



HEALTHY CHOICES FOR A BETTER FUTURE! II

Adaptation of a CDC “Program That Works”
Making Proud Choices: A Safer Sex Approach to HIV and Teen
Pregnancy Prevention

The following seven pages are examples of the thorough integration of condom use and promotion of contraception in HC II.

Throughout the Healthy Choices II Facilitator’s Manuals is the promotion of **condom** use and **abortifacient** contraception.

Out of 255 pages for the HC II manual (for kids aged 14-17):

- **Condom** use is mentioned 335 times on 101 pages
- **Contraception** is mentioned 52 times on 15 pages



MODULE FOUR

All You Want to Know About Pregnancy and Sexually Transmitted Infections (STIs)

Goals

The goals of this module are to:

- Increase participants' knowledge about sexually transmitted infections.
- Increase participants' perceived vulnerability to STIs and pregnancy.
- Increase participants' understanding of the consequences of unplanned pregnancy.
- Increase participants' knowledge of contraceptives.



Learning Objectives

After completing this module, participants will be able to:

- Identify the signs and symptoms of the most common STIs.
- Identify how STIs, including HIV, are transmitted.
- Acknowledge one's risk for contracting an STI or getting pregnant.
- Express positive feelings toward pregnancy prevention.
- Identify negative consequences of unplanned pregnancy.
- Distinguish myths from facts about pregnancy.
- Identify correct information about contraceptives.
- Know where to seek further information about contraceptives and how to get them if needed.



Page 119 states that the goals and learning objectives for Module Four include increased knowledge of contraceptives and how to acquire them.

Activity C Contraceptives

Preparing For The Activity:

Rationale:

This activity focuses attention on individual responsibility for the prevention of pregnancy by using contraceptives.

Materials

Samples of contraceptive pills, emergency contraception and condoms (including female condoms)

Pre-labelled newsprint:

“Contraceptives”

Poster:

Contraceptives

Time

10 minutes

Activity C for Module Four (page 140) is all about “individual responsibility for the prevention of pregnancy by using contraceptives.” The poster that goes along with this activity (link below) identifies oral contraceptives, male and female condoms, an intra-uterine device and injectable contraception.



PROCEDURE

1. Tape the pre-labelled newsprint "Contraceptives" and introduce the activity by saying,

We have seen that it is possible for adolescents to get pregnant or to make someone pregnant through having unprotected sex. We have also seen how getting pregnant can change an adolescent's life. Let us now see how an adolescent can prevent getting pregnant. How can an adolescent who chooses to have sex avoid getting pregnant?

Answers should include:

Use condoms every time he/she has sex;

Use contraceptives

Have sex during the safe days

FACILITATORS' NOTE:

Using contraceptives should be mentioned as one of the ways to prevent pregnancy. If it is not mentioned by participants then the facilitator should define contraceptives as methods used to prevent pregnancy.

2. Continue by saying,

If you are going to have sex, you should be concerned about unplanned pregnancy and sexually transmitted infections.

What are some methods that adolescents use to prevent pregnancy?

In the lesson plan printed out on page 141, instructors are directed to make sure that contraception is defined as a method to prevent pregnancy

- Depo-Provera Shots
- Implant (Norplant)
- Condoms (including female condom)
- Emergency contraception or morning after pill

FACILITATOR'S NOTE:

As you describe the contraceptives, show them to the participants.

4. Pick a volunteer to read aloud the contraceptives listed on the "Contraceptives" poster then continue by saying,

If used correctly and consistently, condoms prevent both pregnancy and sexually transmitted infections while the other contraceptives only prevent pregnancy. There is the oral contraceptive pill. It contains hormones that prevent ovulation or the release of an egg. A woman must take one pill at approximately the same time each day as prescribed to be fully protected. The emergency contraceptive pills (commonly called morning after pill) need to be taken as soon as possible after a woman has had unprotected sex (for example if the condom burst during sexual intercourse or if the woman has been sexually assaulted). She will have to take one pill immediately after unprotected sex and repeat the dose 12 hours later. This is an emergency measure and should not be considered as a regular form of family planning. Another hormonal method is Depo-Provera. It is long-acting hormone and given by injection. A woman has to receive a new injection of the product every 3 months to prevent pregnancy effectively. Norplant is another hormonal method which consists of rods that are placed under the skin of a woman's upper arm and can prevent pregnancy for at least 5 years. All these are very effective methods to prevent pregnancy if taken as prescribed. Does anyone have questions?

Page 142 directs the instructor to list abortifacient contraception, and then explain the various forms of abortifacient contraceptive drugs and devices, calling them "very effective methods to prevent pregnancy if taken as prescribed."

The bottom of page 143 stresses the “responsibility” of using contraception and even belittles religious objections to contraceptive use.

8. Summarize as follows,

People have lots of ideas about contraceptives and preventing pregnancy, some are based on facts, others on myths. If you are going to have sex, you have to make the healthy choice to prevent unplanned pregnancy by using contraceptives. It is each person’s responsibility to protect him or herself. Using contraceptives is the responsibility of both partners.

Thinking about contraceptives in advance will help you to make a healthy choice when the need arises. We also understand that the personal values of one group member may be different than the personal values of another group member. For example, some people do not believe in using contraceptives because it may be against their religion; other people may have no beliefs against it. The bottom line is that most people who have sex need a way to prevent pregnancy and STIs including HIV.

Remember in order to reach your goals and dreams; the healthy choice is to abstain from sex until you are ready. However if you do decide to have sex, then the responsible thing to do is to use effective methods of protection every time you have sex.



Myths and Facts Statements About Pregnancy

1. You can get pregnant by kissing or swallowing semen (MYTH)

The only way a woman can get pregnant is if the sperms enter her vagina and womb and fertilize an egg. This usually occurs during sexual intercourse, but sperms can also enter a woman's vagina if a man "comes" when his penis is near the entrance to the vagina, but not inside.

4. A girl cannot get pregnant if she has sex during her 'safe days' (MYTH).

The 'safe days' are not 100% safe, and one can still get pregnant.

To know which are the safe days, one should first know the duration of the menstrual cycle, for example from the first day of the last period to the first day of this period; the duration varies from person to person and is usually between 26 and 31 days. Release of the egg usually happens in the middle of the cycle. A week before and a week after the approximate day of the release of the egg is considered to be the fertile period, or the period when one can become pregnant (also called the unsafe days). The other days are called the safe days. It is less likely that one gets pregnant during the unsafe days, but not impossible. Therefore relving on the safe days alone is NOT safe to avoid pregnancy.

Under a section called "Myths and Facts Statements About Pregnancy," (pp. 146-149), teens are given graphic details about sexual activities, and the Standard Days Method approved by the Church for married couples is attacked as "unsafe."

9. **If you use contraceptives now, you will become infertile (MYTH)**

Contraceptives will only prevent you from unplanned pregnancy for the period you are using them. When you stop using them, you will be able to conceive and have a normal baby as they do not stay in the body beyond the time they are used.

10. **If you take the pill, you basically have a mini abortion every month (MYTH)**

Contraceptives will only prevent unplanned pregnancy but will not destroy a foetus if fertilization has already taken place.

11. **Contraceptives may have some side effects (FACT)**

While the majority of girls and women who use contraceptives experience no side effects; some women experience side effects such as a little bleeding between periods; weight gain, nausea, breast tenderness, headache, mood changes. Most of these side effects improve after three months. However, if the side effects remain you should ask advice from your health provider, and change to another reliable method.

Page 149 actually lies about the actions of oral contraceptives and seriously downplays the harmful effects that contraceptive drugs and devices have on women.



FACILITATOR'S NOTE

Participants will react as if the condoms are very messy; so it is important to help them see that sex is messy anyway, with semen and vaginal secretions clinging to the penis and dripping from the vagina. Using condoms is just a different type of mess, but you are better protected.



24. Reinforce condom information by asking the following questions. Answers are provided.

a. Can condoms stretch to fit any size penis?

Yes, though condom sizes vary SLIGHTLY from brand to brand.

b. Is it OK to keep a condom in your pocket?

Yes, but ONLY for short periods of time. Prolonged exposure to any heat source (including body heat) can damage condoms.

c. Should you use condoms after their expiration date?

Throw away safely unused condoms once the expiration date passes or use them to practice your condom use skills.

d. Should you put on more than one condom for one sexual act for more protection?

Putting on more than one condom increases the risk of the condom breaking due to friction. One condom if properly used can give you maximum protection from HIV, STIs and unplanned pregnancy.

e. What would you do if a condom breaks?


If a condom breaks, it is important for you and your partner to see a health provider to get emergency contraception to prevent pregnancy.



Page 193 again gives graphic details about sex, encouraging condom use as a “different type of mess, but you are better protected.” At the end of the page, the program instructs kids to seek abortifacient emergency contraception if a condom breaks during sex.

Activity B


How to Make Condoms Fun and Pleasurable



Preparing For The Activity:

Rationale:

Helping participants see how they can make condom use fun and pleasurable for themselves and their partner encourages consistent use and a sense of responsibility.



Materials Needed


Pre-labeled newsprint:

“Condoms Can Be Fun...”

Time

10 minutes

Activity B for Module 8 (page 195) is all about how to make condoms “fun and pleasurable.”



1. Unfold the newspaper entitled, "Condoms Can Be Fun..."

2. Introduce this activity by saying,

How would you complete this unfinished sentence?

"Condoms can also be fun when having sex because..."

3. Record their responses on the newspaper.

4. Add the following ideas to their list if the participants did not already mention them.

Sex is more fun when condoms are used because...

- You talk about them in advance
- You can make up or think of a sexual fantasy using condoms
- You can act sexy/sensual when putting condoms on
- You can hide one on your body and ask your partner to find it
- You can tease each other sexually while putting on the condom
- You feel more relaxed and can really enjoy yourself
- You can tell your partner that using a condom makes a man
- Condoms make the erection last longer.
- You can have the condom open and ready to use
- You can use different colors and types/textures
- The woman puts the condom on the penis.

FACILITATOR'S NOTE

Emphasize the strategies for how to make condom use more pleasurable.

Remember that some of the young people may not be sexually active and that for them, this discussion may not make much sense.

Emphasize that you are not encouraging sexual activity among teenagers.

Page 196 has a role-playing exercise designed to encourage sexual playfulness and "fun" with regard to condom use.