

# SUPPORTING THE SEXUAL AND REPRODUCTIVE HEALTH OF YOUR PEERS

*The information in this section is for your work with clients between 10 -24 years. As your client develops so will their need for different SRH information and services.*

## **Your role as a CATS in supporting your clients sexual and reproductive health:**

- Give information on Sexual and Reproductive Health in a way they can understand
- Make sure your client has the understanding they need to make safe and healthy decisions
- Facilitate access to SRH services including how and where to access services
- Advocate for their SRH rights
- Share your own experience of relationships and SRH, if appropriate and safe to do so
- Work with clinic staff to support further SRH assessment and services
- Flag challenges that need referral
- Make referrals and actively link them to enhanced support and services
- Participate in case conferences
- Support the enhanced support plan

**Remember shared confidentiality. It is important to inform your client that you will protect their confidentiality but you also need to protect their health and safety.**



## SRH Information, Counselling And Referral



**Where:**  
Clinic



**When:**  
Three Monthly SRH Check In  
Six monthly SRH information and counselling



### What topics to cover

- **Puberty**
  - What body changes to expect
  - Menstruation cycle and changes
- **Relationship status**
  - HIV status of partner
  - Disclosure to partner. See disclosure section
  - Testing for partner
- **Sexual activity**
  - Current or previous experiences
  - Signs of STIs
  - Condom use and supply
  - Other contraception use or needs
  - Prevention services available (eg VMMC, PMTCT, PrEP, PEP)
  - Planning for a family
- **Safety**
  - Age of consent for sex or services
  - Current or previous unwanted or forced sex
  - Multiple sexual partners
  - Age difference with partner
  - Receiving money or goods in exchange for sex
- **Any questions or worries**
- **Any red flags for referrals**

### Questions to help you start talking about sexual activity

- Do you have a boyfriend or girlfriend?
- How do you show that you love/like each other?
- Are your friends having sex?
- What do you think about having sex?
- Have you ever had sex?
  - If yes, did you want to have sex?
  - Were you able to use protection?

## SRH Check-In

- Any changes in your period?
- Do you think you may be pregnant?
- Any sores, spots, discharge, discomfort, or swelling?
- Any unwanted sex? Or situations that make you feel unsafe?



**RED FLAG**

- Any client who
  - Is non-adherent and sexually active
  - Is thinking about disclosure to a partner
  - Is experiencing negative outcomes of disclosure
  - Is having trouble accessing contraception
  - Is thinking about starting a family
  - Is pregnant or miscarried
  - Needs further assessment and management of STIs
  - Is over 16, female and sexually active (for cervical screening)
  - Has a partner that needs HIV testing
  - Has a partner who has not yet been tested for HIV
  - Needs further assessment and management of STIs
  - Reports risky behaviour e.g.
    - Older partner > 5 years
    - Multiple concurrent sexual partners
    - Selling sex or receiving gifts in exchange for sex





**Urgent**

Make sure your client is seen by clinic staff before they leave the clinic if they report:

- Change in their period or pregnancy
- Any sores, spots, discharge, discomfort, or swelling
- Having unwanted sex or feel unsafe
- Sexual activity under the age of 16 years

If helpful for your client, join the discussion with the clinic staff.

If your client reports feeling unsafe, **it is not for you to fix this.**

- Contact social protection services and your ZM by phone. If you cannot get hold of them, contact other community workers or the clinic.



## Disclosure to Others

### Who How When & Where?

Issues to address when supporting an adolescent to disclose their HIV status to others

#### Who to tell

Look at potential benefits and consequences of telling;



Friends



Family



Education



Community



Work



Religious leader

#### How to tell

Equip them with information to answer questions and manage reactions

Write a plan

Practice questions and answers

Do role plays

Connect with peers and or Support group

#### When to tell

Discussion points:

**Have they come to terms** with having HIV

**Do they feel** prepared

Is this a **good time** for the person they are disclosing to?

Are they **experiencing** other stressors?

#### Where to tell

A Place where they feel safe

**With others** who know close by

In clinic with a healthcare provider present?

