



I CHOOSE
#MalayaAkongMaging

I CHOOSE to be
HEALTHY

a guide to taking care
of your heart, your mind, and your body





Hi, _____! Kumusta ka?
(your name)

How does it feel to be 'growing up?'

Some of you are taking time to understand the changes happening with yourself. Some of you are busy at school, making friends, or learning new skills, or discovering new interests.

You might be falling in love, too!

But whatever you do, it is important to develop your values around your body, your heart, and your mind. It helps you make good decisions, establish healthy relationships, and avoid risks that can affect your future.

Your teenage years are a time to be YOU. You are not alone in this journey. You can choose to be smart about your well-being.

There's no better time to say **"I Choose to care about my health!"**

And this booklet can help you make it true!

Information from:

Johns Hopkins Medicine
Centers for Disease Control and Prevention
Nemours Children's Health
Johns Hopkins All Children's Hospital
Department of Health

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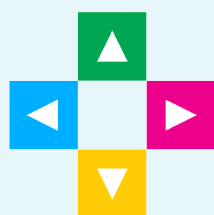
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Visit these teen-friendly health resources!

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I CHOOSE

#MalayaAkongMaging



I CHOOSE TO KNOW
MY BODY

Taking Care of My Body

Have you thought about your health lately?

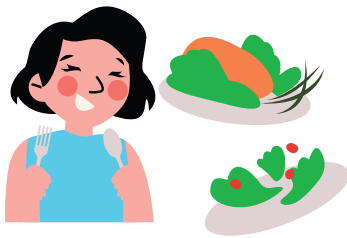
Understanding how your body works and learning some healthy habits is a great way to start.

As you grow up, you begin to take charge of a lot of things. You begin to choose the clothes you wear, what TV shows to watch, or even who you go out with.

You now start to make bigger decisions — and that includes taking care of yourself.

Let's take a look at how you can be the best you can be, starting with your body!

EAT HEALTHY



Eat balanced and nutritious meals.

A good diet can help:

- ✓ strengthen your body
- ✓ make you glow and feel better
- ✓ boost your memory
- ✓ prevent diseases

A healthy diet includes:

- carbs like rice
- protein from meat
- calcium from milk and cheese
- fiber from vegetables
- vitamins and minerals from fruits

Do the best with what you have.

It's important you try your best to stay healthy. That means staying away from junk foods, choosing fruits and vegetables when you can, and drinking water instead of softdrinks.

GET MOVING



Flex those muscles! Move those hips!

Exercise can:

- ✓ boost energy and strength
- ✓ help have healthy weight
- ✓ help avoid diseases
- ✓ help improve sleep

You can try these activities for 30 minutes on most days of the week:

- stretching
- walking
- running
- dancing

PRACTICE PERSONAL HYGIENE



Be fresh! Be clean!

With good hygiene, you can:

- ✓ look, smell, and feel good
- ✓ be more confident!
- ✓ have a better mood
- ✓ avoid common diseases and skin problems

To stay fresh and clean, you can:

- take a bath
- brush your teeth
- keep your nails clean
- use soap, deodorant, or tawas



Clean water is a precious resource that, unfortunately, not everyone has access to. Let's be mindful of how we use the water we have.

SLEEP WELL



Try to have 8-10 hours of quality sleep every night.

Enough sleep leads to:

- ✓ stronger immune system
- ✓ better focus and attention
- ✓ good mental health
- ✓ improved academic performance

To have quality rest, you need to:

- stick to a consistent sleep schedule
- put away your phone an hour before bedtime
- avoid energy drinks and coffee at night

AVOID VICES

Avoiding vices helps you have:

- ✓ healthy skin and fresh breath
- ✓ a more positive mindset
- ✓ better sleep
- ✓ stronger immune system

To keep yourself away from vices:

- know what vices can do to your body
- take time to do something you love
- decline offer from friends. It's OK to say 'no.'



It's best to avoid drinking, smoking, vaping, and illegal drugs.

The Male Reproductive System

The male reproductive system is awesome!

It produces hormones that guide your body's development. It produces sperm cells and has the ability to carry them to the female body to make babies. Plus, it can bring you pleasure! *wink*

You can take better care of yourself when you know your body parts and their functions. You can help your best friends understand it, too!

WHAT'S OUTSIDE

PENIS

The male organ from which urine and sperm exit the body. It becomes erect when aroused. Its foreskin is removed during circumcision.

SHAFT

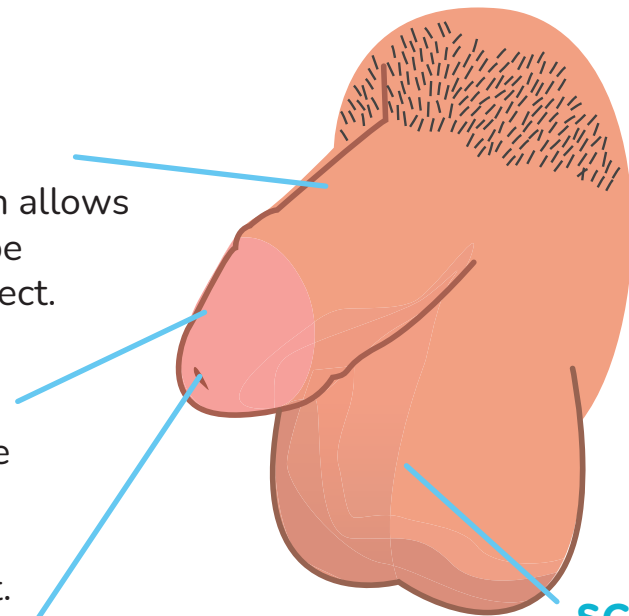
Its elastic skin allows the penis to be bigger and erect.

GLANS

It is called the 'head' of the penis, a very sensitive part.

URETHRAL OPENING

Where urine and sperm come out



SCROTUM

Like a bag of skin that hangs behind the penis to protect testicles to produce sperm. It gets darker and wrinkly as you mature.



When you were a kid, people often call your male body parts by nicknames such as bird, eggplant, patutoy, etc. But your awesome reproductive organs deserve to be called by their real names like penis, titi, or bayag!

WHAT'S INSIDE

SEMINAL VESICLES

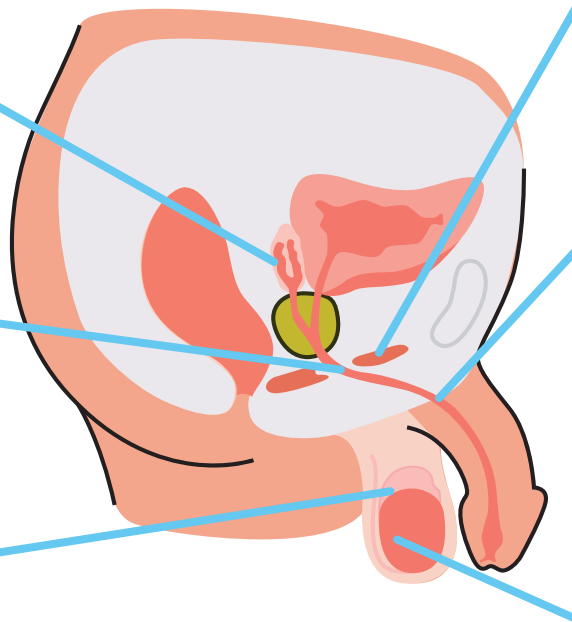
Makes a sugar-rich fluid that provides energy and helps the sperm swim

VAS DEFERENS

It delivers mature sperm to the urethra.

EPIDIDYMS

It stores, carries, and transports sperm. The sperm mature here.



PROSTATE GLAND

Makes additional fluid for ejaculation and helps nourish the sperm

URETHRA

A very thin hose that carries urine and releases semen full of sperm during orgasm

TESTICLES

These are like a factory that produces sperm! They also make testosterone, the male hormone.

Your private parts may look a little different from others but it's OK, bes! Unless there's discomfort, pain, or smelly discharge, everything is likely fine!

But remember, you can go to your nearest health center or doctor if you feel and see that something isn't right.



Hormones are special chemicals in your body that help organs do their work! Testosterone is the male sex hormone.

Sperm are male reproductive cells which fertilize a woman's egg cells to make a baby.

The Female Reproductive System

The female reproductive system is powerful!

It produces hormones that guide your body's development, and can grow a baby inside your womb. It can give you pleasure too! *wink*

You can take better care of yourself when you know your body parts and its functions. You can help your besties understand it, too!

WHAT'S OUTSIDE

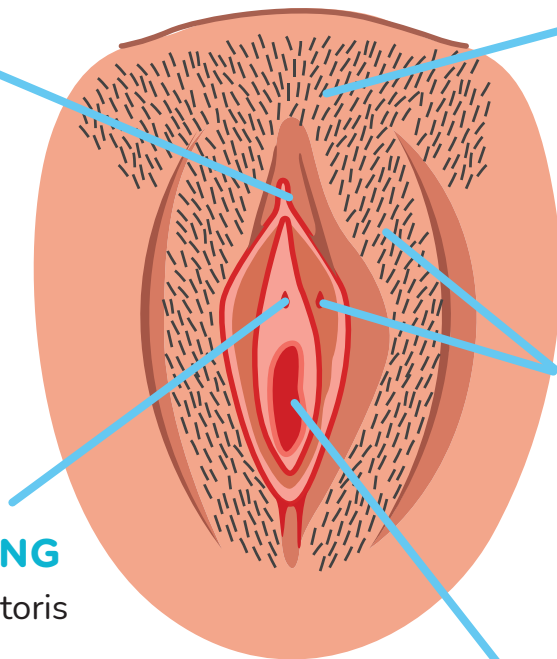
What's between your legs is called the **vulva**. It is the outer and visible part of your genitals. It covers and protects your vaginal opening and other reproductive organs. Many people say "vagina" when they really mean the vulva.

CLITORIS

It extends inside your body and has thousands of nerve endings, making it very sensitive. When stimulated, it can give you pleasure!

URETHRAL OPENING

A tiny hole under the clitoris where your pee exits



MONS PUBIS

Protects your pubic bone and usually gets very hairy during puberty

LABIA

The labia majora (outer lips) and labia minora (inner lips) protect the delicate parts of your vulva.

VAGINAL OPENING

It's where period blood and babies come out. It's where the penis enters during vaginal sex.



Hormones are special chemicals in your body that help organs do their work! Estrogen and progesterone are the female sex hormones.



When you were a kid, people call your female organs by nicknames such as *flower*, *pechay*, *mani*, etc. But your amazing organs deserve to be called by their proper titles like *vulva* or *puki*!

WHAT'S INSIDE

FIMBRAE

They guide the eggs coming from the ovary into the fallopian tube.

UTERUS

Also known as the “womb” where the baby grows and develops. Its lining also thickens, which eventually sheds off and comes out as blood during your period.

VAGINA

A tube that receives the penis during sex and the baby’s way out. It’s naturally moist.

HYMEN

A thin sheet of tissue that partially covers your vaginal opening.

FALLOPIAN TUBES

The egg from the ovaries travels down these tubes to the uterus. It’s also where the sperm meets the egg.

OVARIES

They release an egg each month and produce hormones that affect period and pregnancy.

CERVIX

The narrow end of the uterus that opens wide so babies can come out of the womb.

Your female parts may look a little different from others but it’s fine, bestie! It’s not supposed to smell like fresh roses. Unless there’s discomfort, pain, or smelly discharge, everything is likely OK!

You can go to your nearest health center or doctor if you feel and see that something isn’t right.



Eggs are female reproductive cells which the sperm fertilizes to make a baby.

The Female Breasts

The breasts are accessory organs of the female reproductive system.

It's because they play an important role after a person gives birth. They provide nourishment to babies by producing milk.

Whatever size your breasts are — small or large, your breasts are beautiful! And yes, all sizes can produce enough milk for a baby!

Breasts come in different shapes, too. Normal breasts can be round, pointed, or thin. Some women have breasts with wide spaces in between.

Your breasts can change due to weight changes and might grow until your early 20s. It will change in size during pregnancy and can look bigger at some point in your menstrual cycle.

WHAT'S INSIDE

ADIPOSE TISSUE

It's the outer layer of the breast under the skin. Your breasts are filled with it.

MAMMARY GLANDS

They make and produce milk which only happens during pregnancy and breastfeeding.

MILK DUCT

It brings milk throughout the breasts to the nipples.

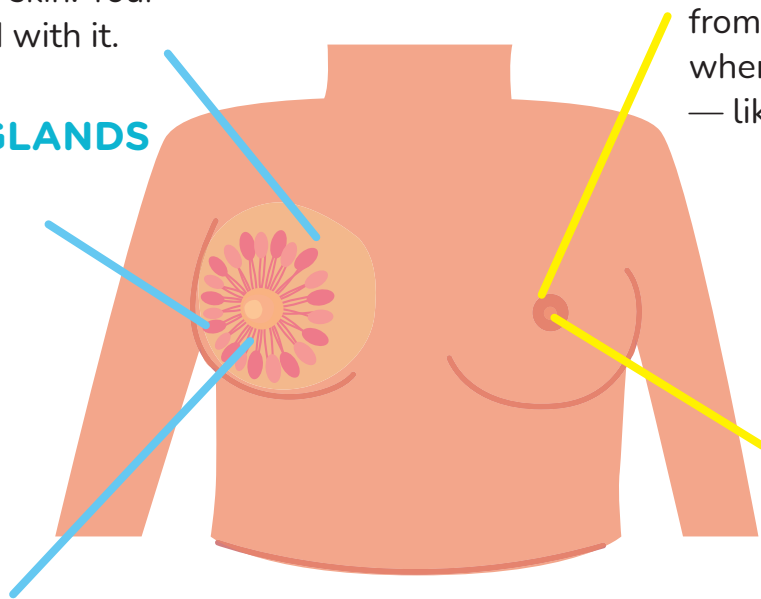
WHAT'S OUTSIDE

AREOLA

Secretes oil that protects breasts from soreness when breastfeeding — like a lip balm!

NIPPLES

Babies suck milk from the nipples. They usually harden when you're sexually turned on, ovulating, on your period, or when it's cold.



You can show your breasts some love by learning their parts and functions!

All about me..nstruation!

Code red! Code red! It's that time of the month again.

Some of you already know the drill. Others are still figuring out how to handle it well, and that's OK!

Getting your period is a big deal. It is one of the biggest changes in your body during puberty. Your period is a sign that your body is ready to make a baby, if and when you want to.

TBH, it's not everyone's favorite part of the month. But you got this, bes! Your body is just doing what it should do. Your hormones guide this process, every month.

THE MENSTRUAL CYCLE

- This starts on the first day of ovulation.
- If you get pregnant, the egg will attach to the bed and grow into a baby
- If the egg is not fertilized, the bed needs to be flushed out and that's your period!

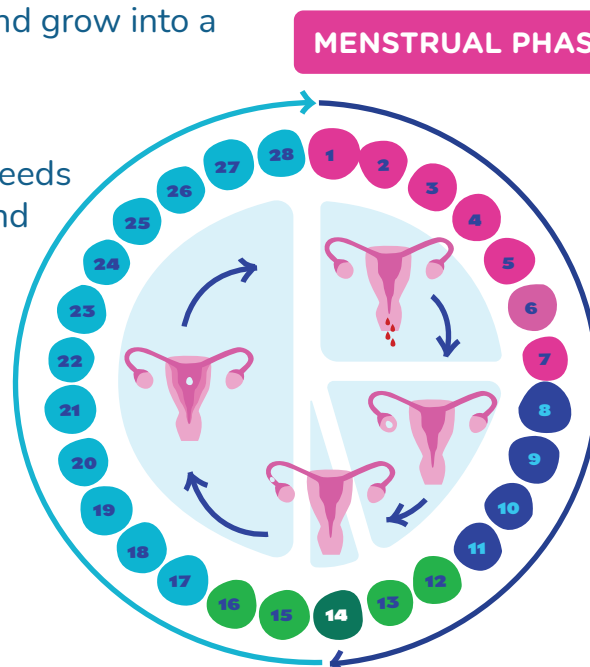
LUTEAL PHASE

- Ovaries release a mature egg.
- You are most fertile during this phase. **There's a high chance of getting pregnant if you have unprotected sex** a few days before or after ovulation!

OVULATION PHASE

Your cycle starts here!

- The 1st day of your period is the start of your cycle.
- The lining or "bed" in the uterus breaks down and exits the body. That's the bleeding you see — your period.
- Period usually lasts for 3-7 days.



FOLLICULAR PHASE

- This begins during your period. The ovaries get ready to release eggs.
- The cycle ends on ovulation day.

Making the most of your red days

Some teens have clear signs that red days are coming soon and some do not. Sometimes, they arrive unexpectedly.

You can use a calendar, a journal, or a period tracker app to keep track of your cycle so you know when the big red event is happening or when you're fertile.

Aside from tracking your menstrual cycle, there are other important things you can take note of during this time.

WHAT YOU NEED TO CHECK DURING YOUR PERIOD

Menstruation can also tell you something about your health. The best thing you can do is to note the things that happen during your period.



PERIOD LENGTH

It normally lasts for 3-7 days. Some have it longer or shorter.

COLOR

It's usually dark red, brown, or bright red. Sometimes a mix.

ODOR

It smells metallic and gets 'fishy' when pads aren't changed regularly.

CONSISTENCY

It's normal to notice a clot of blood, however, very large clots are unusual.

BLOOD FLOW

It can be light (changing your pads every 3-5 hours) or heavy (changing your pads every 1-2 hours) but soaking your pads every hour isn't usual.

PHYSICAL CHANGES & PAIN

Cramps, bloating, sore breasts, and pimples are normal. You may take paracetamol or ibuprofen, or apply warm compress in your lower abdomen or 'puson' to ease the pain.

EMOTIONS

You may feel anxious, irritated, or low in energy in the days just before your period.



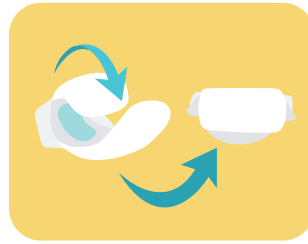
When you are a teen, your period may happen every 21-45 days. As you get older, it will get more regular. Most cycle lasts for 28 days but it can be as short as 21 days or as long as 35 days.

HOW TO TAKE CARE OF YOUR BODY DURING YOUR PERIOD

Your body deserves tender loving care during your period! Here's how:



Taking a bath helps you feel fresh and clean, bes!



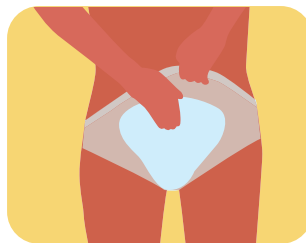
Change your pads, pasador, and cups as needed.



Wear comfy clothes.



Wash your vulva with clean water alone. No harsh soap, please!



Keep the areas between your legs dry.



Wash your hands when replacing pads.



Menstruation usually becomes regular by the second year from your 'menarche' or known as your very first period. If you notice anything unusual during your period, it's best to consult a doctor.

KEEP THE ENVIRONMENT HAPPY

Dispose your used pads properly.



Three easy steps:
Remove, fold, wrap!



Put used pads in a trash bin far from animal reach.



Don't flush it in the toilet, burn it, or throw it in the river.

TRUE OR NOT: FILIPINO MYTHS AND MISCONCEPTIONS ABOUT MENSTRUATION

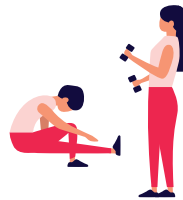
There's a lot of things that girls are told to do and not do during their period. But what's true? What's not? Let's take a look at five of these common myths!



“TAKING A BATH WHILE ON YOUR PERIOD WILL MAKE YOU CRAZY!”



No it won't! Your body will thank you for being fresh and clean!



“I'M ON MY PERIOD. I CAN'T RUN OR EXERCISE.”



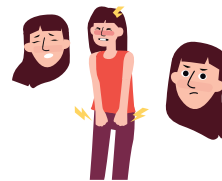
You can, bestie! It's good for your body and your mood to stay active while you have your period.



“YOU'LL LOSE YOUR VIRGINITY IF YOU USE TAMPONS OR MENSTRUAL CUPS.”



No, bes! Period products like menstrual cups will most likely not break your hymen. Also, the hymen is not a basis of virginity. Ultimately, one's value should not be based on sexual experience, or lack thereof.



“OH, YOU'RE EXAGGERATING AND BEING OVERLY DRAMATIC.”



You're not! Mood swings are common during red days and sometimes a few days before.



“NO SOUR FOOD, PLEASE! IT WILL MAKE MY PERIOD PAIN WORSE OR SLOW IT DOWN.”



No scientific evidence! So go ahead and enjoy those green mangoes!

Do you want to learn more about your period? Visit malayaako.ph! Share what you learn with your besties, too!

The Usual Changes in a Teen's Body

They say “when puberty hits you,” you will experience a “glow up.”

However, there are some physical changes that make teens unhappy and anxious.

No one deserves body shaming. Nobody is perfect, including those people who might be teasing you. Everyone's body is different.

If you are going through some changes that you don't like, please remember that a good and healthy body doesn't need to look like it's from a TV commercial.



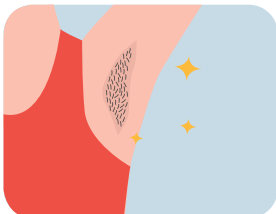
PUBIC AND ARMPIT HAIR GROWTH

Hey, having armpit and pubic hair is common! It's nothing to be ashamed of, dear!

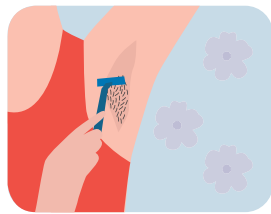
WHY

Pubic hair protects your genitals from bacteria while armpit hair prevents irritation caused by frequent skin-to-skin contact under your arms.

WHAT YOU CAN DO



Just let it grow!



You can trim, shave, or wax.



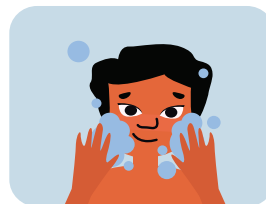
ACNE

Hey, it's common! It is usual for teens to have acne during adolescence.

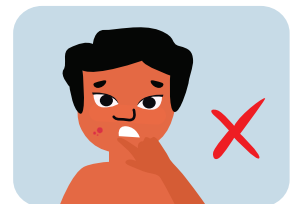
WHY

Puberty hormones make the oil glands active so the skin becomes oily and prone to acne. Your mom or dad probably had it during their teens. You can ask them!

WHAT YOU CAN DO



Wash your face with soap or a gentle skin care product.



Avoid touching your face or popping your pimples.



INCREASED BODY ODOR

It's common! A not-so-nice smell is usually noticeable among teens, especially when puberty is starting.

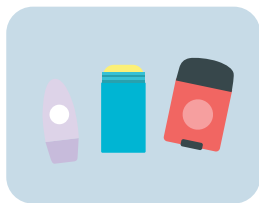
WHY

Sweating increases in your armpits and groin area during puberty. Oil + sweat mixed with bacteria from your skin or clothes cause body odor.

WHAT YOU CAN DO



Take a bath.



Use a deodorant or tawas.



INCREASED SWEATING

Have you ever experienced the armpits of your shirt soaking with sweat? Hey, it's common!

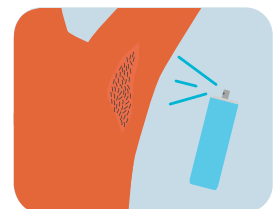
WHY

2 to 4 million sweat glands become more active during puberty which makes you sweat more than before!

WHAT YOU CAN DO



Wear light clothes to keep you cool.



Use a deodorant or tawas.



Liking our body isn't easy, especially when people tell us otherwise. But here's the tea: a lot of these changes are common!

Knowing why these happen and what to do will help you have more #selflove!

Is It Just Me?

At your age, you might want to say “I’m not a child anymore!”

You start to take things more seriously and some things you used to do bore you now.

There might be times when you can’t sleep at night thinking about your feelings for someone or what you’re gonna be in the future. Can you relate?

Before, you might be just shrugging off these things but now you care and feel A LOT. And that’s common!

EMOTIONAL CHANGES



Sensitivity and sadness

You may feel a little more sensitive these

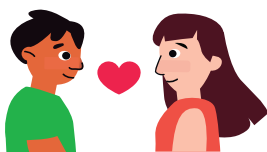
days. It’s okay not to be okay!



Caring what others think

It’s common to care about how you or others view yourself.

Just remember, you are unique! Here’s a tip: You don’t have to please everyone!



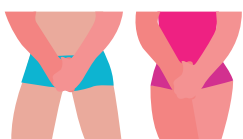
Interest in romantic relationships

Some people start to care deeply for another person or fall in love. You can also have no romantic attraction at all.



Decision-making

You get excited about making choices for yourself, like choosing a career or a partner.



Sexual feelings

It’s not weird to feel sexual urges.

It’s common! It’s OK if you don’t want to act on them yet or if you don’t feel any sexual feelings at all!



Excitement to try new things

Exploring and discovering are part of growing up. However, keep safety and consent in mind at all times.

SOCIAL CHANGES



Self-Identity

Becoming comfortable with who you are and discovering more about yourself is a good thing!



Values

This is a time that you start to understand what you stand for and what is important to you. Thumbs up for that!



Independence

You enjoy being in-charge of yourself or having privacy. You feel like you're an adult! Talking and listening to your parents, if you feel safe, would do you good. Asking them for help is okay.



Peers

You like to be with friends that share the same interests or values in life. Choose your BFFs wisely!

GENDER & SEXUALITY



Sexual Orientation (SO)

Sexual orientation is about who you're attracted to romantically, emotionally, or sexually. At this age, you might be sure (or not) about your SO but you might also find that your attraction changes over time. It's okay because SO is fluid - it is not fixed.



Gender Identity (GI)

During adolescence, you start making sense of being a girl, a boy, both, neither, or anywhere along the gender spectrum. Meanwhile, some teens already know their gender identity as children and affirm this knowledge in adolescence. Like SO, GI is also fluid.



Gender Expression (GE)

It is the way you present your gender through your clothing, hairstyle, voice, and actions. This can change over time and no one should make assumptions about one's sexual orientation or gender identity based on GE.



*Adolescence is a time to discover **YOU**. Take your time, feel things, and enjoy the journey. One thing is for sure: It isn't just you! You are not alone. A lot of teens go through these changes.*

If you are having a hard time understanding these changes, you can always ask for help.

I CHOOSE TO CARE ABOUT
WHAT I FEEL

Let's Talk About Love!

Everyone deserves to love and be loved.

Love is the strong feeling you have for your family, friends, or even for your interests... like in art or music! The love you feel for each of them is unique.

Of course, it can also be an intense feeling of attraction or care for someone called romantic love.

It's really not our heart that does the work. The feeling of love is stimulated by the chemicals in the brain. These chemicals make you feel good, nervous, and have "butterflies in your stomach."

The thing is you can't control who you love or feel attracted to, but you can be responsible for how you express it!

LOVE LANGUAGES

You love your family, your friends, and other people around you but you don't kiss them all the time, right? That's because it's not the only way to show affection.

Love has different languages and some people might prefer one over the other. If you don't know these yet, here are different ways to show your love!



WORDS OF AFFIRMATION

- ♥ Tell them how you value them
- ♥ Say "thank you" for small or big things



PHYSICAL TOUCH

must be done with consent

- ♥ Give them a hug
- ♥ Hold their hand



ACTS OF SERVICE

- ♥ Offer help on their tasks
- ♥ Carry their bags



QUALITY TIME

- ♥ Spending time and giving attention can make anyone feel special
- ♥ Listen to their stories
- ♥ Eat lunch with them



RECEIVING GIFTS

It doesn't have to be expensive

- ♥ Cook them a dish
- ♥ Make them a cute bracelet

Here's some caution, bes! You don't have to disregard your own needs or accept mistreatment as a way of showing love for the other person.

Connecting with others

There are many kinds of love that you will discover as you grow up.

At your age, there is a lot of talking and teasing about your crushes or admirers. However, don't miss the chance to cultivate relationships aside from romantic ones!

These may not involve butterflies in the stomach or blushing cheeks but they are worth having. There are friendships that last a lifetime.

Creating healthy and meaningful connections help build your character, resilience, and well-being. But if you don't feel comfortable connecting with many people, that's alright!

TYPES OF CONNECTIONS



FAMILY RELATIONSHIPS

Have conversations with your parents, siblings, your Lolo, Lola, Tito, and Tita.



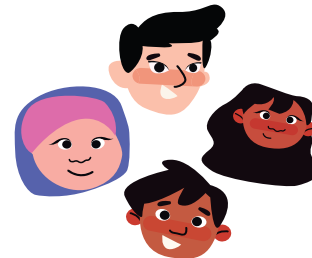
FRIENDSHIPS

Having besties will help you survive your teenage journey and make it more memorable!



COMMON-INTEREST RELATIONSHIPS

Connect with people who are passionate about the same things, like joining fan clubs or art groups.



COMMUNITY RELATIONSHIPS

Make friends with people in your community through volunteer organizations or community clubs.

That Thing Called 'Kilig'

When you feel the 'sparks' or some connection, is it enough to call it love?

Feeling of attraction and having a romantic relationship are part of growing up. Some teens fall in love already while some wait until later. It's okay to not feel any romantic feelings, too.

SO YOU HAVE A CRUSH!

Have you confessed your feelings already? Hmmm. That's OK! Do it whenever you feel like it or not at all.

And of course, girls can confess and make the first move! It's also okay to have feelings with someone of any gender!



It looks different for everyone but you know it's okay to date when you:



feel like you're ready



want to and not because you're pressured or your friends are doing it



aware of what consent, boundaries, and respect are

Here's a gentle reminder, bes! When a person says they are not interested, you should respect that. It is not okay to force them to like you, cause them harm, or stalk them.



When you feel attracted to someone, you may want to be with that special person and build your relationship. But the big question is: Are you ready?

ARE YOU IN LOVE?

Knowing when you're in love can be exciting but also confusing, especially if it's the first time.

Some physical or sexual attraction develops into romantic love while others don't go far beyond a crush. But the good thing is, there are signs that can help you figure that out!



IT CAN BE LOVE IF

- ♥ The feelings develop over time and last awhile
- ♥ You care about their personality, character, and values
- ♥ You can be your real self
- ♥ You feel comfortable
- ♥ There is respect and clear boundaries
- ♥ You see the person's mistakes and openly talk to them about it
- ♥ You can be yourself and follow your own path

IT'S NOT LOVE IF

- ♥ The feeling happens instantly and doesn't last long
- ♥ You're only interested in their looks
- ♥ You feel the need to be perfect
- ♥ It feels unsure or unsafe
- ♥ You compromise self-respect
- ♥ You don't see the person's imperfections
- ♥ The relationship feels toxic or limiting

Aside from knowing these signs, you should also learn to differentiate between your feelings guiding you and your traumas misleading you.

Some teens who grew up in uncaring homes, or those who were not heard or seen enough, often mistake other people's attention for love. They tend to fall easily into whoever shows them care, even those who don't align with what they want or need.



It may be awkward to talk about crushes and dating with your parents but they've experienced this too, so they might have some tips for you!

REAL...ationships

When you feel the 'sparks' or some connection, is it enough to call it love?

Some teens think that when people are in love or attracted, they should enter a relationship instantly. If you're not yet ready, it's okay to stay friends and get to know each other first.

It's also best to define the relationship! This will help you understand your responsibilities, boundaries, and prevent hurting other people's feelings.

One of the factors to know if you're ready for a relationship is when you're aware of the qualities of a good partner.

GREEN FLAGS IN A PARTNER

- Respects and gives you the space to be yourself.
- Listens and values your opinion
- Recognizes their mistakes and apologizes
- Sets healthy boundaries
- Knows what consent is and how to ask for it

RED FLAGS IN A PARTNER

- Tries to control you
- Imposes their beliefs on you
- Believes they're always right
- Tries to look into your phone and other personal things without permission
- Pressures you into doing things without your consent

To some teens, red flags and green flags all feel the same. It's okay to seek help when you are not sure of how you feel.

Please be aware that even people you trust and look up to (like relatives, neighbors, teachers, etc.) can try to win your affection, then act in abusive ways. There are some adults who build connections with minors with bad intentions in mind.

HEARTBREAKS

Some relationships last while others don't. There are times that the person you care about might not feel the same way.

You may feel sad, upset, angry, or empty. It's okay to cry it out and share your feelings. Take time to focus on yourself and cherish the people around you. You'll be able to move forward eventually.



I CHOOSE TO UNDERSTAND
PHYSICAL INTIMACY
and SAFE SEX

Hugs? Kisses?

Have you ever felt the rush to hold hands with or hug your significant other?

There's nothing weird about it! This could happen spontaneously or when you become more comfortable with each other!

If you are in a relationship or going out with someone, you need to talk about the choice of having physical connection at some point.

It may be hard and awkward at first, but having this conversation will help strengthen your relationship.

PHYSICAL INTIMACY

- Being physically intimate means consciously allowing someone to be closer to you or touch you. This gives a pleasant or sensual feeling. Physical intimacy is meant to be enjoyed!
- Some examples of physical intimacy are hugging, holding hands, and kissing. It is not limited to sex.
- A touch from your partner activates oxytocin, a.k.a. the "love hormone," in your brain, making you feel like flying.
- If you don't want to or you're not yet ready, that's totally OK!
- It's best to be intimate with your partner in a space where you're comfortable, when you're both ready and willing to do it.



Physical intimacy is not limited to sex.



There are many ways to display or express your fondness to your significant other. Not every touch needs to lead to in whatever form of sex, especially if you're not ready or comfortable. Physical intimacy can grow gradually. It can start with getting to know and being open with your special someone.

Asking and Giving Consent

When it comes to physical intimacy, remember this: **Your body, your rules.**

Consent is important in any physical relationship. It means that two people agree on how physically intimate they can be with each other.

If you are not in the mood or not yet ready to hold hands, hug, or kiss, or engage in any sexual activity with your partner, **it is your right to say NO.**

In a physical relationship, respecting yourself and your partner is a must. Doing intimate or sexual things to someone without consent is considered sexual assault or rape according to the law. It is rape if an adult had sex with someone who is 16 years old and below.

When asking and giving consent, remember that it's like **FRIES** (Planned Parenthood, 2016).

F REELY GIVEN

You decided to do it without force, pressure, manipulation, or any threat.

R EVERSIBLE

You can change your mind at any time, even in the middle of the act.

I NFORMED

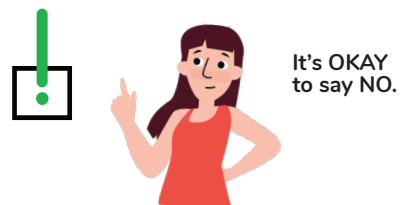
You know exactly and clearly what you're about to do or what's going to happen.

E NTHUSIASTIC

You are excited and you really want to do it. A "yes" should sound like a happy yes.

S PECIFIC

Your permission is necessary every time your partner wants to be intimate. A yes to one thing or one time is not a yes to everything all the time.



Remember: Anyone who is a minor (16 y.o. and below), sleeping, and/or incapacitated under the influence of drugs or alcohol cannot give consent.

Anyone who is suffering with a mental illness that prevents them to understand what they're consenting to or their choices cannot give consent.



Bragging to other people that you kissed, hugged, or had sex with someone isn't okay. Don't kiss and tell!

READ FIRST!



You might find the next topic sensitive. It may not be openly discussed at home, at school, or with friends. However, knowing and understanding this information can help you develop your values about sex, practice it safely, and delay having a baby until you are ready.

Don't worry, dear! This is created with you in mind.

Let's Talk About Sex!

Have you ever thought about sex?

It's alright! Thinking about sex or having sexual feelings is common. If you don't, it's fine, too!

It can be hard to talk about sex, but it shouldn't be. Learning it now can help you protect yourself from harm, and of course, experience it comfortably when it's the right time for you!

- People define sex differently. To many, it refers to penis-in-vagina intercourse. For others, having contact with another person's private body parts is sex already.
- Penetrative sex (when something like a penis or a sex toy goes inside someone else's mouth, vagina or anus) may hurt a little for others, especially at first.
- Some people do it to express their love or make babies. Others do it for pleasure, to relieve stress, to build connection, among other reasons.
- No matter what sex means to you, it should always be done with consent — yours and your partner's.

*What questions do you have about sex? Visit the **I CHOOSE** #MalayaAkongMaging official website at malayaako.ph to learn more!*



Are you ready for sex?

At some point, you will decide you are ready to have sex.

Deciding when to have sex involves your emotions and personal values.

At your age, delaying sex is encouraged. Delaying sex keeps you safe from sexually transmitted infections (STIs) and unplanned pregnancy.

But you can do whatever feels right, comfortable, and safe.

A person who is ready for sex should be able to answer these questions with a big YES!



Do I feel safe and comfortable with the person I want to have sex with?



Have I discussed it with him/her/them?



Does my partner respect my boundaries?



Do we both consent to it?



If I change my mind while doing it, will my partner respect that?



Have we discussed and agreed to use condoms to protect ourselves from sexually transmitted infections (STIs) like HIV and unplanned pregnancy?



Remember, you shouldn't have sex to prove your love to your partner, if you feel pressured, or if you or your partner are drunk or unconscious, or everybody else seems to be doing it.

Is that true about sex?

When you start learning about sex, you'll hear about many things that might not be true. Let's debunk these myths and misconceptions!

❌ MASTURBATION IS BAD

- ✔ Masturbation is pleasing yourself sexually by touching your genitals. Girls masturbate, too! Did you know that masturbation can help relieve stress and period cramps? **While there is nothing wrong with masturbation, it is also okay to not masturbate for personal or religious reasons.**

❌ SEX DURING PERIOD IS SAFE

- ✔ You are always at risk of an unplanned pregnancy if you have unprotected sex. Teens' menstrual cycles are often unpredictable. **You can get pregnant at any point in your cycle.**

❌ VIRGINITY IS LOST WHEN YOU HAVE SEX

- ✔ Sex and virginity can mean differently from one person to another. You don't have to see yourself as a virgin or not based on how it is defined by others. No one should be valued based on their sexual experience.

❌ PORN IS REAL SEX

- ✔ Porn generally does not depict respectful relationships. Safe sex and consent are not often discussed in porn, too. **It is not a good idea to model your own physical or emotional relationship on one you see in porn.**

❌ CONTRACEPTION IS ALWAYS

A GIRL'S RESPONSIBILITY

- ✔ Once you start having sex, **contraception is both partner's responsibility.** You should talk about it with your partner before having sex to figure out the best option for you.

❌ CONTRACEPTION LESSENS

SEXUAL PLEASURE

- ✔ Short-term methods including condoms won't make sex any less good or enjoyable. People who use contraception often report more enjoyment because they are not worried about getting pregnant if they don't want to. **Contraception = Sex without worry!**

❌ WITHDRAWAL, JUMPING

AFTER SEX, & CERTAIN SEX

POSITIONS PREVENT

PREGNANCY

- ✔ Sperm may enter the vagina if there is sperm present in pre-cum and if the penis isn't pulled out before ejaculation. Jumping after sex won't keep the sperm from reaching the egg as well.

Any unprotected sex, no matter what position, can lead to unintended pregnancy.

What is safe sex?

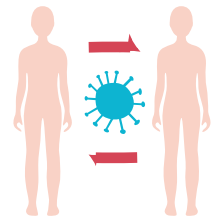
At some point, you will decide you are ready to have sex.

Safe sex is protecting yourself from sexually transmitted infection (STI) or pregnancy. Sex can be fun and exciting but you need to be careful.

Anyone can get an STI. You can get an STI from unprotected sex. It can be easily treated but it can become serious if you ignore the symptoms.

STIs are infections that are transferred from one person to another through vaginal, anal, and oral sex.

- A person with an STI can transfer the infection to another person through any kind of unprotected sex.
- Most STIs are curable but a few are not.
- The most common STIs that affect people are HIV, chlamydia, gonorrhea, and syphilis. Their symptoms are not limited to:
 - ✓ burning sensation when peeing
 - ✓ abnormal penis or vaginal discharge
 - ✓ pain during sex
 - ✓ irritation and redness or sores in the genital area



HOW TO PREVENT STIs

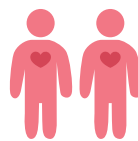


Use condoms

Condoms are the only thing that can protect you from an STI while having sex.

Get tested & know your status

Go to a health center, hospital, or testing center if you think you have an STI or you think you were exposed to HIV. Teens 15-17 years old can get tested without parental consent.



Abstinence

If you don't have sex, you can't get an STI.



Communicate

Be open and honest with your partner about your health.

If you have more questions about STIs, you can always ask a health professional. Go to malayaako.ph for more information.

How someone gets pregnant

Having a baby changes your life forever!

Becoming a young parent before you finish school or get a job is very difficult. Your teen years are a time to discover yourself, create friendships, and learn life skills. Don't rush. There's plenty of time to have kids later.

Knowing what sex is, what contraception you can use, and how pregnancy happens can help you avoid getting pregnant before you are ready to be a parent.

- Millions of sperms are released into the vagina each time you have sex. Only one is needed to fertilize the egg.
- If the egg is fertilized it implants in the uterus.
- The cells split and grow into a baby. In about 9 months the baby is ready to be born.

*Listen up, everyone! Any unprotected penis-in-vagina sex can lead to pregnancy. But it can also happen if pre-cum gets into the vagina or even when the semen is ejaculated near the vagina. **Protecting yourself with a contraceptive is the best way to go!***

It's OK to delay having a baby!

Here are a few reasons why — and you can likely think of more:



You aren't ready to be a parent.

Taking care of a baby is hard work. It's a huge responsibility. You don't have much time for yourself.



You want to study.

It can be stressful trying to balance school, childcare, and working. Taking care of a baby makes it hard to go to school.



Babies cost money.

You can raise a child better if you have a good job and a nice place to live in and can pay for supplies and schooling.



You want to have fun!

You want to spend time with friends and family — and your partner.

Preventing unplanned pregnancy

If you want to do it but don't want to have a baby yet, contraception is your friend!

All contraceptive methods (also called family planning methods) work hard to keep the egg and sperm apart or prevent a woman from ovulating. No egg, no pregnancy!

There are easy-to-use contraceptive methods that are effective and safe for teens to use! We'll mention them briefly here but for more information go to malayaako.ph!

SHORT-TERM CONTRACEPTIVES



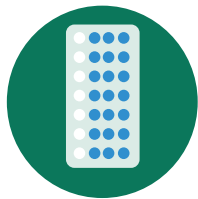
CONDOM 87% effective as used by most people

- It's a thin rubber that covers the penis before sex to keep the sperm out of the vagina
- You can bring it with you any time!
- It protects against HIV and sexually transmitted infections (STIs)

Learn how to use a condom correctly!

Read: "Condoms: Doble Proteksyon para sa Ligtas na Pakikipagtalik" at malayaako.ph/condom

Watch: "Condoms: How To Use Them Effectively" by Amaze.org on Youtube or go to bit.ly/HowToUseCondoms



PILLS 93% effective

- You take one (1) tiny pill with a small amount of hormones every day at the same time, whether or not you have sex that day.



IMPLANT 99.9% effective

- A small flexible rod, about the size of a matchstick, is placed under the skin of your arm.
- It can prevent pregnancy for 3-5 years, depending on the brand. Once you get it you don't have to do anything else!

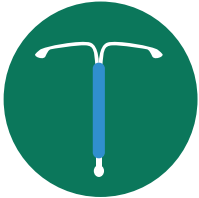


Practice safe sex! Always use a condom even if you are using other contraceptives to prevent unplanned pregnancy.



INJECTABLE 96% effective

- You get an injection every 2 or 3 months, depending on the brand.
- It works really well if you always get it on time!



IUD 99% effective

- You get a small piece of flexible plastic shaped like a “T” with a short piece of string at the end inserted in your uterus.
- It can prevent pregnancy for 5 or 10-12 years depending on the type of IUD.



Aside from using contraceptive methods, abstinence and waiting a little longer before having sex is also encouraged to prevent teenage pregnancy.

EXPERIENCES WHEN USING CONTRACEPTION



Changes in period (spotting, lighter periods, longer, shorter or no period)



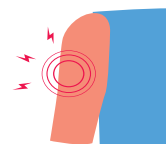
Weight change (could go up or down, usually only a pound or two)



Headache that comes and goes, usually goes away after a few weeks



Dizziness and nausea that comes and goes, usually goes away after a few weeks



Soreness in the arm (for implants) or around injection site (for injectable) for a few days



*Choose the best contraceptive method for you!
Check out malayaako.ph or bit.ly/ICHOOSEMethodsBooklet*

WHERE CAN I GET THESE?

Contraception is commonly available and free in adolescent-friendly health facilities and government clinics or hospitals. Condoms and pills can be purchased in pharmacies.

In the Philippines, minors (17 years old and below) are only allowed to access birth control if they have written consent from a parent or guardian.

It might be hard or scary to talk to your parents about love, sex, or relationships. They find it hard too! You might want to start a conversation or ask them about their own experiences long before you ask them to help you get a contraceptive. They want to talk to you!



If you want to know more about contraceptives, visit **I CHOOSE #MalayaAkongMaging** official website at www.malayaako.ph

How to know if you're pregnant

It can be confusing and scary when you start to feel pregnancy symptoms, especially if you had unprotected sex. To be sure, take a pregnancy test. You can buy one in a pharmacy or you can go to the nearest clinic for a consultation.



MOST COMMON PREGNANCY SIGNS & SYMPTOMS



MISSED PERIOD



TENDER OR SWOLLEN BREASTS



NAUSEA OR VOMITING

especially in the morning



FREQUENT URINATION



BLOATING



TIREDDNESS

IF YOU'RE PREGNANT...

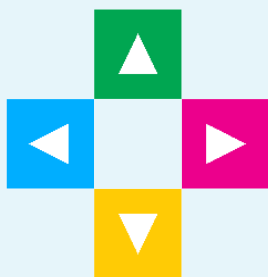
Once you suspect or are sure that you are pregnant, you'll want to talk to someone you trust. This might be a teacher, relative, or a close friend. This can help ease the burden you may be feeling and help you decide when to tell your parents.

At first, your parents may be very upset. Over time, most parents accept the situation and will help figure out the best way forward for you, your partner, and your baby.

As soon as you know you are pregnant, you should:

- Seek advice from a trusted adult.
- Visit the nearest hospital and start prenatal care.

These will help make sure you and your baby stay healthy during your pregnancy.



I CHOOSE

#MalayaAkongMaging

As a teen, you have the freedom to be who you want to be and this freedom comes with responsibility. Taking the step to understand your body, your emotions, your relationships, and your sexuality can help you make informed decisions and achieving your goals.

Make the healthy choice today for a healthier future! #MalayaAkongMaging



Got questions about your health?

Visit these online health resources made especially for you!



facebook.com/MalayaAkongMaging
malayaako.ph

Teen-friendly online platforms where you can find Tagalog health information!



facebook.com/ItsOKToDelay

A Facebook page where sexually active young adults can find tips on how to delay having a baby.



healthypilipinas.ph

A go to source of credible information about health for Filipinos.



Lusog Isip Mobile App

A mobile app that gives you mental health and self-care tips that is culturally-adapted for Filipinos. Visit lusog-isip.doh.gov.ph to download!



**I CHOOSE to talk to my healthcare provider.
#MalayaAkongMaging informed!**

Name: _____

My contact number: _____

The nearest healthcare facility is: _____

Their phone number is: _____

Want to learn more? Visit:



fb.com/MalayaAkongMaging



malayaako.ph



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