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

Grade 6-8



RIGHT HERE
RIGHT NOW

Comprehensive Sexuality Education (CSE) is a curriculum based, age appropriate teaching and learning process to give young people knowledge, attitudes, skills and values to make appropriate and healthy choices in their life regarding their health, sexuality, relationship and also understand and ensure the protection of their rights.

Comprehensive Sexuality Education (CSE) Booklet

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Grade
6

Introduction

Adolescence is defined as the period between 10 to 19 years by the World Health Organization (WHO). It is considered as a transitional period from childhood to adulthood, therefore, this is a challenging period for an individual. This also is a period of puberty and therefore, during this period the adolescents go through curiosity, anxiety and stress. Adolescents go through various changes such as physical, mental, emotional and social during puberty. Adolescence is also a period where there is excretion of hormones and noticeable changes in sex organs. Thus, there are several physical, mental, emotional and social changes taking place among boys and girls. Students at middle school (grades 6-8) need evidence-based sexuality related information for proper transition to healthy and responsible adults.

After completion of the teaching-learning contents of CSE, the students of grade six will be able to conceptualize the changes occurring during adolescence and management of adolescence problems, identify the sexual and reproductive changes in both boys and girls as a natural phenomenon and maintain hygiene of sexual and reproductive organs including management of menstruation and wet dreaming.

Introduction to adolescence

Adolescence

Adolescence is derived from the Latin word “adolescere”, meaning “to grow up”. Adolescent is a transitional stage of physical and psychological human development generally occurring between puberty and legal adulthood. It is a period in which the person is physically and psychologically matured and acquires personal identity. At this stage, adolescent is usually concerned with their body, their appearance and their physical abilities. World Health Organization defines adolescents from 10-19 years age. It's a natural process of being mature. Generally, there are three stages of adolescence based on the age categories:

10-14 years : Early Adolescence

15-17 years : Middle Adolescence

18-19 years : Late Adolescence

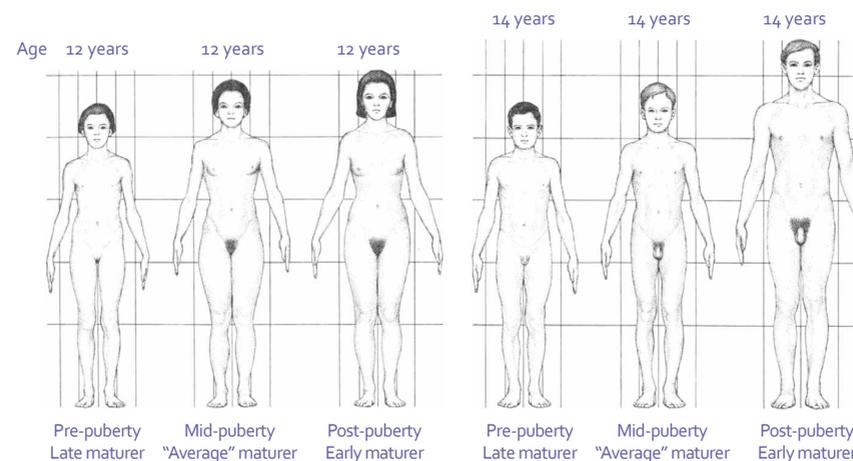
Bodily changes during adolescence

Adolescence is an important time of identity formation, with the outset of puberty. It brings a number of physical, intellectual, emotional, hormonal and socio-interpersonal changes. Changes in adolescent might follow some minor differences. However, major of the bodily changes are similar among adolescents.

Bodily changes are often known as physical changes, that occur during adolescence. Many physical changes occur in the body of boys and girls. These physical changes make the adolescents feel mature. Some of the major physical changes are presented in the table below:

Physical changes in Girl	Physical changes in Boy
Height increases	Height Increases
Breast starts to enlarge	Shoulder becomes wide
Menstruation starts	Widened of chest
Hips enlarge	Growth of moustache/beard

Sweetness of voice	Enlargement of vocal cords and voice becomes harsh
Glands becomes active so acne/pimple may occur	Glands becomes active so acne/pimple may occur
Production of sweat that causes body odor	Production of sweat that causes body odor
Body hair will develop at armpit, pubic hair grows	Body hair will develop at chest, armpit, pubic hair grows
Development of vagina, ovaries as sexual and reproductive organs.	Development of penis, testicles as sexual and reproductive organs.



Adapted from “Growing Up” by JM Tanner, Scientific American 1973

🔄 Things to Remember

- World Health Organization defines adolescents as a time period in life from 10 to 19 years.
- All the changes that occur during adolescence are normal.
- Boys and girls undergo some similar and some different types of bodily changes during adolescence.

🏠 Activities

List three changes that occurred in your body during adolescence.

Issues during Adolescence and their Management

Adolescence is a phase where boys and girls are curious to learn and practice new things. This curiosity makes them highly vulnerable to many risky behaviors. Their bodily changes also bring some problems. Due to the transition phase, they need help and guidance at every step.



Adolescence face most of the issues due to failure in understanding the bodily changes that occur during this stage. They need to conceptualize that the changes are normal and natural. Some of the major issues of adolescence are as follows:

- Misunderstanding concerning sex
- Early sexual involvement
- Aggressiveness: mood swings
- Lying or hiding facts
- Building relationships
- Physical awkwardness due to growth of genitals, breasts, undergrowth hair, moustache, pimples
- Day dreaming
- Difficulty in managing emotions
- Personal appearance
- Inferiority/Superiority feeling due to skin color
- Peer Pressure; risk of involvement in alcohol or substance abuse.

Most of the issues faced by the adolescents are specific to themselves. These problems are based on their perception towards the things. If they get timely and effective guidance from seniors, teachers or parents, these problems could be solved. Good family atmosphere can help adolescent for the effective conversation of these issues with parents. Keeping oneself in circle of good friends will also help in management of these issues. Every adolescent should share their problems with their seniors or a trusted adult.

Things to Remember

- To respond to the changes during adolescence, it requires patience, empathy, and a sense of humor.
- Adolescence face most of the issues due to failure in understanding the bodily changes.

Activities

Discuss with your friends about the issues of adolescence they are facing. Make a list of them.

Menstruation, Care and Hygiene Management

Introduction to menstruation as a natural and inherent process

Menstruation is periodic discharge of blood and cellular debris from the female genital tract. Menstruation is also called as 'mens', or 'period'. Menstrual cycle is defined as period between one to the occurrence of next menstruation. Menstruation starts at puberty (usually at the age of 10 to 14 years).

Menstruation is a normal process where body starts to gain maturity. The onset of menstruation is called menarche. Starting of menstruation is a sign of readiness of body for childbearing. It continues, unless interrupted by pregnancy or menopause. Menopause is defined as the point of time when menstrual cycles permanently stops. Generally, menopause occurs around 50 years of age.

The duration of menstrual cycle is about 28 ± 4 days. Menstruation normally lasts for 5-7 days. If

conception does not occur next cycle continues. During the menstruation 50-75% of menstrual flow is blood, and the rest is made up of fragments of endometrial tissue and mucus. It is said that normally approximately 30-50 ml blood flows during menstruation.

Various factors can affect the amount of blood flow, including medications, the thickness of the endometrium, blood disorders, and disorders of blood clotting, etc. There have been many myths and taboos associated with menstruation. Some cultures isolate women thinking that the menstrual flow is contaminated or a curse.

During the menstruation, girls may experience the following symptoms:

- Cramping
- Sore and tender breasts
- Food cravings
- Mood swings and irritability
- Fatigue

All these symptoms are normal.

Factors to be considered during Menstruation

A. Menstrual pain management

Many girls get menstruation pain routinely. Pain or cramps can range from mild to severe. They usually happen when a girl gets her period. With age, they usually become less painful and may stop entirely. Medically menstrual cramp is referred as dysmenorrhea. Menstrual cramps are tender, painful cramps girls get in their lower stomach just before and during period.

Menstruation doesn't hurt itself, but the cramps or other symptoms may be uncomfortable. The symptoms of menstrual cramps are as follows:

- Tenderness and pain in breast
- Pain in your hips, lower back, and inner thighs (sometimes severe)
- Upset stomach
- Sometimes vomiting
- Loose stools

The following are some measures that can help ease cramps:

- Putting hot water bag on your belly or lower back
- Taking hot bath
- Eating hot soup
- Drink lot of water
- Rest

B. Nutrition Management

During menstruation, girls should take extra care of their diet. This is primarily because an improper diet can result in pain, headache, nausea, diarrhea and many other symptoms.

- **Leafy Vegetables and fruits:** It's common to experience low iron level during periods, particularly if menstrual flow is heavy. The green leafy vegetables and fruits supports to overcome the loss of iron and water. Iron rich vegetables and water-rich fruits such as watermelon and cucumber are helpful during this period.
- **Lentils, meat and eggs:** A great source of protein. Eating protein is essential for overall health and can help you stay full for a longer period.
- **Nuts:** Most nuts are rich in omega 3 fatty acid and are great source of protein.

- **Water:** Drink plenty of water which reduce the chances of getting dehydration headaches, which is a common symptom of menstruation.

C. Cleanliness of reproductive organs

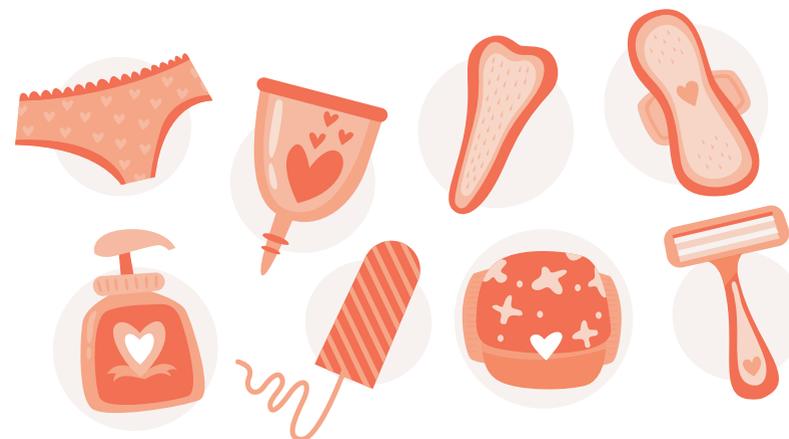
All girls should regularly clean their private parts especially vagina, anus and breasts. This is more necessary during menstruation. After cleaning with water, the reproductive organs and the area must be dried with soft towel or cotton cloth. Many girls keep their private area wet. It is not good. It must be kept dried. It is good to take whole body bath once every day during menstruation.

D. Physical exercises

When menstrual pain is felt, many girls think that bed rest is needed. It is not necessary when there is light pain. Instead, regular light exercises are very good for health and pain management. Walking, stretching, yoga, meditation and other activities are helping to manage menstrual problems.

Introduction to Menstrual Hygiene and Sanitation Management

Menstrual hygiene is the cleanliness of body and sanitary pad during the menstruation period, by using soap and water. This also means the proper disposal of pad. Having menstrual hygiene and sanitation increases a girl's confidence and sense of value.



The following are the methods of menstrual hygiene and sanitation management:

- Take a shower or bath at least once a day
- Do not wait until your pad is too wet. Change the pad in every 3-4 hours.
- Use clean underwear and change it every day.
- If you are using home-made cotton cloth pad, wash properly with soap and water. Pad should be well dried under the direct sunlight.
- Clean your private parts time-to-time
- Always wash or wipe the genitals from front to back. This is important because cleaning in the opposite direction can make way for bacteria from the anus to the vagina and urethral opening, leading to infection.
- Make sure that you wash your hands with warm water and soap after changing your pad/menstrual cup.
- Never flush used sanitary pad down the toilet as they can block the toilet. Discard them properly and throw them in the dustbin to prevent the spread of infections.

🔄 Things to Remember

- Menstruation is periodic discharge of blood and cellular debris from the female genital tract.
- The duration of menstrual cycle is about 28 ± 4 days.
- Menstrual pain can be felt that can be managed.
- Poor menstrual hygiene could lead to poor health.

🏠 Activities

Ask your mother or elder sister about how they manage menstrual hygiene. Make a list of those activities.

Management of sexual changes

In adolescence, boys and girls undergo sexual maturation. Depending on genetic and environmental factors, sexual maturation starts at various ages. Sexual maturation, probably because of improvements in nutrition, general health, and living conditions, begins earlier these days than some decades ago.

Introduction to wet dreaming

Wet dream is a process of sexual pleasure at sleeping due to release of semen (in boys) and vaginal fluid (in girls) unknowingly. It may happen due to an erotic dream or just without it. When a boy/man has this kind of dream, he wakes up with wet clothes or bedding. This is why it is called wet dreams. The same term is also used to refer to a woman's sexual pleasure during sleep. Wet dreams are not caused by masturbation while sleeping; they occur without any physical stimulation.

There are many myths about wet dreams, which can make them confusing if a person does not know what to expect.

“**Wet dream is a natural phenomenon. It shows a person is in good process of development. It is normal and stops over time.**”

MYTHS	FACTS
Wet dream reduces person's immunity	Wet dreams do not reduce sperm count
Wet dreams only happen in puberty	Women (girls) can have wet dreams
Masturbation can probably prevent wet dreams	Wet dreams are not a sign of illness
Wet dream will reduce a size of penis	Wet dreams are not always erotic dreams

Methods of management of wet dreaming

If wet dreaming happens, there is no need to worry about. It is not harmful. Shower must be taken and the undergarment must be changed. Sometimes meditating or practicing relaxation technique before bed may reduce its chances. Maintaining proper hygiene further reduces the chance of other infections.

Things to Remember

Adolescence brings sexual maturity and changes among girls and boys.

Some boys and girls may perceive wet dream that is quite normal and natural.

Exercises

1. Answer the following questions

- Define adolescence. Write the physical changes occurring in the body of girl and boy.
- List the issues faced during adolescence.
- Define menstruation and list the menstrual symptoms.
- What is menstrual hygiene management?
- What are wet dreams? Are they harmful?

2. Fill in the blanks with appropriate words

- Menstruation is a normal process where body starts to gain _____.
- Girls should change the pad in every _____ hours.
- Mood swings and irritability are the symptoms of _____.
- The onset of menstruation is called _____.
- Wet dream is a _____ phenomenon.

3. Write 'T' for 'True' statement and 'F' for 'False' statement.

- Adolescence ranges from 15 to 24 years. []
- Menstrual hygiene is cleanliness of body and sanitary pad during the menstruation period. []
- Pad should be well dried under the direct sunlight. []
- During menstruation, girls should not take extra care of their diet. []
- Wet dream reduces person's immunity. []





Grade
7

Introduction

Adolescence is a critical phase in the lives of people in 10-19 years. During this transition phase, various changes occur in the lives of adolescents, physically as well as building of characters. They are required to become mentally prepared for advantages and disadvantages of self and physical changes. Maturity among the adolescents will also lead to taking more responsibility and improve in their decision-making capacity. Adolescents in this age also seek independence, feel excited about new things and experiences. On the other hand, if they go off the track and cultivate negative thoughts, they would fall into a difficult situation from which it would be difficult to come out, and in turn will lead them to several difficulties.

Human sexuality is affected by culture, caste, religion, socio economic condition, physical condition and sex identification. Sexual perception depends on person's sexual identification. Sexual identification is a process of showing sexual behavior and relationship. There are many wrong concepts about sex and reproductive health which need to be removed through sexuality education.

After completion of this course, the students of grade seven will be able to conceptualize the concept of gender and sexuality, be familiar with the myths and misconceptions regarding menstruation and abortion, be acquainted with the meaning of safe sexual behavior and safe use of Information and Communication Technologies (ICTs). Students will also equip to identify the sexual misconduct and the role of adolescents in better management of sexual and reproductive health.

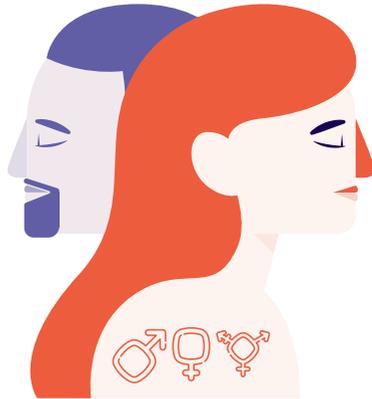
Gender and Sexuality

Gender

“Gender” defines as the role of man or woman in society. According to World Health Organization **“Gender refers to the socially constructed characteristics of women and men, such as norms, roles, and relationships”**. As a social construct, gender varies from society to society and can change over time.

“Sex” is defined as the biological and physiological differences between male, female and intersex persons, such as chromosomes, hormones and reproductive organs. Thus, it is generally categorized as male or female and intersex.

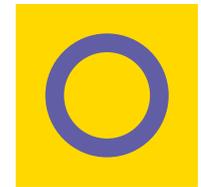
Intersex is a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn’t seem to fit the typical definitions of female or male. For example, a person might be born appearing to be female on the outside, but having mostly male-typical anatomy on the inside. Or a person may be born with genitals that seem to be in-between the usual male and female types—for example, a girl may be born with a noticeably large clitoris, or lacking a vaginal opening, or a boy may be born with a notably small penis, or with a scrotum that



is divided so that it has formed more like labia. Or a person may be born with mosaic genetics, so that some of her cells have XX chromosomes and some of them have XY.

Though we speak of intersex as an inborn condition, intersex anatomy doesn’t always show up at birth. Sometimes a person isn’t found to have intersex anatomy until she or he reaches the age of puberty, or finds himself an infertile adult, or dies of old age and is autopsied. Some people live and die with intersex anatomy without anyone (including themselves) ever knowing.

Gender roles vary from society to society. In some societies, these roles are more rigid. Sometimes the genetically assigned sex of a person does not line up with their gender identity. Such people may refer to themselves as transgender. They are sexual minorities.



Intersex pride flag

Gender roles are cultural and sometimes personal. Society determines how male and females should walk, speak, dress and interact within the members of society. We should always respect the different types of gender that are present in our society. Gender equality is a global need. All types of sexual minorities should be treated respectfully.

Differences between sex and gender are as follows:

SN	Sex	Gender
1	Biologically determined	Socially constructed
2	Characterized as "male", "female" and "intersex"	Characteristics that a society has given as "masculine" or "feminine".
3	Anatomy of reproductive system	Personal identification of one's own gender
4	Concept of sex is same all over the world	Varies between and within the societies

Sexuality

Sexuality is expression of sexual feelings, thoughts, attractions and behaviors towards other people. We can find other people physically, sexually or emotionally attractive, and all these feelings are a part of our sexuality. It is important to understand and discover our sexuality. Discovering our sexuality and expressing it, might be difficult in a rigid society, but to express it is our sexual rights. Some people experience discrimination due to their sexuality. People expresses sexuality in different ways.

Activities

Discuss about the roles of men and women in your family.

Things to Remember

1. Gender role varies from society to society and place to place.
2. Sexuality is the expression of sexual feelings, thoughts, attractions and behaviors by a person towards others.

Myths Regarding Menstruation

Myths and misconceptions regarding menstruation

Menstruation is a normal natural process. The existing cultural and social norms acts as a barrier for development of knowledge on menstruation. Because of prevailing myths, misconception and taboos around menstruation, women and girls are excluded from many educational, social and cultural life during their menstrual period.

Restrictions such as, not allowing women/girl touching religious books, entering the temple, to do "puja"/worship god, do the cooking, touch male member or husband in a family is deeply prevailing during menstruation. The major cause of this myths and misconception is believing that women during this time are unhygienic and impure.

Following are some of the myths and facts about menstruation:

SN	Myths	Facts
1.	Menstruation blood is impure	Menstruation blood is made up of blood and tissue and is not impure.
2.	Girls during period should not cook or visit temples.	Periods are just natural process
3.	Sanitary pad should be kept privately and covered while purchasing.	Buying sanitary pad is like buying your regular hygiene products like soap, toothpaste.
4.	Girls having their period should not touch plants. The plants will die.	Plants do not discriminate. They survive on good care.
5.	Girls having periods should sleep in a separate room.	Menstruation is not contagious and causes no harm to anyone else in the room.
6.	Any form of physical activity can disturb menstrual flow.	Exercise and playing sports can actually help relieve pain.

Effects of myths of menstruation on reproductive health

The malpractices during the menstruation have several effects on reproductive health. During the menstruation, girls/women in most of the rural areas use home-made cotton cloth pad. These home-made pads are re-usable (after proper wash) and hence, cost effective. Due to cultural beliefs, girls use to dry used cloth pad under shades. These types of dried pads provide favorable environment for bacterial growth which when used will cause infection in the sexual and reproductive organs.

Using sanitary pads frequently contributes to absorption of moisture from vagina and accelerate the growth of harmful microorganisms. Reproductive Tract Infection and Urinary Tract Infection are some of the major effects of poor menstrual hygiene. Genital itching, back pain, abdominal pain, inflammations over the genitalia and abnormal genital discharge are the common symptoms of reproductive tract infections.

Activities

Ask your mother or elder sister about the prevailing malpractices during menstruation and write a paragraph why it is not a good practice.

Things to Remember

- Menstruation is a natural process.
- The existing cultural and social norms acts as a barrier for development of knowledge on menstruation.
- Menstrual blood is made up of blood and tissues and is not impure.
- Malpractices and myths on menstruation may have several negative effects on reproductive health of females.

Safe Sex

Safe sexual behavior

Safe sex is having sexual contact by protecting oneself and one's sexual partner against sexually transmitted infections (STIs) and unplanned pregnancy. Sexual contact that doesn't involve the exchange of semen, vaginal fluids or blood between partners is considered to be safe sex.

Unsafe sex may put one or one's partner at risk of STIs such as chlamydia, gonorrhea, syphilis, HIV or hepatitis B, or may result in an unplanned pregnancy. Condoms offer the best available protection against STIs by acting as a physical barrier to prevent the exchange of semen, vaginal fluids or blood between partners.



Safe use of ICTs

Since the world has entered into technology, people have increased the use of ICTs in their daily life. If the ICT is used safely, and responsibly, benefits of ICT are fantastic in bringing knowledge. ICTs have increased the arena of learning. Using ICT to send abusive or offensive messages are illegal.

While using it, we should always be responsible and respectful to others using it. Our use of ICT should not affect or abuse someone other's life. Cyber bullying, cyber-crime are some of the negative practices of ICTs. Cyber bullying is the use of electronic communication or social media to harass a person, by sending messages of an intimidating, threatening, character assassination or teasing. Cybercrime is a criminal activity such as fraud, stealing intellectual property, trafficking, etc.

Similarly, it is necessary to maintain some discipline while we are online. We should avoid watching age-restricted contents such as sexually explicit matter, violence related matter and abusive contents.

Activities

What methods you apply to prevent yourself from cyber bullying and cyber-crime?

Things to Remember

- Sexual contact that doesn't involve the exchange of semen, vaginal fluids or blood between partners is considered to be safe sex.
- We should always use ICT responsibly and respectfully.

Sexual misconduct including good touch and bad touch

Sexual misconduct is a sexual assault or sexual harassment. Sexual misconduct is often committed against an individual his or her consent. Sexual misconduct can occur at home, school, workplace or even in a public place. Anyone either man or woman can be victim of it. Some of the examples or indications of sexual misconduct is:

- request for sexual favors,
- verbal assault (using offensive words),
- physical conduct of sexual abuse (touching, pinching, rubbing, grabbing, kissing),
- rape,
- coercion,
- repeated face-to-face, telephone or email messaging or calling after being refused
- making sexual gestures by showing sexual suggestive pictures or objects

Initiation of the sexual misconduct can also be identified by the type of touch; good touch or bad touch.

Good Touch

"Good touch" is the kind of touch that people show they care for each other and help each other (i.e., hugging, holding hands, changing a baby's diaper). It is also called "safe touch". These type of touches gives us good feelings.



Retrieved from dailyhunt.in
<http://bit.ly/3plA9mo>

Bad Touch

“Bad touch”, is the kind you don’t like. This touch is also a type of touch that makes you feel scared or any secret touch. Is also called “inappropriate” or “unsafe” touch. You can immediately say “NO” if someone makes you feel uncomfortable with the touch. In worse case, you can stop by running, hitting, kicking, or shouting. Some of the examples of bad touch are:

- Touching genitals/masturbating in public or private
- Looking at or touching a peer’s or new sibling’s genitals
- Showing genitals to peers or manifesting with sexual behaviors
- Standing or sitting too close to someone
- Trying to catch a glimpse of peers or adults naked

Activities

Make a list of good and bad touch behavior.

Things to Remember

To be safe from Bad Touch or sexual misconduct, Say “NO” in a loud voice, “GO” to a safe place with other people and “TELL” an adult you trust.

Pregnancy and Pregnancy prevention

Pregnancy is the term used to describe the period in which a fetus develops inside a woman’s womb or uterus. Pregnancy usually lasts about 40 weeks, or just over 9 months, as measured from the last menstrual period. If the pregnancy is against the will of the person or couple, then it is called an unintended pregnancy.

Unintended pregnancy and safe abortion

An unintended pregnancy is a pregnancy which is unwanted. Such as the pregnancy occurred when no children or no more children were desired. Or the pregnancy is untimely, such as the pregnancy occurred earlier than desired. Unintended pregnancy typically occurs after sexual activity without the use of contraception, or not using it correctly.

Consequences of unintended pregnancy

Unintended pregnancy has significant impact on the health and life of a mother and the family as described below:

- Unintended births
- Women with an unintended pregnancy are more likely to suffer from poor health or depression during or after pregnancy.
- Women with unintended pregnancy are at increased risk of physical violence during pregnancy.
- Children born of unintended pregnancies have higher risk of neglect.



Contraceptives and family Planning

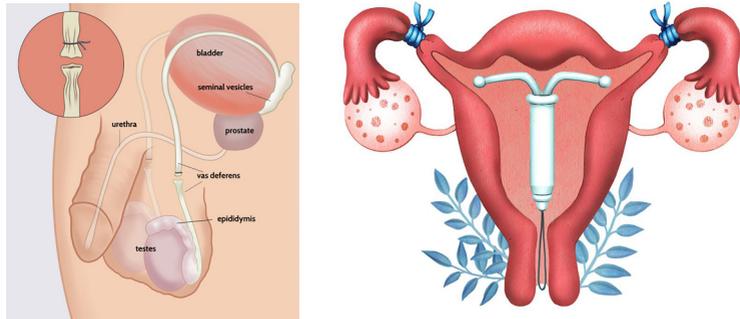
Unintended pregnancies are prevented by mostly two major interventions:

- A. Contraceptives and Family Planning
- B. Safe Abortion

A. Contraceptives and Family Planning:

Contraceptives acts by interfering with the normal process of ovulation, fertilization, and implantation. There are different kinds of contraceptives that act at different points to control births. Contraceptives can be categorized into two major categories:

Permanent Methods: Permanent contraceptive method includes sterilization. Methods used for permanent contraception in women include laparoscopy and minilap. While in men, vasectomy is the permanent contraceptive method. These methods act until it is reversed. It is often considered as best contraceptive choice when desired family size has been achieved.



Temporary Methods: These methods are for people who wish to delay pregnancies or birth spacing. The contraceptive action of these methods is meant to last for a single act of sexual intercourse or for a specific period of time (e.g., for several days, months or years, or for as long as you continue to use the method). These methods are also called short-term methods. These methods include condoms, pills, injectable (Depo-Provera), Intra-uterine contraceptive device (IUD) and Implant.

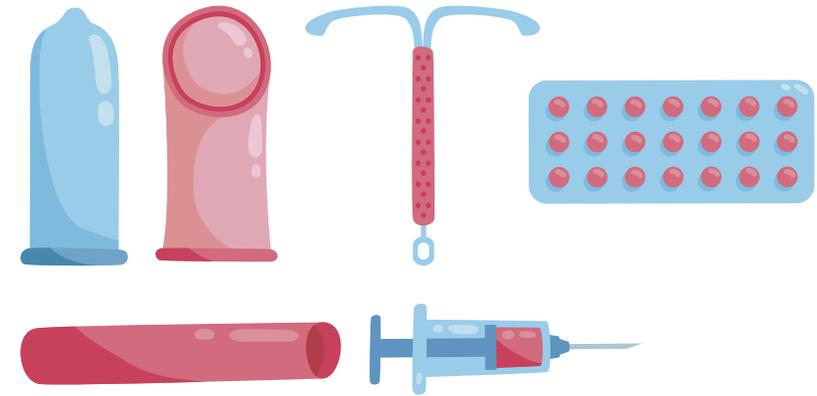


fig. temporary methods of family planning

Contraception Types	Frequency of Use	Effective Duration
Condom	During every sexual intercourse	One sexual intercourse
Pills	Daily Single Pill	Each Day
Injectable (Depo-Provera)	Once in three months	Three Months
Intrauterine Contraceptive Device	Once	Twelve years
Implant	Once	Five years
Emergency Contraceptive Pills	Once within 72 hours of unprotected sexual intercourse	Up to 72 hours after sexual intercourse

B. Safe Abortion

Abortion is the ending of a pregnancy by removal or expulsion of an embryo or fetus. When abortions are conducted by the trained health personnel using appropriate technology, then such abortions will be considered as safe abortion. On the other hand, abortion conducted by untrained health personnel; using inappropriate technology; using different herbs; etc. are considered as unsafe abortion. Safe abortion services are available from government accredited health facilities. Unsafe abortion are the leading causes of maternal deaths. Abortion has been legalized in Nepal in 2002 A.D. under following conditions:

- Fetus (gestation) up to twelve weeks, with the consent of the pregnant woman,
- Fetus (gestation) up to twenty-eight weeks, as per the opinion of the licensed doctor that there may be danger upon the life of the pregnant woman or disabled infant may be born,
- Fetus (gestation) remained due to rape or incest, and up to twenty-eight weeks with the consent of the pregnant woman,
- Fetus (gestation) up to twenty-eight weeks with the consent of the woman who is suffering from HIV or other incurable disease,
- Fetus (gestation) up to twenty eight weeks with the consent of the woman, as per the opinion of the health worker involved in the treatment that damage may occur in the womb due to defects occurred in the fetus (gestation), or that there is such defect in the fetus of the womb that it cannot live even after the birth, that there is condition of disability in the fetus (gestation) due to genetic defect or any other cause.



“
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Activities

Discuss about the causes and consequences of unintended pregnancy with your friends and present in the classroom

Things to Remember

1. Unintended pregnancy has significant impact on the health and life of a mother and the family.
2. Contraceptives are the devices that prevents unintended pregnancies.
3. Abortion is an ending of a pregnancy by removal and expulsion of an embryo or fetus

Role of adolescents in sexual and reproductive health

Adolescent sexual and reproductive health refers to the physical and emotional wellbeing of adolescents and includes their ability to remain free from unwanted pregnancy, unsafe abortion, STIs (including HIV/AIDS), and all forms of sexual violence and coercion.

Adolescents are considered as vulnerable to multiple sexual and reproductive health issues in our country. To ensure the good sexual and reproductive health, adolescent should openly share their SRH queries or issues with the elderly family members or teachers or relatives to whom they feel comfortable. Adolescent should always be aware on the good touch and bad touch, and always say “NO” to the touch to whom they are not comfortable. Adolescents should respect everyone’s sexuality.

Things to Remember

Adolescent should openly share their SRH queries or issues with the elderly family members or teachers or relatives to whom they feel comfortable.

◇ Exercises

1. Answer the following questions very briefly.

- What are the differences between sex and gender?
- What is sexuality? Define different types of sexual orientation?
- List the myths and facts about menstruation.
- What is sexual misconduct? Describe good touch and bad touch.
- What are the roles of adolescents in sexual and reproductive health?

2. Fill in the blanks with appropriate words

- Good touch" is the kind of touch that people show they _____ for each other.
- You should immediately say _____ to bad touch.
- Condom, pills, implants are _____ contraceptives.
- Abortion is legalized in Nepal in _____ A.D.
- Character assassination is an example of _____.
- Abortion conducted by trained health personnel by using appropriate technology is _____.

3. Write 'T' for 'True' statements and 'F' for 'False' statements

- Repeated messaging or calling after being refused is not a sexual misconduct. []
- Unintended pregnancy is either unwanted or untimely. []
- Sexual misconduct is a sexual assault or sexual harassment. []
- Gender is characterized by male or female. []
- Abortion is not legalized in Nepal. []
- Adolescent should keep their SRH queries secret. []





Grade

8

Introduction

Sexuality denotes beliefs, opinions and behavior towards sex. Thus, the role of sex education for students of grade eight is to advocate for youth-friendly health service, safe sexual behavior, safe motherhood and respecting the rights for reproduction and its promotion.

Facilitating CSE for grade eight has multiple advantages such as providing positive attitude, useful knowledge and skills regarding sexual and reproductive health, spreading awareness against gender violence, helping the adolescents address their queries and problems related to sexuality and helping them build and strengthen interpersonal relations and skills.

After completion of this course, the students of grade eight will be able to conceptualize social construction of gender and the methods of reducing gender inequalities, understand adolescent friendly sexual and reproductive health service. Similarly, adolescents will have comprehensive understanding of sexually transmitted infections and avoiding stigma towards people living with HIV and AIDS.

Understanding Gender

Social construction of gender

Gender refers to the characteristics of women, men, girls and boys that are socially constructed. Gender involves social norms, attitudes and activities that society deems more appropriate for one sex over another. Gender is also determined by what an individual feels and does. As a social construct, gender varies from society to society and can change over time. Gender interrelates but is different from sex, which refers to the different biological and physiological characteristics of females, males and intersex persons, such as chromosomes, hormones and reproductive organs. Specifically, the social construction of gender specifies that gender roles are an achieved "status" in a social environment, which indirectly and directly categorize people and therefore motivate social behaviors. Recent days, gender does not confine with only male or female, there are people who present themselves differently from their assigned sex and is termed as Third gender.

Gender is different from Sex in following ways:

Sex	Gender
Sex refers to the biological and physiological differences between men and women	Gender refers to the social and cultural differences between men and women
Sex has the following categories: male, female and intersex.	Gender has two main categories: masculine and feminine. Nowadays, androgynous is also an important marker when talking about gender.
Sex remains the same regardless of time and culture	Gender roles, expectations may differ across time and culture
Sex is created by the reproduction needs, that is biological features	Gender distinctions are created by social norms

Meaning of gender equality

In general terms, gender equality is defined as the concept that women and men, girls and boys have equal conditions, treatment and opportunities for realizing their full potential, human rights and dignity, and contributes equally to economic, social, cultural and political development. Gender equality is, therefore, the equal valuing of the similarities and the differences of men and women, and their roles by society. Equality does not mean that women and men will become the same but that women's and men's rights, responsibilities and opportunities will not depend on whether they are male or female. Gender equality implies that the interests, needs and priorities of both women and men, and girls and boys are taken into equal consideration. It recognizes that all human beings are free to develop their personal abilities and make choices without the limitations set by stereotypes and prejudices about gender roles.

Gender inequality is the social process in which men and women are not treated as equals. The differences may arise from differences regarding biology, psychology, roles. Some of these distinctions are culturally grounded while others appear to be socially constructed. The prevailing gender stereotypes and perceptions leads to many social or personal issues.

◇ Main Issues of Gender Inequalities are:

- **The uneven representation of male and female in different forums;** administrative or political, with higher proportion of male.
- **Violence Against Women:** Usually, men are socially regarded as being of higher value. This unequal situation is present in many areas of social life and can lead to violence (physical, verbal, or psychological).
- **Sexual Harassment**
- **The Wage Gap:** at the workplace gender differences are seen in the difference in payment for work of equal value, where men were paid higher than women workers.
- **Work-life Balance:** Today, women increasingly engaged in income generation with men. However, there has not been a similar change in the distribution of domestic work. For that reason, women with both roles (productive and reproductive) work more hours than men, get less rest, and are burdened with a heavy workload that puts their health at risk and limits their chances of developing a professional career.

Methods of reducing gender inequalities

Individually, as a group, institution or nation, can contribute towards reducing gender inequalities by:

- Offering equal education opportunities to child irrespective of sex
- Promoting social integration
- Increase women employment opportunities
- Involve women in politics and social activities
- Involve women in decision making and encourage to take decision by/for themselves.
- Arrange social protection programs

Activities

In small group, discuss the causes and consequences of gender inequality that exist in your community.

Things to Remember

Gender does not confine with only male or female, there are people who present themselves differently from their assigned sex and is termed as Third gender.

Gender equality is the equal valuing of the similarities and the differences of men and women, and their roles by society.

Reproductive System

Introduction to Reproductive System

The organs involved in producing offspring is called reproductive system. As the person grows, the reproductive organs also grow and become ready to reproduce. In women, this system includes the ovaries, the fallopian tubes, the uterus, the cervix, and the vagina. While, in men, it includes the prostate, the testes, and the penis. The major function of the reproductive system is to ensure survival of the species.

Function of Reproductive System

Within the context of producing offspring, the reproductive system has four major functions:

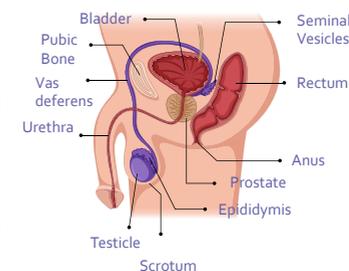
- To produce egg and sperm cells
- To transport and sustain these cells
- To nurture the developing offspring
- To produce reproductive hormones

Organs of Male and Female Reproductive System

A. Male Reproductive System

The male reproductive system consists of a pair of testes and a network of excretory ducts (epididymis, ductus deferens (vas deferens), and ejaculatory ducts), seminal vesicles, the prostate, the bulbourethral glands, and the penis. The organs of the male reproductive system are specialized for the following:

- To produce, maintain and transport sperm (the male reproductive cells) and protective fluids (semen)
- To discharge sperm within the female reproductive tract
- To produce and secrete male sex hormones



◇ External male reproductive organs:

Most of the male reproductive system is located outside of the man's abdominal cavity or pelvis. The external structures of the male reproductive system are the penis, the scrotum and the testicles.

Penis: The penis is the male organ for sexual intercourse. It has three parts: the root, which attaches to the wall of the abdomen; the body, or shaft; and the glans, which is the cone-shaped end of the penis. The glans, which also is called the head of the penis, is covered with a loose layer of skin called foreskin.

Scrotum: The scrotum is the loose pouch-like sac of skin that hangs behind the penis. It contains the testicles (also called testes), as well as many nerves and blood vessels. The scrotum has a protective function and acts as a climate control system for the testes.

Testicles (Testes): The testes are oval organs about the size of very large olives that lie in the scrotum, secured at either end by a structure called the spermatic cord. Most men have two testes. The testes are responsible for making testosterone, the primary male sex hormone, and for producing sperm.

Epididymis: The epididymis is a long, coiled tube that rests on the backside of each testicle. It functions in carrying and storage of the sperm cells that are produced in the testes. Another main function of epididymis is to bring the sperm to maturity, since the sperm that emerge from the testes are immature and incapable of fertilization. During sexual arousal, contractions force the sperm into the vas deferens.

◇ Internal male reproductive organs:

The internal organs of the male reproductive system include the following:

Vas deferens: The vas deferens is a long, muscular tube that travels from the epididymis into the pelvic cavity, to just behind the bladder. The vas deferens transports mature sperm to the urethra in preparation for ejaculation.

Ejaculatory ducts: These are formed by the fusion of the vas deferens and the seminal vesicles. The ejaculatory ducts empty into the urethra.

Urethra: The urethra is the tube that carries urine from the bladder to outside of the body. In males, it has the additional function of ejaculating semen when the man reaches orgasm. When the penis is erect during sex, the flow of urine is blocked from the urethra, allowing only semen to be ejaculated.

Seminal vesicles: The seminal vesicles are sac-like pouches that attach to the vas deferens near the base of the bladder. The seminal vesicles produce a sugar-rich fluid that provides sperm with a source of energy and help sperms to move. The fluid of the seminal vesicles makes up high volume of a man's ejaculatory fluid, or ejaculate.

Prostate gland: The prostate gland is a walnut-sized structure that is located below the urinary bladder in front of the rectum. The prostate gland contributes additional fluid to ejaculate. Prostate fluids also help to nourish the sperm.

B. Female Reproductive System

The female reproductive system produces female sex hormones that maintain the reproductive cycle. The female reproductive organs includes vagina, uterus, ovaries, clitoris, labia majora, labia minora, Bartholin's glands.

◇ External female reproductive organs:

External female reproductive organs:

The external female reproductive organs are Labia majora, Labia minora, Bartholin's gland, and Clitoris.

The function of the external female reproductive structures is:

To enable sperm to enter the body and

To protect the internal genital organs from infectious organisms.

Labia majora: The labia majora ("large lips") enclose and protect the other external reproductive organs. During puberty, hair growth occurs on the skin of the labia majora, which also contain sweat and oil-secreting glands.

Labia minora: The labia minora ("small lips") lie just inside the labia majora, and surround the openings to the vagina (the canal that joins the lower part of the uterus to the outside of the body) and urethra (the tube that carries urine from the bladder to the outside of the body). This skin is very delicate and can become easily irritated and swollen.

Bartholin's glands: These glands are located next to the vaginal opening on each side and produce mucus secretion.

Clitoris: The two labia minora meet at the clitoris, a small, sensitive lump that is comparable to the penis. The clitoris is covered by a fold of skin, called the prepuce, which is similar to the foreskin at the end of the penis. Like the penis, the clitoris is very sensitive to stimulation and can become erect.

◇ Internal female reproductive organs:

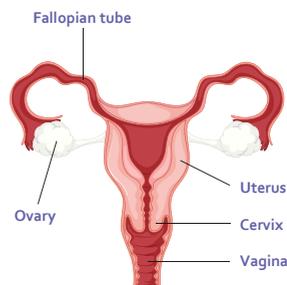
The internal reproductive organs include:

Vagina: The vagina is a canal that joins the cervix (the lower part of uterus) to the outside of the body. It also is known as the birth canal.

Uterus (womb): The uterus is a hollow, pear-shaped organ that is the home to a developing fetus. The uterus is divided into two parts: the cervix, which is the lower part that opens into the vagina, and the main body of the uterus, called the corpus. The corpus can easily expand to hold a developing baby. A canal through the cervix allows sperm to enter and menstrual blood to exit.

Ovaries: The ovaries are small, oval-shaped glands that are located on either side of the uterus. The ovaries produce eggs and hormones.

Fallopian tubes: These are narrow tubes that are attached to the upper part of the uterus and serve as pathways for the ova (egg cells) to travel from the ovaries to the uterus. Fertilization of an egg by a sperm normally occurs in the fallopian tubes. The fertilized egg then moves to the uterus, where it implants to the uterine lining.



📐 Activities

Draw the internal reproductive organ of male and female, label it and write its function.

📌 Things to Remember

1. The organs involved in producing offspring is called reproductive system.
2. The male reproductive system consists of a pair of testes and a network of excretory ducts (epididymis, ductus deferens (vas deferens), and ejaculatory ducts), seminal vesicles, the prostate, the bulbourethral glands, and the penis.
3. The female reproductive organs include vagina, uterus, ovaries, clitoris, labia majora, labia minora, Bartholin's glands.

Reproductive processes

Introduction to Sperm and ovum production, ovulation and conception

A. Introduction to sperm production

A man's reproductive system is specifically designed to produce, store, and transport sperm. Sperm production occurs in the testicles. Upon reaching puberty, a man will produce millions of sperm cells every day, each measuring about 0.002 inches (0.05 millimeters) long.

Process of sperm production

Sperm develop in the testicles within a system of tiny tubes called the **seminiferous tubules**. At birth, these tubules contain simple round cells. During puberty, testosterone and other hormones cause these cells to transform into sperm cells. The cells divide and change until they have a head and short tail, like tadpoles. The head contains genetic material (genes). The sperm move into the epididymis, where they complete their development.

The sperm then move to the vas deferens, or sperm duct. The seminal vesicles and prostate gland make a whitish fluid called seminal fluid, which mixes with sperm to form semen when a male is sexually stimulated. The penis, which usually hangs limp, becomes hard when a male is sexually excited. Tissues in the penis fill with blood and it becomes stiff and erect (an erection). The rigidity of the erect penis makes it easier to insert into the female's vagina during sex. When the erect penis is stimulated, muscles around the reproductive organs contract and force the semen through the duct system and urethra. Semen is pushed out of the male's body through his urethra — this process is called ejaculation. Each time a guy ejaculates, it can contain up to 500 million sperm.

B. Introduction to ovum production

An oocyte is an immature ovum, or egg cell. An oocyte is produced in the ovary during female gametogenesis. The female germ cells produce a primordial germ cell, which then undergoes mitosis, forming oogonia. During oogenesis, the oogonia become primary oocytes. The oocytes are then transported to the fallopian tube where fertilization by a sperm may occur. The fertilized egg then moves to the uterus, where the uterine lining has thickened in response to the normal hormones of the reproductive cycle. In the uterus, the fertilized egg implant into thickened uterine lining and continue to develop.

C. Ovulation

Ovulation is the name of the process that happens usually once in every menstrual cycle when hormone changes trigger an ovary to release an egg. You can only become pregnant if a sperm fertilizes an egg. Ovulation usually happens 12-16 days before your next period starts. The eggs are contained in your ovaries. During the first part of each menstrual cycle, one of the eggs is being grown and matured. As you approach ovulation, your body produces increasing amounts of a hormone called estrogen, which causes the lining of your uterus to thicken and helps create a sperm friendly environment. These high estrogen levels trigger a sudden increase in another hormone called luteinising hormone (LH). The 'LH' causes the release of the mature egg from the ovary - this is called ovulation. The egg can only be fertilized for up to 24 hours after ovulation. If it isn't fertilized the lining of the womb is shed (the egg is lost with it) and your period begins.

D. Conception

Conception is the time when sperm travels up through the vagina, into the uterus, and fertilizes an egg found in the fallopian tube. Conception occurs during the part of a woman's menstrual cycle called ovulation. Ovulation usually occurs around the midpoint of a woman's menstrual cycle. This would fall around day 14 in a 28-day cycle. During ovulation, one of the ovaries releases an egg, which then travels down one of the fallopian tubes. If there's sperm present in a woman's fallopian tube, the sperm could fertilize the egg. Usually, an egg has about 12 to 24 hours lifespan within which it can be fertilized by sperm. However, sperm can live for several days in a woman's body. Therefore, when the ovary releases the egg, sperm that are already present from intercourse a few days before could fertilize it. Or, if a woman has sex during the time the egg has been released, the sperm could fertilize the just-released egg and women than will conceive. This is how the conception occurs.

Management of Wet Dreaming

Wet dream is a natural phenomenon. It shows a person is in good process of development. It is normal and stops over time.

Wet dream is a process of sexual pleasure at sleeping due to release of semen (in boys) and vaginal fluid (in girls) unknowingly. It may happen due to an erotic dream or just without it. When a boy/man has this kind of dream, he wakes up with wet pants or bedding. This is why it is called wet dreams. The same term is also used to refer to a woman's sexual pleasure during sleep. Wet dreams are not caused by masturbation while sleeping; they occur without any physical stimulation.

If wet dreaming happens, there is no need to worry about. It is not harmful. Shower must be taken and the undergarment must be changed. Sometimes meditating or practicing relaxation technique before bed may reduce its chances. Maintaining proper hygiene further reduces the chance of other infections.

“
Wet dream is a process of sexual pleasure at sleeping due to release of semen (in boys) and vaginal fluid (in girls) unknowingly. It may happen due to an erotic dream or just without it.”

🌀 Things to Remember

1. Ovulation usually happens 12-16 days before your next period starts.
2. Conception is the time when sperm travels up through the vagina, into the uterus, and fertilizes an egg found in the fallopian tube.

STIs prevention and Positive behavior towards PLHIV

Introduction of sexually transmitted infection

Sexually transmitted infections (STIs), also referred to as sexually transmitted diseases (STDs), are infections that are commonly spread by sexual activity. These are generally acquired by sexual contact. The organisms (bacteria, viruses or parasites) that cause sexually transmitted diseases may pass from person to person through blood, semen, vaginal and other bodily fluids.

Symptoms of Sexually Transmitted Infections: Sexually transmitted diseases (STDs) or sexually transmitted infections (STIs) can have a range of signs and symptoms, including no symptoms. Signs and symptoms that might indicate an STI include:

- Painful or burning urination
- Discharge from the penis
- Unusual or odd-smelling vaginal discharge
- Unusual vaginal bleeding
- Sore, swollen lymph nodes, particularly in the groin
- Lower abdominal pain
- Fever

Causes of STIs: Sexually transmitted diseases (STDs) or sexually transmitted infections (STIs) can be caused by:

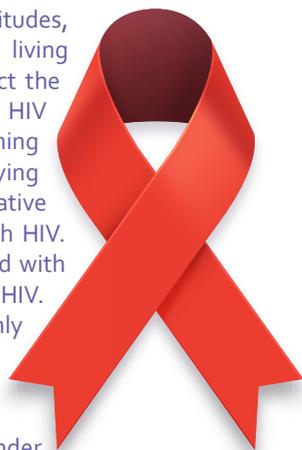
- Bacteria (gonorrhea, syphilis, chlamydia)
- Parasites (trichomoniasis)
- Viruses (human papillomavirus, genital herpes, HIV)

Sexual activity plays a role in spreading many other kinds of infections, although it's possible to be infected without sexual contact. Examples include the hepatitis A, B and C viruses, shigella, and Giardia intestinalis.

Prevention of STIs: There are several ways to reduce the risk of sexually transmitted diseases (STDs) or sexually transmitted infections (STIs). Using condoms consistently and correctly in every sexual contact is the best method of STI prevention. Maintaining hygiene of your sexual and reproductive organs also prevent from bacterial, viral or fungal infections.

Positive behavior towards people living with HIV and AIDS

HIV stigma refers to irrational or negative attitudes, behaviors, and judgments towards people living with or at risk of HIV. It can negatively affect the health and well-being of people living with HIV by discouraging some individuals from learning their HIV status, accessing treatment, or staying in care. In other words, HIV stigma is negative attitudes and beliefs about people living with HIV. Lack of information and awareness combined with outdated beliefs lead people to fear getting HIV. Many people think of HIV as a disease that only certain groups get like those involved in sexual activities and or injecting drugs.



Everyone irrespective of his/her race, sex, gender identity or disease status have equal right to enjoy his/her life- ensured by the constitution of Nepal. However, people living with HIV and AIDS still face discrimination in different forms in the society which needs to be addressed. The ultimate goal of HIV care is to help people with HIV and their families live longer and better lives.

We can promote the positive behavior towards people living with HIV and AIDS by

- Respecting them as of other members of the society
- Providing equal opportunities in different social, political and other sectors
- Engaging them in income generation activities
- Encouraging them on adopting healthy behavior and
- Supporting them on diagnosis and treatment.

Activities

List the types of stigma and discrimination faced by people living with HIV and AIDS, and write the role of student to prevent it.

Things to Remember

1. Sexually transmitted infections (STIs) or sexually transmitted diseases (STDs), are infections that are commonly spread by sexual activity.
2. Using condoms consistently and correctly in every sexual contact is the best method of STI prevention.
3. People living with HIV have equal rights to live longer and better life.

Prevention of pregnancy

Introduction to Contraception

Contraception is defined as the intentional prevention of conception using various devices, sexual practices, chemicals, drugs, or surgical procedures. Thus, any device or act whose purpose is to prevent a woman from becoming pregnant is defined as contraceptives. The primary purpose of contraception is pregnancy prevention. Right use of contraceptives prevents:

- Sexually transmitted infections.
- Helps to regulate the menstruation.
- Control and space births.
- Helps to reduce maternal mortality and morbidity reducing unsafe abortions.

Methods of Contraception

Contraceptives are mainly categorized as temporary and permanent based on their effectiveness to control birth.

◇ Temporary Contraceptive Methods:

A. Condom: The condom is the only form of contraception that protects against most STIs as well as preventing pregnancy. This method of contraception can be used on demand, is hormone free and it comes in male and female varieties.

Male condoms are rolled onto an erect penis and act as a physical barrier, preventing sexual fluids from passing between people during sex. The female condom is placed into the vagina right before sex. Based on typical use, the female condom is not quite as effective as the male latex condom and it may take a little practice to get used to.

Advantages: It's the best protection against STIs; can be used on demand; hormone free.

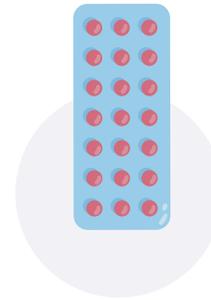
Disadvantages: It can tear or come off during sex if not used properly; some people are allergic to latex condoms.



B. Oral Contraceptive Pills: The combined pill contains estrogen and progesterone, and mini pill contains only one hormone, a progesterone. The pill can have many benefits, however remembering to take it on time is a must.

Advantages: Highly effective when used correctly; permits sexual naturalness and doesn't interrupt sex; some pills may even reduce heavy and painful periods.

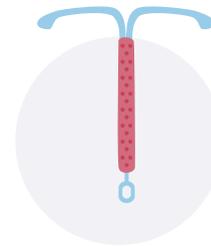
Disadvantages: Forgetting to take your pill means it won't be as effective; it can only be used by women; and it does not protect against STIs.



C. Intrauterine Device (IUD): This small, T-shaped device is made from copper and is fitted inside a woman's uterus by a trained healthcare provider. It's a long-acting and reversible method of contraception, which can stay in place for three to 10 years, depending on the type.

Advantages: IUDs containing coppers are 99% effective and the ones containing hormones are 99.8% effective.

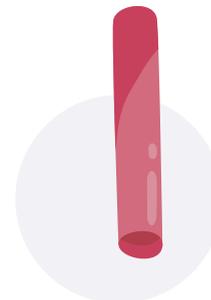
Disadvantages: Irregular bleeding and spotting occurs in the first six months of use; requires a trained healthcare provider for insertion and removal; does not protect against STIs.



D. Implant: In this method, a small, flexible rod is placed under the skin in a woman's upper arm, releasing a form of the hormone progesterone. The hormone stops the ovary releasing the egg and thickens the cervical mucus making it difficult for sperm to enter the womb. The implant requires a small procedure using local anesthetic to fit and remove the rod and needs to be replaced after three years.

Advantages: Highly effective; doesn't interrupt sex; is a long-lasting, reversible contraceptive option.

Disadvantages: Requires a trained healthcare provider for insertion and removal; sometimes there can be irregular bleeding initially; does not protect against STIs.



E. Injectables: The injection contains a synthetic version of the hormone progesterone. It is given into a woman's buttock or the upper arm, and over the next 12 weeks the hormone is slowly released into your bloodstream.

Advantages: The injection lasts for up to three months; is very effective; permits sexual spontaneity and doesn't interrupt sex.

Disadvantages: The injection may cause disrupted periods or irregular bleeding; it requires keeping track of the number of months used; it does not protect against STIs.

F. Emergency Contraception Pills: The Emergency Contraception Pill can be used to prevent pregnancy after sex if contraception wasn't used, a condom has broken during sex, or a woman has been sexually assaulted. It can actually be effective for up to five days after having unprotected sex. The sooner it is taken, the more effective it is; when taken in the first three days after sex, it prevents about 85% of expected pregnancies. Emergency contraceptive pills cannot be taken as a regular contraceptive method due to its side effects.

Advantages: Any woman can take the emergency contraception pill, even those who cannot take other oral contraceptive pills. It can be bought over the counter at a pharmacy or chemist without a prescription.

Disadvantages: The common side effects of the emergency contraceptive include nausea, vomiting and the next period may be early or delayed. Emergency contraception does not protect against STIs.

G. Diaphragm: A diaphragm is a small, soft silicon dome is placed inside the vagina to stop sperm from entering the uterus. It forms a physical barrier between the man's sperm and the woman's egg, like a condom. The diaphragm needs to stay in place for at least six hours after sex. After six - but no longer than 24 hours after sex - it needs to be taken out and cleaned.

Advantages: Use the same diaphragm more than once, and it can last up to two years if you look after it.

Disadvantages: Using a diaphragm can take practice and requires keeping track of the hours inserted. The diaphragm works fairly well if used correctly, but not as well as the pill, a contraceptive implant or an IUD.

◇ Permanent Contraceptive Methods

Permanent contraception methods are ways to permanently prevent pregnancy. Permanent contraception involves a minor surgical procedure by which the man or the woman is sterilized. It is possible to reverse surgical sterilization, but the reversal procedure is technically complicated and may not be successful. It is suitable for people who are sure they never want children or do not want any more children. Sterilization is available for both women and men and is performed in a hospital with general anesthesia.

Female Permanent Contraception

- **Laparoscopy:** A minor procedure performed with tiny surgical instruments inserted into several small incisions in the abdomen, using a flexible lighted tube with a camera (laparoscope).

Advantages:

- No change in menstrual cycle, libido, lactation
- Does not include hormones.

Disadvantages:

- Requires skilled human resources;
- Does not protect from STIs and HIV and AIDS.
- High failure rate.

Male Permanent Contraception

- **Vasectomy:** Vasectomy is a simple procedure performed under local anesthesia, with a small incision in the scrotal sac. The doctor severs the vas deferens and closes the severed ends with sutures or using heat from low voltage electric current. After sterilization there may be remnant sperm in the ejaculatory duct. It requires 15-20 ejaculations after sterilization procedure for the semen to be completely free of sperm presence, which can be confirmed with a semen analysis. Failure rate is approximately 0.1%.

Advantages

- Doesn't involve hormones
- A quick outpatient procedure with minimal risks

Disadvantages

- Requires skilled human resources
- Does not protect against STDs
- Requirement of alternate contraception methods until the semen is clear of sperm
- Short-term discomfort after the procedure

Activities

Plot the different types of contraception and note down the advantages and disadvantages of each of them.

Contraception	Advantages	Disadvantages
Condom		
Pills		
IUD		
Implant		
Injectables		

Things to Remember

1. Any device or act whose purpose is to prevent a woman from becoming pregnant is defined as contraceptives.
2. Contraceptives are mainly categorized as temporary and permanent based on their effectiveness to control birth.
3. Emergency contraceptive pills cannot be taken as a regular contraceptive method due to its side effects.

Adolescents Friendly Health Services

Adolescent sexual and reproductive health (ASRH) refers to the physical, mental, and emotional well-being of adolescents, and includes freedom from, unwanted pregnancy, unsafe abortion, sexually transmitted infections (STIs), including HIV and AIDS and all forms of sexual violence and coercion. Adolescents and youth in Nepal are vulnerable to multiple sexual and reproductive health problems, ranging from early and unwanted pregnancies to sexually transmitted infections including HIV.

Adolescent-friendly health programs have been in place in Nepal since 2008 with an objective that adolescents can easily access sexual and reproductive health services in a friendly environment without any discrimination. This adolescent friendly health services are inclusive regardless of gender, religion, disability and social status. The overall goal of the National ASRH Program is to promote the sexual and reproductive health status of adolescents. The major target of the program was to make 1,000 health facilities adolescent-friendly by 2015. These AFH services is provided through public health facilities.

Adolescents Friendly Health services provides services like counselling, provision of contraceptives, screening for sexually transmitted infections, SRH information and services, safe and friendly environment.

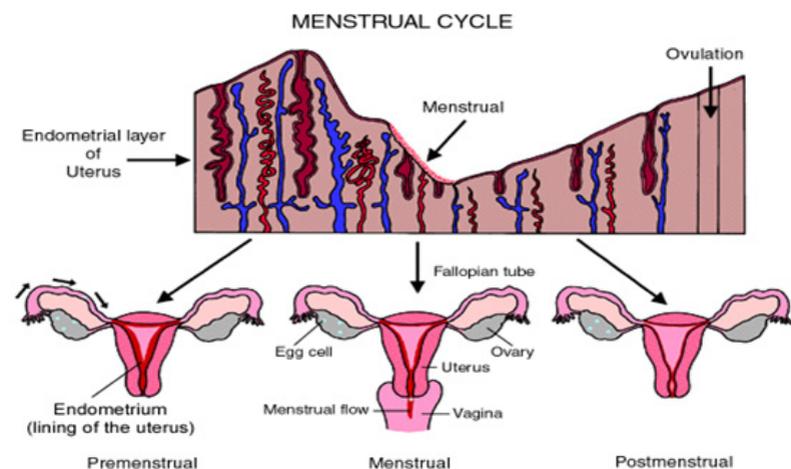
Things to Remember

The overall goal of the National ASRH Program is to promote the sexual and reproductive health status of adolescents.

Menstruation and Hygiene Management

Introduction to menstrual cycle

Medically, menstruation (also termed period or bleeding) is the process in a woman of discharging (through the vagina) blood and other materials from the lining of the uterus at about one month interval from puberty until menopause (ceasing of regular menstrual cycles), except during pregnancy. This discharging process lasts about 3-5 days. Menstruation is bleeding from the vagina that happens about once a month, as a normal part of the menstrual cycle. It is also known as having a period. During this cycle, hormones make the lining of the uterus thicker, getting ready in case of pregnancy. Hormones also cause an egg to be released from an ovary, which is known as ovulation. Menstrual cycle is defined as period between one menstruation to the occurrence of next cycle. Menstruation starts at puberty (usually from the age of 10 years). The onset of menstruation is called menarche. Starting of menstruation is a sign of readiness of body for childbearing. It continues, unless interrupted by pregnancy or menopause. Menopause is defined as the point of time when menstrual cycles permanently stops. Generally, menopause occurs around 50 years of age. If conception does not occur next cycle continues. During the menstruation 50-75% of menstrual flow is blood, and the rest is made up of fragments of endometrial tissue and mucus. It is said that normally approximately 30-50ml blood flows during menstruation.



Various factors can affect the amount of blood flow, including medications, the thickness of the endometrium, blood disorders, and disorders of blood clotting, etc. There have been many myths and taboos associated with menstruation. Some cultures isolate women thinking that the menstrual flow is contaminated or a curse.

There are four hormones involved during menstrual cycle: **follicle stimulating hormone**, luteinizing hormone, oestrogen and progesterone. Follicle Stimulating Hormone causes eggs to mature in the ovaries and stimulates production of oestrogen from ovaries. **Oestrogen** stimulates release FSH and LH. **Luteinizing Hormone** stimulates releasing of egg from ovary and stimulates secretion of progesterone. **Progesterone** inhibits release of LH and FSH. **Oestrogen** and **Progesterone** maintain the lining of the uterus. Menstrual Cycle composed of three phases: *Follicular phase (1-8 day)*, *Ovarian Cycle (9-14 days)*, and *Post-ovulatory phase (15-28 days)*.

What happens during the menstruation?

- Day 1** Start of your periods
- Day 7** Bleeding has stopped
- Day 7-14** Egg is produced. Womb lining is thickening and is rich with nutrients and blood.
- Day 14** Hormones cause the egg to be produced from the ovary, this is called ovulation.
- Day 15-24** Egg travels through the fallopian tube, which if fertilized will continue through the fallopian tube and attached to the lining of the womb.
- Day 25** If the egg is not fertilized hormone levels will drop. The released egg will break and the next period cycle will start.

During the menstruation, girls experience the following symptoms:

- Constipation or loose motion
- Cramping
- Sore and tender breasts
- Food cravings
- Mood swings and irritability
- Fatigue
- Acne
- Bloating of abdomen

Preparation and use of reusable sanitary pads in menstrual hygiene management

Cotton cloth menstrual pads are not only more economical and environmentally-friendly, but they are also more comfortable to wear and are healthy if hygiene is maintained.

To prepare the reusable sanitary pads at home we need following materials:

Materials needed Instructions to make reusable sanitary pad at home:

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| <ul style="list-style-type: none"> i. Thick Paper ii. Marker pen iii. Ruler iv. Scissors v. Cotton cloth vi. Button vii. Needle viii. Thread ix. Safety pin | <p>Preparation of reusable sanitary pad at home takes only about 20 minutes from start to finish. Step-wise instruction to make the sanitary pad at home includes:</p> <ul style="list-style-type: none"> i. First, you will need to trace around your diamond shaped pattern (length 25 cm, width 16 cm) on the fabric (cotton cloth). You can use a pen or a fabric pencil or whatever you have on hand. ii. Cut out two of each of the diamond shaped patterns. iii. Turn the fabric inside out and sew the liner around the edges. Go around the entire thing leaving no openings. Do the same for the wings of the pad. iv. Make a hole in one side of both the wings and the pad. v. Use this to turn the fabric right side out. Do this for both wings and pad then iron each of them. vi. Make sure to put the sides with the holes together so you won't be able to see them in the finished pad. vii. Sew the sides of the two pieces of fabric together, leaving the top and bottom bits open. viii. Turn down the edges of the top and bottom bits and stitch along them, creating a hem. |
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Proper selection, use and dispose of sanitary pad

Nowadays, there are many menstrual products or sanitary pad available.

- A. Reusable and Washable Cloth Pads:** These cloth pads are reusable so they are cost-effective, easily available, and ecofriendly. They must be hygienically washed and dried in the direct sunlight.
- B. Commercial Sanitary Pads:** They are easily available at markets, stores, chemist shops. They are expensive compared to cloth pads, non-reusable, and not environment-friendly. The cotton used in their making is not 100% natural and may contain pesticides.
- C. Tampons:** They are kind of plug of soft material (cotton) which is inserted into the vagina to absorb the menstrual flow before it leaves the body. They are expensive, not easily degradable in nature and, hence, not very environment friendly.
- D. Menstrual Cups:** They may be a new technology for poor women and girls and an alternative to sanitary pads and tampons. They are like cups made of medical grade silicone rubber which makes the cup easy to fold and get inserted into the vagina to collect menstrual blood. They can be worn up to 6–12 hours depending upon the amount of menstrual flow, so it needs to be removed and emptied less frequently. They are available at different sizes. They are reusable and environment-friendly. It offers sustainable, practical, and cost-effective alternative where sanitation conditions are not good.

It is important to dispose the sanitary pad because it will attract flies and insects and make environment infectious. This also may lead to transmission of infections like Hep B and Hep C. The material used to make plastic napkins is non-biodegradable. It is recommended to change even disposable pads every 3-4 hours to avoid bacterial growth which lead to bad odour and infections. Cloth pads need to wash with soap-water and dry in direct sunlight.

- Wrap the used sanitary pad in its plastic cover or a leak-proof bag.
- If unavailable, wrap it in few layers of toilet paper or paper bag.
- Discard in a trash that is out of reach of pets and animals.
- Use trash cans or dispose in your backyard in sanitary pit (burial).
- Do not flush, burn or mix it with wet, household garbage.
- Do not throw it in river, they will contaminate the water.

Things to Remember

It is recommended to change even disposable pads every 3-4 hours to avoid bacterial growth which lead to bad odour and infections.

Exercises

1. Answer the following questions

- A. What is Gender equality and issues of gender inequality?
- B. Write the process of menstruation?
- C. What is wet dreaming? What are the things to be considered for its management?
- D. Define adolescent friendly health services.
- E. Discuss the method of Contraceptive methods
- F. Prepare a reusable sanitary pad.

