



ADOLESCENT REPRODUCTIVE & SEXUAL HEALTH

Physical Changes during Adolescence

- ❖ Adolescence starts from 10-19 years. The body changes occur during adolescence as follows:



Girls

- Growing taller and bigger
- Hips become larger
- Breasts become noticeable
- Hair starts growing in the armpits and in the pubic area
- Their sweat and oil glands become active. Acne may appear on face



Boys

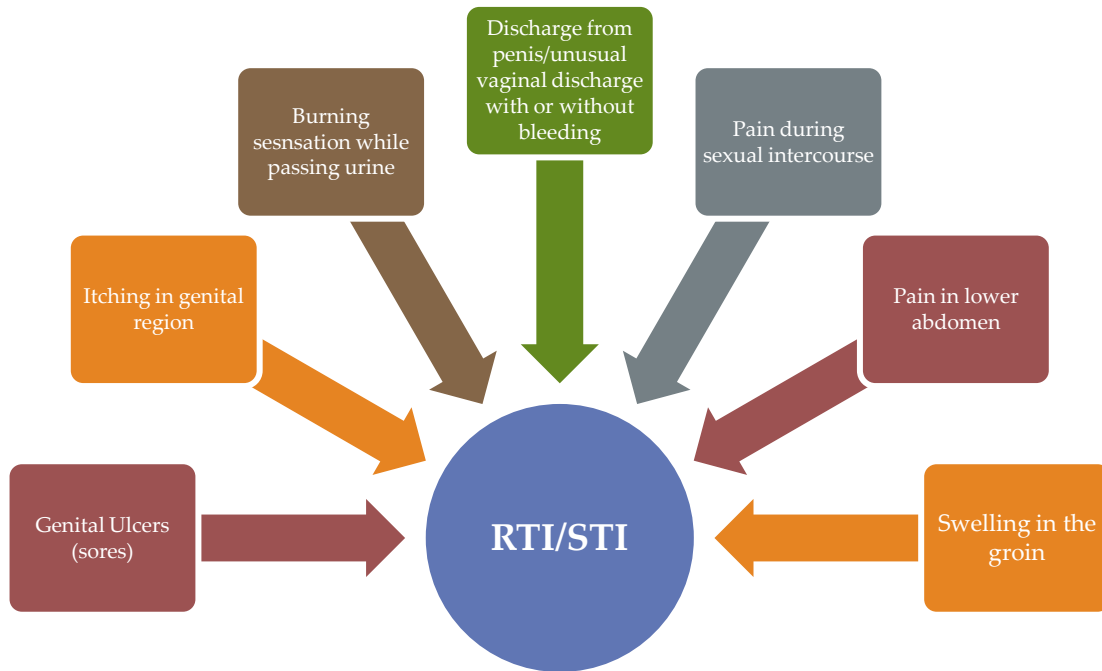
- Become taller
- Hair grows in their armpits, pubic area, chest and legs. A slight beard and moustache is seen
- Their sweat and oil glands become active. Acne may appear on the face
- Become more muscular
- Voice becomes deeper & hoarse

Reproductive Health Issues

- ❖ Like other parts of the body, health of our private parts and organs of our body concerned with menstruation and involved in child birth is important.
- ❖ We need to maintain proper personal and menstrual hygiene to avoid infection in these parts of the body.
- ❖ There can be infections of the reproductive tract due to various reasons like poor menstrual hygiene (Reproductive Tract Infections or RTIs) or infections caused due to unsafe sex with an infected partner (Sexually Transmitted Infections or STIs).
- ❖ All infections of reproductive organs should be treated by a doctor immediately.



Symptoms of Infection in Reproductive Organs are:



How to Prevent and Manage Infection of Reproductive Organs

- ❖ Girls should maintain good menstrual hygiene.
- ❖ Avoid sexual contact if either of the partner has STI.
- ❖ Practice safe sex and use condoms.
- ❖ Practice responsible sexual behavior. Be faithful to one partner.
- ❖ Opt for institutional delivery.
- ❖ Do not ignore/neglect any unusual discharge.
- ❖ Avail safe abortion services at hospital.
- ❖ Ensure complete treatment of self and sexual partner by a doctor.

Planning your Family & Safe Motherhood

- ❖ Avoid early marriage.
- ❖ Avoid early or unplanned pregnancy.
- ❖ Use contraceptives like condoms, oral contraceptive pills, intrauterine contraceptive device (IUCD/IUD/Copper-T) for small and planned family.
- ❖ Make yourself aware of signs and symptoms of RTI/STI
- ❖ Make yourself aware about signs and symptoms of HIV/AIDS.
- ❖ One can get HIV infection through:
 - Unprotected sexual contact with infected partner
 - Transfusion of infected/unsafe blood
 - From an infected mother to child-during pregnancy, delivery or breastfeeding
 - Sharing of infected syringes & needles.