

YOUTH Zone / 2

ADOLESCENT
HEALTH ISSUE



#THIS IS
MY BODY

#PREVENT
UNPLANNED
PREGNANCY

Dear Zone 72

I see my friend is pregnant. She is young like me, I would like to know what happens if I get pregnant now also? – thank you very much - Abuk

Dear Abuk,

Good to hear from you! First of all, if you practice abstinence, you will not get pregnant. If you practice safer sex, you reduce the chances of pregnancy. As for your friend- Just because your body is old enough to get pregnant, it does not mean that it is mature enough to deliver a baby safely. Having a baby too young can result in many bad things for your health, including possible life threatening conditions like obstetric complications, premature labor and fistula.

Also, you need to think about your life. Your goals. Boys and girls who become parents too young are less likely to complete high school. They will be left with no proper documents and have less choices in the future. Think about “what are things I would like to do with my life?” And how they not be possible with a baby. A baby is a huge responsibility. You are so young! When you have made a nice life, you can think about babies.

**Dear Zone 72,
I just discovered
I am pregnant. I
am scared. I am
not sure what I
should do next.
What are my
options?
-Scared**

I understand this can be very scary. I suggest you first need to talk to someone you can trust. It will help relieve some of the fear and you can plan next steps. Soon, you should visit a youth health friendly facility and find out information for next steps like antenatal care. You can call toll/hot line number 885 for information and guidance. Good luck

DID YOU KNOW:

- 1: Condoms have an expiry date**
- 2: Discard all expired condoms**
- 3. Store condoms in cool, dry and dark space.**



Dear Zone 72
What works to prevent teen pregnancy?
Thank you - Nyadak

Dear Nyadak- Very good question. Abstaining from sex is 100% most effective way to prevent pregnancy. As a teenager, you should be thinking about how your decisions today may impact your future. What would you like to accomplish related to your education and future career? You will have more and more options the more you study. You will have time for boyfriends when you are older. This time now you will never have again. Focusing on finishing your studies successfully and prosper in life is of greater value. Being pregnant at a young age could put you in danger of developing conditions like fistula and even death. Condoms are 95% effective in preventing pregnancy and contracting STIs like HIV but abstinence would be 100% effective. For more information, visit a Youth Friendly Health Centre. They will be able support you.

MYTH BUSTING!!!!



I'M BREASTFEEDING SO I CAN'T GET PREGNANT.

MYTH

FACT Breastfeeding may help prevent pregnancy if a woman is within six months of delivery, has no period AND the baby is only feeding on breast milk (no formula or soft food supplementation). In all other situations, ovulation can occur even when a woman is breastfeeding. Use contraceptives/family planning if you wish to avoid or delay pregnancy.

MYTH

I DON'T NEED CONTRACEPTION BECAUSE WE ONLY HAVE SEX DURING THE "SAFE" TIME. YOU'RE ONLY FERTILE ONE DAY A MONTH

FACT there are four major hormones involved in the menstrual cycle that stimulate or regulate the activity of cells or organs (Follicle-stimulating hormone (FSH), Luteinizing hormone (LH), Estrogen and Progesterone. A mild balance of these hormones regulates the release of an egg (ovulation) and — if the egg is not fertilized menstruation occurs.. While a woman's cycle is more or less regular at most times, this balance of hormones can be disrupted by various factors, including age, stress and medicines. Therefore, identifying the time of ovulation and predicting any "safe" days can be difficult. Couples who have success with the rhythm method of contraception must carefully monitor the women's menstrual cycles and evaluate symptoms of ovulation, as well as any external factors.

MYTH

THE PILL IS EFFECTIVE IMMEDIATELY AFTER YOU BEGIN TAKING IT.

FACT In most women, at least one week is needed for the hormones in the pill (oral contraceptive) to work with the woman's natural hormones to prevent ovulation. To be effective, the pill must be taken as directed.

MYTH

I WON'T GET PREGNANT IF WE HAVE SEX STANDING UP OR IF THE WOMAN IS ON TOP.

FACT Some people believe that having sex in certain positions, such as standing up, will force the sperm to come out of the woman's vagina. In reality, positions during sex have nothing to do with whether or not fertilization occurs. When a man ejaculates, the sperm are deposited well into the vagina. The sperm will, by nature, begin to move up through the cervical canal immediately after ejaculation where fertilization can happen and then pregnancy.

MYTH *YOU CAN USE A BALLOON IF YOU DON'T HAVE A CONDOM.*

FACT Balloons are not good to use as condoms. They don't fit well and can easily be torn during sex. Condoms are specifically made to provide a good fit and good protection during sex, and they are thoroughly tested for maximum effectiveness.

MYTH

I WON'T GET PREGNANT IF MY PARTNER PULLS OUT BEFORE HE EJACULATES.

FACT Pulling out before the man ejaculates, known as withdrawal, is not an effective method of contraception. Some fluid might be released before the man actually begins to climax. In addition, some men might not be able to withdraw in time.

MYTH

I WON'T GET PREGNANT BECAUSE THIS IS MY FIRST TIME HAVING SEX.

FACT NOT TRUE!!! A woman can get pregnant any time ovulation occurs, even if you've never had sex before.

DID YOU KNOW

Fistula occurs when a mother has a prolonged, obstructed labor, but doesn't have access to emergency medical care, such as a C-section. She often labors in excruciating pain for days. Tragically, her baby usually dies. During her prolonged labor, the mother's contractions continually push the baby's head against her pelvis. Soft tissues caught between the baby's head and her pelvic

bone become compressed, restricting the normal flow of blood. Without adequate blood supply, sections of tissue soon die, leaving holes—known as "fistulae"—between the mother's vagina and her bladder or rectum. It is these holes that cause incontinence. If untreated, the woman will uncontrollably leak urine, stool, or sometimes both, for the rest of her life unless she goes for surgery.

Dear ER,

Thank for this question! Deciding whether to have sex is a highly personal decision that can be influenced by a variety of factors. Your religion will have a big influence on your decision. Your culture. Your goals for the future. Having relations is a very big decision to make. You're a unique person with a character all your own. You must think about what YOU want in life. And remember to do things because it is right for you not because you are trying to please someone else.

**Which age is good for a teen to start sex?
-ER**

**Dear Zone 72
My boyfriend is pressuring me into having sexual relations with him. He is nice. I like him. But I am a bit scared of getting pregnant and contracting HIV. What should I tell him?**

- Girl in Distress

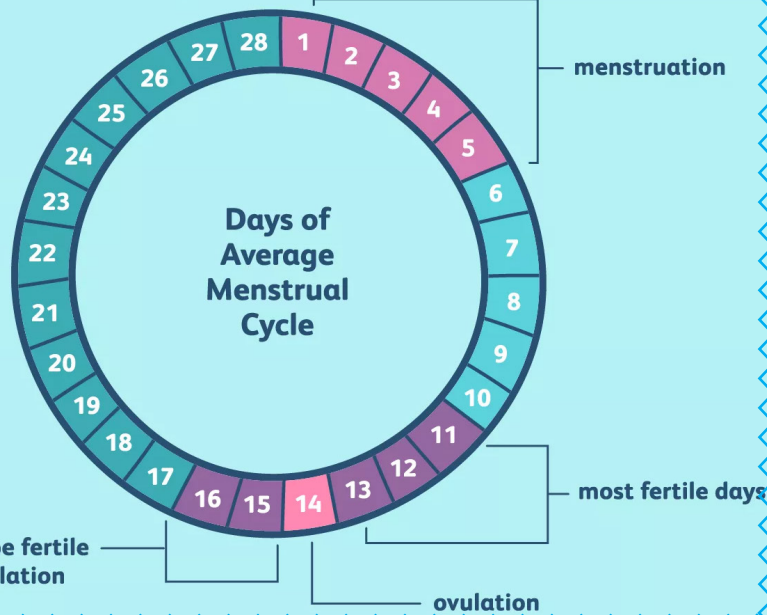
Dear Girl in Distress- thank you for your question. First of all, I would like to tell your boyfriend, that he shouldn't be pressuring you into sex. It is important to have open communication. But pressuring someone is not good. Whether to have sex is a mature decision and you must act like a mature person about it. If you decide to have relations, it should be your choice and you should be responsible about it. Have you thought about abstaining from sex for the moment? Or delaying until you feel more ready? If you choose to have sex, then you need to have safer sex: Use condoms to prevent unintended pregnancy, HIV, Hepatitis and other STIs. STI and pregnancy testing, access to modern Family Planning is available at a Youth Friendly Clinic. But the 100% way to prevent infection or pregnancy is abstinence.

**Remember:
Male and female condoms, when used correctly, are 98% effective in preventing pregnancy and reducing the risk of HIV.**



How Long Does Ovulation Last?

Fertility windows & menstrual cycles vary from person to person



verywell

Source: <https://www.verywellfamily.com/how-long-does-ovulation-last-1960235>

Do Wet Dreams occur for boys the same way that girls experience their monthly menstruation?
-SD

Dear SD
Good question. They seem like they are the same, but they are not..

A wet dream in boys happens once his body is able to produce a fluid (semen). Semen is a fluid that contains sperm which is ejaculated from the penis during an orgasm, after arousal of the penis. A wet dream is when a boy ejaculates while he is sleeping. It is considered normal that this occurs and some boys don't have wet dreams. Girls sometimes get a form of wet dream also! Menstruation in girls is the cyclical release of blood signifying the shedding of the girl's uterus - which signifies that a girl is not pregnant. This shedding typically happens every month.

Dear Zone 72
I got my period yesterday. Before I was feeling pain. Today, it is better, but I want it to stop. How long will it last?
-PR

Dear PR- I am sorry you are feeling discomfort. Some girls and women experience pain before their period. The pain can range from mild discomfort to sometimes something more painful. Your period will last between 4-8 days and you will get your period on a cycle between 24-38 days. Your period happens due to changes in hormones in the body and it occurs when the uterus sheds its lining.

Dear Zone72
My friend and I are both 13. My friend started her menstruation. But I have not! Is this normal? Also can a girl get pregnant when she gets her period?
Thank you!
-Anxious

Dear Anxious! Take a breath and be calm :) I know it must be a stressful time for you. But it is fine. Most girls get their first period between 10 and 15 years old. So the average range is 12 years old - but it will differ from one girl to another. Everyone is different! YES! a girl can get pregnant as soon as she starts --or EVEN BEFORE -- menstruating for the first time! This is because ovulation occurs before menstruation occurs (by approximately two weeks). If a girl has unprotected sex, she can get pregnant.

DEAR ZONE 72

Dear Zone 72

**What is my responsibility as a young man in family planning?
-Responsible Guy**

Dear Responsible

This is very good to hear! Relationships are partnerships. Everything should be equal. Men should participate in family planning programs and offer support to empower women to have safer sex-- by using contraception. It is important to prevent unwanted pregnancy and STIs and HIV. Find out more information at a Youth Friendly health facility/corner or call toll free number 885.

Dear Zone 72

**I recently had sex without contraception. Is there something I can do to prevent unwanted pregnancy?
-Question Girl**

Dear Question Girl

Dear Question Girl- The first thing is to go to youth friendly health facility/corner or call the toll free number 885 to get guidance . You can be help with emergency pills within 72 hours to prevent pregnancy by stopping or delaying ovary from releasing an egg. It might also stop the sperm from reaching an egg that has already been released. But if the sperm has already fertilized the egg, it is too late and the pill won't work. It must be taken less than 72 hours after sex. And, this pill is for **emergency contraception only**.



**THIS IS MY BODY
THIS IS MY WORLD
THIS IS MY SOUTH SUDAN**

**MY NAME IS MOYO,
I'M 19 YRS OLD.**

I was so anxious. My school was interrupted by Covid 19 and my boyfriend lost his job because of the lockdown. The first few weeks I was worried about my future, family and economy.

My boyfriend and suddenly started to spend a lot of time more together ...which made me more worried of pregnancy.

If I had become pregnant, what would I tell my family? How would it impact my future goals? have a dream to become president of South Sudan one day! Or maybe a journalist. In any case, I did not want early pregnancy. I went to Youth Friendly Clinic to test for pregnancy, HIV and other STIs. I was relieved to test negative from pregnancy and all the STIs. The health workers were so friendly, kind and respectful. I am glad I went. All youth should have access to services.

YOUTH Zone 72

ADOLESCENT HEALTH ISSUE

Dear Readers
Welcome to Zone72!
Consider this YOUR
safe space, where you
can ask us what is
concerning you, free of
judgment. Please send
me your questions and
we will try to answer
them in future issues
or on the radio. This is
100% confidential, so do
not use your real name.
Information is power.
Please contact the
resources listed inside
and on the back of the
magazine.

FOR MORE INFORMATION OR TO CONTACT US:

1- If you have any questions,
you can join our WhatsApp chat



2- Send us a question by text
+211922009497

3- Follow @YouthZone72 on
Facebook!

4- Email us at
youthzone72@gmail.com

5- For immediate concerns,
support or questions, please
contact a youth friendly clinics
or call the following toll free
lines:

Adolescent health 885
GBV: 623
COVID19: 6666



Sverige Canada



CAM ACSF
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Association canadienne des sages-femmes