



What Is This Module About?

This module is all about reproductive health. Here, you will learn how to take care of your reproductive system. You will also learn about the many issues related to reproductive health like sexually transmitted diseases and family planning.

There are four lessons in this module:

Lesson 1 – *Sex, Sexuality and Reproductive Health*

Lesson 2 – *Sexually Transmitted Diseases*

Lesson 3 – *Maternal and Reproductive Health Hazards in the Workplace*

Lesson 4 – *Family Planning*



What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ explain the relationship between sex, sexuality and reproductive health;
- ◆ identify various sexually transmitted diseases and how they can be prevented;
- ◆ identify reproductive health hazards and ways to maintain maternal health; and
- ◆ describe and discuss various methods of family planning.



Let's See What You Already Know

Before you start studying this module, try to answer the following questions to determine how much you already know about the topic that we are about to discuss.

Encircle the letter of the best answer.

1. Which of the following statements indicates reproductive health?
 - a. achieving the wife's desired number of children
 - b. achieving the husband's desired number of children
 - c. being able to reproduce as many children as possible
 - d. being able to choose the number and spacing of children
2. Which of the following is not a sexually transmitted disease?
 - a. syphilis
 - b. herpes
 - c. AIDS
 - d. anemia
3. Which of the following practices *is not* a form of safe sex?
 - a. using condoms
 - b. limiting the number of sexual partners
 - c. masturbation
 - d. abortion
4. Which of the following is considered risky behavior?
 - a. socializing
 - b. smoking
 - c. sharing utensils
 - d. taking prohibited injectible drugs
5. Which of the following is a characteristic of a pregnancy-friendly society?
 - a. treats pregnant women as if they are not pregnant
 - b. lets women do all the household chores
 - c. lets women take care of family members before themselves
 - d. gives women neonatal and postnatal care
6. Which of the following is a benefit of going to a gynecologist?
 - a. the ability to detect sexually transmitted diseases (STDs)
 - b. the ability to detect skin cancer
 - c. the ability to detect if the man is sterile
 - d. the ability to detect prostate cancer

7. The following are effects of reproductive health hazards except _____.
- a. pregnancy
 - b. irregular menstrual cycle
 - c. miscarriage
 - d. abortion
8. To maintain reproductive health in your workplace, you need to _____.
- a. stop working
 - b. avoid eating or drinking near your work premises
 - c. use protective equipment when working with chemicals
 - d. none of the above
9. Reversible family planning methods _____.
- a. will temporarily prevent a woman from getting pregnant
 - b. will permanently prevent a woman from getting pregnant
 - c. will cause a pregnant woman to have a miscarriage
 - d. none of the above
10. Condoms are used as _____ barriers to pregnancy.
- a. time
 - b. chemical
 - c. mechanical
 - d. medical/biological

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on page 48.

If all your answers are correct, very good! This shows that you already know much about the topic. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. This means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may now go to the next page to begin Lesson 1.

Sex, Sexuality and Reproductive Health

In our adolescence we begin to adjust to many physical, emotional and social changes. These changes are part of the growing-up process as we mature into adults and begin to develop emotional and sexual relationships with other people. As we begin to form our own families, sex, sexuality and reproductive health become very important parts of our lives.

In this lesson, we will discuss the relationship between sex, sexuality and reproductive health.

After this lesson, you should be able to define and explain the relationship between sex, sexuality and reproduction.



Let's Try This

Answer the following questions. Write your answers in the spaces provided after each question.

1. What is sex?

2. What is sexuality?

3. What is reproductive health?

Do you think your ideas about sex, sexuality and reproductive health are correct? Let's find out.



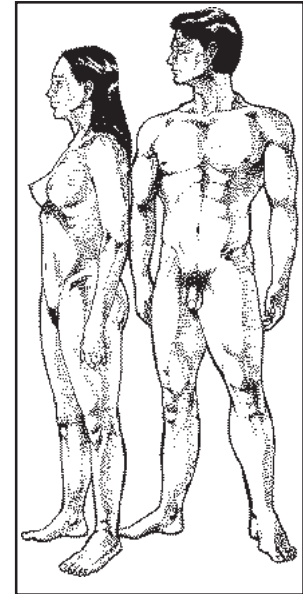
Let's Learn

Sex, sexuality and reproductive health are closely related. Let us discuss each of these concepts.

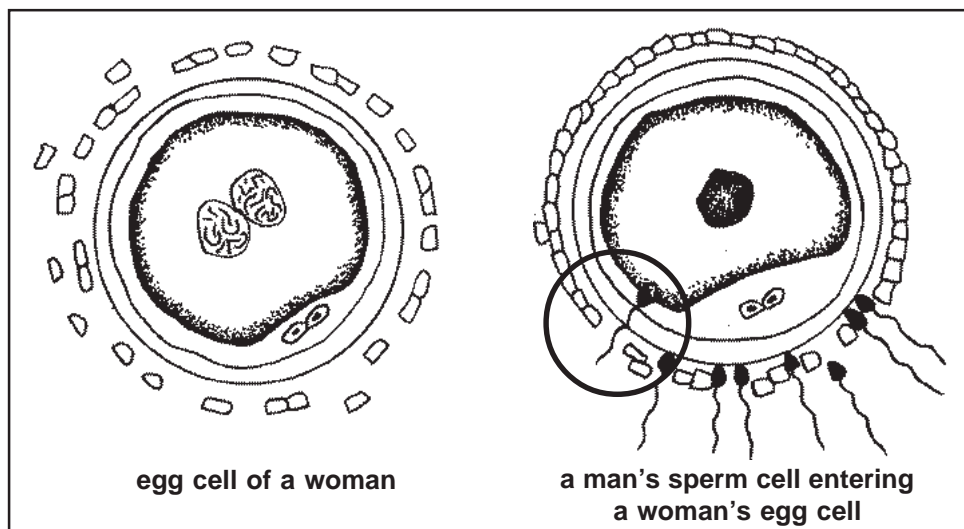
SEX

The term *sex* pertains to many things. It may refer to *gender*, whether a person is male or female. It may also refer to the *physical similarities and differences* between men and women.

Both men and women have reproductive systems. They both have hair under the arms and sexual organs. But they have many differences in anatomy. Men have flat chests, broad shoulders, narrow hips and penises. Women have big breasts, narrow shoulders, wide hips and vaginas. Men produce sperm cells while women produce egg cells. Men and women also have different sexual preferences.



Sex also refers to the activity engaged in by men and women for the purpose of **human reproduction** or having a baby. It takes the physical union of a man and a woman through sexual intercourse to create a baby. Sometimes, when a man and a woman engage in sexual intercourse, an egg and a sperm meet. This union is the first step in the process of reproduction that ends approximately after nine months with the birth of a baby.



Aside from reproduction, sex is also done for pleasure. But sex entails a lot of responsibilities, too. Although all humans have sexual urges, it is not appropriate to engage in sex with just anyone at anytime. It is preferable that you have sex with your spouse only, since there are many dangers that come with casual sex. For example, there is the danger of pregnancy when you and your partner are not yet ready to have a child. There is also the danger of getting sexually transmitted diseases.



Let's Think About This

Reflect on the following questions.

1. What is your sexual orientation (straight, that is, male or female; gay; lesbian; bisexual)?
2. What types of sexual activities do you feel are acceptable practices or behaviors in your community?
3. Do you agree with premarital sex (sex before marriage)?

Your answers to these questions reflect your understanding of your own sexuality. To understand sexuality better, continue reading.



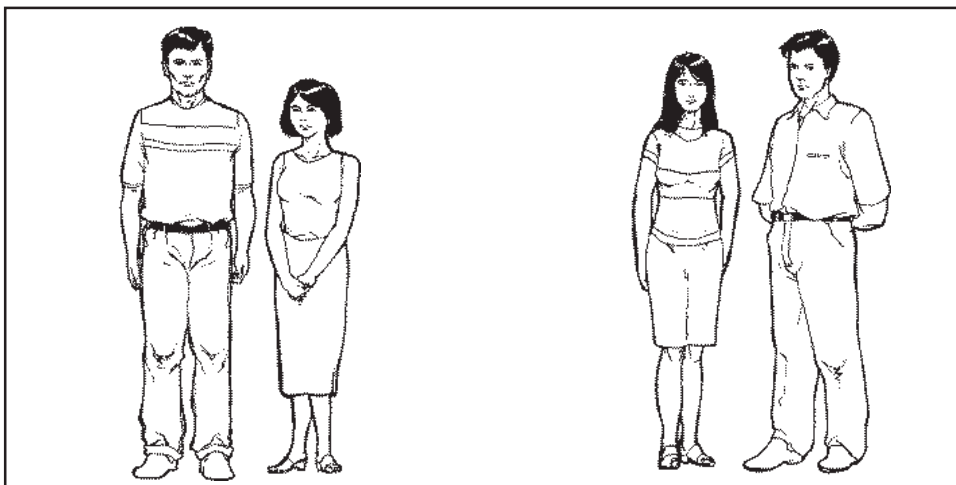
Let's Learn

SEXUALITY

Sex falls under a broader concept, **sexuality**. Apart from referring to gender and sexual intercourse, sexuality also includes your sexual orientation, sexual practices and sexual values.

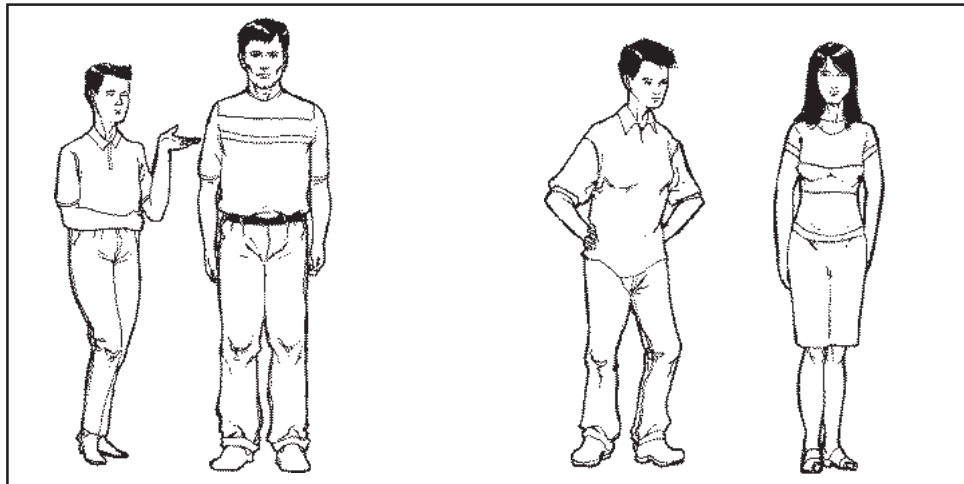
Sexual orientation

The term *sexual orientation* refers to your choice of sexual partner, whether male or female. Using sexual orientation as a basis, you may be classified as a heterosexual, homosexual or bisexual. ***Heterosexuals*** are those who are sexually attracted towards the opposite sex, that is, males who prefer females and females who prefer males as their sexual partners. The vast majority of the world's population (about 90%) are heterosexuals.

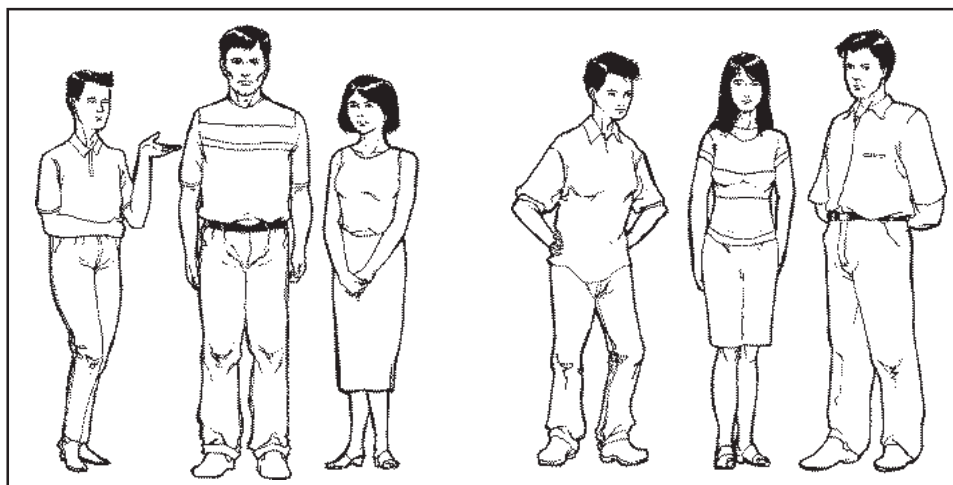


Homosexuals are those who are sexually attracted to people of the same sex, that is, males who prefer males and females who prefer females as their sexual partners.

Men who are attracted to other men are generally referred to as **gays** while women who are attracted to other women are referred to as **lesbians**.

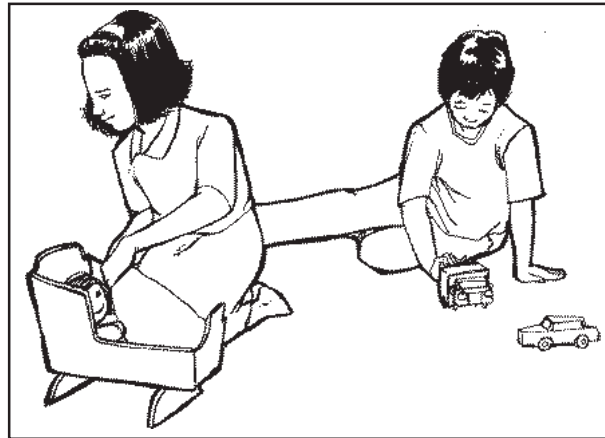


Bisexuals are those who are sexually attracted to people of either sex. This means that they can engage in sex with either male or female partners.



How do we develop different sexual orientations? The physical differences in boys and girls will lead them to behave in slightly different ways. The behavior of adults and other people towards them also has an effect on whether they behave as “male,” “female,” “gay” or “lesbian.”

Your sexual orientation may change as you move from childhood to adulthood. This may depend on many factors like genetics, the people you meet, your environment and others.



Sexual practices

With whom, where and how you have sex define your sexual practices. With whom you have sex will depend on your sexual orientation. The manner and place in which you will engage in sexual intercourse and other sexual activities will depend on your values and beliefs.

Sexual values

This refers to the meanings and values you derive from your sexual experiences and beliefs. These involve your sexual relationships and practices, mate or partner selection, reproduction and all other things related to sex.

From childhood to adulthood, we gain an understanding of acceptable and unacceptable sexual behaviors. For example, there are people who believe that premarital sex (sex before marriage) is acceptable. Others believe that people should never engage in sexual intercourse with people other than their spouse. These are examples of sexual values that we develop as we enter adulthood. These sexual values dictate how we view and engage in sexual relationships throughout our lives.



Let's Think About This

What do you know about reproductive health?

Let's find out if your ideas are correct.

REPRODUCTIVE HEALTH

When we talk of reproductive health we refer to the health aspect of sex and sexuality. Your understanding of sex and sexuality will affect the way you take care of your reproductive health.

Having good reproductive health means being able to:

- ◆ avoid illnesses, diseases and disabilities related to reproduction and sexuality;
- ◆ be free from violence and other harmful practices related to sexuality and reproduction; and
- ◆ achieve the desired number of children in a healthy manner.

From this description, you can see that these three concepts, namely sex, sexuality and reproductive health, are closely related.

Lesson 2 will focus on the things that fall under the first part of the description of reproductive health, that is, *being able to avoid illnesses, diseases and disabilities related to reproduction and sexuality*.

Lesson 3 will focus on the second part of the description: *being free from violence and other harmful practices related to sexuality and reproduction*.

Lesson 4 will focus on the third part of the description, that is, *achieving the desired number of children without sacrificing one's health*.



Let's See What You Have Learned

Write your answer to the question below in the space provided.

What is the relationship between sex, sexuality and reproductive health?

Check your answer using the *Answer Key* on page 49.

Is your answer similar to the one given? If so, very good! This means you have correctly understood everything we have discussed so far. If your answer is very different from the one given, you may need to review Lesson 1 before proceeding to Lesson 2.



Let's Remember

Before you proceed to Lesson 2, do not forget the important points of this lesson.

- ◆ Sex pertains to gender and to the physical similarities and differences between men and women. It also pertains to the act that leads to human reproduction.
- ◆ Sexuality refers to sexual orientation, practices and values.
- ◆ Reproductive health means being able to avoid illnesses related to sex and sexuality, being free from violence and harm related to reproduction, and being able to achieve the desired number of children in a safe and healthy manner.

The next lesson will focus on illnesses, diseases and disabilities related to reproduction and sexuality. Read on.

Sexually Transmitted Diseases

Part of being healthy is being free from illnesses and diseases. So when we talk of reproductive health, we can't avoid talking about diseases related to the reproductive system.

In this lesson, you will learn about various sexually transmitted diseases and how they can be prevented.

After studying this lesson, you should be able to:

- ◆ describe various sexually transmitted diseases; and
- ◆ identify ways to prevent them.



Let's Try This

Write down diseases related to reproduction and sexual practices that you have heard of or know about.

How many were you able to list down? Are you confident that the diseases you listed are related to reproduction and sexual activities and practices?



Let's Learn

What are STDs?

STDs or “sexually transmitted diseases” are infections passed or transmitted from person to person through sexual contact or intercourse. It is important that you learn to identify the symptoms of these diseases so that you can have them treated immediately if ever—which we hope not—you acquired such diseases. These infections may lead to serious complications if not treated right away.

The following are some diseases that can be transmitted through sexual contact:

- ◆ Gonorrhea
- ◆ Hepatitis B
- ◆ Herpes
- ◆ Syphilis
- ◆ HIV Infection/AIDS

Let's discuss these one by one.

Gonorrhea

Gonorrhea is an infection caused by the bacteria *Neisseria gonorrhoeae*. It is transmitted through sexual contact (either vaginal, oral or anal) with an infected person. Sexual contact transfers the bacteria from one person to another. Gonorrhea can be detected through laboratory testing of urine samples.

What are its symptoms?

Many women and men with gonorrhea have no noticeable physical symptoms. This means that you cannot detect if a person has gonorrhea just by looking at him/her.

Symptoms in women include:

- ◆ bleeding after intercourse
- ◆ bleeding between periods (This means that you experience bleeding even if it is not your menstrual period.)
- ◆ increased frequency of urination



In men, symptoms of gonorrhea include:

- ◆ yellowish-white discharge from the penis
- ◆ pain when urinating
- ◆ swollen or painful testicles



In women, untreated gonorrhea can spread to the pelvic area and infect the uterus, fallopian tube and ovaries. This may cause permanent damage to the woman's reproductive organs and can lead to infertility.

In men, untreated gonorrhea can affect the testicles, leading to swelling and pain. It can likewise lead to infertility.

Hepatitis B

Hepatitis B is a liver disease caused by the hepatitis B virus (HBV). It can be transmitted sexually or from contact with infected blood or body fluids. Body fluids include blood, semen, vaginal secretions and breast milk. Hepatitis B can thus be transmitted through the use of contaminated tattooing needles, drug paraphernalia (syringes) and the like. When we say contaminated, we mean that the material contains traces of blood or body fluids of an infected person.

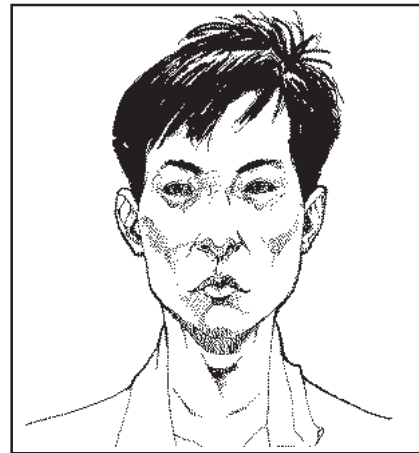
Although there is no cure for hepatitis B, there is a safe and effective vaccine that can prevent the disease.

Hepatitis B can be diagnosed through blood tests.

What are its symptoms?

Many people with hepatitis B experience only mild symptoms or no symptoms at all. However, some people experience flu-like symptoms or may develop jaundice (yellowing of the eyes and skin).

The majority of those with hepatitis B will eventually develop antibodies to the disease. However, when left untreated, some of those with hepatitis B may develop liver disease or cirrhosis of the liver. Their risk of developing liver cancer is likewise much higher.

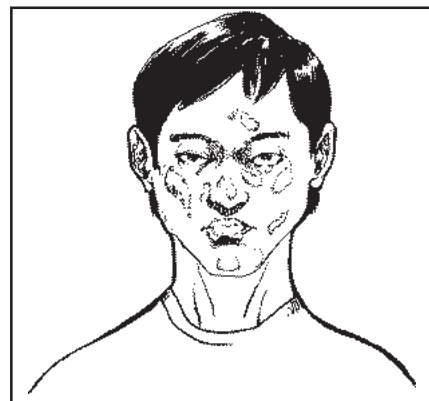


Herpes

Herpes is a common infection caused by the *herpes simplex virus* (HSV). It causes blisters on the mouth, face, sex organ or around the anus. Once a person is infected with herpes, he or she remains infected for life. Herpes spreads through intimate skin contact (for example, contact with lesions of an infected individual). Since the blisters and lesions can occur in the mouth, face and sex organ, herpes can be transmitted through both kissing and sex. Herpes can be diagnosed only by taking and analyzing a sample from a blister. This is because there is no available blood test for the virus that causes herpes.

What are its symptoms?

Many individuals infected with herpes do not experience any symptoms and do not know that they are infected. Herpes can be accompanied by flu-like symptoms, such as fever, fatigue, headaches, muscle aches and swollen glands in addition to blisters and ulcers on and around the genitals, thighs, buttocks and anus, or the lips, mouth, throat, tongue and gums. In case of a genital infection, the person may experience itching or a burning painful sensation when urinating.



If left untreated, herpes will increase the risk of transmitting or acquiring HIV infection. This is because of the presence of blisters and sores on the mouth or sex organs.

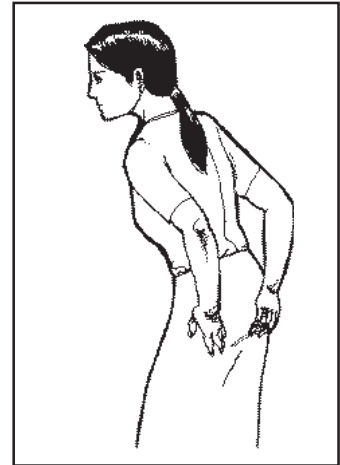
Syphilis

Syphilis is caused by the bacteria *Treponema pallidum*. Most of those who have syphilis develop sores in their sex organs. The bacteria can be found on these sores. The syphilis bacteria is then transmitted through direct contact with the sores. Because the sores are often painless, people may not know that they are infected. Syphilis can be cured with antibiotic penicillin. One way of detecting syphilis is through blood tests.

What are its symptoms?

The first symptom of syphilis infection is usually the appearance of a small painless sore in the penis or vagina, anus or mouth. The sore usually appears about two to six weeks after sexual contact with an infected person. The sore may then disappear within a few weeks, although the bacteria will remain in the body if left untreated.

Without proper treatment, the disease can cause heart ailments, blindness, paralysis and even death.



AIDS

AIDS is a disease caused by HIV or *human immunodeficiency virus*. HIV is found in body fluids such as blood, semen, vaginal secretions and breast milk of persons infected with the virus. A major cause of HIV infection is sexual contact with a person infected with HIV.

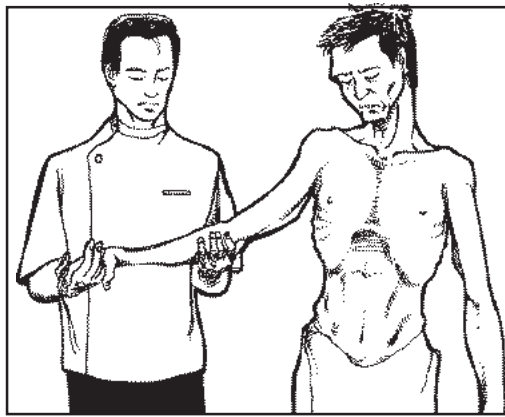
HIV weakens a person's immune system, thereby limiting the body's natural ability to fight other infections and diseases.

What are its symptoms?

Persons infected with HIV may not experience any symptoms and thus may not be aware that they are carrying the virus. A person can be infected with HIV for a long time (even up to 10 years) before he or she develops AIDS. AIDS stands for Acquired Immune Deficiency Syndrome. It is a disease that weakens a person's immune system, thereby making him/her vulnerable to different kinds of infections.

Once symptoms begin to develop, they may include:

- ◆ an unexplained loss of weight lasting at least one month;
- ◆ diarrhea for several weeks or more;
- ◆ enlarged or sore glands in the neck, armpit and/or other parts of the body;
- ◆ cough that persists for more than one month;
- ◆ persistent fever and/or night sweats; and
- ◆ persistent vaginal yeast infections.



An AIDS test can detect the presence of HIV or full-blown AIDS (HIV that has developed into AIDS). Currently, there is no known cure for HIV infection or AIDS. However, with the combined use of special antiviral and antibiotic drugs, it is possible to improve and prolong the quality of life of people with HIV infection or AIDS. These antiviral drugs slow down the spread of HIV infection or the onset of full-blown AIDS.

Since there is no known cure for AIDS, it eventually leads to death.

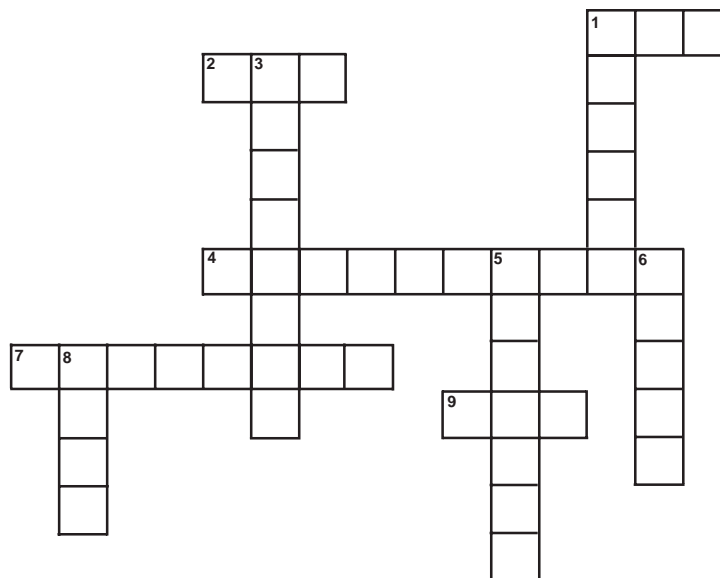
If you want to find out more about AIDS, you can read another NFE A&E module with the title, ***What You Should Know About AIDS.***



Let's Review

Let's see how much you have learned from our discussion so far.

Solve the crossword puzzle below.



ACROSS

1. The cause of herpes
2. The cause of hepatitis B
4. A symptom of AIDS that happens drastically
7. The major symptom of hepatitis B
9. The cause of AIDS

DOWN

1. An STD that causes blisters in the mouth and sex organ
3. The cause of gonorrhea
5. An effect of herpes
6. A symptom of syphilis that is often painless
8. An STD that eventually weakens and attacks the body's immune system

Did you find it easy to complete the puzzle? Check your answers using the *Answer Key* on page 49.



Let's Try This

Write down your ideas on how sexually transmitted diseases can be prevented.

How many have you written? Do you think they're all correct? Let's find out.



Let's Learn

STDs are primarily transmitted through sexual contact, as such, risky sexual behaviors should be avoided.

And what are risky sexual behaviors?

Engaging in sex with people you do not know or are not really familiar with can be risky. You do not know about their sexual activities. They may have engaged in sex with people who have STDs and thus, there is a probability that they are also infected.

Earlier we said that an exchange of body fluids like semen, vaginal secretions or blood can cause the transmission of several STDs like AIDS. For this reason, if you engage in unprotected sex or sex without the use of a condom or other kinds of protection, direct exchange of these potentially harmful body fluids is possible. This puts you at risk of contracting STDs including AIDS.

How can you avoid risky sexual behaviors?

You must avoid having sex with people you are not really familiar with and who may have STDs. You must also remember to use a condom or other kinds of protection when you have sex with somebody.



Let's Think About This

What do you know about safe sex? Reflect on this for a while.

Have you thought of an answer to the question? Now, we will find out whether your ideas on safe sex are right or wrong.



Let's Learn

SAFE SEX

Safe sex includes practices that reduce the risk of contracting STDs, including HIV. These practices aim to reduce contact during sex with the partner's body fluids, including semen from the man's penis, vaginal fluids, blood and other types of discharge.

Safe sex includes:

- ◆ Using condoms during sex
- ◆ Sexual stimulation using your hand on another person instead of engaging in actual intercourse
- ◆ Masturbation
- ◆ Limiting the number of sexual partners
- ◆ Getting treatment if you or your sexual partner is infected with an STD
- ◆ Avoiding sexual intercourse with someone who has or has had multiple sexual partners

In addition, sex partners should always:

- ◆ Be fully consenting and aware of the possible dangers involved in unsafe sex
- ◆ Be honest with one another
- ◆ Treat one another as equals
- ◆ Be attentive to each other and always try to give each other pleasure
- ◆ Protect one another against physical and emotional harm, unintended pregnancy and sexually transmitted infections.
- ◆ Accept responsibility for their actions
- ◆ Have access to safe and effective means of preventing unwanted pregnancy and sexually transmitted infections. This means having both persons take STD and AIDS tests.

Now you know one facet of reproductive health, namely sexually transmitted diseases (STDs). In the next lesson, we will discuss another facet, that is, *being free from harmful or unhealthy practices related to sexuality and reproduction*. Specifically, we will focus on maternal health and reproductive health hazards in the workplace.



Let's See What You Have Learned

Before you proceed to the next lesson, answer the following test items. Encircle the letter of the best answer.

1. Which of the following is most likely to cause the transmission of an STD?
 - a. using condoms
 - b. masturbation
 - c. sexual stimulation using the hand
 - d. vaginal and anal sex
2. Gonorrhea is transmitted through _____.
 - a. the transfer of the virus
 - b. the transfer of semen
 - c. the transfer of the bacteria
 - d. none of the above
3. Jaundice or yellowing of the skin is the major symptom of what disease?
 - a. Hepatitis B
 - b. Herpes
 - c. AIDS
 - d. Syphilis
4. Which of the following statements about herpes is false?
 - a. Herpes is caused by the herpes simplex virus.
 - b. Herpes causes blisters in the mouth, face and sex organ.
 - c. There are no blood tests which can detect herpes.
 - d. People with herpes will readily know that they are infected because of the symptoms.
5. Which of the following statements about AIDS is true?
 - a. AIDS is caused by the bacteria *Treponerna pallidum*.
 - b. AIDS can be cured by penicillin.
 - c. AIDS can cause an unexplainable, drastic weight loss.
 - d. AIDS can be transmitted through a kiss or a handshake.

Do you think your answers are correct? To find out, check your answers using the *Answer Key* on page 49.

If all your answers are correct, you may move on to the next lesson. If not, review first what we have discussed in this lesson before going to the next one.



Let's Remember

- ◆ Some of the most common sexually transmitted diseases are:
 - Gonorrhea
 - Hepatitis B
 - Herpes
 - Syphilis
 - AIDS
- ◆ Gonorrhea is a disease caused by the bacteria *Neisseria gonorrhoeae*. The exchange of blood and other body fluids through sexual intercourse can transfer the bacteria from one person to another. If left untreated, gonorrhea can cause infertility.
- ◆ Hepatitis B is a liver disease that can be transmitted sexually or through contact with infected blood or body fluids. People with hepatitis B usually develop jaundice or yellowing of the skin. If left untreated it can lead to cirrhosis of the liver.
- ◆ Herpes is an infection caused by the *herpes simplex virus* (HSV). People with herpes usually develop blisters on the lips, mouth, throat or tongue. Herpes will increase the risk of acquiring HIV if left untreated.
- ◆ Syphilis is caused by the bacteria *Treponema pallidum*. The first symptom of syphilis infection is usually the appearance of a small painless sore on the penis or vagina. Without proper treatment, syphilis can lead to death.
- ◆ AIDS or Acquired Immune Deficiency Syndrome is a disease caused by HIV or *human immunodeficiency virus*. HIV weakens the body's immune system, making it vulnerable to diseases. Many people with AIDS do not experience the symptoms right away so a person may have AIDS and not know it. There is no cure for AIDS.
- ◆ Sexually transmitted diseases can be prevented by engaging in safe sex or avoiding risky sexual behaviors.

Maternal and Reproductive Health Hazards in the Workplace

When we talk of reproductive health, we can't help but talk about mothers and pregnancy. The health of the woman bearing a child deserves special attention.

This lesson will discuss factors that contribute to the improvement or deterioration of a pregnant mother's health.

Whether you are a man or a woman, you should be informed about maternal health. If you are a woman, the more you need to know about it. If you are a man, you also need to know about maternal health so that you could help your wife, mother, sister or friend who is pregnant.

After studying this lesson, you should be able to:

- ◆ describe the characteristics of a pregnancy-friendly society;
- ◆ describe how a gynecologist can help women when it comes to their health;
- ◆ identify reproductive health hazards;
- ◆ explain how reproductive health hazards in the workplace can affect you; and
- ◆ identify some ways in which you can protect yourself from reproductive health hazards in the workplace.



Let's Think About This

Do you think pregnancy poses health risks to women?

Let's find out if your ideas are correct.

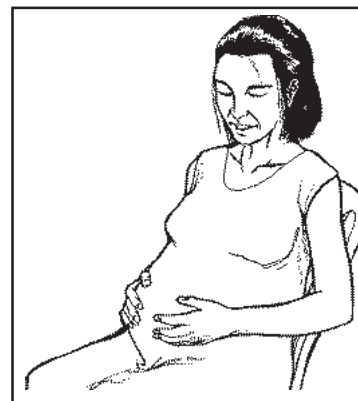


Let's Learn

Based on a study conducted by the World Health Organization, one of the causes of women's health problems is their reproductive role.

Bearing a child has risks attached to it. Remember that another life is being formed inside the womb, hence pregnant women need special care. Because of their delicate nature during pregnancy, women are naturally put at risk of contracting all sorts of ailments. For example, during delivery, they might suffer from hemorrhage and if this is not treated immediately, it may lead to death.

This is the reason why many people are proposing that we should have a more *pregnancy-friendly society*.





Let's Try This

Think about your sister, mother, wife, or friend who is pregnant or has been pregnant. Describe your idea of a pregnancy-friendly society. You can do this through a drawing or a short essay. Have your Instructional Manager or Facilitator check your work for feedback. You can also compare your essay or drawing with the ideas and information described in the remainder of this lesson.

Put your work in the space provided.



Let's Learn

Pregnancy-friendly society

A pregnancy-friendly society creates conditions that are conducive to safe motherhood. For a society to be called pregnancy-friendly, the people should be able to understand and respond to the needs of pregnant women.

What are the characteristics of a pregnancy-friendly society?

Household members should care for the pregnant woman

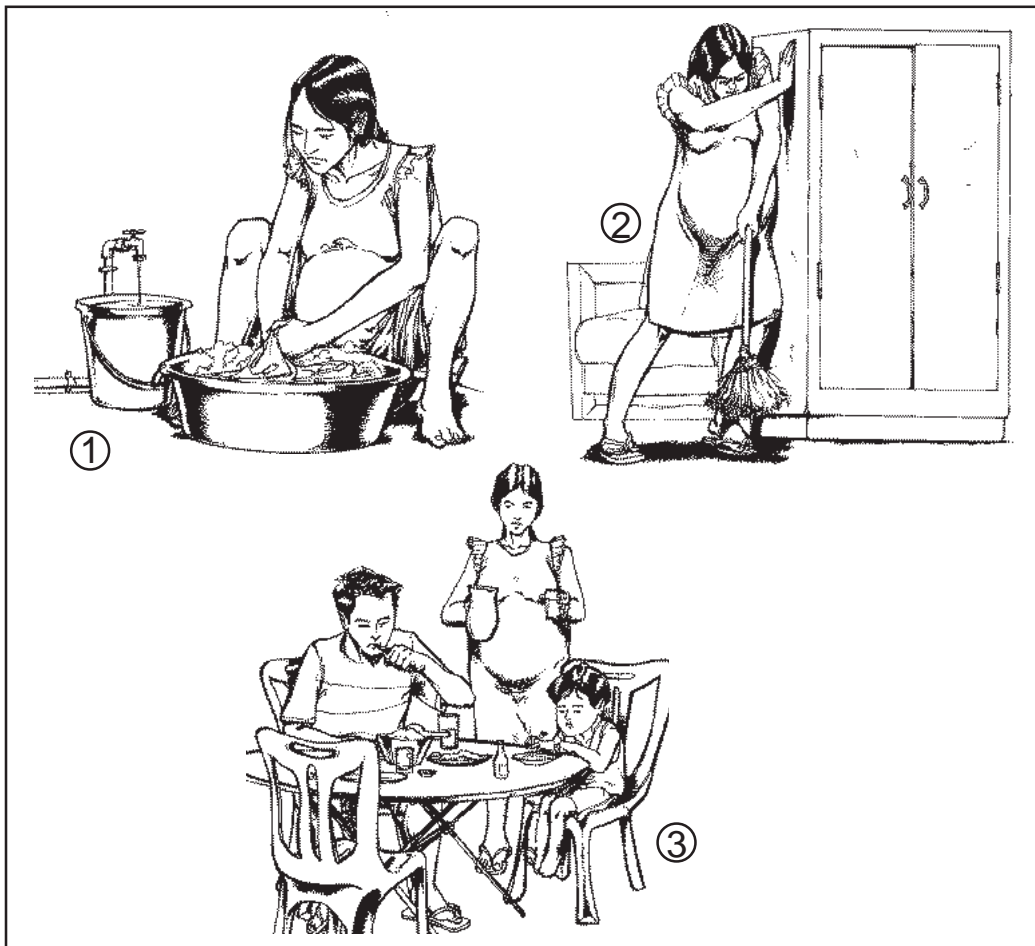
It is important that the immediate family members consider pregnancy as an important part of the woman's life and to accept that she should be given special care during this period of pregnancy.

A pregnant woman should avoid getting near people who are sick because she is vulnerable. She can be weakened by diseases and may thus face greater risks when she gives birth. She also may not be able to use medicines normally taken to treat illnesses due to the risks these drugs may pose to the health of the baby in her womb.



Let's Think About This

Look at the pictures below. Do you think they show special care being given to the pregnant woman? _____



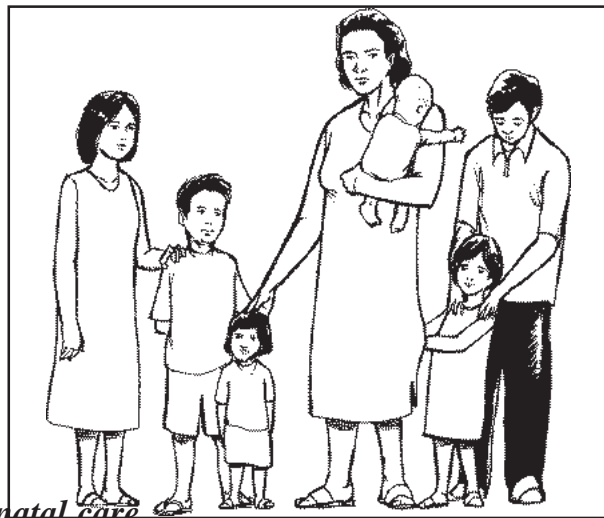
The three pictures depict a pregnant woman who does not get special care at home. In the first picture she is doing the laundry and in the second picture she is moving a heavy piece of furniture. Household chores involving strenuous physical activities such as lifting, moving and carrying heavy objects, or bending and stretching may put her own health and that of the baby in her womb at risk.

A pregnant woman needs nutritious food, rest and leisure time. Proper nutrition and sufficient rest are very important for the health of the mother and her baby. Whatever the woman eats is shared by her baby. The mother also needs to build her strength so her body will be prepared for the physical strains of pregnancy and labor.

Respect for women's reproductive rights

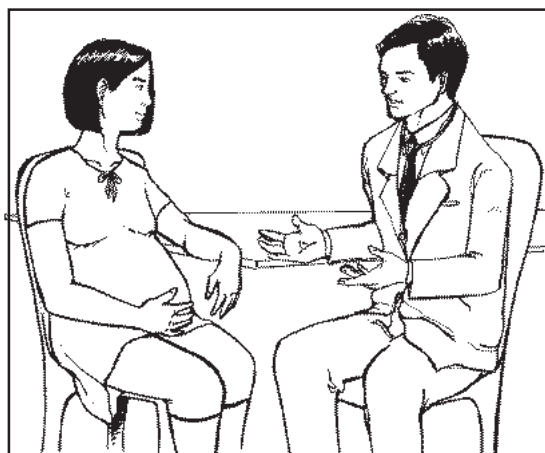
Ideally, if you are a woman, you should be able to exercise your right to determine the timing and frequency of your pregnancy as well as the place of delivery together with your husband.

However, in reality, women who may want to practice family planning are unable to do so. This may be due to a number of factors, like economic status, lack of education or perhaps the unwillingness of the husband to participate.



Neonatal and postnatal care

Neonatal care refers to the care and treatment of pregnant woman before and during pregnancy, while postnatal care refers to care and treatment after giving birth. Pregnant women should regularly consult a gynecologist during pregnancy. In fact, women should consult a gynecologist even when they are not pregnant. However, in reality, women usually go to gynecologists only when they start experiencing discomfort or when they are already ill. Sometimes this is due to their economic situation or lack of support from immediate family members.



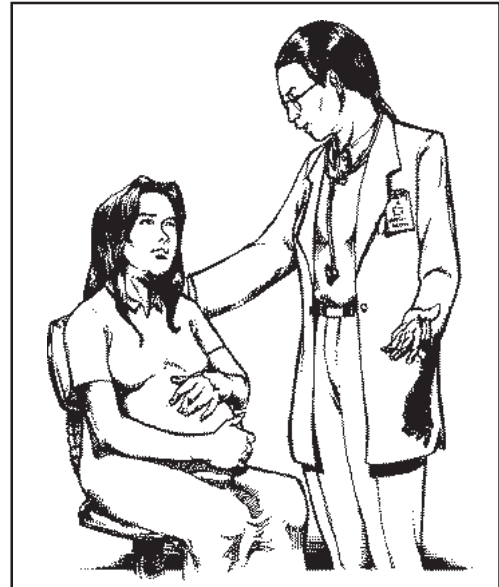
To know more about the proper care of pregnant women and related information on pregnancy, you can read another NFE A&E module entitled ***Healthy Pregnancy***.



Let's Think About This

Do you know what a gynecologist is?

A **gynecologist** is a doctor who specializes in health care for women. The job of a gynecologist is to protect a woman patient's sexual and reproductive health.



Let's Try This

Interview five women whom you know. Ask each of them this question: *When do you or should you go to a gynecologist?*

Afterwards, answer the question yourself.

Summarize the data that you have gathered. Write down the major answers that your interviewees gave as well as your own answer.

What did you notice about the answers?

Chances are, the answers showed you that women only go to a gynecologist when they are ill or are not feeling well.

Why is this so? Perhaps due to economic difficulties or lack of information, women only visit a gynecologist when they are sick or when they are pregnant. However, for the sake of their reproductive health, women of all ages should visit a gynecologist, especially if they have:

- ◆ unusual vaginal or pelvic pain;
- ◆ abnormal vaginal bleeding or discharge;
- ◆ pain, swelling or tenderness of the vagina;
- ◆ sores, lumps or itching of the vagina;
- ◆ growths on or thickening of the breast or armpit; and
- ◆ increased pain or discomfort before their monthly period.



Let's Try This

Write down your ideas on what a gynecologist can do for women.

How many were you able to list down? Did you find it hard to identify the functions of a gynecologist? If you did, do not worry, that's what we are going to discuss next.



Let's Learn

A routine gynecological checkup will:

- ◆ prevent illness and discomfort;
- ◆ allow early detection of cancers of the breast and cervix—when they are still curable;
- ◆ detect sexually transmitted diseases (STDs) and other conditions before they cause serious damage;
- ◆ prevent sterility; and
- ◆ ease pregnancy and childbirth.

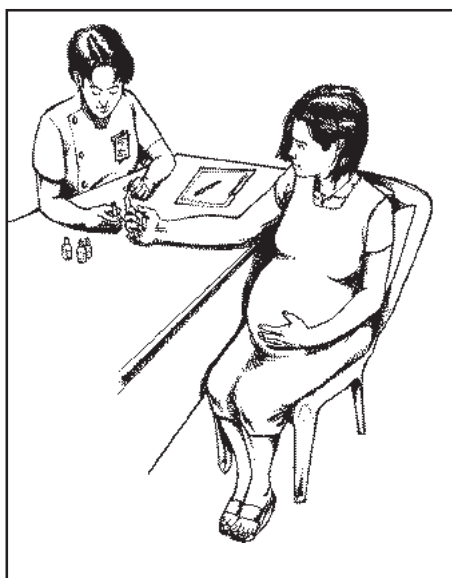


A pregnant woman should learn what is normal for her body and what is not. She should watch for changes in her body that may signal problems. The doctor will help identify problems before they become serious and will provide care if the woman is ill.

Some women have second thoughts about going to the gynecologist because they do not know what to expect. Well, there's really no need to worry.

Regular gynecological checkups include:

- ◆ talking about your personal, family, sexual and medical history;
- ◆ laboratory tests and screening for STDs and other conditions (at your own or your doctor's request);
- ◆ counseling;
- ◆ a pelvic examination to determine if there are any complications;
- ◆ a breast examination to determine if there are any lumps or to detect cancer; and
- ◆ a Pap smear for the early detection of uterine and cervical cancer.





Let's Review

Let's review what we have discussed so far.

In the blanks provided, write **T** if the statement is true and **F** if it is false.

- _____ 1. A gynecologist is a doctor who specializes in health care for women.
- _____ 2. Women between the ages of 45 and 60 need not consult a gynecologist.
- _____ 3. Gynecological check ups can detect STDs.
- _____ 4. Pregnant women should not lift heavy objects.
- _____ 5. The husband is responsible for determining the timing and frequency of his wife's pregnancy.

Check your answers using the *Answer Key* on page 50.



Let's Think About This

Aside from STDs, what other illnesses or hazards may affect a woman's (or a man's) reproductive health?

Do you know that there may be reproductive health hazards in your workplace? Reflect on this for a while. What possible reproductive health hazards might there be in the workplace?



Let's Learn

REPRODUCTIVE HEALTH HAZARDS

Substances or agents that may have negative effects on the reproductive health of women or men or on their ability to have children are called **reproductive health hazards**.

Although we will focus on the reproductive hazards that affect pregnant women, some of the reproductive hazards that we will discuss can also affect men.

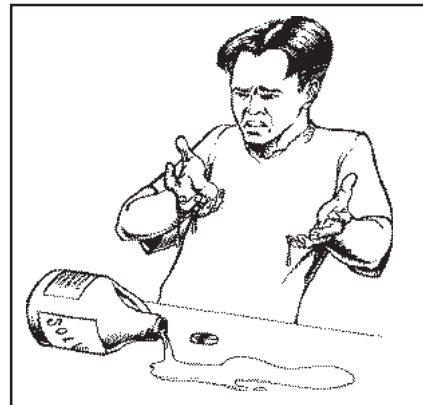
Radiation, some chemicals, certain drugs (legal and illegal), cigarettes, some viruses and alcohol are examples of reproductive health hazards found in the workplace. These may cause some reproductive health problems such as infertility and miscarriage. They can also affect unborn babies, causing them to be ill or underweight.

You can get exposed to these harmful substances through:

- ◆ Breathing in (inhalation)



- ◆ Contact with the skin



- ◆ Swallowing (ingestion)



Let's Try This

If you are working, observe your workplace and identify materials, equipment and practices that may cause health hazards to employees. If you are not working, ask somebody whom you know is working to do the activity. This can be a family member or friend. Write the observations in the spaces provided below.

How many reproductive health hazards in the workplace were you able to identify? Although these may not necessarily affect your reproductive health, they should still be avoided because they can harm your overall well-being.

If you are pregnant or planning to get pregnant, you should be especially concerned about exposure to reproductive health hazards. Some chemicals can circulate in your blood, pass through the placenta and reach the developing fetus.

For example, too much radiation from X-rays can pass directly through the body and harm the ovum or the fetus. After you have given birth, some drugs and chemicals can also enter your body and can be transferred to the baby through your breastmilk.

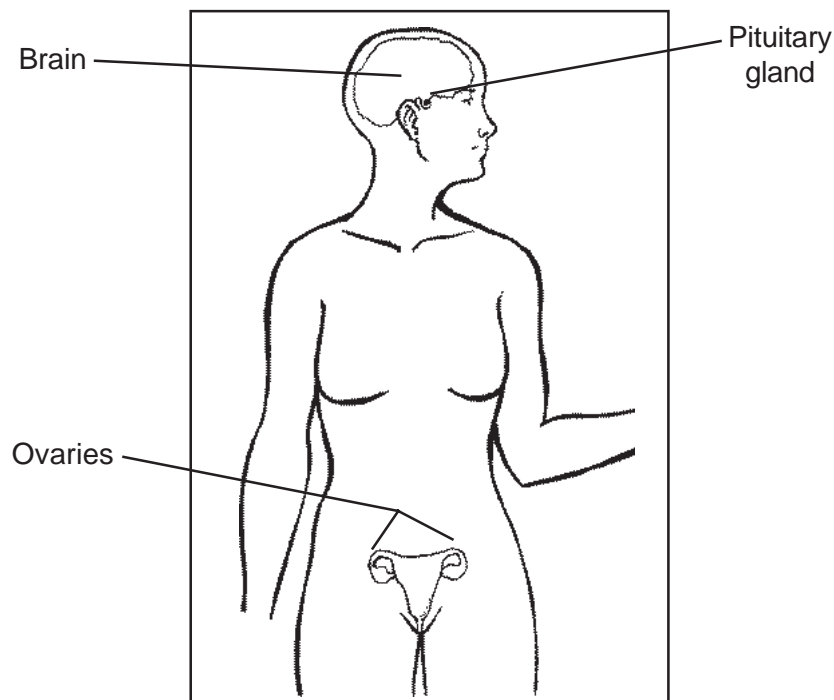


Let's Read

EFFECTS OF REPRODUCTIVE HEALTH HAZARDS

Abnormal menstrual cycle

High levels of physical or emotional stress or exposure to chemicals may disrupt the balance between the brain, pituitary gland and ovaries. This may lead to abnormal menstrual periods.



Infertility

Do you know of any couple who were unable to conceive a child after one year of trying? They may have been exposed to reproductive health hazards. These hazards may have damaged the woman's ovum or the man's sperm, or may have caused changes in the hormones needed to regulate the normal menstrual cycle.

Miscarriage

A miscarriage or the unplanned termination of pregnancy can also be a result of reproductive health hazards. Miscarriages can occur very early in pregnancy, even before you know that you are pregnant. Miscarriages occur for many reasons, such as the following:

- ◆ The egg or sperm might have been damaged and, therefore, the egg cannot be fertilized or cannot survive after fertilization.
- ◆ The fetus may not have developed normally.
- ◆ Physical problems may exist in the uterus or cervix.

All these can be a result of exposure to reproductive health hazards.

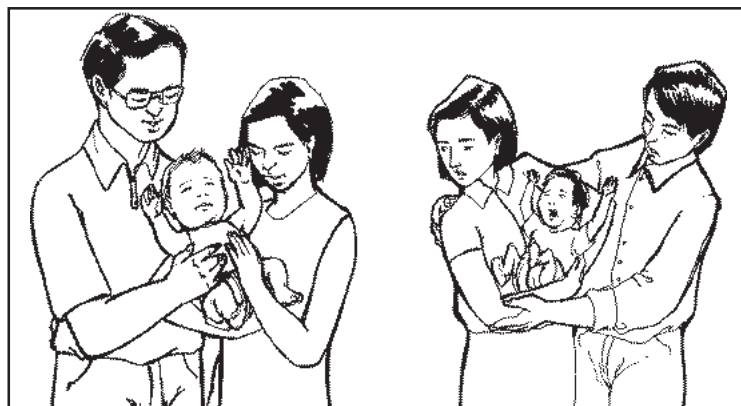
Birth defects

A birth defect is a physical abnormality of the baby present at birth, though it may not be detected until later. The first three months of pregnancy is a very critical stage of development because the internal organs and limbs are formed during this period. However, many women may not be aware that they are pregnant during this period.



Low birth weight and premature birth

Poor maternal nutrition, smoking and drinking alcohol during pregnancy are believed to be responsible for most of these cases. Although better medical care has helped many underweight or premature babies to develop and grow normally, they are more likely than other babies to become ill or even die during their first year of life.



Developmental disorders

Sometimes, the brain of the fetus does not develop normally, which leads to developmental delays and learning disabilities. Some examples of developmental problems are hyperactivity, short attention span, reduced learning ability and mental retardation.

Childhood cancer

Some children whose mothers were exposed to radiation during pregnancy are born with acquired cancers. Because of this, the use of X-rays on pregnant women is being minimized or altogether avoided.

Reproductive health hazards will not put you or your baby at risk if you follow the maternal and child care procedures carefully. The extent of damage done to a woman or her baby depends on *how much* of the hazard she is exposed to, *when* she is exposed, *how long* she is exposed, and *how* she is exposed.



Let's Review

Identify at least five of the seven effects of reproductive health hazards to pregnant women that we have discussed.

1. _____
2. _____
3. _____
4. _____
5. _____

Check your answers using the *Answer Key* on page 50.



Let's Think About This

Can reproductive hazards be transferred to family members?

The answer is YES. Chemicals from the workplace that affect male and female workers can also harm their families. Without knowing it, workers can bring some harmful substances that can affect the health of their family members—both adults and children. For example, chemicals in the workers' clothes, skin, hair, shoes, tool box or car can make family members ill, especially the children.

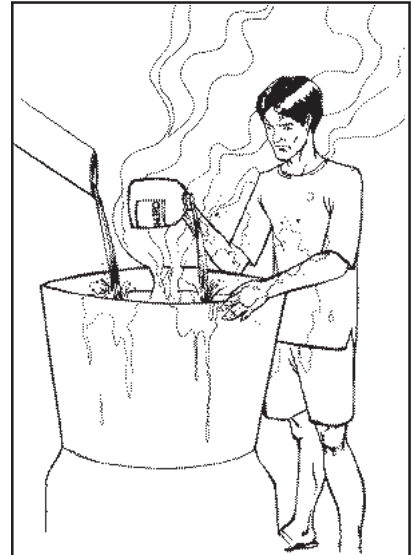


If reproductive health hazards are present in your workplace, what should you do?



Let's Try This

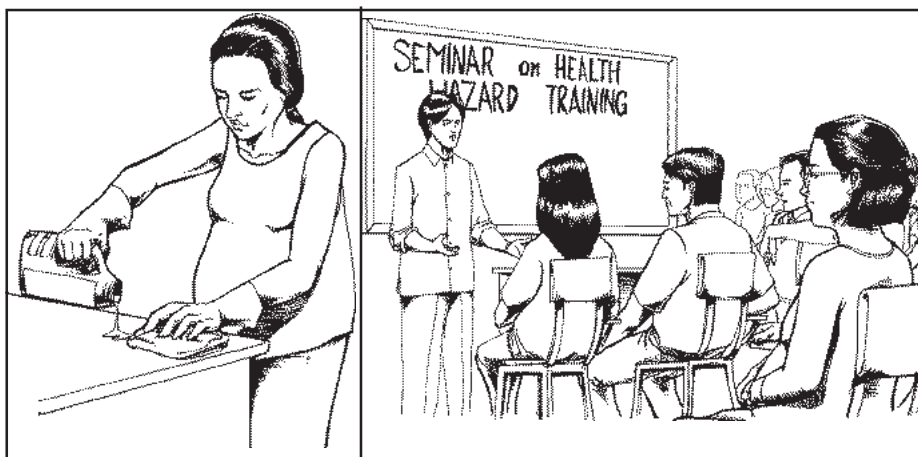
Look at the picture on the right. In this kind of job, what do you think are the possible reproductive health hazards? What would you do if you were the one exposed to these hazards?



Let's Learn

If there are reproductive health hazards in your workplace which you cannot avoid, you are responsible for learning about these hazards. You should also:

- ◆ use personal protective equipment, like gloves, if your work requires you to handle chemicals;
- ◆ follow the proper work practices;
- ◆ wash your hands after contact with hazardous substances and before eating, drinking or smoking;
- ◆ avoid skin contact with chemicals; and
- ◆ participate in all safety and health education training and monitoring programs offered by your employer.



Now you know all about maternal health as well as possible hazards to your reproductive health. In the next lesson, we will discuss another facet of reproductive health, that is, *being able to achieve the desired number of children safely and in a healthy manner through family planning.*



Let's See What You Have Learned

Write **T** if the statement is true and **F** if it is false. If the statement is false, explain why in the blanks provided.

- _____ 1. Family members need to treat a pregnant woman as if she were sick.

- _____ 2. Pregnant women should consult a gynecologist once every six months.

- _____ 3. Gynecological checkups will allow early detection of breast and cervix cancers.

- _____ 4. Reproductive health hazards can cause miscarriage.

- _____ 5. If you are exposed to reproductive health hazards, this does not mean that your family is also at risk.

Do you think your answers are correct? Compare them with those in the *Answer Key* on page 50.



Let's Remember

Before you proceed to Lesson 4, let's look at the highlights of this lesson.

- ◆ Members of pregnancy-friendly societies:
 - Care for pregnant women in the household and in the workplace
 - Show respect for women's reproductive rights
 - Ensure that women get neonatal and postnatal care
- ◆ Consulting a gynecologist can help a woman:
 - Prevent illness and discomfort
 - Detect breast and cervix cancers at an early stage when they are still curable
 - Detect sexually transmitted diseases (STDs) and other illnesses

- Prevent sterility
- Ease pregnancy and childbirth
- ◆ Reproductive health hazards are substances or agents that affect the reproductive health of women and men.
- ◆ Some effects of reproductive health hazards are:
 - Abnormal menstrual cycle
 - Infertility
 - Miscarriage
 - Birth defects
 - Low birth weight and premature birth
 - Developmental disorders
 - Childhood cancer
- ◆ You can protect yourself from reproductive health hazards by:
 - Using personal protective devices and following the proper work practices
 - Washing your hands after contact with hazardous substances and before eating, drinking or smoking
 - Avoiding skin contact with chemicals
 - Participating in all safety and health education training and monitoring programs offered by your employer

Family Planning

This final lesson aims to show the importance of family planning. This is useful for someone who has a family or is planning to raise a family.

After studying this lesson, you should be able to:

- ♦ explain the importance of family planning;
- ♦ identify and explain various birth control methods; and
- ♦ identify the appropriate birth control methods for you.



Let's Try This

Why do you think family planning is important? Write your ideas in the spaces provided below.



Let's Learn

WHY FAMILY PLANNING IS IMPORTANT

Only one week to go and Jess and Sheila will be married. In preparation for their wedding, they are going to attend a seminar on family planning. Why do you think they need to attend such a seminar?

Planning a family means deciding on how many children you should have and when to have them. It is a personal matter between you and your spouse. You can choose from many different methods for limiting the number of children in your family.

Family planning is a reflection of responsible parenthood. Responsible parenthood means making sure that your family members are happy and healthy, and that all their needs are satisfied, including emotional, mental, physical, social and psychological needs. This is one way of ensuring that your children will grow up to be happy and successful persons as well as responsible citizens.



Let's Try This

If you do not plan your family, what do you think will happen? Write your ideas in the spaces provided below.

Let's see if your answers are correct.



Let's Learn

THE CONSEQUENCES OF LACK OF FAMILY PLANNING

Lack of family planning has many negative consequences. Many mothers of childbearing age die from causes related to pregnancy. Many infants also die because of lack of family planning. Infants who are more likely to die in their first five years are those who are born to:

- ◆ very young or old mothers and
- ◆ women who have just given birth.

Lack of family planning can likewise put the health of the mother at risk. If the pregnancy is too frequent, the mother is not given ample time to regain her health.



Let's Try This

What family planning methods are you aware of? Write your answers in the spaces below.

Remember what you have written here because we will refer to them in the next activity.



Let's Learn

FAMILY PLANNING METHODS

There are many family planning methods a couple can choose from. There are natural as well as artificial ways to control pregnancy. Read carefully the description of each method. See what advantages and disadvantages each method has. Take your time. If you have difficulty choosing which one will suit you, you can consult a doctor at the health center. Don't be afraid to voice out your concerns.

All contraceptive techniques are barrier methods. They make a barrier that prevents pregnancy by preventing fertilization or the meeting of the woman's egg cell and the man's sperm cell.

These barriers can be classified into four types, namely:

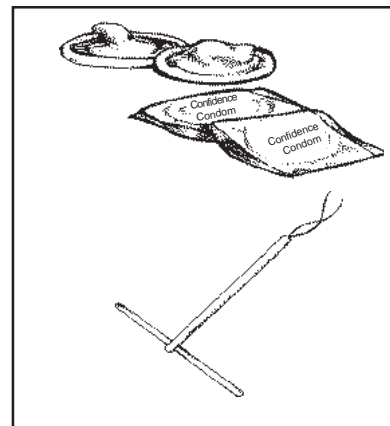
- ◆ Temporal
- ◆ Mechanical
- ◆ Chemical
- ◆ Medical/Biological

Let's look at them one by one.

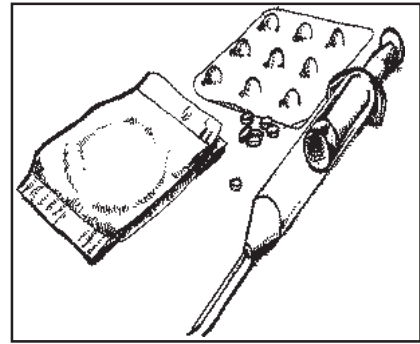
Temporal barriers relate to **time**. To make this kind of barrier, the couple determines the fertile period of the woman and does not engage in sexual intercourse during this period. (The fertile period is the time when pregnancy is likely to happen if the couple engages in sex.)



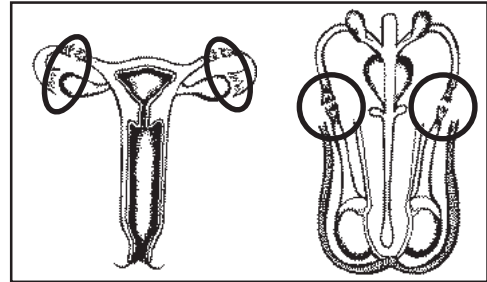
A **mechanical** barrier is made of certain materials which prevent the sperm from entering the womb. A condom is a good example of a mechanical barrier.



A **chemical** barrier is put up through the use of chemicals. A contraceptive pill, for instance, prevents ovulation, fertilization or the implantation of the fertilized ovum on the wall of the uterus.



There are also **biological/medical** barriers. These are medical procedures or operations such as tubal ligation and vasectomy that are intended to prevent pregnancy.



The use of temporal, mechanical and chemical barriers is considered a **reversible method**. This will not stop pregnancy permanently. The wife may still get pregnant after practice or use is discontinued.

On the other hand, the use of medical and biological barriers is considered an **irreversible method**. It will permanently stop pregnancy through medical intervention. This method is best suited for couples who already have the number of children they want. Since it is irreversible, it is not for couples who still want to have children.

We are now going to look at the different contraceptive techniques. Each of these techniques uses one of the four barriers in order to prevent pregnancy.

METHODS OF FAMILY PLANNING

You may choose from any of the following methods for planning your family.

Methods using temporal barriers

1. **Natural Family Planning Methods (NFP methods)**—These take into consideration the natural processes of the body. The methods require couples not to have sexual intercourse during a woman's fertile period.

The advantage of natural family planning methods is that they have no health-related side effects. The main objective is to determine the fertile period of the woman and avoid having sex during this period. However, this requires the couple to avoid having sex for several days.

Natural family planning methods require the woman to closely observe her body for changes in its natural processes during her fertile period.

- a. **Ovulation Method (OM)** – The appearance of the cervical mucus or fluid inside the cervix can be observed. This will show signs of fertile and infertile days.
- b. **Basal Body Temperature (BBT)** – The temperature of the body at rest after at least three hours of continuous sleep is called BBT. The temperature of the woman can be taken. During ovulation a woman's BBT rises and stays on a higher level until the next menstruation.
- c. **Sympto-Thermal Method (STM)** – To determine fertile and infertile phases, observations on the cervical mucus and temperature readings can be combined with other signs of ovulation.

2. **Lactational Amenorrheic Method (LAM).**

Immediately after giving birth, women can be naturally infertile. Full breast-feeding can send signals to the brain to decrease the secretion of hormones responsible for ovulation. Because of this, ovulation is suppressed and the woman becomes temporarily infertile. This method is safe and highly effective if the woman meets all the following conditions:

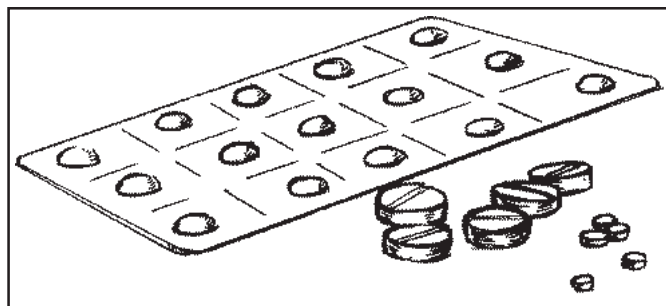
- a. She does not have her monthly period yet.
- b. She is fully or almost fully breast-feeding her child.
- c. Her baby is less than six months old.



The main advantage of this method is that it is safe and 98% effective. However, its effectivity is limited to only six months after the woman gives birth.

Methods using chemical barriers

1. **Pills (Combined Oral Contraceptives)** – This method uses chemicals as a barrier. The pill is taken orally (through the mouth) every day to prevent ovulation. Changes occur in the uterus and fallopian tubes that prevent the sperm from fertilizing the egg.



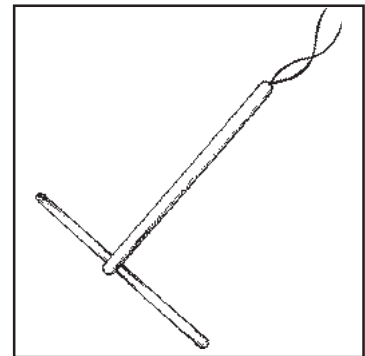
While using pills is a family planning method that is safe and considered 99.6% effective, it may have some side effects, like a decrease in the quantity of breast milk produced by the woman. Also, it can take time before fertility returns even after use is discontinued.

2. **Depot Medroxy-Progesterone Acetate or DMPA** – This is administered by injection to a woman to prevent her from ovulating. Changes in the uterus and fallopian tubes take place to prevent fertilization. The main advantage of an injectible contraceptive is that it lasts long—up to months. However, the woman is required to receive injections only from a trained person.

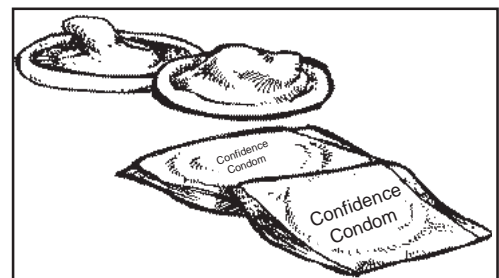


Methods using mechanical barriers

1. **Intrauterine Device (IUD)** – This is a small, soft plastic device inserted into the uterus through the cervix to prevent pregnancy. It is effective up to ten years. The most commonly used IUD in the Philippines is TCu-380A (Copper T). An IUD makes the sperm inactive. It prevents the sperm from travelling to the female reproductive area. While it is generally considered safe and effective, an IUD can cause some side effects like abdominal pain.



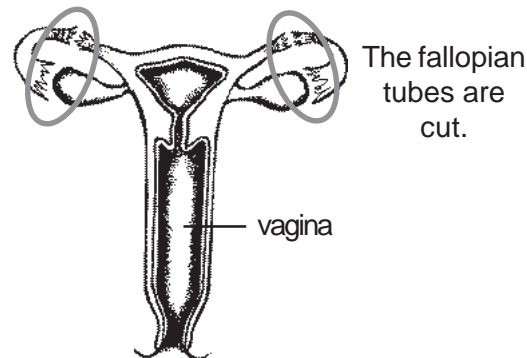
2. **Condoms** – These are thin cylindrical sheaths made from latex rubber. Men wear them over an erect penis before having sexual intercourse. They act as an obstacles to the transfer of sperms and sexually transmitted germs into the vagina. A condom prevents the meeting of the sperm and the egg cell.



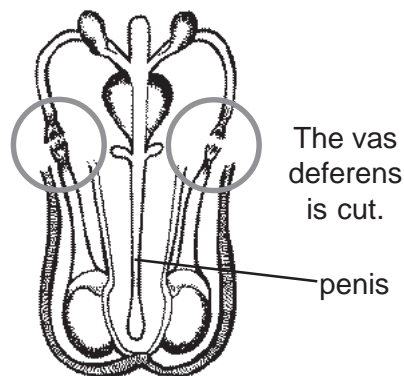
Condoms have no side effects and in fact can prevent sexually transmitted diseases if used correctly. However, since it must be put on during sexual activity, some consider its use a distraction. For some men, a condom may also reduce the sensation felt in the penis during sexual intercourse, hence lessening their sexual enjoyment.

Methods using biological/medical barriers

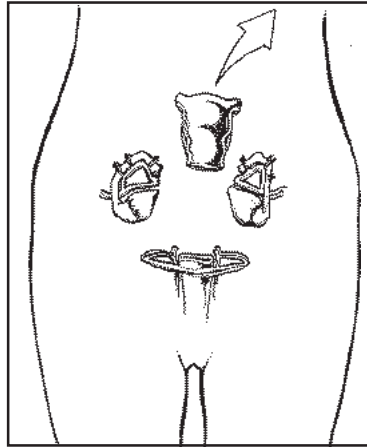
1. **Female Surgical Sterilization (Tubal Ligation)** – The woman undergoes minor surgery under a local anesthetic. Her fallopian tubes where the egg cells pass are cut and tied. This procedure prevents the egg from uniting with the sperm.



2. **Male Surgical Sterilization (Vasectomy)** – This is a minor surgical process wherein the *vas deferens* is tied and cut to prevent the passage of sperm into the vagina during intercourse. The vas deferens is the tube through which sperms pass when a man ejaculates. Sexual desires and pleasure are not lost because of vasectomy.



3. **Hysterectomy** – This is the removal of the uterus through surgery. The uterus is the female organ in which a fertilized egg develops into a fetus. After a hysterectomy, the woman will no longer menstruate and cannot become pregnant. Hysterectomy is a radical alternative and is usually performed only in cases where the woman's uterus is damaged or injured. Women who undergo hysterectomy often have to take medications for the rest of their lives to correct hormone imbalances. A hysterectomy involves major surgery and is therefore expensive and involves all the risks associated with any surgical procedure.



The uterus
is removed.

Other methods

Aside from the ones discussed above, there are other methods that can be used to prevent pregnancy. For example, withdrawing the man's penis from the woman's vagina before ejaculation during sexual intercourse reduces the likelihood of pregnancy. However, since there is still contact between the penis and vagina, there is a possibility that some sperm will be discharged into the woman's vagina before actual ejaculation. This withdrawal method is also unreliable because of the high probability of the man's not being able to fully control his ejaculation.

If you want to find out about the detailed advantages and disadvantages of each of the methods of family planning as well as related precautions and possible side effects, see Appendix A at the back of this module (pages 53–58).



Let's Try This

- A. Remember the family planning methods that you earlier identified (pages 37–41)? Now, classify them according to the barrier involved.

Temporal	Chemical	Mechanical	Biological/Medical

B. Answer the following questions regarding your preferred family planning method. If you are married, show the following questions to your partner so you can both decide on the method you will use. If you are still single, think about your own preferences. Write your answers in the blanks provided after each question.

1. Do you want a reversible or a permanent method?

2. What specific method(s) do you prefer?

3. Which of the methods you chose are immediately available to you?

4. What are its/their features or advantages that you particularly like?

5. Do you think it is worth trying it/them considering the possible disadvantages?

6. How much would the method(s) cost you?

After you have answered all the questions, consult with the health worker or gynecologist in your barangay. Tell him or her to help you come up with a decision, if you have not come up with one yet. If you have more questions or clarifications to make before coming up with a decision, you can ask him or her to assist you. Don't be afraid to ask because it is important that you choose correctly the family planning method suitable for you in order to get the most advantages for you and your family.

In choosing the family planning method that is best for you, consider the following:

- ◆ your preference (Reversible or irreversible?)
- ◆ access to the method (Is it readily available to you?)
- ◆ advantages and disadvantages of the method
- ◆ cost (Can you afford it?)



Let's See What You Have Learned

Answer the following questions. Write your answers in the spaces provided.

1. Why is family planning important?

2. Why are *reversible* family planning methods referred to as such?

3. Why are *irreversible* family planning methods referred to as such?

4. What should be your four most important considerations when choosing the best family planning method for you and your partner?

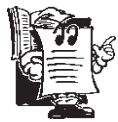
Check your answers using the *Answer Key* on pages 50–51. Did you get all the answers right? If not, go through this lesson again before proceeding to the next one.



Let's Remember

Do not forget the important points of this lesson.

- ◆ Family planning means deciding on the number and spacing of children. Family planning reflects responsible parenthood.
- ◆ Family planning methods involve those that set up temporal, mechanical, chemical and biological/medical barriers.
- ◆ Examples of methods that use temporal barriers are:
 - natural family planning methods
 - Lactational Amenorrheic Method (LAM)
- ◆ Examples of methods that use chemical barriers are:
 - taking pills
 - using injectible contraceptives
- ◆ Examples of methods that use mechanical barriers are:
 - using an intrauterine device (IUD)
 - using condoms
- ◆ Examples of methods that use biological/medical barriers are:
 - tubal ligation
 - vasectomy
 - hysterectomy
- ◆ All family planning methods have advantages and disadvantages that a couple should consider carefully before deciding what method is best for them.



Let's Sum Up

Congratulations! You have reached the end of this module. Here are its important points:

- ◆ Sex pertains to gender, physical similarities and differences between men and women, and reproduction.
- ◆ Sexuality refers to sexual orientation, practices and values.
- ◆ Reproductive health means being able to avoid illnesses related to sex and sexuality, being free from violence and harm related to reproduction, and achieving the desired number of children safely and in a healthy manner.
- ◆ Some of the most common sexually transmitted diseases are:
 - Gonorrhea
 - Syphilis
 - Hepatitis B
 - AIDS
 - Herpes
- ◆ Sexually transmitted diseases can be prevented by avoiding risky sexual behaviors or by practicing safe sex.
- ◆ Pregnancy-friendly societies care for pregnant women at home and at work, show respect for women's reproductive rights, and ensure that women get neonatal and postnatal care.
- ◆ Consulting with a gynecologist can help a woman prevent illnesses and discomfort.
- ◆ Reproductive health hazards are substances or agents that negatively affect the reproductive health of women or men.
- ◆ Some possible effects of reproductive health hazards are a disrupted menstrual cycle, infertility, miscarriage and birth defects.
- ◆ You can protect yourself from reproductive health hazards by using personal protective equipment, following the proper work practices, and participating in all safety and health education training and monitoring programs offered by your employer.
- ◆ Family planning is important because it helps ensure that your family members are happy and healthy and all their needs—emotional, mental, physical, social and psychological—are satisfied.
- ◆ There are several family planning methods from which you can choose. Some are reversible and some are permanent.



What Have You Learned?

Let's see how much you have learned from the module. Answer the following questions.

1. Define sex, sexuality and reproductive health. (1 point)

2. Identify two sexually transmitted diseases and give a symptom of each. (4 points)

3. What is safe sex? (1 point)

4. What is a pregnancy-friendly society? (3 points)

5. How can you be exposed to reproductive health hazards? (3 points)

6. Identify and explain the two main methods of family planning.(4 points)

7. What should you consider when choosing a family planning method that is best for you? Give at least two. (2 points)

Compare your answers with those in the *Answer Key* on pages 51–52.

If you got:

- | | |
|---------|---|
| 15 – 18 | Very good! You have learned a lot from this module. You may now study the next one. |
| 12 – 14 | Good! Just go back to the items which you were not able to answer correctly. |
| 9 – 11 | You need to go back to the parts of the module which you did not understand. |
| 0 – 8 | You should study this module again. |



Answer Key

A. Let's See What You Already Know (pages 2–3)

1. (d) Every pregnancy puts the woman's health at risk. Therefore, a couple should choose the number and spacing of their children. Since the couple will have the responsibility of raising the children, they should both decide. It should not be the decision of the wife (a) or husband (b) alone. Reproductive health is not about being able to produce the most number of children (c).
2. (d) Anemia is not transmitted through sexual intercourse.
3. (d) The objective of safe sex is to reduce, if not totally avoid, the exchange of body fluids between sexual partners. Letters (a), (b) and (c) are all examples of safe sex practices. Abortion refers to the termination of pregnancy.
4. (d) Taking prohibited injectible drugs increases the risk of getting the HIV virus from infected persons. Many drug users share syringes. This puts them at risk of contracting HIV/AIDS or hepatitis. Letters (a), (b) and (c) will not cause you to be infected with the illness .
5. (d) The pregnant woman needs special care. Letters (a), (b) and (c) do not reflect special care for the pregnant woman and may actually pose health risks in some cases.
6. (a) A gynecologist helps the woman take care of her reproductive health. This includes the prevention of STDs.
7. (a) Reproductive health hazards can cause damage to the reproductive system and may result in miscarriages or spontaneous abortions among women who are pregnant. They can also affect a woman's menstrual cycle. They will never result in a pregnancy, however.
8. (c) Using protective equipment when working with chemicals can prevent you from breathing in or being in contact with substances which may have bad effects on your reproductive system.
9. (a) Reversible family planning methods provide temporary protection from pregnancy. If use of the reversible methods are stopped, the fertility of the woman will be restored and she may become pregnant if she engages in sexual intercourse during her fertile period.
10. (c) This is because condoms provide a physical barrier that prevents the male's sperm from entering the woman's vagina thus preventing the fertilization of the egg.

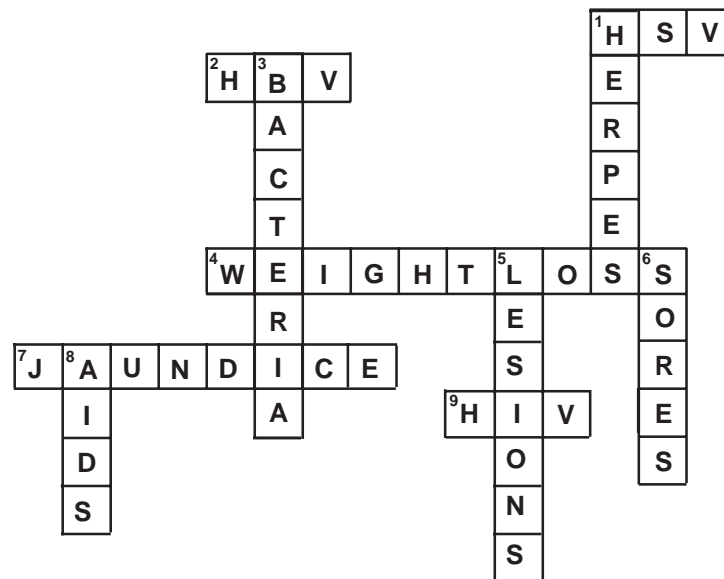
B. Lesson 1

Let's See What You Have Learned (page 9)

Sex pertains to gender and reproduction; *sexuality* refers to sexual practices, values and orientation; *reproductive health* refers to the health aspect of sex and sexuality, which include avoiding illnesses, freedom from violence and harm related to reproduction and achieving the desired number of children safely and in a healthy manner.

C. Lesson 2

Let's Review (pages 14–15)



Let's See What You Have Learned (page 17)

- (d) Unprotected vaginal and anal sex involves direct skin contact and thus makes the exchange of blood and other body fluids highly possible. Letters (b) and (c) involve no sexual intercourse while letter (a) involves protected sexual contact. This reduces the risk of getting STD.
- (c) Gonorrhea is caused by a bacteria and not a virus (a). While the transfer of semen can lead to the transmission of the disease, the presence of the bacteria is what makes the transfer of semen risky.
- (a) This is the major symptom of hepatitis B. Herpes (b), AIDS (c) and syphilis (d) infection do not cause jaundice.
- (d) Many people with herpes do not experience symptoms and are therefore not aware that they are infected.
- (c) One of the symptoms of AIDS is an unexplainable, drastic weight loss. AIDS is caused by the HIV virus and not by bacteria (a). There is no cure for AIDS (b). AIDS is transmitted mainly through sexual contact. A mere handshake and a kiss will not transmit AIDS (d).

D. Lesson 3

Let's Review (page 26)

1. **T**
2. **F** Even women who are past the childbearing age should consult a gynecologist regularly. Women experiencing menopause may need medical help to relieve any painful symptoms. All women should regularly undergo Pap smear and breast examinations for the early detection of cancer and other diseases.
3. **T**
4. **T**
5. **F** The timing and frequency of pregnancy should be determined jointly by the married couple.

Let's Review (page 30)

Any 5 from the following:

- ◆ irregular menstrual cycle
- ◆ infertility
- ◆ miscarriage
- ◆ birth defects
- ◆ low birth weight and premature birth
- ◆ developmental disorders
- ◆ childhood cancer

Let's See What You Have Learned (page 32)

1. **F** A pregnant woman should be treated with care, not necessarily as if she is sick.
2. **F** A pregnant woman should consult a gynecologist regularly—at least three or four times a year.
3. **T**
4. **T**
5. **F** Health hazards like dangerous chemicals to which you may be exposed in your workplace can also put your family members at risk if the chemicals stick to your skin or clothes.

E. Lesson 4

Let's See What You Have Learned (page 43)

1. Family planning is important because it ensures that your family is healthy and that their emotional, mental, physical, social and psychological needs are met.

2. Because they are not permanent. If the use of the method is discontinued, the effects also stop.
3. Because they permanently stop pregnancy. Once these methods are used, pregnancy becomes physically impossible.
4. The couple or individual should consider :
 - ◆ their preferences;
 - ◆ their access to the method;
 - ◆ the advantages and disadvantages of the method; and
 - ◆ the cost.

F. What Have You Learned? (*pages 46–47*)

1. (For one point)

Sex pertains to gender and reproduction. Sexuality refers to sexual practices, values and orientation. Reproductive health refers to the health aspect of sex and sexuality, which includes avoiding illness, freedom from violence and harm related to reproduction and achieving the desired number of children safely and in a healthy manner.

2. Give yourself one point for each STD that you are able to identify and another point for the symptom. (For a total of 4 points)

You should thus have listed any two of the following STDs in any order.

Gonorrhea

Symptoms: bleeding after intercourse or in-between periods (for women), pain when urinating (for both men and women), yellowish-white discharge from the penis as well as swollen and painful testicles (for men)

Hepatitis B

Symptom: jaundice

Herpes

Symptom: blisters on and around the genitals, thighs, buttocks, lips, mouth and throat

Syphilis

Symptom: sores on the vagina or penis

AIDS

Symptoms: unexplained loss of weight; diarrhea that lasts for several weeks; enlarged or sore glands in the neck, armpit and other parts of the body; persistent cough; fever; and vaginal yeast infections.

3. (For 1point)

Safe sex includes practices that reduce the risk of contracting STDs. These reduce the likelihood of blood and other body fluids being exchanged between sexual partners.

4. (For 3 points, in any order)

- ◆ Care is given at home and at work
- ◆ There is respect for women's reproductive rights
- ◆ Neonatal and postnatal care is given

5. (For 3 points)

- ◆ breathing in or inhalation
- ◆ swallowing or ingestion
- ◆ contact with the skin

6. (Give yourself one point for identifying each method and another point for the explanation, for a total of 4 points).

Reversible methods – These methods will not prevent pregnancy permanently. The woman can still get pregnant if use is discontinued. Examples include the pill, IUD, condoms and natural family planning methods.

Irreversible methods – Methods that will permanently prevent pregnancy. Examples include tubal ligation, vasectomy and hysterectomy.

7. (One point each, in any order)

- ◆ your preference (whether you want reversible or irreversible methods)
- ◆ access to the method
- ◆ advantages and disadvantages of the method
- ◆ cost



Appendix

Advantages and Disadvantages of Various Family Planning Methods

A. Temporal (time-related) Barriers			
1. Natural Family Planning Methods			
<i>a. Ovulation Method (OM)</i>			
Advantages	Disadvantages	Warning Signs	Precautions
Will not cost the user any money	<ul style="list-style-type: none"> ◆ Requires couples not to engage in sexual intercourse for several days ◆ Learning how to interpret signs of fertility may take several months of practice. ◆ It is necessary to carefully record and chart the character of the cervical mucus to determine the fertile period. ◆ Observation of mucus may not be accurate because of physical conditions such as vaginal infections. ◆ No protection from STDs 	<ul style="list-style-type: none"> ◆ Two weeks' delay in menstrual period ◆ Watch out for the following signs and symptoms of pregnancy (seek medical attention immediately): <ol style="list-style-type: none"> 1. missing scheduled period (amenorrhea) 2. nausea/ vomiting 3. enlargement of abdomen 4. breast changes 5. positive (+) pregnancy test 	<p>Success of NFP methods is less likely to succeed for couples with the following characteristics:</p> <ol style="list-style-type: none"> 1. not able to talk about sexual matters with each other 2. relationship of couple is unstable 3. the person is unable or unwilling to observe records and interpret signs and symptoms of fertility 4. the person is unable or unwilling to refrain from sexual intercourse during the woman's fertile period
<i>b. Basal Body Temperature (BBT)</i>			
Advantages	Disadvantages	Warning Signs	Precautions
The only thing the user has to buy is a thermometer.	<ul style="list-style-type: none"> ◆ Requires several days of not engaging in sexual intercourse ◆ Learning how to relate temperature changes to fertility may take several months of practice. 	Same as that of OM	Same as that of OM

	<ul style="list-style-type: none"> ♦ Fertility interpretations may be affected by physical conditions that cause a rise in temperature, such as infections and fevers. ♦ No protection from STDs 		
<i>c. Sympto-Thermal Method (STM)</i>			
Advantages	Disadvantages	Warning Signs	Precautions
The only thing the user has to buy is a thermometer.	<ul style="list-style-type: none"> ♦ Partners are required to refrain from sexual intercourse during fertile periods. ♦ Learning to relate temperature, cervical mucus and other body signs and symptoms of fertility may take several months of practice. ♦ No protection from STDs 	Same as that of the two other methods mentioned	Same as that of the two other methods mentioned
2. Lactational Amenorrheic Method (LAM)			
Advantages	Disadvantages	Warning Signs	Precautions
<ul style="list-style-type: none"> ♦ Safe and 98% effective ♦ Can be used right after delivery ♦ Available to all breast-feeding women ♦ Does not require physical exam by doctor ♦ Infant health and survival is improved because of breast-feeding ♦ Strong bonding between mother and child ♦ No devices needed ♦ Does not interfere with sexual intercourse ♦ No hormonal side effects 	<ul style="list-style-type: none"> ♦ Effective only within six months after giving birth ♦ Not effective if mother and child are apart for long periods of time ♦ Full or almost full breast-feeding is needed, which may give inconvenience to some mothers, particularly working ones ♦ No protection from STDs ♦ Mother must breast-feed baby on demand, day and night. Interval between feedings should not exceed four hours during the day and six hours during the night. 	<ul style="list-style-type: none"> ♦ If any of the following criteria is not satisfied, the woman should not use LAM: <ol style="list-style-type: none"> 1. menstrual period has not returned 2. baby is no more than six months 3. full or almost full breast-feeding is given day and night <p>If LAM cannot be used anymore, advise mother to use other methods and urge her to continue breast-feeding.</p>	HIV-positive mothers should not breast-feed their babies.

B. Chemical Barriers			
1. Pills (Combined Oral Contraceptives)			
Advantages	Disadvantages	Warning Signs	Precautions
<ul style="list-style-type: none"> ◆ Safe and 99.6% effective ◆ Reduce painful menstrual periods (dysmenorrhea) and blood loss ◆ Reduce iron deficiency or anemia ◆ Regularizes menstrual periods ◆ Protect woman from health conditions such as endometriosis, endometrial cancer, pelvic inflammatory disease (PID), breast cysts that are not cancerous, and ectopic pregnancies 	<ul style="list-style-type: none"> ◆ Not fit for women above 35 years old who smoke, have hypertension or diabetes ◆ May decrease the quantity of breast milk ◆ Return to fertility may take some time after use is discontinued ◆ Strict daily taking of pills ◆ Some women experience: nausea, breast tenderness, weight loss or gain, migraine, headaches, spotting between periods especially when pills are missed, vaginal discharge, fatigue or depression, oily skin or acne, change in sex drive 	<p>Seek medical attention immediately if the following happens:</p> <ol style="list-style-type: none"> 1. severe abdominal pain 2. severe chest pain 3. severe headache 4. eye problems (blurred vision, flashing lights, blindness) 5. severe leg pain (calf or thigh); 6. other danger signs like: breast lumps, jaundice, depression 	<p>Pills should not be taken if a woman:</p> <ol style="list-style-type: none"> 1. is pregnant 2. experiences excessive vaginal bleeding 3. has a history of thromboembolic disorder, stroke or heart disease 4. has an acute liver disease, such as hepatitis
2. Injectables (Depot Medroxy-Progesterone Acetate [DMPA])			
Advantages	Disadvantages	Warning Signs	Precautions
<ul style="list-style-type: none"> ◆ Safe, 99.6% effective and long lasting ◆ Do not affect breast milk supply or quality ◆ Prevent anemia ◆ Protect against endometrial cancer and pelvic inflammatory disease ◆ Do not interfere with sexual activities ◆ Offer privacy to user because there is no need to keep contraceptive materials at home 	<ul style="list-style-type: none"> ◆ Require injections by a trained person ◆ Fertility returns after 6 to 12 months ◆ May cause missed periods, irregular bleeding especially during the first month of use, weight gain, headache, abdominal pain ◆ No protection against STDs ◆ If side effects occur, these would be long lasting and cannot be removed immediately from the body 	<p>In case the following conditions arise, consult medical help:</p> <ol style="list-style-type: none"> 1. dizziness 2. severe headache 3. heavy bleeding 	<p>Injectables should not be used if a woman has the following conditions:</p> <ol style="list-style-type: none"> 1. known or suspected pregnancy 2. vaginal bleeding which cannot be explained 3. current and past breast cancer 4. past or present stroke, heart disease, diabetes with vascular disease 5. active hepatitis or liver tumor

<ul style="list-style-type: none"> ♦ Cause prolonged absence of periods, which benefits some women ♦ Reduce the risk of ectopic pregnancy ♦ Ovarian cysts and breast lumps that are present may become smaller or retract 			6. tumor inside the uterus (H. mole or <i>kiyawa</i>)
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C. Mechanical Barriers

1. Intrauterine Device (IUD)

Advantages	Disadvantages	Warning Signs	Precautions
<ul style="list-style-type: none"> ♦ Safe and 98% to 99% effective ♦ Quantity and quality of breast milk is not lessened ♦ Ideal for breast-feeding mothers ♦ When removed, return to fertility is immediate. ♦ No systemic side effects ♦ IUD can easily be removed by a trained health worker 	<ul style="list-style-type: none"> ♦ Device may be displaced or forced out of uterus ♦ Has temporary side effects, like abdominal pain ♦ Needs to go through minor clinical process ♦ Must be inserted by a trained health worker. ♦ Does not protect against STDs 	<p>Seek medical attention in case you experience the following conditions:</p> <ol style="list-style-type: none"> 1. period is late (even if there are no signs of pregnancy) or spotting or bleeding is abnormal 2. abdominal pain during intercourse 3. infection or abnormal vaginal discharge 4. not feeling well, has fever or chills 5. string attached to IUD is missing or is shorter or longer 	<p>IUD should not be used if user:</p> <ol style="list-style-type: none"> 1. is allergic to copper 2. has history of ectopic pregnancy and surgery of fallopian tubes 3. has not yet given birth 4. has symptomatic valvular heart disease, unless taking antibiotics 5. response to infections (diabetes, leukemia, use of cortico-steroids) is poor 6. has menstrual disorders 7. is exposed to STDs or has a high-risk lifestyle, like being a sex worker or having multiple sexual partners

2. Condom			
Advantages	Disadvantages	Warning Signs	Precautions
<ul style="list-style-type: none"> ◆ It has no side effects ◆ Provides protection against sexually-transmitted diseases ◆ It serves as a method to prevent pregnancy ◆ No medical side effects ◆ Does not require a medical prescription ◆ Male participation in family planning is ensured ◆ May prevent cancer of the cervix 	<ul style="list-style-type: none"> ◆ Latex may cause allergies to user ◆ May interrupt sexual activities ◆ May reduce physical sensation in the penis for some men ◆ Users need to have regular supply ◆ Condoms must be kept away from heat and light ◆ Disposing of condoms in an environmentally-friendly way can be a problem since they are nonbiodegradable. ◆ Sperm may spill out of the condom into the vagina if not used correctly. 	<ul style="list-style-type: none"> ◆ Itchiness may occur or rashes may appear after use. ◆ Menstruation stops 	<p>Do not use condoms if the following conditions are present:</p> <ol style="list-style-type: none"> 1. either partner is allergic to latex 2. condom is damaged 3. man's penis becomes limp after using a condom or immediately after ejaculation

D. Biological/Medical Barriers

1. Female Surgical Sterilization (Tubal Ligation)

Advantages	Disadvantages	Warning Signs	Precautions
<ul style="list-style-type: none"> ◆ Safe and almost 100% effective ◆ Suitable for women who already have the number of children they want, or whose life or health may be put in danger by another pregnancy ◆ Very convenient because it requires only a minor operation and analgesic ◆ Little amount of discomfort ◆ Simple, easy to perform, and finished in about 15-30 minutes 	<ul style="list-style-type: none"> ◆ Not recommended for couples who want to have more children ◆ Skin discoloration, bruising, swelling, pain or discomfort in area where operation was done ◆ Involve cost of minor surgery 	<p>Seek medical attention if you experience the following:</p> <ol style="list-style-type: none"> 1. fever 2. weakness 3. rapid pulse rate 4. constant pain in the abdomen 5. vomiting 6. dizziness 7. pus or tenderness near the area of operation 8. absence of period 	<p>Tubal ligation is not advisable for women who have:</p> <ol style="list-style-type: none"> 1. anemia 2. uncontrolled diabetes 3. uncontrolled hypertension 4. acute PID (pelvic inflammatory disease) 5. history of recent abortion

<ul style="list-style-type: none"> ♦ Sexual desire and enjoyment is not lessened; it is even enhanced ♦ Reliable protection from pregnancy immediately after operation 			
2. Male surgical sterilization (vasectomy)			
Advantages	Disadvantages	Warning Signs	Precautions
<ul style="list-style-type: none"> ♦ Safe and 99.9% effective ♦ Suitable for men who already have the number of children they want, or whose wife's lives or health will be put in danger by another pregnancy ♦ Simple and easy to perform ♦ Does not affect hormonal balance ♦ Sexual desire and enjoyment of couple is not affected ♦ Inexpensive 	<ul style="list-style-type: none"> ♦ Not recommended for couples who want to have more children ♦ Skin discoloration, bruising, swelling, pain or discomfort in area where operation was done 	<p>Seek medical attention in case you experience any of the following:</p> <ol style="list-style-type: none"> 1. fever 2. blood clots in or excessive swelling of the scrotum 	<p>Vasectomy should not be performed on men who have orchitis or inflammation of the testes.</p>
3. Hysterectomy			
Advantages	Disadvantages	Warning Signs	Precautions
<ul style="list-style-type: none"> ♦ Effective ♦ Suitable for women who have the number of children they want ♦ Can stop the spread of cancer and other disease of the reproductive system 	<ul style="list-style-type: none"> ♦ Involves cost of major surgery ♦ Can lead to infection or complications 	<p>Seek immediate medical attention if you experience bleeding or pain.</p>	



Glossary

Body fluids Blood, semen, vaginal secretions and the like

Jaundice Yellowness of the skin and eyes. This is a common symptom of diseases of the liver like hepatitis.

Masturbation Stimulation of sexual organs by oneself, without sexual intercourse, usually done using the hands or fingers

Pap smear A test used to diagnose certain cancers. Some cells from organs such as the stomach, uterus or cervix are taken to be tested and diagnosed.

Premature babies Babies who are born less than nine months of conception

Radiation Energy sent out in the form of waves that the naked eyes cannot see. These waves transmit such enormous amounts of energy that they can cause damage to our health.



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