

# Good Things for Young People

Reproductive Health Education  
for Primary Schools

## Teacher's Resource Book

written by:

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MkV is the acronym for the MEMA kwa Vijana project; a collaborative adolescent sexual and reproductive health trial that was jointly undertaken by the Tanzanian Ministries of Health and Education, the Tanzania National Institute for Medical Research (NIMR), the African Medical and Research Foundation (AMREF), and the London School of Hygiene & Tropical Medicine (LSHTM).

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# Preface [DRAFT PAGE ONLY]

Research has shown that young people, especially young girls, are at increasing risk of being infected with HIV. We must now recognize that many young people start to engage in sexual activities at a young age, and often have many different sexual partners. They are therefore at risk of getting HIV, sexually transmitted diseases, and unplanned pregnancies.

The Ministry of Education and Culture has given priority to AIDS education for primary school pupils in Standard 5-7. The current syllabuses for science include AIDS and sexually transmitted disease prevention as a part of the education on reproductive health. This Teacher's Resource Book has been developed to supplement information already contained in a series of 3 books that have been developed for Standards 5-7.

There is a lot of evidence showing that improving knowledge alone is not enough to change young people's behaviour and reduce their risk. Young people need life skills to avoid temptation, and to help them have the strength to make good decisions when under pressure. Therefore, this book brings together many different teaching techniques to improve life skills, such as story telling, flipchart pictures, competitions, dramas, simulations and role-plays to create an exciting and stimulating learning environment.

The Ministry of Education and Culture believes that this education is a critical tool in helping young people avoid sexually transmitted diseases, AIDS and unplanned pregnancies, and also to guide them towards safer and better behaviour.

This education will be conducted in classrooms and in school playing areas. This Teacher's Resource Book has been developed in a language that pupils can understand easily, using tools and examples drawn from their own environment. It has been extensively tested and revised in the light of more than three years experience in 62 primary schools in Mwanza Region. We are confident that, when used with the Teacher's Resource Book and other Ministry of Education-approved materials, it will provide teachers with the guidance and tools that they need to improve the knowledge and to provide the skills for our primary school pupils to reduce their future risks of HIV, other sexually transmitted diseases, and unplanned pregnancies.

It is our hope that this Teacher's Resource Book will provide a valuable resource for sexual and reproductive health education of young people in Tanzania and beyond.

XXX  
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# Acknowledgements

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The AMREF team developed, implemented and monitored use of the teachers' guides as a central part of a broader adolescent reproductive health intervention. The core team (the authors) was assisted by several youth intervention facilitators, namely, Anthony Magadulla, Racheal Alex, Joseph Charles, Franklin Kabumbire, Emmanuel Mrita, John Enos, Prisca Methusela, Mkama Mwijarubi, Salma Jabir, Yasin Ali, Gaudencia Byontamanyire, and teachers attached to the project, namely, Neema Msumba and Susan Mataba.

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Last but not least, our thanks go to Hawa Shambe who carefully typed different editions of the teacher's guides and Marco Tibasima, Goodluck Mashalla and Andrew Maganga who were involved in drawing the beautiful illustrations.

# Introduction

This Teacher's Resource Book is the result of research conducted by the MEMA kwa Vijana Project in 10 wards located in 4 districts in Mwanza region, Tanzania. It has been specifically developed for use in teaching Standard 5-7 in primary schools across Tanzania.

Phase 1 of the MEMA kwa Vijana Project has been a five-year (1997-2002) research and development project of the Government of Tanzania - led by the Ministry of Health, the Ministry of Education and Culture, and the National AIDS Control Programme. It has received support from the European Commission, Ireland Aid, the UK Medical Research Council, UNAIDS, and the UK Department for International Development. Implementation is by a collaborative team involving the African Medical & Research Foundation (AMREF), the Tanzanian National Institute for Medical Research (NIMR), and the London School of Hygiene and Tropical Medicine (LSHTM), with the two Ministries mentioned earlier.

MEMA kwa Vijana can be loosely translated as "Good Things for Young People", but MEMA also stands for Mpango wa Elimu na Maadili ya Afya or "Programme of Behavioural and Ethical Education for Health."

Research conducted in Mwanza Region and elsewhere in Africa has shown that the incidence of sexually transmitted diseases, HIV, and unwanted pregnancies are high, especially amongst adolescents. Young people are starting to have sex at an early age and they have little knowledge of HIV, sexually transmitted diseases, pregnancy, and how they relate to their health.

Statistics indicate that, on average, one out of every group of 10 adults in Tanzania, one has already been infected with HIV. In addition, out of every 6 young people between the ages of 15 and 19, one currently has another sexually transmitted infection, which increases their risk of becoming infected with HIV.

The goals of this reproductive health education programme are to help young people:

- understand the changes that their bodies go through during puberty;
- resist harmful peer pressure;
- delay their first experience of sex;
- understand AIDS and sexually transmitted diseases and know how they can be avoided;
- avoid unintended pregnancies;
- detect the symptoms of sexually transmitted diseases; and
- understand the importance of getting early treatment in order to avoid the long-term effects of these diseases.

Teaching about reproductive health is very difficult in the best of circumstances. Pupils and teachers have to overcome their fears and cultural taboos to talk openly about sexual matters. This Teacher's Resource Book supplements the information contained in the Teacher's Guides for Standard 5-7 to enable teachers to be better prepared to answer questions that may not be covered in the main text. It is critical for pupils to have accurate information if they are to make better and safer decisions about their sexual and reproductive health.

This Teacher's Resource Book has been developed for teachers' use after they have received training, without the need for additional teaching aids or books. However, this Resource Book has also been written in a simple manner and it should be fairly easy for teachers who have not received a specific training to use in the classroom.

We recognize that pupils learn better if they and their teachers are interested and actively involved in the learning. We encourage teachers to be lively and animated in the classroom to help young people learn well. This will increase pupils' desire to learn and will bring the lessons to life.

At the end of this Resource Book, we have included a small section on how teachers can gain access to additional resources should they be required. We greatly encourage teachers to explore this option and to make the teaching of sexual and reproductive health exciting. The future of our children depends on how well informed they are about such matters.

# Chapter 1

## Signs and Symptoms of Sexually Transmitted Diseases

There are many kinds of sexually transmitted diseases. Many of these can cause long-term health problems if they are not treated properly and in time. In the list below, you will find the names for these diseases and the scientific names of the organisms that cause them, their symptoms and the health problems that may occur if the disease is not treated properly or promptly. If you do not know some of the names that are given for the reproductive organs, please look at Session 5 in the Standard 6 Teacher's Guide, and Flipcharts 8-14.

### 1. Gonorrhoea

*(Neisseria gonorrhoeae)*

*Symptoms in women:*

- Pus discharge from genitals (“private parts”).
- Pain when urinating.
- Pain/cramps in the lower abdomen, below the belly button.
- Pain during sexual intercourse.
- **It is possible to have no symptoms at all.**

*Possible problems if not treated properly:*

- Long-term pain in the lower abdomen, below the belly button.
- Swollen labia, due to swelling of Bartholin's gland.
- Blocked fallopian tubes which can lead to infertility.
- An ectopic pregnancy (when the fertilized egg attaches itself to the wall of the fallopian tube, rather than to the uterus). If the ectopic pregnancy ruptures, this leads to bleeding into the abdomen, which can cause the death of both the mother and foetus.
- A pregnant mother infected with gonorrhoea may infect her baby's eyes when giving birth, thus causing the baby to become blind if the baby does not get proper treatment.
- A woman may give birth to children with physical disabilities.

*Symptoms in men:*

- Pus discharge from the penis.
- Pain when urinating.

*Possible problems if not treated properly:*

- Blocked urinary passage (this is a very dangerous condition and extremely painful).
- Swollen scrotum.
- Infertility.

### 2. Chlamydia

*(Chlamydia trachomatis)*

*Symptoms in women:*

- Cloudy discharge from the vagina..
- Pain when urinating.
- Pain in the lower abdomen, below the belly button.
- Pain while having sexual intercourse.
- **It is possible to have no symptoms at all.**

*Possible problems if not treated properly:*

- Long-term pain in the lower abdomen, under the belly button.
- Blocked fallopian tubes, which can lead to infertility.
- An ectopic pregnancy (the fertilized egg attaches itself to the wall of the fallopian tube, rather than to the uterus). If the ectopic pregnancy ruptures, this leads to bleeding into the abdomen, which can cause the death of both the mother and foetus.
- A pregnant mother infected with chlamydia may infect her baby's eyes when giving birth, thus causing the baby to become blind if the baby does not get proper treatment.
- A woman may give birth to children with physical disabilities.

*Symptoms in men:*

- Cloudy discharge from the penis;
- Pain when urinating;

*Possible problems if not treated properly:*

- Blocked urinary passage (this is a very dangerous condition and extremely painful).
- Swollen scrotum;
- Infertility.

***Men and women who are infected with chlamydia often have no symptoms at all.***

### 3. Chancroid

*(Haemophilus ducreyi)*

*Symptoms in women and men:*

- Painful pus-filled sore or sores on genitals ("private parts").

*Possible problems if either men or women are not treated properly:*

- Swollen and painful lymph nodes in the groin.
- In addition, for men, it may cause the penis to rot and appear to be eaten away.

### 4. Syphilis

*(Treponema pallidum)*

*Symptoms in women and men:*

- Primary syphilis: Sore(s) on the genitals (“private parts”) (usually on the penis or cervix), or on the anus, mouth or nose that is not painful and does not discharge any pus. The sore disappears after a few days without any treatment.
- Secondary syphilis: After 1 to 6 months, other symptoms can appear. These can include a skin rash over the entire body, swollen lymph nodes, and a painful white sore on the genitals (“private parts”) or on the anus.
- Tertiary syphilis: 1-10 years after the appearance of the first sore, syphilis damages the heart, brain and nerves.

*Possible problems if women are not treated properly:*

- Miscarriages, giving birth to premature babies, birth of children with disabilities/birth defects, or death of fetuses in the womb (stillbirths).

*Possible problems if either women or men are not treated properly:*

- The heart, brain, bones and nerves may be permanently damaged.

## 5. Lymphogranuloma venereum (Buboe)

*(Chlamydia trachomatis)*

*Symptoms in women:*

- Often there are no symptoms.
- Rarely there can be back pain or pain in the lower abdomen below the belly button.
- Rarely there can be extremely painful lymph nodes in the groin, and very small sores on the genitals.

*Symptoms in men:*

- Swollen and extremely painful lymph nodes in the groin, and very small sores on the genitals.

*Possible problems for women and men if not treated properly:*

- Small holes and breaks in the perineum (skin close to the genitals).
- Blocked lymphatic vessels, which can lead to dramatically swollen genitals (“private parts”) and/or legs (elephantiasis).
- Burst lymph nodes in the groin, which lead to one or more sore(s) that takes a long time to heal, and can leave large scars on the groin(s).

## 6. Genital Herpes

(*Herpes Simplex Virus – Type 2*, often shortened to HSV-2)

*Symptoms in women and men:*

- Very small growths on the genitals (“private parts”) that do not have pus in them, but are itchy and painful. They may cause fever, headaches, and pain while urinating.
- A baby may be infected during childbirth if the mother is infected.
- Symptoms tend to recur from time to time.

***There is no cure for this infection, but the severity of the symptoms can be reduced through use of certain anti-viral medicines.***

## 7. Trichomoniasis

(*Trichomonas vaginalis*)

*Symptoms in women:*

- Cloudy, yellow-green discharge from the vagina; the discharge is frothy (full of bubbles) and has a bad smell.
- Itchiness and irritation of the genitals (“private parts”).
- Pain while urinating and during sexual intercourse.
- The symptoms sometimes worsen during or immediately after menstruation.

*Possible problems for women if not treated properly:*

- Swelling of the labia.
- Frequent and painful urination.

*Symptoms in men:*

- It may cause a cloudy discharge from the penis.
- Pain and irritation when urinating.
- Often there are no symptoms at all.

*Possible problems for men if not treated properly:*

- Inflammation of the head of the penis, prostate glands ( a gland that is inside the man at the base of the scrotum) and the vas deferens (spermatic cord).

## 8. Genital Warts

(*Human Papilloma Virus*, often shortened to HPV)

*Symptoms in women and men:*

- Hard growths (warts) on and around the genital (“private parts”). Normally, these growths are not painful, however they may sometimes be painful during sex. The growths may go away and come again from time to time.

*For women and men if not treated properly:*

- Cancer of the cervix for women and cancer of the penis for men.

## 9. Candidiasis (sometimes called “fungus”)

(*Candida albicans*)

- This is not a sexually transmitted disease, but we have mentioned it here because it can affect the genitals. It is a health condition that often affects women, especially women who are pregnant, using antibiotics, or those who have an illness that reduces the body’s defences against infections (immunity), such as AIDS or Tuberculosis.

*Symptoms in women:*

- Curd-like white discharge (similar to milk that has spoiled) from the vagina. This causes itchiness and irritation of the genitals (“private parts”). The discharge may also cause small scars and result in swelling and pain.

*For women if not treated properly:*

- Swelling of the labia.
- Pain during urination.

*For men if not treated properly:*

- Inflammation of the head of the penis.

# Chapter 2

## Family Planning Methods

There are many family planning methods that can be offered by specialized health workers. A client should be informed of all the options and counselled on the method that is most appropriate for his/her health before choosing one with the health care worker.

The following information summarises the commonest family planning methods, their particular advantages, and the potential problems they can cause.

### 1. Male Condoms

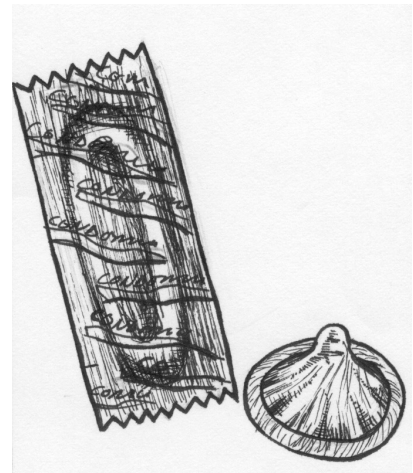
A male condom is made of rubber (latex). A man wears it on his penis to prevent pregnancy and HIV or sexually transmitted disease transmission. See Chapter 3 for detailed information about how to use male condoms.

#### Who can use male condoms:

- Any man.

#### Advantages

- Prevents sexually transmitted diseases and HIV.
- Allows the man to participate in family planning.
- Relatively easily available, either from shops or from hospitals, health centres and dispensaries.
- Does not require anyone to get special tests by a doctor before its use.
- Does not have biological side effects.



#### Potential Problems

- You must use a new condom every time you have sex.
- Can burst, if not used properly.
- May take time and practice for a man to be comfortable using them.
- Some men may experience itchiness or irritation of their penis when they use a condom.

## 2. Female Condoms

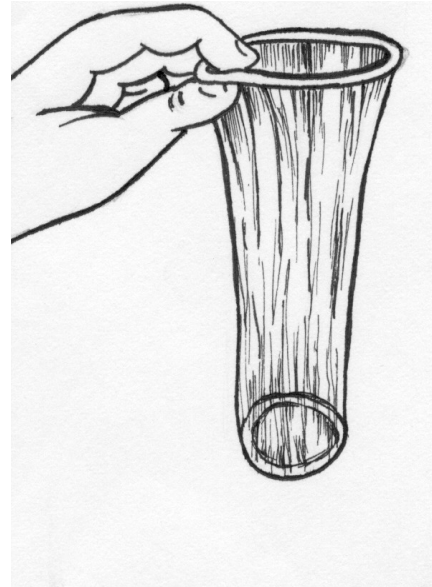
A female condom is made of plastic. A woman can place it inside her vagina to prevent pregnancy or HIV or sexually transmitted disease transmission. See Chapter 4 for more detailed information about how to use female condoms.

### Who can use female condoms:

- Any woman.

### Advantages

- Prevents sexually transmitted diseases and HIV when used properly.
- Can be used even if the man with whom a woman is having sex does not like to wear a condom or does not want to prevent pregnancy (though the condom does show outside the vagina if there is light in the room).
- Relatively easily available either from shops or from hospitals, health centres and dispensaries.
- Does not require anyone to get special tests by a doctor before its use.
- Does not have biological side effects.
- Can be inserted (put into the vagina) up to 6 hours before having sex.



### Potential Problems

- Must use a new condom every time you want to have sex.

## 3. Contraceptive Pills

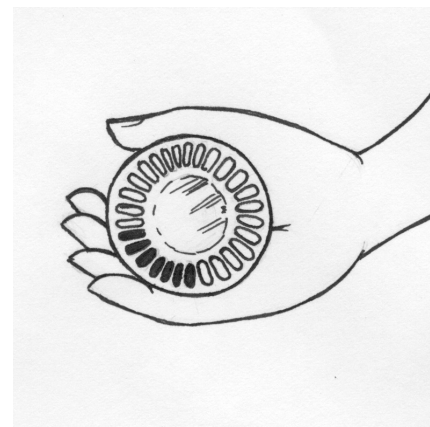
These are special pills that a woman can swallow every day to avoid pregnancy. These are not the same as pills used for illnesses like malaria. It is best to consult a doctor before deciding to take any kind of contraceptive (family planning) pill.

### Who can use contraceptive pills:

- Women.

### Who should not use contraceptive pills:

- Women who are pregnant.
- Women who have recurrent headaches.
- Women with high blood pressure.
- Women with breast cancer.
- Women who smoke cigarettes.



- Women with liver problems.
- Women over the age of 35 years.

#### **Advantages**

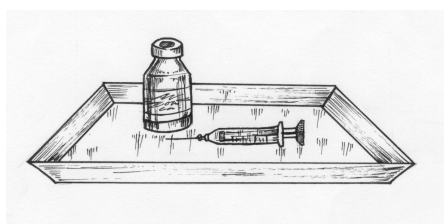
- Makes menstrual cycles more regular.
- Reduces severe pain/cramps in the lower abdomen during menstruation.
- Work well to prevent pregnancy if used properly.

#### **Potential Problems**

- **Contraceptive pills do not protect against HIV/AIDS and other sexually transmitted diseases.**
- Some women may experience headaches, nausea and vomiting, or weight gain/loss.
- The woman must remember to take her contraceptive pill every day and always at the same time. If she forgets to take a pill, even just on one day, she may be in danger of becoming pregnant.
- A small number of women develop more serious complications, such as blood clots in the veins in their legs, especially if they had some of the health problems listed above under, “Who should not use contraceptive pills”, but still took them.

## **4. Depo-Provera Injections**

These are special injections that work in a similar way as contraceptive pills. However, unlike the pills, women do not have to take contraceptive injections every day, instead, they only need an injection once per month.



#### **Who can use contraceptive injections:**

- Women who may forget to take pills.
- Other women who do not have the conditions listed below.

#### **Who should not use contraceptive injections:**

- Women who are pregnant.
- Women who see blood clots throughout their menstrual cycle.
- Women who have epilepsy or have ever had a stroke.

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