

Chapter -5

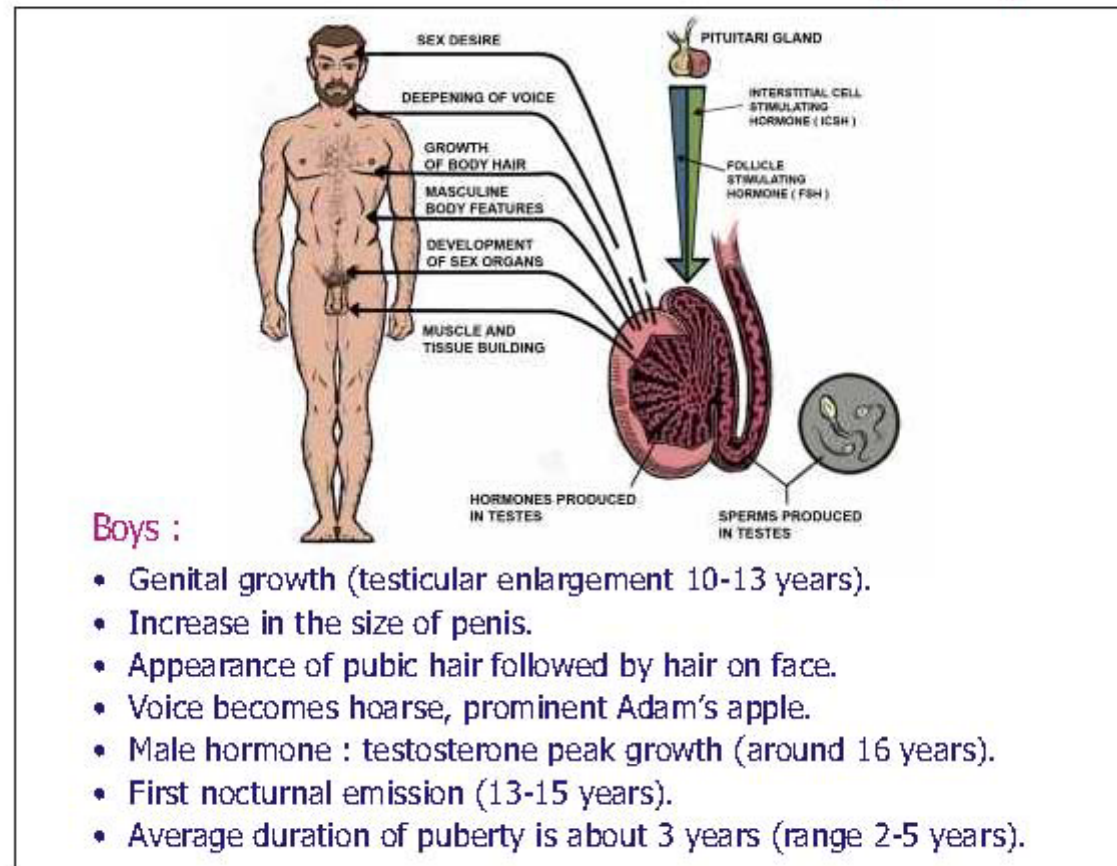


Reproductive Health, Sexual Health & Hygiene

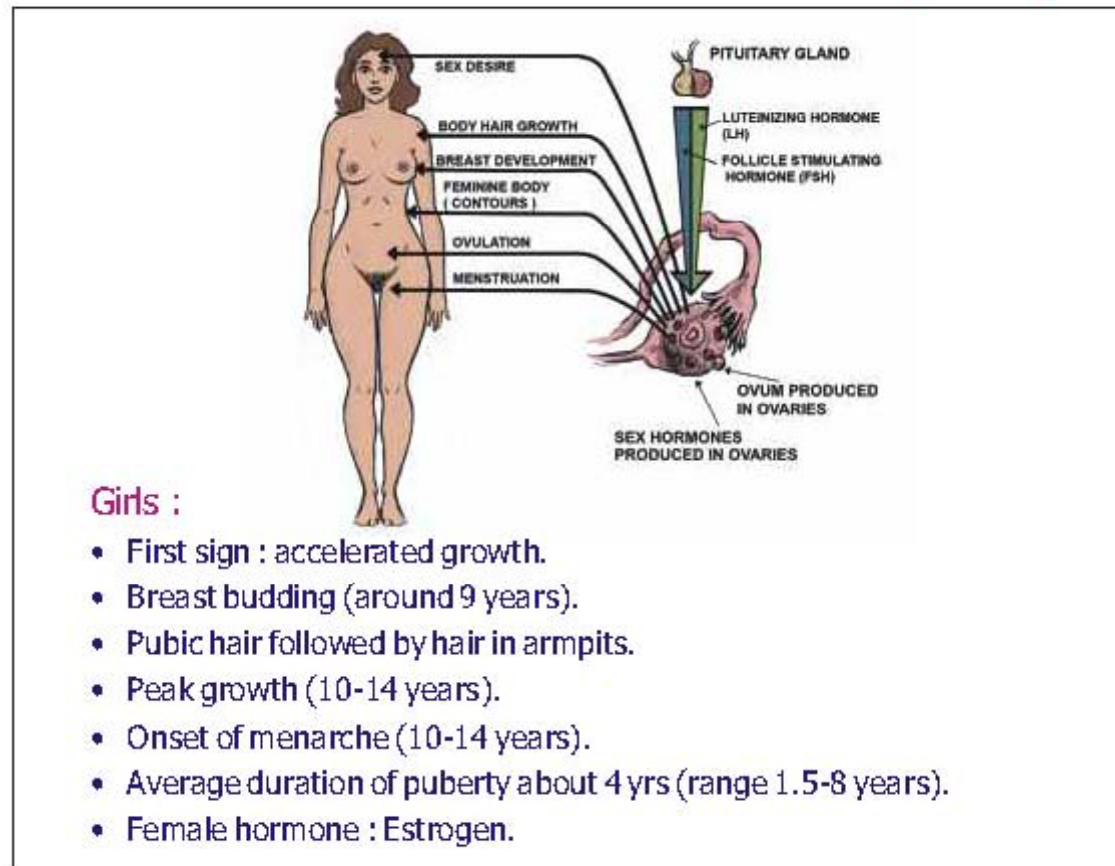
On the horizon of adolescence...

- Curiosity about human sexuality.
- Taboo on discussion on sex & sexuality.
- Curiosity, misconceptions & ignorance leading to tendency to experimentation.
- Influence of peers & role models.
- Exposure to habits like smoking, alcohol.
- Lack of awareness & need for scientific information.

Childhood...Adolescence...Manhood (Youth)



Childhood...Adolescence...Womanhood (Youth)



Night Fall / Wet Dreams

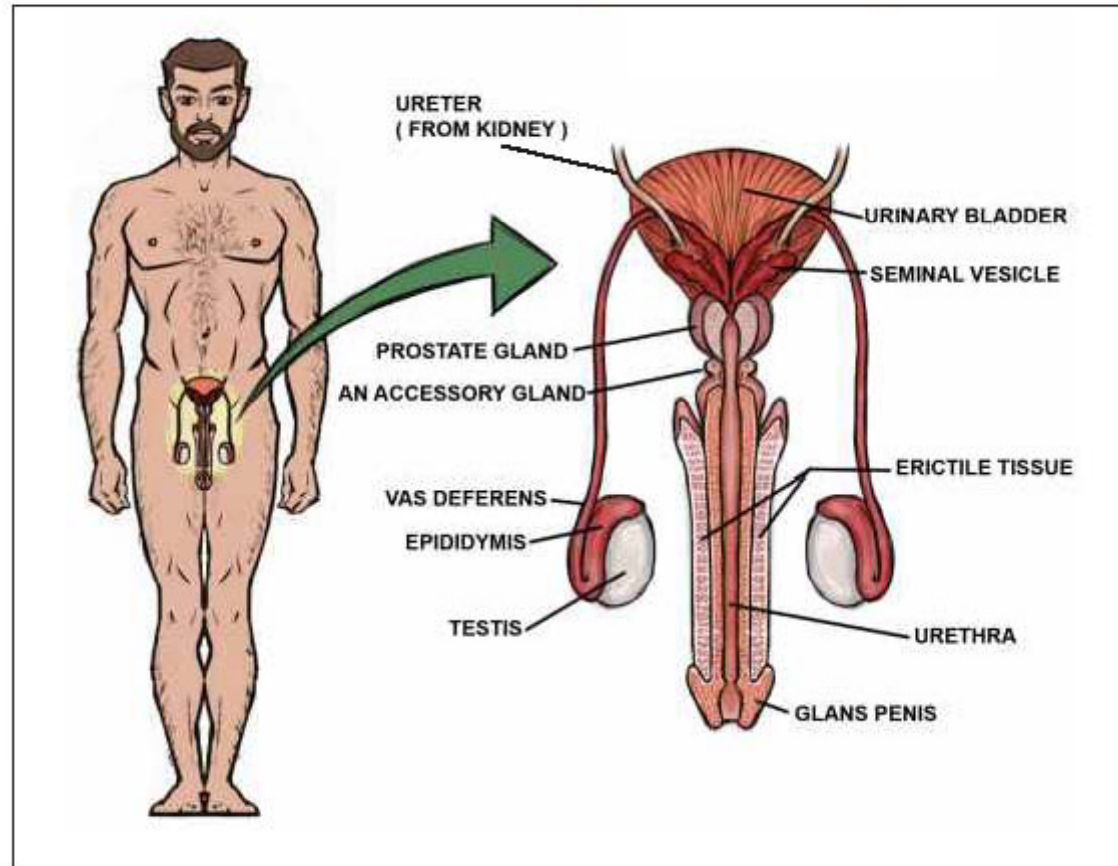


During sleep some boys and men might experience semen ejaculation. It may result from sexual arousal while sleeping.

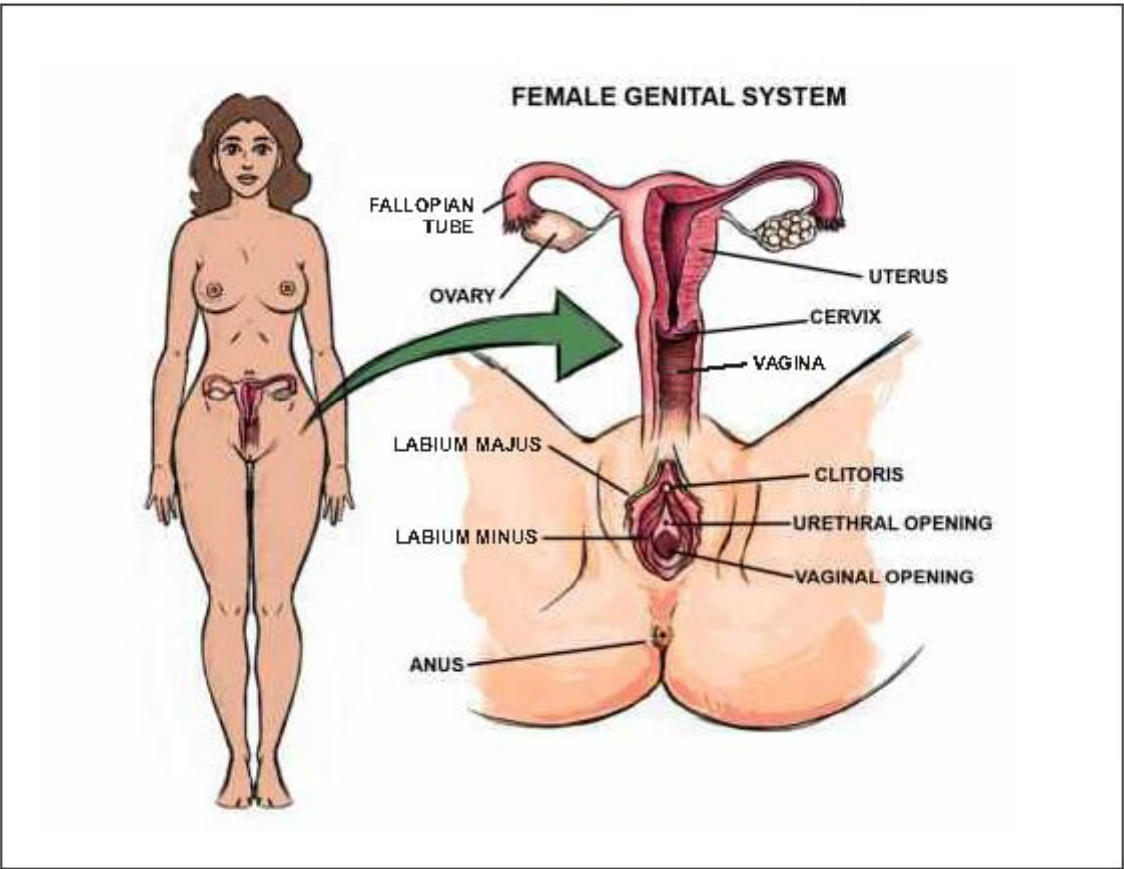
Facts :

- It is a very natural process that starts at the adolescent age.
- No medication is required.
- It does not affect health or intelligence in any way.

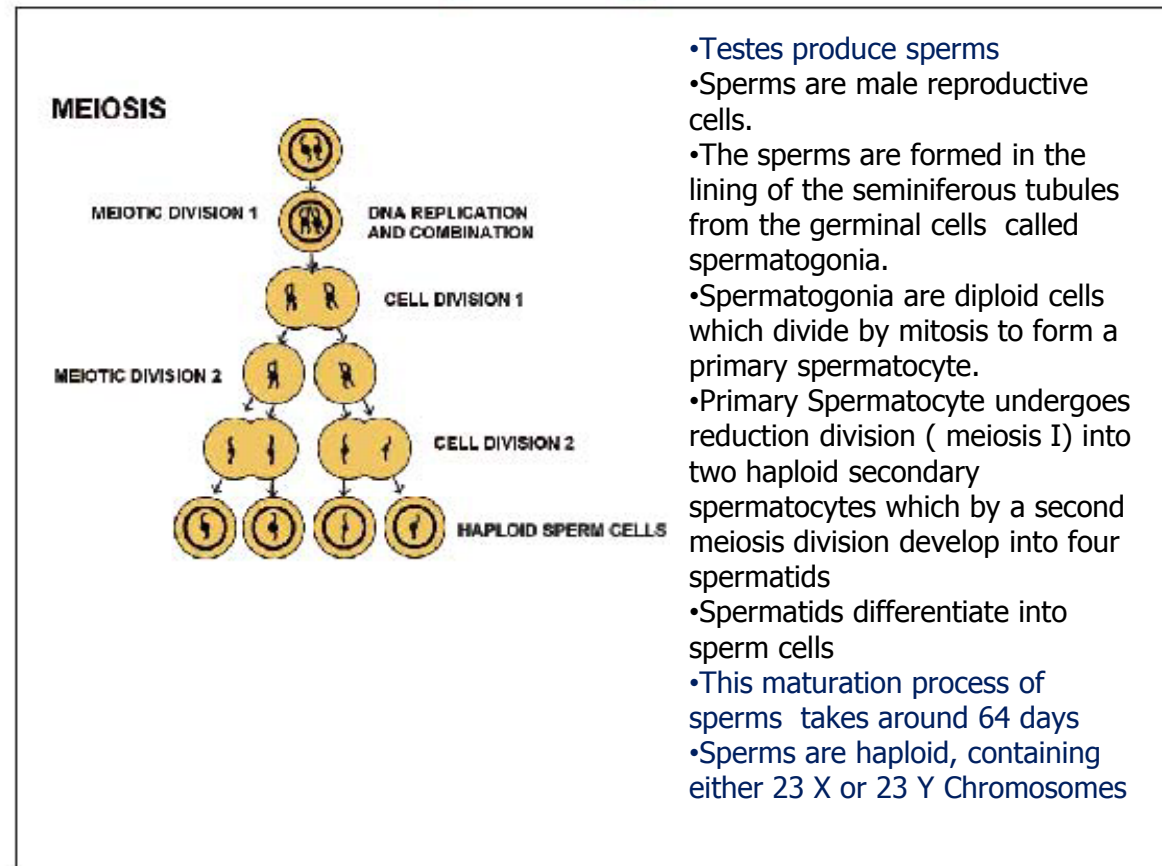
Functions of male reproductive organs



Functions of female reproductive organs

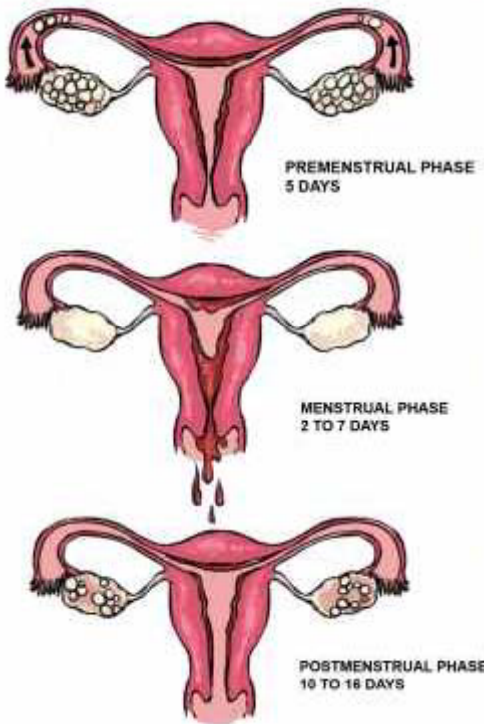


Spermatogenesis



Menstruation

PHASES OF MENSTRUATION



The diagram illustrates the three phases of menstruation in a vertical sequence. Each phase shows a cross-section of the female reproductive system, including the uterus, fallopian tubes, and ovaries. The uterine lining (endometrium) is shown in various states of thickness and color (pink to red) to represent the changes during each phase. In the menstrual phase, the lining is shown breaking apart and being shed through the cervix and vagina.

PREMENSTRUAL PHASE
5 DAYS

MENSTRUAL PHASE
2 TO 7 DAYS

POSTMENSTRUAL PHASE
10 TO 16 DAYS

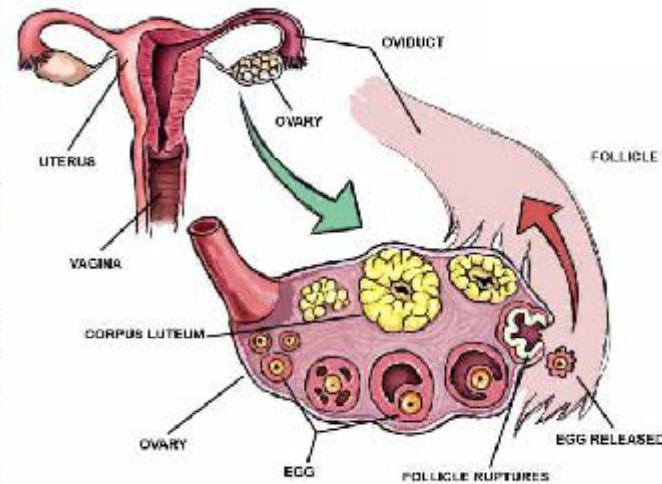
Phases of menstruation

- Bleeding phase (2 – 7 days)
- Pre ovulatory phase
- Post ovulatory phase

- Menstruation occurs when the lining of the uterus (the endometrium) begins to slough off.
- The first menstruation may begin before ovulation takes place (and ovulation may take place before the first menstruation).
- The first sign of menstruation will be a small spot of discharge, not necessarily “gushing” of blood. The first periods are often very irregular. Length of periods varies from two days to a week.

Ovulation

- Each month one ovum (egg cell) matures, ripens and ruptures (occasionally 2 or more).
- Event occurs about 14 days prior to the expected period.
- At the same time, the lining of the uterus (endometrium) thickens to receive a fertilized egg.
- The lifespan of an ovum is 24 hours.
- Haploid chromosome in women is 23 X.
- Menstruation starts if the egg does not fertilize.



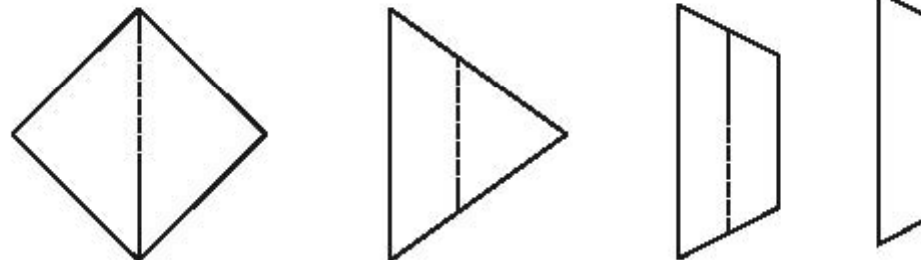
Facts about menstruation

- Duration of the cycle varies from 23 - 39 days.
- Duration of menstrual blood flow varies from 2 to 7 days.
- Women may experience mid cycle pain at the time of ovulation.
- Irregular periods, decreased or increased flow may occur during first few years following initiation of menstruation.
- Lower abdominal discomfort or slight pain during menstruation is common.
- Associated physical symptoms : heaviness in breasts, weight gain, headache, fatigue, acne, sinus problems, backache.
- Associated psychological symptoms : aggression, poor concentration, tension, anger, anxiety, mental confusion.
- Physical and psychological symptoms are collectively known as Pre-Menstrual Syndrome (PMS).
- Absent menses (Amenorrhoea): before puberty, during pregnancy & lactation and in the post menopausal period.



Menstrual hygiene

- Important to prevent Reproductive Tract Infections (RTI), local itching and bad odor.
- Frequent change in pad (3-4 per day) as and when necessary is advisable.
- Use of clean cloth or sanitary napkin is important.



- Take bath twice daily and after attending toilet wash the genital area with soap and water.
- Before onset of flow it is comfortable to trim the hair around the genitalia – shaving is not recommended.

Remember : Good personal hygiene will definitely boost self-confidence.

What can be done to avoid PMS



- Avoid salty foods, chocolate, coffee, sweets.
- Exercise regularly.
- Take a well balanced diet.
- Do not smoke.
- Sleep adequately.
- Take measures for stress reduction.

If there is no relief,
consult a doctor for
medication.

Abnormal periods

Amenorrhea

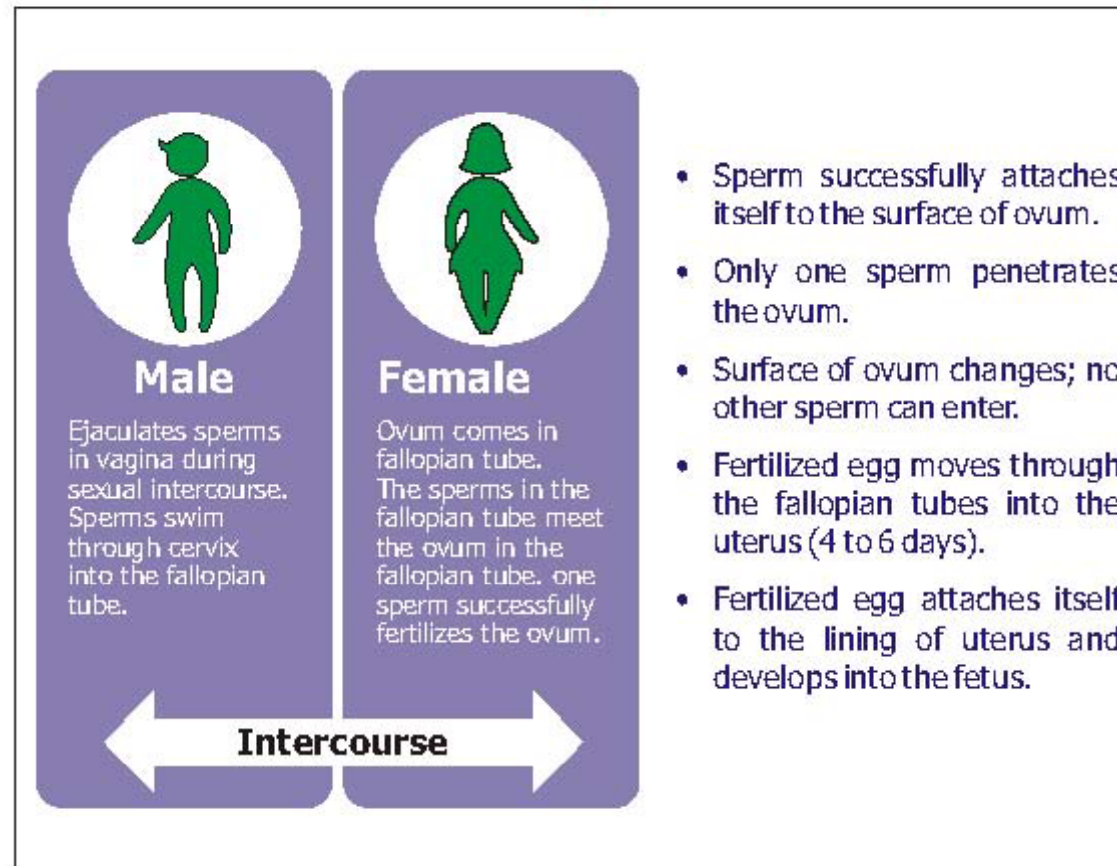
Primary Amenorrhea

- Delay in menarche.
- No menstrual period or secondary sex characteristics by 14 years of age.
- No menses in presence of secondary sex characteristics by 16 years of age.

Secondary Amenorrhoea

- Absence of menses for at least three cycles after regular cycles.
- Common reason is physiological as in pregnancy.
- Poor nutrition.
- Severe emotional stress, certain psychiatric diseases and organic abnormalities.

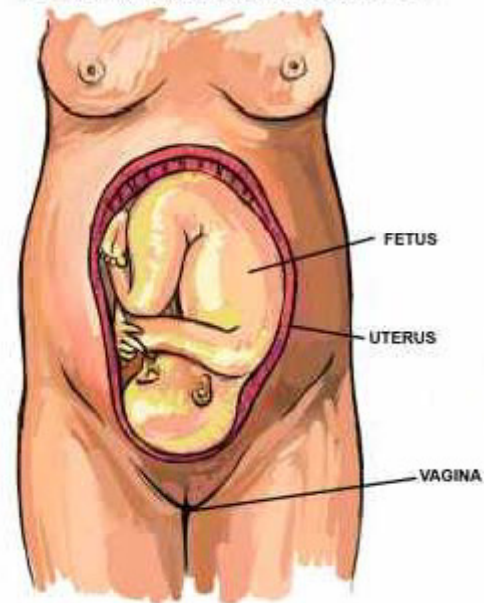
Conception



Pregnancy

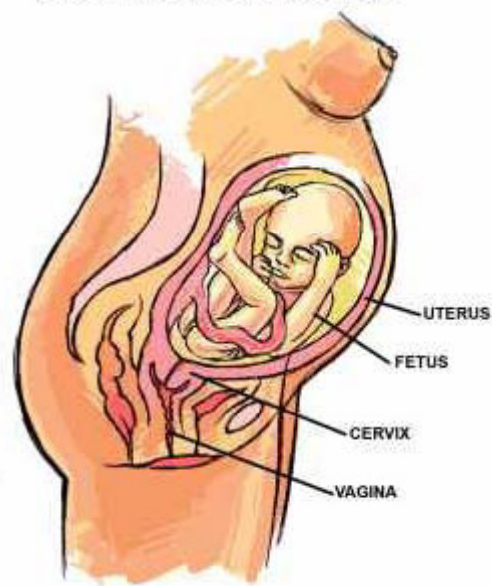
After 37 weeks in the uterus the fetus is considered to be "Full term" or ready for birth

FETUS IN HEAD DOWN POSITION



Head down

FETUS IN BREECH POSITION



Buttocks down

Teen age pregnancy

When a teenager becomes pregnant, it is called as 'teen age pregnancy'.

Causes

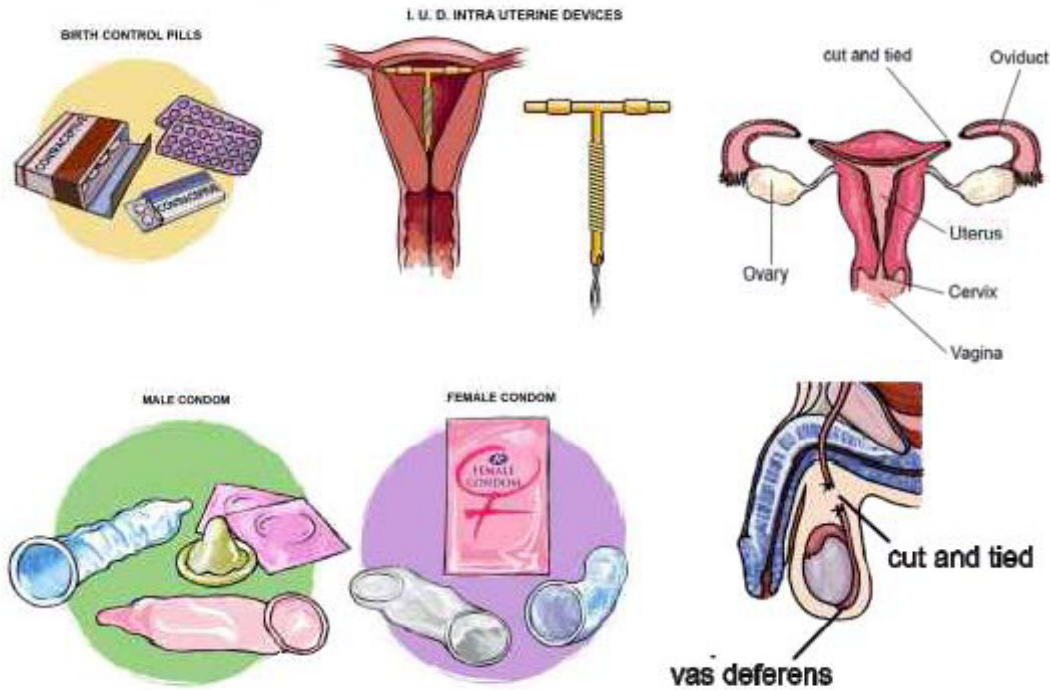
- Indulgence in sexual intercourse.
- Rape.
- Sexual assault.

Problems of teen age pregnancy

- Sex organs may have not attained maturity & may result in difficulties in labor & delivery.
- There may be complications in pregnancy or in child birth leading to even death.
- Illegal / unsafe abortions may lead to complications.
- There is social stigma associated with premarital teen age pregnancy and associated psychological trauma.

Contraception

Intentional prevention of pregnancy by artificial or natural means is called contraception.

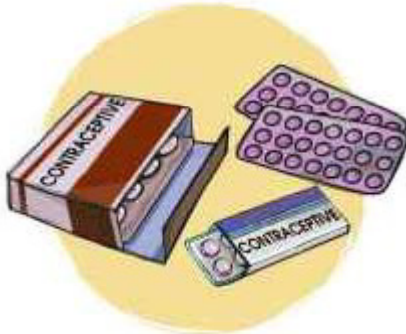


Temporary barrier methods of contraception

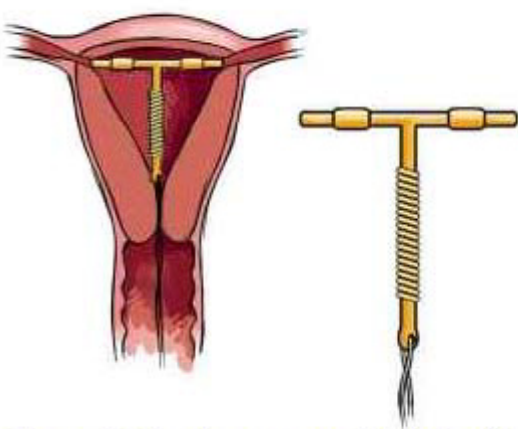


Temporary contraception : other methods

BIRTH CONTROL PILLS

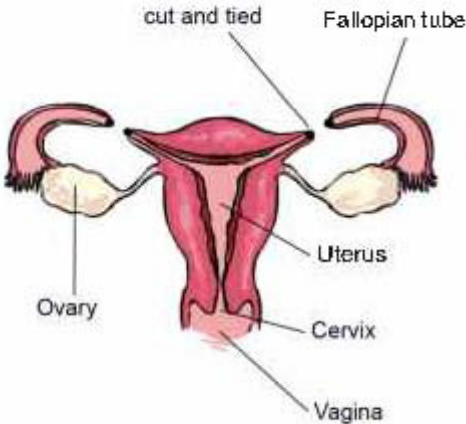


I. U. D. INTRA UTERINE DEVICES

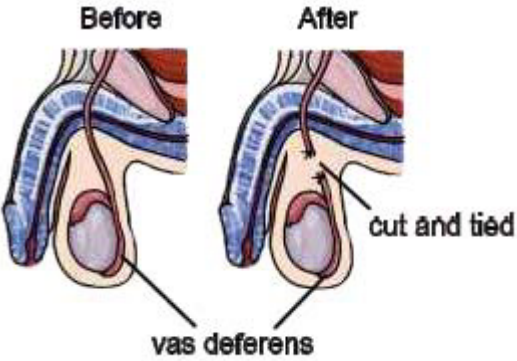


- IUD- Intra uterine devices - Do not let the ovum attach to the uterus.
- Oral contraceptive pills - Stop the formation of ova.
- Spermicidal agents - Interact and destroy sperms in vagina.
- Injectable hormonal contraceptive - Making cervical secretions thick so that sperms cannot enter uterine cervix.

Permanent methods of contraception



Tubectomy - Sterilization of women



Vasectomy- Sterilization of men

Emergency contraception

Women who have had unprotected sex (e.g. Condom burst, sexual assault, failure to use any method) can protect themselves from pregnancy by using emergency contraception (EC)

Special pill containing high dose of progesterone hormone is available for emergency contraception.

How to use emergency contraception?

- a) One tablet of EC pill should be taken within 72 hours of unprotected intercourse.
- b) Most effective when used within 24 hours.
- c) IUD insertion can also be used within 5 days of unprotected sex

EC pill is not effective once the process of implantation of fertilized ovum has begun. These are not abortifacients.

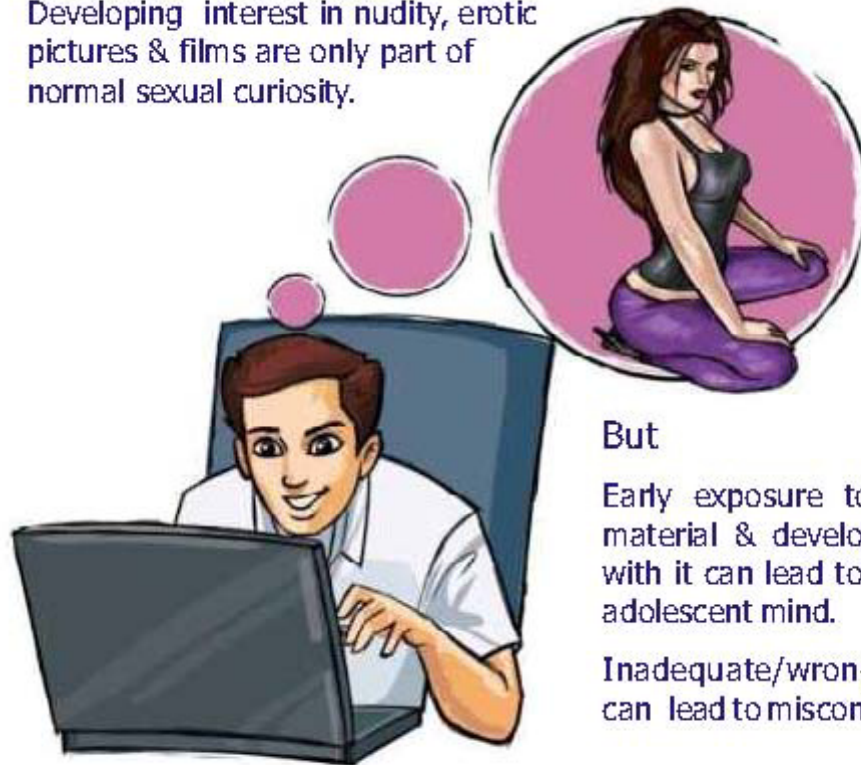
Abortion

Abortion is the expulsion of a fetus (naturally or by medical induction) from the uterus before it is able to survive independently.

- Medical Termination of Pregnancy (MTP) is legal only up to 20 weeks of pregnancy.
- It is always better to undergo abortion in early weeks of pregnancy.
- MTP should be done only at authorized hospitals recognized under the MTP act of India.
- One should avoid MTP (unsafe abortions) from quacks because the instruments and techniques used can lead to complications like infections, life long sterility, sometimes even death.

Pornography

Developing interest in nudity, erotic pictures & films are only part of normal sexual curiosity.



But

Early exposure to pornographic material & developing obsession with it can lead to bad effects on adolescent mind.

Inadequate/wrong information can lead to misconceptions.

Sexual orientation & identity



HETEROSEXUALITY (OPPOSITE SEX)



HOMOSEXUALITY (MSM)



HOMOSEXUALITY (LESBIANISM)

Sexual orientation is one's erotic, romantic affection & attraction either to the same or the opposite gender or both.

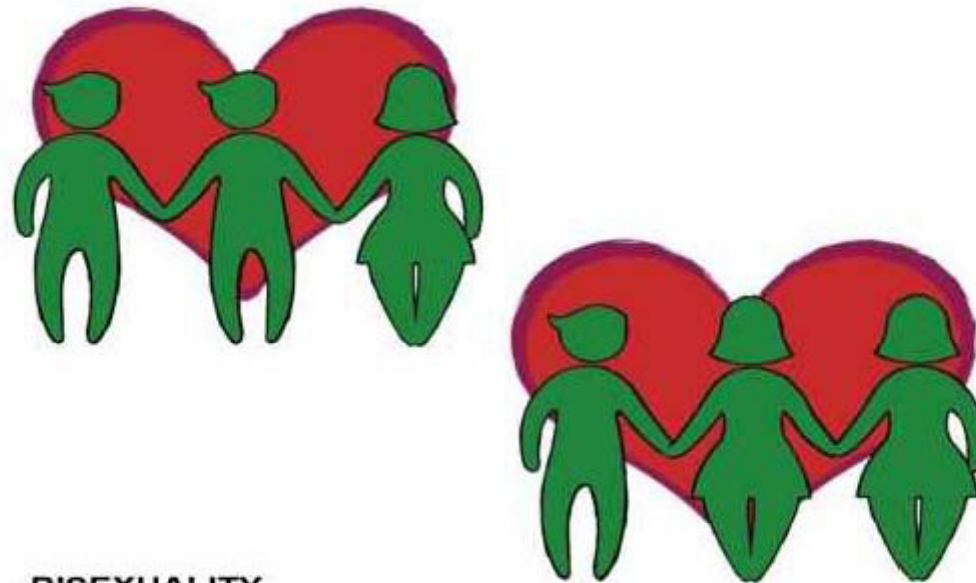
Thus a person can be : Heterosexual

Homosexual

Bisexual

Heterosexual : Sexual attraction & preferences for the member of opposite sex.

Homosexual : Sexual attraction & preferences for the member of same sex may be due to genetic, psychosocial, socio-cultural factors.



**BISEXUALITY
(SAME AND OPPOSITE SEX)**

Bisexual : Sexual attraction for the members of same as well as opposite sex.

Masturbation

Sexual attitudes are formed from childhood but sexual urges appear at puberty. We learn about sexuality from parents, siblings, friends, teachers, media & so on. Expressing our sexuality & love differ according to age, gender role, social environment & expectations.

Masturbation : It is the process of self stimulation, designed to derive pleasure by any means except sexual intercourse.

Facts about masturbation :

- Is universal among adolescent boys and some girls.
- Outlet for release of sexual tension.
- It is harmless.
- It is not abnormal.

Misconceptions about masturbation:

- It can lead to weakness.
- Causes bodily harm & mental deterioration.
- Semen gets exhausted due to masturbation.
- Penis becomes curved due to repeated masturbation.
- It leads to blood loss.
- It leads to impotence.



"We seek correct and scientific knowledge about our bodies".

