

Sex is very complicated

Sex is everywhere, it is part of everybody in one way or another, and are everyday practices for young people and adults. The media and music videos are full of sexual messages and images. Sex is something that is not talked about in the open. Parents generally don't talk to their children and teenagers about sex. "We are not supposed to think about sex, talk about sex, it is taboo" said 15-year old Sibahle Dumapi. This is generally the attitude of parents, teachers and society regarding teenagers and sex.

Sex shame and guilt

It is never really explained why it is wrong for teenagers to think about sex or talk about sex. Even in Life-orientation classes where teachers present a lesson or two on sex education. You are not free to talk openly about sex. "If you ask open questions about sex or talk about sexual acts then they say there must be something wrong with you" declared 15-year old Keasher Fraser. She said that teens are shamed and made to feel guilty. Sex talk for girls involves a warning about boys taking advantage of girls and getting pregnant. Boys are usually encourage to have sex.

Wrong information about sex

17-year old Cloe Johnson said "most parents do not give children any or correct information when they ask questions about "where babies come from, about their private parts or about sex". Parents are unable to talk to their children. Cell-phones and computers with internet access, social media are sources of information for teens about sex which shapes their sexual thoughts and attitudes according to 15-year old Aviwe Mascosa.



Denying that sex is natural

15-year old Liam de Waal said that "children are often forced to withhold their natural thoughts and feelings, especially sexual thoughts and feelings". Sex is part of everyone from the moment we are born. Sexual awareness and development takes place at different stages of growing up. During puberty the natural sexual awareness and development processes are increased. Whilst this is happening teenagers are generally not allowed to talk about their sexual thoughts, feelings, interests and experimenting sexual behaviour. This destroys their ability to make correct decisions about sex and sexual relations.

Sex attitudes and behaviour

Despite the advances we made with gender equality, girls are generally seen as sexually submissive and boys sexual aggressors. Girls are burden with the responsibility not to disgrace and shame her family and community. Girls must not have sex before marriage or a baby outside wedlock; but "boys are encourage to experiment and collect trophies" according to 16-year old Mariam Koopman. Boys bring no shame when they become expecting fathers she explains. Sexual attitudes and gender inequalities result in sexual behaviour that can impact negatively on the future of teenage girls and boys.

Myths about sex

The biggest myth is that children are not sexual and don't understand what sex is. Sexual development and awareness is part of every human being. All children and teenagers will experience sexual development and change from child to adult. Some start early than others. Another myth is that boys are more sexual than girls and must have more than one sexual partner. This is not so. Boys are allowed more freedom to be more sexual than girls. Girls are expected not to bring attention to themselves and behave 'un-lady-like'. Another myth is that boys must have sex to get rid of sperm to avoid going blind.

Baby daddies go missing!

Boys and men are usually very surprised when the girl they had sex with becomes pregnant. "Didn't someone tell them that unprotected sex can results in impregnating the girl they have sex with?" asked 17-year old Albert Lombard.

There are many reasons why boys and men have sex with girls and make them pregnant. "For some boys it is out of ignorance and others encourage each other to have sex with girls and make them pregnant", 14-year old Caytlan Kleinsmith said. "Boys make bets to see how many virgins they can have and then boast about it" she explained. Some men manipulate and control girls just for sex.

15-year old Sesona Hlangani said "girls give each other lots of pressure when it comes to having a boyfriend and sex. They sometimes force their friends to have sex with a guy to prove that she is not a virgin. They sometimes have sex because they are jealous or to spite someone". She also said that some girls use sex as a weapon.

Once the girls become pregnant, the boys and men 'disappear' and the girls and their families have to deal with the after effects.



Teens tackling sexual health and rights

This is the Molo Songololo TEEN ADVOCACY GROUP from Atlantis, Delft and Khayelitsha. They were elected by their fellow learners who took part in educational workshops conducted at their schools. They put this newsletter together to inform and create discussion at their schools on teen sexual reproductive health. Their main message they have for teenagers in general are EMPOWER YOURSELF—DELAY SEX—BE RESPONSIBLE!

Discuss with friends!

Sexual reproductive health is not just about your private parts or about infections. It involves sexual awareness, knowledge, attitude and behaviour. It is about being sexually healthy in body, thought, feelings and in action. It is about your sexuality, making positive decisions and enjoying a healthy sexual life.

In order to be sexual healthy you must know and respect your sexual rights and the sexual rights of others. You must be sexually responsible and make sure that your sexual decisions and actions do not impact negatively on yourself or others.

This newsletter is by and for teens from 12 to 17-years and reflects views on sexual reproductive health, rights and responsibilities.

Discuss the views and opinions in this newsletter with your friends and parents.

Sex crimes and teenagers

Blessers equal exploiters?

Sex for money or something is very common amongst teenagers 17-year old Rose Ndaba stated. "Girls and boys are doing it. They have sex for alcohol, cigarettes, drugs, cell-phones, airtime, etc." she explained. Men who have sex with teenagers and give them something in return are called "blessers". The law say it is illegal for a person under 18-years (a child) to engage in sex for money or 'something'. It is called child sexual exploitation.

Sexual abuse and rape

Sexual abuse and rape is a big problem. Everyday girls have sex against their will and are raped by boys and men they know. Boys also gang up against a girl and force someone to have sex with her to prove that he is 'that ou' (that guy) said 16-year old Ameer Koopman. He stated that boys must speak out against rape.

Boys are also sexually abused and raped by peers, older teens and men. In some case it is because the boy is effeminate or gay, and in other cases it is because they get "punished" explained 16-year old Ashleigh Jacobs. Boys are also sexually assaulted and raped by females he stated. Forcing someone to have sex or exposing under 18-year olds to sexual material or taking sexual pictures of them is illegal and are criminal offences.



Know your sexual reproductive health and rights



Girls think differently about sex than boys. For us girls it is about our feelings, about trust and about respect. The kissing and sex part is last on our list. It is also very risky for girls. So its best to way when you older". - **Aleeyah Walters, 13-years**



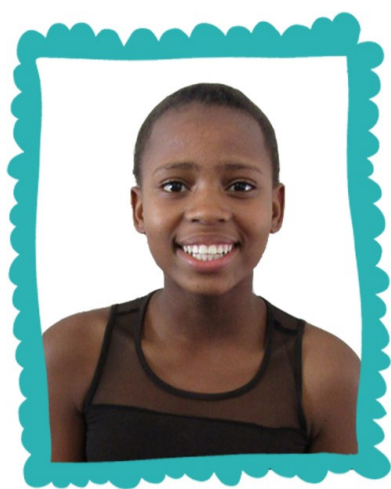
"Some girls get pregnant because of bad choices. Others are raped. Prevent STIs and pregnancy by delaying having sex. No one can make the decision for you. Only you can decide when to start having sex." - **Chloe Johnson, 17-years.**



"The only thing boys are interested in is your breasts and vagina. They do not think about the consequences of having sex. They don't think about infections and impregnating a girl. Boys need to respect girls". - **Sibanhle Dumapi, 16-years**



"When you're 10 or 12-years old, girls usually talk about boys and how handsome or cute they are. They talk about being attracted to boys, kissing boys and wondering what it is like to have sex. It's normal". **Caytton Kleinsmith, 12-years**



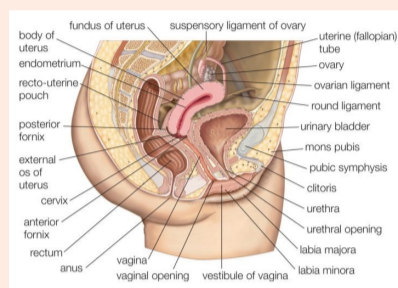
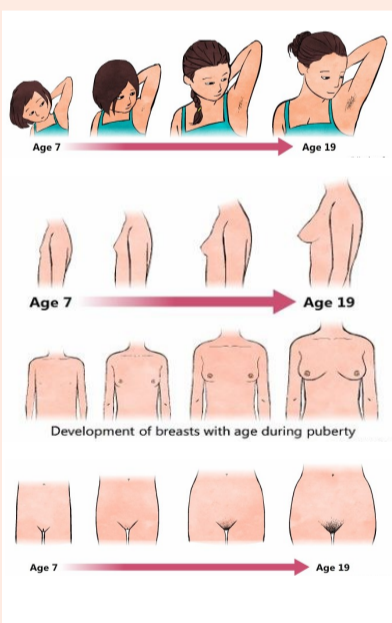
"Enjoy life without sex. Girls should stop wanting to have boyfriends to impress their friends. Avoid bad friends. Go on contraceptives if you gonna start having sex. Always use condoms. Always safety first!" - **Sesona Hlagani, 15-years.**

Girls are unique?

Girls usually do not give enough attention to what happens inside their bodies. They are more concerned about the outside. Peer and social pressure, ignorance and wrong information prevent teenage girls from taking control of their sexual and reproductive health.

Be aware and take care!

Remember sex is part of all girls. When girls enter puberty and start menstruating, their bodies are preparing for pregnancy and childbirth. It is also a period where girls becomes more aware of themselves and develop strong sexual feelings and thoughts. The sexual reproductive system of girls are more complex than that of boys. Having sex, getting pregnant and having a child affects girls more than boys. Girls must inform themselves so they can take better care of their sexual health and their future.



The female sexual reproductive organs

It is those parts of the female body that are directly involved in sexual function, pregnancy, and child-bearing.

External reproductive organs

The vulva – this is the outside part of the female genital organ, called the vagina and consist of;

Clitoris – the outer vagina – the opening of the vagina passage from outside the body

Labia majora – the outer lip of the vulva usually gets covered with hair during puberty

Labia minora – two inner lips covering and protecting the vaginal opening.

Urethra – a narrow tube to pass your urine to the outside

keeping your external reproductive organs clean...

- Use soap and water to wash your external genitals, under your arms and your whole body everyday.
- Use a disposable sanitary pad or clean cotton cloth to absorb your menstruation blood during your period
- Dispose of used sanity pad or wash the cotton cloth before reuse
- Wash only your external genital, do not wash the inside your vagina
- Do not wash from your anus toward your vagina, germ can move from your anus to your vagina and cause infections.
- Be aware of abnormal fluids from your vagina. Do not confuse this with normal vaginal fluids.
- If you see a change in colour or odor in your vaginal fluid, please visit your local sexual health clinic or doctor.

Internal reproductive organs

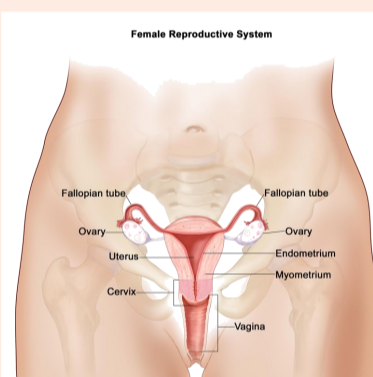
These organs of the female body are inside the lower part of the abdomen (pelvis) and consist of;

Inner vagina – the passage from the outside the body to the base of the uterus

Uterus (womb) – the inner lining shed once a month during menstruation and it is where the male sperm is implanted and a baby grows.

Two ovaries – produce eggs and two hormones, estrogen and progesterone

Two fallopian tubes – hollow like tubes that connect the ovaries and the uterus



Visit your local sexual health clinic for more info on your sex organs!



Girls get a raw deal!

When adults talk to teens about sex and sexuality, they usually focus on the things they don't want teenagers to do and put pressure on girls not to have sex and get pregnant. Sexual and reproductive health for teenagers are much more than that. However, girls get a raw deal because they are girls!

Sexual health is about your physical, mental and social well-being in relation to your gender, sexuality as a female and the choices you make. It involves a positive and respectful approach to sexuality, sex, sexual preferences and relationships. It is also about having enjoyable, safe and positive sexual experiences, free of force, bullying, pressure, discrimination and violence.

Reproductive health involves your reproductive system, processes, functions, internal and external organs, awareness and understanding of all stages of your life; how it all works as well as the choices you make and responsibilities you take. Sexual and reproductive health works together.

All schools must have sexual health nurses to inform and support learners said Ameer Koopman, 13-years.

Girls get more pressure!

"Sex for girls are more complicated than for boys. Girls are always treated unfairly because of their natural body functions, such as getting periods, becoming pregnant or having a baby. Girls get more pressure than boys and are usually blamed" said Remique Kennemeyer, 15-years. She want girls to be respected.



"It's not good for girls to let boys sweet-talk them and 'scratch' in their private parts. Boys take advantage of girls. Girls must stand together. Girls need to empower themselves, and know how to prevent STD's and pregnancy". - **Mariam Koopman, 17-years.**

"Girls and boys must protect themselves. They know about the risks and dangers. They must be responsible and make positive decisions. Having sex early can cause many problems. Focus on your schooling and wellbeing". - **Rose Nadeba, 17-years**

"Girls should tell their boyfriends that they are not ready to have sex and that they will not be forced; or be like their friends who think it's 'cool' to have sex". Having sex early can be dangerous and affect you for the rest of your life". **Amahle Makhasi, 16-years**

"If we are more open about sex we will be able to talk about the dangers and negative part of it. Teens need positive activities, opportunities and education to empower us and help us to delay sex. We must be responsible". - **Jaydene Joseph, 18-years**

"If you are a parent and your daughter is over the age of 10 you should start having the sex talk. Let them know to always use a condom when they want to have sex. Let's make our environment healthy for our future generation." - **Keasher Fraser, 12-years**





"Teenagers are exposed to sex at an early age and many are sexual abused and raped. Girls usually do not have a say. Guys usually trick girls into having sex with them and guys usually target younger girls"
- **Aviwe Macrosa, 17-years**



"Teens get pressured, don't want to loose friends or be called names. They are forced to have sex. When you get pregnant then the friends who pressured you to have sex, leave you"
- **Simamkele Kondlo, 14-years**



"Guys don't want to use condoms. They manipulate girls into having unsafe sex. Girls must proof that they love the guys by having unsafe sex. The guys usually brag about how 'skin-on-skin' is better".
- **Albert Lombard, 18-years**



"Baie ouens gebruik nie kondoms nie. Hulle support ook nie hulle kinders nie. Die kinders word dan swaar groot. 'n meisie moet nie vir a ou se "smooth-talk" val nie. Before she knows it she will be pregnant."
- **Kyle Baker, 15-years**



"Boys usually become interested in sex at a later stage. They usually first explore sexual touching like masturbation in private and watch porn on their phones which they get from friends or internet".
- **Ameer Koopman, 13-years**

Controlling your gender and mojo!

Hormones are chemical messengers that are released directly into the bloodstream by endocrine glands. They are produced in the ovaries and the testes. Hormones are also produced in the cortex of the adrenal glands. These hormones are controlled by the hormones of the pituitary glands in the base of your brain; and control your reproductive system.

- **Female sex hormones** are produced by the ovaries and called oestrogens and progestins
- **Male sex hormones** produces in the testes are called androgens, the most important is testosterone

Hormones and genes (genetic material) determine if a baby will be male or female during the embryo stage, Then it also affect us during our puberty and adolescent stages and help determine a person's sexuality.

Know your sexual rights and responsibilities

In South Africa when you 12-years and older, you have the right to have;

- Sexual reproductive health information, services and treatment
- Access health services without permission from parents and guardians
- Confidentiality and Privacy, which means that information about you cannot be given anyone without your permission
- Dignity and be free from abuse and exploitation
- Responsibility to respect the rights of others
- Freedom and protection from sexual abuse and exploitation
- Justice and access to health, social and other services if needed

Boys will be boys..!



The male sexual reproductive organs

It is those parts of the male body that are directly involved in sexual activity, the external and internal sex organs.

External reproductive organs

These are the male organs that are on the outside and can be seen and felt and consist of three organs;

Penis – the external male organ for sex and carries the semen with the sperm when you ejaculate during a sexual act; and though which you pass urine.

Scrotum – the sac, which holds the testes, and protect them against extreme temperature.

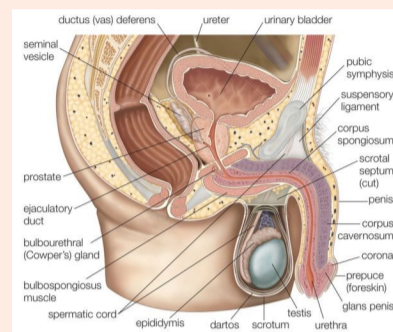
Testes – produce sperm and male hormones responsible for the sexual characteristics of a man – It is two sex glands that produce sperm and male hormones responsible for the sexual characteristics of a man.

More about your penis

Semen and urine pass through the tub called the urethra in the penis. When you become sexual excited, blood is pump into the muscles of the penis. This makes the penis stiffen and erect. When it is time to ejaculate your bladder close so only semen comes out of your penis.

Foreskin and smegma

The penis has a foreskin to protect the head of the penis. The penis produce a whitish creamy substance called smegma which helps the foreskin to slide back. When smegma builds up under the foreskin, it smell and can cause infections. Was regularly or consider circumcision..., snip, snip!



Internal reproductive organs

These organs are in the lower part of the abdomen called the pelvis and consist of;

Epididymus – spiral tubes leading from the testes to the vas deferens where sperm mature

Vas deferens – tubes through which a man's sperm pass from the testes to the penis

Seminal vesicle – pockets of glands where the white fluid (semen) is produced and sperm is stored

Prostate – produce fluid which helps create a good environment for the sperm in the vagina

Cowpers glad – produce fluid which helps create a good environment for the sperm in the penile urethra

Keeping you tools clean.

- Wash your penis everyday with soap and water, wash under your arms and whole body.
- If you not circumcised you need to pull back the foreskin and gently wash underneath it with clean water
- Be aware of any abnormal fluids coming from your penis. Do not confuse this with normal fluids
- If you see any abnormal fluid, rash or wound, visit your local sexual health clinic or doctor.

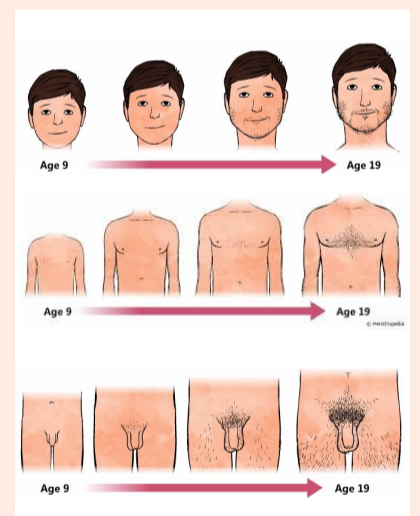
Know your penis!

Boys do not give attention to what happens inside their bodies. They are usually more concern about the size of their penis than anything else. Boy are told and expected to be tough and rough. They usually know far less than girls about their bodies and how it works. The penis is only one part of the male sex organs. Knowing and understanding how the different parts work can improve the sexual reproductive health of boys and men.

It's not about your size!

Sex is part of all boys. Boys enter puberty later than girls. When they do, their sexual organs develop more to prepare for sexual activity. During puberty boys, like girls, become sexually aware and develop stronger sexual urges, feelings and thoughts.

Most boys are generally fine with their penis size. If yours are very small, curve to one side, have a tight foreskin or irritation and hurts when erect or when you ejaculate, then you must consult a doctor or sexual health nurse at your clinic.



Visit your local sexual health clinic and find out more. Keep safe!

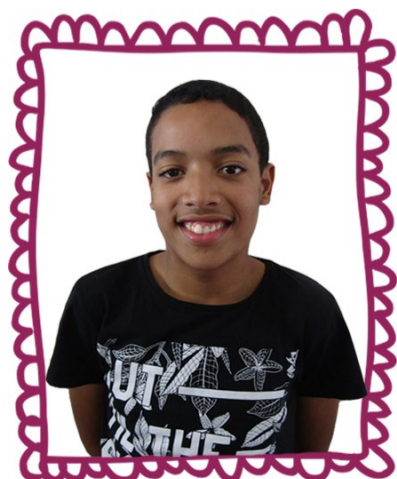
"Hou julle besig met positiewe aktiewete en moet nie sex voor hul tyd te hê nie. Alkohol and dwelms lei na onbeskermdse seks. Hanguit met mense wat 'n positiewe invloed het op jou en jou vriende het. Keep safe!"
- **Dillion Samson, 16-years**

"Baie keer dwing seuns vir meisies om seks te hê, of hulle sit druk op hulle. Jy moet onthou dat as jy a meisie dwing om seks te hê met jou, dis rape. Om iemand te dwing is nie reg nie. Forced sex is illegal and a crime."
- **Ashleigh Jacobs, 17-years**

"Teenager should think wisely and not let people tell them what to do or do things that they are not comfortable in doing. Its best to avoid alcohol and drugs. Boys and men need to be sexually responsible and stop making girls pregnant."
- **Adrian Sacco, 17-years**

"Abantwana bamitha bebancinci is a big issue, like it's a fashion. Many boys want to have sex without a condom. Boys need to get correct information about sex and learn to be responsible. Prevent early and unsafe sex".
- **Masanda Ramncwana, 16-years**

"The first thing that concerns boys is the size of his penis. Some boys develop early and then they tease those who are late developers. They also pressure each other to masturbate or have sex. Boys need to respect girls and delay sex".
- **Liam de Waal, 15-years**





Masanda Ramncwana, 16-years, addressing a Community Dialogue in Delft with community leaders and teenagers on teen sexual reproductive health and rights. He said "boys don't like using condoms and take responsibility for unprotected sex".



Shout Out for Health Teen Advocacy Group members visited Radio Sibonele in Khayelitsha and was interviewed on teen sexual reproductive health and rights. They advocate for "teens take responsibility for their sexual health".



"Teens must visit their local sexual health clinic to get information, get answers to their questions, and for check-ups and treatments", explained 17-year old Aviwe Macroso from the Shout Out for Health Teen Advocacy Group.

Shout out for health - Teens taking care of themselves!

Molo Songololo, supported by UNICEF South Africa, conducted workshops, empowered young people, held community dialogues & established a teen advocacy group to promote the sexual reproductive health, rights and responsibilities of teenagers; and prevent teen pregnancy.



Learners from Grosvenor High School engaging each other on gender and sexual relations at the workshop held at their school. "Boys pressure girls to have sex with them. They manipulate girls and the girls fall for it", says 12-years old Caytton Kleinsmith.



Workshop participants from Eindhoven Primary School each received a copy of a sexual health & HIV booklet. "It has everything we need to know about HIV and how it affects our sexual health, risk", stated 13-year old Natasha Smith.



Girls at Injongo Primary School in Khayelitsha discussed the sexual health challenges they face. "Sometimes you don't have a sanitary pad and you feel embarrassed to ask, because boys make fun of you", stated 15-year old Sesona Hlagani.



"Having sex early course many problems for boys and girls. Boys can make a girl pregnant and girls can get sexually transmitted infections from boys" said 16-years old Athenkosi Ntshiba from Proteus High School at the workshops held at their school.



Learners from Westfleur Primary School stated that "girls are always blamed when she gets pregnant. The boy or man disappears. Sometimes she is forced to marry the guy, even if he forced her. It's unfair" explained Kyle Baker, 15-years.



Amahle Makhasi, 16-years, led a discussion on sexual and reproductive health held at Joe Slovo Secondary School. They stated that "it is difficult to decide when it is the right time to start having sex. Boys have it easy".



Learners at Saxonssea High School warming up and getting comfortable for their workshop. Asheigh Jacobs, 16-years and a member of Shout out for Health Teen Advocacy Group said "I learnt allot and now understand my rights and responsibilities".



"I did not realise that boys have internal sex organs. I thought that we only have a penis and our balls" stated 14-year old Desmond Olckers during the sexual reproductive health and rights workshop held at Leiden High School in Delft.

Atlantis Westfleur Clinic
Westfleur Circle, Atlantis
Phone: 021 571 8043/40

Atlantis Saxon Sea Clinic
Corner Hermes & Grosvenor Streets
Tel: 021 572 5380

Atlantis Protea Park Clinic
Gardenia Street
Tel: 021 572 4696

Delft Community Clinic
Corner Main & Voorbrug Road
Tel: 021 954 2282

Delft South Clinic
Delft Main Road, The Hague
Tel: 021 444 8976

Khayelitsha Community Health Centre
Lwandle Road
Tel: 021 360 5200

Visit your local health clinic for more info and stay safe!

Remique Kennemeyer, 12-years

Sexual bullying, sexual abuse and sexual exploitation are criminal offences!
You must report sex crimes to someone you trust or the police!