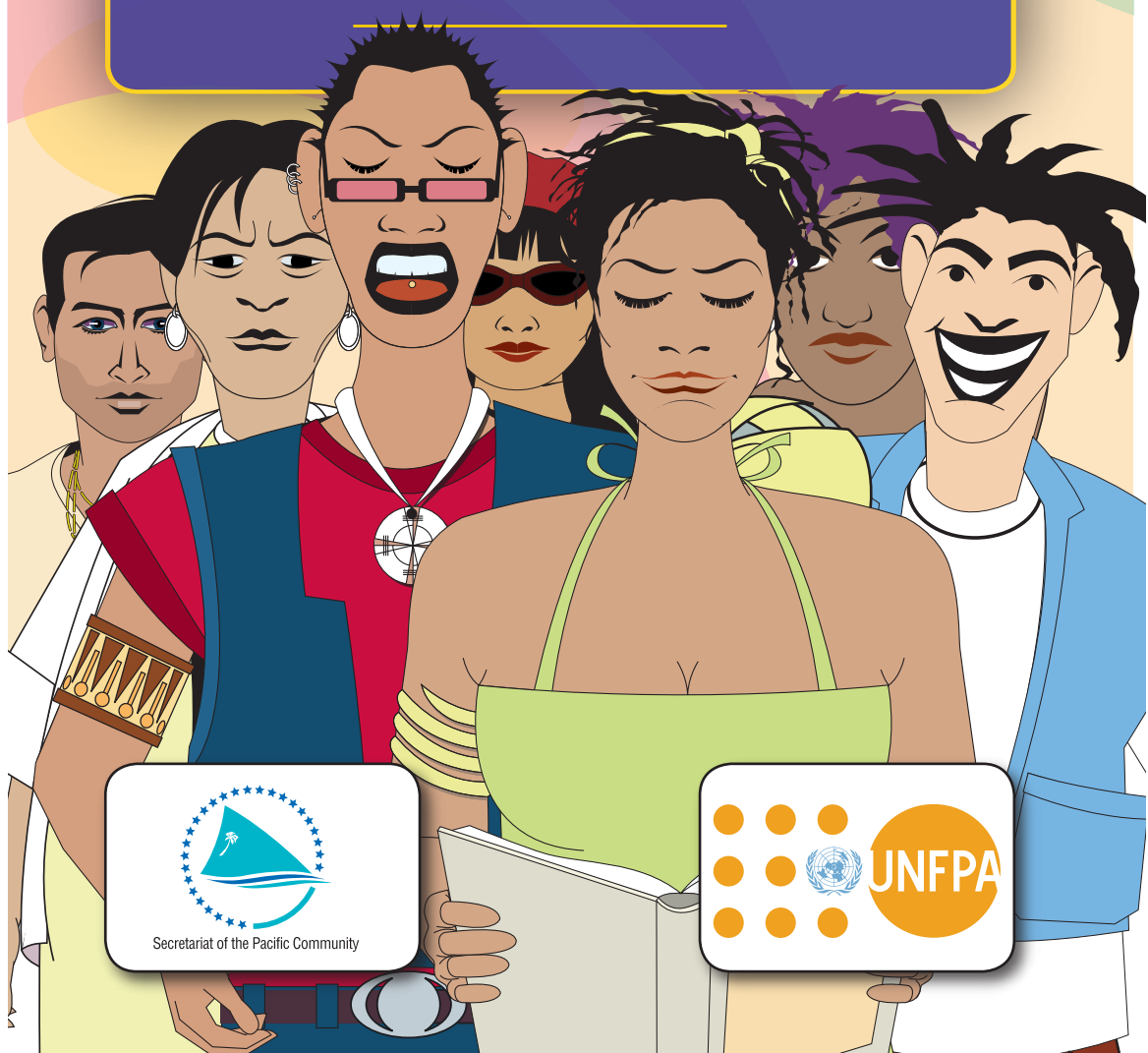


# A Young Person's Guide to Adolescent Reproductive Health

Understanding Your Body, Your  
Feelings and Your Relationships



Secretariat of the Pacific Community



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The Secretariat of the Pacific Community acknowledges the many contributions from individuals, groups and organisations who have in one way or another, made the production of this publication possible.

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Finally, our appreciation also goes to Dr Rufina Latu, the Adolescent Reproductive Health Adviser who despite an extremely busy schedule still found time to lead the development of this manual.

It is my sincere hope, that this manual will become a very useful companion and a simple 'ready reference' for our young people, health workers and others who seek to educate themselves or their friends about Adolescent Reproductive Health.

Dr Jimmie Rodgers  
Senior Deputy Director General

# BULA! TALOFA! BONJOUR! MALO E LELEI!

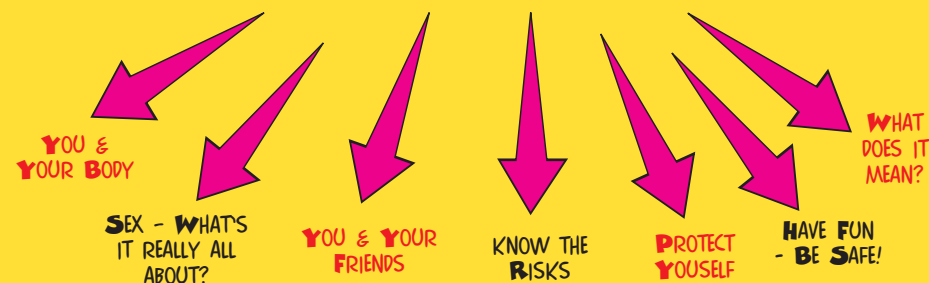


Boys and girls - there are many challenges facing young people today. Many young people in the Pacific are suffering from problems such as unwanted pregnancy, sexually transmitted infections and HIV/AIDS.

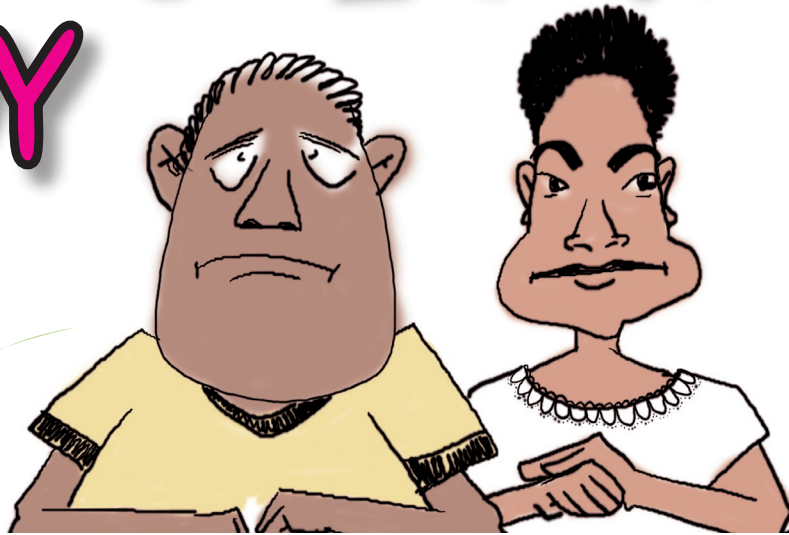
You can prevent these things happening to you!

This booklet tells you how to protect yourself from these problems. It also gives important information about growing up, relationships, sex, and the changes your body goes through during adolescence.

Growing up is one of the most exciting journeys of your life - so be prepared. Have a great trip!



# YOU & YOUR BODY



## "What's happening to me?"

Maybe you are going through puberty.

Puberty is the time when your body starts changing from a kid's body to an adult's body. Everyone goes through lots of changes at this time. Sometimes you may feel confused, scared or embarrassed about what's happening to your body. You may also have many emotional changes. One minute you feel up, the next you're down. This is all normal - lots of young people feel like this.

## Puberty happens to everyone -

But it doesn't happen to everyone at the same time! Girls usually start puberty before boys do. Most girls' bodies begin changing between the ages of 9 to 12. Boys usually start changing from age 11 to 13.

## Some of the changes are the same for boys and girls:

Hair grows under your arms, on your legs and around your private parts ('genitals'). You may have a "growth spurt" and grow tall very quickly. Sometimes you grow so fast that you feel clumsy. Your voice gets deeper. You sweat more and your skin gets oily. Many young people get pimples on their face and their back.



## Am I normal?

*"My breasts are so much bigger than my friends, I feel so embarrassed when I go to the beach" (girl, 14)*

*"I don't have a single hair on my body. I look like a little kid! All my friends are so big ....some of them have even started shaving!" (boy, 15)*

All these changes are normal - remember everyone is different! Each person's body grows and changes in a different way from their friends

## Tips for surviving puberty

- Puberty can be a very confusing time....you may have lots of questions. It can help to talk to an older person you trust - like your parents, older brother or sister, auntie or uncle. You can also talk to a doctor, nurse or health worker
- Look after your body. Smoking, using drugs and drinking alcohol can harm your body, give you bad breath and make you put on weight. Eat healthy foods. Get plenty of exercise. Wait for sex until you are ready!





# Puberty

## - What to Expect

### Boys

#### Changes on the Outside

- muscles and shoulders grow bigger
- breasts may change shape and get bigger - this goes away as you get older
- hair grows around the face, underarms and genitals
- voice gets deeper
- testicles and penis grow bigger

#### Changes on the Inside

- the testes start making male sex cells (called 'sperm'). Millions of sperm are made every day!
- sperm is contained in a white, milky liquid called semen

#### Ejaculation and Wet Dreams

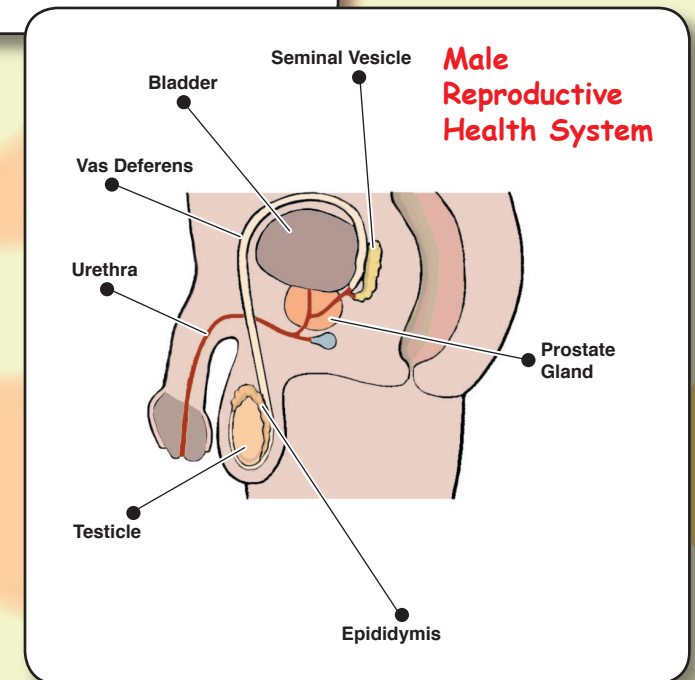
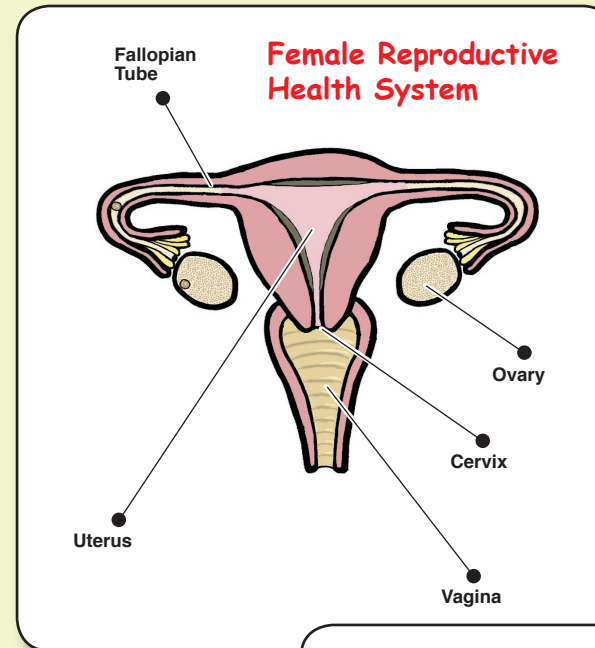
- For boys, ejaculation is the one of the signs that they have started puberty. Ejaculation is when semen spurts out of the penis. This happens when you masturbate, have sex or have a wet dream.

- Boys often have wet dreams. This happens if you have a sexual dream and you ejaculate during the night. Some boys wake up thinking that they've "wet the bed." Some boys never have wet dreams - both are normal.

**Remember, boys** - after your body starts making sperm, it is possible to get a girl pregnant if you have sex with her.



## - What do they look like





# GIRLS GIRLS

## Changes on the Inside

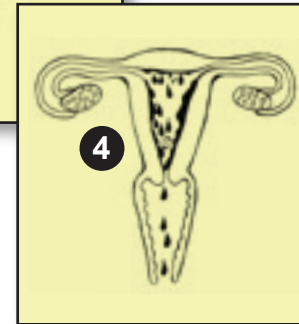
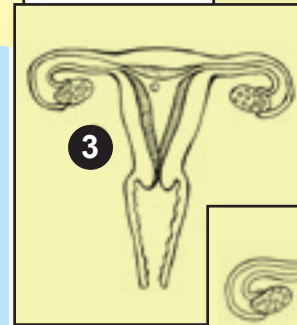
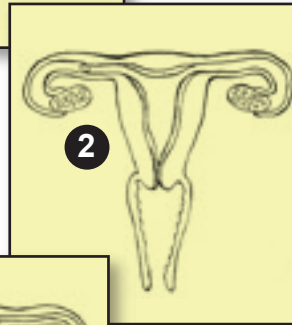
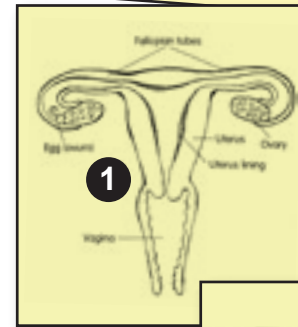
- menstrual periods begin
- your first menstruation (or period) is a sign that you have reached puberty
- you may have a white, sticky discharge from the vagina - this is normal. Don't worry about this unless the vagina becomes itchy or has a strange smell. If it does, see a doctor or health worker

## Changes on the Outside

- breasts begin to grow larger
- hips become rounder and wider - some girls put on weight
- hair grows around the genitals, underarms and legs
- the vagina may grow bigger and become darker in color



## The Menstrual Cycle



- 1 Once a month, a girl's body releases an egg ('ovum'). This is called 'ovulation'
- 2 The egg travels along the fallopian tube towards the uterus
- 3 If the egg meets a male's sperm, it may be fertilised and the girl can become pregnant
- 4 If fertilisation does not take place, the egg and the lining of the uterus leaves the vagina as blood

## Understanding your periods

- During the menstrual cycle, a girl's body gets ready for having a baby
- Her body makes a nest out of blood and tissue for the baby to grow inside her womb
- If she has sexual intercourse and gets pregnant, the girl will not have her period
- If she is not pregnant, the blood is not needed and leaves the body through the vagina. This is normal. It shows that your body is healthy and working the way it should
- This bleeding lasts about 3 to 7 days
- Bleeding is usually heaviest during the first few days. Some women get cramps and pain during their periods
- You may feel a bit moody or upset just before your period - this is known as premenstrual syndrome (PMS)
- Most girls' periods are not regular in the beginning but will eventually occur every month

**Remember, girls** - once your periods start, you can become pregnant if you have sex with a man or boy.

# Girl Talk ...

## Looking after yourself during your period

- Having periods is a normal part of growing up. When your periods start, it's good to talk to another woman you can trust - this might be your mother, a big sister, an auntie, or an older friend. They can show you how to take care of yourself during menstruation.
- Shower or bathe at least two times a day - morning and evening. It's okay to use cold water.
- Menstruation does not mean being "sick" or "unclean." When you are menstruating, you can do all the things you normally do - such as school, sports, working in the garden
- Sometimes, girls may have pain in the first two days of periods. If this happens, do some stretching and walking. Taking two painkillers such as Panadol or Tylenol tablets every six hours can help relieve pain. If pain is really bad, you should visit your nurse, doctor or health worker.

# Using tampons and pads

- In the first years after your first period, it is better to use sanitary pads. These are available in most stores. Pads should be changed about three times a day to prevent staining your underclothing. Don't flush pads down the toilet. They'll block it up. Wrap them in paper and put them in the rubbish bin.
- As girls get older, around 16 or 17 years, some start to use tampons instead of sanitary pads. Tampons are absorbent rolled up pads which are placed inside the vagina. They are better for doing sports, travel and swimming.
- Young girls should use pads for the first few years till they are confident of how to look after their periods. As you become older, you may change to tampons. It is a matter of personal choice. Instructions on how to use tampons come with the package. Read this carefully when you use tampons.



# Sex - What's it really all about?

## FEELING SEXY

After reaching puberty, you may get more sexual thoughts and feelings - this is normal. It's natural to feel sexual feelings for other people. This experience will be different for everyone. Some people have sexual feelings for people of the opposite sex - this is called heterosexual. Some people are attracted to the same sex - this is homosexual ("gay" or "lesbian"). Some people are attracted to both boys and girls - this is bisexual.

Don't worry if you're not sure about your sexual feelings. It takes time to work it all out. If you feel worried or confused about your sexual feelings, talk to an adult you trust or see a health worker.

*"I really didn't know if I was gay or not, even though all the kids at school made fun of me. I didn't know how to talk to my parents about it. So I talked to my auntie - I feel much better now." (Johnny, 17).*

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# Sex

## - When is the right time?



One of the biggest decisions you will face is when to start having sex. **There are good reasons why young people should delay having sex.** Like any big decision, there are lots of things to think about - like how you might feel later, what your friends and family might think, and the risks involved in having sex at an early age.

*"I kind of want to have sex, but I'm not sure. Right now I want to wait. I need more time to think about it. One of my friends had a baby when she was 16. I don't want to take any risks...there's so many other things I want to do first" - (Mary, 17)*

*"All my friends are telling me I should do it. They all reckon they've had sex....but I think some of them are lying! Anyway, I want to wait for the right person - and not just do it because someone is putting pressure on me." - (Billy, 17)*

## GOOD REASONS FOR DELAYING SEX:



- "I'm not ready"
- "I want to wait till I'm married"
- "I'd like to find the right partner first"
- "I don't want to get pregnant..... or catch an STI"
- "I want to finish my education first"
- "It is against my religious beliefs"



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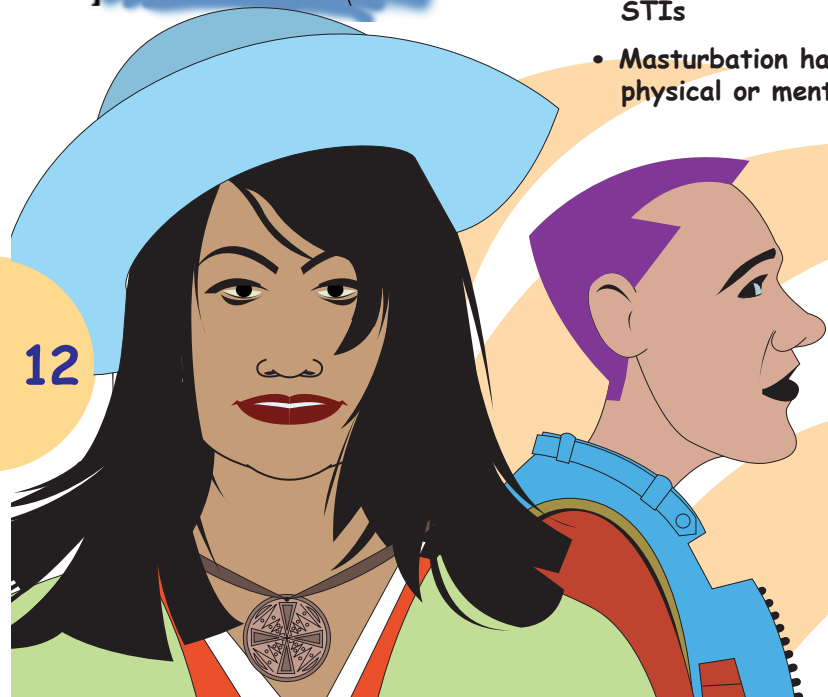


# MASTURBATION - IT'S SAFE!



Masturbation is when a person gives themselves pleasure by touching their genitals. This is okay. It is a normal part of growing up and learning about your sexuality. People can masturbate by themselves or with another person. It's also okay not to masturbate.

- Masturbation is a safe activity for both boys and girls
- Masturbation is one way a person can enjoy and express their sexual feelings without risk of getting pregnant or STIs
- Masturbation has no harmful physical or mental effects



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## What happens during sex

Sex between a man and a woman is called sexual intercourse. During sexual intercourse, the man's erect penis enters the woman's vagina. If the man ejaculates ("cums"), millions of sperm are then released into the vagina. If one of these sperm meets one of the woman's eggs and joins with it, fertilisation takes place. As a result, the girl can become pregnant.

**Just remember** - you can get pregnant even if you have sex only once. If fluid from the penis comes into contact with a woman's vagina, pregnancy can still occur - even if the boy does not ejaculate.



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# You and Your Friends

## WHAT DO GIRLS AND BOYS WANT?

Boys and girls sometimes want different things in a relationship.

**She wants to be friends - He wants to have sex - He wants to go slow - She wants to go all the way.**



For some, friendship and spending time together are the most important things. For others, sex is really important. Talking to each other can help to build a good relationship. Tell your partner how you're feeling. Stand up for what is right for you. But respect the other person's decisions. You can still have a great relationship without having sex!

**Q. I love my boyfriend. Should I have sex with him to prove my love?**

**A. Loving someone does not mean that you have to have sex with them.**

Loving someone means that you have a strong feeling of trust, care and respect for that person. This takes time to grow. Having sexual feelings towards someone does not always mean that you love them. Sometimes we decide to have sex because we think we are in love, but it turns out to be really just a strong feeling of sexual attraction. Just because you kissed them doesn't mean you have to have sex with them!

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"If you really love me, you would have sex with me."

"If you love me, you wouldn't put pressure on me!"



## DO I WANT A BOYFRIEND/GIRLFRIEND?

Deciding if you want a boyfriend or girlfriend can be a big decision. Take your time - there's no hurry. Remember that it is OK to be on your own. It can give you more time and freedom to do things that you want to do like:

- hanging out with friends
- listening to music
- getting through studies
- playing sports
- doing other hobbies

## DECISIONS, DECISIONS - HOW DO I KNOW WHEN HAVING SEX IS THE RIGHT THING TO DO?

There's lots of pressure on girls and boys to have sex - pressure from friends, TV, magazines, and the opposite sex. Think carefully before making a decision to have sex. People have sex for many different reasons - sometimes the wrong reasons, like:

- feeling pressured to have sex by your partner
- proving that you are grown up
- peer pressure - thinking that "everyone else is doing it"
- proving you aren't gay or lesbian



## DECIDING TO DELAY SEX

So you decided to wait to have sex. **Most young people are not having sex. This is called abstinence.** It's the best way of staying safe and protecting yourself from unwanted pregnancy and sexually transmitted infections. You can still go out with someone and have fun. Talk to your boyfriend/girlfriend about your decision to wait. Stand by your

decision when you are with them. **"I care for you but I also care about my future. I'm not ready to have sex and I want to wait."**

The really important question to ask yourself is, "What is right for me?" If your boyfriend or girlfriend wants to have sex and you don't feel ready, say so. Remember, sex involves TWO people with individual thoughts and feelings. You have a right to express your feelings and to make your own decisions.

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## DECIDING TO HAVE SEX

You may want to have sex for fun, or because you really love the other person. That's okay as long as it's your decision. Make sure you are safe and you know the consequences. (see "Protect Yourself" on page 23). Both partners should feel safe in a sexual relationship.

If you are thinking about having a sexual relationship with someone, ask yourself: "Am I ready for sex?"

### Am I ready? A quick checklist:

- ☐ "Is this something I really want to do right now?"
- ☐ "Am I ready to be a parent if this produces a baby?"
- ☐ "Am I taking precautions to prevent sexually transmitted infections (STIs) or pregnancy?"
- ☐ "Am I being pressured into having sex when I don't want to?"
- ☐ "Am I going to feel bad afterwards because this goes against my personal beliefs?"
- ☐ "Do I trust this person?"
- ☐ "Can I talk about safe sex with this person?"

## REMEMBER

- You always have the right to say "NO" to sex at any time
- You should not be forced into having sex if you are not ready for it
- You can stop a sexual relationship at any time
- Do not let anyone take advantage of you.

## TALKING TO YOUR PARENTS OR GUARDIANS

One of the most important relationships in your life is with your parents. It may be hard to believe, but your parents were once teenagers! They had many of the same feelings, worries and questions you have about sex and relationships.

## WHY DO PARENTS FIND IT HARD TO TALK ABOUT SEX?

Many parents feel embarrassed talking about sex - but usually they are ready to listen. It can really help sometimes to talk with your parents when you are confused or don't know what to do.



## TIPS FOR TALKING TO YOUR PARENTS

- plan what you want to say
- pick a good time to talk - when your parents are not really busy or tired
- ask if you can talk to them in private
- be willing to listen to their point of view
- if you are closer to one parent, talk to them first
- try talking it over first with another adult (a sister, brother, aunt, family friend or health worker)





# Sex – Know the Risks



If you decide to start having sex, you need to know what the risks are and how to protect yourself.

Here are the main risks for young people.

## 1. SEXUALLY TRANSMITTED INFECTIONS (STIs)

An STI is an infection that is passed from one person to another by having sex without a condom. If one of the partners has an STI, they can give it to the person they are having sex with. You can get an STI from vaginal sex (penis in the vagina), anal sex (penis in the anus), or oral sex (mouth to vagina or penis). You can even get STIs if the sexual organs rub together or touch each other.

Many STIs cause serious diseases or damage to a person's health.

**"Don't fool yourself – any time you have sex without using a condom, you run the risk of getting an STI – even if it's the first time you have sex!"**

## HOW DO I TELL IF I HAVE AN STI?

If you get an STI, you will probably notice some changes to your body. These include:

- unusual colour or smell from the vagina or penis
- redness, rash or sores on the vagina or penis
- unusual sticky or smelly fluid coming from the vagina or penis
- a burning feeling when you piss
- pain during sex

Sometimes there are no signs of an STI – especially in girls. If you had sex without using a condom, you may have an STI and not even know it! You cannot tell by looking at someone if they have an STI or HIV/AIDS.



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## WHAT DO I DO IF I HAVE AN STI?

- If your body has any of these signs, you should go to a doctor or health clinic
- Sometimes the signs of STIs go away by themselves, but the STI is still there – you can still pass it on to others
- Most STIs can be easily treated – but the infection won't go away unless you get treatment
- It may not be an STI but don't risk your health – go for a check-up
- If you do have an STI, tell your partner. They should get treatment too
- If you learn that your partner has an STI, you should visit a clinic for a check-up

You can only get rid of an STI by getting treatment – go to a doctor, nurse or health centre

Don't be ashamed or embarrassed to go for help if you think you have an STI. Anyone can get an STI.

## WHAT IF I DON'T GET TREATMENT?

If you don't get them treated, STIs can make you sick, or unable to have children when you get older. HIV/AIDS has no cure and can lead to death.

## SOME OF THE MOST COMMON STIS IN THE PACIFIC ARE:

### Chlamydia and Gonorrhoea

These are two different types of STIs you can have without knowing it. There may be sticky or smelly fluid coming from the vagina or penis. They are both easily treated with special tablets you can get from a doctor or nurse.



### Syphilis

A small sore usually appears on the penis or the outside of the vagina. If not treated it can harm your health and may also harm unborn babies.

### Herpes

There are two types of herpes. One causes painful sores around the mouth and one causes sores around the genitals. There is no cure for herpes but some creams and medicines help to get rid of the sores.

**HIV (Human immuno-deficiency virus)** This virus causes AIDS (Acquired immuno-deficiency syndrome). HIV is a type of STI but has no cure, so prevention is

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important.

HIV is transmitted through body fluids of an infected person coming in contact with another person. The three main ways of this happening are:

- by having sex without a condom
- by sharing drug needles
- by infection from mother to baby during pregnancy, childbirth, or when breastfeeding

**Remember** - all STIs can be prevented. If you have sex, always use condoms.

## 2. UNPLANNED PREGNANCY

If you have unprotected sex (not using a condom or not using contraceptives) you can become pregnant. During sexual excitement the penis leaks fluid that can have thousands of sperm in it. If this fluid comes into contact with the vagina - either inside or outside the vagina - it can cause pregnancy. This means that a girl can get pregnant even if the boy does not ejaculate.

### DO YOU REALLY WANT TO BE A PARENT RIGHT NOW??

Boys and girls, ask yourself "Am I ready to look after a baby? Do I have the money to raise a child? How will this affect my social life and education?"

Unplanned adolescent pregnancy can lead to health problems and social and economic difficulties, even if the young woman is married. Some of these risks are:

- premature birth
- low birth weight of the baby
- difficulties in childbirth for both mother and baby
- having an unsafe abortion to end the pregnancy

If you are a single mother, the social costs to you of having a baby can be high:

- you may have to leave school
- you might find it difficult to get a job
- you may be isolated from family, friends and community
- you may struggle to look after your baby because you don't have a job



*"I got pregnant when I was 15. I really wasn't ready to have a baby. Neither was the guy - he took off. My parents have helped me bring up my child, but that one moment changed my whole life. I dropped out of school and now it's difficult to make enough money to support me and my daughter." (Natalie, 18)*

## GETTING PREGNANT

Here are some facts you should know:

It is possible to get pregnant:

- even if it is the first time you have sex
- if you have sex during your period
- if a man ejaculates outside the vagina - sperm landing outside the vagina can make their way in and fertilize the egg
- if you have vaginal sex in any position - sitting, standing, lying down - you can become pregnant if you have unprotected sex

Douching (washing the vagina after sex) does not prevent pregnancy. Douching may force sperm further up into the vagina.

### HOW DO I KNOW IF I'M PREGNANT?

You breasts are sore. Your period is late. You feel sick - you're worried you might be pregnant. First of all - don't panic! Your periods are often late when you're young. The only way to know for sure if you are pregnant is to have a pregnancy test. You can see a doctor, nurse or health worker to find out if you are really pregnant.

What do I say? Will my parents find out? What will the nurse/doctor think of me?!

You may worry about what health care staff will think of you if you go for a pregnancy test. Doctors, nurses and health professionals are used to helping young people with these problems. They will support you to decide what to do if you are pregnant. Whatever you talk about with them is confidential.

**Remember** - pregnancy is the responsibility of both boys and girls. If you are worried that you may be pregnant, talk to an adult you trust, or see a health worker. It is important to find out as soon as possible if a girl is pregnant, so that she can be given the proper health care.



## ABORTION - WHAT IS IT?

Abortion is the termination of a pregnancy. In Pacific island countries, abortion is illegal. However, some doctors carry out abortion if they decide that the pregnancy will be dangerous to the health of the woman.

## THE FACTS ABOUT ABORTION

When a woman or a young girl gets pregnant and she is not ready for it, she may think about having an abortion. This is a serious matter because:

- abortion is not legal in our countries
- abortion is not easily available - the doctor will have to decide if it can be done.
- if the doctor decides for an abortion, the woman will have to pay for this

Abortion also has its own health risks for the woman.

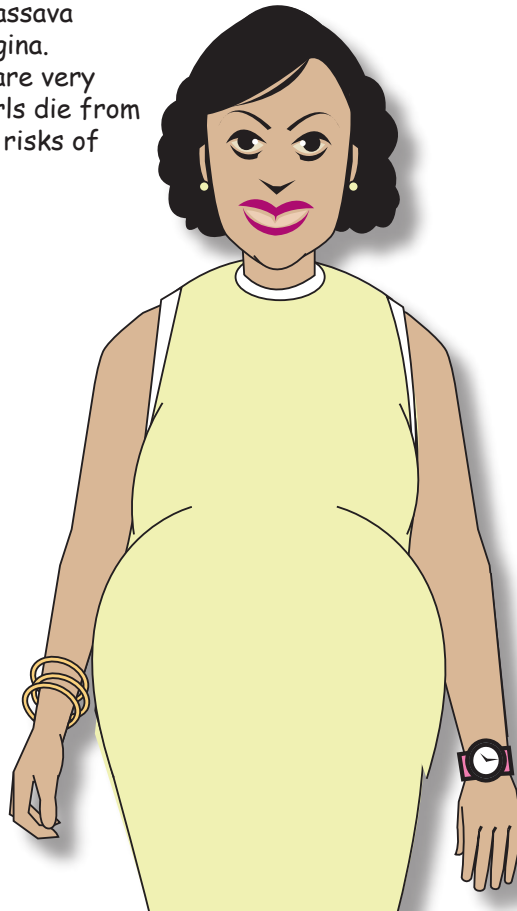
## UNSAFE ABORTION

Some people use unsafe methods to try and abort a baby - like drinking strong tea or alcohol, taking herbs, jumping and running, heavy physical work, or putting objects like cassava and hibiscus sticks into the vagina.

These things do not work and are very dangerous! Every year many girls die from unsafe abortions. Some of the risks of unsafe abortion are:

- injury to the reproductive organs
- fever
- infection
- severe bleeding and shock which can lead to death

**Remember** - Protect yourself from unplanned pregnancy - abstain from sex or use a contraceptive. If a girl thinks she is pregnant, she must visit a nurse or a doctor for assistance.



# Protect Yourself



Before you take the big step and decide to have sex, you should know how to protect yourself from unwanted pregnancy and STIs. Here are some tips to make sure you and your partner stay safe.....

## THE 100%, SURE WAY TO PREVENT PREGNANCY AND STIS!

The safest way to protect yourself is to not have sex at all. This is called "**abstinence**". It doesn't mean that you will never have sex. It just means that you are choosing to wait to have sex. This is the only way to be sure that you won't get pregnant or get an STI.

## SEX RULES

If you do decide to have sex - here's the rules of the game:

1. If you don't want to have a baby, you need to use contraception
2. If you don't want to get an STI, you need to use condoms or have safe sex
3. Contraception and safer sex are the responsibility of both boys and girls

## WHAT IS CONTRACEPTION?

Contraception works by stopping the woman from getting pregnant. Contraceptives are different methods of preventing pregnancy. The couple can still have sex but the woman will not get pregnant.

There are several types of contraceptives. The best methods for young people are the pill and condoms.

## THE PILL

Women can regularly take a birth control pill. If you decide to use the pill, you should visit a nurse or a doctor for counselling first. They will explain to you how to take the pill. Pills are easily available in clinics, health centres and pharmacies.



## THE MORNING-AFTER PILL

If you have unprotected sex, the "morning after" pill may be able to prevent pregnancy from happening. This is an emergency contraceptive method. You must take this pill within 72 hours of unprotected sex. If you have unprotected sex, see your nurse or doctor as soon as possible in the next 72 hours for emergency pills.

**Remember** - the pill protects you from pregnancy but does not protect you against STIs.

## CONDOMS

Condoms are made of thin rubber and fit over the man's erect penis to stop the sperm from going into the vagina when you have sex.

Here's the good news.... condoms protect you against both STIs and pregnancy!!!

## USING CONDOMS

Use one every time you have sex - even if you love and trust the other person.

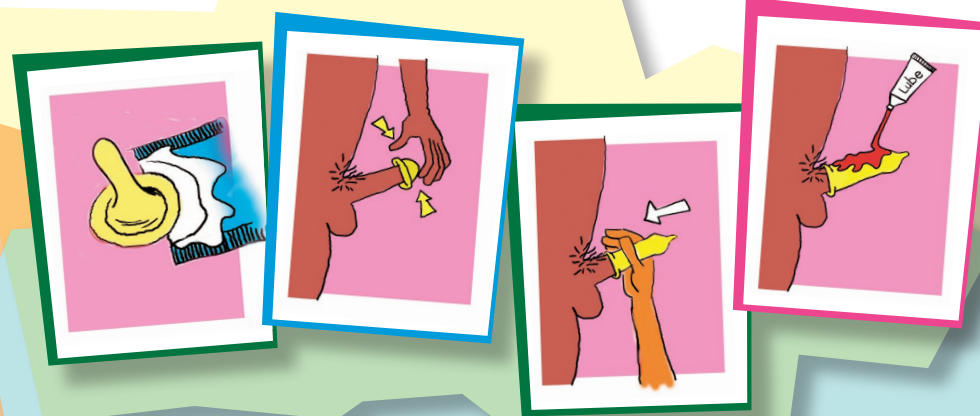
### SOME SAFETY TIPS FOR CONDOM USE:

- keep condoms in a cool, dry place, away from heat
- use water-based lubricant like KY jelly, Wetstuff or Astroglide. Do not use vaseline, saliva, coconut oil or body lotion to lubricate the condom - they can tear it
- check expiry or use-by date before using
- use a new condom each time you have sex - even if you are taking the pill

### WHERE CAN I GET CONDOMS?

You buy condoms from pharmacies and supermarkets. You can also get them for free from clinics and health centres. If you're not sure, ask a health worker where you can get condoms from. Your friends may also know where to get condoms.

## HOW DO I USE A CONDOM?



- 1 Tear open the packet, check the condom is not inside out by seeing if you can unroll it.
- 2 Pinch air out of tip and roll onto stiff penis.
- 3 Use lots of water-based lube on the outside of the condom to keep it nice and slippery.
- 4 After ejaculating, hold onto the base of the condom as you pull out (so it doesn't stay behind).
- 5 If at first you don't succeed, try again with a new condom.
- 6 Use a new condom every time.

## SAFE SEX

Safe sex means having sex in a way that avoids getting pregnant or catching an STI. It means using a condom and preventing your body fluids (like semen, vaginal fluids or blood) from entering the other person's body. Safe sex also means other ways of enjoying sex without the risks of having sexual intercourse - like kissing, touching, and massaging each other. Masturbating each other's genitals is also a safe activity.

## TALK IT OUT.....

Talk to your partner about using protection. Being safe is a two-way thing.



# "No means NO!"



Sometimes people try to force you to have sex with them. This is called sexual abuse. It is a problem that happens to many boys and girls. No one has the right to force you into having sex with them. You should only have sex with someone if it is your decision as well as theirs.

Sexual abuse is when someone:

- forces you into having sex when you don't want to
- touches you in a way that you do not want and makes you feel uncomfortable
- goes further sexually when you say "no" or "stop"
- forces you to look at or touch their sex organs

Sometimes sexual abuse is violent - this is called rape. It's not just strangers who commit sexual abuse. Often it is someone who the young person knows - like a member of the family, relative, or friend.

### What to do if you are being sexually abused

1. Tell someone you trust such as a parent, auntie, uncle, teacher, family friend or health worker.



2. If you are able, say no and tell the person to stop in the strongest possible way.

Remember - you are not to blame. Sexual abuse is a crime. Talk to an adult or a health worker if you or someone you know is being abused.



# Have Fun

# Be Safe!



## PARTY ON...

We all like to have a good time. For some young people this means drinking alcohol or taking drugs. This might help them feel more

social and relaxed. But there are also lots of risks - it's easy to lose self-control when you drink or take drugs. You can end up doing things you don't remember ...or things you want to forget!

*"I was really drunk and he asked me to have sex and I said, 'No way, I hardly know you'. But then I knocked out at the back of the house. The next thing I woke up and he was all over me and pulling my skirt down. I felt so used."* (Lucy, 17)

### ALCOHOL AND DRUG USE

Alcohol, marijuana, kava...they are all drugs. Drugs affect your body, your mind, your relationships and your judgement. The more you drink or take drugs, the more you are likely to:

- become more aggressive and get into fights
- have an accident



- have unwanted and unsafe sex
- make a fool of yourself or do something that you normally wouldn't do



### HOW ALCOHOL AND DRUGS AFFECT YOUR HEALTH

Alcohol and drugs might help some people loosen up and have a good time. But even a small amount can mess up your body. After a night out on the booze, these are some of the things that might happen to your body:

- vomiting, hangover, poor coordination, bad breath, memory loss.

If you keep taking drugs, in a few years you could also have:

- brain damage, heart problems, damage to your liver and other body parts.

### ALCOHOL, DRUGS AND SEX

Drinking alcohol or taking drugs increases the risks to your sexual health. It's harder to make good decisions and stick to them. You are more likely to have sex when you don't really want to. And you're more likely to have unsafe sex.

*"I don't really remember what happened....I was so drunk. My friends told me I had sex with this girl. I can't even remember her name. I do know that I didn't use a condom and now my dick is really itchy and it burns when I piss."* (Danny, 13)

### PARTY RULES

Discos, bars, kava parties..... "Anything can happen" - and it's not always the things you planned for!

So if you are going for a night out, be prepared - plan ahead:

- Go with someone you trust
- Tell someone responsible where you are going and what time you'll be home
- If you drink, limit the amount of alcohol you drink
- Alcohol is a drug - mixing alcohol and other drugs is very dangerous
- Plan a safe way to get back home - don't take a lift from someone who has been drinking or from someone who you don't know.
- If you think sex is a possibility, take a condom with you just in case

Sometimes people can spike your drink with other drugs. So watch what you drink and don't drink other people's drinks.

**Remember** - it's your body. You have the right to make decisions about your sexuality and your sexual activity, in your own time. Take your time and think about what you really want. Ask for help if you need it - it really helps to talk to someone else.

Take care of yourself and have fun!

# WHAT DOES IT MEAN?

There are lots of words to do with sex and reproductive health. Here's what some of them mean.

<b>Abortion</b>	A medical procedure to end a pregnancy. It should only be done by a doctor. It is illegal in most Pacific countries.
<b>Abstinence</b>	The decision to delay, or not have sexual intercourse at all. It is the most effective way of preventing pregnancy and STIs.
<b>AIDS</b>	Acquired immune deficiency syndrome, a disease caused by the HIV virus. AIDS is when the body's defence system is so weak that the person cannot fight illness.
<b>Anal intercourse</b>	When a person has sex by putting their penis into another person's anus.
<b>Anus</b>	The hole at the end of the back passage or rectum, through which the body gets rid of solid waste.
<b>Bisexual</b>	Someone who can be sexually attracted to both boys and girls.
<b>Cervix</b>	The lower section of the uterus that protrudes into the vagina. It has a tiny opening that allows menstrual blood to pass. During birth, the cervix expands to allow the baby out of the uterus.
<b>Clitoris</b>	The small organ at the top of the vulva. It is the most sensitive sexual part of a woman's body because it is full of nerve endings.
<b>Conception</b>	The moment when the woman's egg is fertilised by a man's sperm and she becomes pregnant.
<b>Condom</b>	A thin rubber sheath which is rolled onto a man's erect penis before sex. It stops sperm and infection from passing between sexual partners.
<b>Contraceptive</b>	A device or drugs used to prevent pregnancy (also called birth control).
<b>Discharge</b>	A fluid which comes from the vagina or opening of the penis. Discharges are natural. But if a discharge has a strange smell or colour, or is itchy, it may mean that there is an infection or an STI.
<b>Ejaculate</b>	When a male has an orgasm and semen spurts out of his penis.
<b>Emergency contraceptive</b>	Also called the morning after pill; a contraceptive pill which can be taken up to 72 hours after unprotected sex.

<b>Erection</b>	When a man is sexually excited, blood flows into his penis and makes it become hard and stiff.
<b>Gay</b>	Another term for homosexual.
<b>Genitals</b>	The reproductive organs or parts of the reproductive system that are outside a person's body.
<b>HIV</b>	Human immuno-deficiency virus - the virus that causes AIDS. It can be found in body fluids (blood, semen, vaginal fluid and breast milk) of an infected person.
<b>Heterosexual</b>	A person who has sexual feelings for someone of the opposite sex.
<b>Homosexual</b>	A person who is sexually attracted towards members of his or her own sex.
<b>Hormones</b>	Hormones are natural chemicals that affect different parts of your body. They travel around the body in the blood. Sex hormones control growth and sexual development in boys and girls.
<b>Hymen</b>	A thin piece of skin covering part of the opening of the vagina. It can be broken through sport or hard physical work. Sometimes it bleeds when it breaks.
<b>Lesbian</b>	A woman who is sexually attracted to another woman.
<b>Lubrication</b>	A water-based jelly that is put on the outside of the condom to make it slippery and so feel better during sex.
<b>Masturbation</b>	Sexual excitement and pleasure caused by rubbing the sexual parts of one's own body.
<b>Menarche</b>	The technical name given to a girl's first menstrual period - it is a sign that she has reached puberty.
<b>Mutual masturbation</b>	When two people masturbate each other's genitals by hand.
<b>Menstruation</b>	A woman's monthly bleeding. Also known as her periods.
<b>Menstrual cycle</b>	The time between a girl's menstrual period and her next - usually about 28 days.
<b>Oestrogen</b>	Female hormone produced in the ovaries that is responsible for many of the changes that take place during puberty.
<b>Oral sex</b>	Having sex by kissing, sucking, or licking a partner's genitals.
<b>Orgasm</b>	When the body reaches the highest moment of sexual excitement.
<b>Ovaries</b>	Two small glands on either side of the uterus that contain a woman's sex cells (ova). Ovaries also produce the female hormones oestrogen and progesterone.
<b>Ovum</b>	Often called an egg. These are the female sex cells. After puberty, one ovum is released inside a girl's body every month. If a male sperm meets an ovum and fertilises it, the girl will become pregnant.

<b>Penis</b>	The male sexual organ. Also used to pass urine (piss). Most of the time the penis is soft and hangs down. When sexually excited, blood flows into the penis and it becomes erect and hard. This is called an erection.
<b>Pregnancy</b>	The time, about 9 months, during which a woman has a baby developing and growing inside her.
<b>Premenstrual syndrome</b>	A girl or a woman may experience mood swings, headaches or sore breasts in the week before her period is due. Also known as PMS.
<b>Puberty</b>	The time of life when an adolescent's body begins to change from being a girl to being a woman, or from being a boy to being a man. It involves rapid physical, emotional and social changes. These changes are caused by the sex hormones.
<b>Pubic hair</b>	The hair which grows around your genitals after reaching puberty.
<b>Safer sex</b>	Sex that reduces the risk of passing on STIs or having an unplanned pregnancy.
<b>Sanitary pad</b>	A pad made of cotton which a woman or girl can wear to absorb the menstrual blood during her period.
<b>Semen</b>	A milky liquid made up of sperm and semen which comes out of the end of the penis during ejaculation. Semen carries 300 to 500 million sperms for every ejaculate.
<b>Sexual abuse</b>	When a person forces someone to do something sexual against their will.
<b>Sexual intercourse</b>	When a man and a woman have sex - the man inserts his penis into the woman's vagina.
<b>Sperm</b>	These are very small male sex cells which are made in the testicles. Under a microscope they look like tadpoles. When a man ejaculates about 400 million sperm are released. If a sperm meets a female egg (Ovum), the girl or woman can become pregnant.
<b>STIs</b>	Sexually transmitted infections. A term used for any infection which you can get by having unprotected or unsafe sexual contact with an infected person.
<b>Testicles</b>	Also called the testes or balls, they are two oval-shaped organs in the male scrotum. They produce sperm and the male hormone testosterone.
<b>Testosterone</b>	The male hormone produced in the testicles which produces many of the changes of puberty.
<b>Tampon</b>	A hard tube of tightly packed cotton put into the vagina to absorb the blood during a girl's period.

<b>Vagina</b>	Part of the female genitals. The vagina connects a woman's uterus to the outside of her body. When a girl or woman become sexually aroused, the vagina becomes wet and lubricated.
<b>Vaginal intercourse</b>	When a man has sex with a woman by putting his penis into her vagina
<b>Vulva</b>	The female external reproductive organs, including the labia, the clitoris, the urethral opening and the vaginal opening.
<b>Wet dream</b>	When semen comes out of a boy's penis while he is asleep. It is one of the signs that he has reached puberty.





