

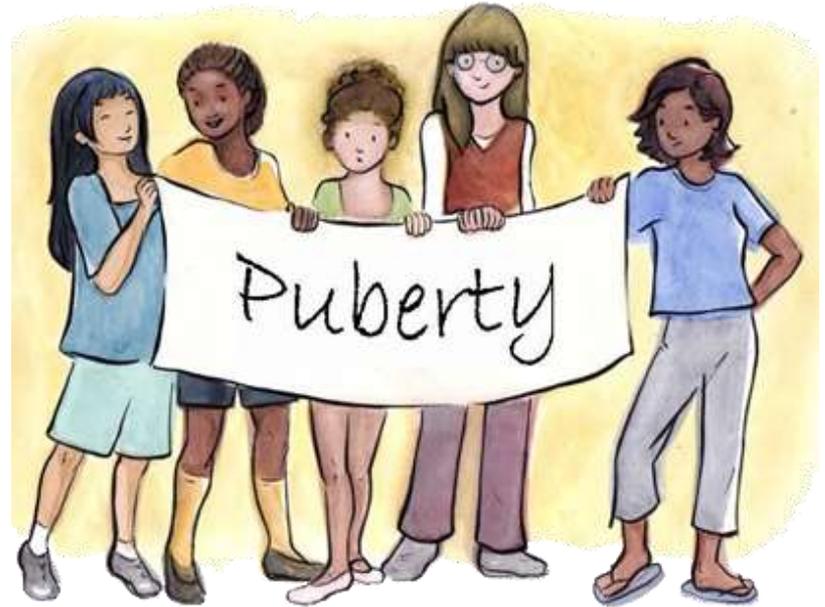
Me & My Options

AN INTERACTIVE CLASS DISCUSSION ABOUT SEXUAL DEVELOPMENT



What exactly is puberty?

- Puberty is a time in everyone's life that comes with a multitude of challenges.
- Decisions you make can sometimes have lasting negative consequences.
- Before beginning, remember that everyone is nervous about entering this stage of your life as you leave childhood and become an adult.



Getting Started

Today we will talk about sexual development, feelings, and decisions you may make as you enter adulthood.

1. Be respectful of everyone's beliefs and opinions.
2. Don't take anything personally.
3. Don't make assumptions.
4. Always do your best.



Let's Get to Know Each Other

- What's Your Name?
- How old are you?
- Tell the group a fun fact about yourself



Talking about Sex

As a group, answer the following questions:

- ✓ What are some examples of a contraceptive?
- ✓ Who do teens usually talk to when they have questions about puberty and growing up?



Sharing Hopes & Dreams

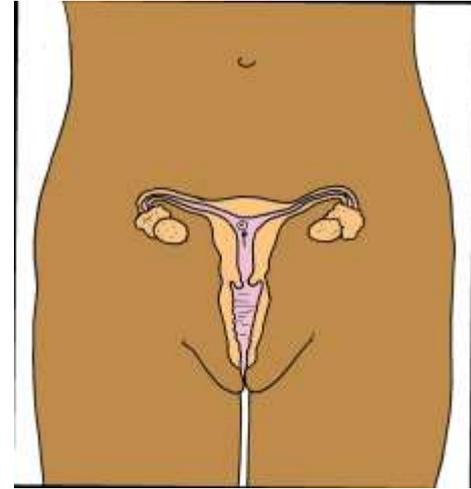
1. How does it feel to share your goals with your friends?
2. Is it normal for youth to talk about their hopes for their future?
3. Why is it be important to talk to your partner about your hopes for your family?
4. What are things that partners can do to make sure they take the time to talk to one another about their hopes and dreams?



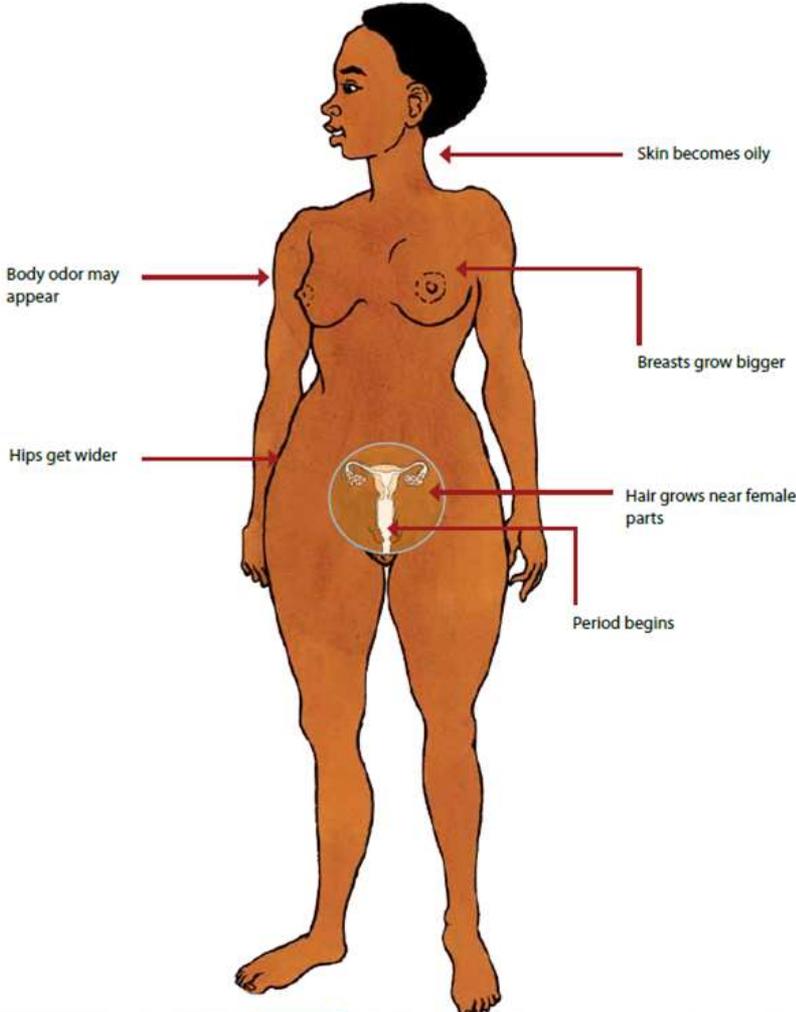
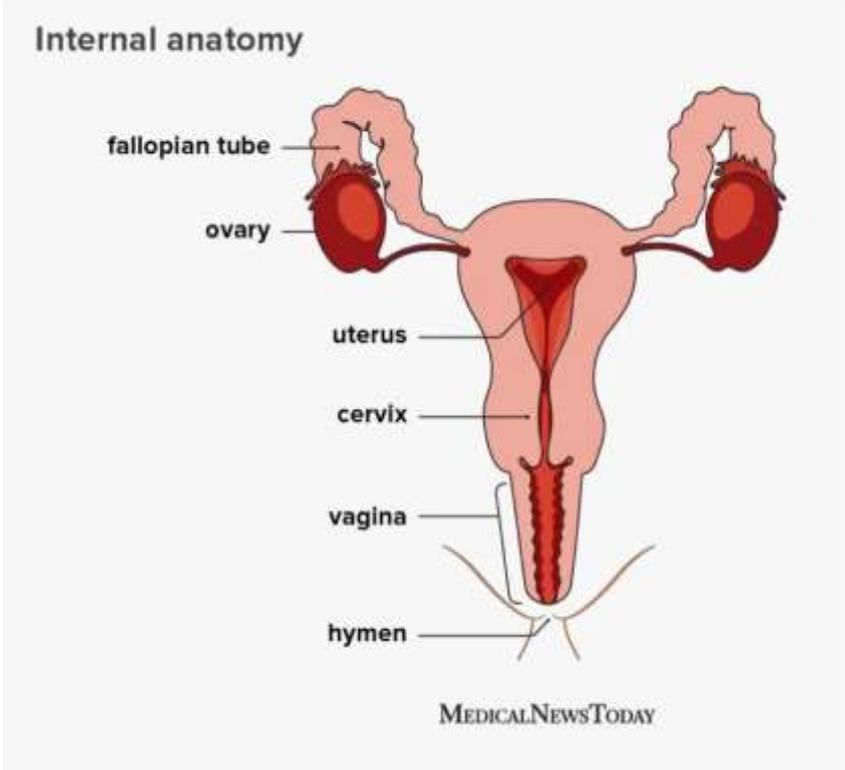
Puberty-Girls

Questions for the group:

1. What are some body changes that girls experience during puberty?
2. Have you experienced any of these changes yet?
3. How do you feel about these changes?



Female Body Map



Puberty-Girls

Questions for the group:

1. Is Esther Sick?
2. Do you know anyone who has experienced this?



Puberty-Girls

Questions for the group:

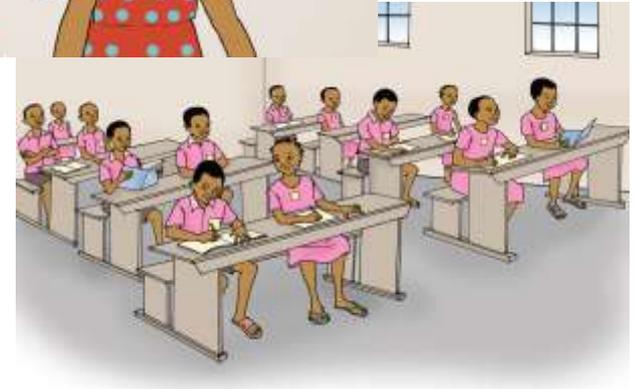
1. What advice would you give Esther to feel confident to go to school during monthly bleeding?
2. Who could you ask if you have difficulty finding cloth during monthly bleeding?



Puberty-Girls

Questions for the group:

1. Do you understand how Esther is advised to keep a calendar?
2. Can you try this?



Puberty-Girls

Questions for the group:

1. What did you learn from Esther's experiences with puberty?
2. Who will you talk to when you have questions about puberty and growing up?



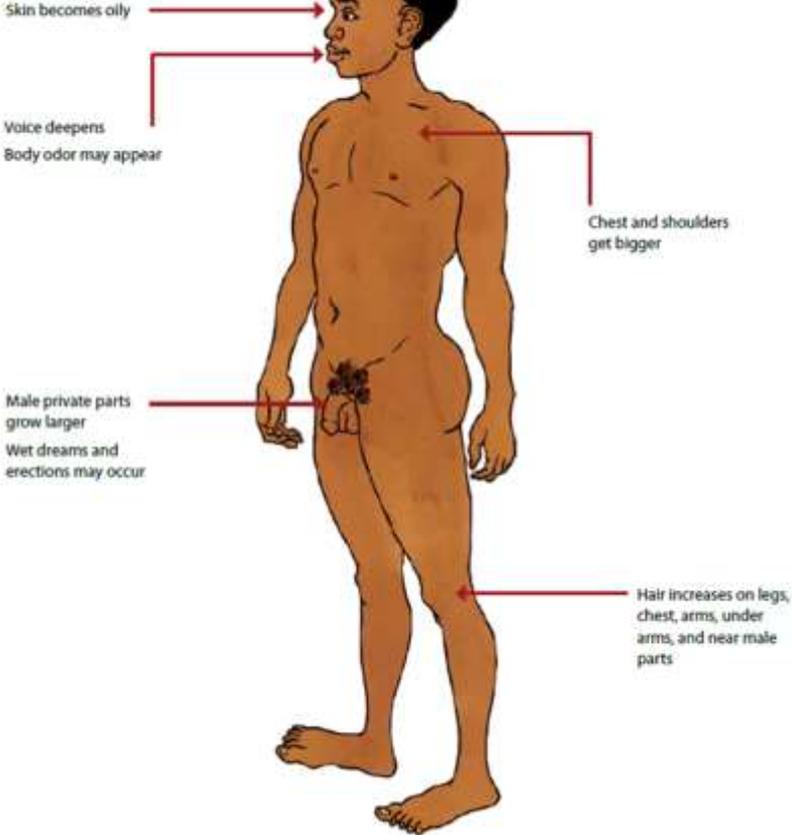
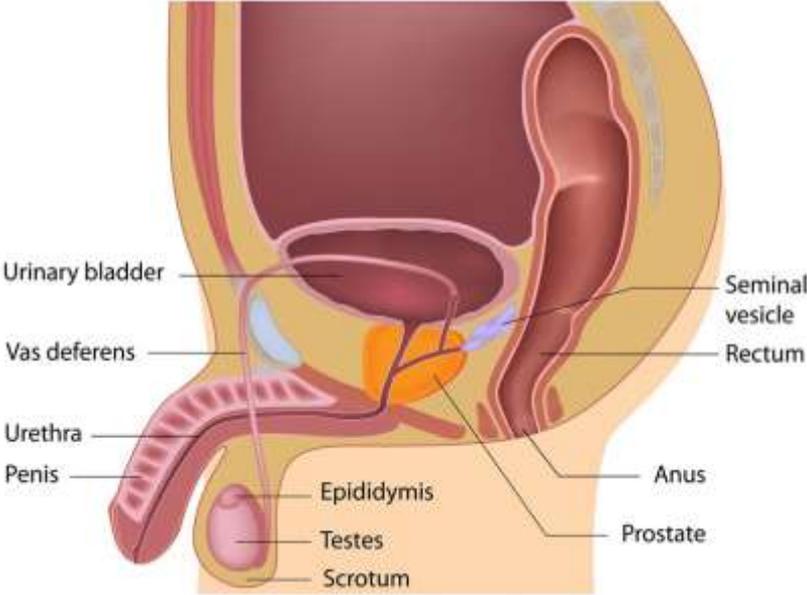
Puberty-Boys

Questions for the group:

1. What are some body changes that boys experience during puberty?
2. Have you experienced any of these changes yet?
3. Do you think that having wet dreams or other body changes means that a boy is ready to have sex?



Male Body Map



Puberty-Boys

Questions for the group:

1. What do you think happened to Okidi?
2. Do you know anyone who has experienced this?



Puberty-Boys

Questions for the group:

1. What emotional changes do adolescents experience during puberty?
2. Have you ever experienced any of these changes?



Puberty-Boys

Questions for the group:

1. Can you support your friends who experience body changes? How?
2. What would you say to a friend who has concerns about body changes?
3. What did you learn from Okidi's story?



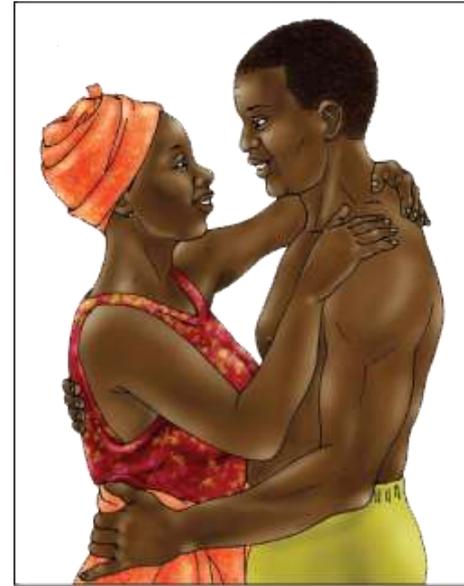
Why use Condoms?

When used correctly, condoms are also an effective way to prevent HIV, other STIs, and pregnancy with a success rate of 85%. (98% if used correctly AND consistently)



Making Choices

1. Are these stories similar to what happens to young people your age?
2. How was the advice each of your groups gave different? How were they the same?
3. Do you think young people feel pressured or forced to have sex? Why or why not?



Having to Make Sexual Choices

If a male friend came to you for advice because his friends were pressuring him to have sex with someone, how would you advise him?

Is that different from how you would advise a female friend that was being pressured to have sex?



Healthy Relationships

1. Did you find it difficult or hard to think about these statements?
2. Can a relationship be healthy and happy if it involves beating and forced sex?
3. Who are the people in your life that you think have healthy and happy relationships? Why do you think they are healthy and happy?



Healthy Relationships

1. If someone is in an unhealthy relationship, such as the one that includes violence, is there a place where they can go for help? Maybe someone in the class has a suggestion for this.
2. As you grow up and think about the future, what do you want your relationship to be like?



What does it mean to space your children?

1. Why should a woman wait to have children until she is 18 or older?
2. What are some reasons a couple should wait two years before having a second child?
3. Whose responsibility is it to prevent pregnancy? Why? Is it the man, the woman, or both?



Unforeseen Challenges in Having a Baby

1. What are some of the challenges young people face in delaying their first pregnancy?
2. What are some challenges young couple face in spacing their pregnancies by 2 years?
3. What can couples do to overcome the challenges to spacing their pregnancies?



Reproductive Health Choices

1. Why do some people believe that you must have a child to be a real man or woman?
2. Is it important for married couples to use contraception? Why or why not?
3. How do people view couples that wait longer than one year after marriage to have a child?
4. When is the right time for couples to start talking about having children?



Community-Interviews

After conducting community interviews, answer the following:

1. How do you feel about having a man look after children?
2. Did women answer differently than the men?
3. Was there a difference between what younger and older people said?
4. Do you know people in your community that do jobs not typical for a man or woman?
5. Do you think men and women should be able to do any job, not necessarily for a specific gender?



Evaluation & Questions

Mini Oral Survey:

1. What does puberty mean to you?
2. Do boys go through puberty?
3. What do you feel are the biggest changes that occur when going through puberty?
4. Why is it important to talk to your partner about your hopes and dreams?
5. How can pregnancy be prevented?
6. What are 3 things you have learned today?



This document was developed as part of a practicum study for graduate students attending Texas A&M School of Public Health. The opinions are those of the practicum student (s) and are not of the administration of either Rose Academies or their subsidiary, YouLearn Academies.

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