



WISE UP!

Your guide to birth control, staying healthy & preparing for the future you want



Also in this Issue:

Tips on how to write a winning CV for attachment



15 - 24 YEARS



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Harare City Council**

For all youths at our selected youth friendly clinics

JUST DON'T DO IT



ABSTINENCE

The best way to stay in touch with your dreams, maintain your ego and stay clear of pregnancy and STIs is abstinence..

It is wise to know the risks of sex and be sure you really want to before you engage in any sexual act. the risks of sex are:

- You can get pregnant even the first time you have sex.
- You can get a sexually transmitted infection (STI) including HIV.
- You can have your heart broken, your ego bruised or feel let down and disappointed when its over.

THE FACTS.

- Abstinence is 100% effective in preventing pregnancy.
- You stay clear of STIs including HIV and AIDS if you abstain.
- You can pursue your life goals and career without any disruption from unplanned pregnancy. Remember its worth 'the wait.
- You maintain your ego intact.
- In the event that nature calls and you fail to abstain, use a condom correctly and consistently.
- Use an Emergency Contraceptive " Morning After" pill within 120 hours in the event of unprotected sex, condom burst/ slip or inconsistent condom use

A wise youth who uses contraceptives is in control of her life, her future and her dreams. Starting a family is an important decision that changes your life forever and doing it at the right time can be the key to your happiness and success.

Each contraceptive is unique, just like you, so you can select the one that works best for you!



This Information Is For You If

- **DON'T HAVE CHILDREN**
- **DO HAVE CHILDREN**
- **HAVE NEVER HAD SEX**
- **HAVE HAD SEX**
- **ARE MARRIED**
- **ARE NOT MARRIED**
- **WANT TO GET AN EDUCATION**
- **WANT TO HAVE A FAMILY SOMEDAY**
- **WANT TO SPACE YOUR CHILDREN**

10 Things To Know About Contraceptives

ALL contraceptive methods help you prevent unplanned pregnancies.

It is possible to get pregnant even the FIRST TIME you have sex

It's good to start thinking about contraceptives even before you've had sex.

Contraceptives DO NOT cause you to be barren (not even a little)

You can stop using contraceptives ANYTIME you wish, and still become pregnant

There is NO LINK between modern contraceptive methods and cancer.

The possible side effects of some contraceptive methods usually IMPROVE as your body adjusts.

Every method is a little DIFFERENT, so you can select the one that's right for you.

It's totally okay to try one contraceptive method and then SWITCH to another if you want.

You should always wear a CONDOM to protect against Sexually Transmitted Infections (STI), including HIV.



AFTER A NIGHT OF “YEKE - DERO”

MORNING AFTER

if your contraceptive fails, or you have unprotected sex, you still have options to prevent pregnancy.

If you have unprotected sex, you can take emergency contraception (EC) for up to 120 hours after sex to prevent pregnancy. EC is a pill or a set of pills that should be used as soon as possible after unprotected sex. **It is an emergency contraception and is not intended to be used regularly.** EC does not interfere with an existing pregnancy.

THE FACTS

- The sooner you take EC, the more effective it is, so take it as soon as possible
- It's important to choose another form of contraceptive as soon as possible.
- It's recommended to get tested for STI's including HIV.
- May cause nausea and vomiting



ALWAYS STAY PROTECTED

CONDOMS


Always consider protected sex as a way of preventing unexpected pregnancies and avoiding HIV and STI's by using a condom.

Condoms are barrier methods of contraception. They stop sperms from meeting an egg. A male condom fits over a man's erect penis and is made of very thin latex (rubber) or polyurethane (plastic).

A female condom is made of polyurethane. It is put in the vagina and loosely lines it.

THE FACTS

- The condom is one of the most accessible and inexpensive forms of birth control available.
- People who use condoms feel their experiences are just as pleasurable as people who don't.
- There is no medical reason why someone can't use a condom. (Even people with latex allergies can use them — there are latex-free condoms made of polyurethane and polyisoprene)
- When it comes to HIV, using a condom makes sex 10,000 times safer than not using a condom.



ALWAYS FEEL LIKE A QUEEN

IUCD

Do you want to be protected from pregnancy for as long as you want, without having to remember to do anything at all? An IUCD can make you feel like a queen because you're always protected.

The IUCD delivers it all - completely invisible, lasts up to 10 years, but can be removed whenever you want. Even if you haven't had a child yet, it's a super choice for any girl.

HOW IT WORKS

An IUCD is a small, T shaped piece of plastic and copper that is inserted in your uterus by a trained nurse or doctor. It can protect you from pregnancy for up to 10 years, but if you're ready for children earlier, you can have it removed at any time.

REMEMBER

Use it with a condom to protect against STI's

THE FACTS

- Most low maintenance of all options (no work for you!)
- Totally hidden, so nobody has to know but you.
- Takes only a few minutes for nurse or doctor to insert it.
- Can be removed anytime to get pregnant right away
- No hormones
- May cause heavier periods/bleeding for the first 3 months and then normalise.



IMPLANTS

Dreaming of spending the next few years in university, travelling or just having fun? Try a birth control method that's made to last.

Implants lasts up to 5 years (Jadelle) and 3years (Implanon), but can be removed at any time if you change your mind. In addition, it's hardly noticeable.

HOW IT WORKS

Small soft rod(s) are implanted under the skin in your upper arm. In only 10 minutes they start releasing hormones that prevent pregnancy for up to 5 years.

REMEMBER

Use it with a condom to protect against STI's

THE FACTS

- Low maintenance and fast
- Hardly visible
- Takes only a few minutes for nurse or doctor to insert it.
- Can be removed anytime to get pregnant quickly.
- Contains hormones so spotting may occur for the first few months.



LEVOPLANT

What is Levoplant?

Levoplant is a set of two small flexible rods. Each ROD about the size of a matchstick. Lasts for 3 years

BENEFITS OF LEVOPLANT

- Effective within 24 hours of insertion
- No re-supply needed
- Release of a very low dose of progestin into the bloodstream
- Almost immediate return to fertility once removed
- Return to fertility is easy with implant removal
- No routine return visit is required until time of removal

AFTER THE INSERTION / AFTER CARE

- Keep the insertion area dry for 4 days
- Take off the elastic bandage or gauze after 4 days.
- Side effects change in bleeding patterns, nausea, headaches, abnormal pain
- After the anesthetic wears off, your arm may be sore for a few days. You may also have swelling and bruising at the insertion site. This is common and will go away without treatment.



CELEBRATE LIFE TOGETHER

DEPO PROVERA

Too busy to worry about daily routines? The injection is a quick and easy way to prevent pregnancy. And it's private, so nobody has to know you're using it.

Stop in for a shot every 3 months and then get on with your life without worrying.

HOW IT WORKS

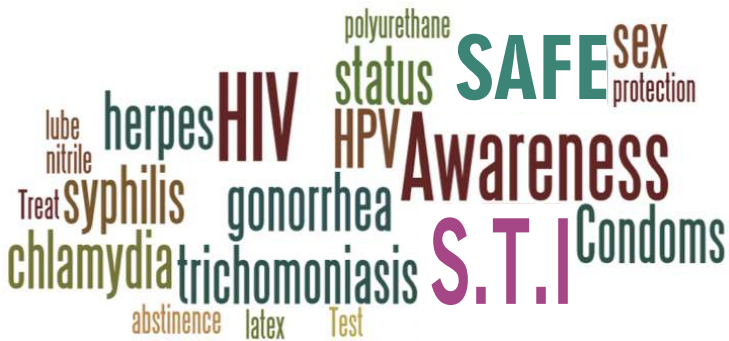
Receive an injection from a nurse every 3 months to prevent pregnancy. You can become pregnant again 3 months after your last injection.

REMEMBER

Use with a condom to protect against STIs

THE FACTS

- Low maintenance and fast
- Totally hidden, so nobody has to know but you
- May experience lighter or stop periods after a few months (which isn't harmful & doesn't mean you're pregnant)
- Contains hormones - possible side effects include weight changes or irregular periods, which usually improve with time.



STIs

WHAT ARE SEXUALLY TRANSMITTED DISEASES (STIS)?

STIs are diseases that are passed from one person to another through sexual contact. These include chlamydia, gonorrhoea, genital herpes, human papillomavirus (HPV), syphilis, and HIV. Many of these STIs do not show symptoms for a long time. Even without symptoms, they can still be harmful and passed on during sex.

WHAT ARE THE SIGNS AND SYMPTOMS OF STIS?

STIs can have a range of signs and symptoms and differ from one STI to another. However some STIs don't cause any symptoms that you would notice. The only way to know for sure if you have an STI is to get tested.

Signs and symptoms that might indicate an STI include:

- Sores or bumps on the genitals or in the oral or rectal area
- Painful or burning urination
- Discharge from the penis
- Unusual or odd-smelling vaginal discharge

STIs

- Unusual vaginal bleeding
- Pain during sex
- Sore, swollen lymph nodes, particularly in the groin but sometimes more widespread
- Lower abdominal pain
- Fever
- Rash over the trunk, hands or feet.

Signs and symptoms may appear a few days after exposure, or it may take years before you have any noticeable problems, depending on the organism.

WHERE CAN I GET TESTED?

There are places that offer teen-friendly, confidential STI tests. This means that no one has to find out you've been tested.

Call for free on Econet 08080019/ 08080020, Netone 08080019/ 08010020 or send WhatsApp or SMS to +263 772 145 222 to get directions to a youth friendly clinic near you.

NEED SOMEONE TO TALK TO?

**You can talk to us about all your worries.
You can also learn more about yourself and your health by
visiting our website or following our social media handles:**



+263 772 145 222



Population Service Zimbabwe



www.pszim.com



KNOW YOUR RIGHTS

CAN STIS BE TREATED?

Your doctor can prescribe medicine to cure some STIs, like chlamydia and gonorrhoea. Other STIs, like herpes, can't be cured, but you can take medicine to help with the symptoms.

If you are ever treated for an STI, be sure to finish all of your medicine, even if you feel better before you finish it all. Ask the doctor or nurse about testing and treatment for your partner, too. You and your partner should avoid having sex until you've both been treated. Otherwise, you may continue to pass the STI back and forth. It is possible to get an STI again (after you've been treated), if you have sex with someone who has an STI.

DID YOU KNOW?

Section 76 of the Constitution of Zimbabwe provides that, every citizen and permanent resident of Zimbabwe has the right to have access to basic health-care services, including reproductive health-care services. Section 78 of the constitution protects you as a young person below 18 from forced marriages and section 70 of the Criminal codification Act (chapter 9:23) protects every young person under 16 from sexual abuse.

**KNOW YOUR RIGHTS. IF YOUR RIGHTS ARE BEING VIOLATED
CONTACT OUR TOLL FREE LINES FOR ASSISTANCE AND REFERRAL.**

HOW TO WRITE A WINNING CV

CURRICULUM VITAE

Name Surname

Gender -

Date of Birth

Driver's License:

MBA –List your qualifications. B. Hon Marketing Bsc Marketing

Key Notes:

Write Key notes that will make the recruiter continue reading your cv. This should be on the first page in point for. Average of 5 points. The points should be in line with the post being applied for. One CV will not suit all positions hence the need to Edit now and again.

Second Page

Curriculum Vitae for:

Name Surname

No: 123 Matapi

Harare, Zimbabwe

Cell:+263772------/+263714------/

E-mail: fremsd@gmail.com/ frdg193@yahoo.com

A CV attachment

Degree program should be outstanding on top

Academic qualifications needs to be listed and grades or symbols

should not always have the list of all modules. It becomes too long for the recruiter.

You can have a separate attachment for the modules with grades. Acc

TERTIARY AND PROFESSIONAL QUALIFICATIONS

List your qualifications starting with highest qualifications

ACHIEVEMENTS

1. _____ Population Services Zimbabwe

List the achievements starting with the best that will make you outstanding.

HOW TO WRITE A WINNING CV

EMPLOYMENT PROFILE / IF YOU HAVE WORKED BEFORE

I am currently working for
Previous Employer (s)

CURRENT AND PREVIOUS DUTIES AND KEY RESPONSIBILITIES

- Developing and implementation of organisations Marketing and communications strategies in line with corporate strategies.
- Gathering market intelligence,
- Graphic Designing (etc)

PERSONAL CHARACTERISTICS

- Strong passion for meeting set targets /standards and able to work under pressure
- Good presentation, communication, negotiating and networking skills
- Team player and great team motivation skills
- Creative, innovative and analytic skills (etc)

PROFESSIONAL MEMBERSHIP

- Institute of Marketing Management (IMM) –SA
- Institute of People Management (etc)

CAREER OBJECTIVES

To be a(smart) and must be in line with what you are applying for.

INTEREST AND HOBBIES

Select your hobbies carefully, avoid talking about spending time on Social media (If your career is not in line with it) and also avoid writing going to church as a hobby as it should be a commitment rather than a hobby.

HOW TO WRITE A WINNING CV

References: Mr Lcccre Mmbbmbmbnbo
Executive Director - SIRDC
Cell: 0678-----
E-mail: logmnmbr@gmail.com

Banagbia Nbebabab
Human Resources and Administration Director
Population Services Zimbabwe
Email:
Cell:

Mr kkkkk mhmhmh
Executive Manager –
Cell:
Email:

Mrs xvxxv magbds

Cell: +263-----
Email:



DID YOU KNOW?



AT POPULATION SERVICES ZIMBABWE (PSZ)

**YOU CAN GET COUNSELLING AND HELP ON
MENSTRUAL HYGIENE
MANAGEMENT**



Call for Free: Econet 08080019/20 or Netone 08010019/20
Whatsapp / Sms 0772 145 222

Facebook: Population Services Zimbabwe

Website: www.pszim.com.

5 IMPORTANT MENSTRUAL HYGIENE TIPS

1. Use clean underwear and change them regularly.

2. Change pads or tampons regularly once every six hours or whenever necessary.

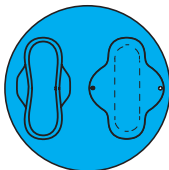
3. Wash the genital area with plain water (no soap) after each toilet visit and even after urination, if possible. At least wipe with tissue paper.

4. Keep the area between the legs dry, otherwise you may experience chafing.

5. It is very important to remember that the vagina has its own self-cleaning mechanism, and an external cleaning agent like deodorant or soap should not be used inside it.

What to use during your menses:

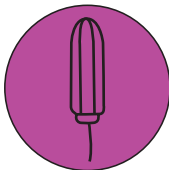
Disposable and reusable sanitary pads



Menstrual cups



Tampons



Menstrual panties



For youth friendly services,
contact our **PSZ Clinic**

PSZ

Call Toll - free on:
Econet - 08080019/20
Netone - 08010019/20



0772 145 222

www.pszim.com



Population Service Zimbabwe

SCAN HERE



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