

SEXUAL REPRODUCTIVE HEALTH AND RIGHT MOBILE APP SCRIPT

1. MOBILE APP INTRODUCTION

How to interact with the app

- Step 1: turn your internet connection on
- Step 2: open play store
- Step 3: On Play Store Search for SRHR –Sign language or DEAFOP
- Step 4: Click Install or Update and wait
- Step 5: click open
- Step 6: Enter your details or click word SKIP, then Next
- Step 7: The app will ask for permission for access click allow
- Step 8: A page with various topic will open on your phone page, click on whichever topic you would want to learn more.
- Step 9 other interaction you have in the app include
 - a) Ability to send in a WhatsApp message directly to DEAFOP
 - b) Ability to watch and interact with other countries video
 - c) Ability to watch our SRHR films especially City girl from within the app

2. WHAT IS SRHR

Maybe you may have heard many time in different places people talking about SRHR but you are not sure of what this means or what it stands for. The Word SRHR has four important words in there as follows

- a) S-Sexual
- b) R-Reproductive
- c) H-Health
- d) R-Right

All representing different human rights that you have as a person.

❖ To begin with, the word Sexual right and sexual health acknowledges that all people have a right to:

- a) Decide whether and when to be sexually active
- b) Have safe and pleasurable sexual experiences
- c) Choose a sexual partner for themselves
- d) Freely define your own sexuality, including sexual orientation, gender identity and expression
- e) Have access to Sexual health services such as testing and treatment of HIV, sexually transmitted diseases, counselling and sex education

❖ Secondly the word reproductive right and reproductive health advocates that a person has a right to :

- a) Decide whether ,when and by what means to have a child or children
- b) Decide for yourself how many children you want
- c) Have access to contraceptive
- d) Access health care services relating to reproductive health such as pre- natal care, Post -natal care, abortion and after abortion service among many other reproductive health services

In This App DEAFOP shares with you information in KSL on various SRHR issues relating to life. Choose the question or topic that you want guidance or information on, if you have any question about any topic of health feel free to write to us on contacts provided here and we shall guide you.

3. MENSTRUAL CYCLE

Understanding menstrual cycle

About once a month, the uterus grows a lining called endometrium in preparation for a fertilized egg. If an egg is not fertilised then the uterus sheds the lining and causes menstrual bleeding. The menstrual cycle is from Day 1 of bleeding to Day 1 of the next time of bleeding. Although the average cycle is 28 days, it is normal to have a cycle that is shorter or longer.

Girls usually start having menstrual periods between the ages of 11 and 14, but it is natural that it may be before or after this, and may continue to have regular periods until the age of 50 when a woman reaches menopause and menstruation ends. The flow of blood from the vagina is usually light and brownish at first and may get heavier and brighter red for a few days before it stops. The period will usually last 3 to 7 days each month but is different between each woman and girl.

Your menstrual cycle makes it possible for you to get pregnant. Sometime around the middle of each cycle, you will ovulate, which means one of your ovaries will release an egg. You are most likely to get pregnant if you have sexual intercourse on the day of ovulation or on any of the five days before it.

Symptoms linked to the menstrual cycle

Some women will have the following symptoms before or during menstrual periods

- a feeling bloated in the stomach
- b pimples
- c feeling fatigue, tense and angry
- d tender or full breasts
- e Cramps in belly, back or legs

It is also possible to get the same symptoms during ovulation, when the egg is released for fertilization in the middle of your cycle, however remember that not all women experience the stated symptoms.

How to reduce menstrual cramps and discomfort.

- a Getting regular exercise
- b Eating a healthy diet.
- c Limiting alcohol and caffeine.
- d Reducing stress.
- e Using a heating pad, hot water bottle, or warm bath to reduce cramps.
- f Using over-the-counter medicine such as ibuprofen or naproxen before and during your period

NOTE: If you experience much pain during menstruation, it is important you visit the doctor.

Menstrual hygiene and care

During menstruation, one can choose to use pads, tampons, or menstrual cups to manage bleeding. Whichever choice you use remember to maintain hygiene by

- a Changing pad frequently, advisably after every four hours
- b If using re-usable washable cloths wash them with soap after each use, rinse clean and dry the cloth under the sun before reusing.
- c Clean your hands before inserting in the tampon or menstrual cup.
- d If using menstrual cups sterilise the cup in boiling water between each period.

How to use disposable pad

Pads are Easy to use and they come in different brands and sizes, we have Pads for Lighter flow such as panty liner, pads for regular flow and pads for heavy flow choose the right pad for yourself depending on your flow and need

The following are Steps to follow in using menstrual pad

- i. Ensure your hands are clean
- ii. Remove the pad from the wrapper
- iii. Peel off the paper that covers the sticky part of the pad
- iv. Place the Sticky side of the pad on the crotch part of your underwear making sure it is not too far to the front or the back
- v. If the pad has wings, peel off the paper and wrap them around the underside of your underwear
- vi. Remember to change often preferably after every three-four hours or as per your flow and need
- vii. When removing roll, it and wrap it in tissue or pad wrapper and dispose it in a pit latrine or in a bin, NB never flush a pad down the toilet it does not break down and hence it blocks the toilet
- viii. Wash your hands after changing

How to use a reusable menstrual cloth?

Reusable pads are used as disposable pads and do not normally have a sticky part underneath to stick to the underwear mainly made from home and are reusable.

One can decide to use reusable menstrual cloth for reasons such as

- a. They are non-synthetic so they don't react with skin
- b. Re-usable so they are environmental friendly
- c. Cost effective as you can choose to make from home and you do not need to buy new ones every month

When using reusable menstrual cloth, it is important that one

- a. Ensures they wash them well after using cold or warm water
- b. That one dry's them well under direct sunshine
- c. That the pad is made from absorbent material such as cotton
- d. That one stores them in a dry clean bad after drying for next use

How to use tampons

Tampon come in different sizes from Mini, regular and super choose the right size for yourself depending on your flow, for beginners it's easy to start with small tampon size.

Steps of inserting a tampon

- i. Wash and dry your hands
- ii. Remove the wrap from the tampon
- iii. take a comfortable position for insertion which can be
 - a. Lie in a bed and lift your legs up apart
 - b. Take a squatting position
 - c. While standing lift one leg up
- iv. Hold the tampon like a pen with the string hanging down.
- v. Gently insert on the vagina using your index finger
- vi. Once its comfortably inside slide out your index finder and leave the thread hanging outside the vagina opening
- vii. Wash your hands
- viii. Change after every 6 hours by pulling the string out gently outside the vagina

NB

- a) if you feel uncomfortable or pain it means you have not placed the tampon well
- b) Only insert the tampon if you have your periods
- c) Do not flush of the tampons in the toilet

How to use a menstrual cup

Menstrual cup is a reusable menstrual product made of silicone material and can be used for more than 10 years. it is inserted inside the vagina and can hold in menstrual flow for 8-10 hours. just like Tampons menstrual cups comes in different sizes including: small size, medium size and large size depending on individual preference and flow

Steps of using a menstrual cup

- i. If using it for the first time first sterilize it in boiling water for 5-10 minutes
- ii. Wash your hand for insertion
- iii. Take a comfortable position for insertion which can be
 - a. Lie in a bed and lift your legs up apart
 - b. Take a squatting position
 - c. While standing lift one leg up
- iv. Hold and fold the menstrual cup in your desired shape for insertion, e.g folding in a 'C' shape 'push down' shape or a '7' fold and gently insert it in your vagina then let it pop open.
- v. When removing insert your index and thumb finger and gently pinch the base of the cup, then pull it out.
- vi. Pour out your menstrual flow, rinse or wipe of then re- insert it.

NB

- a) if you feel uncomfortable or experience leaks it means you have not placed it well
- b) If not comfortable the first time, try using the small size and keep practicing until you get it right
- c) Once a month you can sterilize it in boiling water for 5 minutes then store it in a dry and clean place

Advantage of using a menstrual cup

- a) It doesn't react to the body
- b) It is reusable for more than 10 years
- c) It is environmental friendly
- d) Menstrual flow does not smell as it doesn't mix with any material
- e) It is cost effective

4. PREGNANCY

About Pregnancy

i) **What is Pregnancy and how does it occur**

Pregnancy is the time from the fertilization of an egg, through development of a foetus, and ending at birth. It starts when a man's sperm fertilises a female egg through to the last day of deliver

The times when women are fertile, and therefore able to get pregnant, can be affected by:

- a) If using contraceptive /family planning method
- b) If either partners used condom during intercourse
- c) Medical reason from either partner
- d) Stress and anxiety
- e) Weight issues

ii) **Signs associated with pregnancy**

- a) Missed menstrual periods
- b) Breast becoming tender and sensitive
- c) Feeling of Nausea and vomiting
- d) Feeling tired
- e) Peeing more than usual
- f) Feeling bloated

This signs are as a result of changes taking place in the body and in hormones and they are normal, however if as a woman you think the signs you are experiencing are too much it is advisable to visit the doctor for advice.

Pregnancy stages

Pregnancy lasts about 40 weeks, counting from the first day of your last normal period. And the weeks can be grouped into three stages called trimesters

1st Trimester –week 1 - week 12

This is the first stage of pregnancy where a woman undergoes a lot of hormonal changes and signs associated with pregnancy like:

- Extreme tiredness,
- Tender, swollen breasts.
- morning sickness
- Cravings or disliking certain foods
- Mood swings
- Peeing often
- Heartburns

In this stage the following development, happen to the baby

First 4 weeks

- The brain and spinal cord begins to form.
- The heart begins to form.
- Arms and legs begin to develop.

From week 8

- major organs begin to form.
- The baby's heart begins to beat.
- The arms and legs grow longer.
- Fingers and toes begin to form.
- Sex organs begin to form.
- The face begins to develop features.
- The umbilical cord is clearly visible.

At week 12

- The nerves and muscles begin to work together. Your baby can make a fist.
- The external sex organs show if your baby is a boy or girl.
- Eyelids close to protect the developing eyes until week 28

2nd Trimester in week 13- week 28

In the Second Trimester Symptoms experienced in the first trimester become less and easier but a woman gets more noticeable changes with the abdomen expanding as the baby grow and sometimes one can feel the baby moving inside the womb

The most common experiences in the 2nd trimester are

- Body aches on the back and thighs

- Stretch marks
- Darkening of skin around nipple
- A line showing on the abdomen from belly button to pubic hair line
- Slight Swelling of the ankles, if you experience extreme swelling please visit a doctor for advice.

In this stage the following changes happens to the baby

At week 16

- the Muscle continue to develop
- the skin begins to form
- the baby begins sucking motion with the mouth

As from week 20

- The baby becomes more active and you can feel it moving
- Eyebrows, eyelashes and toenail are formed

At week 24

- Taste buds form on your baby's tongue.
- Footprints and fingerprints forms
- Hair begins to grow on the baby's head.
- The lungs get formed
- The baby can sleep

3rd trimester in week 29- week 40 (birth)

This is the final stage of pregnancy into birth; in this stage, a woman may experience the following signs

- Shortness of breath
- Heartburn
- Swelling of the ankles, fingers, and face.
- The breast may leak a watery milk
- Belly button may stick out
- Trouble sleeping
- Baby movement in the belly

In this stage the following development happen to the baby

- Your baby's bones are soft but fully formed.
- The eyes can open and close.
- Baby can practice breathing movement
- The baby increases in weight and size

Pregnancy health

It is important that every pregnant woman/girl maintain good pregnancy health practice like

- Eating a balanced diet
- Drinking plenty of water
- Having enough rest
- Visiting both pre-natal clinics and anti-natal clinic and adhering to doctors' advice
- Paying attention to one's emotional health during pregnancy and after birth
- exercising and being active
- Avoiding alcohol, drugs and cigarette
- Dressing comfortably

Note: it is possible for a HIV positive mother to give birth to a HIV negative child if a mother adheres to prescribed medication and doctors guidance, hence the importance of pre-natal clinics

5. ABORTION

What is abortion

Abortion is the early ending of a pregnancy, which can be induced through use of abortion medicine or clinic procedure

Abortion with pills

The main Abortion pill used are mifepristone and misoprostol where mifepristone make the uterus soften and stops the pregnancy from growing while misoprostol makes the uterus contract and pushes out the pregnancy, the use of abortion pill is most effective when ingested in the right amount and during the first ten weeks of pregnancy, abortion by medical pill may cause,

- i) lots of cramping and aches in your stomach

- ii) heavy bleeding with large clots
- iii) feeling of nausea, stomach ache and vomiting
- iv) diarrhoea
- v) dizziness
- vi) tiredness

Remember it is important to be guided by a health professional on this procedure and guided on how to reduce the side effect

In- clinic abortion

There are two methods which are under in-clinic abortion and are recommended by the doctors depending on how far along the pregnancy is, among many other factors. the two methods include

- i) abortion by suction
- ii) abortion by dilation and evacuation(D&E)

abortion by suction uses suction to empty the uterus and it is usually safe for pregnancies of 10-16 week while dilation and evacuation combines suction and medical tools to empty the pregnancy for pregnancies beyond 16 weeks

All abortion choices should be guided by a certified health professional and should be guided by the countries Law governing abortions in a health facility

Unsafe Abortion

Unsafe abortion is the termination of pregnancy either by persons lacking the necessary skills or in an environment that does not conform to minimal medical standards, or both.

Some indicators that the abortion is unsafe

- a) If the Procedure is handled by untrained health professional
- b) If the procedure is performed in unregistered health facility
- c) If the Procedure is conducted in unhygienic place
- d) If Procedure is using outdated methods and instruments
- e) If as a client, you are not being given proper information of the procedure to be put through
- f) If there are no after abortion care service/information being guaranteed
- g) If it involves ingestion of corrosive substance or concussion

- h) If the abortion cause: abnormal vaginal bleeding, abdominal pain, infection and shock (collapse of the circulatory system).

Post abortion care

After Abortion a person may go through a spiral of emotion, some may feel relieved, others may feel regret, sense of loss or guilt, there is no one way of how one should feel after an abortion, if need be talk to a trusted person or a counsellor on how you feel and remember to

- a) Use a clean pad to take care of the bleeding and change frequently
- b) Do not engage in Sex for at least 2 weeks till you properly heal
- c) Do not insert thing in vagina to prevent infection
- d) Opt for Showering rather than taking in a deep bath or swimming
- e) Avoid heavy duties or exercise after an abortion if need be, take a rest
- f) Go for a post abortion check-up as advised
- g) If you experience excess or extended bleeding, heavy cramping, smelly discharge, or a high fever you are advised to visit the doctor as this may be signs of infection

Note: Abortion is not a form of family planning. Comprehensive sexual education and use of effective contraceptive including emergency contraceptive can minimize the need of abortion

6. CONTRACEPTIVES/ FAMILY PLANNING

Contraceptive is also termed as family planning and is any method or device used to prevent pregnancy.

Examples of Family planning methods include

i) Hormonal contraceptive

These are contraceptives that use female like hormones to prevent pregnancy, some of the example of hormonal contraceptive include; every day birth control pills, shots (such as Depo-Provera) that you inject in every 3 months and Norplant

ii) Intrauterine device(IUD)

An IUD is a contraceptives device that is inserted into the uterus, where it stays from one to ten years as per individual's choice and it works by preventing the uterus lining from becoming

thick enough to support an egg. The two main type of IUD include a Copper IUD such as Nova T and flexi T and hormonal IUD such as Mirena

iii) Barrier Method

These methods work by preventing the sperm from getting to and fertilizing the egg. Barrier methods include male condom, female condom, diaphragm, and cervical cap.

Note condom is the only form of birth control that also protects against sexually transmitted diseases including HIV/AIDS

iv) Natural method

This works by one's ability to understand their menstrual cycle and either skipping sex when fertile, using condom or using withdrawal method

v) Permanent contraceptive

Permanent birth control also called sterilization gives you a lasting protection against pregnancy and is irreversible. Permanent methods include tubal ligation for women and vasectomy for men.

vi) Emergency pill

Emergency Pill is not a traditional method of contraceptive but can be used to prevent pregnancy if taken with 3 day of sexual intercourse, however, it is advised that if you find a need to have the emergency pill on many occasions to consider other long term forms of contraceptive

7. CHOOSING A CONTRACEPTION METHOD

In the other video, we talked about different Family planning methods and how they work. In this video, we will discuss how to choose which family planning to use? Who should take family planning? and what to do in case of side effect.

To begin with, any person who is sexually active and of reproductive age who does not want to get pregnant can consider Contraception (family planning), Family planning is not only for older women or married women but also for the young sexually active women.

Though it is possible to access, (buy) some contraception over the counter (Chemist) it is advisable that you be guided by a health professional who will consider different options and your person needs, for example

- a. What is your age?
- b. How long do you want to stay before stopping or getting a child?
- c. What are your health need e.g. do have High blood pressure, diabetes or other health risk that may interfere with the contraception of choice
- d. What is your lifestyles? For example, are you forgetful or do you have multiple sex partners?

All this determine which contraception is good for you, what may be working well for me may be very different from what will work for you hence the importance of being guided by a health profession.

In some instance some person may have some side effect at the onset (beginning) of family planning because its new to your body however with time it stop ,if the side effect prolong for a long time or are severe please visit a health professional to guide you on an alternative method of family planning

Some important thing to note is, if you have more than one sexual partner a female or a male condom would be a better choice because it prevents Sexually transmitted disease, HIV/AIDs and pregnancy.

Also if you find yourself taking an emergency contraceptive (P2) regularly consider a long-term contraceptive option because P2 is not to be used regularly as it has high combination of hormones in it and its only effective once in every menstrual cycle.

Do not listen to the many myths (wrong stories) that people may have regarding contraception, if guided by a health professional there are various option that can work for each person based on their need and an experience of one person does not have to be an experience of another.

8. SEXUALLY TRANSMITTED INFECTION

Sexually transmitted infections are infections that are spread through sexual contact including vagina, oral and anal sex, however some infection can also be spread in un-sexual means such as through; blood contact, child birth and during pregnancy.

Some STIs include

- HIV/AIDS
- Gonorrhoea
- Syphilis
- HPV
- Chlamydia

Most STI are treatable and one is advised that they seek treatment immediately after they observe signs of an STI to avoid aggravated damage to the body or unborn baby if one is pregnant

Some signs for STI include

- Unusual discharge from penis or vagina
- Pain during sex or urination
- Sores, blisters, ulcers or rashes in genital areas
- Itchiness or irritation in genital area
- Un-usual bleeding after sex

9. HIV/AIDS

HIV- is a virus that targets and kills the immune system, therefore weakening a person's defence against infection

AIDS- is the diseases you get when HIV destroys the body immune system

HIV mode of transmission

- Through unprotected Sex
- Through Direct blood transfusion
- Sharing of needles, such as during in drug use
- Mother to child during delivery
- Mother to child during pregnancy
- Contact with Semen

- Contact with vagina fluid

Note. though it is possible for a mother to pass HIV to child, with advancement of treatment and adherence to medication this has been greatly reduced and its now possible for a HIV positive mother to give birth to a HIV negative baby –it is very important for pregnant women to attend pre-natal and anti-natal clinic and adhere to doctors’ advice and medication

HIV prevention

- Abstinence from sex
- Being faithful to one partner
- Using a condom whenever engaging in Sex
- Avoiding sharing of needles, especially for drug user.
- Use of Pre-exposure prophylaxis (PrEP) for HIV-negative partner especially where one partner is HIV positive
- Use of Post-exposure prophylaxis for HIV (PEP) within 72 hours of HIV exposure

Note: HIV is not a death sentence, with a strict adherence to ARV, and positive self-care practices, such as a healthy diet, one can live a long and normal life.

10. WHAT IS PEP?

You remember we said that one way of protecting oneself from getting HIV especially after exposure is by taking a medicine called PEP.

But what is PEP and how does the medicine work?

PEP is a short name meaning

P-Post

E-Exposure

P- Prophylaxis

It is medicine that is used on emergency situation on (when) exposure (exposed) (choose preferred phrase) to HIV virus ,the exposure can be as a result of blood contact, Semen contact or vaginal fluid through Vaginal Sex, Anal Sex or sharing of needles.

Why is PEP an emergency drug?

PEP is an emergency drug to HIV prevention because it works only in 72 hour period of exposure to the virus meaning after 72 Hours the medicine may not work and its best advices to take immediately after exposure.

How does PEP Medicine work?

PEP works by helping your immune system to fight the virus and prevent the virus from replicating (increasing) therefore becoming weak and eventually dies.

How to take PEP

First a health provider will test you to make sure that you are HIV negative and if you are HIV Negative the health provider will prescribe you PEP medicine for 1 month.

It is important to follow the doctor's advice by ensuring that you don't miss the medicine each day and make sure you stick to the time, you can set an alarm to remind you each day or ask a friend to remind you.

Sometime the medicine may have side effects such as headache, diarrhea, nausea or other side effect but they fade with time as the body gets used to the medicine,

If the side effects are serious it's advisable you go back to the hospital for advice.

During this period when you are taking PEP it's advised you use condom when having sex to protect the other person and yourself from HIV and any other STI.

Where do you get PEP?

In Kenya PEP can be gotten for free in any government health facility and in any Comprehensive care centre clinic upon testing HIV negative.

11. WHAT IS PrEP?

PrEP, is a type of ARV treatment meaning

P-Pre

E-Exposure

P-Prophylaxis

PrEP is used by HIV negative person Unlike (Different) from PEP, PrEP is taken before you expose yourself to HIV virus, and for as long as you are on an ongoing (continuous) risk of infection. You may ask yourself what are examples of this ongoing risk. For example

- If I have multiple (many, different) sex partner,
- If your Sex Partner is HIV positive and you are negative
- If a person is a sex worker
- If a person use drug use and share needle

This means a person has high chances of being infected due to their risky lifestyle.

In addition, you remember PEP is taken for 1 month. Yes, but for this PrEP a person takes it as long as they are continuing with their risky lifestyle, which can be months or years.

Just as (same) PEP, research has shown that if consistency in time and daily intake is maintained PrEP is effective in prevention of HIV infection for persons with ongoing risk of infection.

If you think you would benefit from PrEP or you know of someone who would benefit from PrEP, please visit your nearest government hospital or comprehensive care clinic for guidance

12. WHAT IF I AM HIV POSITIVE

In the other video we explained what HIV is, how HIV is transmitted and how people can protect themselves from getting infected, but what if a person is already infected or you just tested positive? What do you do next and what should you expect?

First is to appreciate you for taking an important step of knowing your status and willingness to begin the journey of self-care towards a positive (good) life where HIV Virus will not over power you.

We want to encourage you that you can live a normal healthy life, continue with education, grow in your career, have a healthy relationship, marry and even have HIV negative children.

Is that possible? Yes, it is possible if you follow your health care provider's advice and continue taking care of yourself.

You can take care of yourself by -

I. Adhering to your ARV treatment.

It is advisable that you try as much as possible not to miss your medicine each day as guided by the doctor and make sure you keep time. This ensures that the ARV works better however if you miss your medicine or time is not stressed or feel judged, next time try to remember. One way to remember is to choose time when you are not busy maybe and likely to forget and using an alarm to remind you few minutes before time.

II. Eating a balanced Diet that will provide your body with the right nutrition to continue building your immune system.

Good and healthy Diet does not have to be expensive talk to your health provider to guide you on a good diet within your budget and area. For example

- you can enjoy fruits cheaply when they are in season without having to buy expensive ones
- If you cannot afford meat for protein, green grams, beans, peas and eggs do same work in the body.

III. Embracing a positive attitude towards life.

Attitude is important especially because you cannot change your status, do not allow stress ,worry and self-pity press you down , however it is normal to have this moment and it is Ok ,it is okay to cry ,fear and become angry but as much as possible embrace courage, know that you are not alone in this journey .

If need be, reach out to a counsellor or support group or a person whom you trust and share how you feel.

IV. Regular attendance to your hospital clinic.

It is important that you maintain your regular hospital clinic, apart from getting a refill of your medicine, the health care provider looks at

- a. How the ARVs are working and if the HIV virus is being suppressed by checking your CD4-Count
- b. Checks if you have any other illness that requires treatment
- c. Gives you advice and discussion on your Sexual and reproductive health especially if you want to get pregnant ,or if you are pregnant how to protect

the baby from becoming infected ,how to continue enjoying sex safely
without chances of re-infection and other advice

V. Adopting healthy and safe lifestyles.

Risky lifestyles such as having multiple sex partners, having unprotected sex, engaging in drug use can increase potential for

- a. Re-infecting oneself with HIV
- b. Forgetting adherence to drug intake
- c. Put others at risk

Remember, continuous adherence to doctors' advice and ARV intake will increase your CD4-Count (Immunity) which reduces chances of opportunistic diseases, reduce mother to child transmission and even reduce your HIV viral load to undetectable point where you cannot transmit HIV.

If you have any question relating to HIV, or if you are HIV positive and want to join a support group please contact us.

13. CONDOM USE

The use of condoms can prevent STIs, including HIV; as well as act as a contraceptive method, proper use of condom is described below

Steps of putting on a male condom

- i. First check the expiry date on the condom pack, never use an expired condom
- ii. Carefully open and remove condom from wrapper. Do not open using a sharp object as you may tear the condom
- iii. If the penis is not circumcised pull back the foreskin
- iv. Pinch air out of the tip of the condom.
- v. Place the condom on an erect penis and unroll all the way down the penis.
- vi. After sex carefully remove the condom and throw it in the trash without spills

Steps of inserting and removing a female condom

- i. Carefully open and remove female condom from package, do not use a sharp object to avoid tearing
- ii. The thick, inner ring with closed end is inserted inside the vagina and the thin outer ring remains outside the vaginal opening
- iii. Find a comfortable position and insert the closed end side inside the vagina leaving the open end at the opening of the vagina
- iv. Guide your partner's penis into opening of female condom.
- v. To remove, gently twist outer ring and pull female condom out of vagina.
- vi. Throw away female condom in trash after use

14. GENDER BASED VIOLENCE

Gender-based violence (GBV) is violence that is directed at an individual based on his or her biological sex OR gender identity, it can be experienced by any gender including men and boys, as well as by lesbian, gay, bisexual, transgender and intersex (LGBTI) individuals though it mostly perpetrated to women and girls in either of the following forms

Forms Of gender based Violence

a) Physical abuse

This includes actions that cause physical harm, such as: Slapping, punching, strangling, violent shaking, burning, kicking, genital mutilation as in the case of FGM, biting, and threats with physical object such as knives

b) Sexual abuse

Sexual abuse is any unwanted and un-consensual sexual conduct, threat or intimidation perpetrated to a person, it can include abuses such as touching one in a sexual manner against their will, rape, sexual assault, forced prostitution, sexual trafficking, FGM, forced marriage and sodomy

c) Psychological/emotional abuse

Psychological violence is any action that causes psychological harm to an individual, some examples of psychological abuse include verbal abuse, excessive jealousy, isolation, control, intimidation and stalking

d) Economical abuse

Economical abuse includes any action or behaviour which causes economic harm to an individual. Economic violence can take the following forms: property damage, restricting access to financial resources or denying a woman inheritance right based on her gender

Consequences of Gender based violence

- physical injury and loss of body parts
- death
- suicide
- psychological trauma such as fear, anxiety, self-blame and depression
- increased vulnerability to STI and HIV infection
- unwanted pregnancies
- abortions
- partial or permanent disability
- low self esteem
- Intimate partner violence in pregnancy also increases the likelihood of miscarriage and stillbirth

Legal Provision for Gender based violence in Kenya

Do you know that the Kenyan government through the constitution prohibits all forms of gender based Violence? The basic procedure is

- a) in case of rape or abuse that needs medical attention one is advised to first seeks medical attention
- b) report the case to the nearest police station
- c) if you have any evidence, witnesses or medical reports it is important to carry them along to the police station as evidence

- d) ensure that the report is entered into the occurrence book(OB) in order to be an official complaint
- e) be given an OB number to enable one to track and follow up with the case
- f) one is given a P3 form which is simply a Kenyan police medical form which acts as evidence of the crime, the P3 should be filled in by the police handling the case and a registered medical officer
- g) arrangement to bring the perpetrator to court

GBV crimes punishable under Kenyan law

- a) Aiding FGM either as a circumciser, parent or person with knowledge of its happening who fails to report
- b) causing body harm, which can include wife battering
- c) Threatening to harm or kill causing emotional pain
- d) Denial of economic and financial resources that one is entitled to
- e) Forced marriage
- f) Child marriage
- g) Forced wife inheritance
- h) Sexual assault/rape

15. RAPE

Rape is a type of sexual assault usually involving sexual intercourse or other forms of sexual penetration carried out against a person without that person's consent. The act may be carried out by physical force, coercion, abuse of authority, or against a person who is incapable of giving valid consent, such as one who is unconscious, has an intellectual disability or is below the legal age of consent.

The attacker may be: a stranger, a person you know, a relative or even a close friend, it is advised that despite who the perpetrator is it is an abuse and one should seek both medical assistance and legal intervention

What to do after rape?

- a) within 72 hours of rape go to the nearest hospital, there you will be given the following services
 - a. HIV Prevention medicine

- b. Pregnancy prevention medicine
 - c. Counselling
 - d. Collection of evidence
- b) where possible do not wash or throw away any evidence or cloths, wrap them in a khaki bag, lessor or cotton cloth and take them to police and hospital as evidence
 - c) if the perpetrator used a condom do not throw away the condom it can be used as evidence and helpful in identifying the perpetrator
 - d) Report to the police and record a statement

About pep?

You remember we said that one way of protecting oneself from getting HIV especially after exposure is by taking a medicine called PEP.

But what is PEP and how does the medicine work?

PEP is a short name meaning

P-Post

E-Exposure

P- Prophylaxis

It is medicine that is used on emergency situation on (when) exposure (exposed) (choose preferred phrase) to HIV virus ,the exposure can be as a result of blood contact, Semen contact or vaginal fluid through Vaginal Sex, Anal Sex or sharing of needles.

Why is PEP an emergency drug?

PEP is an emergency drug to HIV prevention because it works only in 72 hour period of exposure to the virus meaning after 72 Hours the medicine may not work and its best advices to take immediately after exposure.

How does PEP Medicine work?

PEP works by helping your immune system to fight the virus and prevent the virus from replicating (increasing) therefore becoming weak and eventually dies.

How to take PEP

First a health provider will test you to make sure that you are HIV negative and if you are HIV Negative the health provider will prescribe you PEP medicine for 1 month.

It is important to follow the doctor's advice by ensuring that you don't miss the medicine each day and make sure you stick to the time, you can set an alarm to remind you each day or ask a friend to remind you.

Sometime the medicine may have side effects such as headache, diarrhea, nausea or other side effect but they fade with time as the body gets used to the medicine,

If the side effects are serious it's advisable you go back to the hospital for advice.

During this period when you are taking PEP it's advised you use condom when having sex to protect the other person and yourself from HIV and any other STI.

Where do you get PEP?

In Kenya PEP can be gotten for free in any government health facility and in any Comprehensive care centre clinic upon testing HIV negative.

16. SEXUAL ORIENTATION

Sexual orientation means how one is attracted romantically and sexually to other people. There are different kinds of sexual orientation.

Different sexual orientations?

- Heterosexual (straight) - describes a person who is attracted only or almost only to the "other" gender.
- Homosexual (gay, lesbian, queer) - describes a person attracted only or almost only to those of the same gender.
- Bisexual - describes a person attracted to both men and women, though not necessarily equally or at the same time.
- Asexual - describes someone not sexually attracted to any gender. This is different from deciding not to have sex with anyone (abstinence or celibacy).

Despite which category a person is, one has the right to be protected from abuse including sexual abuse and is not immune to issues ascribed to sexual reproductive and health

17. MENTAL HEALTH AND SELF-CARE

Hello, in this Video, I will talk about mental health and self-care, the topic can cover a lot of things (topics) but today I will share with you experiences of life, how some experiences can cause us stress and some tips of how we can navigate the challenges.

This App talks in Details different topics that affects us differently example struggle for identity ,transition to youth and adulthood ,maybe some have gone through gender based violence which means (bad relationship that have been abusive and you have not been respected) or even sexual abuse may have happened to us.

But this is not all, as deaf persons we have different experiences in our life, with our families and parent in a hearing world maybe we have felt that people do not understand us or know of our need and cannot communicate making us bottle our thoughts and feeling inside us which can be too heavy in our heart.

However is our desire that all should have healthy life that is free of stress and illness and that when we encounter this challenges we are empowered to navigate and be victorious.

How then do we overcome this challenge how do we solve the things that stress us, how do we identify and let go off things, situations and people who are not good for our mental health ?

- a. It is important that you can identify what is it that is stressing you, what or who is making you angry? What or who do you want to leave or solve problem with.
- b. Are you able to communicate how you are feeling? Are you angry, annoyed, confused, weak, hopeless how are you feeling exactly?
- c. Do you have idea on what to do to solve or remove yourself from the problem?

- d. Do you have support maybe from friends, teachers or family member who you can share with?
- e. Do you have access to counselling service?
- f. If its financial stress what can you do to change the situation, what options do you have?
- g. If it is relationship problem ,who can you talk to without feeling judged
- h. If you are anxious or depressed or have mental illness are you aware you can get medical care from the hospital (Psychotherapy care)
- i. What other things can you do to work (help) on your mental health, do you need to go out and visit a friend, do you need family support, can physical activity such as sports ,walking or yoga help ?

As an organization, we advise that each person connect themselves into a community support of other Deaf friends and Deaf community who can listen to you, and walk with you through life journey.

Do not feel ashamed of seeking help or asking for medical care or counselling service if you require care,

For more information and guidance talk to us through WhatsApp on the App, Facebook or through our SMS to guide you more.

18. FREQUENTLY ASKED QUESTIONS

1. Question. Do oral contraceptives protect you from STI/HIV&AIDS

Answers. No, the only contraceptive that protects you from them is condoms

2. Question: Is emergency contraceptive pill (EC pill) used on a daily basis?

Answers: No, they are taken in case of a condom burst during sex, when one is raped and when a woman fails to use her regular contraceptive as required.

3. Question. Do contraceptives cause cancer

Answer: No they don't

4. Question: Which age can one start doing family planning

Answer: when one begins menstruation and is sexually active

5. Question: Does family planning cause infertility?

Answer: NO, they only hinder one from getting pregnant

6. Question: Can women who are infected with HIV/AIDS use family planning?

Answer: Yes

7. Question: Is there a family planning method for men?

Answer: Yes, vasectomy which is permanent and irreversible

8. question Can you get pregnant if you have sex while standing/ in the swimming pool?

Answer YES, any position can get you pregnant

9. Question: can a person get pregnant from rubbing penis in vagina without penetration

Answer: Yes, if a man ejaculate on vagina surface the sperm can swim inside

10. Question Can you get pregnant the first time you have sex?

Answer: Yes, it has happened to so many people

11. Question Do condoms break/tear?

Answer: Yes, they tear if they are not worn well and if you have long nails or jewellery on your hands while helping to put it on then they can tear

12. Question: can one get infected with HIV virus through oral sex

Answer: Yes, HIV is transmitted through blood and body fluid which can be exchanged through oral sex

13. Question: Can someone use a polythene bag if you don't have a condom?

Answer: NO, Condoms are the only lubricants that prevent one from getting HIV

14. Question. Can one get pregnant from same sex intercourse?

Answer: NO

15. Question: can one get HIV or STI from same sex intercourse

Answer Yes