

# Training Session 3: Safe Sex and Reliable Family Planning

Teen Parent Peer Counselor Training  
Enhanced Well Child Care Program

# Don't Share Germs, Wash your hands!

Wash your hands:

- After you use the toilet
- After changing child's diaper
- Before you eat
- Before breastfeeding
- Before and after taking care of a sick person
- If they are dirty!



# How to Wash Your Hands Good!





# EBOLA VIRUS



EBOLA IS A DEADLY VIRUS. IT SPREADS QUICKLY AND KILLS!

## HOW TO PREVENT IT FROM SPREADING



**1** AVOID PHYSICAL CONTACT WITH PEOPLE SHOWING SIGNS AND SYMPTOMS SUCH AS CONTINUOUS HIGH FEVER, RED EYES, VOMITING AND STOMACH ACHE.



**2** WASH YOUR HANDS REGULARLY WITH SOAP AND CLEAN WATER



**3** DO NOT SHAKE HANDS WITH PERSONS SHOWING SIGNS OF EBOLA



**4** KEEP AWAY FROM BATS, MONKEYS, BABOONS AND DEAD ANIMALS



**5** AVOID EATING BUSH MEAT COOK ALL FOOD VERY WELL

# Don't Share Germs: Safe Sex

- Know the person
- Are they having sex with other people?
- Do they use a condom raincoat?
- Are they having a bad smell or discharge from their genitals?
- If you have these symptoms, get treated for STD right away.



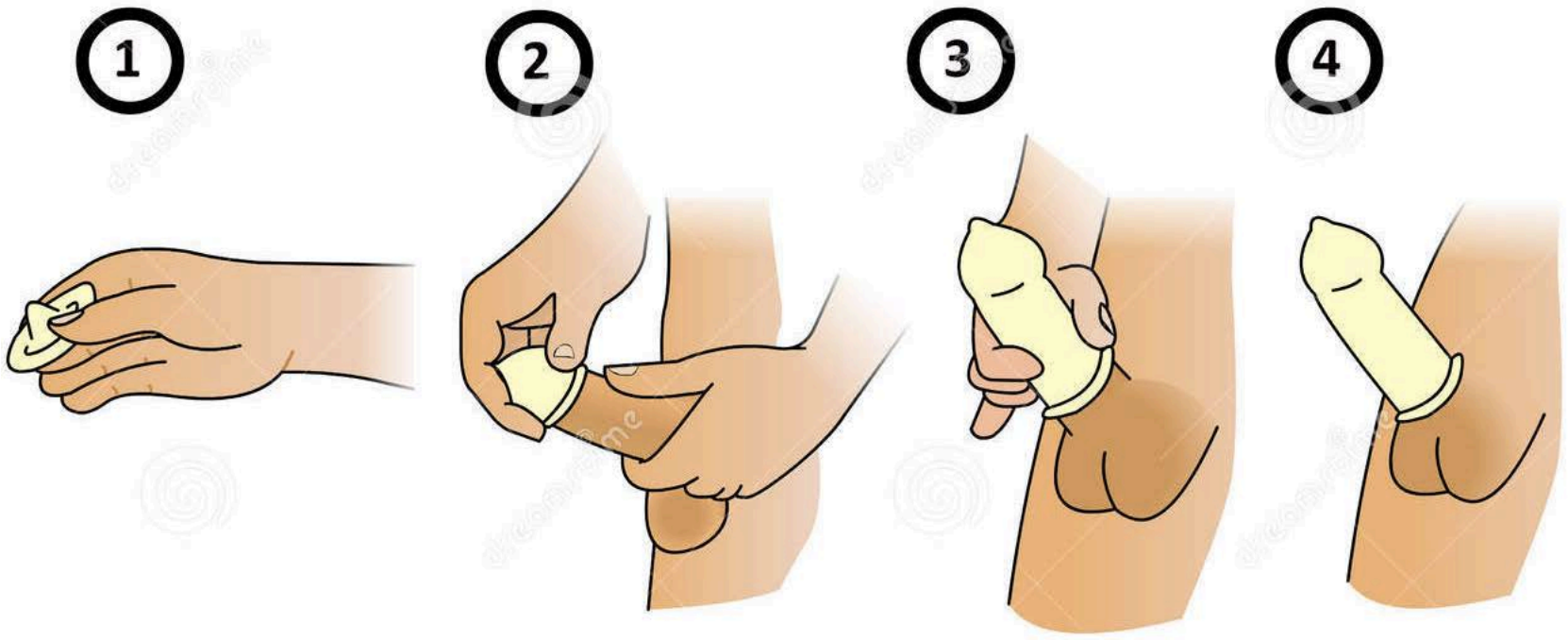
# What sickness can you get from sex?

- Gonorrhoea
- Chlamydia
- Herpes
- Warts
- Syphilis
- HIV
- Ebola
- Discharge from penis or vagina
- Sores on genitals
- Can spread to body and cause infection in abdomen, swollen joints, can harm brain
- Cancer of Cervix
- Infertility
- Death

# How to Use a Condom



- Put on when penis hard
- Hold onto it as draw penis out of woman
- Roll it up and throw away into a garbage can
- Wash you hands good
- If condom breaks inside woman, clean good with soap and water



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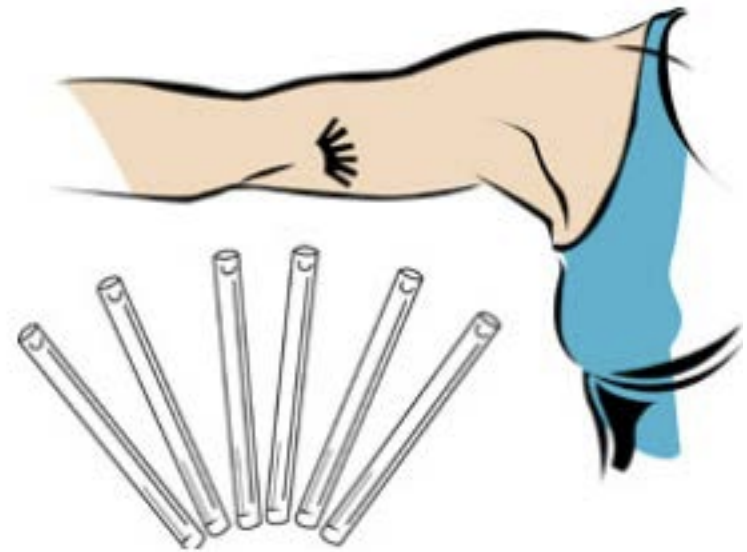
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# Reliable Family Planning

- Injections every 3 mos
- Implant: good for 5 years



# Does Using a Family Planning Method Keep you from getting an STD?

- How do you keep from getting STDs?

# What do you think are the Benefits of Spacing Children?

- Time for parents to go back to school
- If wait to have a second child, can have a job and support the family
- Woman has time to build her body back up again
- What are other benefits?

# Domestic Violence



# Domestic Violence Hurts Everyone

- Men and boys don't learn how to control their anger
- When people hit, they let anger take over their minds
- Hurts the children
- Families split



# What Can You Do To Stop Domestic Violence?

- Stop fights when you see them
- Men take the men aside and talk to them.
- Don't drink alcohol
- If woman is getting hurt again and again, tell her about safe places to go
- Help them find counseling
- Raise your children to use their minds and talk to resolve fights
- Don't hit your child...that only teaches your child to hit
- When you see children fighting, break it up. Ask them to each say how they feel and to listen to each other.