



You Asked...We Answered!

Answers to Questions on HIV and AIDS Asked By Youth in Southern Africa!

**HIV AND AIDS:
LET'S TALK ABOUT SEX!**

PART(ii)

SafAIDS

A Series Compiled by
Southern Africa HIV/AIDS
Information Dissemination Service



Copyright 2004

Southern Africa HIV/AIDS Information Dissemination Service (SAfAIDS)

You Asked...We Answered!

Answers to Questions on HIV/AIDS Asked By Youth in Southern Africa!

Part (ii)

HIV AND AIDS: LETS TALK ABOUT SEX!

A Series Compiled by Southern Africa HIV/AIDS Information Dissemination Service with support from the Netherlands Embassy, Department of International Development UK (DFID), Swedish International Development Agency(SIDA), Humanistic Institute for Cooperation with Development Countries (HIVOS), and Development Cooperation Ireland.

ISBN : 0 - 7974 - 2827 - 5

Acknowledgements

The youth question and answer series was put together by Karen Myllynen with technical support from SAfAIDS. The content of this book was generated from questions asked by young people from Namibia, Lesotho, Mozambique and Malawi. Valuable comments at pretesting came from young people from Mutasa Rural District, Ellis Robins Boys and Malbereign Girls High schools in Zimbabwe. Acknowledgements go to Joel Chikware for the pictures.

SAfAIDS acknowledges the support from its funding partners who include the Netherlands Embassy, Department of International Development UK (DFID), Swedish International Development Agency (SIDA), Humanistic Institute for Cooperation with Development Countries (HIVOS) and Development Cooperation Ireland.

- 4



- 

4

- 



- 



- ## CONDOMS

- ## PREGNANCY

- ## PARENT-TO-CHILD TRANSMISSION

- ## SUMMARY

OUR BODIES

1. What does my body look like “inside”?

Our bodies are amazing pieces of “machinery”! Once you have an idea of how complex and delicate your reproductive “machinery” is, you will appreciate how important it is to protect your sexual health.

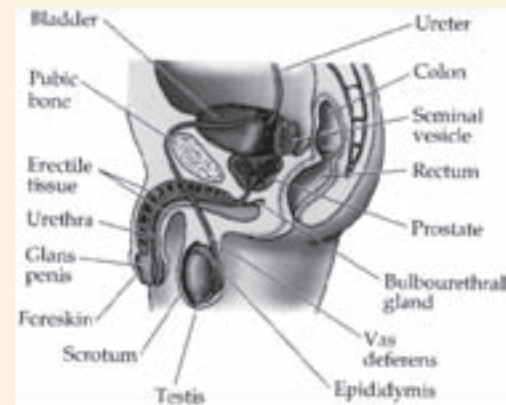
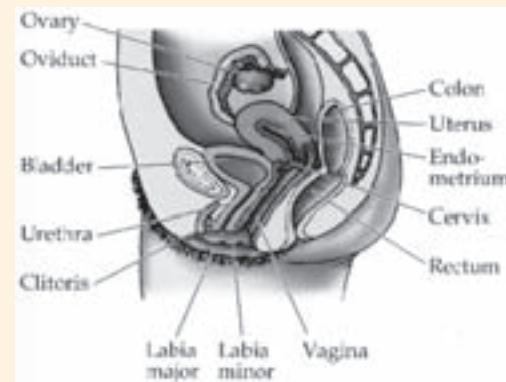
Below are diagrams of the male and female reproductive systems. Did you know that this is what you look like inside?

The Female Reproductive System; Some Fast Facts:

- Ovaries are involved in the production of egg cells.
- The vagina is where the penis is inserted during intercourse and receives sperm
- The uterus is where babies grow after conception
- Sperms swim through the vagina, uterus, and fallopian tubes (oviduct) to fertilise the female egg

The Male Reproductive System; Some Fast Facts:

- Sperm is produced by the testes
- Sperm is stored in the epididymis
- Sperm is delivered to the urethra through the vas deferens



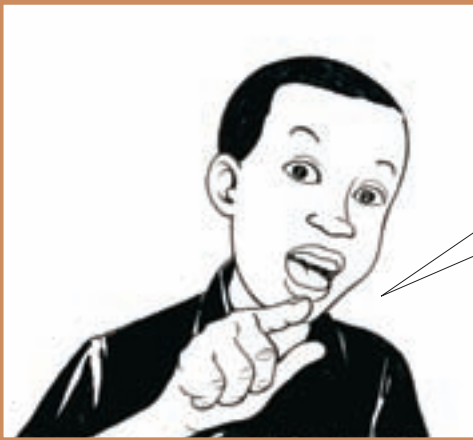
- Seminal fluid (the fluid that carries sperm) is produced by the seminal vesicles, bulbourethral gland and prostate gland

These diagrams certainly won't show you everything you need to know about your reproductive organs. Ask your local health practitioner for more information about your “reproductive sex cycle” and you'll be sure to learn a lot!

ABSTINENCE / SEXUAL INTERCOURSE


1. I am in love and I want to have sex. Why should I wait?

This is a question that you ultimately need to answer yourself! You may not believe it now, but there are a lot of things that can go along with sex that put you and the people you love at risk. Before you have sex, think of ALL the things that go along with it and ask yourself again if you are ready.



Sex doesn't come with
“no strings attached”...are
you prepared to handle all
of these things?

- **Pregnancy**...What will your parents/community think? Are you ready to be a parent?
- **STIs**...Herpes, gonorrhea, HIV...are you protected?
- **Discontinued Education**...What profession are you interested in? Pregnancy, STIs and stress that can come with sex could jeopardise your dreams!
- **Financial Burden**...Do you have enough money to care for a baby or pay for medication required if you contract HIV?
- **Lost Love**...Do you want to put your future life partner at risk with an STI or HIV infection you contract now? How will you explain to him/her that you could infect them from having had unprotected sex?



In making your decision it is important to weigh the benefits of delaying sex until you are older against the possible disadvantages of having sex early, with many partners and out of marriage (extramarital sex).

Whether you think having sex young or before marriage is wrong or not depends on your:

- Personal values
- Family values
- Religious principles and teachings

LOVE

1. Is it natural and normal to have sex with someone I love?

As you grow up, you will notice physical and emotional changes taking place inside of you. You will begin to develop feelings of attraction for your peers, particularly feelings of love and sex. As a man you will get erections and have wet dreams, as a woman you will feel wetness in your vagina and swelling of your breasts. All these feelings are normal and natural and they are the feelings that lead to wanting to have sex.

Just because you have these feelings or physical reactions, it does not mean that you must have sex. Whether you have sex or not is your choice. You can control your desire to have sex until you are sure you are ready!



If you choose to have sex for any other reason other than expressing love (for gifts, money, while you are drunk or high) it is not healthy and you are at risk both mentally and physically!

Having sex is only ONE way of expressing sexual feelings! There are many other ways of showing love and expressing sexual feelings and releasing sexual energy.

**You don't need to have sex
sex to express your love. You can...
write love letters**

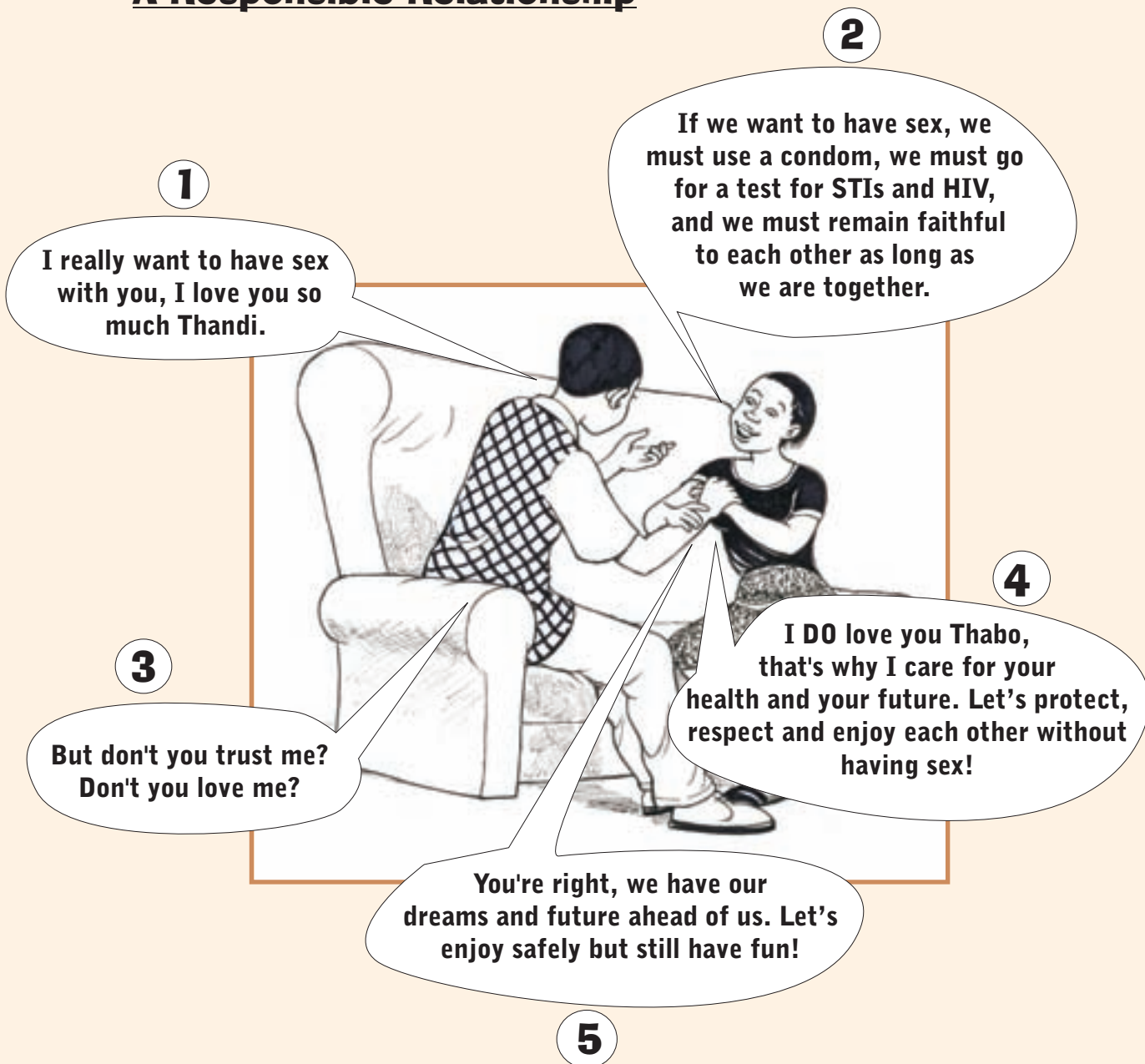
- **Help each other with schoolwork**
- **Go to movies, the park, site-seeing**
- **Play games, sports, share hobbies**
- **Chat with each other on the phone**
 - **Hold hands and hug**
 - **Kiss and caress each other**
 - **Masturbate**

2. What is a “responsible relationship”?

A responsible relationship is one in which:

- A boy and girl respect each other.
- A boy and girl share true feelings of love, not selfish or conditional love.
- A boy and girl spend time getting to know each another's character and personality, becoming familiar with each other's likes and dislikes; FRIENDSHIP FIRST!
- Their families know about their relationship.
- A girl knows when to say 'no'.
- A boy respects a girl who says NO and stops asking for sex!

A Responsible Relationship



MASTURBATION

1. What is masturbation, do women masturbate too?

Masturbation is when a man or a woman touch and rub their sex organs until they feel sexual excitement and at times even reach orgasm. They can do this to themselves in private or a “partner” can do it for them.

Yes, a woman can masturbate! A woman can softly rub her own clitoris until she feels sexual excitement. A woman can find her own ways of bringing herself sexual relief when she is alone. Women also have orgasms when having sex and do feel the excitement and enjoyment which sex offers to men.

2. Is masturbation wrong?

Masturbation is a normal part of sexual development for many (but not all) youth. Basically, you are normal if you masturbate and normal if you don't.

Masturbation does not have any negative effects on your physical or mental health.

If you masturbate, you will NOT:

- Grow hair on your palms.
- Go crazy.
- Become infertile.
- Become weak and fail to perform to your partner's satisfaction when you do begin having sex.

If you feel the need to have sex, and cannot distract your thoughts after much trying, a safe way of coping with those sexual feelings is to masturbate.

CONTRACEPTION

1. What is “safer sex”?

Safer sex is when:

- You don't take a risk of getting pregnant.
- You don't take a risk of contracting an STI.
- You don't take a risk of becoming HIV infected.

You can practise safer sex by:

- 1) Using a condom correctly each and every time you have sex.
- 2) Not penetrating during sex, but instead kiss, caress, masturbate, or just hold each other.


2. What is a contraceptive?

A contraceptive is a method or appliance used to prevent a woman from getting pregnant during sexual intercourse. Contraceptives are the responsibility of both women and men who decide to have sex. It is important to note that just because you are using a “contraceptive”, it does not mean you are protecting yourself against STIs including HIV! In other words, “contraceptive” is a term that by definition only applies to preventing pregnancy.

Look at the list of contraceptive types on the next page and see if you can notice any patterns.

TYPE	USE	ANTI HIV	ADVANTAGES	DISADVANTAGES
Male Condom	Rubber sheath worn on erect penis that prevents semen from entering the partner's body.	Y E S	Low cost, reliable one of the ONLY contraceptives that protects against both pregnancy and STIs like HIV!	Not 100% safe if not used correctly and consistently. Some say condom use interrupts "spontaneity" during sex.
Female Condom	"Polyurethane" sheath worn inside the woman during sex	Y E S	Same as male condom and gives women the chance to choose to be protected from STIs!	
The Pill	The contraceptive pill taken by women that prevents egg being fertilised by sperm.	N O	If taken properly, the pill can be up to 99.5% effective against pregnancy.	No protection from STIs like HIV. Some believe the pill makes people think they don't have to practise "safer sex" and protect themselves from HIV with a condom.
IUDs (Intra - Uterine Device)	Special type of plastic or copper device that is placed in the woman's uterus to prevent pregnancy.	N O	IUDs are an effective means of preventing pregnancy.	Pain and increased risk of infection in the Fallopian Tubes. IUDs provide no protection from HIV and are not recommended for women under 25 who have not had children.

TYPE	USE	ANTI HIV	ADVANTAGES	DISADVANTAGES
Injections and Implants	Chemical substances implanted/injected into a woman's body to prevent pregnancy.	N O	Effective means of contraception.	No protection from STIs, can cause a delay in the return of normal periods and fertility once you stop using them.
Tubal Ligation Or "Tube tie"	Fallopian tubes are cut and sealed preventing eggs from reaching the uterus.	N O	Permanent form of contraception (99% effective!) Allows men to take responsibility for contraception.	No protection from STIs, and have a low success rate if they want to be reversed
Withdrawal	Man withdraws his penis and ejaculates outside of the vagina	N O	Few advantages when used alone, but provides extra protection against pregnancy when used with a condom.	Reduces sexual pleasure for both partners, is unreliable, messy, risks pregnancy and STI infection
Rhythm Method	Women calculate days when they are most likely to get pregnant and abstain on those days.	N O	Costs nothing and is easily accessible.	
Abstinence or "non-penetrative sex". Sexual stimulation without penetration (eg kissing, cuddling, mutual masturbation).	Sexual stimulation without penetration (eg kissing, cuddling, mutual masturbation).	Y E S	No cost, and provides 100% effectiveness against pregnancy and STIs.	Abstinence may cause stress or anxiety in a relationship if both partners are not in agreement.



Did you notice that **ONLY TWO** of the methods of contraception listed will protect you from STIs including HIV? Do you know which ones they are?

Another point you may have noticed is that **abstinence** is the only **100% effective** means of contraception and preventing HIV infection!

3. What is the best contraceptive to use?

Like many of the other questions explored in this booklet, the answer to this question depends on YOU and what you are advised by your doctor or nurse. As we learned from the table above, ABSTINENCE is the only 100% effective way of protecting yourself from pregnancy and HIV infection. So, abstinence is the best contraceptive of all!

But, if you are already having sex, or planning to have sex, the CONDOM is the best method of contraception for people who are sexually active. If used properly, the condom protects both you and your partner from STIs, HIV and pregnancy.

CONDOMS

1. If there are so many different kinds of contraception, why does everyone always talk about condoms?

A condom is more important than any other contraceptive for sexually active people because of its ability to prevent the passage of STI infection and HIV virus from one person to another as well as prevent pregnancy.

**Did you know that there are two types of condoms?
There is a male condom
AND a female condom!**



2. Male Condom:

The male condom is made of latex. It should be put on a man's penis when it is fully erect (hard). The decision on who should put the condom on can be decided between you and your partner. Both of you can be part of buying the condom when planning to have sex and putting on once the penis is erect during foreplay. Do not store condoms where there is light or warmth underneath heavy objects.

Five Steps To Putting On a Condom...CORRECTLY!

STEP 1: Check the expiry date on the packet. Open the condom carefully. Do not use your teeth or something sharp.



STEP 3: Make sure that there is no air in the tip and that there is space for the semen by squeezing the tip of the condom

when inserting it - otherwise it might break!
Now you are ready to have sex.

STEP 2: Make sure the condom is the right way round. Hold the end of the condom to let air out. Roll it all the way down the erect penis.



STEP 4: Once used do not touch the condom use a tissue paper to remove it from the penis. Tie it near the top. Wrap the condom in paper or a tissue for disposal.



STEP 5: Destroy or throw away somewhere safe where children will not find it. Don't use the condom again! One round, one condom.

3. Female Condom:

A female condom is a sheath or pouch about 15 cm long, made of a plastic called 'polyurethane'. It is thin, flexible and loose fitting. Women wear it during sex to prevent pregnancies and protect them and their partners from STI and HIV infection. The condom lines the entire vagina and at each end there is a flexible ring. At the closed end of the sheath the flexible ring is inserted into the vagina to hold it in place. The ring on the other end stays outside the vulva and entrance to the vagina. It acts as a guide during penetration and prevents the condom from bunching up inside the vagina during sex. It is the same length as the male condom, but just wider. The female condom allows women more responsibility and flexibility to protect themselves and not only rely on men for protection from HIV and STIs.

If a girl is comfortable using a tampon, they can easily use a female condom.



How to Insert the Female Condom:

STEP 1: HOLD RING

Hold and squeeze inner ring.



STEP 3: PUSH UP

Condom should not be twisted!



STEP 2: INSERT

Insert the condom as far as it will go.



STEP 4: DURING SEX

Guide penis inside condom.



STEP 5: REMOVAL

Squeeze and twist outer ring, pull out and discard in a pit latrine, Blair toilet, or burn. Do not re-use the condom!



Remember a condom...

- Must be immediately removed after sex and tied up and thrown away in a garbage basin or burnt .
- Must be stored in a cool place and not exposed to heat or left in the sun.
- ...CANNOT be replaced by a plastic or a balloon!
- Must be checked for expiry dates before being used.
- Must NOT have any vaseline or lubricant applied on it.

4 . What happens when condoms are too small to fit the penis?


The average condom will fit most penises. Once it is erect, it is very rare that a penis is too small or too big for a condom to fit. If you are very concerned about this, discuss it with your local pharmacist, doctor, or condom supplier and try a different type of condom that is more comfortable.

Useless Excuses...

- "I don't have a condom now"
- "I want you now please"
- "Condoms don't work"
- "I hate the way a condom feels"
- "If you really loved me you wouldn't say no"
- " I love you and only you"
- "I'm on the pill, you don't need a condom"

5. Do HIV positive partners need to use condoms when having sex?

YES, HIV +ve partners should still use condoms! Remember, condoms don't just protect you from HIV, but from all other sexually transmitted infections and pregnancy! They can also protect you from reinfection with HIV if you are already HIV positive.



There are many different strains of HIV, and unprotected sex can increase HIV positive people's "viral load", which increases their likelihood of developing AIDS. For more information on viral load, go to Part I of the 'You Asked...We Answered' Series titled HIV and AIDS: GET THE FACTS!, or ask your local health professional.

6. Is it possible to use both the female and male condom at the same time for extra protection?

NO! Using two condoms at once will cause friction that may cause both condoms to tear! If you want to be extra careful, you can use another form of contraception in addition to condoms (like birth control + a condom). But remember, using two (male or female) condoms at once is as good as using none at all!

PREGNANCY

1. Can a girl fall pregnant on the first sexual encounter or by having sex only once?

Yes, a girl can get pregnant even if she has sex only once. This is provided she is not on any contraceptive or a condom was not used during sex. The number of times a girl has sex does not influence how easily she becomes pregnant. The likelihood of her getting pregnant is also dependent on her menstrual cycle at the time she has sex. If she is ovulating, she has a higher chance of getting pregnant. Young girls do not always have a regular menstrual cycle, making it more difficult to know when she is fertile.

2. What are some problems experienced by girls who become pregnant too early?



Complications in childbirth and unsafe abortion are among the main causes of death among pregnant women under 20. Other factors more common among young girls that put them at risk to complications during pregnancy include poverty, malnutrition, lack of education and lack of access to prenatal and emergency medical care.

I don't have to worry about falling pregnant when I'm young, I can just have an abortion can't I?

3. What is an abortion?

An abortion is when a growing baby is expelled from a woman's womb, ending the pregnancy. This can happen naturally (often called "miscarriage" or "spontaneous abortion") or can be induced (a woman chooses to terminate her pregnancy).

4. What are the dangers of abortion?

It is important to remember that it is VERY dangerous to let an untrained person perform an induced abortion or try doing it yourself. Women who try to perform abortions themselves have a higher chance of causing infection of their sexual organs, loss of fertility and injuring themselves permanently, even dying.

PARENT TO CHILD TRANSMISSION

1. How can a mother infect her baby with HIV?

“Parent to child transmission” is when HIV infection is passed from an HIV positive mother to her baby during pregnancy, childbirth or while breastfeeding. When the viral load of the mother is very high, there is a higher chance of her passing it on to her baby. Some people call this mother to child transmission and others call it parent to child transmission. Both parents are responsible for HIV infection of their children. Men can pass the HIV virus to their babies by first infecting their partners!

It is important to understand that not all HIV positive mothers pass the virus onto their babies. Some babies born to HIV positive mothers are not infected with the virus.

There are higher chances of a mother infecting her baby while pregnant if:

- She gets infected with HIV during her pregnancy.
- She is already infected and continues to have sex without using a condom during her pregnancy (that increases her viral load).
- She is already showing signs of AIDS when she gets pregnant

2. How can couples that are HIV positive prevent passing the virus on to their babies?

Couples who are HIV positive can prevent passing the virus onto their babies by having the mother take drugs such as Nevirapine, which are being made available to prevent parent-to-child transmission. Such drugs are becoming more and more available in southern Africa, so if you are pregnant and think you may be HIV positive, ask your doctor about HIV treatment and how you can get it!

What is Exclusive Breastfeeding?

Exclusive breastfeeding is when a mother:

- Gives only breast milk to her baby, and nothing else!.
- Does not mix her breast milk with any solids, fluids or water.
- Breastfeeds like this up to 4-6 months.
- Stops breastfeeding completely at 4-6 months, and changes to substitutes.

During the first six months of life, breastfeeding is very important for protecting the baby from infection. But it is also the time when majority of HIV transmissions associated with breastfeeding take place. The mother can choose between two methods of reducing chances of infecting her baby. These are:

1. Exclusive breastfeeding.

2. Replacement feeding which is replacing breast milk with infant formula and no breastfeeding at all. This may not be acceptable or affordable by many mothers.

SUMMARY



Those were your questions about your bodies, sex, love and condoms...did we answer all of them? Believe it or not, we hope your answer is: "No! I still have more questions!". There are so many issues related to these topics that it would take a thousand versions of 'Let's Talk About Sex' to cover them all!

The important question now is: What do you still want to ask? Write these questions down now on a piece of paper and ask your friends, your teachers, your doctor, anyone who you feel comfortable with. As you search for answers, check off each question as it is answered and add on new

questions as you go. You will be amazed how much there is to know about sex, love and HIV, and surprised at how many other people share your questions!

If you don't know who in your community will be able to provide you with the answers you need, or where to go to talk privately about issues on sex, your HIV status, and how you can protect your sexual reproductive health, go to the next part of the 'You Asked... We Answered' Series titled HIV and AIDS: How Can I Make A Difference? or contact us at:

SafAIDS

17 Beveridge Road, Avondale
Harare, Zimbabwe
PO Box A509, Avondale, Harare
Telephone: (263-4) 336193/4, 307898
Fax: (263-4) 336195
Email: info@safaids.org.zw
Website: www.safaids.org.zw

Whether or not you have sex, how you protect yourself, if you make it to adulthood HIV negative...it's all up to you! What do you choose?

RESOURCE LIST

NAMIBIA

Catholic AIDS Action (CAA)
21 Jan Jonker Road
Klein, Windhoek
P.O.Box 11525
Windhoek
Namibia
264-61-237513/5
info@caa.org.na

Katutura Youth Enterprise
Centre
Cnr of City & Kampala Street
Wanaheda
P.O.Box 5167
Windhoek
Namibia
264-61-272670/246127
kayec@mweb.co.na

ZIMBABWE

Youth Alive Zimbabwe
37 Trail Road
Mount Pleasant
Harare
263-4-301581
yazim@youthalivezimbabwe.co.zw

Fact Mutare Youth Programme
12 Robert Mugabe Way
P.O.Box 970
Mutare
Zimbabwe
263-20-61648- 67493
enquiries@fact.org.zw

LESOTHO

Care Lesotho
Off Consortium Road
Behind Victoria Hotel
Maseru 100
266-22-314398
mmoleli@care.org.ls

Lesotho Planned Parenthood
Association
LPPA House
Pope John Paul II Road
Maseru
Lesotho
266-22-313645

SOUTH AFRICA

Soul City for Health &
Development Communication
P.O.Box 1290
Houghton 2041
Johannesburg
South Africa
27-11-6435852
Fax: 27-11-643-6253
Email: soulcity@soulcity.org.za

Loveline
P.O.Box 45
Parklands 2121
Johannesburg
South Africa
27-11-7716800/ 1
Email: talk@lovelife.org.za

RESOURCE LIST

MALAWI

Youth Alive Malawi
4/149 Onions
P.O.Box 1530
Lilongwe
Malawi
265-8-321689

National Aids Commission
P.O.Box 30622
Lilongwe 3
Malawi
265-1-771424
265-9-268874

NAMIBIA

Catholic AIDS Action (CAA)
21 Jan Jonker Road
Klein, Windhoek
P.O.Box 11525
Windhoek
Namibia
264-61-237513/5
info@caa.org.na

Katutura Youth Enterprise
Centre
Cnr of City & Kampala Street
Wanaheda
P.O.Box 5167
Windhoek
Namibia
264-61-272670/246127
kayec@mweb.co.na

ZAMBIA

Planned Parenthood Association
of Zambia
Racheal Lumpa Clinic
(off Church Road, Opposite
Fairview Hotel)
Lusaka
P.O.Box 3221
Lusaka
Zambia
260-254728

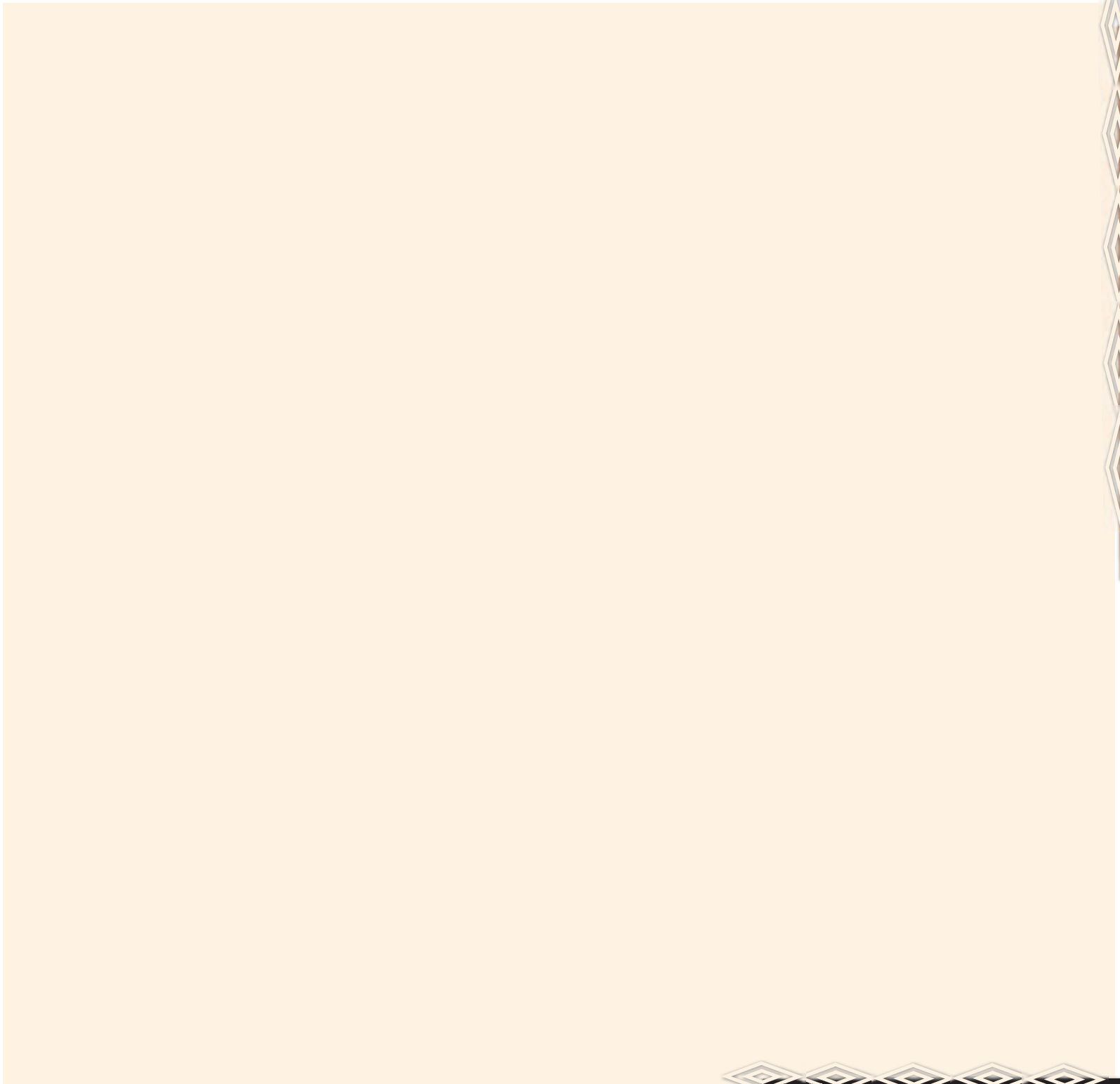
Youth Alive Association of
Zambia (YAAZ)
P.O. Box 33752
Lusaka
Zambia
Plot 6085, Chituli Road
Northmead
Lusaka
Zambia
260-1-293559/ 260-1-290654
yaz@zamnet.zm

MOZAMBIQUE

Care International - Mozambique
Av.Martires da Mueda,556
P.O.Box 4657
Maputo
Mozambique
258-1-492064/5/6/492628
carem@caremoz.uem.mz

AMODEFA
Av. Da Tanzania n 376
Caixa Postal n 1535
Maputo
Mozambique
258-1-405109/49
Informe@amodefa.org.mz





Who is this booklet for?

The "You Asked...We Answered!" series of booklets has been primarily designed for youth like YOU!! It is to help you answer some of the many questions and fears you may have about your bodies, sex, love, HIV and AIDS. In fact, a young person somewhere in Southern Africa has asked SAfAIDS each question you see in this booklet! As you read through this booklet, keep asking yourself: Are the answers what you expected them to be? Do you have more questions that have not been answered?



Admitting you need help in solving the problems you have about sex is the right thing to do!

What's in Part (ii) of the "You Asked...We Answered' Series?

In Part I of the 'You Asked...We Answered' Series, we looked at some of your questions related to the basic facts on HIV & AIDS. Now, we want to answer your questions surrounding the most common method of HIV transmission sex! Because so many questions in this booklet cover "touchy subjects", we suggest reading this part of the series with someone you are close to (A parent, an aunt or uncle, your best friend...).

You will probably find that you have very different viewpoints on the topics discussed than your peers, and that is OK. It is important that you take pride in the way you feel about your body & sexuality, and how you choose to protect it. As you will see, the youth involved in creating this booklet had the courage to be honest about the questions they had about sex and love. Can you be as real with yourself?

If you are a peer educator or youth leader in your community, this booklet could be very useful for you in your activities. You are encouraged to share this booklet with as many of your family members, friends, peers and community members as you can.