



# QUA GIRLS



**Skills for Life,  
Love, & Health**

**Pocket Guide**

# CLASS SCHEDULE

1

## Warm-Up

*15 Minutes*

### ACTIVITIES

- Welcome & Introduction
- What is 9ja Girls?
- Recitation of 9ja Girls Mantra
- 9ja Girls Agreements
- Overview of today's class

### MATERIALS

- Agreements Poster
- 9ja Girls mantra
- Registration Book
- Attendance sheet

2

## Vocational Skills

*75 Minutes*

### ACTIVITIES

- Demonstrations
- Practice time
- Photoshoot at Photobooth

### MATERIALS

- Materials for skills classes (to be provided by skills instructor)

3

## **Life, Love, Health** *75 Minutes*

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### **ACTIVITIES**

- Introduction
  - Life Mapping
  - Spice Talk on Life, Love or Health
  - Methods Talk
  - Q&A
  - One-on-one Counseling
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### **MATERIALS**

- Course Workbooks
- Q&A Box
- Methods box
- Pens & Paper
- Facilitators Daily Tool

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## **Conclusion** *15 Minutes*

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### **ACTIVITIES**

- Class Review
- Provider Availability
- Recitation of 9ja Girls Mantra
- Celebration



# SPICE TALK

1. Use the Spice Talks as a transition from the Life Map activity to talking about the methods to prevent unplanned pregnancy.
2. For help answering questions, use the *Anonymous Q&A Key Messages*
3. Refer to the girls' workbook.
4. Follow the rotating class schedule:

Class 1: Goal Setting

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Class 2: Friendships & Relationships

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Class 3: Menstruation

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Class 4: Values

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Class 5: Love & Crushes

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Class 6: Preventing STIs & HIV

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Class 7: Self-esteem

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Class 8: Boys & Dating

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Class 9: Sex and Pregnancy Prevention

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Class 10: Negotiation Skills

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Class 11: Power Relations

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Class 12: The Truth about SRH

# Key Messages

## **1. GOAL SETTING**

Teach girls about what goals are, how to set them, and how to get there. Tell girls that once they have a goal in mind, they can develop a plan for how to reach that goal. For many girls, using methods to prevent unplanned pregnancy is a step toward achieving their goals.

## **2. FRIENDSHIPS & RELATIONSHIPS**

Teach girls that there are many different types of relationships: with friends, with family, or with romantic interests. Navigating different relationships can sometimes be challenging, especially as an adolescent.

## **3. MENSTRUATION**

Teach girls the basics of menstruation (what it is, how long it may last, how to manage menstruation) and reassure girls that getting their menses at a different ages or on an irregular cycle are normal. Remind girls that once they begin menstruating (and two weeks before), they are able to get pregnant. Using a method is the best way to avoid unplanned pregnancy.

## **4. VALUES**

Teach girls about values: what they are, examples, and how to recognize them. Show girls how values relate to their goals and how they can ensure to live up to their values. Methods can be a way that girls live up to their values.

## **SPICE TALK**

### **5. LOVE & CRUSHES**

Teach girls that especially during this time in their lives, they will have lots of different types of feelings, like love and desire. Let girls know that these feelings are normal and can be linked to sex: thinking about it, asking questions about it, and having it. Learning about safe sex and how to prevent unplanned pregnancy is important for this time in life.

### **6. PREVENTING STIS & HIV**

Teach girls what STIs and HIV are and how they can be contracted. Learning about how to have safe sex includes how to prevent STIs, HIV, and unplanned pregnancy.

### **7. SELF-ESTEEM**

Teach girls about what self-esteem is, what high self-esteem feels like, what low self-esteem feels like, and what factors can influence self-esteem. Tell girls that sometimes these feelings relate to our relationships, crushes and sex. Making the choice to prevent unplanned pregnancy can help with self-esteem, now and in the future.

### **8. BOYS & DATING**

Teach girls that liking boys and dating are a natural part of growing up and that it's normal to have feelings for boys. Knowing how keep yourself safe from unplanned pregnancy is important during this time.

## **SPICE TALK**

### **9. SEX AND PREGNANCY PREVENTION**

Teach girls about pregnancy and ovulation. Ask girls to consider when they'd like to become pregnancy. Teach girls about the methods to prevent unplanned pregnancy to ensure they wait until they're ready to become pregnant.

### **10. NEGOTIATION SKILLS**

Teach girls about how to broach discussion about sex, set boundaries, be assertive, negotiate condom use, and refusal skills. The methods to prevent unplanned pregnancy are one way to help ensure a safe sexual experience.

### **11. POWER RELATIONS**

Teach girls about power and how it can influence relationships. Tell girls about healthy power dynamics, how to recognize unhealthy power dynamics, and about sexual and domestic violence. Tell girls what to do and who to contact if they feel scared or have an experience with violence.

### **12. THE TRUTH ABOUT SRH**

Teach girls about sexual and reproductive health and the methods to prevent unplanned pregnancy. Review any questions and dispel any myths that come up.

# METHODS TALK

1. Use the methods box and have girls touch each method.
2. Present methods from short-acting to long-acting.
3. Remind girls that all methods are safe, will not affect fertility, and can be stopped at any time.
4. Connect using a method to a girl's life map and how a method can help her achieve her goal.



# Key Messages

Methods protect your fertility.

Methods can be used by all girls and women.

All methods that we provide here are temporary and completely reversible.

The methods are totally safe.

Using methods is smart and responsible.

There are many methods available, so you can choose the one that fits you best.

# Method Description

## **ALL METHODS**

Safe for adolescent girls

Can be removed or stop at any time

Does not affect fertility

Condoms should always be used to prevent STIs & HIV

## **CONDOMS**

- Male condoms are put over the man's erect penis; female condoms go inside a vagina
- Condoms are not as effective at preventing pregnancy as other methods
- Condoms are the only method that also prevent against many STIs, including HIV, and should be used every time, even if you are using another method
- You can get pregnant the next time you have sex when you stop using condoms

## **ORAL PILLS**

- A pill that you take everyday at the same time
- People may know you are taking it if they see the package
- 92% effective
- You can get pregnant right away after you stop taking oral pills

## **METHODS TALK**

### **INJECTABLE**

- A shot given by a doctor in your arm or buttocks every 1, 2, or 3 months
- Completely invisible & nobody can tell you're using it
- 97% effective
- You can get pregnant within 3 to 18 months after you stop taking the injectable

### **IUCD (FOR GIRLS 18+)**

- Small T-shaped device inserted into your uterus by a healthcare provider
- Nobody can tell you're using it
- 99% effective
- Lasts up to 10 or 12 years
- You can get pregnant within your next cycle after removing the IUCD

### **IMPLANT**

- Tiny rod placed under the skin in your arm by a healthcare provider
- Nobody can see it, but might be able to feel it
- 99% effective
- Lasts up to 5 years
- You can get pregnant within 6 months after removing the implant

### **EMERGENCY CONTRACEPTION**

- Can be used immediately after having sex if you forgot to plan in advance
- Must be taken within 3-5 days after having sex
- No one will know you took it unless they find the package

# ANONYMOUS Q&A

1. Run one-on-one counseling sessions simultaneously.
2. Make sure the class is divided into two groups of girls: ages 15-17 and ages 18-19.
3. Use the Q&A box so girls can ask questions anonymously.
4. Connect answers to 9ja Girls key messages.
5. Connect answers to methods when possible.
6. If girls want to continue discussing a topic, encourage them to follow up after the session.

# Key Messages

## Power

- Your body is yours. It belongs to you and nobody else. You are the only person with the right to decide what to do with your body.
- You deserve to feel safe and healthy in your relationship. If your partner hurts you physically, emotionally, or sexually, remember: nothing you said or did justifies their behavior.
- Neither person in a relationship has the right to demand sex or ignore a 'no.' Every individual has the right to decide if, when and with whom to have sex.
- If you are worried that you might find yourself in a situation where someone will force you to have sex, it is important to make sure that you can prevent unintended pregnancy. One option is to take emergency contraception after having sex. However, if you think this might be difficult, you may want to consider starting contraception now, just in case.

## STIs

- STIs are infections that are passed from one person to another during unprotected sex, through vaginal, anal, and/or oral sex. Some people who have STIs don't have any symptoms, so you do not know if your partner has one unless they tell you. STIs can also be very dangerous and can cause the body harm if left untreated.
- Most STIs can be treated so it is important to get tested regularly if you are having sex without a condom.
- The best way to protect yourself and your partner from STIs and HIV is to use a condom every time you have sex.
- Condoms protect you from STIs and pregnancy at the same time. However, because it is not always easy to use a condom correctly, it is safest to use a condom plus another method of contraception.



## ANONYMOUS Q&A

### Pregnancy

- Pregnancy can be a very beautiful and special experience, especially when you are ready and have planned it. The methods will protect you and your fertility until you are ready to become pregnant.
- As soon as you begin menses, you are able to get pregnant if you have unprotected sex. That's why it is important to start using a method before beginning to have sex, to protect your fertility until you're ready to have a baby.

### Sex

- Your body is yours and only you get to decide if, when, with whom and how you have sex.
- Sex includes vaginal, anal, and oral sex. Unprotected vaginal & anal sex are more risky than oral sex for unintended pregnancy and contraction of STIs.
- If you are not using a method of contraception, you are at risk for unintended pregnancy. If you are not using condoms, you are at risk for STIs including HIV.
- There is no “right” time or age to start having sex. What’s important is that you feel ready to have sex and that you feel safe with the person you are having sex with. You can always choose to stop having sex, even if you have started.

### Love

- Even though it feels complicated to figure out, only you can decide whether you love someone or not.
- True Love does not have a perfect or ideal expression. But love should come with mutual respect, sincerity, trust, honesty and kindness.
- There are different kinds of love—romantic love, love for parents/family, love for friends—and anyone can experience or express love.
- Infatuations and crushes are often confused for love. The main difference is that both often feel very strong and intense attraction towards the person and usually the attraction fades with time or suddenly.

## ANONYMOUS Q&A

### Relationships

- It's your choice when and who you date! Your body is yours, and you get to decide what you want to do with it. That includes deciding to have sex and use contraception!
- Relationships have ups and downs, they come and go. Remember that your heart may bend, but you won't fake.
- What's important in a relationship is that you feel happy and safe, including protecting yourself from unintended pregnancy, STIs, and HIV. Contraception is a great way to do this!
- It is always ok to say 'no' in a relationship - to sex, to kissing, to anything you do not want to do. Your body is yours, no one can take.
- Relationships could be platonic, romantic, official, or familial. The most important thing in relationships communication, are mutual respect, sincerity, trust, honesty, kindness and regard.

### Puberty and Menstruation

- Every girl and woman is different and goes through puberty at different times. For some girls this is as young as 9 years old; for others it is as old as 16 years old.
- Once you have begun ovulating (which includes the first ovulation about two weeks before your first menstrual blood shows), it is possible to get pregnant after having unprotected sex. Using contraception is the best way to prevent pregnancy.
- The Period is the blood flow in the menstrual cycle. The blood flow usually last for 3–7 days, it differs from one person to another and could be affected by diet and health status.
- Menstrual Cycle is the number of days it takes, counting from the day a period begins to the day just before another period. Mostly it ranges from 28 – 30 days. But it could be as short as 21 days or as long as 35 days.
- Periods are often irregular when you are young and have just started your menstrual flow, but usually becomes regular about 2 years after your first period. For some, their period is never regular. When the period is irregular, it means it can be hard to track your cycle to figure out when you are least likely to get pregnant. Contraception is the best way to make sure you don't get pregnant.
- Some methods of contraception, like the hormonal IUCD and the pill can help relieve side effects of menstruation such as cramps and acne (pimples).

**My life is  
mine to make.**

**My heart may break,  
but I won't fake.**

**My body is mine,  
no one can take.**

**I'm a 9ja Girl.  
I'm awake.**