



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



# SEXUAL AND REPRODUCTIVE HEALTH HEALTHY LIFESTYLE MONTH

## MESSAGE BOOKLET 2020

**THEME:**

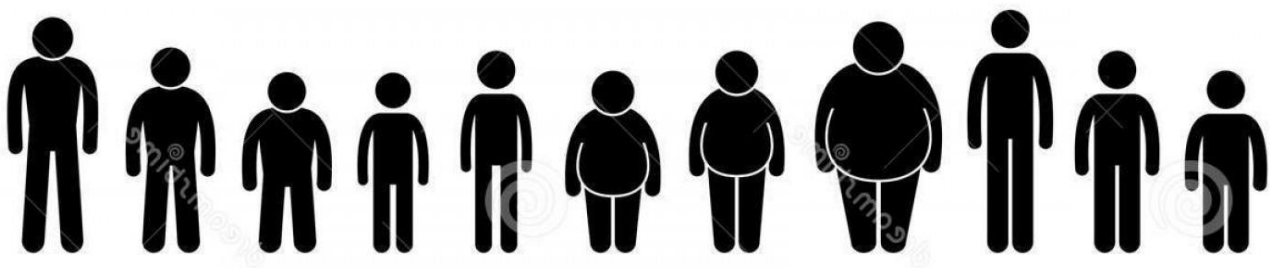
**Cheka Impilo**

**Have peace of mind**

# SEXUAL AND REPRODUCTIVE HEALTH AND HEALTHY LIFESTYLE MONTH

February is a Sexual and Reproductive Health and Healthy Lifestyle Month. The awareness weeks and days that are incorporated in the month of February are as follows:

4 February	World Cancer Day
10-16 February	Pregnancy Awareness Week
10-16 February	STI/Condom Week
21 February	Healthy Lifestyle Awareness Day



# Contraception and Family Planning

## FAMILY PLANNING

Steps you can take to avoid getting pregnant can also protect you from HIV



**Always use a condom, even if you are using other contraceptive methods. This is called Dual Protection.**

### CONTRACEPTION AND FAMILY PLANNING

It is important that family planning is widely available and easily accessible to anyone who is sexually active, including adolescents. Family planning enables people to make informed choices about their sexual and reproductive health. Family planning reduces the risk of unintended pregnancies among women living with HIV, resulting in fewer infected babies and orphans. In addition, male and female condoms provide dual protection against unintended pregnancies and against STIs including HIV. A woman's ability to choose if and when to become pregnant has a direct impact on her health and well-being. Family planning allows spacing of pregnancies and can delay pregnancies in young women at increased risk of health problems and death from early childbearing. It prevents unintended pregnancies, including those of older women who face increased.

# Contraception and Family Planning

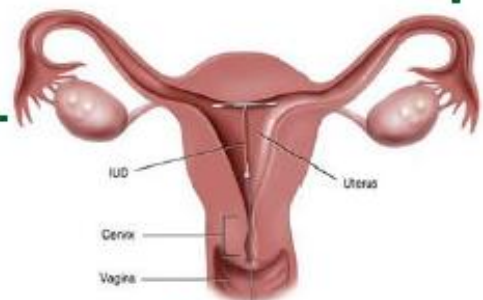


## My Responsibility, My Choice, Our Future

Use dual protection to prevent HIV, STIs and pregnancy

### Intrauterine device (copper-releasing IUD)

The copper IUD (intrauterine device) is a T-shaped plastic and metal device that is put into the uterus by a health worker. If you have an STI, an IUD can cause infertility.



**I Choose Dual Protection**

# Contraception and Family Planning

## Combined Oral Contraceptives (COCs)

The Combined **Oral Contraceptives** is convenient and reliable if taken by mouth correctly every day at the same time.



**I Choose Dual Protection**

## Injections - Contraceptives

Facts you should know about long-acting injectables:

This form of contraception is a shot of the hormone progestin. Women with HIV and women who are taking ARVs can use long-acting injectables safely and effectively to prevent pregnancy.



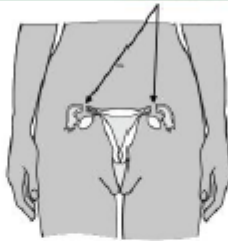
**I Choose Dual Protection**

# Contraception and Family Planning

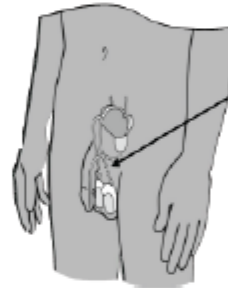
## Male and Female Sterilisation

**Sterilisation** is a small operation that can be done on a man or woman. After this, the man or woman can no longer have babies. It is very hard to reverse this operation if you want a baby later.

**Female Sterilization:**  
Tubes blocked or cut here



**Vasectomy:**  
Tubes cut here



**I Choose Dual Protection**

## Implants - Contraceptives

Hormonal implants are small, thin, flexible plastic rods, about the size of a matchstick inserted under the skin by a health care provider, and can be removed at a later stage. Implants are effective for a period of three years.



**I Choose Dual Protection**

# Contraception and Family Planning

## Emergency Contraception (EC)

Emergency contraception is the method to prevent pregnancy after unplanned, unsafe sex.  
EC is effective only if you use it within 5 days (120 hours) after sex.



**I Choose Dual Protection**

### *Morning after Pill*

Should only be used as emergency pill. It is not healthy to use it again and again. It must be taken between 72-120 hours (3-5 days) after you had unprotected sex (sex without a condom)

## Reproductive Health Awareness

If you do have sex, use **DUAL PROTECTION**

Even if you or your partner is using another type of contraceptive, you must also use a condom every time you have sex to reduce the risk of both of you for HIV and most other STIs,



Pills

or



Injection

or

or



Implant

or



IUDC

**Condoms**

### Remember!

- Use a condom and contraceptive.
- Condoms must be used correctly and used every time you have sex.
- Sometimes you or your partner might not know if one of you has an STI.
- Accidents happen!



## WHAT DO YOU DO IF YOU OR SOMEONE YOU KNOW WAS RAPED?

You need to get medical help as soon as you can. If possible, you should go to the hospital, medico-legal clinic or Thuthuzela Care Centres (TCCs) within 72 hours (3 days) of the rape.

You will receive an HIV test and if you test negative, you will be given medication to help prevent you from being infected with HIV. This medication is called PEP, which stands for 'post-exposure prophylaxis'. You will have to take these pills every day for 28 days. You will be given medication to prevent you from falling pregnant - emergency contraception. Both of these medicines are free in public hospitals and clinics.

The doctor or nurse will also ask you questions about what happened. Try to be as honest as you can. It's okay if you don't remember. The clinic will do some tests to get evidence for the police to find the abuser but this does not mean that you have to open a case at the police station. Remember, you do not need to open a case to get medical care after a rape. Do not shower or wash after the rape and take any clothes you were wearing with to the clinic so they can find evidence they need.

If your friend was raped, just listen. Do not judge him/her, give them time and remind them that nothing they do will ever make rape their fault.

**RAPE IS NEVER THE VICTIMS FAULT!** When a girl has been raped, people often ask what she was wearing. They say that if she looked sexy then she was "asking" to be raped because men can't control themselves. That is not true! A girl has the right to dress as she chooses. Men can choose to control themselves.



# Contraception and Family Planning



## WHAT WILL HAPPEN WHEN YOU GET TO A TCC AFTER RAPE?

- A nurse or site coordinator will make you feel welcome.
- She will explain the medical examination, what needs to be done, and what they need for evidence of the rape.
- You will be asked sign a consent form to give the doctor your permission to examine you.
- A nurse will be in the examination room with you.
- After the medical examination, you can bath or shower.
- They may give you clean clothes. You may decide to take some with you to the TCC.



**Sexual assault is a crime. It is never your fault.**

- An investigation officer will interview you and take your statement. You do not have to charge the rapist straightaway – or ever – if that is your choice. You must still be given the services at a TCC even if you do not press charges.
- A social worker or nurse will offer you counselling.
- You will get a follow up appointment and treatment and medication for sexually transmitted infections (STIs), including HIV, and pregnancy prevention. You may also be asked if you are prepared to have an HIV test.



- They will give you a referral letter, or they will make an appointment for you to get more counselling.
- They will give you a lift home if you need it.
- The TCC will arrange for you to stay at a place of safety if you need and want this.
- If you go decide to press charges against the alleged rapist, you can consult with a special lawyer before the case goes to court.
- A victim assistant officer will help you prepare for court.
- A case manager will explain the trial process to you.

