

PUBERTY

Puberty is a time of great change in your life

Hormones cause changes in the way your body looks and works. They also cause changes in the way you think and feel

Menstruation is one of the big changes that happens for girls. Be prepared for your period by carrying a tampon, pad or cloth with you at all times

Puberty can be confusing. Different people go through puberty at different times and it affects everyone in different ways

Love YOURSELF!
Wanting to be someone else is a waste of the person you are

YOUR
FUTURE
STARTS
NOW

TEENAGE PREGNANCY

TEENAGE PREGNANCY IS NOT A GOOD IDEA!

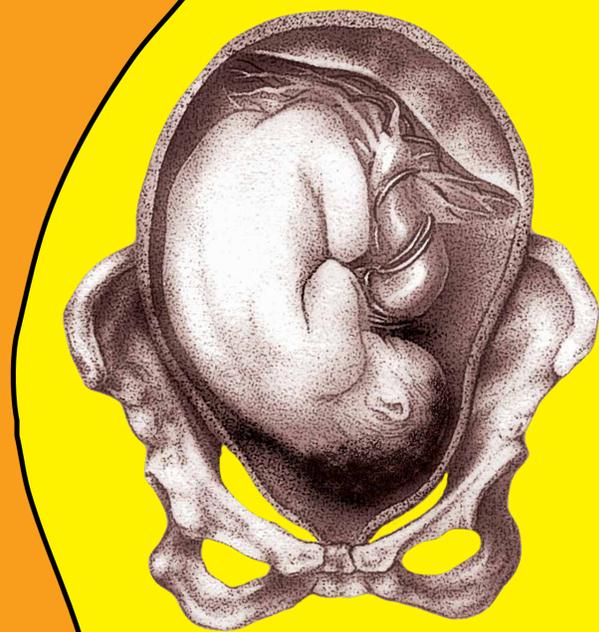
WHY?

- » It interrupts schooling
- » It changes plans for the future
- » A teenage body is not ready for pregnancy
- » There are health risks for a pregnant teenager and her unborn baby

If you think you may be pregnant, have pregnancy and HIV tests at the clinic as soon as possible. Don't give up on your education!

PREVENT PREGNANCY: abstain from sex, or use contraception

YOUR FUTURE STARTS NOW



CONTRACEPTION

If you have sex you can get pregnant. You could also get a Sexually Transmitted Infection (STI)

NO SEX is the best protection from pregnancy and STIs

Contraceptives prevent pregnancy. Some also protect from STIs

If you decide to have sex, plan ahead and ask a health worker for advice about contraception

Learn how to use contraception correctly

Always use a condom **PLUS** another type of contraceptive (dual protection)

YOUR FUTURE STARTS NOW

DUAL PROTECTION MEANS USING ONE OF THESE

The male condom



The female condom



PLUS

ONE OF THESE
Sub-dermal implant



The injection



The pill



For emergencies only

The 'morning-after' pill



SEXUALLY TRANSMITTED INFECTIONS INCLUDING HIV

Sexually Transmitted Infections (STIs) are sicknesses that are spread through having unprotected sex with an infected person

HIV is an STI

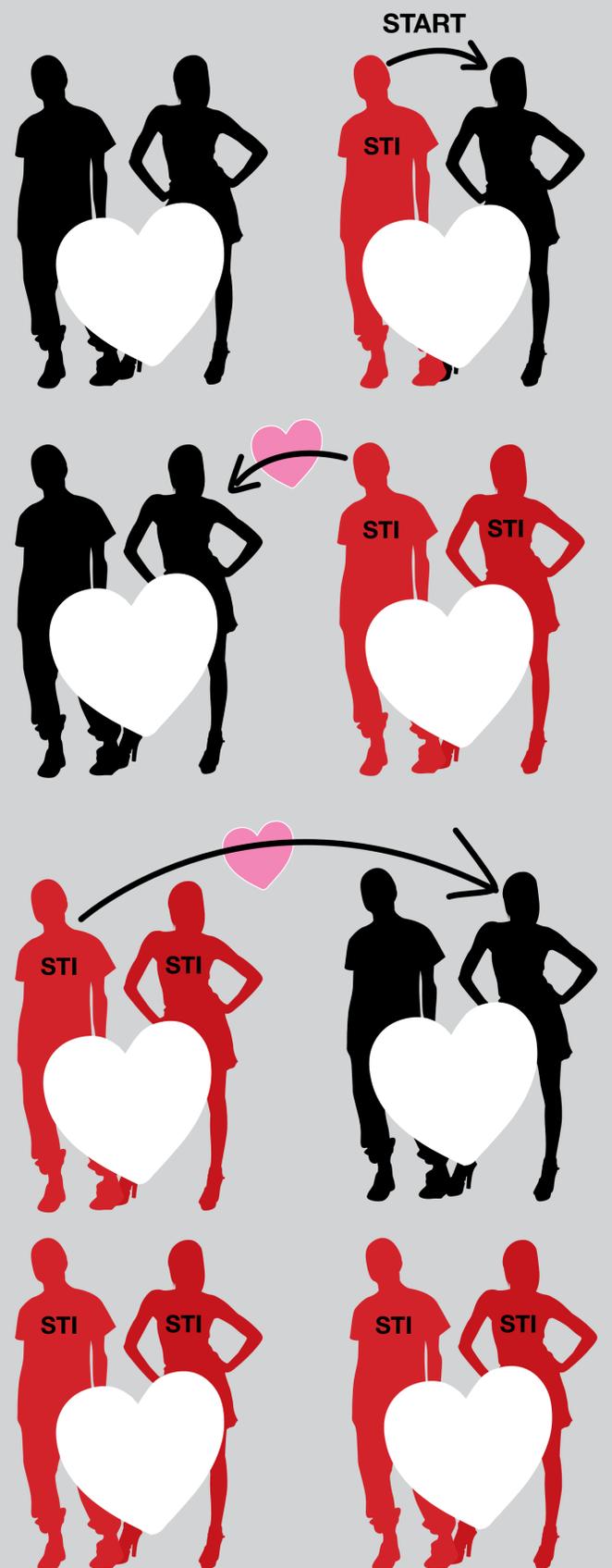
Untreated STIs can make you sick and make you vulnerable to HIV

If you have had unprotected sex, get tested for STIs including HIV

If you have an STI, both you and your partner must go to the clinic for treatment

STAY SAFE from STIs: abstain from sex or use a condom every time you have sex!

YOUR FUTURE STARTS NOW



HIV COUNSELLING & TESTING (HCT)

Know your status: Take the HIV test

One in every 10 people in SA is living with HIV

HIV is mainly spread through sex

Having unprotected sex increases your risk of getting HIV

Females have a higher chance of getting HIV than males

If you are having sex you should get tested every year so that you know your status

Get treatment. People living with HIV can stay healthy for many years

You have the right to confidential advice and treatment

Take care of your sexual health

YOUR FUTURE STARTS NOW



**AIDS HELPLINE: 0800 012 322
LOVELIFE: 0800 121 900**