



ERASMUS + VET STRATEGIC PARTNERSHIP IENE 8 - EMPOWERING MIGRANT AND REFUGEE FAMILIES WITH PARENTING SKILLS

Bite sized Learning Tool no. 2.4.

TITLE OF THE TOOL - SEXUAL AND REPRODUCTIVE HEALTH & TECHNICAL SKILLS

(AGES 12-18 YEARS OLD)

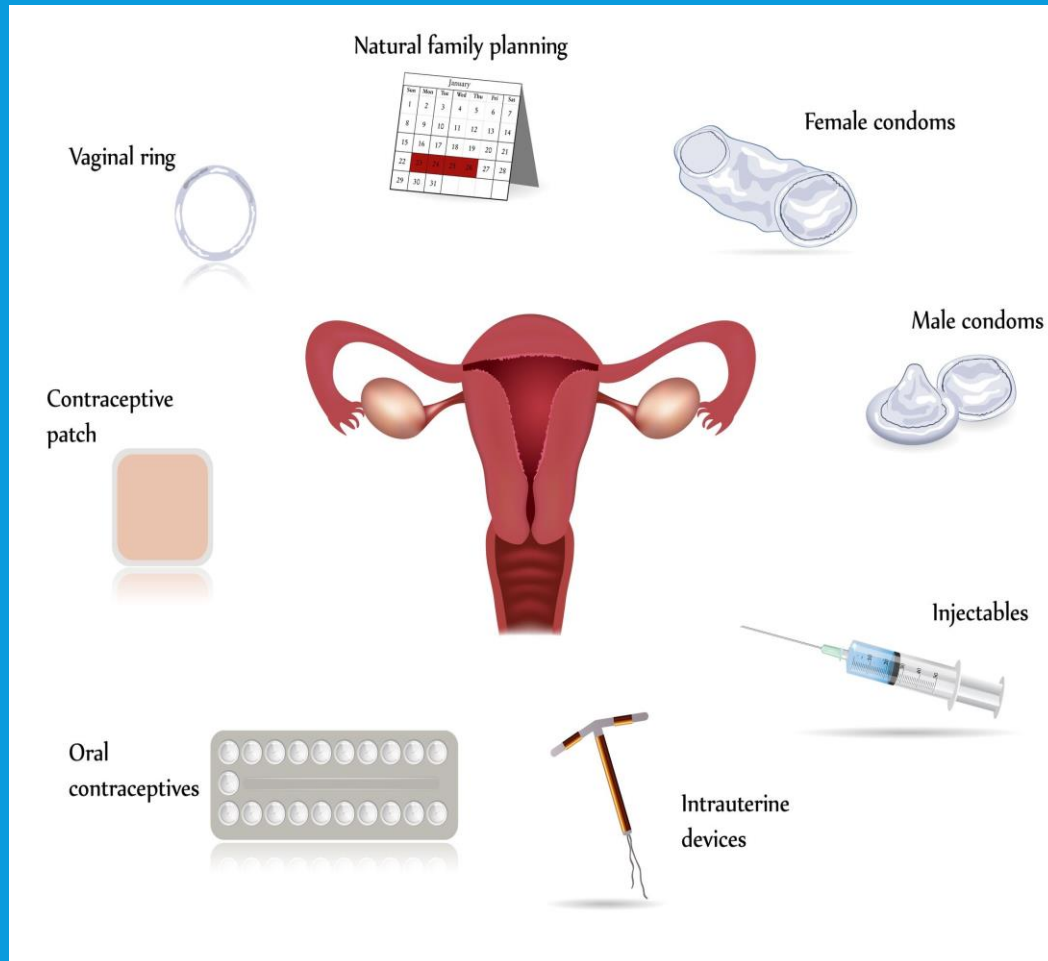
AUTHORS:

SAMARTZI CHRISTINA / SAKELLARAKI OURANIA

MDM GREECE / DOCTORS OF THE WORLD – GREEK DELEGATION

SRH KEY ELEMENTS

WHAT IS SRH?



- Sexual and reproductive health (SRH) is a significant public health need in all communities, including those facing emergencies.
- Emergencies have a disproportionate effect on the poorest and most vulnerable, particularly women and children. Eight of the ten countries with the highest maternal mortality ratios in the world are in fragile circumstances and are affected by current or recent conflict. Neonatal mortality rates are highest in areas affected by humanitarian emergencies.
- Sexual and reproductive health (SRH) is a significant public health need in all communities, including those facing emergencies. As stated in the outcome document of the Rio+20 United Nations Conference on Sustainable Development, universal access to reproductive health, including family planning and sexual health, is needed and should be integrated into national strategies and programmes.
- In emergency situations, there is often a lack of access to SRH services. These services need to be strengthened in preparation for future events to reduce SRH-related morbidity and mortality in times of emergencies.

KEY SRH INTERVENTIONS

WHAT ARE THE BASIC ELEMENTS?

- Family planning (all methods - including long-term and permanent, as well as emergency contraception)
- Safe abortion care to the full extent of the law and post-abortion care
- Pregnancy care
- Childbirth care (including emergency obstetric care)
- Postnatal care (mother and newborn)
- Prevention and management of sexually transmitted infections and HIV
- Prevention and mitigation of gender-based violence

SEXUAL & REPRODUCTIVE HEALTH

WHO GLOBAL PRINCIPLES

- Health care providers are trained on (S)GBV case management
- Follows specific operating procedures
- The consultation takes place in a private and safe setting
- Confidentiality and engagement of the survivor are guaranteed
- A referral system through the social services department ensures that women can access related protection services including housing
- Health care facilities of MdM are well equipped in order to provide a comprehensive response and address both physical and mental health consequences
- MdM personnel has the capacity to gather forensic evidence when is needed

SRH PRINCIPLES

IMPORTANCE OF CONTRACEPTION



- Contraception is any method or device used to prevent pregnancy.
- Methods of contraception include:
 - hormonal contraception
 - barrier methods
 - intrauterine coils
 - behavioral methods
 - sterilization
- According to the definition given by the World Health Organization in 2006, sexual health is a state of physical, emotional, mental and social well-being that is related to sexuality and is not merely the absence of disease, dysfunction or infirmity.

SEXUAL & REPRODUCTIVE HEALTH

IMPORTANCE OF SEXUAL HEALTH

- Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the ability to have pleasurable and safe sexual experiences, free of coercion, discrimination or violence.
- In order to attain and maintain sexual health, the sexual rights of all people must be respected and protected.
- Various methods of contraception offer a degree of protection against sexually transmitted diseases. These are the so-called barrier methods.
- Diseases which are transmitted from human to human through human sexual behavior are called sexually transmitted diseases. A person can become infected and potentially infect others, without having a disease.
- Some STDs can also be transmitted through the use of needles that have been used by an infected person, as well as through childbirth or breastfeeding.
- An exponential rise of viral sexually transmitted diseases followed, such as herpes simplex and HPV infections. This rise culminated in the appearance of a new sexually transmitted disease which took the form of an epidemic during the 1980s: HIV infection.
- Today, it is estimated that approximately 1 million people are infected by a sexually transmitted disease every day.

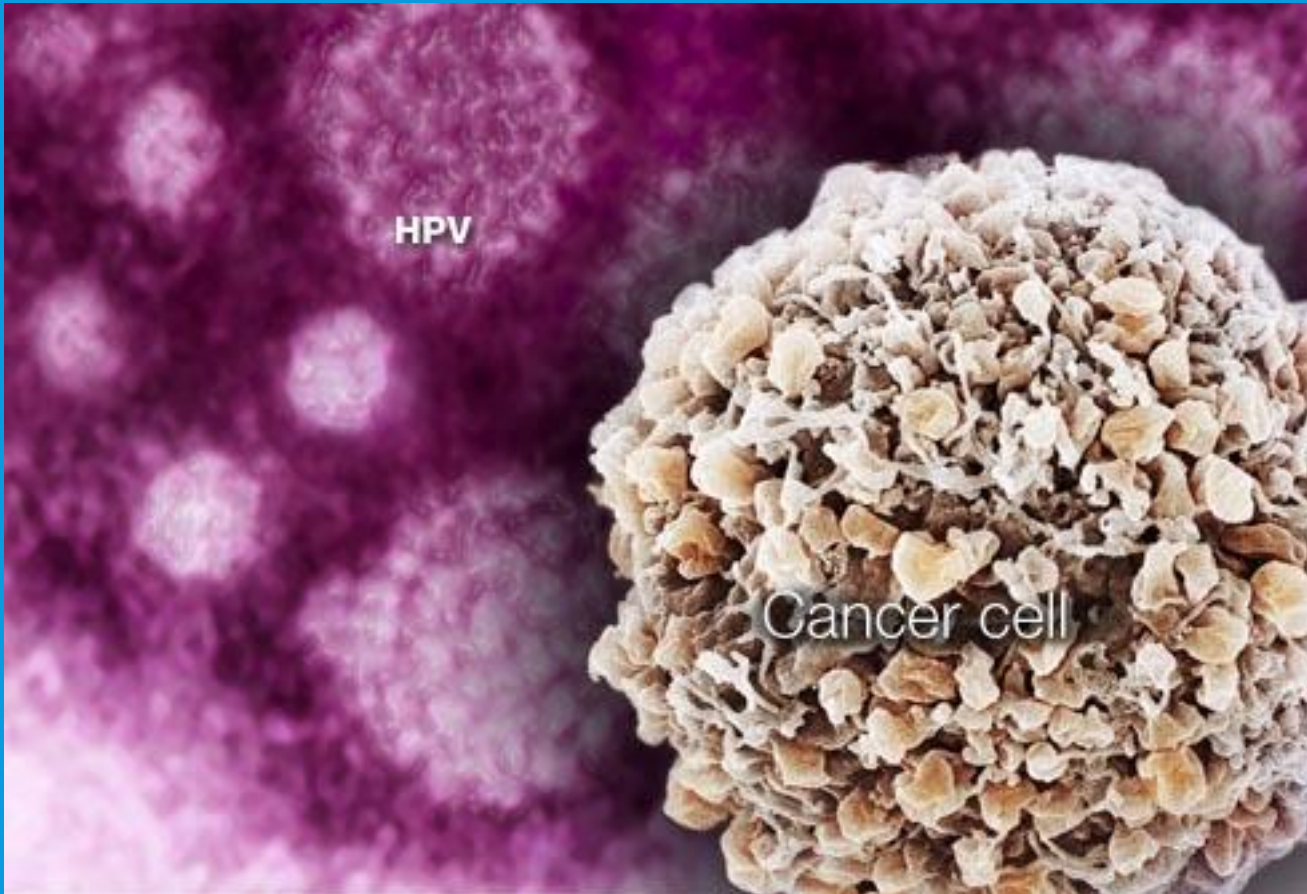
SEXUAL & REPRODUCTIVE HEALTH

HOW ARE STD'S TRANSMITTED?

- Through the mucous membranes of the: Penis, vulva, rectum, urinary tract, mouth, respiratory tract, eyes
- Through the skin: Abrasions, skin discontinuity
- Through venereal - bodily fluids: Semen, sweat, saliva
- Through the mother - carrier: During pregnancy, vertical transmission during childbirth, breastfeeding
- Through transmission / exposure to bodily fluids: Blood transfusion, sharing of tattoo needles, sharing of needles used for injecting intravenous drugs
- STD'S are categorised as follows: bacterial infections, parasitic infections, viral infections.
- Most significant viral infections include: HIV, HEP and HPV.

SRH - VIRAL INFECTIONS

HPV INFECTION



- The human papillomavirus (HPV) is a DNA virus which infects the skin and mucous membranes of humans.
- It is transmitted very easily through skin contact, even without full sexual intercourse.
- HPV infection is very common and affects about 60-70% of young women.
- More than 100 HPV types have been identified.

SRH - VIRAL INFECTIONS

THE NATURAL COURSE OF HPV INFECTION

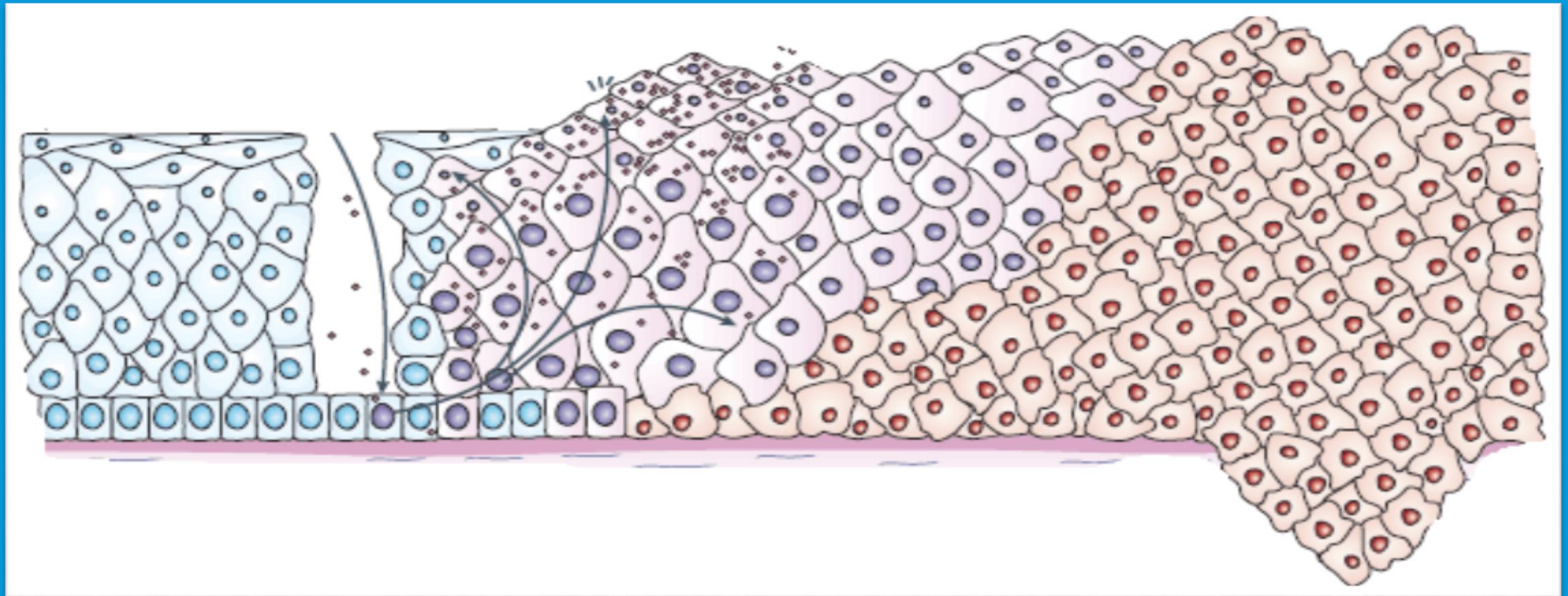
Normal epithelium

CIN 1

CIN 2

CIN 3

Invasive cancer



SEXUAL AND REPRODUCTIVE HEALTH

TECHNICAL SKILLS

Identity and Self- awareness and life skills

Hormones kick into force accelerating physical, physiological and psychological changes during puberty. which requires re-acquaintance with themselves. The self-awareness and identity in this case means being able to find oneself, in changing circumstances or how one thinks and views oneself and , who to relate or identify with. For sexual and reproductive health it may be all or none, with the young person who is either well-grounded or completely unable to negotiate themselves out of an awkward or abusive situation. The young person needs a holistic approach to SRH. Early intervention before life skills are needed and should be encouraged. Dialogue with prepubescent children is essential, answering their questions and helping them to feel appreciated and comfortable with their identity and self- awareness. Knowing oneself puts one in an empowering position.

Life Skills for young people

Research has shown that approaches utilizing life skills have been very effective in educating young persons in health related issues such as alcohol and drug use, pregnancy prevention and prevention of HIV and other sexually transmitted infections (STIs). It has also been shown that the life skills approach lays foundation for skills demanded in today's labor market and helps young people in their professional and career choice and planning. Life skills approach utilizes an interactive 'teaching' approach that focuses on transmitting specific knowledge designed to shape young peoples' skills as well as developing their interpersonal skills. The main goal of this approach is to impart skills to enable young people to make correct decisions appropriate to their circumstances, resist negative pressure and avoid involving themselves in risky behaviors.