

REPUBLIC OF KENYA



Ministry of Health



UNDERSTANDING ADOLESCENCE

A guide for adolescents

2022



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A guide for adolescents

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This publication: UNDERSTANDING ADOLESCENCE: A GUIDE FOR ADOLESCENTS, is a tool for use primarily by adolescents; and also by parents, caregivers and health care providers to help adolescents navigate the complexities of adolescence.

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FOREWORD



'Yoh What's up? Let me holla at you real quick!' That is my attempt to sound like you, old man has to try. On a serious note, though, I know you face many issues at your age and you might believe that many people do not understand. Believe me, I do because I was once your age. What I have learned in the last five decades is captured in this book: Understanding Adolescence. Consider this your 'Mwaks' or a guide to life.

First of all, you have rights and you need to know them to avoid any kind of violation from any person. By reading this guide you will increase your knowledge about your body growth and development. You will also find information about the unique challenges and

solutions that come with growth. The challenges may be emotional, social, or even physical. To put it differently, this guide gives Life Skills to the user. It also handles relationship issues, Health related problems and the world of drugs and substance abuse. Additionally, you will get exciting information, education and communication on Nutrition, personal hygiene and physical activity which will help you become a healthier and responsible individual who is in control of what takes place in your life.

This guide has been written in a simple language that also resonates with the daily experiences of adolescents in various contexts. Remember that we live in an environment keeps on changing rapidly and in the same manner, information also changes. Therefore, you are encouraged to discuss some of the topics at depth with parents, teachers, religious leaders, specialists and other adolescents. This will help all everyone to make the right and informed choices.

Finally, the book has included content that will help in making appropriate career choices. Notice that each career path has benefits to individuals and the society in their own ways. A doctor is as important as a footballer, a mechanic, writer, actor or preacher. A farmer can change the world just as a hairdresser. What matters is focus and ensuring you remain healthy.

This guide can be read chronologically but you can pick any topic of interest and read through at your convenient time. Finally, it is often tempting to always rely on the internet for information, but that should be done with caution. The internet can guide but it can also misguide. The topic of Social Media provides some pointers on how to navigate the virtual space responsibly.

By the way, it's only 60 pages and free of charge, how about that from an old man? That's what's up, read on and see you when you are my age.

A handwritten signature in blue ink, appearing to read 'Mutahi Kagwe', with a long horizontal flourish extending to the right.

Hon. Mutahi Kagwe, EGH
Cabinet Secretary
Ministry of Health

PREFACE



Inadequate access to comprehensive and correct information on Sexual and Reproductive Health by adolescents and young people has been identified as one of the main drivers of teenage pregnancies, new HIV infections, Gender-Based-Violence and other Sexual and Reproductive Health Rights risks. Most children approach adolescence and even adulthood with little or no information about Sexual and Reproductive Health while others are forced to rely on uninformed peers and the internet for this life saving information. This debacle is further exacerbated by embarrassment, silence and disapproval of open discussion of issues around sexuality with adults, including parents and teachers.

The current reality is that the Sexual and Reproductive Health context and needs of the current Gen-Z adolescents are not the same as those of the millennials of our time. Kenyan adolescents are not a homogeneous population. It is this insight that provided our innovative approach in developing and designing this resource-rich document targeted towards the current adolescent in Kenya.

I am particularly proud that the Kenyan adolescent, from all corners of the country was placed at the centre of the development of this critical guide. Covering a wide range of topics including Sexual & Gender-Based Violence, Social Media, Healthy Relationships & Communication, Abstinence, Life Skills and Career Choices among others, this guide is set to provide vital information to the adolescent to enable them become productive members of society and empower them to navigate the complexities of adolescence in the 21st century.

Enjoy the read!

A handwritten signature in black ink, which appears to read "Susan Mochache". The signature is fluid and cursive.

***Susan Mochache, CBS
Principal Secretary
Ministry of Health***

ACKNOWLEDGMENTS



The development of this Adolescent Sexual and Reproductive Health Guide (2022) in Kenya was a result of concerted efforts spearheaded by the Ministry of Health through the Division of Reproductive and Maternal Health (DRMH) with several stakeholders through consultative meetings, literature review, and reviews of the various drafts of the Guide.

The Ministry of Health through DRMH wishes to thank the following individuals whose insights and dedication made it possible to develop this manual. Specifically, the Ministry would like to thank the leadership of Dr. Issak Bashir (Head, Department of Family Health) and

Dr. Stephen Kaliti (Head, Division of Reproductive and Maternal Health) for their guidance and policy direction during the development process of this guide.

We are highly indebted to Ms. Mary Magubo (ASRH /ACSM Program Coordinator) for leading the development process of this valuable document supported by the competent SRH team who provided expert technical assistance led by Dr. Rose Wafula (SRH Gender Manager), Mary Gathitu (IPV/FGM Lead), Elizabeth Washika (SGBV Lead), Joseph Baraza (GBV/FGM), ASRH CoE Members; Peter Onyancha (ASRH Advocacy Expert) Grace Wasike (ACSM Manager DNCH), Dr. Christine Wambugu (DASH), Martin Mburu (M&E/ SRH), Catherine Chacha (M&E FELTP), Job Mwangi (Communications Expert), Hezron Kizito (HIV/ AIDS Expert), Sarah Nditika (MoE, Kenya High School), Violet Munyasi (MoE Nairobi County), Gordon Ochieng' (TICAH) Dorothy Okemo (Meta) and Kigen Korir (UNFPA) who gave their invaluable inputs and guided the process to its successful completion.

We further wish to extend our gratitude to the counties Adolescent/ Reproductive Health Coordinators for supporting the document pretesting who included; Amina Falana (Isiolo), Milsane Kilpai (Bungoma), Jacktone Okeyo (Kisumu), Leah Ogega (Kisii), Kenneth Miriti (Kilifi) and Faith Kinuthia (Nairobi).

Special appreciation to the German Cooperation who provided financial support through KfW for the development of the guide.

Lastly, we also wish to thank the consulting firm, Crestwood Marketing & Communications for compiling, collating and curating the content in this guide.

A handwritten signature in blue ink that reads "Dr. Patrick Amoth". The signature is stylized and cursive.

Dr. Patrick Amoth, EBS
Ag. Director General for Health
Ministry of Health

ABBREVIATIONS

ACSM	Advocacy Communication & Social Mobilization
AIDS	Acquired Immunodeficiency Syndrome
ANC	Ante-Natal Care
AYSRH	Adolescent Youth Sexual Reproductive Health
COE	Committee of Experts
DASH	Division of Adolescent and School Health
DNCH	Division of Nutrition and Child Health
DRMH	Division of Reproductive & Maternal Health
FGM	Female Genital Mutilation
GBV	Gender Based Violence
HIV	Human Immunodeficiency Virus
HPV	Human Papilloma Virus
PEP	Post Exposure Prophylaxis
RTC	Reproductive Tract Cancer
SGBV	Sexual and Gender-Based Violence
SRH	Sexual & Reproductive Health
STI	Sexually Transmitted Infection
UTI	Urinary Tract Infection
WHO	World Health Organization

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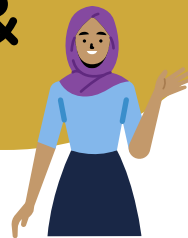
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1 Adolescent Growth & Development



What is adolescence?

Adolescence is a period of transition from childhood to adulthood. During this period, boys and girls undergo physical, behavioural, cognitive, social, intellectual and emotional growth and change. An Adolescent is a person between 10 and 19 years of age.

Rights of adolescents

All adolescents, including those with disability, have the right to access quality health care services. Caregivers in schools, communities and religious institutions have a responsibility to protect children and adolescents.

According to the Constitution of Kenya, every child and adolescent has a right:

- To a **name and nationality from birth**;
- To **free and compulsory basic education**;
- To **basic nutrition, shelter and health care**;
- To be **protected from abuse, neglect, harmful cultural practices, all forms of violence, inhuman treatment and**

punishment, and hazardous or exploitative labour;

- To **parental care and protection, which includes equal responsibility of the mother and father to provide for the child, whether they are married to each other or not**; and
- **Not to be detained, except as a measure of last resort**, and when detained, to be held:
 - for the shortest appropriate period of time; and
 - separate from adults and in conditions that take account of the child's sex and age.

Adolescents have rights like any other Kenyan. A right is something that one is allowed to have or to do according to the law.





How to know when rights are violated

- If a service provider refuses to attend to you
- If a health care provider displays negative attitude towards you
- If parents or caregivers deny the adolescent access to healthcare

What to do when rights are violated

- Report to the relevant authority e.g. the person in-charge of the health facility
- Discuss with the counsellor; parents, friend or caregiver
- Be persistent in asking for your rights respectfully

Anatomy of the Female Reproductive System

Uterus

This is an internal organ where a fertilized egg grows and develops into a foetus. It is also called the womb.

Fallopian Tube

These are the thin tubes that connect the ovaries to the uterus. Once an egg is released it travels down the fallopian tubes to the uterus. Fertilization usually happens in the fallopian tubes.

Ovary

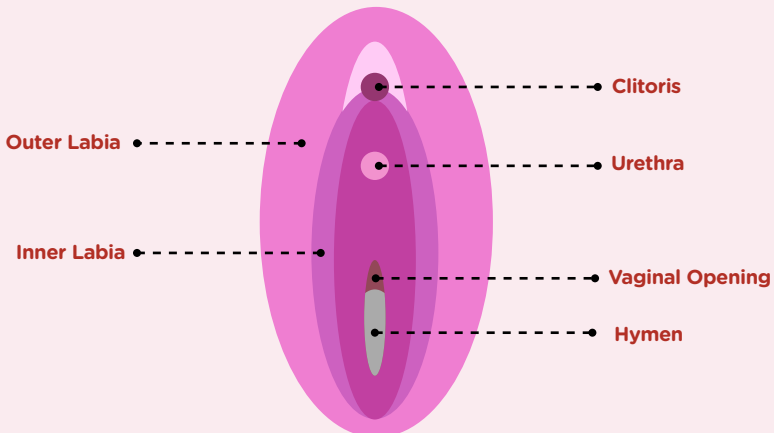
Where the ova or eggs are produced

Cervix

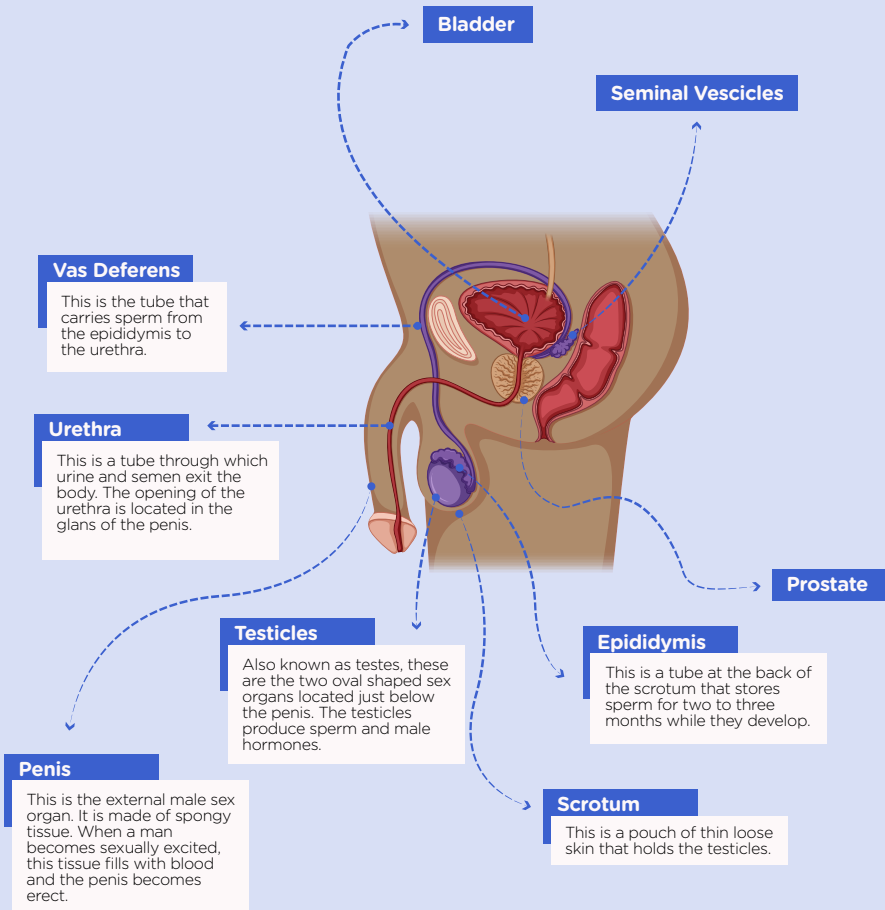
This is the lower part of the uterus, which extends into the upper part of the vagina.

Vagina

This is the opening that connects the uterus to the outside of the body. The walls of the vagina are made of muscles which can expand to allow a penis to be inserted or a foetus to be delivered.

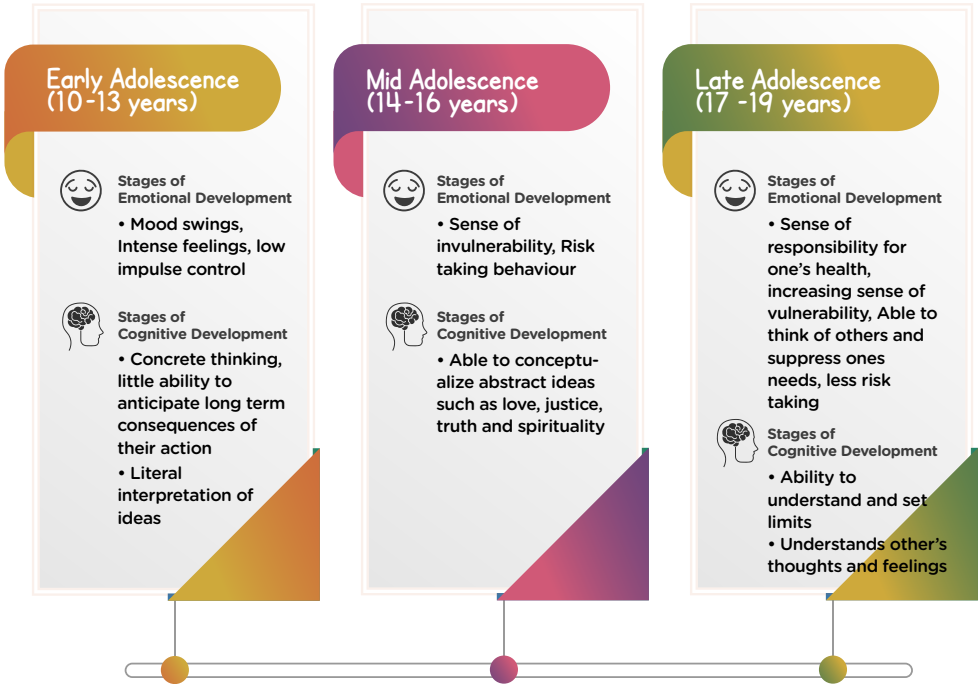



Anatomy of the Male Reproductive System



Stages of Adolescent Growth and Development

According to WHO, an Adolescent is a person between 10 and 19 years of age. Adolescence is a period of transition from childhood to adulthood during which a boy or a girl develops physically, socially, emotionally and mentally and moves towards independence.



 Please don't be shy to discuss these experiences with a teacher from your school, a parent, a guardian, a caregiver and other trusted adults.

Summary of adolescent physical development/puberty



Boys

- Voice changes
- Shoulders broaden
- Facial hair
- Sperm production and Ejaculation
- Wet dreams and erection occurs frequently
- Muscular and skeletal growth
- Perspiration increases and body odour may appear



Girls

- Breast enlargement
- Hip enlargement
- Monthly period/ menstruation
- Perspiration increases and body odour may appear



Boys & Girls

- Development of pubic and armpit hair
- Growth of body height and weight gain (adolescent growth spurt)
- Genital organs enlargement
- Pimples (acne) may develop on the face
- Body shape takes on a characteristic adult pattern

Common Problems During Puberty For Girls

- Delayed menstruation
- Vaginal discharge
- Abdominal cramps
- Pain in the breasts
- Acne
- Increase in weight/ weight gain
- Delayed or early onset of puberty



When to seek medical opinion

- Delayed puberty
- Abnormal vaginal discharge such as foul smell, itching and discomfort
- Severe cramps that affects normal activities
- Heavy menstrual bleeding
- When the menstrual period does not occur by 18 years

Common Problems During Puberty For Boys

- Undescended testicles
- Delayed puberty
- Severe acne
- Enlarged breasts also called gynecomastia



When to seek a doctor's opinion

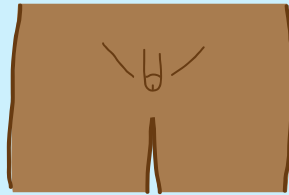
- Pain and swelling of the glans penis and prepuce
- Delayed puberty beyond 18 years
- Enlarged breasts also called gynecomastia
- Abnormal penile discharge such as foul smell, itching and discomfort
- Pain when passing urine

Tanner staging in boys

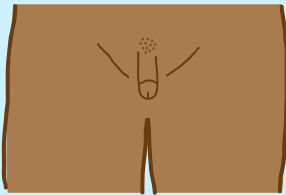
Adolescents do not always develop in the same way and manner. It is normal to have delays in development (of testes, pubic hair, breasts and hips for girls etc) and it should be a cause for worry.

These diagrams show development at various stages.

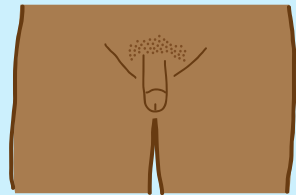
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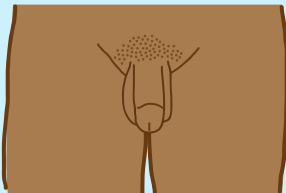
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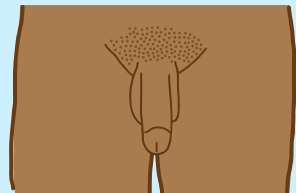
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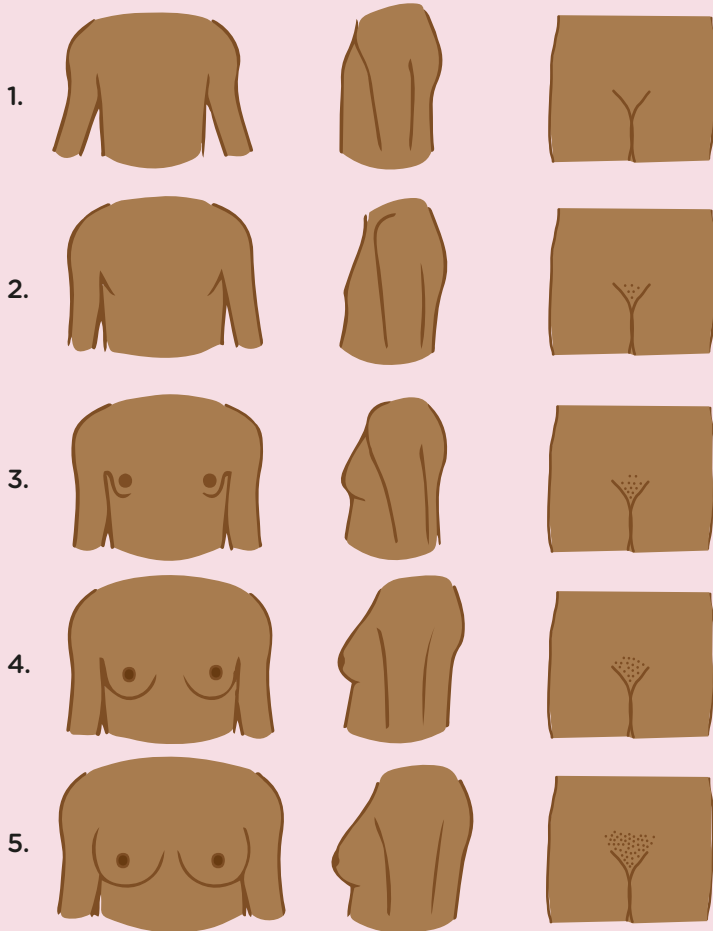
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5.



Tanner staging in girls



Social and Emotional Changes During Adolescence

- Sudden changes in mood also called mood swings
- Shyness for some adolescents
- Feeling closer to friends and peers than family.
- Attention seeking behavior and recognition
- Struggling with a sense of identity and questions about oneself
- Need for more independence and privacy
- Experimenting new things
- Being conscious about physical appearance
- Worry about the future (school, family, job)
- Becoming more expressive of their ideas and opinions
- Attraction to opposite sex
- **Brain development**
- Decision making process is starting



Social and emotional problems

experienced during adolescence

It becomes difficult forming and maintaining new

relationships

- Peer pressure.
- Delinquency (involvement in crime and breaking the rules)
- Argumentative and aggressive behaviour is seen more
- Moodiness, anger, stress and depression
- Low self Esteem



If you are going through such problems, talk to someone you trust for guidance such as a teacher, a religious leader, a guardian or a parent

Menstrual Health

Every female experiences changes in her body as she grows and develops. One of the important changes that adolescent girls go through is menstruation, which is a natural process of the females' reproductive cycle. Once menstruation starts, each month thereafter one of her ovaries releases an egg (ovum). At this stage, two things are likely to happen:

1. The lining of the womb breaks down, creating the blood that passes through the vagina and this is referred as the monthly period.
2. If the egg (ovum) is fertilized, pregnancy will occur and Menstruation will not occur. **It is important to abstain from sexual intercourse.**

During the monthly period, the girl needs to maintain high menstrual hygiene that involves using menstrual items to absorb or collect blood such as pads, clothes or menstrual cups.

Facts about Menstruation



- The first menstrual cycle is called 'menarche'
- Periods in the first few years of menstruation are not very regular
- Some girls have their first period as early as eight or nine years of age
- Some women menstruate every 28 days, while others have longer cycles (35 days) or shorter cycles (21 days)
- Periods usually last between 2 -7 days, with five days being the average length of menstrual flow.



Menstruation is

- The shedding of tissue and blood from the lining of the womb through a woman's vagina
- Also called 'menses', 'menstrual period', 'monthly bleeding' and 'period'.
- The blood and tissue that comes from the uterus when fertilization does not occur
- The monthly self-cleaning action of a healthy uterus
- It is an important developmental milestone for girls, the same way wet dreams are for boys
- It is an indication that a girl is approaching maturity.

Menstruation is NOT

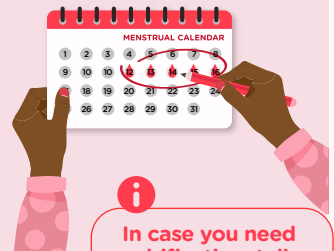
- Sickness
- Illness
- Disease
- Infection
- Harmful, dirty, shameful, unclean or otherwise 'negative'

Menstrual Hygiene is important because it:

- Prevents infection
- Prevents body odour
- Enables females to remain healthy
- Enables females to feel comfortable, confident and stay fresh all day
- Boost self esteem

Common problems that occur before or at the onset of menstruation

- General weakness of the body or body feels heavy
- Dizziness, nausea, cramps(lower abdominal pain)
- Headache, enlarged and painful breasts, fever
- Backache, irritability, mood swings, cravings, tiredness, pimples etc.



**In case you need
clarification, talk
to a TRUSTED
teacher, parent,
sibling or
guardian.**

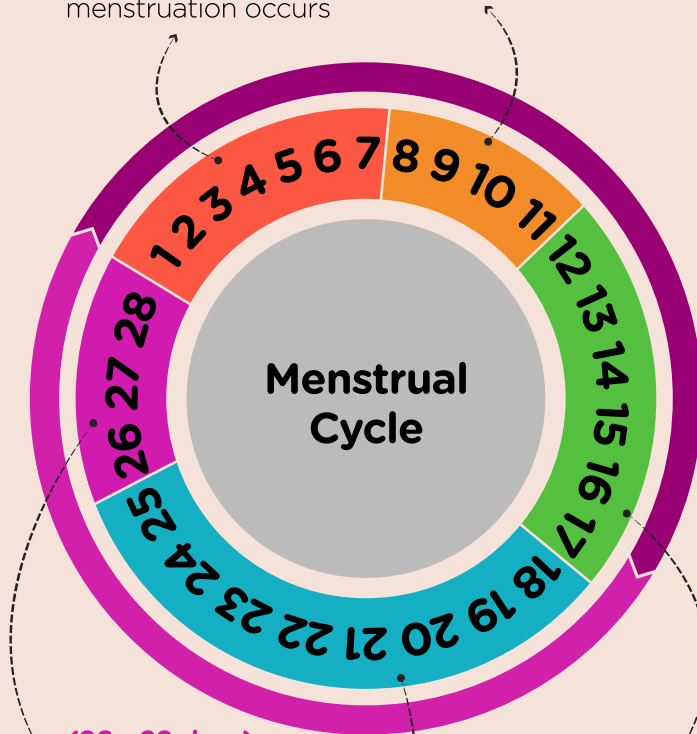
The Menstrual Cycle

Menstruation (1 - 7 days)

Uterine lining breaks down, menstruation occurs

(8 - 11 days)

The lining of the womb thickens in preparation of the egg



(26 - 28 days)

The uterine lining detaches leading to menstruation

(18 - 25 days)

If fertilization has not taken place, the uterine lining fades away

(12 - 17 days)

Hormonal changes occurs during ovulation

Growth & development for adolescents occurs differently from adolescent to another

- Some girls will experience pain during their menstruation
- Some girls have their first period as early as 8 or 9 years of age while others at 17 or 18 years of age.
- Some girls menstruate every 28 days, while others have longer cycles (35 days) or shorter cycles (21 days)
- Periods usually last between 2 - 7 days, with five days being the average length of menstrual flow.



In case you need clarification, talk to a **TRUSTED** teacher, parent, sibling or guardian.

MENSTRUAL HYGIENE



HOW TO MANAGE YOUR FIRST MONTHLY PERIOD

- Don't be afraid. It can be scary to see or feel the blood on your underwear, but it is normal and natural
- Talk to other girls and women or any other person you trust in your community
- If you are at school, tell the matron, a teacher or a fellow student
- Feel proud! Your body is developing into that of a young woman.
- Change sanitary materials every few hours or when it is soaked with blood

- Unwrap the pad from its package
- Stick the pad in your underwear using the sticky strip on the back. (Some reusable pads are held in place with snaps or the elastic in your underwear)
- Change your pad every few hours, or when it's soaked with blood
- Wrap used pads in the wrapper or toilet paper and throw them in the designated trash.
- Place a cloth, pad, cotton on your underwear

HOW TO USE A PAD DURING MONTHLY PERIOD



i Important Information
NEVER insert any foreign objects inside your vagina



HOW TO DISPOSE OF THE CLOTH, PAD OR COTTON

- If you are re-using a cloth, put it into a paper bag until you can wash it with water and soap and then dry it in the sunshine
- If you are using a pad, or cotton, or want to dispose of your cloth, wrap it in paper to make a clean package and put it in the designated bin so it can be burned later
- If there is no other option, drop it straight in a pit latrine.

- Every day (morning and evening if possible) bathe with soap and water
- Keep unused cloths and pads clean (wrapped in tissue or paper bag) for further use
- Pat the vagina dry with a cloth, and put a fresh cloth, pad or cotton on your underwear
- Always wipe from front to back after a long call
- Wash opening of the vagina with water only (do not use soap).

HOW TO KEEP YOURSELF CLEAN DURING YOUR MONTHLY PERIOD



HOW TO MANAGE THE STOMACH PAIN FROM YOUR MONTHLY PERIOD

- Use hot water bottle on your lower stomach area. Ensure the water is not too hot to burn you. This can relieve the pain.
- Try to do some exercises and keep your body active
- On the most painful days, take painkiller medicines every four to six hours as advised by the doctor.
- Regular check-up is important to monitor your blood levels




Important Information

It is normal to have menstrual pain during your monthly period but if it is too much and interferes with your normal daily activities it is advisable to seek medical attention

Semenarche and Wet Dreams

During adolescence and with the start of puberty, important changes occur in a boy's body and they experience semenarche or the first ejaculation. At the onset of puberty, thick white fluid called semen comes out of the penis. This is commonly known as a wet dream. Lots of semen is formed inside the body and when there is too much, some of it is released. During adolescence boys sometimes experience wet dreams. Wet dreams occur when a boy ejaculates during sleep. Wet dreams are a normal part of growing up and should not be a cause for worry.

 Semenarche refers to the first ejaculation by a boy


 Wet dreams is the seminal fluid that comes out of a penis while a boy is asleep

How do wet dreams occur?

- During ejaculation, semen (the fluid containing sperm) comes out of the penis and this is what you notice on your underwear or pajama pants
- You may also notice it when you wake up to find your bed sheet or blanket wet and sticky
- Wet dreams are not necessarily caused by sexual fantasies or desires

How To Manage Wet Dreams

If you are feeling uncomfortable about having a wet dream, talk with an adult you trust e.g. a parent, teacher, caregiver or your health care provider to help you feel more comfortable about this natural part of your development

 **NOTE:** It is also normal not to have wet dreams.

2 Personal Hygiene and Sanitation

Adolescence causes several changes in the body. Sweat glands are more active during this stage, which causes more sweating. Additionally, new hair grows in different places especially in the pubic region and armpits. The skin and scalp may also suddenly get oily very easily. Sometimes the adolescent may seem to sweat for no reason and may notice odors where there was none before. It is important to understand that all these changes are normal. They are caused due to the hormonal changes in the body.

To help deal with these changes, adolescents must maintain cleanliness and proper sanitation. This is done by:



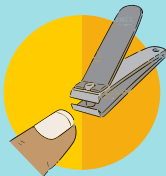
Regular hand washing or sanitizing



Regular bathing



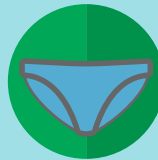
brushing teeth



Keeping short nails



Proper grooming



Changing inner wear, socks and bedding



washing and ironing of clothes

Poor hygiene can also lead to peers undermining your worthiness leading to low self esteem.

Poor Hygiene can lead to conditions such as:



1. Ringworms
2. Athlete's Foot
3. Scabies
4. Skin Rash



Some of these can be infections from other individuals or symptoms of other issues



3 Healthy Relationships and Communication



A relationship is an interaction/ connection between two or more people based on mutual trust.

Types of Relationships

These include:

- Parent/ Caregiver - daughter and/or son relationships
- Peer-to-peer relationships
- Siblings relationships



HEALTHY RELATIONSHIPS



CHARACTERISTICS OF PEOPLE IN HEALTHY RELATIONSHIPS:

- Listen to each other
- Communicate openly and without judgment
- Trust and respect each other
- Consistently make time for each other
- Remember details about each other's lives
- Engage in healthy activities together
- Forgive and ask for forgiveness
- Support each other

HOW ADOLESCENTS CAN BUILD AND MAINTAIN GOOD RELATIONSHIPS WITH THEIR PEERS

- Respect each other
- Understand each others personalities
- Listen attentively to each others' challenges
- Learn to be more understanding to others
- Learn to give constructive feedback
- Do not harm others
- Love and treat people fairly, as you would like to be treated



ADOLESCENTS CAN BUILD AND MAINTAIN GOOD RELATIONSHIPS WITH THEIR CAREGIVERS/ PARENTS/ GUARDIANS BY DOING THE FOLLOWING:

- Being respectful to them
- Obeying instructions
- Being honest, open and truthful
- Being friendly
- Seeking guidance

Benefits of Healthy Relationships

- Helps develop self-esteem and a sense of belonging.
- Promotes academic success with positive teacher–student relationship.
- Helps shape good behavior
- Helps one to feel needed and loved by relatives, friends and community
- Helps to reduce stress
- Helps you in becoming the person you want to be
- Strengthens family ties and togetherness

How to identify unhealthy relationships with others

- You feel threatened around them
- They are always jealous and do not want you to stay around other people.
- They convince you to do things you would not normally feel comfortable doing
- They ignore you until they get their way, and use gifts and apologies to influence your decisions
- They divert your attention from achieving your goals. For example, they make you miss school or practice or keep you from getting schoolwork done
- They make you feel bad about yourself. For example, they call you names, make rude remarks about your friends or your family
- They make you feel guilty or responsible for their actions. For example, they make you feel responsible for their happiness.
- They intimidate and frighten you in order to control you.

Coping with broken relationships

Sometimes relationships break and individuals have to adjust to new realities. It might of help to do the following:

- Give yourself time to deal with the pain of the broken relationship
- If this is overwhelming, talk to a counsellor or someone you trust e.g. parent, teacher, guardian or sibling
- Do not spread rumors or bad stories because you are hurt
- Seek ways to focus on achieving your goals such as reading and revising for your exams
- Find a hobby that will keep your mind occupied when you are free.



4 Abstinence



Delaying the start of sexual activity has numerous benefits. This includes, giving the body time to develop sufficiently, prevention of early pregnancy, prevention of STIs (Sexually Transmitted Infections) and HIV (Human Immunodeficiency Virus), promotion of self-esteem and self-worth.

Delaying sexual debut is possible if adolescents;

- Avoid peer pressure
- Avoid the use of alcohol, tobacco and recreational drugs
- Seek help/counselling for mental health issues
- Build and maintain healthy relationships with parents or guardians
- Regularly attend school/classes and avoid being unruly
- Seek assistance for socio-economic challenges from the community or government agencies where possible
- Engage in physical activity and avoid sedentary behavior
- Avoid interaction with pornographic material
- Only visit age appropriate websites and interact with age-appropriate media.



In Kenya having sex with a minor (a person below 18 years) is illegal and is punishable by law regardless of the age of the person having sex with minor. Minors cannot consent to sex thus consensual sex among minors is also not acceptable.

Abstinence

Sexual abstinence means choosing not to have sex. Practicing abstinence ensures that a girl will not become pregnant because there is no chance for the sperm to fertilize an egg.

Why should I abstain?

- Abstinence from sex is the only 100% effective way of preventing pregnancy
- By abstaining from sexual activity, you also avoid the risk of STIs including HIV
- Reduces exposure to Human Papilloma Virus (HPV) which causes cervical cancer
- Adolescents who practice abstinence are much less likely to experience a physically or emotionally abusive relationship, drop out of school, engage in substance abuse or feel pressured into having sex
- Abstinence costs nothing and there are no side effects
- Abstinence boosts a sense of self-worth and self-esteem

SAY NO TO SEX!

Counselling on Sexual Reproductive Health amongst Adolescents

- Counselling should be done for both girls and boys
- In case of rape, pregnancy and STIs, seek counselling and guidance from a trusted teacher, parent or pastor

Early Pregnancies and Prevention

Causes of Early Pregnancies

- Engaging in sexual activities
- Rape or defilement which can be perpetrated by a stranger or by a person known to the victim
- Use of alcohol and drugs may lead you into engaging in risky sexual behavior
- Early marriages

Consequences of Early Pregnancies

Some of the effects of engaging in early sexual activities which lead to teenage pregnancy include the following:

- Dropping out of school
- Premature child birth
- Early or forced marriages in some communities
- Complications in child bith which may result in death
- Socio-economic challenges e.g. lower chance of getting employment
- Social isolation because of stigma



5 Sexually Transmitted Infections (STIs)



Sexually Transmitted Infections (STIs) are transmitted from one infected person to another through sex. These infections include; Gonorrhoea, chlamydia, syphilis, herpes simplex, HIV etc.

Signs and Symptoms of STIs

Boys	Girls
<ul style="list-style-type: none">• Discharge from the penis• Sores or rashes on the penis or anal area• Pain while passing urine• Itching of private parts• Lower abdominal pain	<ul style="list-style-type: none">• Abnormal discharge from the vagina which may be smelly• Sores or rashes on vagina or anal area• Pain while passing urine• Itching of private parts• Lower abdominal pain

How STIs can be prevented

STIs can be prevented by abstaining from sex

What to do when you have an STI

- Go to any health facility near you and follow the doctor's instructions .
- STIs can be cured

6 HIV and AIDS



Human Immunodeficiency Virus (HIV) is a virus that attacks the immune system thereby weakening the body's ability to fight diseases.

Acquired Immune Deficiency Syndrome (AIDS) is a disease that can develop in people with HIV when the body cannot fight off most diseases and infections. This makes the person vulnerable to a wide range of illnesses.

How HIV is Spread

The virus is contained in body fluids like semen, vaginal fluids, blood and breast milk .

The virus can be passed from one infected person to another through:

- Sexual intercourse
- Mother to child while in the womb or during delivery or when breastfeeding
- Blood transfusion with HIV infected blood
- Sharing of contaminated sharp objects such as needles and razors.



HIV DOES NOT Spread Through:

- Sharing the same desk in school
- Sitting close to other people
- Hugging, shaking hands or kissing
- Breathing the same air
- Sharing food or drinks
- Tears or sweat
- Sharing a toilet, towels, or bedding
- Bites from mosquitoes or other insects
- Swimming in the same water or playing sports

How HIV can be Prevented

- **Abstinence from sex is the best way** to prevent acquiring HIV infection. Delay sex until appropriate and acceptable time. Avoiding drugs, alcohol and pornography
- **Self-control:** Be alert and know when to walk away from sexual advances
- **Avoiding sharing sharp objects** such as razors
- **Your cuts and wounds should be covered** well at all times to avoid infection from environment and people you meet.
- **Screening of blood before transfusion** to avoid transfusion of infected blood
- **Take Post Exposure Prophylaxis (PEP) immediately after any exposure.** This is medicine taken by uninfected persons after exposure to body fluids from an infected person (For instance, after defilement, rape or being injected/cut by potentially infected objects)

HIV Testing

- HIV Testing is very important for oneself
- A health care worker will talk to you before and after HIV test at a HIV Testing Services Centre or a health facility
- If you are HIV positive, the health care worker will talk to you on how to take care of yourself and lead a healthy life as soon as possible
- If you are HIV negative, the health care worker will talk to you on how to take care of yourself and remain HIV negative
- HIV has no cure, however, there are drugs that are available to help boost immunity and help you live a long healthy life



Supporting Adolescents Living With HIV



Take medication as directed by the doctor.

Eat a balanced diet

Join support groups for psychosocial support.

- Adolescents living with HIV are encouraged to join a group of other adolescents who are also living with HIV so as to share experiences and encourage each other to continue taking drugs and take care themselves.
- Take medication as directed by the doctor.

- Eat a balanced diet
- Exercise regularly
- Remember to go for clinic appointments
- There are adolescents who are living with HIV on medication in boarding school. These adolescents need to identify a person whom they feel free and comfortable around to disclose their status
- You can lead a normal life and do well in school

7 Urinary Tract Infections (UTIs)



Some of the common causes of UTIs include:

- Wiping oneself from the back to the front after a long call
- Holding urine for a long time without urinating
- Poor hygiene.
- Not washing hands before and after changing sanitary towels

The infections can affect several parts of the urinary tract, but the most common type is a bladder infection (cystitis).

Symptoms of UTIs

- Pain or burning sensation while urinating
- Frequent urination
- Feeling the need to urinate despite having an empty bladder
- Blood in urine
- Pressure or cramping in the groin or lower abdomen



In case of any signs and symptoms visit the nearest health facility and follow doctors' instructions



This is an infection (mostly bacterial) that affects the urinary tract system (urethra and bladder). UTI's occur when bacteria, often from the skin or rectum, enter the urethra and infect the urinary tract.

How UTIs can be prevented

- Drink lots of water and urinate frequently
- Keep genital area clean
- Wipe from front to back after passing urine and stool for girls
- Avoid inserting fingers into vagina
- Avoid douching (spraying or washing **inside** the vagina with water)
- Wear cotton underwear and avoid tight underwear and g-strings
- Use clean toilets
- Change pads frequently during menstruation.
- Abstaining from sexual activity



Avoid douching. Douching interferes with the normal vaginal pH environment

8 Cancers of the Reproductive Organs



Cancer is a disease that results from uncontrolled growth and division of body cells.

Reproductive organ cancers in females

These include:

- **Cervical cancer:** affects the cervix, that is, the lower end of the uterus
- **Ovarian cancer:** affects the ovaries
- **Uterine cancer:** affects the uterus, where the baby grows
- **Vulval cancer:** affects the vulva, that is, the area around the opening of the vagina
- **Vaginal cancer:** affects the vagina
- **Breast cancer:** affects the tissues of the breast

Symptoms of female reproductive organ cancers

The common symptoms of the different cancers of reproductive organs are summarized below:

Breast Cancer

- An abnormal painless lump in the breast (you can feel on touch)

Cervical Cancer

- Bleeding or discharge from the vagina that is not normal

Ovarian Cancer

- Bleeding or discharge from the vagina that is not normal
- Pressure or pain in the pelvic area

- Pressure or pain in the abdomen (belly) or back

Uterine cancer

- Bleeding or discharge from the vagina that is not normal
- Pressure or pain in the pelvic area
- Bleeding after menopause

Vaginal Cancer

- Bleeding or discharge from the vagina that is not normal

Vulval Cancer

- Itching, bleeding, burning or sores around the opening of vagina that do not go away.

Risk factors of female Reproductive Tract Cancers

Breast Cancer

- Someone in your family having had breast cancer (for example, mother or a sister) i.e. hereditary/ genetic
- Smoking tobacco e.g. cigarettes
- Excessive drinking of alcohol

Cervical Cancer

- Persistence of infection with Human Papilloma Virus (HPV)
- Smoking tobacco e.g. cigarettes
- Having a weak immune

system e.g. due to conditions such as HIV

- Early sexual activity

Vaginal and Vulval Cancer

- Having HPV
- Having a weak immune system e.g. due to conditions such as HIV
- Smoking tobacco



Visit the nearest health facility if you identify any of these symptoms

How to prevent reproductive organ cancers in females

Cervical Cancer prevention

- HPV vaccination for cervical cancer. This is available as a routine vaccine in the health facilities for all girls from age 9 years. It is given as two doses 6 months apart
- Delayed sexual activity
- Avoid smoking tobacco e.g. cigarette

Breast Cancer prevention

- Breast self-examination – a person checks their breasts for lumps at least once every month
- Clinical breast examination – done by a health care provider
- Other hospital investigations

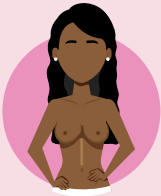


Have you received your HPV vaccine?

This is available as a routine vaccine in the health facilities for all girls from age 9 years. It is given as two doses 6 months apart

Breast Self-Examination

Step 1



Begin by standing with your shoulders straight and your arms on your hips

Here is what you should look for:

- Breasts that are their usual size, shape, and color
- Breasts that are evenly shaped without distortion or swelling

Step 2



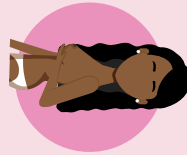
Now, raise your arms and look for the same changes.

Step 3



Look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, yellow fluid or blood).

Step 4



Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast.

- Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.
- Cover the entire breast from top to bottom, side to side — from your collarbone to the top of your abdomen, and from your armpit to your cleavage.
- Follow a pattern to be sure that you cover the whole breast.
- You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast.
- You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back.
- When you've reached the deep tissue, you should be able to feel down to your rib cage.

Step 5



Finally, feel your breasts while you are standing or sitting.



Important Information

- Some girls have lumps or lumpy areas in their breasts all the time, and most breast lumps turn out to be benign (not cancerous). There are a number of possible causes of non-cancerous breast lumps, including normal hormonal changes, a benign breast condition or an injury.
- Do not panic call your doctor if you've noticed a lump or any breast change that is new and worrisome. This is especially true for changes that last more than one full menstrual cycle or seem to get bigger or more prominent in some way. If you menstruate, you may want to wait until after your period to see if the lump or other breast changes disappears on its own before calling your doctor.
- Some girls will produce fluid from their breasts as part of their normal growth and development.



If you see any of the following changes, bring them to your doctor's attention

- Dimpling, puckering or bulging of the skin
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash or swelling

Reproductive Tract organ cancers in males

- **Testicular cancer:** affects the testes
- **Penile cancer:** affects the penis
- **Prostate cancer:** affects the prostate gland, a gland inside the pelvis.
- **Breast cancer:** affects the breast though not common in men

How to identify cancers of reproductive organs in males

- **Testicular cancer:** Pain, discomfort, lump, or swelling in the testis, aching in the lower abdomen (belly)
- **Penile cancer:** discomfort, sore, or lump on the penis
- **Prostate cancer:** Weak flow of urine, pain in the back, hips or pelvis (lower belly between the hips) or needing to pass urine often.

Testicular Cancer: Risk factors include

- Uncorrected undescended testicle(s)
- Having a family history of testicular cancer
- Having a testicle that is not normal

Penile cancer: Risk factors include

- Having Human Papilloma Virus (HPV)
- Being uncircumcised
- Early sexual activity
- Using tobacco products

Prostate cancer: Risk factors include

- Being aged 50 years old or older
- Having a family history of prostate cancer
- Early sexual activity

How to prevent reproductive organ cancers in males

- Visit the nearest health facility if you identify any symptoms
- Physical exercise and eating balanced diet.
- Delay sexual activity
- Self-examination for testicular cancer by feeling for lumps

9 Mental Health



Mental health refers to emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle challenges, relate to others, and make choices.

An adolescent needs good mental health to develop in a healthy way, build strong relationships and adapt to change and deal with life challenges.

What causes stress?

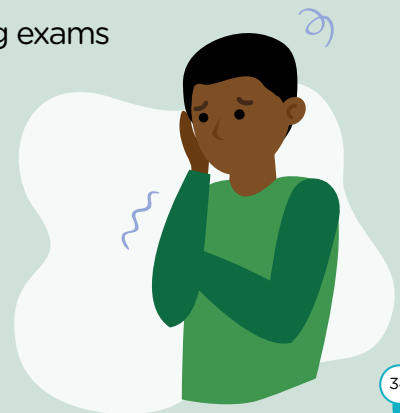
Stress is a normal part of life where the body reacts to any change that requires a response.

Some stress in life can be positive, but extreme, ongoing stress can cause problems in young people's health, behaviour and ability to develop and grow.

Some of the causes of stress are:

- Rejection
- Sudden change in personal thoughts or environment

- Discrimination or harassment at home or in school
- Natural disasters, theft, rape, or violence against you or a loved one
- Worrying about things
- Unrealistic expectations
- Giving a talk in front of peers
- Failing exams



Stress management

- Identify the issue that is causing the stress
- Reflect about how to overcome/ solution to the problem
- Identify opportunities that would resolve the matter completely
- Consider sharing the problem with a trusted person who can offer help
- Listen to people's opinions and evaluate them
- In some instances, you might be referred for medical help
- Speak up in case of any form of violation or abuse whether sexual or stigmatization
- Adapt mental health positive habits such as having enough sleep, physical exercise, avoiding drugs and alcohol, positive social networking and positive meditation and planning your time



Signs of stress

- Isolation
- Disrupted sleeping patterns
- Little interest in doing your normal duties
- Change in eating habits
- Negative thoughts of harm to self including death
- Fatigue
- Feeling rejected by family, friends, colleagues
- Self-worthlessness
- Irritability
- Headache

How to avoid stress

- Keep positive attitude
- Exercise regularly
- Get enough rest
- Spend time with loved ones
- Express your challenges
- Avoid alcohol and drugs
- Eat healthy
- Avoid conflicts with parents, teachers, peers and authority



In case you experience any of the signs and symptoms, don't shy off to seek help from;

- Trained counselor
- Religious leaders
- Parents/guardians
- Teachers
- Trusted friends



10 Drugs & Substance Use



Drugs are any chemical substances (legal or illegal) when ingested, injected or inhaled can cause a negative or positive effect to normal body functioning.

Commonly abused drugs and substances

- Alcohol
- Bhang
- Shisha
- Tobacco
- Nicotine
- Codeine
- Miraa
- Cocaine
- Painkillers

Consequences of abusing drugs

Substance use among adolescent ranges from experimental to severe substance use disorder. putting them in problems such as

- Fights
- Accidents
- Mental health disorders e.g. Stress and suicide
- Impaired judgment
- One is highly likely to engage in crime and violence
- Dropping out of school
- One is likely to engage in risky sexual behavior that can result in teenage pregnancy and contracting HIV and STIs
- Addiction



How to know when one is abusing drugs

- Unusual body smell and breath
- Poor personal grooming
- Changes in appetite
- Change in sleep patterns
- Low or lack of interest in their normal duties
- Injection marks
- Change in behavior patterns e.g. borrowing or stealing money to buy drugs, engage in school fights, lying
- Drop in attendance and performance in school
- Sudden mood swings and irritability
- Isolation and withdrawal
- Sudden change of friends
- Identifying with drug-related personalities and symbols

NOTE: Experiencing just one or two signs and symptoms does not mean that one is abusing drugs.

How to avoid drug and substance abuse

- Keep positive attitude
- Exercising regularly and nurturing of talents
- Spend time with loved ones
- Express your challenges
- Eat healthy
- Avoid conflicts with parents, teachers, peers and authority



If you need help on drug and substance abuse, talk to:

- Trained counselor
- Religious leaders
- Parents/guardians
- Teachers
- Trusted friends



11 Harmful Cultural Practices



Harmful cultural practices are behaviours and/or practices within communities which negatively affect the rights of adolescents.

Examples of harmful cultural practices include child labour, female circumcision also called Female Genital Mutilation (FGM) and child marriage.

Every adolescent has the right to be protected from all these harmful practices which affect their health and social wellbeing.

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Human rights are the basic rights and freedoms that belong to every person in the world, from birth until death e.g right to life, right to happiness, right to freedom

It's illegal and punishable by law in Kenya if found practicing such outdated cultures

Child labour



One day you will grow up to be an adult who will be able to work and get paid, yo!

Child labour is considered as work undertaken by children between the ages of 5 and 17 years for wages and prevents them from normal growth and development. As an adolescent, you need to be in school and focus on your studies.

While at home you need to assist doing some house chores given to you by your parents or guardians. If someone wants to take you away from school to give you work do not accept. Report them to your teachers, parent, guardian. If your parent sends you away to work so that they are paid do talk to your teacher.

You can call the toll free line 116 to report any case of child abuse.

What is FGM?

Female Genital Mutilation (FGM) refers to the removal of part or all of the female private part for non medical reasons. Girls who undergo FGM can be injured and lose a lot of blood, become sick with infection, have a risk of getting HIV and in future they may experience problems during child birth.

A girl does not have to undergo FGM to mark transition from childhood

into adulthood or to be admitted into the community.

Instead of undergoing FGM, girls can be taken through Alternative Rites of Passage to mark transition period to be trained about and to celebrate adolescence, puberty and



DID YOU KNOW?
That FGM can result to death

Child Marriage

Marriage before the age of 18 is illegal in Kenya. Marriage at the right time allows your body to grow and to complete your education.

For girls, if you get married as a child you will start giving birth early and may not be adequately prepared to face the challenges of bringing up children even as you grow and develop as an adolescent.

Child marriage is associated with dropping out of school, increased risk of HIV infection and Gender-Based Violence (GBV).

Addressing Harmful Cultural Practices

- Initiate discussions on harmful cultural practises with people in authority such as parents and teachers in order to find solutions that apply in your context

- Report any of these practises to local community leaders such as the chief or police (you can also call the toll-free lines 911, 1190, 1195 or 999)

Encourage your peers to educate others about harmful cultural practices

- Participate in alternative rites of passage that are made available by community programmes

- In some communities, the male circumcision event is a rite of passage into adulthood, but it does not mean that they should have sex right away

- After circumcision, adolescents are not ready to father children yet because they have not fully matured psychologically and emotionally.

12 Sexual and Gender-Based Violence



Gender-Based Violence (GBV) is any harmful act carried out to someone based on them being males or females. It includes physical, mental torture, sexual violence, verbal abuse and denying someone a necessity (deprivation).

What is defilement?

An act which causes penetration of a child's genital organs (private parts). A child is any one below the age of 18 years.



In most cases, the person doing the harmful act (perpetrator) is known to the survivor and could be a parent, care giver, sibling, close relative, friend, neighbor or domestic worker

What is RAPE?

It is the penetration of one person's genital organs into the genital organs of another person without their permission or where the permission is obtained by force, threats or intimidation of any kind.

The term rape is used for persons above 18 years and defilement is referred to persons below 18 years

Look out for the below as potential perpetrators

- Someone who touches you inappropriately (touching your private parts)
- Gives you money and gifts without any occasion
- Prefers to spend more time with you when adults are not around
- Offers to take adolescents for shopping or a walk when parents are not there
- Ignores when the adolescent doesn't want to be hugged or tickled
- Has a different special child he / she likes being with
- Doesn't respect your privacy in the toilet or bathroom
- Asks the adolescent to discuss about sexual issues
- Strangers on social media who are overly friendly

STOP



What to do in the event of defilement or rape

Tell a family member or someone else you trust who can be with you and help you

step 1

Do not wash or bath yourself

step 2

Do not change your clothes, if you change clothes, put them in a non plastic bag

step 3

Visit the nearest hospital where you will be examined by a nurse/clinical officer /doctor

step 4



You can also call these numbers at no cost (the call is free)

Care given after defilement or rape (post rape care)

This is care that is given to any person who has gone through any form of sexual violence. It is recommended to seek for medical care as soon as possible or within 72 hours for the following benefits:

- To prevent pregnancy
- To prevent infection of HIV/AIDS and STI's
- To ensure that evidence is

collected timely and preserved correctly

- To provide psychosocial support for the survivor
- To ensure the survivor gets immediate medical or surgical care.
- Help get justice

What to Expect at the Hospital

- You will be required to willingly give permission for care after defilement or rape
- There will be a physical examination and collection of samples of blood, urine, vaginal and anal fluids taken for laboratory tests.
- Treatment for physical injuries
- You will be given drugs for pain, prevention of HIV, pregnancy and STIs

- Collection of rape evidence for court
- Documents will be given to you/parent/care giver by the doctor which will need to be kept safely (Post Rape Care Forms and the P3 Forms)
- You maybe referred to lawyers, police and counsellors.
- Follow up appointments

13 Nutrition and Physical Activity

Growth during adolescence is faster than at any other time in a child's lifetime. Iron requirements also increase dramatically as a result of the increase in total blood volume, increase in body muscle and onset of menses in young females.

Healthy eating during adolescence is important as these body changes affect adolescents' nutritional and dietary needs. It is normal to have an increased appetite and it is okay to feel hungrier and eat more than how you are used to.

It is also important to have a balanced diet. This means your daily meals should include vitamins, proteins and carbohydrates. Eat at least three nutritious meals every day and two snacks

Additionally, because of loss of iron during menstruation, girls should ensure they eat iron rich food to prevent anaemia. Iron-rich foods include meat, fish, poultry, iron-fortified foods, legumes, fruits and dark green vegetables. Vitamin C (found in many fruits and vegetables) enhances the absorption of iron from plant food sources.



Benefits of good nutrition

- Helps in proper growth and development
- Ensures adequate normal bone development
- Helps in strengthening immunity
- Helps in prevention of lifestyle diseases such as diabetes, hypertension, arthritis among others
- Improves memory

i Take time to identify locally available foods and classify them into the nutritional requirements

Unhealthy eating habits

- Selecting food based mainly on availability, convenience and time, rather than food value
- Being influenced by peers, mass media, prevalent body image to guide food choice
- Poor eating habits due to low self-esteem and negative body image
- Missing meals and excessive snacking on foods that are not nutritious
- Choosing fast food joints over home prepared meals. These spoil the appetite for regular meals and are high on calories and low on nutrients.



DID YOU KNOW?

It is recommended to take 8 glasses of water per day

Physical activity



DID YOU KNOW?

It is advisable to be involved in physical activities at least three times a week

Physical activity will strengthen your immunity, builds their self-esteem, reduces symptoms of depression and improves social behaviour and learning.

It is advisable to be involved in physical activities at least three times a week. Take part in active play and other physically demanding

activities such as:

- dancing
- sporting activities (volleyball, football, basketball, swimming, walking and running etc)

This will help you to maintain a healthy body weight, and improve your fitness, body composition, muscle and skeletal fitness.

14 Life Skills

What are life skills?

Life skills are the abilities for adaptive and positive behavior that enable adolescents to deal effectively with the demands and challenges of everyday life.

Core life skill strategies and techniques



Self-awareness building skills

This involves being aware of one's emotions, likes and dislikes. It also involves viewing yourself as a worthy human being (self-esteem) and as such being confident in one's thoughts and actions which are essential tools for understanding one's strengths and weaknesses.

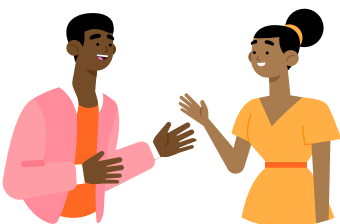
Critical thinking

Adolescents should be able evaluate the future consequences of their present actions and the actions of others. They need to be able to determine alternative solutions and to analyze the influence of their own values and the values of those around them.



Communication/interpersonal relationship skills

This skill includes verbal and non-verbal communication, active listening, and the ability to express feelings and give feedback. Adolescents should learn how to negotiate, and compromise or refuse when appropriate. These skills as well as assertiveness skills directly affect ones' ability to manage conflict.





Empathy

Is the ability to listen and understand others' needs. Teamwork, and the ability to cooperate include expressing respect for those around us, are part of empathy skills. Development of this skill set enables the adolescent to be accepted in society.

Problem solving

This skill, enables one to explore alternatives, weigh the good sides and bad sides of every situation and make good decisions in solving each problem or issue as it arises.



Coping and self-control skills

Refers to skills that help you to respond to your emotion in stressful situations and strengthen the belief that adolescents can make a difference in the world and affect change. It also refers to the ability to set goals as well as coping with stress, anxiety, anger, grief, loss, and trauma. Time management is also a key life skill to learn under self-management. Adolescents should also learn positive thinking and relaxation techniques.

Self-control is the ability to restrain an individual's desires, emotions and actions.

Planning

Being able to make good plans and to carry them out to meet your goals/purpose.



Career decisions

When deciding on a career, the adolescent should consider what skills they have in terms of academic skills, artistic skills, creative skills, musical skills. They should also consider what they love doing. Finally, they should also consider what can generate them a source of income in future.

Refer to the topic on Career Choices for more information



15 Social Media



Do you chat with your friends on WhatsApp?
You are in the social media space.

Common Social Media Platforms

While, there are many other Social Media platforms, some of the most popular platforms in Kenya include:



Facebook



Twitter



Instagram



Youtube



WhatsApp



Tik Tok



Snapchat

With every social media account you sign up for, every picture you post and status you update, you are sharing information about yourself with these social media platforms and the world. How can you make sure you and your information stay safe online? This Chapter on Social Media Guide provides some tips to help you safely explore the social media world.

As an adolescent, you are likely to interact with computers, phones, tablets and other electronic devices in your everyday life at home and in the school environment. With this, there are risks that have the potential to greatly affect you and your future.

To be on the safer side, consider these important tips

There is no 'Delete' button on the Internet.

- Think before you post, because even if you delete a post or picture from your profile only seconds after posting it, chances are someone still saw it.

Be mindful about sharing your location.

- Location or geo-tagging features on social networks is not the safest feature to activate. You could be telling a stalker exactly where to find you or telling a thief that you are not home.
- Connect only with people you trust.
- keep your connections to people you know and trust.

Keep certain things private from everyone.

- Certain information should be kept completely off your social networks. While it's fun to have everyone wish you a happy birthday, listing your date of birth with your full name and address exposes you to potential thieves.
- Other things to keep private includes sensitive pictures or information about friends and family. Just because you think something is funny does not mean you should

share it with the world.

Speak up if you're uncomfortable.

- If a friend posts something about you that makes you uncomfortable or you think is inappropriate, let him or her know.
- Respect other people and remove any posts that makes them become uncomfortable. Also, stay open minded if a friend approaches you because something you've posted makes him or her uncomfortable.
- People have different tolerances for how much the world knows about them, and it is important to respect those differences.

Think about your online reputation.

- Start early in building a positive online reputation. From the very first post you make on a new social



media platform, think about how it will impact on your image and personality and how to effectively create and maintain an online identity that strongly demonstrates integrity and maturity.

Don't hang out with the wrong crowd online.

- Resist accepting every friend and follower request that comes your way. Having a lot of followers isn't the status symbol some people make it out to be, and can just increase your risk of victimization.
- Giving strangers access to your personal information opens you up to potential problems. It's also true, though, that those who are most likely to take advantage of you will be those you've let into your life just a little bit (like allowing them to

friend or follow you)

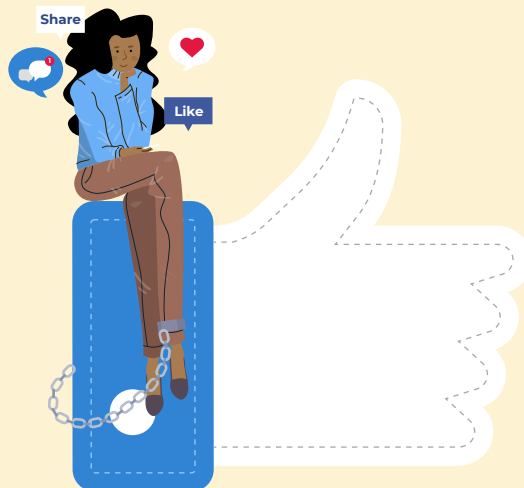
- Go through your friends and followers lists regularly and take the time to delete those you do not trust.

Don't hang out with the wrong crowd offline.

- You may be careful about your posting on social media. However, if you hang out with the wrong crowd, your friend may end up posting and tagging you.

Watch out what you share.

- It is important to be careful about what you share on social media platforms. Before sharing content created from other sources, be careful that it does not violate rules and regulations.



16 Career Choices



Which career would you like to pursue after your education?

When choosing a career, it is also important to consider your interests, abilities, skills, academic performance, personality traits, values, dreams and aspirations, gifts, natural talent and future ambitions.

Career: is an occupation or profession, especially one requiring education and special training

Talent: is an ability or strength that come naturally to an individual resulting from learning, development and disciplined practice

Career choice: is an ongoing lifelong process of making decisions that complement your personal attributes and help you to realize your basic life values

Factors influencing career choices

- Academic performance
- **Abilities and Talents:** abilities and talents may fit a particular career path which comes out as one of the earliest career development fields
- **Social and Economic Conditions:** All of our career choices take place within the context of society and the economy
- **Personality Type:** Understanding your Personality can help you select a career field that is a good fit for your personality make-up

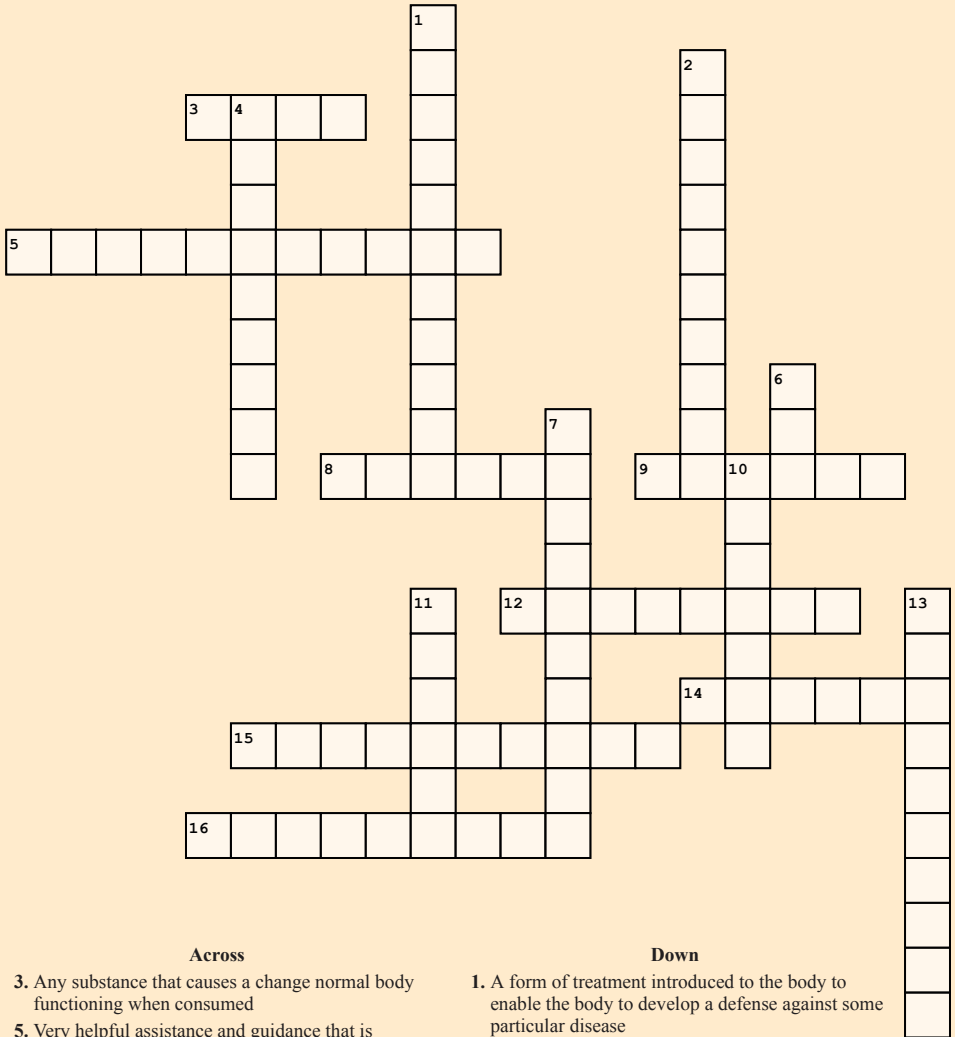
Career guidance and counseling is given to individuals to help them acquire the knowledge, information, and experience necessary to identify career options and narrow them down to make one career decision.



Who can offer career guidance;

- Career counselors
- Teachers • Siblings
- Parents/guardians

CROSSWORD PUZZLE



Across

3. Any substance that causes a change normal body functioning when consumed
5. Very helpful assistance and guidance that is provided by a professional in matters that affect someone mental state
8. Disease that causes abnormal and uncontrolled growth of cells
9. The abdominal pains that some girls experience during the periods
12. Making a choice between several options
14. A feeling of emotional or physical tension
15. A constant feeling of extreme hopelessness and loss of interest
16. When you are unable to stop engaging in a behavior or using a substance

Down

1. A form of treatment introduced to the body to enable the body to develop a defense against some particular disease
2. A person trained to give guidance on psychological or personal problems
4. The act of not accepting or pushing someone away
6. An abbreviation that means the act of Female Genital Mutilation. An illegal action according to the law
7. Area of specialization
10. The feeling of fear of what is about to come
11. Natural ability
13. A conscious decision to stay away or to avoid from sex.

List of contributors

County ASRH /RH coordinators

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11. Alice Sipidayo Kholbokha (Marsabit)
12. Catherine W. Gachanja (Murang'a)
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14. Edward Mumbo (Kwale)

Adolescents

Bungoma County

1. Nkhumicha Waswa (17yrs)
2. Schemith Achieng (17yrs)
3. Melvin Nyongesa (17yrs)
4. Stella Simiyu (17yrs)
5. Stacy Kavulani (17yrs)
6. Shoune Amunga (17yrs)
7. Riziki Hillary (17yrs)
8. Jeniffer Tumaini (17yrs)
9. Maureen Kemundo (17yrs)

Isiolo County

1. Galgalo Halake (16yrs)
2. Shukri Diba (15yrs)
3. Casmir Eewoi (15yrs)
4. Agga Abdinasir (16yrs)
5. Verrarosa Ebongon (13yrs)
6. Maria Elailor (13yrs)
7. Fatuma Abdi (16yrs)
8. Jackline Wangechi (14yrs)

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Nairobi county

1. Vanessa Mokeira (17yrs)
2. Talia Wanjiru (16yrs)
3. Jewel Santa (10yrs)
4. Joseph Gweth (17yrs)
5. Rose Ng'wono (17yrs)
6. Levin thuo murage
7. Mitchell brown
8. Angel Talia
9. Eddy Ngaruiya
10. Randy odhiambo
11. Mitchele Pendo
12. Miguela Pambo

Kisumu county

1. Kimberly achieng (10yrs)
2. Zainalo shaban (13yrs)
3. Hazdoline Atieno (14yrs)
4. Abdul Biko (14yrs)
5. Salwa Akinyi (14yrs)
6. John Brian Onyango (12yrs)
7. Cedrick Erocho (17yrs)
8. Benedict Omondi (13yrs)
9. Robinson Kamazu (11yrs)

Kisii county

1. Irene Nyakoi (11yrs)
2. Margaret Maubi (14yrs)
3. Jerusha Keuku (16yrs)
4. Bridgit Isaboke (15yrs)
5. Julius M Matai (13yrs)
6. Paul Moindi (11yrs)
7. Glen Mokuia (15yrs)
8. Angela Ondari (16yrs)
9. Angela Kwamboka
10. Nixon ogega
11. Oigoro Emmanuel Nyamweya
12. Peter O. Mangesa
13. Glenn mokuia

Machakos County

1. Bridget ngusye Mukuma
2. Davis Kimanzi
3. Stacey Nthamba
4. Brian Mutua
5. Patricia Ngati
6. Philomena muthoka

Murang'a County

1. Dennis Kinuthia
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REPUBLIC OF KENYA



Ministry of Health



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