

YOUTH FRIENDLY CLINICS

Call **885** for Adolescent health Call
623 for Gender-based violence Call
6666 for COVID-19

MY BODY
 MY LIFE
 MY WORLD

TORIT → Torit State Hospital
 → Information and Teenage Health Centre
 (Near to airport, next to Whitaker)

JUBA → Juba Teaching Hospital

YAMBIO → Yambio State Hospital
 → Whitaker youth corner
 → MARIDI
 → Maridi State Hospital
 → Whitaker youth corner

WAU → Wau Teaching Hospital

KAPOETA → Kapoeta State Hospital

AWEIL → Aweil State Hospital



MY BODY MY LIFE MY WORLD

A quick guide to your health. This guide features information on avoiding unwanted pregnancy, preventing sexually transmitted infections, adolescent health changes in boys and girls and preventing gender based violence.



MOYO



ADDICTION

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

Steps from addiction to recovery:

- 1. Experimentation.** *Very few people set out to become addicted.*
- 2. Regular Use & Abuse.** *In this next stage on the road toward addiction, something that was once considered recreational or temporary becomes a lifestyle.*
- 3. Dependency and tolerance.**
- 4. Addiction**
- 5. Detox, treatment and recovery.**

DRUGS



ACCESS TO CONTRACEPTION

I was so anxious. My school was interrupted by COVID-19 and my boyfriend lost his job. The first few weeks, I was worried about my future, family and economy. My boyfriend and me started to spend more time together, which made me worried of unwanted pregnancy. I went to a Youth Friendly Clinic. They treated me well.

I think all youth should have access to modern contraception.!

Be an Advocate.

Call 885 for Adolescent Health!

PROTECTION FROM

Contraceptive
Method

Things to
consider

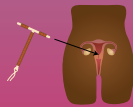
ABSTINENCE

Unprotected oral sex is still a risk of gonorrhea, chlamydia, herpes, HPV.

**MALE
CONDOM**

**FEMALE
CONDOM**

IUD



Must see health professional for implant and removal.

PREVENTION AND CARE

To prevent Covid-19 remember to **SWIM:**

- *Socially (physically) distance—stay 2m apart!*
- *Wash hands often*
- *Isolate if you are having symptoms*
- *Mask when in public*
- *If experiencing symptoms: please contact 6666!*

SYMPTOMS OF COVID-19

- *Fever*
- *Cough*
- *Trouble breathing*
- *Symptoms of a cold such as a sore throat, congestion, or a runny nose*
- *Chills*
- *Muscle pain*
- *Headache*
- *A loss of taste or smell*
- *Nausea or vomiting*
- *Diarrhea*
- *Extreme tiredness*

PREGNANCY & STIS

Prevents STI
Transmission

Pregnancy
Prevention

Limitations



100%



Sort term
reversible

100% 98%



Short term
reversible

95% 92%



Long lasting
reversible

0% 99%

PROTECTION FROM

Contraceptive
Method

Things to
consider

INJECTABLES

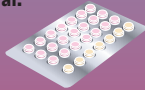
Must be taken every 12 weeks. If not, risk of unwanted pregnancy increases. Must see health professional for injection.

FEMALE HORMONE IMPLANTS

Must see a health professional for implant and removal.

BIRTH CONTROL PILLS

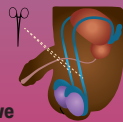
Must see a health professional.



VASECTOMY

Must see a health professional.

ONLY effective after 3 months.



WHAT IS COVID-19?

COVID-19 is a virus that infects your lungs.

People can catch Covid-19 from people who are infected even if they don't have any symptoms. This happens when an infected person breathes, talks, sneezes, or coughs less than 2m away. These can land in the nose, mouth, or eyes of someone nearby, or be breathed in.

For questions about Covid-19 please call toll free 6666

OJWANG



PREGNANCY & STIS

Prevents STI
Transmission

Pregnancy
Prevention

Limitations

0%

97%

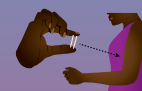
Long lasting
reversible



0%

99%

Long lasting
reversible



0%

99%

Short term
reversible

0%

99%

Long lasting
reversible

PROTECTION FROM

Contraceptive
Method

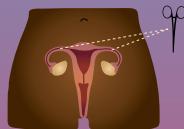
Things to
consider

FERTILITY AWARENESS METHODS



TUBAL LIGATION

Must see health
professional.



LAM METHOD (BREASTFEEDING)

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) LAM is 98% effective against pregnancy for the first 3 months after giving birth.

EQUAL ACCESS TO FACT BASED SEX EDUCATION

I am Jok and I am 22 years old. I love science and technology. I used to love to play football too. Then I suffered an accident, and lost the use of my legs. . I can no longer play football but I still had science.

I am an advocate. I believe all youth should be recognized for their abilities and not their disabilities.

Be an Advocate.

JOK



PREGNANCY & STIS

Prevents STI
Transmission

Pregnancy
Prevention

Limitations

0%

80%

Short term
reversible



0%

99%

Permanent

0%

98%

Short term
reversible



HOW TO USE A MALE CONDOM



CONFLICT RESOLUTION PROCESS IN FIVE STEPS:

Step 1:

Define the source of the conflict.

Step 2:

Look beyond the incident. Be empathetic. Try and see things from the other person's point of view.

Step 3:

Request solutions.

Step 4:

Identify solutions both disputants can support.

Step 5:

Agreement.

CONFLICT RESOLUTION

*A conflict is a clash of interest.
The basis of conflict may vary but
it is always a part of society.*

Basis of conflict may be:

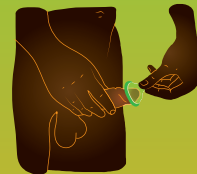
- *Personal*
- *Racial*
- *Class*
- *Caste*
- *Political and international*

*Conflict can be normal. Most conflict is
not violent.*

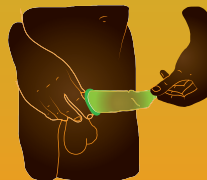
**1. Remove condom
from wrapper
(be careful not
to tear condom)**



**2. Hold the tip of
the condom and
place it on the
tip of the penis**



**3. Roll it down over
the erect penis**



**4. When finished,
carefully remove
and throw away**



MORNING AFTER PILL



A PILL

FOR PREGNANCY PROTECTION
AFTER UNPROTECTED SEX

BE A PEACEBUILDER

Recently at the hospital, a father was beside himself with grief. He blamed everyone for the accident that took his sons life. I was afraid for my safety and others. But I listened to him to talk. I calmed him. He wept. He and his family needed to heal. I learned anger often comes from pain and sadness. I learned peace comes from listening and understanding.

Be an Advocate.

OTOME



MORNING AFTER PILL

The ECP morning-after pill is a type of emergency contraception. It is used to prevent pregnancy for women and girls who have had unprotected sex, whose birth control method has failed, or who have been raped. The morning-after pill is NOT a primary method of birth control.

Use if: You had unprotected intercourse in the last 72 hours and are worried about unwanted pregnancy.

For Youth Friendly Clinic locations, see back of pamphlet! or call 885

PROTECT YOURSELF AGAINST STIS



INVEST IN YOUNG WOMEN

My name is Kojoki. I am 15. I believe I am smart, but it is my brother who gets to go to school and not me. I want to go stay in school. I believe that we should build programs to support all youth and our future, especially girls. We all deserve a chance.

**Be an Advocate.
Invest in girl's education
She will surprise and impress**

KOJOKI



WHAT IS AN STI?

*STI means a **Sexually Transmitted Infection**. STI is a bacteria, virus, or parasite. They are most often transmitted through contact with infection and your eyes, nose, mouth or genitals. Anyone can get an STI.*

Symptoms:

- Sores or bumps on the genitals (or in the oral or rectal area)
- Painful or burning urination
- Discharge from the penis
- Unusual or odd-smelling vaginal discharge
- Unusual vaginal bleeding
- Pain during sex
- Sore, swollen lymph nodes, particularly in the groin but sometimes more widespread
- Lower abdominal pain
- Fever
- Rash over the trunk, hands or feet

HIV



COMMUNITY EMPOWERMENT

Football taught me how to work as a team. How every player has an important role to play. Its like in life.

I believe that youth should be empowered with the necessary skills to become the community leaders of the future. How we treat our neighbor is how we treat ourselves. If they suffer, so do we all.

Dial 885 for information about adolescent health!

TOMBE



HIV

Transmission:

HIV is transmitted through semen, vaginal fluids, blood and breast milk. And direct contact with open wounds, or mucous membranes like eyes, nose, mouth, anus, vagina and penis.

Prevention:

- Use condoms. Condoms are 95% effective in reducing the risk of HIV.
- Do not share needles.
- Know your status. Get tested.

Treatment:

- If you are HIV positive and pregnant, talk to a health expert about reducing the risk of transmission to your baby.
- There is treatment for HIV.
- Stop stigmatizing people living with HIV.

STI CHART

STI	Transmission
CHLAMYDIA	Semen, pre-cum and vaginal fluids in contact with genitals, anus, eyes, mouth.
GONORRHEA	Semen, pre-cum and vaginal fluids in contact with genitals, anus, eyes, mouth.
HPV (GENITAL WARTS)	Genital to genital contact
SYPHILIS	Semen, pre-cum and vaginal fluids in contact with genitals, anus, eyes, mouth.

CAPACITY BUILDING & SHAPING THE FUTURE

I am a machinist. I am concerned about the future of my family, like everyone. I am a good leader. I learn fast. I want to get better skills to do my job better, to earn better wages, to better support my family and community. I want to see better opportunities for my children. I believe that girls and boys have the right to programs designed to build professional capacity. We need to build leaders for tomorrow.

Be an Advocate.

GWOLO



Symptoms

- Burning when urination
- Discharge from genitals
- Sometimes no symptoms

Treatment or cure

- Cure with antibiotics
- Can cause serious health problems if not treated

- Burning when urination
- Discharge from genitals
- Sometimes no symptoms

- Cure with antibiotics
- Can cause serious health problems if not treated

- Warts
- Sometimes no symptoms

- No cure
- Treatments available
- Some kinds of HPV can lead to genital warts or certain types of cancer.

- Burning when urination
- Discharge from genitals
- Sometimes no symptoms

- Cure with antibiotics
- Can cause serious health problems if not treated

STI CHART

STI

Transmission

GENITAL HERPES

Skin-to-skin contact
with infected areas.

HIV

Semen, pre-cum, blood,
breast milk and vaginal
fluids in contact with
genitals, anus, eyes,
mouth.

HEPATITIS B

Semen, blood, pre-cum and
vaginal fluids in contact
with genitals, anus, eyes,
mouth.

WET DREAMS

Sometimes sperm is released while sleeping. This is called a wet dream or nocturnal emission. This is a normal part of adolescence. Once sperm is made and ejaculation happens, teen boys who have unprotected sex can get someone pregnant

Girls can sometimes have wet dreams too!

WET DREAMS



Symptoms

- Sores on genitals or in mouth
- Sometimes no symptoms

Treatment or cure

- No cure
- Treatments available

- Sometimes no symptoms

- No cure
- Treatments available

- Sometimes no symptoms

- No cure
- Treatments available

RELATIONSHIPS



CHANGES IN BOYS

- *Body size will increase. Including the legs, arms, scrotum, penis and testes.*
- *Hair on genitals, stomach, face, under their arms, and on their legs.*
- *Voice gets deeper.*
- *He may begin to have erections. This is normal.*
- *Body begins making sperm. Semen, which is made up of sperm and other body fluids, may be released during an erection. This is called ejaculation.*

CHANGES IN BOYS



RELATIONSHIPS

What are important elements in a relationship?

Some examples may be:

- *Respect*
- *Listening to each other*
- *Equity*
- *Shared interests or values*

IMANYA

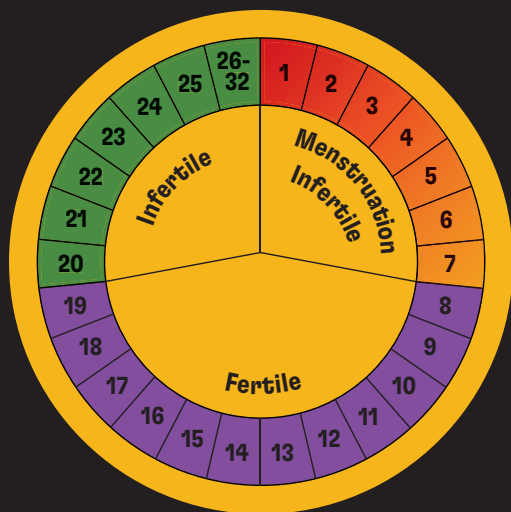


WHAT IS MENSTRUATION?

Menstruation or period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. Every month, her body prepares for pregnancy. If no pregnancy occurs, the uterus sheds its lining. This is why you find blood.

Young women deserve access to menstrual kits in order to continue their education.

MENSTRUAL



CYCLE

END GENDER-BASED VIOLENCE

A few months ago I went to do my chores. It was a far walk, Three older boys I knew attacked me, and raped me. I fought them as hard as I could but it wasn't enough. I felt shame and anger. I talked to my trusted friend. She took me to the police and a health center for support.

I learned I had the strength inside me. I WAS strong. And I was strong enough to seek support.

Be an advocate! STOP GBV!

Reporting GBV: 623

WHAT IS CONSENT?

Sexual consent is an agreement to participate in a sexual activity. Before being sexual with someone, you need to know if they want to be sexual with you too. It's also important to be honest with your partner about what you want and don't want.

Consent is:

- *Freely given: no threats, no harm, no coercion*
- *Reversible: you can say stop or no at any time.*
- *Specific: saying yes to kissing doesn't mean you've said yes to all!*

CHANGES IN GIRLS

- *Breasts develop*
- *Feet, arms, legs, and hands get bigger*
- *Hips get wider*
- *Hair in the genital area, under the arms and on legs.*
- *Maybe oily skin and sweating.*
- *May get pimples.*
- *Will start getting your period.*
- *Can become pregnant.*

CHANGES IN GIRLS



WHAT IS GENDER-BASED VIOLENCE?

Gender-Based violence is harm directed at a person based on their gender.

GBV can be:

- Rape
- Child Marriage
- Economic abuse
- Physical violence against someone
- Emotional or verbal violence

Be an ally:

- Be a supportive friend. Listen and validate. Help them get medical attention and seek counseling at a Youth Friendly Centre.
- Intervene with a trusted friend or adult if you see violence happening
- Speak up!!

AGIBA



EQUAL ACCESS TO FACT BASED SEX EDUCATION

I remember the first time I got my period. I thought I was going to die! No one had ever spoken to me about menstruation and other body changes. I spoke to a nurse at the youth friendly clinic and now know my period is normal.

Menstruation or a period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. Every month, her body prepares for pregnancy. If no pregnancy occurs, the uterus sheds its lining. This is why you find blood.

Young women deserve access to menstrual kits in order to continue their education.

Dial 885 for information about adolescent health!

ACHIWANY



END CHILD MARRIAGE

I always wanted to be a doctor, but I was to be married when I was 12. My family was in a bad way and needed the financial help. I had studied all the time to realize my dream. I did not want to marry at 12 or even 18! My uncle stopped the marriage. I was saved. I am now a doctor.

Reporting GBV: 623

END CHILD MARRIAGE



END CHILD MARRIAGE

Child marriage is a union between two people in which one or both people is below the age of 18. Children under 18 cannot give legal consent to the marriage because they are not considered an adult.

Child brides face more risks of experiencing dangerous health.

*Call 623 to report
Gender-based violence*