**LIFE PLANNING FOR ADOLESCENTS (A GUIDE)**

To make responsible and health decisions about your reproductive health, you need accurate and adequate information about reproductive health. You have the right to be concerned about your reproductive health and to ask questions when necessary.

When properly nurtured and guided, you have the capacity to achieve your potential and grow into a productive adult.

**SMART GOALS**

A goal is something you work to accomplish. It is a proposed achievement or required service.

- **Specific**: Know exactly what you want to achieve.
- **Measurable**: Be able to measure your progress towards your set goal.
- **Attainable**: Be sure the goal is something you have the ability to accomplish.
- **Relevant**: Be sure the goal is something you can do and within the desired time frame.
- **Time-bound**: Set time limits.

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**YOUR REPRODUCTIVE HEALTH**

Sexual abstinence and healthy decision-making activities should only be engaged in when one is consciously ready and fully convinced. You need to respect your body and that of your parents. Never hesitate to talk to parents, trusted friends or health workers. If you feel pressured to have sex when you don’t want to, resist. Resist based on transactions, pity or threat. You have your body and must make conscious personal decisions before engaging in sex.

**BARGAIN**

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**SEXUAL ABSTINENCE**

Sexual abstinence is defined as sexual intercourse at all. It is sometimes and deliberate decisions that one chooses not to engage in sex for a period of time for health, religious, ethical, legal or health reasons. Secondary abstinence is where you have already had sex, but choose to stop having sex and wait for period of time. Choosing to abstain from sex will often requires an act of self-control and commitment over the desire to have sex.

**BE ASSERTIVE**

It is when you communicate your feelings, and needs without any," "No thank you", and "No, no, I am leaving" are all examples of refusing.

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LEAD PLANNING FOR ADOLESCENT & YOUTH (LPAY)

To make reasonable and health choices about your reproductive health, you need accurate and adequate information about reproductive health. You have the right to be counseled about your reproductive health and to ask questions whenever you want.

When properly nurtured and guided, you have the capacity to achieve your potential and grow into a productive adult.

IMPROVE YOURSELF SYSTEM

Self-esteem is the judgment you make about yourself. It is the recognition of your strengths and abilities. It affects how you think, feel, and act about yourself. A positive self-esteem is healthy and important as it is the foundation for your self-worth and achievements.

· Accept yourself the way you are
· Identify your strengths and weaknesses
· Identify your values and behave according to them
· Set realistic goals
· Develop your abilities and be proud of them
· Cultivate positive relationships
· Accept compliments
· Be pleased with who you are

BE AGGRESSIVE

When making decisions, timing counts for a lot: when you want to do it, and when you have the time. To do it right, you need the right timing.

· Know when to say yes
· Know when to say no

Set your goals right

A goal is something you want to accomplish, it is a target achievement or accomplishment towards which efforts are directed.

Long-term Goals

- These are goals meant to be accomplished over a long period of time, e.g., months, several years or over a lifetime.
- Examples of long-term goals include: "I want to go to college," "I want to lose weight." These are goals that you set for yourself and are intended to help you achieve your dreams and goals.

Set realistic goals

- Specific: Know exactly what you want to achieve.
- Measurable: Be able to measure your progress towards your set goals.
- Achievable: Be sure the goal is something you have the ability to accomplish.
- Relevant: Are the goals something you can do and within the desired time frame?
- Time-bound: Set time limits.

YOUR REPRODUCTIVE HEALTH

Sexual activity before marriage should only be engaged in when one is consciously ready and fully convinced. You need to respect your body and that of your partner. Never hesitate to talk parents, trusted friends or health workers if you feel pressurized or have sex when you don’t want to. Avoid sex based on transactions, pity or threat. You have your body and must make conscious personal decisions before engaging in sex.

SEXUAL ABSTINENCE

Sexual abstinence means having no sexual intercourse at all. It is a conscious and deliberate decision to have sex for a specific period or for life. Some people may decide to be sexually or prepubescently-activated for moral, religious, ethical, legal or health reasons. Secondary decision is when you have already had sex, but choose to stop having sex and want for period of time.

Choosing to abstain from sex often requires an act of will control and commitment over the desire to have sex.

NEGOTIATE

Negotiation skills help you negotiate permission so you are not forced to do something you don’t want to do.

- Put off a decision until you can think about it. “I am not ready yet,” is a statement that can be used to delay.
- Make a decision that both parties can accept. Examples of bargaining include: "All right, but...", "Just this once, I beg you", "Mom, we can talk later", and "Mom, another day". You are always in control.

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SET YOUR GOALS RIGHT

A goal is something you want to accomplish, it is your target achievement or accomplishment towards which efforts are directed.

Long-term Goals:

- Choosing to abstain from sex, there is no fear of unplanned pregnancy and contacting sexual transmitted infections including HIV.
- A desire to delay can be further achieved when you are equipped with skills that will enable you say ‘NO’ to sex until you are fully ready.
- Remember, it’s okay to say no.

LMK COUNSELING

Life planning for adolescents and youth counselling tools and materials are available at all LMK facilities to help you informed and secure reproductive health choices.

Information about life planning is important whether you are observing form sex or not. To issue new LMK equipped family planning centers with interpersonal communication and counseling tools today, you will be warned counseled, as any unconsented attempt will enter the different compartments.

LMK SUPPORT & REFERRAL

At the LMK, different units work together to provide you with comprehensive reproductive services that meet your needs in a confidential and youth-friendly manner. Some of these units include:

- Information on abortion and fertility prevention
- Services for management of sexual transmitted infections (STIs)
- Services for management of pelvic inflammatory disorder (PID)
- Health promotion and treatment
- Sexual violence support
- Social services
- Counseling on substance use and abuse

Where any of these services are not available within the facility, you will be directed to the safest and most convenient facility where you will get the required service.
**YOUR REPRODUCTIVE HEALTH**

Search for information on sexual health activities should only be engaged in when you are consciously ready and fully convinced. You need to respect your body and that of your partners. Never hesitate to talk to parents, trusted friends or health workers if you feel pressured to have sex when you don’t want to. Decide based on transactions, joy or threat. You may feel your body and must make conscious personal decisions before engaging in sex.

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**SEXUAL ABSTINENCE**

Sexual abstinence means having no sexual intercourse at all. It is a conscious and deliberate decision to have sex for a certain period or for life. Some people may decide not to have sex because they consider it immoral, religious, ethical, legal or health reasons. Secondary abstinence is when you have already had sex, but choose to stop having sex and wait for period of time. Choosing to abstain from sex often requires an act of self-control and commitment over the desire to have sex.

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**LIFE PLANNING FOR ADOLESCENTS & YOUTH (LPAY)**

LIFE PLANNING FOR ADOLESCENTS & YOUTH (LPAY) is an awareness program designed to help young people make informed and intentional reproductive health choices. Information about life planning is important whether you are abstaining from sex or not. To learn more, visit a trained family planning officer with interpersonal communication and counselling skills today. You will be warmly counselled and any questions you may have will be answered.

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**LPFM COUNSELLING**

Life planning for adolescents and youth counselling tools and materials are available at different facilities to help you informed and intentional reproductive health choices.

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**LPFM SUPPORT & REFERRAL**

At the facilities, different units work together to provide you with comprehensive health services that meet your needs in a confidential and youth-friendly manner. Some of the units and services include:

- Information on abortion and pregnancy prevention
- Services for management of post- abortion complications
- Treatment and counseling for menstrual disorders
- STI (STD) prevention and treatment
- Sexual violence support
- Menstrual hygiene services
- Counseling on substance use and abuse

Where none of these services are available within the facility, you will be directed to the nearest and most convenient facility where you will get the required service.