local anaesthetic so that it is not painful.
- After the procedure you will be given pain medication.

Follow-up visits: you will be given a date to return 2 to 3 days after having been circumcised. Keep all appointments. The stitches will dissolve on their own. Write down any questions you may have. This way you will remember to ask these questions during your next visit.

Having sex: you need to wait at least 6 weeks after the procedure before you masturbate or have sexual intercourse (sex) with your partner.

You may feel some discomfort when having sex for the first time after the procedure. Talk to your health care worker if you are worried, have concerns, or are having related problems when having sex.

After being circumcised, contact a CHIEDZA center worker if:

- You cannot make it to your follow up visit.
- You have a fever (increased body temperature).
- You have trouble urinating.
- You have chills, a cough, or feel weak and achy.
- You have dizziness, nausea (upset stomach), or vomiting (throwing up).
- You have problems when having sexual intercourse (sex).
- You have questions or concerns about your procedure, condition, or care.

Seek care immediately if:

- You are bleeding.
- Your urine has blood in it, becomes very cloudy and bad smelling, or you cannot urinate.
- You have pain or swelling of the penis that does not decrease or go away after taking your pain medicine, or is getting worse.
- You have swelling, redness, pain, blood, or discharge in or around your cut.

Benefits of MMC:

- Easier to clean the penis.
- Reduced risk of some STIs.
- Reduced risk of penile cancer.
- Reduced risk of cervical cancer in female sex partners.
- Reduced risk of HIV

Remember to always:

- Condomise.
- Condomise.
- Condomise.

Although studies show that circumcision reduces the risk of STIs and HIV, it does not protect you fully and you should always practise safe sex: Abstain, Be Faithful and Condomise.

www.chiedza.co.zw

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HUMAN RIGHTS

KNOW Your rights in life

Life doesn't always seem fair.

If you know your rights, you can stand up for yourself and help others. Rights come with responsibilities. Knowing your rights as a human being is also a responsibility that can empower the choices you make.

What are Human Rights?

Human rights are the basic rights everyone has, simply because they are human.

What is a Human Rights Violation?

If you think any of your rights, have been violated, you can report the matter. For instance, if someone treats you differently because of your race, gender, age or ethnic group, your right to equality is being abused or violated.

A summary of Human Rights:

Equality You cannot be discriminated against. But affirmative action and fair discrimination are allowed.

Human Dignity Your dignity must be respected and protected.

Life You have the right to life.

Freedom and Security of the Person You cannot be detained without trial, tortured or punished cruelly. Domestic violence is not allowed.

Slavery, Servitude and Forced Labour Slavery, not allowed.

Privacy You cannot be searched or have your home or possessions searched without the proper procedures being followed by the police.

Freedom of Religion, Belief and Opinion You can believe and think whatever you want and can follow the religion of your choice.

Freedom of Expression People are free to express their thoughts and opinions responsibly.

Assembly, Demonstration, Picket and Petition You can hold a demonstration, picket and present a petition. But you must do this peacefully.

Freedom of Association You can associate with whomever you want to.

Political Rights You can support the political party of your choice. If you are a citizen and at least 18 years old, you can vote.

Freedom of Trade, Occupation and Profession You can do whatever work you choose.

Labour Relations You may join trade unions and go on strike.

Environment You have the right to a healthy environment

Property Your property can only be taken away from you if the proper rules are followed.

Housing The government must make sure people get access to proper housing.

Healthcare, Food, Water and Social Security The government must make sure you have access to food and water, healthcare and social security.

Children under the age of 18 have special rights, such as the right to education, the right to access to quality healthcare, the right to safety and security, the right to be cared for by their parents a caregiver and protected from violence, abuse and neglect.

Education You have the right to basic education, including adult basic education, in your own language (if this is possible).

Language and Culture You can use the language you want to and follow the culture that you choose.

Cultural, Religious and Linguistic Communities Communities can enjoy their own culture, practise their own religion and use their own language.

Access to Information You have the right to access to information, including health information.

Just Administrative Action Actions by the government must be fair.

Arrested, Detained and Accused Persons These rights protect people who have been arrested, imprisoned or accused of a crime

everyone
has rights

HUMAN RIGHTS



It's Your Body!

Know Your Rights and Stand Up for Them

Here are some basic rights you have and that you should know about:

Right to health

It's your right to be as healthy as you can and have good health care, including sexual and reproductive health services..

Right to privacy

If you share something private with a health worker or a teacher, they need to respect your secret by keeping it that way. If your secret is about someone who harmed you or sexually abused you, the adult you confide in will need to tell others so they can get you help.

Right to be protected from harmful practices

Some practices, like early marriage, are not ideal for your future. You have the right to choose when and with whom you want to get married.

Right to be a part of making decisions about your life and health

When adults are making decisions about your life, you have the right to voice your feelings and opinions, and the adults need to listen to you. As you get older, you gain the right to make decisions for yourself..

Right to learn about sexual and reproductive health

You can learn about how your body works, sexuality, pregnancy and contraception and sexually transmitted infections (STIs) and HIV.

Right to ask

If you need protection, you have the right to ask adults, community leaders and the government to help you.

Right to control your own body

Your body is your body. If someone touches you in a way that makes you feel uncomfortable, even if it's someone you trust and love, you have the right to say no. It's important to tell another person you trust if this happens. You are also the person to decide if any changes can be made to your body – like tattoos, circumcision, and piercings.

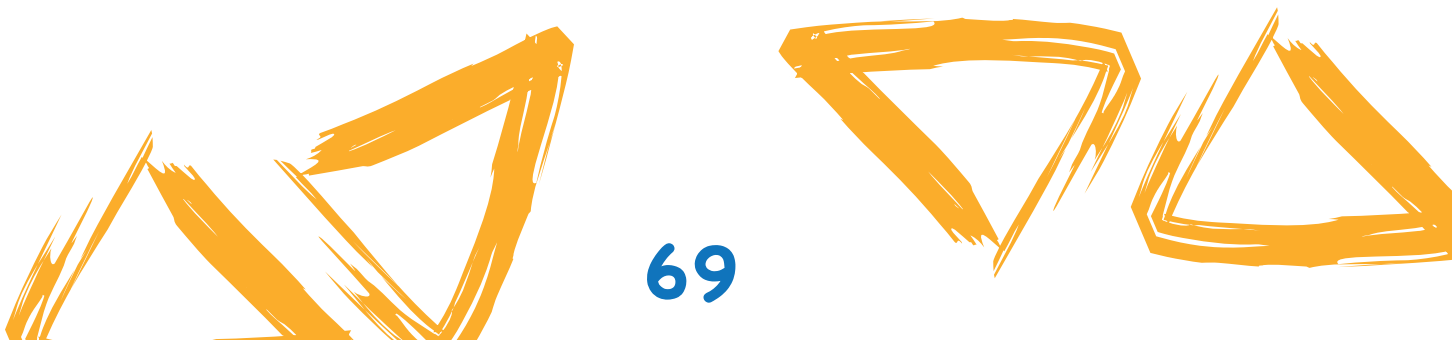
Right to marry a person of your choice

Forced and arranged marriages don't need to happen. You have the right to choose who you want to marry when you are legally old enough to make such a decision.

Right to equality

No matter who you are, you have the right to be treated with respect and the same as all others. That includes gender equality – you are still equal to everyone else whether you're a boy or a girl,

Even as an adolescent or young person, you have very clear rights. Now that you know what they are, stand up for them and demand that others respect your rights! At the same time, remember that you need to respect others rights



LGBTI

What does LGBTI stand for?

LGBTI stands for LESBIAN, GAY, BISEXUAL, TRANSGENDER and INTERSEX.

Under international law, Lesbian, Gay, Bisexual, Transgender and Intersex people have the same human rights as all individuals, which include the right to nondiscrimination and the right to access to health care services.

LGBTI are found in all communities across the world and constitute 10% of all the populations.

Queer: Is a self-affirming umbrella term used by some gay men, lesbians, bisexuals and transgendered persons.

Pansexual: A person who is pansexual can love sexuality in many forms. A pansexual person can love not only the traditional male and female genders like bisexual people, but also transgendered, androgynous, and gender fluid people.

What does it mean to 'come out'?

'Coming out' is when gay men and women, bisexuals, transgender and intersex people can finally accept who they are and reveal their orientation to friends and family. It means embracing your true sexuality and identity, and being proud of who you are. People talk about 'coming out of the closet' or exiting'. You should feel no pressure from other people to come out. It's something you do when you feel ready.

It's okay to

be who you are! Some people are born straight, some people are born gay, some people are born transgendered or any other sexuality and that's just how it is. Your sexuality is one part of many parts that make you who you are.

What is gender identity?

Gender identity is not about your physical body, it's when someone emotionally identifies themselves as either male or female. It can also be when someone sees themselves as both male and female, or neither, which is also known as 'genderqueer'.

Androgyny is defined as having both male and female characteristics and traits. The term "androgyny" comes from the Greek words andros, which means man, and gyno or gyne, which means woman. A person who is androgynous does not fit into typical masculine or feminine roles that are defined by society and may have an unclear sexual identity.

Intersex is a term used to describe a person who has physical (physiological) sex characteristics that are not clearly male or clearly female.

Intersexuality is not the same as behavioral or psychological androgyny.

Transgender is when your self-identity doesn't conform to traditional notions of male/female gender. By transitioning your body to match the gender you identify with emotionally, you become trans male or trans female.

What's the difference between HIV and AIDS? Isn't it the same thing?

No it's not the same thing. HIV (human immunodeficiency virus) is a virus that is passed on from one person to another through direct sexual or blood contact.

AIDS (acquired immune deficiency syndrome) is the disease caused by HIV. This happens when HIV destroys the CD4 count cells and your body can't fight infections and diseases anymore.

With ART (Antiretroviral therapy) the level of HIV can be kept low. It is very important to go to your public healthcare worker at your nearest clinic, to receive information and get regularly health screened and tested for HIV.

Does being gay mean I'll get HIV?

Not at all, being gay doesn't automatically mean that you will contract or that you have contracted HIV. It's true that men-having-sex-with-men (MSM) are at higher risk when it comes to contracting HIV but vaginal sex is still the most common way HIV is spread.

Can lesbians also get HIV?

While it's unlikely that a woman will contract HIV while having sex with another woman, it's not impossible. Let's say one woman had sex with an HIV-infected man or woman before, or perhaps one woman contracted HIV through sharing a needle with an infected person, she could still give her partner HIV through vaginal or other bodily fluids being shared (during unprotected sex), blood from menstruation or blood from cuts/bruises on the vagina. Sharing of sex toys is also risky.

How can I protect myself from HIV infection?

- It's important to avoid risky behaviour such as having sex with multiple partners, alcohol and drug abuse, and having sex without a condom.
- Use a condom and/or dental dam every time you have sex to protect yourself and your partner from contracting HIV. Female condoms can be used in anal sex for men who have sex with men. A dental dam is used as protection during oral sex.
- Test for HIV - If your result comes back negative it's advisable to come back after 3 months of taking your first HIV test.
- The period between you being exposed to HIV to the time the results come back is called the 'window period'.
- Remember even if your results come out as HIV positive, it's important to continue using protection.

Dealing with Rape

- No matter how many people you have had sex with before being raped, no matter how many clubs you had been to, no matter what you are wearing or how often you walk alone at night: It is NOT your fault.
- Even if the person was your friend, ex, current partner or someone you had been having sex with – if you were forced to have sex without your consent, you are not to blame.

• Being gay or lesbian, doesn't mean that you're inviting anyone to force themselves on you or to "correct" your lifestyle. There is no person, male or female, who deserves to be raped.

- Sex without your consent (no matter what the circumstance) is rape and rape is wrong.
- If you have been sexually attacked or abused, don't remain silent about it. Try not to feel guilty or ashamed because what has happened to you is not your fault.

You are not alone,

there is support!

There are a growing number of support groups for those who belong to the LGBTI community. Speaking to people who understand what you're going through will help you through your own journey towards accepting your true self. Remember to go to your nearest clinic or healthcare facility to get tested, screened and have your health assessed.

Rape is never your fault



www.chiedza.co.zw

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Chiedza
Ukukhanya
Health For Our Future



COMPLETE WELLNESS **GUIDE**

Information on Relationships, Health, Well-Being & more!

Living Bright Begins Here!