



CASE STUDY FOR REPRODUCTIVE HEALTH
EDUCATION FOR EMBARWAY AND
NGORONGORO GIRLS SECONDARY SCHOOLS



Introduction

Reproductive health education means awareness concerns the issues of sexual and health behaviors include HIV/AIDS, STD, unwanted pregnancies and menstrual hygiene. Quality reproductive health education helps students to avoid human immunodeficiency virus (HIV), sexually transmitted infections (STI), unwanted pregnancy, connecting young girls to the health services they need and making school environments safer and more supportive. Students from those two schools learned effectively in HIV/AIDS, and menstrual hygiene in their schools.

HIV

HIV stands for Human Immunodeficiency Virus that causes AIDS. It attacks the immunodeficiency virus that gives our bodies ability to fight infections. It destroys a type of white blood cell that fights disease.

AIDS

AIDS it stands for acquired immunodeficiency syndrome and it is a final stage of HIV infection. It means that the virus has weakened the immune system to the point at which the body has difficult time fighting infections.

HIV SYMTOMS

Within 2-4 weeks after HIV infection, many people experience to flu-like symptoms, this called 'Acute retroviral Syndrome' (AR) symptoms can include;

- * Fever
- * Swollen gland
- * Sore throat
- * Rash
- * Fatigue
- * Muscles and joint aches and pain
- * Headache

HIV TRANSMITTED WAYS

- * Having unprotected vaginal, anal, or oral sex with a person who has HIV.
- * Injecting drugs with a syringe that has already been used by a person who has HIV
- * Sharing infected needles for body piercing and blood products.

HIV TREATMENT

Antiretroviral medicines are used in the treatment of HIV infection. They work against HIV infection by blocking the reproduction of HIV in the body. When a person living with HIV is on effective antiretroviral therapy, they are no longer infectious.

HOW CAN HIV INFECTION ARE PREVENTED

- Monogamous relations between uninfected partners
- Non-penetrative sex
- Consistent and correct use of male and female condoms
- Sex between two people when one of them is living with HIV but in taking antiretroviral therapy and has undetectable viral load
- Pre-exposure prophylaxis taken by people who are not infected with HIV
- Voluntary Medical Male Circumcision reduces the chances of man acquiring HIV from women.



“This education has helped me by giving the ability to believe in myself to achieve my goals”

STELLA

Ngorongoro girls secondary school student

MENSTRUAL HYGIENE

The menstrual cycle is usually around 28 days but can vary from 21 to 35 days. Each cycle involves the release of an egg (ovulation) which moves into the uterus through the fallopian tubes. Tissue and blood start to line the walls of the uterus for fertilization. If the egg is not fertilized, the lining of the uterus is shed through the vagina along with blood. The bleeding generally lasts between two and seven days, with some lighter flow and some heavier flow days.

Girls typically start to menstruate during puberty or adolescence, typically between the ages of ten and 19. At this time, they experience physical changes (e.g. growing breasts, wider hips and body hair) and emotional changes due to hormones. Menstruation is also sometimes known as “menses” or described as a “menstrual period”.

First experience

- Fear
- Shame
- Embarrassment

Absence of periods

- During pregnancy
- During frequent breastfeeding
- At the time of menarche
- When food intake is severely limited

Potential risks to health of poor menstrual hygiene

- Unclean sanitary pads
- Changing pads infrequently
- Insertion of unclean material into vagina

How to manage your first period

- Talk to other girls and women, such as your mother, sister, aunt, grandmother, female friend or an older woman in your community.
- Don't be afraid. It can be scary to see the blood the blood on your underwear, but it is normal and natural.
- If you are at school, tell the matron, a female teacher or a fellow student.
- Feel proud, your body is developing into that of young women.

How to capture the blood?

- Place a cloth, pad, cotton, or tissue on your underwear.
- Never insert the material inside your vagina.
- Change the clothe, pad, cotton or tissue every two to six hours or more frequently if you think that the blood flow is getting heavy.



“Reproductive health education helps the girls to continue her studies and avoid things that can lead to dropping out of school ”

MAURINE

Ngorongoro girls secondary school student

How to dispose of the cloth, pad, cotton or tissue?

- If you are re-using a cloth, put it into a plastic bag until you can wash it with hot water and soap and then dry it in the sunshine or iron it.
- If you are using a pad, tissue or cotton, or want to dispose of your cloth, wrap it in paper to make a clean package and put it in the bin so it can be burned later.
- If there is no other option, drop it straight in the latrine pit as long as it is not a water seal pour flush pan as this could easily become blocked.

How to manage the stomach pain from your period?

- You can put a bottle with hot water on your stomach area when you are resting
- Try to do some exercises and keep your body active
- You can take painkiller medicines every four to six hours on the most painful days.



“If you empowering a girl today, you have helped the whole family in the future”

■ TEACHER ZAHOR ■