



NATIONAL SYNDEMIC DISEASES
CONTROL COUNCIL

GALI

19-24
yrs

In Control of My Health 100



Brian

Ivy



**GENERAL FACTS
ABOUT HIV & TB**


What is HIV and AIDS?

Human Immunodeficiency Virus (HIV) is a virus that attacks the cells in the immune system thereby weakening the body's ability to fight infections.

Acquired Immune Deficiency Syndrome (AIDS)

AIDS is the most advanced stage of HIV infection. It occurs when HIV severely damages the immune system, making it difficult for the body to fight off infections and illnesses.

HIV can affect anyone regardless of sexual orientation, race, ethnicity, gender, age, or where they live.



HIV is transmitted through: -

- ✓ Having unprotected Sex (vaginal, anal and to a lesser extent oral sex) with an infected person.
- ✓ Sharing contaminated Needles, syringes, and sharp objects.
- ✓ From HIV positive mother to her baby during pregnancy, childbirth, or breastfeeding.

N/B All these ways of transmitting HIV are preventable.

Which Body fluids contain HIV?

Blood, semen, pre-seminal fluid, vaginal fluids, anal fluids and breastmilk.

HIV is not transmitted through

Hugging, shaking hands, mosquito or insect bites, kissing, sharing of a toilet, bathroom, clothing, bed linens, food, drinks, swimming, dancing, sneezing, coughing, and touching public surfaces.

How can I prevent myself from getting HIV ?

- ✔ Abstinence from sex is the only method that is 100% effective in preventing HIV infection.
- ✔ Being faithful to one partner of known HIV status.
- ✔ Knowing your HIV status and that of your partner.
- ✔ Always negotiate for safe sex with your partner.
- ✔ Correct, consistent condom use.
- ✔ In the event of anal sex, use water-based condom-compatible lubricants to reduce the chances of condom burst.
- ✔ Universal precaution - always use Personal protective equipment eg gloves when in contact with body fluids regardless of perceived or known HIV status of the person.



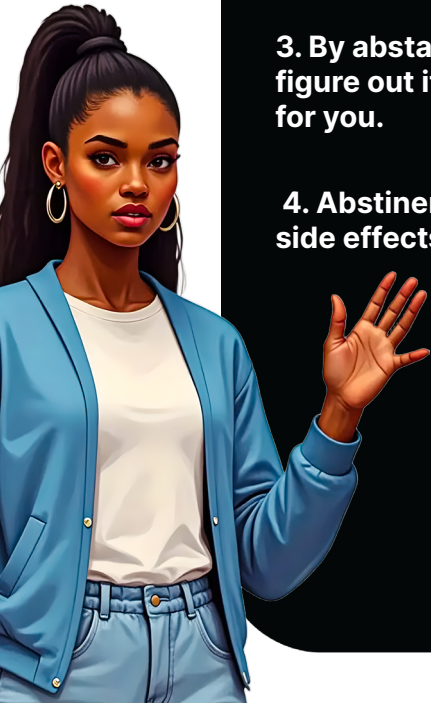
ABSTINENCE

Abstinence means choosing not to have sex.



Did You Know

- 1. Abstinence from sex is the only method that is 100% effective in preventing pregnancy, STIs and HIV.**
- 2. Young People who practice abstinence are less likely to experience a physically or emotionally abusive relationship, defer from college and university, engage in substance abuse, or feel pressured into having sex.**
- 3. By abstaining from sex, it's a lot easier to figure out if a relationship or a person is good for you.**
- 4. Abstinence costs nothing and there are no side effects .**
- 5. Abstinence gives you time to grow, dream and decide what is best for you.**



CONDOM USE



There are 3 types of condoms.

Male condom - a thin sheath made of latex, polyurethane, or polyisoprene, that is worn over the penis during anal, oral or vaginal sex. It is available in different textures, thickness, flavours and colours.

Female condom is worn inside the vagina before sex. It provides protection and is latex-free, making it safe for people with latex allergies.

Dental dam - latex or polyurethane sheets used between the mouth and vagina or anus during oral sex.

Facts about condoms

- ✔ Correct and consistent condom use provides up to 95% protection against HIV, other STIs and unintended pregnancy.
- ✔ Condoms are affordable, accessible, and don't require a prescription.
- ✔ Are available at health facilities, pharmacies, and community distribution points.
- ✔ Use a new condom every time you have sex-(vaginal, oral, or anal sex).
- ✔ Follow instructions to avoid breakage or slippage (see how to use a condom).
- ✔ For dual protection against HIV, STIs and unplanned pregnancies, combine PrEP, with consistent condom use,
- ✔ Using condoms help protect you and your partner. It's a smart choice, not a sign of mistrust.



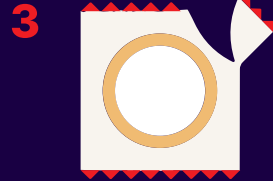
How do I use a male condom?



Check the expiry date



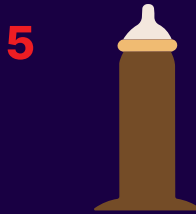
Carefully check for any damage (holes, tears etc.)



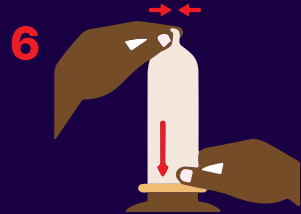
Carefully open and remove the condom from the rough edge of the wrapper.



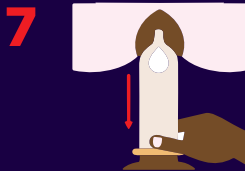
Always check that the condom is rolled on the correct side. It should unroll easily down the penis. If it's inside out, do not flip and reuse it; discard and use a new one to prevent infection.



Place the condom on the tip of the hard or erect penis. If uncircumcised, pull back the foreskin first.



Pinch the air out of the tip (end) of the condom. While holding the tip, unroll the condom all the way down the penis.



After ejaculation, hold onto the condom at the base of the penis. Keeping the condom on, pull the penis out before it gets soft.



Make sure you use tissue paper or a clean cloth during removal to protect your hands against sexual secretions.

✔ If you feel the condom is dry any time during sex, stop immediately, pull out the penis, take off the dry condom, and put on a new condom. Alternatively, use water-based or silicone-based lubricants during sex to help keep the condom from drying and tearing.

✔ Don't use oil-based lubricants because they can weaken the condom and cause it to break.

Demystifying myths on condom use

MYTH

Condoms always break

FACT

When used properly, condoms are very durable. Most breakage happens due to incorrect use-like using oil-based lubricants with latex, not leaving space at the tip, or using expired or damaged condoms.

MYTH

Condoms reduce pleasure

FACT

Many people report little to no difference in sensation. Some find that condoms help them last longer. Ultra-thin, textured, or lubricated condoms can also enhance pleasure.



HIV TESTING

Testing for HIV is the only way to know if you have HIV. Many people do not show any signs and symptoms and can live for many years without knowing they have the virus if not tested.

You should get tested if you've:

- ✓ Had sex without a condom.
- ✓ Shared needles when injecting drugs. Remember, drug use also causes serious health and social problems.
- ✓ Put yourself at risk of contracting HIV in any other way or are worried you might have.
- ✓ If you are pregnant. (It is recommended to get tested for HIV and Syphilis).

How to get tested:

- ✓ You can get tested in a health facility/hospital.
- ✓ Rapid self-test kits are available at chemists and also online.
- ✓ It's important to visit a health facility for a confirmatory test after using the rapid self-test kit.

Window period

This is the period between infection with HIV and the appearance of detectable antibodies of the virus in the body.

During this period, HIV can be passed to another person even though the HIV test is negative.

If you receive a HIV negative result, you need to repeat the test after 3 months to confirm your status.



MYTH

Taking paracetamol / any substance prior to HIV test gives a HIV negative result. Taking antibiotics immediately after sex prevents HIV transmission.

FACT

Paracetamol and other common medicines do not interfere with HIV test results. Modern HIV tests are highly sensitive and specific, meaning they are very good at detecting HIV in positive cases and correctly identifying negative cases. There is no evidence to suggest that any medication can mask a positive HIV status.



PRE EXPOSURE PROPHYLAXIS

Pre exposure prophylaxis (PrEP) is the use of antiretroviral medication (a daily pill or vaginal Ring or an injectable that helps HIV-negative people stay HIV-free. It's recommended for anyone at ongoing risk of getting HIV.

You may benefit from PrEP if:

- ✔ Your sexual partner is living with HIV.
- ✔ You are in a relationship with someone living with HIV and are planning to have a baby.
- ✔ You have sex with partner/s whose HIV status you don't know.
- ✔ You engage in transactional sex or sex work.
- ✔ You have had a recent or repeated sexually transmitted infection (STI).
- ✔ You have used Post-Exposure Prophylaxis (PEP) more than once.
- ✔ You often have sex while under the influence of alcohol or drugs.
- ✔ You don't always use condoms or find it difficult to negotiate condom use.
- ✔ You inject drugs and share needles or other injecting equipment.

PrEP is safe, effective, and puts you in control of your health.

In Kenya, PrEP is available free of charge in public hospital and at a cost in private hospital. It is available online and select chemists.





	ORAL PrEP	Vaginal Ring PrEP <small>*For Persons Aged 18 Years or Older Only</small>	Injectable CAB PrEP	Lenacapavir long acting injectable (LEN) PrEP
HOW IS IT USED?	<p>Type 1: One pill every day</p> <p>Type 2: Event - Driven PrEP. Taking double dose (two pills) between 2 and 24 hours before you anticipate having sex, and then, if sex occurs, one pill 24 hours after the double dose and another 24 hours later.</p>	<p>Placed in the vagina. Changed every 28 days.</p> <p>*Clean hands before insertion or removal to avoid infection.</p>	<p>One injection once a month for the first two months, thereafter, one injection every two months.</p>	<p>2 injections at 2 sites plus two tablets on day one, then 2 tablets on day two followed by 6 monthly injections.</p>
HOW LONG BEFORE IT STARTS BEING EFFECTIVE?	Effective after 7 days of use.	Effective after 24 hours.	Effective after 7 days from injection.	Effective after 2 days from injection.
HOW WELL DOES IT WORK?	More than 90% effective.	About 50% effective. Higher with correct and consistent use.	More than 90% effective, higher than Oral PrEP in studies.	More than 96% effective.
PROTECTION AGAINST HIV EXPOSURE?	Protective against all HIV exposures.	Protective only against vaginal exposure. *Not protective in anal sex, oral sex, drug injection or other risks.	Protective against all HIV exposures.	Protective against all HIV exposures.
USE WHILE PREGNANT OR BREASTFEEDING?	Yes.	Yes (Removed at onset of labour or complications).	Yes. No major safety concerns noted in studies.	Yes. No major safety concerns noted in studies.
USE WITH CONTRACEPTIVES?	Yes, discuss options with healthcare provider.	Yes, for most contraceptives including coil, discuss options with health care provider.	Yes, discuss options with health care provider.	Yes, discuss options with health care provider.
WILL THIS PREVENT PREGNANCY AND STIs?	No. It is recommended to use condoms for dual protection.	No. It is recommended to use condoms for dual protection.	No. It is recommended to use condoms for dual protection.	No. It is recommended to use condoms for dual protection.

Remember

For any side effects, seek medical advice.

	ORAL PrEP	Vaginal Ring PrEP <small>*For Persons Aged 18 Years or Older Only</small>	Injectable CAB PrEP	Lenacapavir long acting injectable (LEN) PrEP
ANY SIDE EFFECTS?	Uncommon but may include nausea, headache, malaise, abdominal discomfort.	Uncommon but may include vaginal irritation, discomfort, odor, wetness alteration.	Injection site symptoms. Others may include nausea, headache, malaise, mild fevers.	Injection site symptoms. Others may include nausea and headache.
MENSTRUATION	Okay to start and use even when on menses.	Okay to insert and use even when on menses. (Support with hygiene concerns). *Can use with pad or tampon. May not use with menstrual cup.	Okay to start and use even on menses.	Okay to start and use even when on menses.
SEX / FERTILITY	Does not affect libido or fertility.	Does not affect libido or fertility. *Most partners do not feel the ring during sex.	Does not affect libido or fertility.	Does not affect libido or fertility.
ELIMINATION FROM BODY	Rapidly eliminated from blood on stopping.	Rarely gets into blood. Once removed, no further effect.	Takes upto 1 year to be eliminated from the blood after stopping.	Takes upto 1 year to be eliminated from the blood after stopping.

POST EXPOSURE PROPHYLAXIS

PEP (Post-Exposure Prophylaxis) is emergency HIV prevention for people who may have been exposed to the virus. It involves taking antiretroviral (ARV) medicine after a possible exposure to reduce the chance of infection.

When to Use PEP:

- ✔ After unprotected sex or a condom burst.
- ✔ In cases of sexual abuse.
- ✔ If you're a health worker exposed to blood or needle injury.
- ✔ Any situation where you think you may have been exposed to HIV.
- ✔ Start PEP within 72 hours (3 days) of possible exposure.



What PEP Involves:

- ✔ HIV testing before starting.
- ✔ A 28-day course of daily ARV medication.
- ✔ Follow-up care and additional HIV tests after completion.
- ✔ Counseling and support during treatment.



Remember

PEP is for emergencies-not for regular HIV prevention. If you're frequently at risk, consider using PrEP (Pre-Exposure Prophylaxis) instead.





Prevention of Mother To Child Transmission of HIV, Syphilis, Hepatitis B

Every baby deserves a healthy start. Early testing and treatment can prevent mother-to-child transmission (MTCT) of HIV, syphilis, and hepatitis B and other STIs during pregnancy, birth, or breastfeeding.

How can I protect my baby from HIV and other STIs ?

Before Pregnancy

✔ Get tested for HIV and STIs.

Knowing your status helps you take steps to protect yourself and your baby.

✔ Practice safe sex.

Use condoms to prevent HIV and other STIs, especially if you or your partner's status is unknown.

✔ Make sure your partner is tested and treated.

Both partners knowing their status helps prevent reinfection and ensures a healthier pregnancy.

During Pregnancy

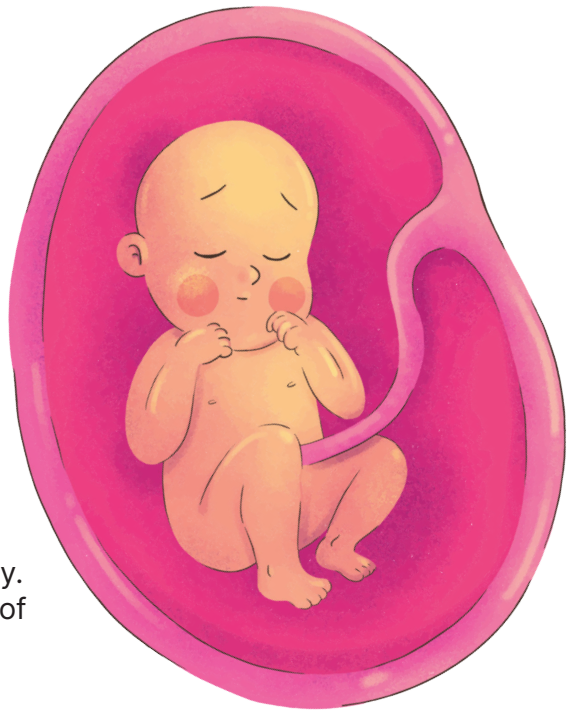
✔ Start antenatal care early.

Visit the clinic as soon as you know you're pregnant. All pregnant women should be tested for HIV, syphilis, and hepatitis B at the first antenatal visit, and again in the third trimester.

Testing is simple, safe, and free in many health facilities.

✔ If you are living with HIV.

Begin or continue lifelong antiretroviral treatment (ART) to protect your health and your baby. ART greatly reduces the chance of passing HIV to your child.



During Delivery and After Delivery

Inform the health care provider

If you're living with HIV or have an STI, let your provider know so they can give you and your baby the best care.



Exclusive breastfeeding for the first 6 months is encouraged. However, discuss feeding options with your healthcare provider based on your treatment.

Keep up with postnatal care.

Attend all scheduled check-ups for you and your baby. Ensure your baby is tested for HIV and receives follow up treatment that maybe recommended.

You Can Protect Your Baby

With proper care and treatment, it is possible to have a HIV negative baby even though you are HIV positive.

HIV Care and Management



What is Antiretroviral Therapy (ART)?

Antiretroviral treatment (also known as antiretroviral therapy) are the drugs that manage HIV. Current treatment for HIV does not cure, but it can keep HIV under control effectively.

How does ARV work?

ARVs works by keeping the level of HIV in your body low (low viral load). This helps your immune system recover and stay strong. Keeping your viral load low also helps to prevent HIV being passed on to another person

When should I start ART?

It is recommended that anyone with HIV start antiretroviral treatment straight away.

What does Undetectable mean?

This means that the virus exists in low quantities in your blood that it does not affect your health and there is reduced risk of transmitting the virus to others. If you stop taking your medication the amount of the virus in your blood will increase and you can easily transmit the virus.

Does antiretroviral treatment have side- effects?

As with all medication, ARVs can cause some side-effects, particularly in the first few days of treatment.

Discuss any side effects with your health care provider.

YOU ARE NOT ALONE

Young and Living with HIV

You Are Not Alone

Many young people around the world are living with HIV. You are not alone. There are people who understand your journey and are ready to support you.

HIV Doesn't Define You

HIV is just one part of your life - it doesn't define who you are or limit your bright future.



Aisha

You can still chase your dreams, go to college or university, play sports, build your career, join clubs, hang out with friends, and plan your future.

Take Your Medicine Every Day

Take your medicine every day to stay healthy, keep the virus under control, and protect yourself and others - consistency helps you live a long, full life like many others living with HIV.

Who Can I Talk To?

If you're feeling overwhelmed, talk to someone you trust you don't have to face it alone.

You Deserve Love and Respect

HIV doesn't change your worth - you are valuable, lovable, and deserving of respect, and the right people will see and appreciate you for who you truly are.

Be careful who you disclose your status to

You have the right to keep your HIV status private - only share it with people you trust and who make you feel safe and supported.

Can I be in a relationship even though I am HIV positive?

YES, Young people living with HIV fall in love, have fulfilling relationships.

What if I feel judged or if people isolate me and treat me differently?

If you feel judged or isolated, remember your HIV status doesn't define you - you deserve love, respect, and equal opportunities. Stay close to those who support you, and don't hesitate to speak up or seek help.

Remember

It's important for you and your partner to seek professional advice. Young people living with HIV can fall in love, enjoy healthy relationships, get married, and have children without passing on the virus. With open communication, mutual understanding, you can protect each other and build a happy, fulfilling future together.

Facts on Stigma and Discrimination



Let's talk about something that hurts more than HIV itself - being judged or treated unfairly because of it, not for who you are, but for what people assume about you.

- ✔ Stigma is negative attitudes or beliefs about people living with HIV, for example, assuming they are promiscuous, careless, or dangerous simply because of their status.
- ✔ Stigma and discrimination can be internalized (self-stigma), institutional (in schools, workplaces, healthcare), or social (by family or community).
- ✔ Myths and misinformation about HIV transmission and moral judgment tied to how people believe HIV is contracted, fuel stigma and discrimination.
- ✔ Stigma leads to fear, shame, isolation, and depression in people living with HIV.
- ✔ No one has the right to share someone's HIV status without consent. Confidentiality is a legal and ethical obligation.

HIV & AIDS tribunal

If you or someone you know has faced HIV-related stigma or discrimination, you have the right to seek justice.

Kenya's HIV & AIDS Tribunal allows individuals including parents or guardians of affected children to file complaints and get support. **Speak up, your rights matter.**

Accessing the Tribunal

The HIV & AIDS Tribunal addresses cases of HIV related stigma and discrimination. Persons living with, affected by, or at risk of HIV-including parents or guardians acting on behalf of children are eligible to file complaints. To submit a complaint, contact the Tribunal via phone at **0770430083** or **Email: hivtr@court.go.ke**. Visit the office at **reinsurance plaza- 12th Floor, along Aga Khan Walk and Taifa Road.**



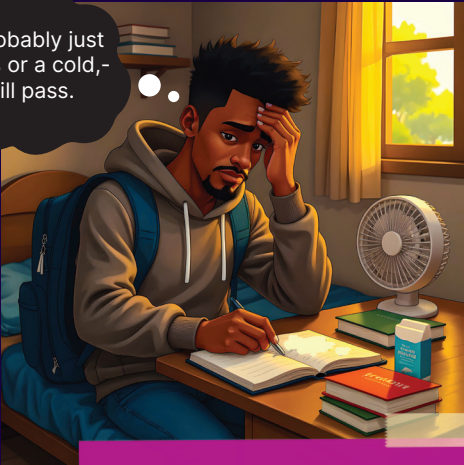


**Dave's
Story**

TUBERCULOSIS (TB)



It's probably just stress or a cold, - this will pass.



Test results confirm I have pulmonary TB, but it's treatable with daily medication.



Dave, a 23 year old university student, began experiencing fatigue, a persistent cough, mild fever, and weight loss over several weeks. Initially, he thought it was just stress and a common cold, but when symptoms worsened, he visited a clinic and was diagnosed with pulmonary tuberculosis (TB).

Despite the rumours I took the medication and am healed.



I feel fine now... TB is curable.



He was started on TB treatment and advised to take daily medication for 6 months. Rumors spread around campus that Dave must also be HIV positive, leading to isolation. Despite the rumours, Dave took his TB drugs as prescribed by the doctor and he was completely cured. His friends and family supported him through out the treatment period.

What is TB?

Tuberculosis (TB) is an airborne disease caused by bacteria that mostly affects the lungs (pulmonary TB). It can also affect other body parts like the kidneys, spine, or brain - but not the hair, teeth, or nails.

How is TB spread?

TB spreads through the air when a person with active TB coughs, sneezes, speaks, or sings. It does not spread through handshakes, sharing utensils, or casual contact.

Symptoms of TB



Cough of any duration



Fever



Night Sweats



Weight Loss



Fatigue



Lack of appetite

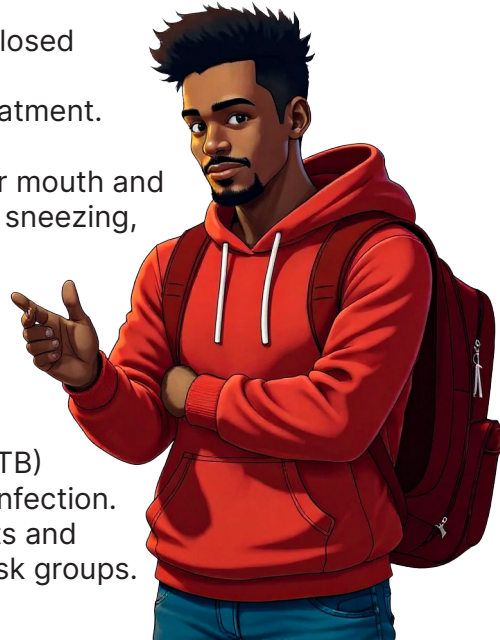
Other symptoms of TB are dependent on the parts of the body that is affected. For example, back pain for TB of the spine, headaches for TB meningitis, and urine in the blood for TB of the kidney.

Diagnosis and Treatment

If TB is suspected, one should visit a health facility for testing and support. TB is treatable with antibiotics over 6–9 months, but drug-resistant TB requires longer, more intensive treatment.

Prevention

- ✔ Avoid congested areas.
- ✔ Ensure effective air circulation in enclosed spaces.
- ✔ Early diagnosis and adherence to treatment.
- ✔ Use of masks.
- ✔ Practice cough etiquette - cover your mouth and nose with a tissue when coughing or sneezing, and throw used tissues in the trash (if you do not have a tissue, cough, or sneeze into your elbow, not your hands).
- ✔ **TB preventive therapy (TPT)** - medication taken to prevent the development of active tuberculosis (TB) disease in individuals at high risk of infection. It is a crucial part of TB control efforts and helps reduce the risk of TB in high-risk groups. E.g People living with HIV



Is TB Curable?

Yes, TB is treatable and curable with antibiotics taken for 6–9 months. Drug-resistant TB requires longer, more intensive treatment to fully recover.

Myths and misconceptions about TB

MYTHS	FACTS
Only people with HIV can get TB.	Anyone can get TB. It is common in areas with high population density or where there are limited resources like slums and congested areas.
TB is always deadly.	TB is curable with the right treatment. Completing the full course of medication (usually 6 months or more) is essential for recovery.
Once treated, TB can't recur.	TB can recur, especially if treatment wasn't completed. Reinfection is also possible, especially in areas with high TB rates.
You can stop taking TB medicine when you feel better.	Stopping treatment can lead to drug-resistant TB, which is harder to treat. Always complete the full treatment.



Prevention is better than cure!

A close-up photograph of a woman with dark, curly hair wearing an orange halter-neck top. Her right hand is placed on the shoulder of another person who is wearing a red top. The background is a solid orange color. The overall mood is warm and supportive.


SEXUAL & REPRODUCTIVE HEALTH (SRH)

**HEALTHY CHOICES,
HAPPY LIVES!**

Sexual Reproductive Health refers to the complete physical, emotional and mental and social wellbeing related to sexuality and reproduction, and not just the absence of disease or dysfunction.

Common concerns for young women

Sly: I am a third-year university student pursuing my degree. My boyfriend is in fourth year at the same university. I'm also dating an older man who supports my lifestyle. I have been taking emergency contraceptives weekly because both don't like to use condoms.



Neither of them wants to use condoms... so I take emergency pills every week.

Sly



What should Sly Do?

Sly should visit a healthcare facility to explore safer, long-term contraception, take a pregnancy test if needed, and consider using female condoms. Starting PrEP can help reduce her risk of HIV. Dating older partners may involve power imbalances and increased risk of sexual exploitation or HIV exposure, so it's important for Sly to reflect on these dynamics and seek support or counseling to make informed, empowered decisions about her health and relationships.

Some facts on sexual & reproductive health you should know from Sly case

- ✔ Emergency contraceptives (EC) are for occasional use and not meant as regular birth control, as frequent use can disrupt hormones and harm reproductive health.
- ✔ Missing a period after repeated EC use could signal pregnancy.
- ✔ Refusing to use condoms increases the risk of unintended pregnancy and STIs, highlighting the need for open conversations about consent, safety, and respect.
- ✔ Relationships with older partners may carry power imbalances that affect emotional well-being, especially when combined with pregnancy fears and academic stress.
- ✔ Unsafe abortions can lead to serious health risks, including infections, infertility, or even death.



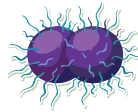
STI & STD

A Sexually Transmitted Infection (STI) is the presence of a pathogen (bacteria, virus, or parasite) that can be passed through sexual contact, often without visible symptoms. When an STI leads to symptoms or complications, it becomes a Sexually Transmitted Disease (STD). For example, untreated infections like chlamydia or gonorrhea can lead to Pelvic Inflammatory Disease (PID) or infertility.

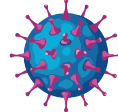
Common STIs/STDs



Chlamydia



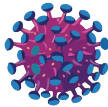
Gonorrhea



Genital Herpes



Hepatitis B



HIV



HPV



Syphilis



Trichomoniasis

**LET'S GET REAL
ABOUT STIs!**

Common STI symptoms include:

- ✔ Sores or bumps on the genitals or in the oral or rectal area.
- ✔ Painful or burning sensation during urination.
- ✔ Discharge from the penis.
- ✔ Unusual or odorous vaginal discharge.
- ✔ Unusual vaginal bleeding.
- ✔ Pain during sex.
- ✔ Sore, swollen lymph nodes, particularly in the groin.
- ✔ Lower abdominal pain.
- ✔ Flu-like symptoms: Headache, muscle aches, fever, and swollen lymph nodes.

How to protect yourself against STIs/STDs

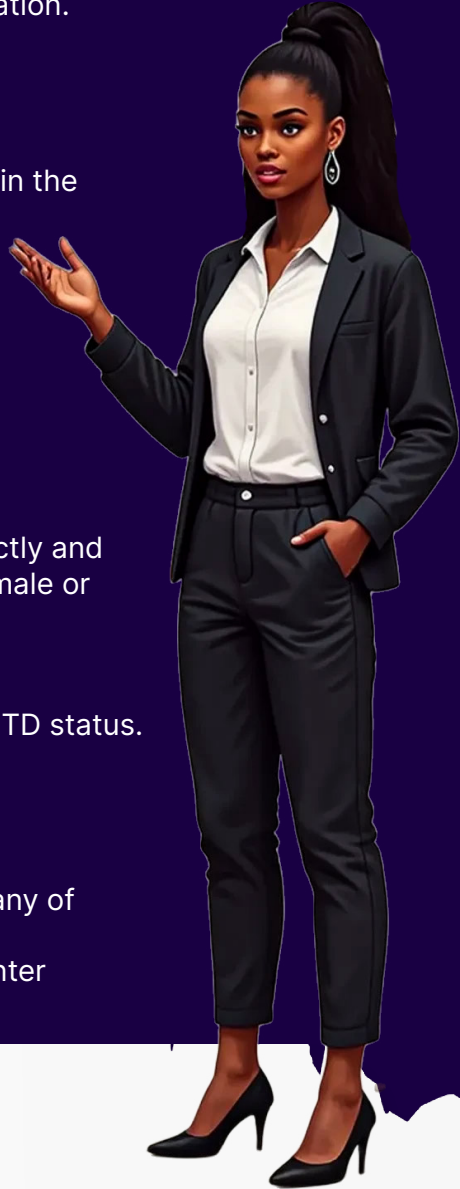
- ✔ Abstain from sex.
- ✔ If you can't abstain, Use condoms correctly and consistently every time you have sex. (male or female condom or dental dam).
- ✔ Know your HIV status.
- ✔ Get screened regularly for STIs/STDs.
- ✔ Talk to your partner(s) about their STI/STD status.
- ✔ Do not share sex toys.

Call for action

- ✔ Seek medical advice If you experience any of the symptoms.
- ✔ Do not self-medicate with over the counter medication.

Remember

Viral sexually transmitted infections (STIs) are generally not curable, but they can be managed with treatment.



Understanding Contraception

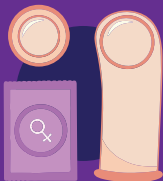
Your Body, Your Choice.



Male Condom



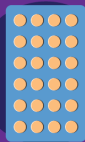
Implant



Female Condom



IUD



Oral Contraception



Injectables



Diaphragm

What is contraception?

Contraception is the use of methods or devices to prevent unintended pregnancy. It allows individuals to decide if, when, and how many children to have.

Why does contraception matter?

It helps avoid unintended pregnancies, supports personal goals, promotes healthy relationships, and protects overall health.

Types of Contraceptive Methods

Short-Term Methods

- ✔ **Condoms (male/female):** Prevent pregnancy and protect against STIs.
- ✔ **Pills:** Taken daily. Safe and effective when used correctly.
- ✔ **Emergency Contraception:** Use within 72 hours after unprotected sex to reduce the chance of pregnancy.

Long-Term Methods

Implants, injectables, and IUDs provide effective, long-lasting contraception ranging from months to years.

Common Side effects of Contraceptives

Some users may experience changes in periods, weight, mood, nausea, vomiting, fatigue, headaches, or breast tenderness.

What to consider when choosing a method

Consider your health, sexual activity, STI protection needs, lifestyle, and personal comfort when selecting a contraceptive.

Emergency Contraception is designed for occasional use, not as a regular method of birth control. If you find yourself using emergency frequently, discuss more reliable, long-term contraceptive options with a healthcare provider.





Commonly Asked Questions

Will contraception affect my fertility later?

No! Most methods are reversible. You can get pregnant when you stop using them.

Do I need parental or partner consent?

No! You have the right to access contraceptive services confidentially if you are over 18 years.

Is it okay to use contraception if I'm not married?

Absolutely. Contraception is about your health and future, not your relationship status.



Know the Myths vs Facts

Myths:

“Only women should worry about contraception.”

Facts:

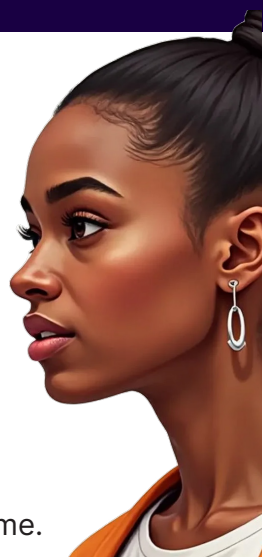
Contraception is a shared responsibility.

Myths:

“You can't get pregnant the first time you have sex.”

Facts:

You can get pregnant during your first sexual encounter. Use protection every time.



Where to get services

You can get free or low-cost services at:

- ✔ Government hospitals.
- ✔ Youth-friendly centers.
- ✔ Campus/ college health clinics.
- ✔ Private hospitals.

Talk to Someone You Trust

If you have questions or concerns, talk to a:

- ✔ Health worker.
- ✔ Trained peer educator.
- ✔ Counselor.

**Your health matters.
Don't be afraid to ask!**

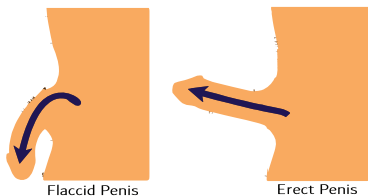
Reproductive Health for Young Men



Understand Your Reproductive System

Young men should understand their reproductive health to make informed choices about fertility, contraception, and sexual health, and to address common concerns. Penis size is often a concern for young men. Let's explore the facts about a healthy penis, because it's not just about size, it's about health!

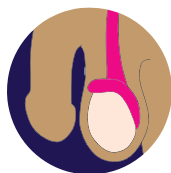
Normal Penis Size



- ✔ When flaccid (soft): 7–10 cm (2.8–4 inches).
- ✔ When erect: 12–16 cm (4.7–6.3 inches).
- ✔ Size varies widely and is affected by temperature, stress, and arousal.

Fact: Penis size does not determine sexual performance or fertility.

Normal Testicle Size and Feel



Normal

- ✔ Each testicle is typically:
 - Length: 4-5 cm (1.6-2 inches).
 - Width: 2.5 cm (about 1 inch).
- ✔ They should feel smooth and firm, not hard-and be free of lumps.
- ✔ One testicle (usually the left) often hangs lower. That's normal.

Normal semen colour

Typical color: whitish, greyish or slightly yellow. It may vary depending on diet, hydration, frequency of ejaculation, and overall health.



Normal Changes

- ✔ Erections may still be frequent and spontaneous due to hormones.
- ✔ Hair growth in pubic and facial areas may continue.
- ✔ Slight testicle or penis size fluctuations (like shrinkage in cold or after exercise) are normal.

When to See a doctor

- ✔ New lump or swelling in testicle.
- ✔ Pain during urination or ejaculation.
- ✔ Blood in semen or significant changes in colour, smell, texture and volume.
- ✔ Painful erections or no erections at all.
- ✔ Sudden change in size, shape, or color of the penis or scrotum.
- ✔ Concerns about fertility.

Tips

- ✔ Stay clean (wash daily).
- ✔ Wear breathable underwear.
- ✔ Avoid sex when under the influence of alcohol or other substances.

MYTHS	FACTS
Size! My penis is too small for good sex	The average erect penis is about 12-16cm (4.7-6.3 Inches). Most men fall within this range- and its more than enough for pleasure and function. Sexual satisfaction depends on emotional connection. Communication and technique than size. Trust and intimacy matter more than size.
Pornography shows the standard penis size	Porn actors are chosen for visual exaggeration - not reality. Comparing yourself with porn stars leads to sexual insecurity and doubt.
Men are always ready and willing to have sex.	There are lots of times when both women and men don't feel like having sex. Men should feel comfortable to say no when they don't want to engage in sexual activity.
All orgasms are "explosive, mind-blowing, and earth-shattering."	Orgasms vary in intensity and character. It's perfectly normal for them to feel different from one occasion to the next.
Trying sexual enhancers once wont hurt.	Your body is already built for performance. using pills, powder or drinks to "enhance " sex is unnecessary and can be risky.

Sexual Relationships

Abstain from sex, if you must engage in sex, practice Safe Sex.

- ✔ Use condoms correctly.
- ✔ Get tested for STIs regularly (Common STIs: Chlamydia, Gonorrhea, HIV, Herpes, HPV(See STIs).
- ✔ Most STIs show no symptoms-testing is the only way to know. Treatment is easier when caught early.
- ✔ Be faithful to one partner who is also faithful to you

Respect and Consent: Healthy Relationships Start with Respect.

- ✔ Always get clear, mutual consent from your partner.
- ✔ Talk openly about sex, protection, and boundaries.
- ✔ Real intimacy includes trust and communication.

Lifestyle & Fertility: Your Choices Matter.

- ✔ Smoking, alcohol, drugs, and poor diet can affect sperm and sexual health.
- ✔ Protect your future: fertility and healthy relationships go hand-in-hand.
- ✔ Sex enhancers eg Viagra and Cialis can affect your sexual and general health.

Mental and Emotional Health: It's OK to Ask for Help

- ✔ Anxiety about performance or relationships is common.
- ✔ Talk to a doctor, counselor, or peer support group.

Young Fatherhood

Young Fatherhood: Be Present, Be Responsible

Your child needs love, time, and guidance, not just money. Both parents share responsibility, no matter your age or situation. Be a role model, co-parent respectfully, and seek support. Stay focused on your goals. You can be a great dad, your presence matters most.



**GENDER BASED
VIOLENCE**

Gender-based Violence

Gender-based violence (GBV) is any form of violence directed at an individual based on gender identity. Both children and adults can experience and be affected by violence.

Sexual Violence

Sexual Violence is any sexual act, attempt to obtain a sexual act, or other act directed against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting.

Forms of Gender Based Violence include:

✔ Sexual Violence

Sexual assault or rape:

Any sexual act or behavior without consent.

Sexual harassment:

Unwanted physical or verbal sexual advances or comments.

Sodomy refers to anal sex that is forced or non-consensual.

✔ Domestic violence

✔ Female genital mutilation (FGM)

✔ Child marriage

✔ Intimate Partner Violence (IPV)

✔ Physical Violence

✔ Emotional / Psychological Violence

✔ Economic Violence

Remember

Sexual Gender Based Violence is a significant problem, especially among young people.

It is important to understand that **NO ONE** has the right to harm you. If you're experiencing violence, it's critical to seek help.



What is Consent?

Consent is a clear, voluntary, and informed agreement between individuals to engage in any activity, especially sexual activity. It must be freely given without pressure or manipulation, and both parties must actively communicate and understand what they are agreeing to. In Kenya, the legal age of consent is 18, and consent can be withdrawn at any time and must be respected.

What Do you do if You Experience Sexual Violence?

- ✔ If you have been a victim of sexual violence, it's important to take steps to protect your health, safety, and rights:
- ✔ Go to a safe place and call a friend, a family member, or someone else you trust who can be with you and give you support.
- ✔ Get medical care as soon as you can - ideally within 2 hours, but no later than 72 hours. Even if you don't feel hurt, a medical exam can check for injuries, prevent infections or pregnancy, and collect evidence if you choose to report the assault.

Report the Incident: You can report the abuse to the police or a

- ✔ trusted adult, like a parent or school counselling department or call the national Sexual Gender Based Violence helpline(1195). There are special police units for dealing with Sexual Gender Based Violence cases, such as the Gender Desk at Police Stations.
- ✔ Try to keep all evidence of the assault. Don't shower, eat, or change anything until after a medical exam. Save the clothes you were wearing in separate paper bags, and don't touch or clean anything from where it happened.



**CONSENT IS
VOLUNTARY**



Remember:

Consent cannot be given if someone is forced, unconscious, intoxicated, or if they are below 18 years.

- ✔ If you suspect that you may have been drugged, inform the health care provider and request the hospital or clinic where you receive medical care to take a urine sample. Write down as much as you can remember about the circumstances of the assault, including a description of the assailant.
- ✔ After a sexual assault, you may have a lot of decisions to make like getting medical care, reporting it, or telling someone you trust. It's normal to have questions or worries, especially about how it might affect you or how others might react. Talking to a trained counselor can help you cope with the emotional and physical impacts of the assault.



Remember:

Sexual abuse cases should be reported **immediately or before 72 hours** - to a health facility for the following reasons:

- ✔ To prevent pregnancy.
- ✔ To prevent HIV infection and sexually transmitted infections.
- ✔ To ensure that evidence is preserved correctly.
- ✔ To provide psychosocial support for the victim.



**DRUG AND
SUBSTANCE
USE & ABUSE**

Definition

Substance use and abuse refer to the use of substances like alcohol, tobacco, prescription medicines, or illegal drugs that affect how a person thinks, feels, or acts. When these substances are used in harmful or risky ways such as using illegal drugs, misusing medications, or using them to get high or escape problems - it is considered substance abuse. This can lead to serious health, emotional, social, school, or work-related problems.

How do I know I am addicted?

- ✔ Feeling that you have to use the drug regularly, daily or even several times a day.
- ✔ Having intense urge to take drugs.
- ✔ Needing more of the drug to get the same effect.
- ✔ Taking larger amounts of the drug over a longer period of time than you intended.
- ✔ Making certain that you maintain a supply of the drug.
- ✔ Spending money on the drug, even though you can not afford it.
- ✔ Not meeting obligations, school and work responsibilities, or cutting back on social or recreational activities because of drug use.
- ✔ Continuing to use the drug, even though you know it's causing problems in your life or causing you physical or psychological harm.
- ✔ Doing things to get the drug that you normally would not do, such as stealing.
- ✔ Driving or doing other risky activities when you are under the influence of the drug.
- ✔ Spending a good deal of time getting the drug, using the drug or recovering from the effects of the drug.
- ✔ Failing in your attempts to stop using the drug.
- ✔ Experiencing withdrawal symptoms when you attempt to stop taking the drug.



Remember:

If any on this applies to you seek professional help.

How can a young person prevent drug abuse?

- ✔ Resist peer pressure and avoid friends who encourage drug use.
- ✔ Abstain from negative drugs by staying away from tempting places or activities.
- ✔ Seek professional help if feeling overwhelmed by drug use.
- ✔ Live a healthy lifestyle through sports and positive friendships.
- ✔ Build strong family relationships to feel supported and safe.
- ✔ Take only medication that is prescribed.



Healthy Relationships

Am I in a Healthy Relationship?

- ✔ A healthy relationship makes you feel happy, respected, safe, and free to be yourself.
- ✔ It's equal - both people have the same power and freedom to make decisions.
- ✔ It allows space for disagreements, but encourages open, respectful communication to resolve issues.
- ✔ Healthy relationships help you grow and feel supported, even during hard times.

Warning Signs of an Unhealthy Relationship

- ✔ **Controlling behavior** – telling you what to do, say, or who to see.
- ✔ **Isolation** – trying to cut you off from friends or family.
- ✔ **Lack of respect for privacy** – checking your phone and movement
- ✔ **Violence or threats** – physical harm or intimidation.
- ✔ **Jealousy or possessiveness** – extreme reactions to you interacting with others.
- ✔ **Manipulation** – pressuring you into things or excusing harmful behavior.



How to End an Abusive Relationship

- ✔ **Recognize the Abuse** - Understand that any form of harm - physical, emotional, sexual, or financial is abuse.
- ✔ **Talk to Someone You Trust** - Share your situation with a trusted friend, family member, teacher, counselor, or health worker.
- ✔ **Make a Safety Plan** - Plan how and when to leave safely, keep essential items and contacts in a secure place and know where you can go (friend, safe house, shelter).
- ✔ **Leave Safely** - Leave when the abuser is not present, and avoid confrontation alone.
- ✔ **Seek Help and Protection** - Visit a health facility for medical care, Report to police or get legal aid if needed or contact a Gender Based Violence support center or helpline.
- ✔ **Focus on Healing** - Seek counselling or peer support, reconnect with supportive people and take time to rebuild your life and confidence.



Remember:

- ✔ Relationships come in many forms-fun, intimate, casual-but what matters most is that they make you feel good, not scared or controlled.
- ✔ Only you can judge when it's the right time to leave or seek help but you don't have to do it alone.
- ✔ Do not stay in an abusive relationship with the believe that your partner will change or the relationship will get better.

What is Peer pressure or Influence?

Peer influence is when you choose to do something you wouldn't otherwise do, because you want to feel accepted and valued by your friends. It isn't just or always about doing something against your will. Peer influence can be positive and negative. Coping well with peer influence is about getting the right balance between being yourself and fitting in with your group.

Peer Pressure

"Why do you take life so seriously?"

"You're still single?"

"You're not cool if you don't try it."

"You're too old to still be living with your parents."

"You're too religious."

How do I handle peer pressure and influence?

Know Your Values and Boundaries:

- ✔ **Self-Awareness:** Understand what's important to you and what you are comfortable with.
- ✔ **Set Boundaries:** Be clear about what you will and will not do and communicate these boundaries firmly.
- ✔ **Know Your Rights:** Remember that you have the right to make your own choices and say “no” without feeling guilty.

Develop Assertive Communication Skills:

- ✔ **Say “No” Confidently:** Practice saying “no” with a firm, but polite tone.
- ✔ **Offer Alternatives:** If you're pressured into something you don't want to do, suggest a different activity.
- ✔ **Express Your Feelings:** Clearly communicate how peer pressure makes you feel, and why you're not comfortable with the situation.

Seek Support and Build Resilience:

- ✔ **Talk to Trusted Adults:** Share your feelings with parents, teachers, counselors, or other trusted individuals.
- ✔ **Find Supportive Friends:** Surround yourself with friends who respect your decisions and values.
- ✔ **Develop Resilience:** Build your ability to bounce back from difficult situations and resist negative influences.

Avoid Stressful Situations and Seek Positive Influences:

- ✔ **Be Mindful of Your Choices:** Consider the potential consequences of your actions before you agree to something.
- ✔ **Seek Out Positive Role Models:** Find people who encourage positive behaviors and healthy choices.
- ✔ **Engage in Positive Activities:** Participate in groups or activities that promote self-growth and healthy choices.

Remember that Peer Pressure is Not Always Negative:

- ✔ **Positive Peer Pressure:** Can motivate you to pursue your goals, adopt healthy habits, or strive for academic success.
- ✔ **Supportive Environment:** Can help you resist negative influences and make positive choices.

Coping With Stress: A Guide for Young People

What is Stress?

- ✔ **Stress** is your body's natural reaction to pressure or danger. A little stress (called eustress) can motivate you, but too much (called distress) can harm your health and mood.

Signs of Stress

- ✔ **Physical:**
Fast heartbeat, tension, fatigue
- ✔ **Mental:**
Racing thoughts, poor focus, memory problems
- ✔ **Emotional:**
Feeling overwhelmed, anxious, sad, or withdrawn.

How to Cope with Stress

- ✔ Know your stress triggers
- ✔ Identify what you can and can't control
- ✔ Stay active – exercise helps
- ✔ Sleep well and eat healthy
- ✔ Be kind to yourself
- ✔ Stick to a daily routine
- ✔ Avoid too much alcohol or smoking
- ✔ Practice mindfulness or relaxation techniques
- ✔ Take regular breaks and do what you enjoy
- ✔ Reach out and talk to someone you trust

Build Resilience (Bounce Back Stronger)

- ✔ Stay flexible and positive
- ✔ Accept life's ups and downs
- ✔ Learn from setbacks
- ✔ Strengthen your relationships
- ✔ Believe in your ability to solve problems

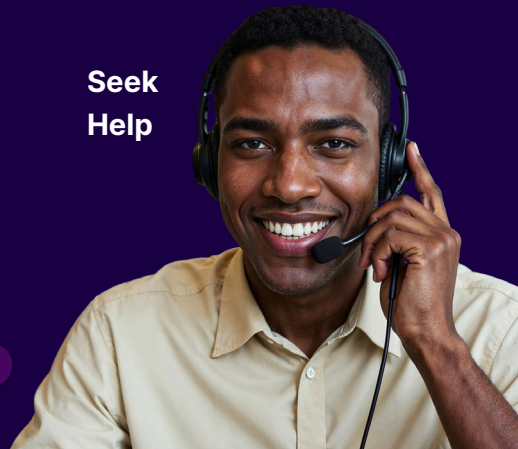
Boost Your Self-Esteem

- ✔ Talk positively to yourself
- ✔ Recognize your strengths
- ✔ Set realistic goals
- ✔ Take care of your body and mind
- ✔ Surround yourself with supportive people

When to Seek Help

If you feel stuck, hopeless, or start to think negatively about yourself, talk to a mental health professional. Reaching out is a sign of strength - not weakness.

**Seek
Help**





Navigating Digital Spaces:

Understanding Social Media and
Online Content for Young People

Social media encourages communication, self-expression, creativity, learning, and social support. It offers income opportunities through content creation, marketing, and online sales. **Negative effects** include anxiety, depression, cyberbullying, addiction, poor sleep, and social comparison. Excessive use can lead to feelings of inadequacy, loneliness, and less time for real-world activities.



If You're Addicted to Social Media:

Here is what you can do;

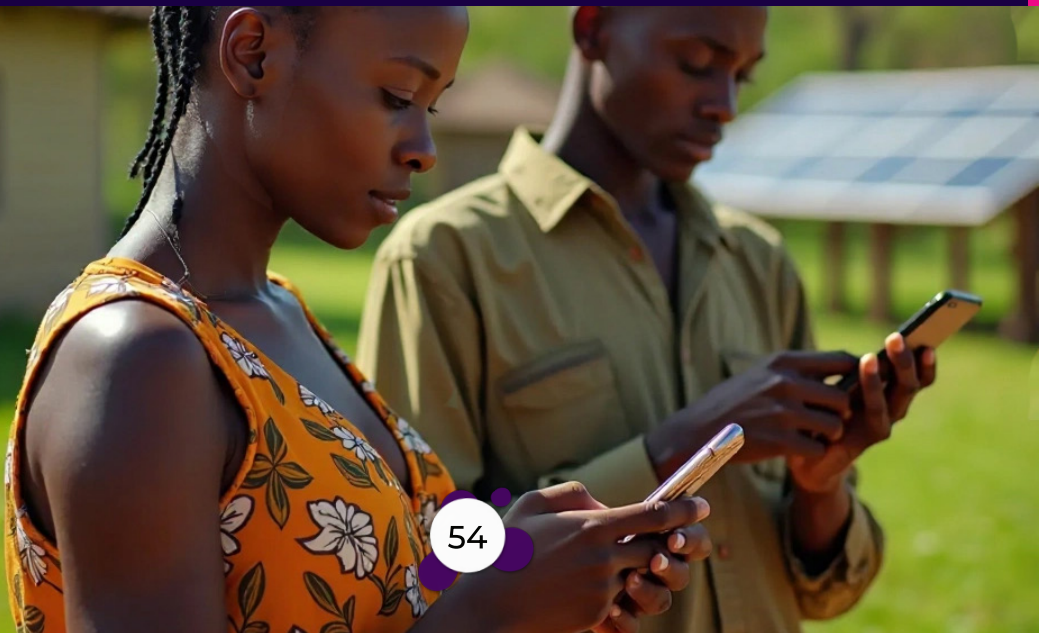
- ✔ **Set screen time limits**
Use phone settings or apps to control daily usage.
- ✔ **Take regular breaks**
Try “no phone zones” during meals, homework, or bedtime.
- ✔ **Do offline activities**
Join a club, play sports, read, or spend time with friends and family.
- ✔ **Unfollow toxic content**
Follow pages that uplift, educate, and inspire.
- ✔ **Talk to someone**
If you're feeling anxious or low because of social media, talk to a trusted adult or counselor.

Cyberbullying & Pornography

Cyberbullying and exposure to pornography can negatively impact young people's mental health, self-esteem, and behavior - leading to anxiety, social withdrawal, unhealthy views on sex and relationships, risky sexual behavior, and emotional distress.

Guidance for Young People to Overcome These Challenges:

- ✔ **Speak up** - Talk to a trusted adult, counselor, or friend if you're feeling hurt, confused, or unsafe online.
- ✔ **Protect your digital space** - Use privacy settings, block harmful content, and report cyberbullying or explicit material.
- ✔ **Get informed** - Learn about healthy relationships, consent, and sexuality from safe, age-appropriate, and trusted sources.
- ✔ **Build self-worth offline** - Focus on real-life friendships, creative hobbies, and activities that build your confidence and skills.
- ✔ **Seek help when needed** - If you're struggling with anxiety, compulsive habits, or distress from online exposure, don't hesitate to reach out to a mental health professional - there is no shame in asking for support.



Get In Touch



WHERE TO SEEK HELP

**Sexual Gender Based
Violence (SGBV) services
are free**

1195-Domestic and Sexual Violence
1190-LVCT Health
0800720501-FIDA
116-Child Abuse
999/911/112/0800722203-Kenya Police
0900620800-Nisikize
1199/ 999-Kenya Redcross Society and
Ambulance Services

Counseling Services

1190-LVCT Health
1195-Healthcare Assistance Kenya
0900620800-Nisikize
1199/ 999-Kenya Redcross Society
and Ambulance Services

**Drugs and Substance
Abuse**

1192 - NACADA toll free number
0700395395 - NMS Kenya Red Cross
Society
0700460546- MSF Ambulance

Visit the nearest health facility to be
linked with a mental health specialist.



REPUBLIC OF KENYA



NATIONAL SYNDemic DISEASES
CONTROL COUNCIL



Thank You

For more information visit

National Syndemic Disease Control Council
Maktaba Kuu Building, 1st Floor, Ngong Road, Upperhill
P.O Box 61307-00200 Nairobi, Kenya

Phone: +254 20 2715109, +254 20 2715144
Email: communication@nsdcc.go.ke
Website: www.nsdcc.go.ke

