



Life is a journey. A journey with many roads and paths to take. Some roads are friendlier than others. But no matter which road you choose, each and every one of them will have challenges. The choices you make and how you respond to those challenges will determine many things in the future.

The goal of this guide is to address the Sexual Health and Reproductive Rights (SRHR) of young people with special attention to addressing the needs of young men and women equally, regardless of ability, background, beliefs, status or interests.

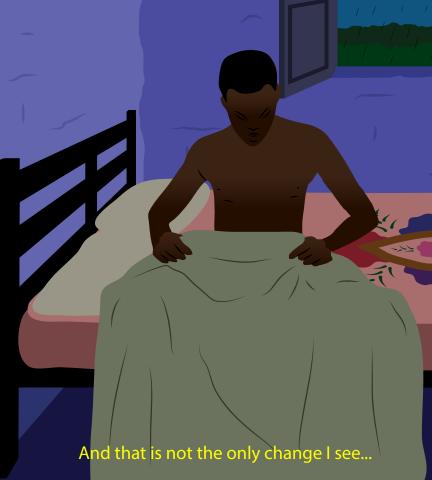
"My Body, My Life, My World!", UNFPA's global strategy for adolescents and youth, one that puts young people at the centre of physical and emotionally sustainable development. The strategy focuses on notions of shared leadership and shared responsibility.





But these days, I like girls more.

I can see a change in me. I am growing more hair.



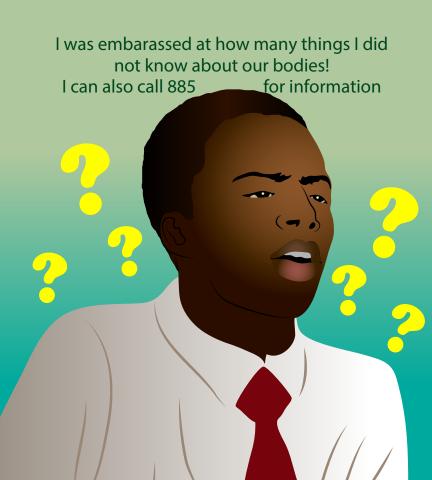
I cannot talk about this at home.

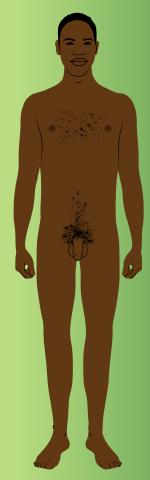






But today at school, some health professionals came to talk to us about these changes.





Body size will increase:

legs, arms, scrotum, penis and testes

Body hair will appear: on genitals, stomach, face, armpits, and on legs

Pimples may appear

Voice may get deeper

Erections of the penis may begin

Body odor may occur

Body begins to make sperm.

Semen, which is made up of sperm and other body fluids, may be released during an erection. This is called ejaculation.

Ejaculation may occur during sleep. This is called a nocturnal emission or wet dream. Girls can experience wet dreams as well.



Body size will increase:

legs, arms, hips, thighs, and buttocks

Body hair will appear: mostly on genitals and armpits

Breasts may develop

Pimples may appear

Body odor may occur

Girls will start bleeding from their vagina. This is called a period. It is normal.

A girls' reproductive system goes through the menstruation cycle every month. It is when she starts to ovulate. Girls can get pregnant when their period starts.

Periods usually last 3-5 days.

Some girls may experience changes in mood due to hormone changes

My name is Hawa. I used to know nothing about my body...

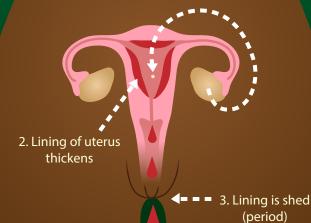




laughing. "Of course you won't die! It is normal!" She explained:

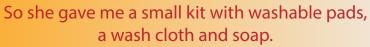
A period
is how a woman's
body prepares for the
possibility of pregnancy
every month.

1. An egg is released from the ovary





My grandmother explained that this was a normal part of life, but she was sad to see me stay home from school because of my period.





Now I can go to school even during my period.



All girls should be able to do this. It is our right. I can also call 885 for information about adolescent health

HOW TO MAKE A REUSABLE PAD

A reusable pad can be placed onto your underwear to catch blood during your period.



What you will need:





(25cm x 32cm)



Needle and thread

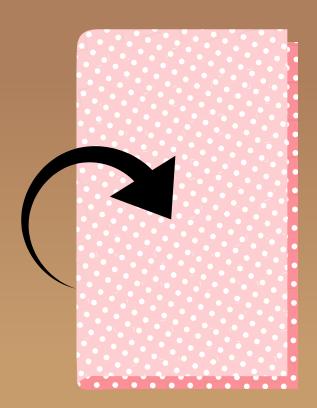


Button

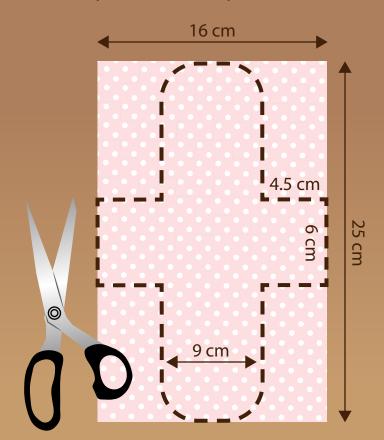


Towel

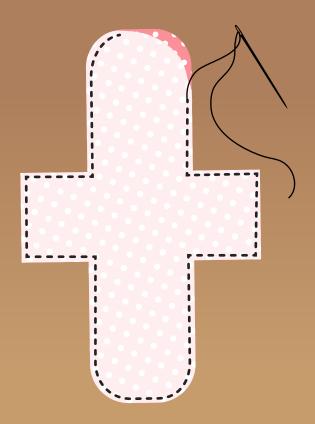
1. Fold your fabric (25 cm x 32 cm) in half, with the back of the fabric showing.



2. Cut out 2 pieces in this shape.

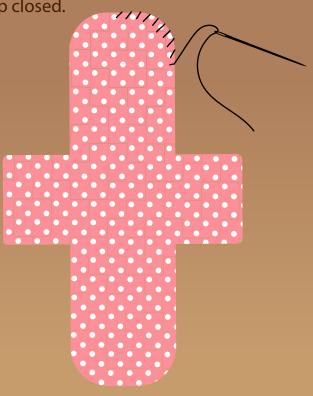


3. Sew the pieces together, but leave a small gap.

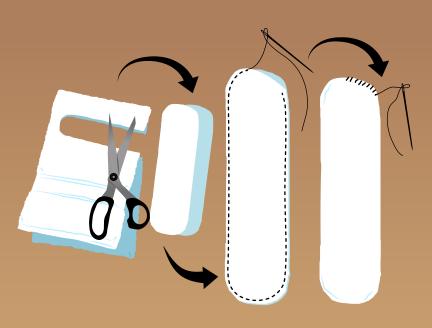


4. Reach into the gap and turn the pieces inside out, showing the good side of the fabric. Sew

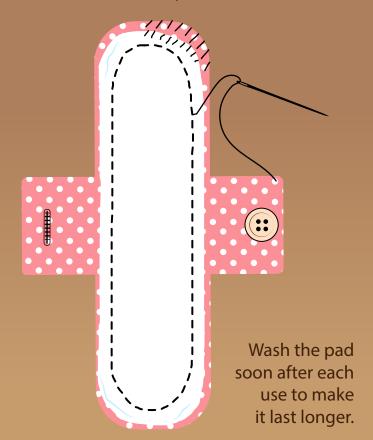
the gap closed.



5. Cut 2 pieces from the towel in the same shape as the pad without the flaps. Sew the pieces together in the same way as the pad.



6. Sew the towel onto the pad.



My name is Jok. Life has been difficult for me in a wheelchair.



But one way I have always been lucky, is with the ladies!





It is because I respect women.



I listen to them, learn about their lives, and care about how they feel, and they do the same for me.





In our society, people with disabilities are often ignored. Daily activities can be a big challenge because our needs are not considered.

Sadly, it is often the same for women and girls. They are denied schooling...



...forced into marriage...



...even abused.

But that can change.



We are all equal. We must respect each other.

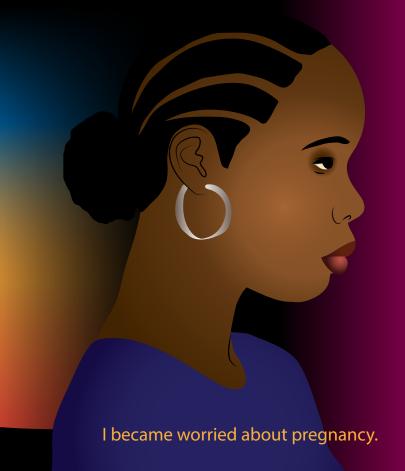


My name is Moyo. I go to university in Juba.



We have been spending a lot of time together... Perhaps we went too far.





So I went to a youth clinic. The health worker was very helpful. She gave me a pregnacy test and we talked about many things.





CONSENT

Before you have sex, you must know if you and the other person BOTH want to have sex This is consent.

Consent must be:

Freely given
You must not be pressured,
mislead, drunk or drugged

Informed
You must be told about
any risks involved

Reversible You are allowed to change your mind at any point

Enthusiastic You should only do things you WANT to do

Specific
You are allowed to say yes
to some things and no to others

PROTECTION DURING SEX

Condoms



Female hormone implants



Injectables



IUD



Fertility awareness method



Birth control pills



LAM method (breastfeeding)



Please note:

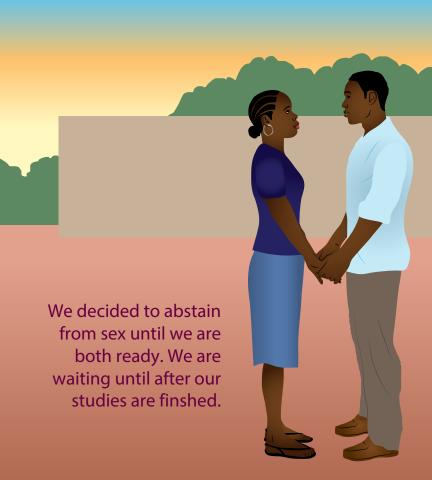
Only condoms help protect against both pregnancy and STIs.

CONTRACEPTIVE METHOD	PREVENTS HIV TRANSMISSION	PREGNANCY PREVENTION	LIMITATIONS	THINGS TO CONSIDER
MALE CONDOM	95%	98%	Short term, reversable	HIV is not the only STI
FEMALE CONDOM	95%	92%	Short term, reversable	HIV is not the only STI
IUD	0%	99%	Long lasting, reversable	Must see health professional for implant and removal
BIRTH CONTROL PILLS	0%	99%	Short term, reversable	Must see health professional.
FEMALE HORMONE IMPLANTS	0%	99%	Long lasting, reversable	Must see health professional for implant and removal.
FERTILITY AWARENESS METHODS	0%	40%	Short term, reversable	
LAM METHOD (BREASTFEEDING)	0%	98%	Short term, reversable	If no method of birth control is used, there is an 85% chance of getting pregnant after 1 year of having sex. With perfect use (you follow the exact directions all the time)
INJECTABLES	0%	97%	Long lasting, reversable	Must be taken every 12 weeks. If not, risk of unwanted pregnancy increases. Must see health professional for injection

The health worker explained each method. She was respectful and helped me choose the best method for me.

Thankfully, I am not pregnant. And now I have the knowledge to make the right decisions for my future. I can also call 885 for information about adolescent health





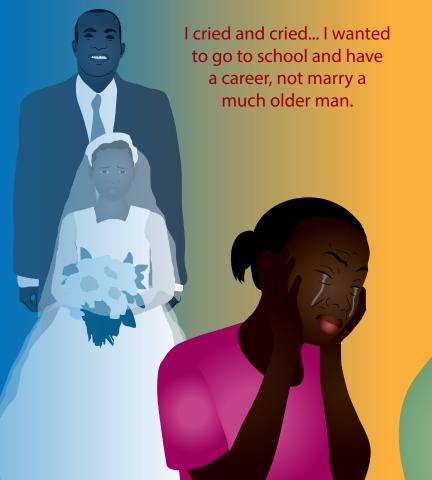
My name is Agiba. I am 21 years old and studying to become a doctor.



When I was 13, my family was in a bad way.



My father arranged for me to marry a merchant with a shop. The man was over 50.



My uncle convinced my father that the marriage was a bad idea. He said that I was smart enough to become a doctor, or a teacher, or a lawyer or an economist and that I would help the family better that way.



He was right. Not only do I help my family, but my community as well.



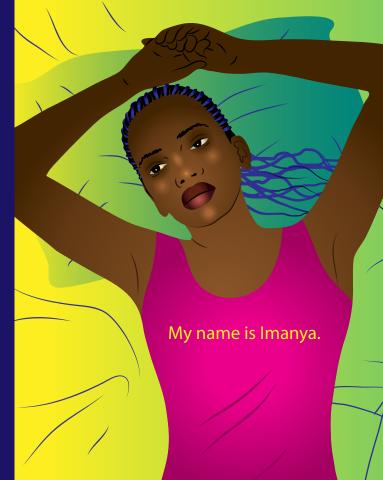
CHILD MARRIAGE

A person under 18 years of age is a child. Child brides face more risks of experiencing dangerous health complications, including:

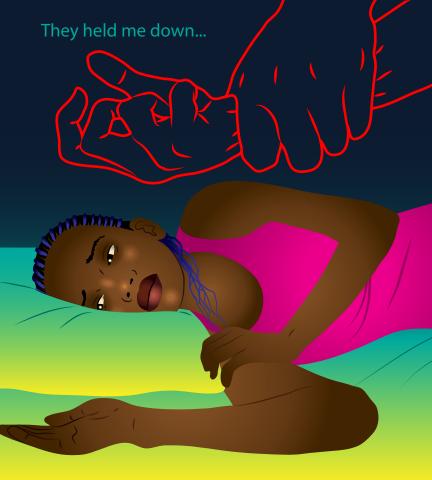
Fistula (severe tearing during child birth)
Contracting HIV and other STIs
Stillbirths
Cervical cancer
Death during childbirth

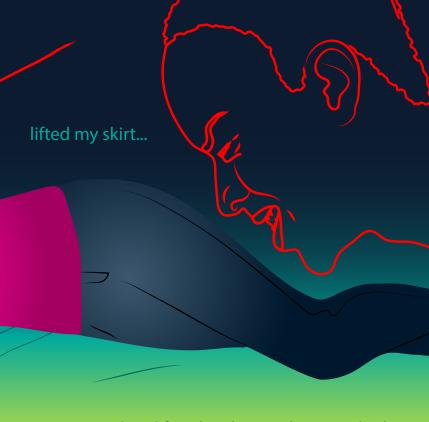
Child marriage is caused by poverty, but it also creates poverty. Children who are pulled from school and forced to marry are less likely to improve their stature in life.

END CHILD MARRIAGE NOW! Call 623 for support!









I screamed and fought... but nothing worked. The two boys raped me.

I felt like everyone would find out and say I was rubbish. I was scared to leave my home. My mother held me and gave me strength. She told me it was not my fault.



She took me to the youth clinic. They gave me respect and treatment and asked me if I wanted to see the police.

I do not know how long it will take to get over this. But my healing has begun.



If you or someone you know is experiencing GBV, call 623 right away.

My name is Gwolo.

I am worried about my cousin.



She is a naive girl girl who is being bothered online by a boy whom she rejected.



He took some photos she posted on Facebook, created a fake profile and wrote crazy things that her friends saw.



It is important to know how to Use the internet safely:

Never reveal personal information

Would you share personal images with a stranger on the street? Remember the internet is filled with more strangers than friends. Do not reveal personal information to anyone you meet online, unless they are a trusted friend.

Check your privacy settings

You can choose who sees what.

Remember, posting is permanent

Many people think that deleting something online means removing it from the internet forever. This is not true.

Create strong passwords

Create something only YOU will remeber.

Be aware of fake news

Some stories seem true. Remember always check your sources.

Be respectful to others

And report disrespectful behaviour.

Remember our lives on social media aren't the full story We are more complex than a photo.

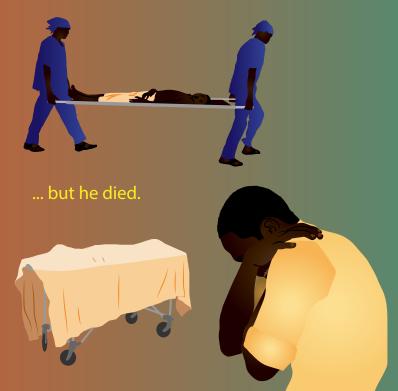
Know how to block or report content

My name is Otome.
I am a healthcare worker.





I remember one day a young boy was brought to the hospital. He was in an accident. We did everything that we could to save him...



His father went crazy. He pushed his wife to the ground, picked up a scalpel and threatened to kill us for not saving the boy.



It was a tense situation...

I told him I could see he loved his son with all his heart. But vengeance would dishonour him.



There is so much violence in our society. How much of it is caused by emotional pain?



My name is Ojwang. I had a hard time.
I lost my job because of the COVID
pandemic. I felt very lost. I drifted
away from my friends.



I began to turn to alcohol and drugs.

One day I collapsed. My mother found me.



I needed to fight my way back.

I went to a clinic where the health workers were respectful and compassionate. They treated my addiction like a health problem, rather than making me feel like I was the problem.

They helped me not to feel ashamed.



Why people turn to drugs and alcohol:

Some people turn to drugs and alcohol to escape from their problems, because they are pressured by friends or because they lack confidence.

The stages of drug use:

Experimentation

Very few people set out to become addicted.

Regular Use & Abuse
In this stage, something that was once

considered recreational or temporary becomes a lifestyle.

Dependency and tolerance

Addiction

Detox, treatment and recovery

Contact your local health centre for support!

We hope you enjoyed your time with us.

We believe all youth deserves the right to fact based sex education, access to modern contraception and youth friendly services.

We believe that all youth have the right to a world without GBV.

We believe that all youth have the right to equal access to services that support survivors of all forms of gender based violence.

We believe that girls and boys have the right to government programs designed to build personal and professional capacity and be empowered with the necessary skills to become the community leaders of the future

We believe that we should build special programs designed to support the physical and emotional health of all youth, especially girls.

We believe all youth should be recognized for their abilities and not their disabilities.

We believe in youth led advocacy that youth should have the opportunity to have meaningful participation in the decisions that will shape the future our country

We believe that all youth should have universal access to quality education

We believe in equity, access and peace for all.

Together, we can build a bright future for generations to come.

This is your body.
This is your life.
This is your world.
This is our South Sudan.



