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Health
PROVINCE OF KWAZULU-NATAL

Youth Dialogue 2018 Newsletter

NDWEDWE STAR NEWS

STAY INFORMED

FEBRUARY 2018



HIGH SCHOOL LEARNERS ATTENDED YOUTH DIALOGUE HOSTED BY DEPARTMENT OF HEALTH

Hundreds of high school learners attended youth dialogue that was hosted by I Lembe District and Ndwedwe clinic on 22 February 2018. The aims of dialogue was to provide health information to school going children, engage with them on issues of sexual health and the dangers of having sexual relationships with older men (Sugar-Daddies or Blessers) Teenage Pregnancy etc..(**Read more on page 1**)

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FROM LEFT:



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



The dialogue was focused on 3 schools identified as having high teenage pregnancy in Ndwedwe local Municipality. The youth out of school also participated in this programme. Learners were divided into four groups and given topics to talk about

- STI's
- Contraceptives
- Teenage Pregnancy
- MMC

And they were given some time to brainstorm and discuss the topics that they were given , each group were led by health workers , Sr Simamane- STI , Contraceptives –SR Nkabinde , teenage pregnancy- Nelly Love life ? From youth friend service and MMC sr ? From Wosiyane.

STI's: are infections caused by virus and bacteria that are mostly transmitted during unprotected sex, but can be prevented by always wearing a condom.

Many kind of STI's such as hepatitis, syphilis can be treatable .as soon as you notice something you must go to your nearest clinic because if -not you are putting yourself and your partner in high risk of having complications . Man are also encouraged to do MMC coz its reduces the risk of STIs .





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GROUPS DISCUSSION AND PRESENTATION BY LEARNERS OF DIFFERENT SCHOOLS

MMC : is the full removal of the foreskin full exposing the head at the penis ,it is the oldest and commonest operation to remove the skin in the front of the penis , MMC its Free and its can be confidential , so boys they must not be ashamed , afraid of doing its for their own good by getting circumcised you will reduced the risk of HIV and STI , reduces the chances of men getting infected by HIV by 60% . reduces the chances of cancer of the cervix in your partner , being circumcised does not mean you should not wear protection when having sex with your partner and the most important thing circumcision do not prevent pregnancy . Boys were encouraged to do circumcision. MMC is safe.

Teenage pregnancy : it is important to delay your first sexual experience until you are responsible enough and you had finish school , abstain from sexual activities until you find a good partner it is more important to wait until marriage , But for those who are already involved them self to sexual intercourse are encourage to go, to their nearest clinic to prevent the unwanted babies by using contraceptives.

They can choose the method that works best for them, e.g. they can take pills, implant, DMPA injection and NET –EN injection. Implant provides extremely effective birth control for 3 to 5 years because it releases a lower dose of hormones slowly into the body. So girls must choose wise their contraceptive methods, most off all always wear protection to prevent HIV and STI's .

Remember the decision to have sex is yours and yours alone, no one can force you if they do report them because that is rape. Before you start having sex you need to decide whether you read for it but wise enough to wait until you old enough able to take of yourself.





PHOTO GALLERY FOR YOUTH DAY DIALOGUE 2018



YOUTH DAY DIALOGUE EVENT



SCHOOL CHILDREN LISTENING ATTENTIVELY TO SPEAKER



SR SIMAMANE & SCHOOL HEALTH TEAM



ACKNOWLEDGEMENTS

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