



**USAID**  
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Maternal and Child  
Survival Program

# Adolescent Age & Life-Stage

ASSESSMENT AND  
COUNSELING TOOLS

Guiding adolescents on  
the road to young adulthood

## Acknowledgments

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# Introduction and Health Provider Instructions

The Adolescent Age and Life-Stage Assessment and Counselling tools present a set of tools and counseling cards for use by health providers and health workers who treat and counsel adolescent clients on a one-on-one basis at the health facility. It primarily aims to support health provider efforts to seize teachable moments while talking with adolescents and look holistically at their lives while being mindful of their sexual and reproductive health risks and protective factors. These tools help health providers understand the heterogeneity of adolescents and target their counseling based on the adolescent's age and life-stage in order to provide them with sound, practical and actionable advice.

Using the World Health Organization's Adolescent Job Aid as a starting point, a total of 8 tools are included based on the specific ages, including very young adolescents and older adolescents, and life-stages, including sexual activity, marital status, and first time parents. For each age and life-stage, a full psycho-social counseling tool is presented based on the HEADS mnemonic (Home, Education/Employment, Eating, Activities, Drugs, Depression, Sexuality, Safety).

In addition to the 8 HEADS Assessment Tools, we have created a set of 23 supplemental Counseling Cards on specific topics that health providers can use with adolescent clients for a more thorough consultation and counseling. While we understand that health providers do not have the luxury of time to counsel all adolescents, our hope is that it will be possible to complete a full assessment and counselling session in 20 minutes with sufficient training.

Before using the tools, the health provider needs to ask the following questions to help guide her/him in classifying the age and life stage of their adolescent client, and decide which tool to use.

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**STEP #1:** Determine which assessment tool to use by asking the adolescent – the 3 questions below:

1. What is your age?
2. What is your marital status?
3. Do you have children? Are you or could you be pregnant?

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**STEP #2:** Explain to the adolescent their right to privacy and confidentiality.

## Confidentiality agreement

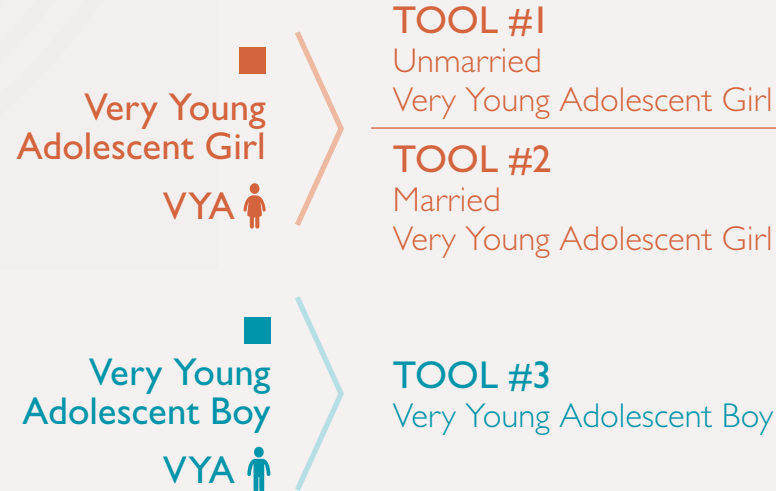
Before starting the assessment and counselling process with the adolescent client, it is essential to establish rapport with your client.

Say:

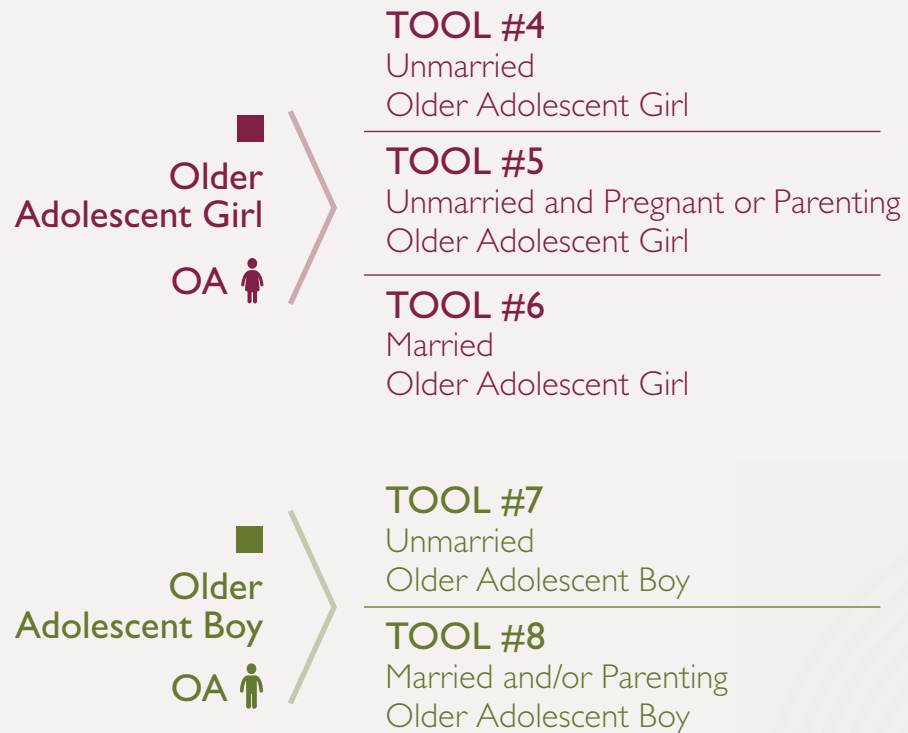
- » Our discussion will be kept confidential and your personal information will not be discussed with anyone else without your permission, except those involved directly with your medical care.
- » Confidentiality will only be broken if you have been harmed or if you are likely to harm yourself or others or if you are thinking about suicide.
- » Consent or confidentiality requirements may change once you are no longer a minor.
- » If you are accompanied by an adult, relative, parent or partner, you will be asked if you prefer them to leave for part of the discussion. That choice is yours.
- » You can provide information, guidance and assist them to determine their own plans of action.

# Chart of Assessment Tools

















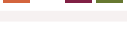
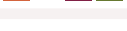





## 10-14 Years Old Very Young Adolescent (VYA)



## 15-19 Years Old Older Adolescent (OA)



# List of Counseling Cards

	Puberty	(Card #1)
	Body Changes for girls	(Card #2)
	Body Changes for boys	(Card #3)
	Menstrual health	(Card #4)
	Caring for victims of gender-based violence	(Card #5)
	Abstinence and delaying first sex	(Card #6)
	Becoming Pregnant	(Card #7)
	Dangers of Using tobacco, alcohol and drugs	(Card #8)
	Emotional well-being	(Card #9)
	Healthy eating	(Card #10)
	Physical activity	(Card #11)
	Contraceptive methods	(Card #12)
	Dual Protection and safe sex	(Card #13)
	Preventing STIs and HIV	(Card #14)
	Harassment and sexual abuse	(Card #15)
	Personal safety	(Card #16)
	Healthy timing and spacing of pregnancy	(Card #17)
	Preventing early and unwanted pregnancy	(Card #18)
	Pregnancy checklist	(Card #19)
	Importance of antenatal care	(Card #20)
	Importance of postnatal care	(Card #21)
	Importance of Infant and young child health care services	(Card #22)
	Importance of breastfeeding	(Card #23)

# HEADS Assessment Tool and Card Counseling Selection Table

WHO WILL BE COUNSELED	TOOL	SPECIFIC COUNSELING CARDS	GENERAL COUNSELING CARDS
10-14 years old Very Young Adolescent Girl Unmarried	#1	Puberty (Card #1) Body changes for girls (Card #2) Menstrual health (Card #4) Caring for victims of GBV (Card #5) Abstinence and delaying first sex (Card #6) Becoming pregnant (Card #7) Contraceptive methods (Card #12) Dual protection and safe sex (Card #13) Preventing STIs and HIV (Card #14) Harassment and sexual abuse (Card #15) Preventing early and unintended pregnancy (Card #18)	Dangers of using tobacco, alcohol and drugs (Card #8) Emotional well-being (Card #9) Healthy eating (Card #10) Physical activity (Card #11) Personal safety (Card #16)
10-14 years old Very Young Adolescent Girl Married	#2	Menstrual health (Card #4) Caring for victims of GBV (Card #5) Becoming pregnant (Card #7) Contraceptive methods (Card #12) Dual protection and safe sex (Card #13) Preventing STIs and HIV (Card #14) Harassment and sexual abuse (Card #15) Healthy timing and spacing of pregnancy (Card #17) Preventing early and unintended pregnancy (Card #18) Pregnancy checklist (Card #19) Importance of antenatal care (Card #20)	Dangers of using tobacco, alcohol and drugs (Card #8) Emotional well-being (Card #9) Healthy eating (Card #10) Physical activity (Card #11) Personal safety (Card #16)
10-14 years old Very Young Adolescent Boy	#3	Puberty (Card #1) Body changes for boys (Card #3) Caring for victims of GBV (Card #5) Abstinence and delaying first sex (Card #6) Becoming pregnant (Card #7) Contraceptive methods (Card #12) Dual protection and safe sex (Card #13) Preventing STIs and HIV (Card #14) Harassment and Sexual Abuse (Card #15)	Dangers of using tobacco, alcohol and drugs (Card #8) Emotional well-being (Card #9) Healthy eating (Card #10) Physical activity (Card #11) Personal safety (Card #16)

WHO WILL BE COUNSELED	TOOL	SPECIFIC COUNSELING CARDS	GENERAL COUNSELING CARDS
15-19 years old Older Adolescent Girl Unmarried	#4	Menstrual health (Card #4) Caring for victims of GBV (Card #5) Abstinence and delaying first sex (Card #6) Contraceptive methods (Card #12) Dual protection and safe sex (Card #13) Preventing STIs and HIV (Card #14) Harassment and sexual abuse (Card #15) Pregnancy checklist (Card #19) Importance of antenatal care (Card #20)	Dangers of using tobacco, alcohol and drugs (Card #8) Emotional well-being (Card #9) Healthy eating (Card #10) Physical activity (Card #11) Personal safety (Card #16)
15-19 years old Older Adolescent Girl Unmarried	#5	Menstrual health (Card #4) Caring for victims of GBV (Card #5) Contraceptive methods (Card #12) Dual protection and safe sex (Card #13) Preventing STIs and HIV (Card #14) Harassment and sexual abuse (Card #15) Healthy Timing and spacing of pregnancy (Card #17) Preventing early and unintended pregnancy (Card #18) Pregnancy checklist (Card #19) Importance of antenatal care (Card #20) Importance of Postnatal care (Card #21) Importance of Infant and Young Child Health Care services (Card #22) Importance of Breastfeeding (Card #23)	Dangers of using tobacco, alcohol and drugs (Card #8) Emotional well-being (Card #9) Healthy eating (Card #10) Physical activity (Card #11) Personal safety (Card #16)
15-19 years old Older Adolescent Girl Married	#6	Menstrual health (Card #4) Caring for victims of GBV (Card #5) Becoming pregnant (Card #7) Contraceptive methods (Card #12) Dual protection and safe sex (Card #13) Preventing STIs and HIV (Card #14) Harassment and sexual abuse (Card #15) Healthy timing and spacing of pregnancy (Card #17) Preventing early and unintended pregnancy (Card #18) Pregnancy checklist (Card #19) Importance of antenatal care (Card #20) Importance of postnatal care (Card #21) Importance of infant and young child health care services (Card #22) Importance of breastfeeding (Card #23)	Dangers of using tobacco, alcohol and drugs (Card #8) Emotional well-being (Card #9) Healthy eating (Card #10) Physical activity (Card #11) Personal safety (Card #16)

HEADS Assessment Tool and Card Counseling Selection Table (cont'd)

WHO WILL BE COUNSELED	TOOL	SPECIFIC COUNSELING CARDS	GENERAL COUNSELING CARDS
15-19 years old Older Adolescent Boy Unmarried	#7	Puberty (Card #1) Body changes for boys (Card #3) Caring for victims of GBV (Card #5) Abstinence and delaying first sex (Card #6) Becoming pregnant (Card #7) Contraceptive methods (Card #12) Dual protection and safe sex (Card #13) Preventing STIs and HIV (Card #14) Harassment and sexual abuse (Card #15)	Dangers of using tobacco, alcohol and drugs (Card #8) Emotional well-being (Card #9) Healthy eating (Card #10) Physical activity (Card #11) Personal safety (Card #16)
15-19 years old Older Adolescent Boy Married or Parenting	#8	Caring for victims of GBV (Card #5) Becoming pregnant (Card #7) Contraceptive methods (Card #12) Dual protection and safe sex (Card #13) Preventing STIs and HIV (Card #14) Harassment and sexual abuse (Card #15) Healthy timing and spacing of pregnancy (Card #17) Importance of antenatal care (Card #20) Importance of postnatal care (Card #21) Importance of infant and young child health care services (Card #22) Importance of breastfeeding (Card #23)	Dangers of using tobacco, alcohol and drugs (Card #8) Emotional well-being (Card #9) Healthy eating (Card #10) Physical activity (Card #11) Personal safety (Card #16)



# TOOL #1

Very young adolescent (10-14 year old), unmarried girl

## Questions about:

HOME .....	1
EDUCATION/EMPLOYMENT.....	3
EATING .....	5
ACTIVITIES .....	6
DRUGS .....	7
DEPRESSION/SUICIDE.....	9
SEXUALITY AND REPRODUCTIVE HEALTH .....	10
SAFETY .....	14





## Questions about **HOME**

### Summary of PROTECTIVE factors:

- Indicates a positive relationship with household adults
- Considers parents/family as a resource
- Can identify caring adult(s)

### Summary of RISK factors:

- Indicates conflicted/negative relationship with parent(s)/household adults
- Is unable to identify any adults who are caring and a resource
- Feels unsafe at home or in the neighborhood

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Where do you live? Who do you live with?	Lives at home with parents/immediate family members	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Often, living with your family is very helpful if you feel safe and protected. They are your main source of support, especially when you have open communication with them.</li> <li>» When possible, talk openly about issues important to you with family members.</li> </ul>	Agree if her situation at home changes, she would seek help and advice from a trusted adult or health provider.
	Does not live at home but lives with extended family members	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me why? How is your relationship with your relatives?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» If you are being cared for like all other children in the home, that is nice.</li> <li>» If you feel you are not treated equally as others, this is something we can talk about.</li> <li>» Let's come up with 3 trusted adults you can go to if you are unhappy at home or are not being treated equally.</li> </ul>	Agree if her situation at home changes, she would seek help and advice from a trusted adult or health provider.  Agree on 2-3 trusted adults she can go to for additional support.
	Lives alone with older siblings/non-relatives/renting space in others' home/lives as domestic help in others' home, etc.	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me why? How is your relationship with them?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» It sounds like your home situation might not be ideal. We will talk more about this in the next few questions. I will be listening to how your home situation impacts other areas of your life, like school, how you spend your time and your health.</li> <li>» Let's come up with 2-3 trusted adults you can go to if you need additional support.</li> </ul>	Agree on who can be identified in the community as a trusted adult to help her advocate for herself if the situation at home feels unsafe or unfair.

TOOL #1

Very young adolescent (10-14 year old), unmarried girl

Questions about **HOME** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. What trusted adults do you have that you can talk to or confide in?	Has trusted adults	<b>SAY:</b> » Having a trusted adult you can confide in or get advice from is a great strength. » Parents can also be good resources.	Agree to maintain openness with trusted adults.
	Does not have trusted adults	<b>SAY:</b> » Having a trusted adult to go to is important because you never know when you will need their help. » Let's discuss ways to approach trusted adults in your family or community. » Let's come up with 2-3 people you could trust and how you might approach them to let them know that you would want to come to them if needed.	Agree on 2-3 people adolescent could trust and how she might approach them to let them know that she would want to come to them if needed.
3. Do you feel safe at home?	Yes	<b>SAY:</b> » It is important to feel safe where you live so you can focus on the important things in life, like school and your future.	Agree if she no longer feels safe, she will seek support from a trusted adult, community health worker or the health provider.
	No	<b>SAY:</b> » I'm proud of you for letting me know you do not always feel safe at home. Can you tell me more about why you feel this way? » Discuss and explore her options, and which option would help make her feel safest.  <b>If adolescent has had physical violence at home:</b> <b>SAY:</b> » I will need to check you further for any physical injury to see if you need medical care.  <b>If adolescent has experienced sexual violence at home:</b> <b>SAY:</b> » (Only if policy, systems and services are in place): I will need to check you further to see if you need additional care. We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.  <b>USE:</b> <a href="#">CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]</a>	<i>Physical violence:</i> Agree on where she may seek out help and advice if she continues to feel unsafe at home. Discuss strategies to avoid the physical abuse and who to report the abuse to.  <i>Sexual violence:</i> Agree that GBV protocol will be followed and explain the protocol. Agree to identify social services or a trusted adult to talk about how this abuse is affecting her wellbeing. Find a person who can help intervene at the household level to help stop the abuse or an extended family member where she can live temporarily.

## Questions about **EDUCATION/EMPLOYMENT**

### Summary of PROTECTIVE factors:

- Indicates positive attitude about school
- Feels part of and involved in school
- Feels that teachers and school are caring and fair
- Indicates that parents communicate high academic expectations
- Shows good academic achievement
- Has future goals (and dreams) related to educational attainment

### Summary of RISK factors:

- Has repeated a class
- Is skipping classes
- Indicates doing poorly in school
- Indicates feeling isolated, unsafe or disengaged from school
- Works more than 20 hrs. per week
- Indicates risky labor situations

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p>I. Are you attending school?  How are you doing in school?</p>	Yes, and is doing okay in school	<p><b>SAY:</b></p> <p>» I'm glad to hear that you are doing okay in school. Attending and staying in school is very important and is a great strength for you. This will help build your future, so I really encourage you to stay in school.</p>	Agree with her to stay in school and to talk to a close family member or trusted adult about her hopes and dreams for the future.
	Yes, and is not doing okay in school	<p><b>ASK:</b></p> <p>» Can you tell me more why you think you are not doing okay in school? (<i>discuss reasons such as personal problems, other distractions that prevent her from studying.</i>)</p> <p>» Do you think that if these reasons are resolved, or if the situation improves, that you will do better in school?</p> <p><b>SAY:</b></p> <p>» Let's discuss what your options are to help resolve your challenges/situation/problems and list who might be able to help you resolve them.</p>	Agree with her to try the options discussed and to reach out to persons identified (as needed), who can help her with challenges in school.
	No, not attending school	<p><b>ASK:</b></p> <p>» Can you tell me more about why are you not in school? (<i>discuss reasons and explore with adolescent the options available, and who could help her advocate for her returning to school.</i>)</p> <p><b>SAY:</b></p> <p>» There are so many reasons why you are not in school. Let's agree on how to approach one or two people who are making these decisions so you can explain your desire to go back to school to help build your future.</p>	Agree on 2-3 things that might help her advocate for her to return to school, including how to approach people who can help her return.

**TOOL #1**

Very young adolescent (10-14 year old), unmarried girl

Questions about **EDUCATION/EMPLOYMENT** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. If you are attending school, how is your relationship with your classmates and teachers?	Has good relationships with classmates and teachers	<b>SAY:</b> » Having good relationships with your classmates and teachers in school is good. It will help you to stay in school and keep you interested in learning.	Agree to keep relationships strong at school and help others build good relationships.
	Does not get along with classmates and teachers	<b>ASK:</b> » Can you tell me more? <i>(explore reasons and discuss how it affects the adolescent.)</i> <b>SAY:</b> » If you feel isolated in school, talk to your head teacher about how to connect with other classmates. » I strongly advise you to immediately report harassment to your parents or to a trusted adult who could support you on what actions to take. <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree for her to talk to her parents, or a trusted adult to report any issues of harassment or abuse by her teacher or classmates.
3. Do you work outside the home, or in the home of others?	Yes	<b>ASK:</b> » Where do you work? Why are you working? How often do you work? Do you feel safe? <b>SAY:</b> » I want to make sure you feel safe at work and have people you can talk to about a plans for your future.  <i>If she is having issues with her employer, especially if she being harassed or abused or treated unfairly:</i> <b>SAY:</b> » You should immediately report this to your parents or to a trusted adult who could support you on what actions to take. <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree for her to talk to her parents, family member or a trusted adult to report any issues of harassment, abuse or unfair treatment by her employer or co-worker.
	No	<b>SAY:</b> » I am glad that you do not have to work at your age and I hope you are putting your time and energy into studying and doing well at school.	Agree for her to talk advocate to stay in school if there is pressure to drop out and start to work outside the home.

## Questions about **EATING**

### Summary of PROTECTIVE factors:

- Has sufficient daily intake of meals (3 per day)
- Eats a variety of food types
- Eats sufficient number of calories at each meal
- Indicates sufficient daily intake of water
- Indicates sufficient daily intake of calcium

### Summary of RISK factors:

- Insufficient caloric intake
- Not eating from the 4 main food groups
- Insufficient calcium intake
- High fat and sugar-based diet
- Insufficient intake of liquids
- Looks overweight or underweight

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How many meals do you eat a day?	Eats at least 3 meals a day	<b>SAY:</b> » Eating 3 meals a day is good and especially important for growing young adolescents.	Agree to learn about which foods are high in iron (meat, dark greens) and calcium (milk, dark greens).
	Eats only 2 or less meals per day	<b>ASK:</b> » Can you tell me more about this?  <b>SAY:</b> » You are going through quick growth in your body and mind and should eat at least 3 healthy meals a day to grow and develop well. » If there is not enough food at home, we can talk about cheaper and healthy alternatives such as soya beans, mushrooms, seasonal vegetables, crayfish, snails and plant-based proteins (nuts and legumes) that we can suggest to your parents. Talk to them about these alternative foods and let them know that getting enough of a wide variety of food is important for you to grow and develop normally.  <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree with her to eat at least 3 healthy meals per day. Agree with her to talk to her parents about how she can get enough to eat for her growing body.
2. What do you usually eat?	Eats a variety of food with carbohydrates, meats (proteins), vegetables and fruits	<b>SAY:</b> » Eating a variety of food, with 3 meals a day is important especially for growing young adolescents.	Agree to learn about which foods are high in iron (meat, dark greens) and calcium (milk, dark greens).
	Eats mostly 1-2 types of food only (e.g. carbohydrates and meats) and eats/drinks a lot of sugar-rich items (sweets, soft drinks)	<b>SAY:</b> » When possible, try to eat a variety of vegetables, fruits and legumes/beans/nuts, grains, lean meats and poultry, fish and eggs. » If you are not getting enough to eat, or poor quality food, talk to your parents about getting cheaper and healthy alternative food items (as above) and discuss how you can get more to eat now that your body is growing.  <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree with her to limit sugary foods, like soda and sweets and to get lots of calcium (milk, dark greens) and iron (meat, dark greens) for healthy growth. Agree for her to talk to her parents about getting cheap and healthy alternative food items, and how much food she needs now that she is growing.



## Questions about **ACTIVITIES**

### Summary of PROTECTIVE factors:

- Involved in supervised group activities (after-school, community-based, sports, arts and/or faith-based organizations)
- Reports that religion and prayer are important to her
- Involved in social justice, political advocacy and/or community work
- Eats at least one meal per day with family

### Summary of RISK factors/indicators:

- Indicates largely unsupervised after school time or is not in school
- Is isolated or disconnected from peers
- Indicates engagement in risky behaviors (e.g.: In response to “what do you do for fun?” youth states “I get high with my friends.”)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How do you spend your free time or time not in school/ time at home (if not attending school)?	Involved in other group activities (sports, faith-based or community-based groups, etc.)	<b>SAY:</b> » Regular physical activity has important physical, mental and social benefits for adolescents.	Agree on a strategy to keep her engaged in these good activities.
	Not involved in any activity and has a lot of unsupervised time or spends all the time in the home doing chores	<b>SAY:</b> » I strongly encourage you to get involved in regular physical activity because of its many benefits to you. (e.g. physical, mental and social) » If you spend all your free time in the home doing chores, this is unfair, so let's discuss ways for you to have leisure time.  <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree with her to try to be involved in physical activities like sports or an active hobby. She can talk to her parents, older family members or friends and involve them in supporting her in this effort.
2. Who do you spend your time with?	Spends time with family, siblings or friends (known to her family)	<b>SAY:</b> » It is great to hear that you spend time with family and you like spending time with them. These close relationships are really good for you.	Agree to continue to foster these close relationships with family so she can go to them when in need.
	Spends most of her time alone	<b>SAY:</b> » There are so many girls in the community just like you. Becoming connected to them and forming friendships could help you feel less alone. » Let's discuss how you can connect with and reach out to other girls in your community.  <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree on strategies to feel less isolated so she can become more connected to other girls like her in the same life stage.



## Questions about **DRUGS**

### Summary of PROTECTIVE factors:

- Does not associate with substance-involved peers
- Indicates that parents/family members do not use substances
- Indicates a negative attitude towards substance abuse

### Summary of RISK factors:

- Reports easy access to substances, particularly in the home
- Has a parent with substance abuse/addiction
- Indicates early, intense and/or consistent engagement in substance use
- Has previously used substances but quit

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. What friends and family do you have that drink alcohol, smoke tobacco or use drugs?	Mentions people they know	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It can be quite hard to live where you see people using alcohol or other drugs. How does it make you feel?</li> <li>» Let's discuss your options and ways you can manage and avoid them while they are drinking, drunk or using drugs. It is good to learn how to avoid these people when they are using the substance and how to say no if offered.</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with her to practice how to say no to substance use so she is not pressured into experimenting with any substance. Discuss ways to avoid family members who might have been drinking or on drugs so she feels safe.
	Does not mention people	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is great that the people close to you are not using any substances. This will be a great benefit to you.</li> <li>» As you grow, there will be times when you are confronted or offered to try these substances. It is good to learn how to say no and understand their dangers</li> </ul>	Agree that she will practice saying no so she feels confident that she can do this if ever confronted to try substances.
2. Do you drink alcohol?  If yes, what kind and how much do you drink per day or week?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Tell me more about why you drink alcohol?</li> <li>» Drinking even a small amount of alcohol can impair your judgement. Because you are so young, even small quantities can affect your growth and your safety. I am concerned for you. Can we find someone who can help you avoid alcohol?</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with her that this is a strong concern and that you want to connect her to a trusted adult she can talk to about why she is drinking and get the support to stop.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I am so happy that you have never used alcohol because even a small amount can impair your judgement and lead you to make poor decisions.</li> </ul>	Agree with her to develop a strategy for the future to avoid alcohol use.

TOOL #1

Very young adolescent (10-14 year old), unmarried girl

Questions about **DRUGS** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p>3. Do you smoke cigarettes? If yes, how many sticks or packs do you smoke per day?</p>	Yes	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» Tell me more about why you smoke tobacco?</li> <li>» Given the bad effects of smoking to a adolescent's developing body, do you think you could avoid or give up smoking?</li> <li>» Tobacco causes cancer and heart disease and I am concerned about you smoking at such a young age.</li> </ul> <p><b>USE:</b> DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</p>	Agree with her to try avoiding and giving up smoking. Also connect her to a trusted friend or adult who can support her in avoiding and giving up smoking.
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I am proud of you for not smoking. Tobacco has very bad consequences on peoples health and this is one less thing you need to worry about.</li> </ul>	Agree with her on a strategy on how she will say no in the future if she is pressured by friends to smoke tobacco.
<p>4. Do you use other drugs or other substances?</p>	Yes	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» Tell me more about why you use drugs?</li> <li>» Given the bad effects of drugs to a adolescent's developing brain and body, do you think you could avoid or give up drugs?</li> <li>» I am very concerned that you are already trying drugs. Can I try to get you further help?</li> </ul> <p><b>USE:</b> DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</p>	Agree with her to try avoiding or giving up experimenting with drugs. Also connect her to a trusted friend or adult who can support her in avoiding drugs.
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I am proud of you for staying away from harmful substances.</li> </ul>	Agree with her to to have ways to say no to friends if she ever feels pressured to try a harmful substance.

## Questions about **DEPRESSION/SUICIDE**

### Summary of PROTECTIVE factors:

- Indicates a generally positive outlook
- Has healthy coping strategies
- Has a caring adult that she can talk to when stressed/distressed

### Summary of RISK factors:

- Reports current depression/isolation/boredom/disengagement
- Has thoughts about or has attempted suicide in the past
- Has a family member or friend who committed suicide

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Have you ever or are you currently experiencing deep sadness that lasts several days or weeks that affects your daily activities?	Yes	<b>ASK:</b> » Can you tell me more about what is causing you sadness/depression? Is there anything in particular that makes you feel this way?  <b>SAY:</b> » I am concerned about your sadness and want to help you. How best can I help you? » In addition to discussing it with me, I'd like to encourage you to reach out and talk to a trusted adult about your feelings, problems, or issues that are depressing you so they can support you. » If you'd like, I can refer you to a specialist who can help discuss this further with you.  <b>USE:</b> <a href="#">EMOTIONAL WELL-BEING COUNSELING CARD [CARD #9]</a>	Agree with her to reach out and talk to a trusted adult, or family member to talk through her feelings and problems.  Agree with her to be referred as needed, and for her to come back to the health provider for follow-up.
	No	<b>SAY:</b> » All adolescents have their ups and downs. That is normal. » If you ever feel down or sad for many days, please return to talk to me.	Agree that she will return if she experiences a prolonged period of feeling sad.
2. Have you ever thought about, or considered, hurting or killing yourself?	Yes	<b>ASK:</b> » Can you tell me more why you have thought about this? Is there anything in particular that makes you think this way? ( <i>explore feelings, and discuss causes.</i> ) » I'm very concerned about you, so I'd like to ask you if you agree to include a trusted family member in our discussion. If yes, this family member will be included in our confidential discussion and will be requested to support you at home.  <b>SAY:</b> » I'd like to refer you to a specialist who can help discuss this further with you ( <i>refer adolescent to a specialist/psychologist.</i> )	Agree with her to talk to the health provider and to be referred to a specialist.  Agree with her talking to her parents or a trusted family member so they could support and watch her closely.  Agree on when to come back to the health provider for follow-up.
	No	<b>SAY:</b> » If you ever have these thoughts, please tell someone you trust and come back to talk to me.	Agree she will come back to talk if she ever has these thoughts.

## Questions about **SEXUALITY** and reproductive health

### Summary of PROTECTIVE factors:

- Intends to abstain from sexual intercourse until later
- Currently not sexually active
- Is using an approach to reduce pregnancy or STI/HIV risk
- Talks with a parent/trusted adult about sexual issues

### Summary of RISK factors:

- Indicates an early (<14 years old) sexual debut
- Reports a history of sexual molestation, assault or abuse
- Reports unprotected sex
- Has been pregnant or has had an STI in the past
- Talks only with peers about sexual issues

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Have you had your first menstrual period?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» When was your first menstrual period? When was the first day of your last period?</li> <li>» Are there times you have missed school due to your period?</li> <li>» How often do you have your period? How long does it last? (number of days)</li> <li>» Do you know how to manage your period?</li> <li>» Have you experienced pain/problems during your period? If yes, please describe it.</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» Monthly bleeding is normal and i am happy to talk to you more about this if you have questions.</li> <li>» Know that once a girl starts her monthly bleeding, her body is able to become pregnant, so it is important to learn how to avoid becoming pregnant.</li> </ul> <b>USE:</b> <a href="#">MENSTRUAL HEALTH COUNSELING CARD [CARD #4]</a>	<p>Agree with her to practice good hygiene.</p> <p>Agree with her that her monthly period should not be a cause to miss school. She should take sanitary products with her to school and be more aware of how to take better care of herself.</p>
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It's okay if you haven't started it yet. I'd like to reassure you that you may start getting your menstrual period soon. Do not be afraid as it is part of your normal growth and development. We can discuss it now if you'd like to know more about it.</li> </ul> <b>USE:</b> <a href="#">MENSTRUAL HEALTH COUNSELING CARD [CARD #4]</a>	<p>Agree with her that she should talk to her mother, older sister or relative about menstruation before she gets her first period so she can understand how to take care of herself.</p>

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. What have you learned about puberty and body changes?	Has some correct knowledge	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is great that you have some good information about your body and the changes during puberty.</li> <li>» If you have questions, do not be shy to ask me now and we can talk more. Also do not be afraid to approach your parents or a trusted adult to talk to them about it.</li> </ul> <b>USE:</b> <a href="#">PUBERTY COUNSELING CARD [CARD #1]</a> <a href="#">BODY CHANGES FOR GIRLS COUNSELING CARD [CARD #2]</a>	Agree with her that she will not be afraid to talk to her parents or a trusted adult for information about puberty and body changes.
	Does not have much correct knowledge	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Puberty describes the physical changes that children go through as they become adults. During puberty, the bodies of children change – their bodies grow bigger and taller, genitals develop and mature, and body hair appears in new places on their body. This is a normal development process that usually takes place between the ages of 10-14 years although some young people experience it earlier than others.</li> <li>» It's good and important that you have someone you trust to go to for information or advice.</li> </ul>	
3. Do any of your friends have a boy-friend or girlfriend or are married?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» What do you think about it? Do they pressure you to have one also?</li> <li>» Do you have a romantic partner? What kind of relationship is it? Do you feel pressured to have sex?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» I'd like to advise you that you do not have to have a partner (or boyfriend) just because other people want you to. You should wait until you feel ready.</li> <li>» If you are feeling pressured to have sex, I'd like to advise you to think carefully about the decision because it is important that you wait until you feel ready.</li> </ul>	Agree with her that she will resist pressure to start having a partner and to talk to her parents or a trusted adult about making decisions about starting relationships.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is normal at your age to be focused at school and not be concerned with partners.</li> </ul> <b>USE:</b> <a href="#">ABSTINENCE AND DELAYING FIRST SEX COUNSELING CARD [CARD #6]</a> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a>	

TOOL #1

Very young adolescent (10-14 year old), unmarried girl

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
4. Has anyone ever touched you inappropriately and made you feel uncomfortable?	Yes	<b>ASK:</b> » Can you tell me more about it? Who was it? When did it happen?  <b>SAY:</b> » I strongly advise you to report it to your parents or a trusted adult who could support you on what actions to take and help prevent this from happening again. » As much as possible, stay away from or avoid being near this person. Call for help if necessary.  <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree with her that she will stay away from or avoid being near the offender, and will call the police if needed. She will also report it to her parents or a trusted adult so they could support her.
	No	<b>SAY:</b> » This is good. No one has the right to touch you sexually without your consent or make you feel sexually ashamed or embarrassed.	Agree with her that she can talk with her friends about their rights to be free from sexual abuse and harassment and have a group plan on what they would do if it happened to them.
5. Have your friends had sex?	Yes	<b>ASK:</b> » What do you think about it? Do they pressure you to be like them? » Have you had sex yet? How old were you the first time? Who have you had sex with?  <b>SAY:</b> » I'd like to advise you to not start having sex just because other people want you to. You should wait until you feel ready. » If you've had sex before, particularly without protection, that was very dangerous because you have exposed yourself to the risk of getting pregnant and getting an infection (STI or HIV). Please consider this risk. The decision to have sex is an important one and even if you have had sex in the past, you could decide to stop until you feel ready. » I'd strongly advise you to resist the pressure to have sex. Do not have sex just because other people want you to. Wait until you feel ready.  <b>USE:</b> <a href="#">ABSTINENCE AND DELAYING FIRST SEX COUNSELING CARD [CARD #6]</a> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</a> <a href="#">PREGNANCY CHECKLIST [CARD #19]</a>	Agree with her that she will resist pressure to start having sex, and that she can talk to a trusted adult about making decisions about sexual activity.  Agree if she is sexually active to make decisions about pregnancy prevention and the possible use of contraception.
	No	<b>SAY:</b> » This is normal for a girl your age and I am happy you are also not thinking about these things. » If you have questions, do not be afraid to talk to me about it.	Agree with her that if she is thinking about becoming sexually active, she will talk to a trusted adult first or come back to the health center to think it through and learn how to prevent pregnancy.

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
6. Can you tell me about how pregnancy happens and how to prevent it?	Has some correct information	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Can you tell me more?</li> <li>» It is important to me that you know about your menstrual cycle, when you are fertile and how to avoid pregnancy.</li> <li>» If you have any questions about it, do not be afraid to ask me and we can talk about any questions or clarifications you may have.</li> </ul> <b>USE:</b> BECOMING PREGNANT COUNSELING CARD [CARD #7]	Agree with her to not be afraid to ask the health provider if she has questions or concerns. She can also reach out to a trusted adult to talk about it.
	Does not have correct information	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is important to me that you know about your menstrual cycle, when you are fertile and how to avoid pregnancy.</li> <li>» If you have any more worries, do not be afraid to ask me so we can talk about any questions or concerns you may have.</li> <li>- When a man and a woman want to have sex without having a baby, they can use a contraception to prevent pregnancy, such as condoms, oral contraceptive pills, injectable hormonal contraceptives, an intrauterine device (IUD) and natural methods.</li> <li>- You can get infections, particularly STIs and HIV from having sex without a condom.</li> </ul> <b>USE:</b> BECOMING PREGNANT COUNSELING CARD [CARD #7] PREVENTING STI AND HIV COUNSELING CARD [CARD #14] PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]	
7. Has anyone ever forced you to have sex with them against your will?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me more? Who was it? When did it happen?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» If the sexual assault has already occurred, I will need to check you further for additional care (follow GBV care protocols). We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.</li> <li>» If you are okay with it, I encourage you to report this to your parents (if the parent is not the offender), or a trusted adult so they can give you the additional support you need. If you choose we can also report it to the authorities.</li> </ul> <b>USE:</b> CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]	Agree with her that if someone is trying to force her to have sex, she should make it clear that she absolutely does not want it through words and actions as best she can. She should leave the place as quickly as possible and call for help if necessary.  <i>If sexual violence has already occurred:</i> Agree for her to follow GBV protocols, and to be referred for further medical checkup, testing and treatment as needed. She should report the sexual assault to her parents or a trusted adult.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» No one has the right to force you to have sex without your consent. You can always tell someone if this happens.</li> </ul>	Agree with her on one trusted adult she could tell if this happened to her or if she was scared this could happen.

## Questions about **SAFETY**

### Summary of PROTECTIVE factors:

- Shows good problem solving skills related to dangerous situations
- Engages in non-violent conflict resolution

### Summary of RISK factors:

- Has been victimized through interfamilial, partner, cult or school violence
- Carries a weapon or reports easy access to weapons

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Does anyone bully, threaten or beat you?	Yes	<p><b>ASK:</b></p> <p>» Can you tell me more? What kind of bullying or hitting/beating is being done and who is doing it? What do you do when this happens?</p> <p><b>SAY:</b></p> <p><b>If adolescent is being bullied:</b></p> <p>» I strongly encourage you to report it to your parents or a trusted adult and discuss what you can do to avoid them or to stop their bullying. As much as possible, avoid them or walk away if you can. You can also report them to authorities in your school or work, if necessary (<i>if this is happening in school or at work</i>).</p> <p><b>If adolescent has been beaten:</b></p> <p>» I will need to check you further for any physical injury and to see if you need medical care.</p> <p>» I strongly encourage you to immediately report it to your parents or a trusted adult and discuss what you can do to avoid them and protect yourself. As much as possible, avoid them or walk away if you can, or report them to the authorities if necessary.</p> <p><b>USE:</b></p> <p><a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a></p>	Agree with her to be checked further for physical injury, and to talk to her parents, teacher, trusted adult or to the authorities to report the incident.
	No	<p><b>SAY:</b></p> <p>» No one has the right to bully, tease or touch you.</p> <p>» You should also treat others the way you would want to be treated.</p>	Agree she will learn how to resolve conflicts without violence, treat others the way she wants to be treated and tell someone immediately if she is being bullied.



Questions about **SAFETY** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. Do you feel safe at home, in the community and at school?	Yes	<b>SAY:</b> » It's very good that you are conscious about your safety, whether at school, on your way there, or in your community. It would be good to develop a plan on how to immediately reach and contact family members in case of emergency.	Agree with her to practice being vigilant and be conscious of her surroundings, to develop emergency plans with family and friends and to keep their contact numbers handy.
	No	<b>ASK:</b> » Can you tell me more? » What's going on there that gives you an unsafe feeling? <b>SAY:</b> » Whether you are in school or outside of school in your community, it is wise to be street smart, careful and aware of your surroundings. Talk to your parents or family members if you have seen or noticed suspicious people or unusual cult-related or illegal activities in your community. As much as possible, stay away from them. » I encourage you to have a plan with your family members or friends on how to reach you, where you can go, or how you could contact them in case of emergency. <b>USE:</b> <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	Agree with her to stay away from cults and illegal activities in her community.



## TOOL #2

Very young adolescent (10-14 year old), married girl

### Questions about:

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## Questions about **HOME**

### Summary of PROTECTIVE factors:

- Indicates a positive relationship with husband and husband's family
- Sees husband and his family as a resource
- Indicates good communication with husband
- Can identify caring adult(s) and peers

### Summary of RISK factors:

- Indicates conflicted/negative relationship with husband or with husband's family
- Is unable to identify husband or any adults who are caring and a resource
- Indicates poor communication with husband/family
- Feels unsafe at home or in the neighborhood

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Who do you live with?	Lives at home with husband in their own home	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is challenging being a young married girl. I want to make sure you feel safe, protected and have open communication with your husband. I want you to know that the health center is one place you can come for help if needed.</li> <li>» When possible, talk openly with your husband about issues important to you.</li> </ul>	Agree with her that if her situation at home changes, she would seek out help and advice from a trusted adult, a peer or the health provider.
	Lives at home with husband and his parents/ immediate family members	<b>ASK:</b> <ul style="list-style-type: none"> <li>» What is the relationship like with your in-laws, especially your mother-in-law?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» It is challenging being a young married girl and living in a new home with someone else's family.</li> <li>» When possible, talk openly and develop a relationship with your mother-in-law.</li> <li>» Let's come up with 3 trusted adults you can go to if you are unhappy at home or are not being treated well.</li> </ul>	
2. Do you have a trusted peer or adult who you can talk to or confide in?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted adult you can confide in or get advice from is a great strength.</li> </ul>	Agree with her that having peers and adults she can talk to is important so she does not feel isolated.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted peer or adult to go to (<i>in addition to your husband</i>) is important as you never know when you might need their help.</li> <li>» Let's discuss how to approach someone you can trust in the community.</li> <li>» Let's come up with 2-3 people you could trust and how you might approach them to let them know that you would want to come to them if needed.</li> </ul>	Agree with her that if her situation at home changes, she would talk to her husband, or would seek out help and advice from a trusted family member, adult, a community health worker or the health provider.

TOOL #2

Very young adolescent (10-14 year old), married girl

Questions about **HOME** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
3. Do you feel safe at home?	Yes	<b>SAY:</b> » It is good and so important to feel safe where you live so you can focus on the important things like your own future and everyday tasks.	Agree if she no longer feels safe, she will seek support from a trusted adult, or come to the health facility.
	No	<b>SAY:</b> » I'm proud of you for letting me know you do not always feel safe at home. Can you tell me more about why you feel this way? Explore reasons for feeling unsafe.  <i>If reasons are due to the husband:</i> <b>SAY:</b> » I strongly encourage you to talk to your parents (immediate family) or a trusted adult about it. If you think it would be safer for you not to go home, we can refer you to social services who can advise on what can be done, and where we can relocate you. We can also call your parents, so they can support you immediately.  <i>If reasons are due to a member of husband's family:</i> <b>SAY:</b> » I strongly encourage you to talk to your husband about it so he can support you, and discuss what you could do or how to avoid being alone with this family member.  <i>If adolescent has had recent physical or sexual violence or abuse at home:</i> <b>SAY:</b> » I will need to check you further for any physical injuries to see if you need medical care. » (For sexual violence, only if policy, systems and services are in place): I will need to check you further to see if you need additional care. We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.  <b>USE:</b> CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]	<i>Physical violence:</i> Agree on where she might seek out help and advice if she continues to feel unsafe at home. Discuss strategies to avoid the physical abuse and who they can report the abuse to. Agree that she should talk to her husband or parents immediately to seek out help and support.  <i>Sexual violence:</i> Agree for her to follow GBV protocols. Agree that she should identify social services or trusted adult to talk about how this abuse is affecting her wellbeing. Find a person who can help intervene at the household level to help stop the abuse or an extended family member where she can live temporarily.

## Questions about **EDUCATION/EMPLOYMENT**

### Summary of PROTECTIVE factors:

- Husband (and family) is supportive of her staying in school and continuing her studies
- Feels part of and involved in school and connected to peers
- Has future goals related to educational attainment and support to earn income

### Summary of RISK factors:

- Has stopped school and husband (and family) are not supportive of her staying in school
- Indicates risky labor situations
- Indicates feeling unsafe in the workplace
- Has no future goals and dreams related to going back and finishing school

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Are you still attending school?	Yes	<b>SAY:</b> » I commend you for staying in school and your husband for supporting you in continuing your studies. Attending and finishing school is very important and is a positive strength for you to help build you and your family's future. I strongly encourage you to finish your studies.	Agree with her to try to stay in school and talk to her husband about the benefits of finishing her studies. She could also talk to a close family member or trusted adult if she has any challenges in school.
	No	<b>ASK:</b> » Can you tell me more about why are you not in school? ( <i>Discuss reasons why and explore possible options available and who could help her advocate returning to school</i> ). <b>SAY:</b> » Attending school is very important and would help you and your husband build your and your family's future. » Let's discuss your options, and list who could help you advocate and talk to your husband (and his family) on benefits of finishing your studies.	Agree with her on 2-3 things that might help her advocate for herself and talk to her husband (and family members) about benefits of staying in school and finishing her studies – whether formal or informal.
2. If you get pregnant and have a baby, what will happen to your studies?	Do not know	<b>SAY:</b> » Even before a pregnancy happens, I encourage you to discuss the possibility with your husband. Think about it carefully as it will have a big impact on your future. <b>USE:</b> <a href="#">PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</a> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	Agree with her to talk to her husband – for them to think about their options and plans for the future.  Agree with her to be counseled on preventing early or unintended pregnancy and to consider contraceptive methods.
	Would stop going to school	<b>SAY:</b> » It's important that you and your husband discuss possibilities and options of your going back to school/finishing your studies after delivery. <b>USE:</b> <a href="#">HEALTHY TIMING AND SPACING OF PREGNANCY COUNSELING CARD [CARD #17]</a>	

TOOL #2

Very young adolescent (10-14 year old), married girl

Questions about **EDUCATION/EMPLOYMENT** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
3. Do you work outside the home, or in someone's home?	Yes	<b>ASK:</b> » What kind of work are you doing? Do you feel safe in your workplace?  <i>If she is having issues with her employer or coworker, especially if she being harassed or abused or treated unfairly:</i> <b>SAY:</b> » You should immediately report this to your husband, or parents, or to a trusted adult who could support you on what actions to take.  <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree with her to talk to her husband, parents, or a trusted adult to report any issues of harassment, abuse or unfair treatment by her employer or worker.
	No	<b>ASK:</b> » Is there anything about the work you do in the home that prevents you from goals you have for yourself and your family?  <b>SAY:</b> » Talk with your husband about future goals and how home tasks can be completed without sacrificing future goals.	Agree with her to develop future goals and share them with her husband and ask him about his future goals.



## Questions about **EATING**

### Summary of PROTECTIVE factors:

- Has sufficient daily intake of meals (3 per day)
- Eats a variety of food types
- Eats sufficient number of calories at each meal
- Indicates sufficient daily intake of water
- Indicates sufficient daily intake of calcium

### Summary of RISK factors:

- Insufficient caloric intake
- Not eating from the 4 main food groups
- Insufficient calcium intake
- High fat and sugar-based diet
- Insufficient intake of liquids
- Looks overweight or underweight

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How many meals do you eat per day?	Eats at least 3 meals a day.	<b>SAY:</b> » Eating 3 meals a day is good and important especially for growing young adolescents.	Agree with her that she needs sufficient food as her body is still developing and to discuss this with her husband if situations change.
	Eats only 2 or less meals per day	<b>ASK:</b> » Can you tell me more?  <b>SAY:</b> » You are going through rapid growth in your body and mind and should eat at least 3 healthy meals a day to grow and develop well. » As you are married with a possibility of becoming pregnant, it's important to keep yourself healthy to protect you and your future baby's health. I want to make sure you are getting enough iron in your diet so you are not anemic. » If there is not enough food at home, discuss healthy alternatives such as soya beans, mushrooms, seasonal vegetables, crayfish, snails and plant-based proteins (nuts and legumes) that we can suggest to your husband. Talk to him about these alternative foods and let him know that getting enough and a wide variety of food is important for you to grow and develop normally.  <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree with her to eat at least 3 healthy meals per day. Agree with her to talk to her husband about getting cheap and healthy alternative food items.
2. What do you usually eat?	Eats a variety of food with carbohydrates, meats (proteins), vegetables and fruits	<b>SAY:</b> » Eating a variety of food, with 3 meals a day is good and important especially for growing young adolescents.	Agree with her that she needs sufficient food as her body is still developing and to discuss this with her husband if situations change.
	Eats mostly 1-2 types of food only (e.g. carbohydrates and meats) and eats/drinks a lot of sugar-rich items (sweets, soft drinks)	<b>SAY:</b> » When possible, try to eat a variety of vegetables, fruits and legumes/beans/nuts, grains, lean meats and poultry, fish and eggs. » If you are not getting enough to eat, or poor quality food, talk to your husband about getting cheaper and healthy alternative food items (as above) and discuss how you can get more to eat now that your body is growing.  <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree with her to limit sugary foods, like soda and sweets and to get lots of calcium (milk, dark greens) and iron (meat, dark greens) for healthy growth. Agree with her to talk to her husband about getting cheap and healthy alternative food, and how much food she needs now that she is growing.

## Questions about **ACTIVITIES**

### Summary of PROTECTIVE factors:

- Involved in supervised group activities (after-school, community-based, sports, arts and/or faith-based organizations) together with spouse and/or has spouse's support
- Reports that religion and prayer are important to her
- Involved in community affairs
- Eats at least one meal/day with family

### Summary of RISK factors:

- Not involved in any group activities/spouse does not support her to be involved
- Is isolated or disconnected from peers/does not feel connected to spouse

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How do you spend your free time?	Involved in group activities (sports, faith-based or community-based groups, etc.)	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a variety of activities with others will help you feel connected and not isolated and help you find friends who are also in a similar life phase of being young and married. Physical activity is also good for your physically and mentally.</li> </ul>	Agree with her to try and be involved in group activities and for her to talk to her husband to join and support her in these activities.
	Not involved in any activity and has a lot of time spent at home or spends all time in the home doing chores	<b>SAY:</b> <ul style="list-style-type: none"> <li>» If you spend all your free time in the home doing chores, let's discuss ways for you to talk to your husband and family about it, as it is unfair for you to spend all your free time alone doing chores.</li> <li>» Having a variety of activities with others will help you feel connected and not isolated and help you find friends who are also in a similar life phase of being young and married. Physical activity is also good for your physically and mentally.</li> </ul>	Agree with her to discuss with her husband activities she is interested in getting involved with. She can talk to her parents, older family members or friends and involve them in supporting her in this effort.
2. With whom do you spend your time?	Spends time with her husband and family and has time with friends (known to her family)	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is good for your emotional health to have many close relationships, both with family but also friends.</li> </ul>	Agree with her to think about the variety of relationships she has so she remains with a feeling of being connected.
	Mostly spends time alone/ only with husband and no time with friends	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Being close to you husband and his family is good. <i>(if they live with husband's family.)</i> Nevertheless, it's also important to try to get to know and connect with other girls in your community who might be just like you. Becoming connected to them and forming friendships could help you feel less alone.</li> <li>» Let's discuss how you can connect with and reach out to other girls in your community.</li> </ul>	Agree with her on strategies to feel less isolated so she can become more connected to other girls like her, in the same life stage.

## Questions about **DRUGS**

### Summary of PROTECTIVE factors:

- Does not associate with substance-involved peers
- Indicates that husband, parents/family members do not use substances
- Indicates a negative attitude towards substances of abuse

### Summary of RISK factors/indicators:

- Reports easy access to substances, particularly in the home
- Has a husband or parent with substance abuse/addiction
- Indicates early, intense and/or consistent engagement in substance use

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. What friends and family do you have that drink alcohol, smoke tobacco or use drugs?	Mentions some people	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Do you agree with what your husband or (<i>name of family member or friend</i>) is doing? If they offer you alcohol, cigarettes or any substance/drug, decline firmly and do not let yourself be pressured into accepting. These substances are all bad for your health.</li> <li>» Let's discuss your options and how you can manage to avoid them. It is good to learn how to avoid them when they are using the substance and how to say no if offered.</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO,ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	<p>Agree with her to not be pressured or swayed by her husband or any family member or friend into trying any substance.</p> <p>Agree with her to talk to her husband about it or to a trusted adult or the health provider if she needs support in avoiding them. Make sure she feels safe in the home when others are using substances.</p>
	Does not mention people	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is great that the people close to you are not using any substances. This will be a great benefit to you.</li> <li>» As you grow, there will be times when you are confronted or offered to try these substances or others are using them when you are around. It is good to learn how to say no and understand their dangers and know how to avoid people who come into your home who have used these substances.</li> </ul>	<p>Agree with her on a strategy to avoid people who come to her home who have been using substances.</p>
2. Do you drink alcohol, use tobacco or other substances?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I am very concerned you are using substances and want to know more about why this is. Is there any way I can help you?</li> <li>» Drinking even a small amount of alcohol can impair your judgement. Because you are so young, even small quantities can impact your growth and your safety. I am concerned for you. Can we find someone who can help you to avoid using alcohol?</li> <li>» Given the bad effects of smoking in a adolescent's developing body, do you think you could avoid or give up smoking?</li> <li>» Tobacco causes cancer and heart disease and I am concerned about you smoking at such a young age.</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO,ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	<p>Agree with her to include her husband or her parents in on a conversation about her current use of substances. Return to the health center to get help with this discussion.</p>
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I'm proud of you and hope this is something you can commit to doing in the long term.</li> </ul>	<p>Agree with her to return to the health facility for help if the situation changes.</p>



## Questions about **DEPRESSION/SUICIDE**

### Summary of PROTECTIVE factors:

- Indicates a generally positive outlook
- Has healthy coping mechanisms
- Has a caring adult (husband or family member) that she can talk to when stressed/distressed

### Summary of RISK factors:

- Reports current depression/isolation/boredom/disengagement
- Reports current suicidal ideation
- Has thought about or attempted suicide in the past
- Has a family member or friend who committed suicide

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Have you ever or are you currently experiencing deep sadness that lasts several days or weeks that affects your daily activities?	Yes	<p><b>ASK:</b></p> <p>» Can you tell me more about what is causing you sadness/depression? Is there anything in particular that makes you feel that way? Let's discuss and list your options to address it or to cope with it. <i>(Explore feelings and possible causes; discuss her coping mechanism and who she turns/talks to when depressed.)</i></p> <p><b>SAY:</b></p> <p>» In addition to discussing it with me, I'd like to encourage you to reach out and talk to your husband, parents or trusted adult or friend about your feelings, problems or issues that are depressing you, so they could also support you.</p> <p>» If you'd like, I can refer you to a specialist who can help discuss this more with you.</p> <p><i>If cause of sadness is due to her husband or husband's family,</i></p> <p><b>SAY:</b></p> <p>» I would encourage you to try to talk to your husband. Sometimes talking it through together helps to find solutions. You can also bring in your own parents, if you trust them and feel their advice would be helpful.</p> <p><b>USE:</b></p> <p><a href="#">EMOTIONAL WELL-BEING CARD [CARD #9]</a></p>	<p>Agree with her to reach out and talk to her husband, a trusted adult/family member, a friend or the health facility provider to talk through her feelings and problems.</p> <p>Agree with her to be referred as needed, and for her to come back to the health provider for follow-up.</p>
	No	<p><b>SAY:</b></p> <p>» If you ever start to experience a deep sadness, do not wait to talk to someone. Seek out a trusted friend or come back to the health center.</p>	<p>Agree with her to return to the health center if her situation changes.</p>

Questions about **DEPRESSION/SUICIDE** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. Have you ever thought about, or considered, hurting or killing yourself?	Yes	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Can you tell me more why you have thought about this? Is there anything in particular that makes you think this way? (<i>Explore feelings, and discuss causes.</i>) I'm very concerned about you, so I'd like to ask you if you agree to include a trusted family member in our discussion. If yes, this family member will be included in our confidential discussion and will be requested to support you at home.</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» Thank you for your honesty. Would you like to talk to me about it?</li> <li>» In addition to talking with me, I'd like to encourage you to reach out and talk to your husband, your parents or a trusted adult or friend about what's bothering you.</li> <li>» I'd like to refer you to a specialist who can discuss this with you (<i>refer adolescent to a specialist/psychologist or dry-psychiatrist.</i>)</li> </ul> <p><b>USE:</b> EMOTIONAL WELL-BEING CARD [CARD #9]</p>	<p>Agree with her to be referred to a specialist, and also to talk to her husband, parents or a trusted relative so they could support and watch her closely.</p> <p>Agree on when to come back to the health provider for follow-up.</p> <p>Agree with her to talk to someone she trusts when needed.</p>
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I'd like to assure you that you can always come to see me at the health facility and that you can also reach out to others, such as your husband, parents, family members or friends you could talk to when something's bothering you.</li> </ul>	<p>Agree with her to come to the health center or talk to a health worker if she ever felt she would hurt herself.</p>



## Questions about **SEXUALITY** and reproductive health

### Summary of PROTECTIVE factors:

- Is in a monogamous relationship with spouse
- Currently using a method to reduce their pregnancy or STI/HIV risk
- Has not started having sex
- Can talk with her spouse about fertility desires and healthy timing and spacing of pregnancies

### Summary of RISK factors:

- Indicates an early (<14 yrs. old) sexual debut
- Reports a history of sexual molestation, assault or abuse
- Reports unprotected sex and/or has other sexual partners outside of marriage
- Has been pregnant or has had an STI in the past

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Since getting married, have you had your first period?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» When was your first menstrual period? When was the first day of your last menstrual period?</li> <li>» Are there times you miss school due to your period?</li> <li>» How often do you have your period? How long does it last? (number of days)</li> <li>» Do you know how to manage your period?</li> <li>» Do you have pain/problems during your period? If yes, please describe it.</li> </ul> <b>USE:</b> <a href="#">MENSTRUAL HEALTH COUNSELING CARD [CARD #4]</a>	Assure her that having monthly menstrual bleeding is normal. Agree with her about how to take care of herself and practice better hygiene. Agree with her that her monthly period should not be a reason to miss school. She should take sanitary products with her to school.
	Yes, but has not been regular	<b>ASK:</b> <ul style="list-style-type: none"> <li>» When was the last menstrual period (LMP)?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» If the first day of your last menstrual period has been more than 6 weeks, and bleeding has not returned yet, there is a possibility of you being pregnant as you have had sex with your husband. I'd like to ask you to answer some questions to determine if you are pregnant or not. If we are still unsure, we can do a pregnancy test.</li> </ul> <b>USE:</b> <a href="#">PREGNANCY CHECKLIST COUNSELING CARD [CARD #19]</a> <ul style="list-style-type: none"> <li>» If the checklist result and pregnancy test comes back positive, I will need to refer you immediately to the facility's antenatal care clinic for your first prenatal care checkup. For your own health and your developing baby's health, it is important that you follow the required schedule of antenatal checkups.</li> </ul> <b>USE:</b> <a href="#">IMPORTANCE OF ANTENATAL CARE COUNSELING CARD [CARD #20]</a>	Agree with her to go through the pregnancy checklist and have a pregnancy test (if needed and available) and to be referred to an ANC clinic if positive. If checklist result and pregnancy test are negative, agree with her to be counseled about delaying pregnancy.

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
cont'd 1. Since getting married, have you had your first period?	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» It's okay if you don't have your menstrual period yet. I'd like to reassure you that you may start getting it soon. Do not be afraid as it's part of your normal growth and development. We can discuss this now if you'd like to know more about it.</li> <li>» Please understand that if you are having sex but have not had your first menstruation yet, there is still a chance you can get pregnant because we cannot predict when you will have your first ovulation.</li> </ul> <p><b>USE:</b> MENSTRUAL HEALTH COUNSELING CARD [CARD #4]</p>	Agree with her that once she starts getting her period, she should come back to the health provider for more information and advice about delaying pregnancy.
2. Tell me what you know about how pregnancy happens and how to prevent it?	Understands how pregnancy happens and pregnancy prevention	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Can you tell me more? How did you learn about it? Do you have any questions? Have you and your husband had any discussions on when to have your first child?</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I'd also like to talk to you about the benefits of healthy timing and spacing of pregnancy for your health, your future baby's health and your family's well-being.</li> </ul> <p><b>USE:</b> HEALTHY TIMING AND SPACING OF PREGNANCY COUNSELING CARD [CARD #17]</p>	Agree for her to learn more about advantages of delaying pregnancy and healthy timing and spacing of pregnancy and to discuss it with her husband.
	Does not have complete knowledge of how pregnancy happens or pregnancy prevention	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Do you have any questions about this? Have you and your husband had any discussion about this?</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» As you are very young, I highly advise you to discuss this with your husband and the importance of delaying pregnancy until you are over 18 years of age when your body is better able to handle pregnancy and childbirth.</li> <li>» I'd like to discuss with you how pregnancy happens, what is healthy timing and spacing of pregnancy, and how to prevent early pregnancy.</li> </ul> <p><b>USE:</b> BECOMING PREGNANT COUNSELING CARD [CARD #7] PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18] HEALTHY TIMING AND SPACING OF PREGNANCY COUNSELING CARD [CARD #17]</p>	

TOOL #2

Very young adolescent (10-14 year old), married girl

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
3. Tell me about the contraceptive methods that you know.	Knows many methods	<p><b>ASK:</b></p> <p>» Can you tell me more? How did you learn about it? Do you have any questions? Have you and your husband discussed using contraceptives to delay pregnancy (at least until you are 18 years old)? I'd highly advise you to discuss this with your husband.</p> <p><b>SAY:</b></p> <p>» I'd like to clarify some information on contraception so you know all of the options available to you.</p> <p><b>USE:</b></p> <p>CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</p>	Agree for her to learn more about contraceptives to delay pregnancy, and to discuss it with her husband.
	Does not know many methods	<p><b>SAY:</b></p> <p>» When a man and a woman are sexually active but don't want to have a baby, they can use contraception to prevent pregnancy such as condoms, oral contraceptive pills, injectable hormonal contraceptives, an intrauterine device (IUD) and natural methods. These methods are available in the facility.</p> <p>» If you are interested, we can talk about it now and I can explain to you the various contraceptive methods that you can consider and choose from to use immediately. I can also help answer your questions and counsel you on your options.</p> <p><b>USE:</b></p> <p>CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</p>	



Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
4. What contraceptive method are you using now or are interested in using?	Currently using a contraceptive	<b>ASK:</b> » Which method are you using and where do you usually get it? Are you satisfied with it?  <b>SAY:</b> » It's good that you are using contraception to prevent unwanted pregnancy. We can talk if you have any questions about it or if you'd like to know more about other effective methods that you can try.	Agree with her to continue using the contraceptive method (of her choice) and to talk to the health provider if she has questions or concerns.
	Not currently using a contraceptive method now but is interested in using one	<b>ASK:</b> » Can you tell me more about why you are not using contraception?  <b>SAY:</b> » There are various contraceptive methods that are effective and safe for you to use to prevent early or unwanted pregnancy. We can talk now if you'd like to know more about these methods so you can consider which one you'd like to try. Afterwards, I can refer you to our health provider for further checkup and counsel and give you the contraception of your choice.  <b>USE:</b> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	Agree with her to discuss and consider using a contraceptive method and to talk to the health provider if she has questions or concerns.
	Not interested in using a contraceptive method now	<b>ASK:</b> » Can you tell me more about why you are not using contraception?  <b>SAY:</b> » If you are sexually active and not using contraception, it is very likely you can get pregnant. I'm concerned that you are too young to have a baby and that your body is not ready. » It's very important for you and your husband to know about the benefits of healthy timing and spacing of pregnancy for your family and the advantages of delaying pregnancy until you are at least 18 years old and ready. We can talk now if you'd like to know more about all these methods so you can consider which one you'd like to try.  <b>USE:</b> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	Agree with her to discuss and consider using a contraceptive method and to talk to the health provider if she has questions or concerns.

TOOL #2

Very young adolescent (10-14 year old), married girl

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
5. Do you know what a sexually transmitted infection (STI) is?	Yes	<b>ASK:</b> » Can you tell me more? How did you learn about it?  <b>SAY:</b> » Do not be afraid to ask me now if you have any questions, or to approach your husband, your parents or a trusted older family member to talk about it. » For your information, using condoms during sex can prevent from getting an STI or getting pregnant. Since you are married and sexually active, I encourage you to consider discussing condoms with your husband. We can also discuss how you could approach your husband to talk about it.	Agree with her to not be afraid to talk to her husband, a trusted adult or the health provider if she needs information about STIs and HIV.
	No	<b>SAY:</b> » You should know that you can get an STI and even HIV from having sex without a condom. » We can discuss it some more if you have any questions or want more information. I also would like to encourage you to talk to your husband, or other trusted adults about it. » For your information, using condoms during sex can prevent from getting an STI or getting pregnant. Since you are married and sexually active, I encourage you to consider discussing condoms with your husband. We can also discuss how you could approach your husband to talk about it.  <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</a>	

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
7. Has anyone ever touched you inappropriately or forced you to have sex?	Yes	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Can you tell me more? Who was it? When did it happen?</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I strongly advise you to report it to your husband, parents or other trusted adult who could support you on what action to take and help prevent this from happening again.</li> <li>» As much as possible, stay away or avoid being near this person. Call for help if necessary.</li> <li>» If the sexual assault has already occurred, I will need to check you further for additional care (follow GBV care protocols). We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.</li> </ul> <p><b>USE:</b> CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]</p> <ul style="list-style-type: none"> <li>» If you agree, I encourage you to report this to your husband, or a trusted adult so they could give you the additional support you need. If you choose, we can also report it to the authorities.</li> </ul> <p><b>USE:</b> HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</p>	<p>Agree with her to stay away or avoid being with the offender. Agree with her to talk to her husband, parents or a trusted adult about the offensive person so they can support her.</p> <p>Agree with her that if someone is trying to force her to have sex, make it clear that she absolutely does not want it through words and actions as best she can. She should leave the place as quickly as possible and call for help if necessary.</p> <p><i>If sexual abuse has already occurred:</i> Agree with her to follow GBV protocols, and to be referred for further medical checkup, testing and treatment as needed. Agree with her to report the sexual assault to her husband, parents or a trusted adult.</p>
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» This is good. No one has the right to touch you sexually without your consent or make you feel sexually ashamed or embarrassed.</li> </ul>	<p>Agree with her that she can talk with people she trusts about their rights to be free from sexual abuse and harassment and have a group plan on what they would do if it happened to them.</p>



## Questions about **SAFETY**

### Summary of PROTECTIVE factors:

- Shows good problem solving skills related to dangerous situations
- Engages in non-violent conflict resolution
- Has a positive and safe relationship with spouse

### Summary of RISK factors:

- Has been victimized through interfamilial, partner, cult or school violence
- Carries a weapon or reports easy access to weapons
- Reports a violent or abusive spouse or has been threatened by spouse/partner

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Does anyone bully, threaten or beat you?	Yes	<p><b>ASK:</b></p> <p>» Can you tell more? What kind of bullying or hitting/beating is there and who is doing it? What do you do when this happens?</p> <p><b>If adolescent is being bullied:</b></p> <p><b>SAY:</b></p> <p>» I strongly encourage you to report it to your parents or a trusted adult and discuss what you can do to avoid them or to stop their bullying. As much as possible, avoid them or walk away if you can or you can also report them to authorities in your school or work, if necessary (if this is happening in school or at work).</p> <p><b>If adolescent has been beaten:</b></p> <p><b>SAY:</b></p> <p>» I will need to check you further for any physical injury to see if you need medical care.</p> <p>» I strongly encourage you to immediately report it to your husband, parents or a trusted adult and discuss what you can do to avoid them and protect yourself. As much as possible, avoid them or walk away if you can, or you can also report them to the authorities if necessary.</p> <p><b>If the husband has threatened the adolescent, or has hit/beaten the adolescent:</b></p> <p><b>SAY:</b></p> <p>» Can you tell me more? I will need to refer you to a specialist (if medical care is needed) or to a social services officer as they will know how to support you.</p> <p>» If you think it would be safer for you not to return home, we can refer you to social services who can advise you on what can be done. We can also call your parents, so they can support you immediately.</p> <p><b>USE:</b> PERSONAL SAFETY COUNSELING CARD [CARD #16]</p>	Agree with her to talk to her husband, parents, trusted family member or responsible adult about the incident. Agree with her to report the incident to the authorities and be referred to social services for support.
	No	<p><b>SAY:</b></p> <p>» No one has the right to bully, tease or touch you.</p> <p>» You should also treat others the way you would want to be treated.</p>	Agree she will learn how to resolve conflicts without violence, treat others the way she wants to be treated and tell someone immediately if she is being bullied.

Questions about **SAFETY** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. Do you feel you can resolve your conflicts or problems?	Yes	<b>ASK:</b> » Can you tell me more about what you do when you face conflicts/arguments or disagreements?  <b>SAY:</b> » It's good if you have a way to deal with conflicts/arguments or disagreements.	Agree with her to explore and discuss ways to resolve conflicts. Agree for her to talk to her husband, parents, teacher ors trusted adult if needed.
	No	<b>ASK:</b> » Can you tell me more about what you do when faced with conflicts/arguments or disagreements?  <b>SAY:</b> » Let's discuss and talk about ways that you could face conflicts. » I also want to encourage you to not be afraid to talk to your husband, or a trusted adult (which could include a teacher) if you need help or even just to talk through sorting out conflicts or problems.  <b>USE:</b> <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	Agree with her to practice ways to resolve conflict peacefully and discuss these with her husband.
3. Do you feel safe at home, in the community and at school?	Yes	<b>SAY:</b> » It's very good that you are conscious about your safety, whether at school, on your way there or to other places, or in your community. It would be good to develop a plan on how to immediately reach and contact family members in cases of emergency.	Agree for her to develop emergency plans with her husband, family and friends and to keep their contact numbers handy.  Agree with her to stay away from unusual activities in her community.
	No	<b>SAY:</b> » Whether you are in school or outside of school in your community, it is wise to be street smart, careful and aware of your surroundings. Talk to your husband, parents or family members if you have seen or noticed suspicious characters or unusual or illegal activities in your community. As much as possible, stay away from them. » I also encourage you to have a plan with your husband and family members or friends on how to reach you, where you can go, or how you could contact them in case of emergency.  <b>USE:</b> <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	Agree to her on strategies to feel more safe and follow up plans.



## TOOL #3

Very young adolescent (10-14 year old), boy

### Questions about:

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## Questions about **HOME**

### Summary of PROTECTIVE factors:

- Indicates a positive relationship with household adults
- Sees parents/family as a resource

### Summary of RISK factors:

- Indicates conflicted/negative relationship with parent(s)/household adults
- Is unable to identify any adults who are caring and a resource
- Feels unsafe at home or in the neighborhood

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Where do you live?  Who do you live with?	Lives at home with parents/immediate family members	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Often, living with your family is very helpful if you feel safe and protected. They are your main source of support especially if you have open communication with them.</li> <li>» When possible, talk openly about issues important to you with family members.</li> </ul>	Agree with him that if his situation at home changes, he would seek out help and advice from a trusted adult, or a health worker.
	Does not live at home but lives with extended family member	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me why? How is your relationship with your relatives?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» If you are being cared for like all other children in the home that is nice.</li> <li>» If you feel you are not treated equally as others, this is something we can discuss.</li> <li>» Let's come up with 2-3 trusted adults you can go to if you are unhappy at home or not being treated equally.</li> </ul>	Agree with him that if his situation at home changes, he would seek out help and advice from a trusted adult, or a health worker.  Agree on 2-3 trusted adults he can go to for additional support.
	Living alone with older siblings/with non-relatives/renting space in others home/lives as domestic help in others home, etc.	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me why? How is your relationship with them?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» It sounds like your home situation might not be ideal. We will talk more about this in the next few questions. But I will be listening to how your home situation impacts other areas of your life, like school, how you spend your time and your health.</li> </ul>	Agree on who can be identified in the community as a trusted adult to help him advocate for himself if the situation at home feels unsafe or unfair.
2. What trusted adults do you have that you can talk to or confide in?	Has trusted adults	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted adult whom you can confide in or get advice from is a great strength.</li> <li>» Parents can also be good resources.</li> </ul>	Agree to maintain a good relationship and openness with these trusted adults.
	Does not have trusted adults	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted adult to go to is important as you never know when you will need their help.</li> <li>» Let's discuss how to approach trusted adults in your family or community.</li> </ul>	Agree on 2-3 people he could trust and how he might approach them to let them know that he would want to come to them if needed.

Questions about **HOME** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
3. Do you feel safe at home?	Yes	<b>SAY:</b> » It is so important to feel safe where you live so you can focus on the important things in life, like school and your future.	Agree with him that if he no longer feels safe, he will seek support from a trusted adult, community health worker or the health provider.
	No	<b>SAY:</b> » I'm proud of you for letting me know you do not always feel safe at home. Can you tell me more about why you feel this way? ( <i>Explore reasons for feeling unsafe.</i> )  <i>If adolescent has had physical violence at home:</i> <b>SAY:</b> » I will need to check you further for any physical injury to see if you need medical care.  <i>If adolescent has experienced sexual violence at home:</i> <b>SAY:</b> » ( <i>Only if policy, systems and services are in place</i> ): I will need to check you further to see if you need additional care. We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.  <b>USE:</b> CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]	<i>Physical violence:</i> Agree with him that if he continues to feel unsafe at home, he should seek out help and advice. Discuss strategies to avoid the physical abuse and who he can report the abuse to.  <i>Sexual violence:</i> Agree that GBV protocol will be followed and explain the protocol. Agree to identify social services or a trusted adult to talk to about how this abuse is affecting his wellbeing. Find a person who can help intervene at the household level to help stop the abuse or an extended family member where he can live temporarily.



## Questions about **EDUCATION/EMPLOYMENT**

### Summary of PROTECTIVE factors:

- Indicates positive attitude about school
- Feels part of and involved in school
- Feels that teachers and school are caring and fair
- Indicates that parents communicate high academic expectations
- Shows good academic achievement
- Has future goals (and dreams) related to educational attainment

### Summary of RISK factors:

- Has repeated a class
- Is skipping classes
- Indicates doing poorly in school
- Indicates feeling isolated, unsafe or disengaged from school
- Works more than 20 hrs. per week
- Indicates risky labor situations

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Are you attending school?  How are you doing in school?	Yes  Is doing okay in school	<b>SAY:</b> » Attending and staying in school is very important and is a great strength for you as this would help build your future, so I really encourage you to stay in school.	Agree with him to stay in school and to talk to a close family member or trusted adult about his hopes and dreams for the future.
	Yes  Is NOT doing okay in school	<b>ASK:</b> » Can you tell me more why you think you are not doing okay in school? ( <i>discuss reasons such as personal problems, other distractions that prevent him from studying.</i> ) » Do you think that if these reasons are resolved, or if the situation improves, you will do better in school?  <b>SAY:</b> » Let's discuss what your options are to help resolve your challenges/situation/problem, and list who might be able to help you resolve them.	Agree with him to try the options discussed and to reach out to people identified (as needed) who can help him with challenges in school.
	No	<b>ASK:</b> » Can you tell me more about why are you not in school? ( <i>discuss reasons why and explore with adolescent options available, and who could help him advocate returning to school.</i> )  <b>SAY:</b> » There are so many reasons why you are not in school. Let's agree on how to approach one or two people who are making these decisions so you can explain your desire to go back to school to help build your future.	Agree on 2-3 things that might help him advocate for returning to school, including how to approach people who can help him return to school.

TOOL #3

Very young adolescent (10-14 year old), boy

Questions about **EDUCATION/EMPLOYMENT** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. If you are attending school, how are your relationships with your classmates and teachers?	Has good relationships with classmates and teachers	<b>SAY:</b> » Having good relationships with your classmates and teachers in school is good. It will help/encourage you to stay in school and keep your interest in learning.	Agree to keep relationships strong at school and help others build good relationships.
	Does not get along with classmates and teachers	<b>ASK:</b> » Can you tell me more? Explore reasons and discuss how it affects the adolescent. <b>SAY:</b> » If you feel isolated in school, talk to your head teacher about how to connect with other classmates. » If you are being harassed at school, I strongly advise you to immediately report harassment to your parents or to a trusted adult who could support you on actions to take. <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree with him to talk to his parents, or a trusted adult to report any issues of harassment or abuse by his teacher or classmates.
3. Do you work outside the home, or in the home of someone else?	Yes	<b>ASK:</b> » Where do you work? Why are you working? How often do you work? Do you feel safe? <b>SAY:</b> » I want to make sure you feel safe at work and have people you can talk to about a plans for your future.  <i>If he is having issues with his employer or coworker, especially if he is being harassed or abused or treated unfairly:</i> <b>SAY:</b> » You should immediately report this to your parents, or to a trusted adult who could support you on actions to take. <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree with him to talk to his parents, family member or a trusted adult to report any issues of harassment, abuse or unfair treatment by his employer or co-worker.
	No	<b>SAY:</b> » I am glad that you do not have to work at your age and I hope you are putting your time and energy into studying and doing well at school.	Agree with him to do well in school and advocate with his parents to stay in school if they want him to leave and work.

## Questions about **EATING**

### Summary of PROTECTIVE factors:

- Has sufficient daily intake of meals (3-4 per day)
- Eats a variety of food types
- Eats sufficient number of calories at each meal
- Indicates sufficient daily intake of water
- Indicates sufficient daily intake of calcium

### Summary of RISK factors:

- Insufficient caloric intake
- Not eating from the 4 main food groups
- Insufficient calcium intake
- High fat and sugar-based diet
- Insufficient intake of liquids
- Looks overweight or underweight

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How many meals do you eat a day?	Eats at least 3 meals per day	<b>SAY:</b> » Eating 3 meals a day is good and important especially for growing young adolescents.	Agree to learn about which foods are high in iron (meat, dark greens) and calcium (milk, dark greens).
	Eats only 2 or less meals per day	<b>ASK:</b> » Can you tell me more?  <b>SAY:</b> » You are going through quick growth in your body and mind and should eat at least 3 healthy meals per day to grow and develop well. » If there is not enough food at home, we can talk about cheaper and healthy alternatives such as soya beans, mushrooms, seasonal vegetables, crayfish, snails and plant-based proteins (nuts and legumes) that we can suggest to your parents. Talk to them about these alternative foods and let them know that getting enough and a wide variety of food is important for you to grow and develop normally.  <b>USE:</b> HEALTHY EATING COUNSELING CARD [CARD #10]	Agree with him to eat at least 3 healthy meals per day. Agree for him to talk to his parents about getting cheap and healthy alternative food items.
2. What do you usually eat?	Eats a variety of food with carbohydrates, meats (proteins), vegetables and fruits	<b>SAY:</b> » Eating a variety of food, with 3 meals a day is good and important especially for growing young adolescents.	Agree to learn about which foods are high in iron (meat, dark greens) and calcium (milk, dark greens).
	Eats mostly 1-2 types of food only (e.g. carbohydrates and meats) and eats/drinks a lot of sugar-rich items (sweets, soft drinks).	<b>SAY:</b> » When possible, try to eat a variety of vegetables, fruits and legumes/beans/nuts, grains, lean meats and poultry, fish and eggs. » If you are not getting enough to eat, or poor quality food, talk to your parents about getting cheaper and healthy alternative food items (as above) and discuss how you can get more to eat now that your body is growing.  <b>USE:</b> HEALTHY EATING COUNSELING CARD [CARD #10]	Agree with him to limit sugary foods, like soft drinks and sweets and to get lots of calcium (milk, dark green) and iron (meat, dark greens) for healthy growth. He can talk to his parents about getting cheap and healthy alternative food items, and how much food he needs now that he is growing.



## Questions about **ACTIVITIES**

### Summary of PROTECTIVE factors:

- Involved in supervised group activities (after-school, community-based, sports, arts and/or faith-based organizations)
- Reports that religion and prayer are important to him
- Involved in social justice, political advocacy and/or community work
- Eats at least one meal/day with family

### Summary of RISK factors:

- Indicates largely unsupervised after school time or is not in school
- Is isolated or disconnected from peers
- Indicates engagement in risky behaviors (e.g.: In response to “What do you do for fun?” youth states “I get high with my friends.”)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How do you spend your free time or time not in school?	Involved in other group activities (sports, faith-based or community-based groups, etc.)	<b>SAY:</b> » Regular physical activity has important physical, mental and social benefits for you.	Agree on a strategy to keep him engaged in these positive activities.
	Not involved in any activity and has a lot of unsupervised time or spends all the time in the home doing chores.	<b>SAY:</b> » I strongly encourage you to get involved in regular physical activity because of its many benefits to you (e.g. physical, mental and social). If you spend all your free time in the home doing chores, let's explore and discuss ways for you to have leisure time as it is unfair if you spend all your time alone doing chores.  <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree with him to try to be involved in physical activities like sports or an active hobby. He can talk to his parents, older family members or friends and involve them in supporting him in this effort.
2. With whom do you spend your time?	Spends time with family or siblings or time with friends (known to family)	<b>SAY:</b> » It is great to hear that you spend time with your family and you like spending time with them. These close relationships are really good for you.	Agree to continue to foster these close relationships with family so he can go to them when in need.
	Spends most time alone	<b>SAY:</b> » There are so many boys in the community just like you. Becoming connected to them and forming friendships could help you feel less alone. » Let's discuss how you can connect with and reach out to other boys in your community.  <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree on strategies to feel less isolated so he can become more connected to other boys like him in the same life stage.

## Questions about **DRUGS**

### Summary of PROTECTIVE factors:

- Does not associate with substance-involved peers
- Indicates that parents/family members do not use substances
- Indicates a negative attitude towards substances of abuse

### Summary of RISK factors/indicators:

- Reports easy access to substances, particularly in the home
- Has a parent with substance abuse/addiction
- Indicates early, intense and/or consistent engagement in substance use
- Has previously used substances but quit

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. What friends and family do you have who drink alcohol, smoke tobacco or use drugs?	Mentions people they know	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It can be quite hard to live where you see people using alcohol or other drugs. How does it make you feel?</li> <li>» Let's discuss your options and ways you can manage and avoid them. It is good to learn how to avoid these people when they are using the substance and how to say no if offered.</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with him to not be pressured into trying any substance.
	Does not mention people they know	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is great that the people close to you are not using any substances. This will be a great benefit to you.</li> <li>» As you grow, there will be times when you are confronted or offered to try these substances. It is good to learn how to say no and understand their dangers</li> </ul>	Agree that he will practice saying no so he feels confident that he can do this if ever confronted to try substances.
2. Do you drink alcohol?  If yes, what kind and how much do you drink per day or week?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Drinking even a small amount of alcohol can impair your judgement. Because you are so young, even small quantities can impact your growth and your safety. I am concerned for you. Can we find someone who can help you to stop using alcohol?</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with him to develop a strategy for the future to avoid alcohol use.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I am so happy that you have never used alcohol because even a small amount can impair your judgment and lead you to make poor decisions.</li> </ul>	

Questions about **DRUGS** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
3. Do you smoke cigarettes?  If yes, how many cigarettes or packs do you smoke per day?	Yes	<b>SAY:</b> » Given the bad effects of smoking on an adolescent's developing body, do you think you could avoid or give up smoking? » Tobacco causes cancer and heart disease and I am concerned that you are smoking at such a young age. <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with him to try avoiding and giving up smoking. Also connect him to a trusted friend or adult who can support him in avoiding and giving up smoking.
	No	<b>SAY:</b> » I am proud of you for not smoking. Tobacco has very bad consequences on peoples health and this is one less thing you need to worry about.	Agree with him on a strategy on how he will say no in the future if he is pressured by friends to smoke tobacco.
4. Do you use other drugs or other substances?	Yes	<b>SAY:</b> » Tell me more about why you use drugs? » Given the bad effects of various drugs on an adolescent's developing brain and body, do you think you could avoid or give up drugs? » I am very concerned that you are already trying drugs. Can I try to get you further help? <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with him to try avoiding or giving up experimenting with drugs. Also connect him to a trusted friend or adult who can support him in avoiding various drugs.
	No	<b>SAY:</b> » I am proud of you for staying away from harmful substances.	Agree with him to to have ways to say no to friends if he ever feels pressured to try a harmful substance.



## Questions about **DEPRESSION/SUICIDE**

### Summary of PROTECTIVE factors:

- Indicates a generally positive outlook
- Has healthy coping strategies
- Has a caring adult that he can talk to when stressed/distressed

### Summary of RISK factors:

- Reports current depression/isolation/boredom/disengagement
- Has thought about or attempted suicide in the past
- Has a family member or friend who committed suicide

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Have you ever or are you currently experiencing deep sadness that lasts several days or weeks that affects your daily activities?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me more about what is causing you sadness/depression? Is there anything in particular that makes you feel this way?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» I am concerned about your sadness and want to help you. How best can I help you?</li> <li>» In addition to discussing it with me, I'd like to encourage you to reach out and talk to a trusted adult about your feelings, problems or issues that are depressing you, so they can also support you.</li> <li>» If you'd like, I can refer you to a specialist who can help discuss this more with you.</li> </ul> <b>USE:</b> <a href="#">EMOTIONAL WELL-BEING CARD [CARD #9]</a>	<p>Agree with him to reach out and talk to a trusted adult/family member, friend or to the health provider to talk through his feelings and problems.</p> <p>Agree with him to be referred as needed, and for adolescent to come back to the health provider for follow-up.</p>
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» All adolescents have their ups and downs. That is normal.</li> <li>» If you ever feel down or sad for many days, please return to talk to me.</li> </ul>	<p>Agree that he will return if he experiences a prolonged period of feeling sad.</p>
2. Have you ever thought about, or considered, hurting or killing yourself?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me more why you have thought about this? Is there anything in particular that makes you think this way? (explore feelings, and discuss causes.) I'm very concerned about you, so I'd like to ask you if you agree to include a trusted family member in our discussion. If yes, this family member will be included in our confidential discussion and will be requested to support you at home.</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» I'd like to refer you to a specialist who can help discuss this with you. (refer adolescent to a specialist/psychologist.)</li> </ul>	<p>Agree with him to be referred to a specialist, and to talk to his parents or a trusted relative so they can support and watch him closely.</p> <p>Agree on when to come back to the health provider for follow-up.</p>
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» If you ever have these thoughts, please tell someone you trust and come back to talk to me.</li> </ul>	<p>Agree he will come back to talk if he ever has these thoughts.</p>

## Questions about **SEXUALITY** and reproductive health

### Summary of PROTECTIVE factors:

- Intends to abstain from sexual intercourse until later
- Currently not sexually active
- Using an approach to reduce pregnancy or STI/HIV risk
- Talks with a parent/trusted adult about sexual issues

### Summary of RISK factors:

- Indicates an early (<14 yrs. old) sexual debut
- Reports a history of sexual molestation, assault or abuse
- Reports unprotected sex
- Has had an STI in the past; has gotten a girl pregnant in the past
- Talks only with peers about sexual issues

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. What have you learned about puberty and body changes?	Has some correct knowledge	<b>ASK:</b> » If you have any concerns or questions, feel free to talk to me about it now or approach your parents or any trusted adults to find out more.  <b>USE:</b> <a href="#">PUBERTY COUNSELING CARD [CARD #1]</a> <a href="#">BODY CHANGES FOR BOYS COUNSELING CARD [CARD #3]</a>	Agree with him that he will not be afraid to talk to his parents, a trusted adult or the health provider for information about puberty and body changes.
	Does not have much knowledge	<b>SAY:</b> » Puberty describes the physical changes that children go through as they become adults. During puberty the bodies of children change – their bodies grow bigger and taller, genitals develop and mature, and body hair appears in new places on their body. This is a normal development process that usually takes place between the ages of 10-14 years although some young people experience it earlier than others.  <b>USE:</b> <a href="#">PUBERTY COUNSELING CARD [CARD #1]</a> <a href="#">BODY CHANGES FOR BOYS COUNSELING CARD [CARD #3]</a>	
2. Do any of your friends have a boyfriend or girlfriend, or are married?	Yes	<b>ASK:</b> » What do you think about this? Do they pressure you to have one also? » Do you have a romantic partner? What kind of relationship is it? Do you feel pressured to have sex?  <b>SAY:</b> » I'd like to advise you that you do not have to have a girlfriend just because other people want you to. You should wait until you feel ready. » If you are feeling pressured to have sex, I'd like to advise you to think carefully about the decision because it is important that you wait until you feel ready.	Agree with him that he will resist pressure to start having a partner and talk to his parents or a trusted adult about making decisions on starting relationships.
	No	<b>SAY:</b> » It is normal at your age to be focused at school and not be concerned with romantic relationships.  <b>USE:</b> <a href="#">ABSTINENCE AND DELAYING FIRST SEX COUNSELING CARD [CARD #6]</a> <a href="#">DUAL PROTECTION AND SAFE SEX PUBERTY COUNSELING CARD [CARD #13]</a>	

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
3. Have your friends had sex?	Yes	<b>ASK:</b> » What do you think about this? Do they also pressure you to be like them? » Have you had sex yet? How old were you the first time? Who have you had sex with? <b>SAY:</b> » I'd like to advise you that you should not start having sex just because other people want you to. You should wait until you feel ready. <b>USE:</b> ABSTINENCE AND DELAYING FIRST SEX COUNSELING CARD [CARD #6] DUAL PROTECTION AND SAFE SEX PUBERTY COUNSELING CARD [CARD #1]	Agree with him that he will resist pressure to start having sex and talk to a trusted adult about making decisions about sexual activity.  Agree if he is sexually active to make decisions about safe sex options especially condoms for dual protection
	No	<b>SAY:</b> » This is normal for a boy your age and I am happy you are also not thinking about these things yet. » If you have questions, do not be afraid to talk to me about it. » The decision to have sex is an important one and even if you have had sex in the past, you could decide to stop until you feel ready. » I'd strongly advise you to resist the pressure to have sex. Do not have sex just because other people want you to. Wait until you feel ready. <b>USE:</b> ABSTINENCE AND DELAYING FIRST SEX COUNSELING CARD [CARD #6] DUAL PROTECTION AND SAFE SEX PUBERTY COUNSELING CARD [CARD #1]	Agree with him that if he is thinking about becoming sexually active, he will talk to a trusted adult first or come back to the health provide to help guide through his options.
4. Has anyone ever touched you inappropriately and made you feel uncomfortable?	Yes	<b>ASK:</b> » Can you tell me more? Who was it? When did it happen? <b>SAY:</b> » Even though it might be uncomfortable or taboo to discuss sexual harassment against boys, this does happen and I am proud of you for talking to me about it. » I strongly advise you to report it to your parents or a trusted adult who could support you on what action to take and help prevent this from happening again. » As much as possible, stay away or avoid being near this person. Call for help if necessary. <b>USE:</b> HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]	Agree with him that he will stay away from or avoid being near the offender and will call the police if needed. He should also report it to his parents or a trusted responsible adult so they can support him.
	No	<b>SAY:</b> » This is good. No one has the right to touch you sexually without your consent or make you feel sexually ashamed or embarrassed. » Sexual harassment does happen against boys so it is good to be aware of your rights against harm. <b>USE:</b> BECOMING PREGNANT COUNSELING CARD [CARD #7]	Agree with him that he can talk with his friends about their rights to be free from sexual abuse and harassment and have a plan on what they would do if it happened to them.

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
5. Can you tell me about how pregnancy happens and how to prevent it?		<b>SAY:</b> » If you have any questions about it, do not be afraid to ask me. We can discuss any questions or concerns you may have about it.	Agree with him to not be afraid to talk to the health provider. He can also ask questions to trusted adult.
	No	<b>SAY:</b> » If you have any questions about it, do not be afraid to ask me. We can talk about any questions or concerns you may have about it. - When a man and a woman want to have sex without having a baby, they can use contraception to prevent pregnancy such as condoms, oral contraceptive pills, injectable hormonal contraceptives, an intrauterine device (IUD) and natural methods. - You can get infections, particularly sexually transmitted infections (STIs) and even HIV from having sexual intercourse without a condom or other form of protection.  <b>USE:</b> <a href="#">BECOMING PREGNANT COUNSELING CARD [CARD #7]</a> <a href="#">PREVENTING STI AND HIV COUNSELING CARD [CARD #14]</a>	
6. Has anyone ever forced you to have sex with them against your will?	Yes	<b>ASK:</b> » Can you tell me more? Who was it? When did it happen?  <b>SAY:</b> » If the sexual assault has already occurred, I will need check you further for additional care (follow GBV care protocols). We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup. » If you agree, I encourage you to report this to your parents (if the parent is not the offender) or a trusted adult so they can give you the additional support you need. If you choose, we can also report it to the authorities.  <b>USE:</b> <a href="#">CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]</a>	Agree with him that if someone is trying to force him to have sex, make it clear that he absolutely does not want it through words and actions as best he can. He should leave the place as quickly as possible and call for help if necessary.  <i>If sexual abuse has already occurred:</i> Agree with him to follow GBV protocols, and to be referred for further medical checkup, testing and treatment as needed. He should also report the sexual assault to his parents or a trusted adult.
	No	<b>SAY:</b> » No one has the right to force you to have sex without your consent. You can always tell someone if this happens.	Agree with him on one trusted adult he could tell if this happened to him or if he was scared this could happen.

## Questions about **SAFETY**

### Summary of PROTECTIVE factors:

- Shows good problem solving skills related to dangerous situations
- Engages in non-violent conflict resolution

### Summary of RISK factors:

- Has been victimized through interfamilial, partner, cult or school violence
- Carries a weapon or reports easy access to weapons

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Does anyone bully, threaten or beat you?	Yes	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Can you tell more? What kind of bullying or hitting/beating is being done and who is doing it? What do you do when this happens?</li> </ul> <p>If adolescent is being bullied:</p> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I strongly encourage you to report it to your parents or a trusted or adult and discuss what you can do to avoid them or to stop their bullying. As much as possible, avoid them or walk away if you can or you can also report them to authorities in your school or work, if necessary (if this is happening in school or at work).</li> </ul> <p>If adolescent has been beaten:</p> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I will need to check you further for any physical injury to see if you need medical care.</li> <li>» I also strongly encourage you to immediately report it to your parents or a trusted adult and discuss what you can do to avoid them or and protect yourself. As much as possible, avoid them or walk away if you can, or you can also report them to the authorities if necessary.</li> </ul> <p><b>USE:</b> PERSONAL SAFETY COUNSELING CARD [CARD #16]</p>	Agree for him to be checked further for physical injury, and to talk to his parents, teacher, trusted or responsible adult or to the authorities to report the incident.
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» No one has the right to bully, tease or touch you.</li> <li>» You should also treat others the way you would want to be treated.</li> </ul>	Agree he will learn how to resolve conflicts without violence, treat others the way he wants to be treated and tell someone immediately if he is being bullied.

TOOL #3

Very young adolescent (10-14 year old), boy

Questions about **SAFETY** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
3. Do you feel safe in at home, in the community and at school?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It's very good that you are conscious about your safety, whether at school, on your way there or to other places, or in your community. It would be good to develop a plan on how to immediately reach and contact family members in case of emergency.</li> </ul>	Agree with him to develop emergency plans with family and friends and to keep their contact numbers handy.  He should also stay away from cults and illegal activities in his community.
	No	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me more?</li> <li>» What's going on at school that gives you an unsafe feeling?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» Whether you are in school or outside of school in your community, it is wise to be street smart, try to be careful and always be aware of your surroundings. Talk to your parents or family members if you have seen or noticed suspicious, unusual cult-related or illegal activities in your community. As much as possible, stay away from them.</li> <li>» I also encourage you to have a plan with your family members or friends on how to reach you, where you can go, or how you could contact them in case of emergency.</li> </ul> <b>USE:</b> <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	

# TOOL #4

Older adolescent (15-19 year old), unmarried girl

## Questions about:

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# TOOL #4

Older adolescent (15-19 year old),  
unmarried girl

## Questions about **HOME**

### Summary of PROTECTIVE factors:

- Indicates a positive relationship with parent(s)
- Sees parents/family as a resource
- Can identify caring adult(s)

### Summary of RISK factors:

- Indicates conflicted/negative relationship with parent(s)
- Is unable to identify any adults who are caring and a resource
- Indicates poor communication in family
- Feels unsafe at home or in the neighborhood

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Where do you live?  Who do you live with?	Lives at home with parents/immediate family members	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Often, living with your family is very helpful if you feel safe and protected. They are your main source of support and its good if you have open communication with them.</li> <li>» When possible, talk openly about issues important to you with family members.</li> </ul>	Agree if her situation at home changes, she would seek help and advice from a trusted adult, or health provider.
	Does not live at home but lives with extended family members	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me why? How is your relationship with your relatives?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» If you are being cared for like all other children in the home, that is nice.</li> <li>» If you feel you are not treated equally as others, this is something we can discuss.</li> <li>» Let's come up with 2-3 trusted adults you can go to if you are unhappy at home or are not being treated equally.</li> </ul>	Agree if her situation at home changes, she would seek help and advice from a trusted adult, or health provider.  Agree on 2-3 trusted adults she can go to for additional support.
	Living alone with older siblings/non-relatives/renting space in others home/lives as "domestic help" in someone's home, etc.	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me why? How is your relationship with them?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» It sounds like your home situation might not be ideal. We will talk more about this in the next few questions. But I will be listening to how your home situation impacts other areas of your life like school, how you spend your time and your health.</li> <li>» Let's come up with 2-3 trusted adults you can go to if you need additional support.</li> </ul>	Agree on who can be identified in the community as a trusted adult to help her advocate for herself if the situation at home feels unsafe or unfair.

**TOOL #4**

Older adolescent (15-19 year old), unmarried girl

 Questions about **HOME** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
(For sexually active girls only): 2. If you get pregnant, who would support you at home?	My own family, or my boyfriend & his family	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It's good to know that your own mother/family and your boyfriend and his family will be there to support you if you get pregnant. Nevertheless, I'd like to emphasize that as you are sexually active, you are at risk of early or unintended pregnancy.</li> <li>» Even before a pregnancy happens, it would be good to discuss this risk with your partner/boyfriend to start your discussion on protection, particularly the use of contraception. Feel free to ask me about it and we can discuss the various contraceptive methods that are available here at the facility.</li> </ul> <b>USE:</b> <a href="#">PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</a> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	Agree with her to talk with the health provider and learn more about contraceptives. She also agrees to discuss the risk of early or unintended pregnancy with her partner/boyfriend, talking about their options to consider using contraception.
	I don't know or not sure	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I'm concerned about you as unwanted pregnancy is a real risk and more risky if you have very limited or no support.</li> <li>» Let's talk about it and what can you do to minimize this risk.</li> <li>» I highly encourage you to discuss with your partner/boyfriend, the risk of unwanted pregnancy at a young age and contraception options. Feel free to ask me about it and we can discuss the various contraceptive methods that are available here at the facility.</li> </ul> <b>USE:</b> <a href="#">PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</a> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	
3. What trusted adults do you have that you can talk to or confide in?	Has trusted adults	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted adult you can confide in or get advice from is a great strength.</li> <li>» Parents can also be good resources.</li> </ul>	Agree to maintain openness with trusted adults.  Agree on 2-3 people she could trust and how she might approach them to let them know that she would want to come to them if needed.
	Does not have trusted adults	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted adult to go to is important as you never know when you will need their help.</li> <li>» Let's discuss how to approach trusted adults in your family or community.</li> <li>» Let's come up with 2-3 people you could trust and how you might approach them to let them know that you would want to come to them if needed.</li> </ul>	

Questions about **HOME** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
4. Do you feel safe at home?	Yes	<b>SAY:</b> » It is so important to feel safe where you live so you can focus on the important things in life, like school and your future.	Agree with her that if she no longer feels safe, she will seek support from a trusted adult, community health worker or come to the health facility.
	No	<b>SAY:</b> » I'm proud of you for letting me know you do not always feel safe at home. Can you tell me more about why you feel this way? ( <i>explore reasons for feeling unsafe.</i> )  <i>If adolescent has had physical violence at home:</i> <b>SAY:</b> » I will need to check you further for any physical injury to see if you need medical care.  <i>If adolescent has experienced sexual violence at home:</i> <b>SAY:</b> » ( <i>Only if policy, systems &amp; services are in place</i> ): I will need to check you further to see if you need additional care. We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.  <b>USE:</b> CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]	<i>Physical violence:</i> Agree on where she may seek out help and advice if she continues to feel unsafe at home. Discuss strategies to avoid the physical abuse and whom they can report the abuse to.  <i>Sexual violence:</i> Agree that GBV protocol will be followed and explain the protocol. Agree on her identifying social services or a trusted adult to talk about how this abuse is affecting her wellbeing. Find a person who can help intervene at the household level to help stop the abuse or an extended family member where she can live temporarily.

## Questions about **EDUCATION/EMPLOYMENT**

### Summary of PROTECTIVE factors:

- Indicates positive attitude about school
- Feels part of and involved in school
- Feels that teachers and school are caring and fair
- Indicates that parents communicate high academic expectations
- Shows good academic achievement
- Has future goals (and dreams) related to educational attainment

### Summary of RISK factors:

- Has repeated a class
- Is skipping classes
- Indicates doing poorly in school
- Indicates feeling isolated, unsafe or disengaged from school
- Works more than 20 hrs. per week
- Indicates risky labor situations

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Are you attending school/finishing high school?	Yes, and is doing okay in school	<b>SAY:</b> » Attending and staying in school is very important and is a great strength for you as this helps build your future. I really encourage you to stay and finish high school.	Agree with her to stay in school/finish high school and to talk to a close family member or trusted adult.
How are you doing in school?	Yes, and is not doing okay in school	<b>ASK:</b> » Can you tell me more about why you think you are not doing okay in school? ( <i>Discuss reasons such as personal problems, other distractions preventing her from studying.</i> ) » Do you think that if these reasons are resolved, or if the situation improves, that you would do better in school? <b>SAY:</b> » Let's discuss what your options are to help resolve your challenges/situation/problems, and list who might be able to help you resolve them.	Agree with her to try the options discussed and to reach out to persons identified (as needed), who can help her with challenges in school.
	No, not attending school	<b>ASK:</b> » Can you tell me more about why you are not in school? ( <i>Discuss reasons why, explore options available and who could help her advocate for her to returning to school.</i> ) <b>SAY:</b> » There are so many reasons why you are not in school. Let's agree on how to approach one or two people who are making these decisions so you can explain your desire to go back to school to help build your future.	Agree on 2-3 things that might help her advocate for her to return to school, including how to approach people who can help her return.

Questions about **EDUCATION/EMPLOYMENT** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. If you are attending school, how are your relationships with your classmates and teachers?	Has good relationships with classmates and teachers	<b>SAY:</b> Having good relationships with your classmates and teachers in school is good. It will help/encourage you to stay in school, continue learning and working hard to finish your studies.	Agree to keep relationships strong at school and help others build good relationships.
	Does not get along with classmates and teachers	<b>ASK:</b> » Can you tell me more? ( <i>explore reasons and discuss how it affects the adolescent.</i> ) <b>SAY:</b> » If you feel isolated in school, talk to your head teacher about how to connect with other classmates. » I strongly advise you to immediately report harassment to your parents, or to a trusted adult who could support you on actions to take. <b>USE:</b> HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]	Agree with her to talk to her parents, school authorities or a trusted adult to report any issues of harassment or abuse by her teacher or classmates.
(For sexually active girls only): 3. If you get pregnant and have a baby, what will happen to your studies?	Does not know	<b>SAY:</b> » As you are sexually active, you have a high risk of early or unintended pregnancy, so I'd like you to think about this very carefully and what you can do to prevent it. » Even before a pregnancy happens, it would be good to discuss with your partner/boyfriend. Feel free to ask me about it and we can discuss the various contraceptive methods that are available here at the facility. <b>USE:</b> PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18] CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]	Agree with her to be given counseling on preventing early or unintended pregnancy and to consider contraceptive methods.  Agree with her to talk to her partner/boyfriend and for them to think about their options to prevent an early or unintended pregnancy.
	Would stop going to school altogether	<b>ASK:</b> » Do you want to stop going to school? Or would you prefer to finish your studies first? <b>SAY:</b> » I want you to have the best chance at finishing school and, avoiding pregnancy can help make this happen. <b>USE:</b> PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18] CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]	

TOOL #4

Older adolescent (15-19 year old), unmarried girl

Questions about **EDUCATION/EMPLOYMENT** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
4. Do you work outside the home, or in the home of someone else?	Yes	<b>ASK:</b> » Where do you work? Why are you working? How often do you work? Do you feel safe?  <i>If she is having issues with her employer or coworker, especially if she is being harassed or abused or treated unfairly:</i>  <b>SAY:</b> » You should immediately report this to your parents or to a trusted adult who could support you on actions to take.  <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree with her to talk to her parents, family member or a trusted responsible adult to report any issues of harassment, abuse or unfair treatment by her employer or co-worker.
	No	<b>SAY:</b> » I am glad that you do not have to work at your age and I hope you are putting your time and energy into studying and doing well at school.	Agree for him to talk advocate to stay in school if there is pressure to drop out and start to work outside the home.

## Questions about **EATING**

### Summary of PROTECTIVE factors:

- Has sufficient daily intake of meals (3-4 per day)
- Eats a variety of food types
- Eats sufficient number of calories at each meal
- Indicates sufficient daily intake of water
- Indicates sufficient daily intake of calcium

### Summary of RISK factors:

- Insufficient caloric intake
- Not eating from the 4 main food groups
- Insufficient calcium intake
- High fat and sugar-based diet
- Insufficient intake of liquids
- Looks overweight or underweight

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How many meals do you eat a day?	Eats at least 3 meals per day	<b>SAY:</b> » Eating 3 meals a day is good and important especially for growing adolescents.	Agree to learn about which foods are high in iron (meat, dark greens) and calcium (milk, dark greens).
	Eats only 2 or less meals per day	<b>ASK:</b> » Can you tell me more?  <b>SAY:</b> » You are going through quick growth in your body and mind and should eat at least 3 healthy meals a day to grow and develop well. » If there is not enough food at home, we can talk about cheaper and healthy alternatives such as soya beans, mushrooms, vegetables, crayfish, snails and plant-based proteins (nuts & legumes) that we can suggest to your parents. Talk to them about these foods and let them know that getting enough of a wide variety of food is important for you to grow and develop normally.  <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree with her to eat at least 3 healthy meals per day and to talk to her parents about how she can get enough to eat for her growing body.
2. What do you usually eat?	Eats a variety of food with carbohydrates, meats (proteins), vegetables & fruits	<b>SAY:</b> » Eating a variety of food, with 3 meals a day is good and important especially for growing young adolescents.	Agree to learn about which foods are high in iron (meat, dark greens) and calcium (milk, dark greens).
	Eats mostly 1-2 types of food only (e.g. carbohydrates & meats) and eats/drinks a lot of sugar-rich items (sweets, soda)	<b>SAY:</b> » When possible, try to eat a variety of vegetables, fruits, legumes/beans/nuts, grains, lean meats, poultry, fish and eggs. » If you are not getting enough to eat, or eating poor quality food, talk to your parents about getting cheaper and healthy alternative food items (as above) and discuss how you can get more to eat now that your body is growing.  <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree with her to limit sugary foods, like soft drinks and sweets and to get lots of calcium (milk, dark greens) and iron (meat, dark greens) for healthy growth. Agree with her to talk to her parents about getting cheap and healthy alternative food items, and how much food she needs now that she is growing.

## Questions about **ACTIVITIES**

### Summary of PROTECTIVE factors:

- Involved in supervised group activities (after-school, community-based, sports, arts and/or faith-based organizations)
- Reports that religion and prayer are important to her
- Involved in social justice, political advocacy and/or community work
- Eats at least one meal per day with family

### Summary of RISK factors:

- Indicates is largely unsupervised after school time or is not in school
- Is isolated or disconnected from peers
- Indicates engagement in risky behaviors (e.g.: In response to “What do you do for fun?” youth states “I get high with my friends.”)
- Works >20 hours per week

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How do you spend your free time or time not in school?	Involved in other group activities (sports, faith-based or community-based groups, etc.)	<b>SAY:</b> » Regular physical activity has important physical, mental and social benefits for adolescents.	Agree on a strategy to keep her engaged in these positive activities.
	Not involved in any activity and has a lot of unsupervised time or spends all the time in the home doing chores	<b>SAY:</b> » I strongly encourage you to get involved in regular physical activity because of its many benefits to you (e.g. physical, mental and social). » If you spend all your free time in the home doing chores, this is unfair for you, so, let's discuss ways for you to have leisure time.  <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree with her to try to be involved in physical activities like sports or an active hobby. She can talk to her parents, older family members or friends and involve them in supporting her in this effort.
2. With whom do you spend your time?	Spends time with family or friends (known to her family)	<b>SAY:</b> » It is great to hear that you spend time with family and you like spending time with them. These close relationships are really good for you.	Agree with her to maintain a close relationship and avoid being isolated.
	Mostly spends time alone	<b>SAY:</b> » There are so many girls in the community just like you. Becoming connected to them and forming friendships could help you feel less alone. » Let's discuss how you can connect and reach out to other girls in your community.  <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree on strategies discussed to feel less isolated so she can become more connected to other girls like her, in the same life stage.



## Questions about **DRUGS**

### Summary of PROTECTIVE factors:

- Does not associate with substance-involved peers
- Indicates that parents/family members do not use substances
- Indicates a negative attitude towards substance of abuse

### Summary of RISK factors:

- Reports easy access to substances, particularly in the home
- Has a parent with substance abuse/addiction
- Indicates early, intense and/or consistent engagement in substance use
- Has previously used substances but quit

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. What friends and family do you have who drink alcohol, smoke tobacco or use drugs?	Mentions people she knows	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It can be quite hard to live where you see people using alcohol or other drugs. How does it make you feel?</li> <li>» Let's discuss your options and ways how you can manage and avoid them. It is good to learn now how to avoid these people when they are using the substance and how to say no if offered.</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with her to not be pressured into experimenting with any substance.
	Does not mention people she knows	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is great that the people close to you are not using any substances. This will be a great benefit to you.</li> <li>» As you grow, there will be times when you are offered to try these substances. It is good to learn how to say no and understand their dangers</li> </ul>	Agree that she will practice saying no so she feels confident that she can do this if she is ever offered to try substances.
2. Do you drink alcohol, smoke cigarettes or use drugs?  If yes, what kind and how much do you drink per day or week?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Tell me more about why you drink alcohol, smoke tobacco or use drugs?</li> <li>» Drinking even a small amount of alcohol can impair your judgement. Because you are young, even small quantities can impact your growth and your safety. I am concerned for you. Can we find someone who can help you to stay away from alcohol?</li> <li>» Given the negative effects of smoking in a adolescent's developing body, do you think you could avoid or give up smoking?</li> <li>» Tobacco causes cancer and heart disease and I am concerned that you are smoking at such a young age.</li> <li>» Given the negative effects of various drugs on a adolescent's developing brain and body, do you think you could avoid or give up drugs?</li> <li>» I am very concerned that you are already trying drugs. Can I try to get you further help?</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with her that this is a strong concern and that you want to connect her to a trusted adult she can talk to about why she is drinking and get the support to stop.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I am so happy that you have never used alcohol because even a small amount can impair your judgment and lead you to make poor decisions.</li> </ul>	Agree with her to develop a strategy for the future to avoid alcohol use.



## Questions about DEPRESSION/SUICIDE

### Summary of PROTECTIVE factors:

- Indicates a generally positive outlook
- Has healthy coping strategies
- Has a caring adult that she can talk to when stressed/distressed

### Summary of RISK factors:

- Reports current depression/isolation/boredom/disengagement
- Has thought about or attempted suicide in the past
- Has a family member or friend who committed suicide

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<b>1.</b> Have you ever or are you currently experiencing deep sadness that lasts several days or weeks that affects your daily activities?	Yes	<b>ASK:</b> » Can you tell me more about what is causing you sadness/depression? Is there anything in particular that makes you feel this way?  <b>SAY:</b> » I am concerned about your sadness and want to help you. How best can I help you? » In addition to discussing this with me, I'd like to encourage you to reach out to a trusted adult to talk about your feelings, problems, or issues that are depressing you, so they can also support you. » If you'd like, I can refer you to a specialist who can help discuss this further with you.  <b>USE:</b> <a href="#">EMOTIONAL WELL-BEING CARD [CARD #9]</a>	Agree with her to discuss it with the health provider, or reach out to a trusted adult to talk through her feelings and problems.  Agree for her to be referred as needed, and for her to come back to the health provider for follow-up.
	No	<b>SAY:</b> » All adolescents have their ups and downs. That is normal. » If you ever feel down or sad for many days, please return to talk to me.	Agree she will come back to talk if she ever has these thoughts.
<b>2.</b> Have you ever thought about, or considered, hurting or killing yourself?	Yes	<b>ASK:</b> » Can you tell me more why you have thought about this? Is there anything in particular that makes you think this way? ( <i>Explore feelings, and discuss causes.</i> ) I'm very concerned about you, so I'd like to ask you if you agree to include a trusted family member in our discussion. If yes, this family member will be included in our confidential discussion and will be requested to support you are home.  <b>SAY:</b> » I'd like to refer you to a specialist who can help discuss this further with you (refer adolescent to a specialist/psychologist).	Agree with her to discuss it with the health provider and to be referred to a specialist.  Agree with her to talk to her parents or a trusted relative so they can support and watch her closely.  Agree on when to come back to the health provider for follow-up.
	No	<b>SAY:</b> » If you ever have these thoughts, please tell someone you trust and come back to talk to me.	Agree she will come back to talk if she ever has these thoughts.

## Questions about **SEXUALITY** and reproductive health

### Summary of PROTECTIVE factors:

- Intends to abstain from sexual intercourse until later
- Currently not sexually active
- Using an approach to reduce their pregnancy or STI/HIV risk
- Talks with a parent/trusted adult about sexual issues

### Summary of RISK factors:

- Indicates an early (<14 yrs. old) sexual debut
- Reports a history of sexual molestation, assault or abuse
- Reports unprotected sex
- Has been pregnant or has had an STI in the past
- Talks only with peers about sexual issues

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Do you have any problems with your menstrual period?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» How old were you when you started your first menstrual period?</li> <li>» How often do you have your period? How long does it last? (number of days)</li> <li>» Do you have pain/problems during your period? If so, please describe it.</li> <li>» If you feel these pains are severe enough, I can refer you to a specialist in the facility for further checkup.</li> <li>» What do you do when you have any pain or problems during your period?</li> <li>» Are there times you miss school due to your period?</li> </ul> <b>USE:</b> <a href="#">MENSTRUAL HEALTH COUNSELING CARD [CARD #4]</a>	<p>Assure her that having abdominal cramps before or during monthly menstrual bleeding is normal. Agree with her to practice good hygiene and how to take care of herself during her period. Agree with her to always take extra sanitary products to school as a precaution.</p> <p>Agree with her to be seen by a health provider for menstrual pain if needed.</p>
	<i>(Possible answer from sexually – active girls only)</i>  Yes, but has not been regular	<b>SAY:</b> <ul style="list-style-type: none"> <li>» If the first day of your last menstrual period has been more than 6 weeks ago and you have not had any bleeding, there is a possibility of you being pregnant. I'd like to ask you some questions to determine if you are pregnant or not. If we're still unsure, we can do a pregnancy test.</li> </ul> <b>USE:</b> <a href="#">PREGNANCY CHECKLIST COUNSELING CARD [CARD #19]</a> <b>SAY:</b> <ul style="list-style-type: none"> <li>» If the checklist and pregnancy test come back positive, I will need to refer you immediately to the facility's antenatal care clinic for your first prenatal care checkup. For your own health and your developing baby's health, it is important that you follow the required schedule of antenatal checkups.</li> </ul> <b>USE:</b> <a href="#">IMPORTANCE OF ANTENATAL CARE COUNSELING CARD [CARD #20]</a> <b>SAY:</b> <ul style="list-style-type: none"> <li>» If the test is negative, I'd like to talk to you more about preventing early or unwanted pregnancy and the advantages of delaying pregnancy as we go through the rest of this consultation.</li> </ul> <b>USE:</b> <a href="#">PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</a>	<p>Agree with her to go through the pregnancy checklist and take the pregnancy test (if needed &amp; available) and to be referred to ANC clinic if positive. If checklist results and pregnancy tests are negative, agree with her to be counseled about preventing early or unintended pregnancy.</p>
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» If you have any questions about this, do not be afraid or shy to approach a trusted family member to talk to them about it.</li> </ul>	<p>Agree with her that she will talk to her mother, older sister/relative or to the health provider if she has questions.</p>

**TOOL #4**

Older adolescent (15-19 year old), unmarried girl

 Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. Do you have a partner/ special friend?	Yes	<b>ASK:</b> » Can you describe what kind of relationship you have with your partner/special friend? » Do you feel pressured to have a sexual relationship? <b>SAY:</b> » If you feel pressured to have sex, I'd like to advise you to think carefully about the decision to have sex because it is important and you should wait until you feel ready. <b>USE:</b> <a href="#">ABSTINENCE AND DELAYING FIRST SEX COUNSELING CARD [CARD #6]</a> » It is normal to have a special friend at your age so don't be shy to come talk to me later about what it means to be in a healthy and respectful relationship.	Agree with her on strategies to resist pressure to start having sex and ensure she only has sex when she wants to free from pressure.
	No	<b>ASK:</b> » Have you had a partner or special friend in the past? <b>SAY:</b> » Sometimes not being in a relationship lets you focus on your own life.	Agree you will talk to a trusted adult or health provider if you meet someone you like and want to know more about being in a healthy and respectful relationship.
3. Have your friends had sex?	Yes	<b>ASK:</b> » What do you think about this? Do they also pressure you to be like them? <b>SAY:</b> » I'd like to advise you not to start having sex just because other people want you to. You should wait until you feel ready. <b>USE:</b> <a href="#">ABSTINENCE AND DELAYING FIRST SEX COUNSELING CARD [CARD #6]</a> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a>	Agree with her that she will resist pressure to start having sex and talk to a trusted adult about making decisions about sexual activity.  Agree if she is sexually active to make decisions about pregnancy prevention and the possible use of contraception.
	No	<b>SAY:</b> » This is normal for a girl your age and I am happy you are focusing on other things. » If you have questions, do not be afraid to talk to me about it.	Agree with her that if she is thinking about becoming sexually active, she will talk to a trusted adult first or come back to the health provider to help her think it through and learn how to prevent pregnancy and sexually transmitted infections.

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
4a. Have you had sex?	Yes	<b>ASK:</b> » At what age did you start having sex? With whom did you first have sex with?  <b>SAY:</b> » If you are already having sex, I highly advise you to consider using protection (like condoms and contraceptives) to prevent getting pregnant and prevent getting a sexually transmitted infection or HIV. The decision to have sex is an important one and even if you have had sex in the past, you can still decide to stop until you feel ready. » I strongly advise you to resist the pressure to have sex. Do not have sex just because other people want you to. Wait until you feel ready.  <b>USE:</b> <a href="#">ABSTINENCE AND DELAYING FIRST SEX COUNSELING CARD [CARD #6]</a> <a href="#">BECOMING PREGNANT COUNCELING CARD [CARD #7]</a> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</a>	Agree with her that she will resist pressure to start having sex and talk to a trusted adult on making decisions about sexual activity.
	No	<b>SAY:</b> » If you have any questions, do not be afraid to talk to me about it. Also do not be afraid to talk to a trusted adult.	Agree with her that if she is thinking about becoming sexually active, she will talk to a trusted adult first or come back to the health center to think it through and learn how to avoid pregnancy and getting sexually transmitted infections
<i>For sexually active girls only:</i> 4b. How many sexual partners have you had in the last three months?	One	<b>SAY:</b> » If you are sexually active, it's important to be faithful to just one partner to protect yourself from STIs and HIV. If you (and your partner) are interested to know your HIV status and get tested, I can refer you for HIV counseling and testing and they can give you more information about preventing HIV. Talk to your partner about considering getting tested too.  <b>USE:</b> <a href="#">BECOMING PREGNANT COUNCELING CARD [CARD #7]</a> <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</a>	Agree with her on the importance of using condoms as dual protection and to consider getting tested for HIV. Agree for her to not be afraid to talk to a trusted adult or the health provider about it.
	More than one	<b>SAY:</b> » If you have multiple sexual partners, I strongly advise you to protect yourself from getting an STI and HIV by always using condoms. If you are interested in knowing your HIV status, we can refer you for HIV counseling and testing and give you more information about preventing STIs and HIV.  <b>USE:</b> <a href="#">BECOMING PREGNANT COUNCELING CARD [CARD #7]</a> <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</a>	

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
6. Do you know what condoms are?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» What are condoms? How did you learn about it?</li> <li>» Do you know how to use it?</li> <li>» Can you show me how to use it?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» Do not be afraid to ask me now if you have any questions or concerns.</li> </ul>	Agree with her to consider using condoms to protect herself, and to not be afraid to talk to her partner/boyfriend about protection and use of condoms.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Using condoms during sex can prevent you from getting an STI or getting pregnant.</li> </ul> <p><b>Additional advice for sexually active girls only:</b></p> <ul style="list-style-type: none"> <li>» As you are sexually active, I encourage you to consider discussing condoms with your partner/boyfriend. We can also discuss how you could approach your partner/boyfriend to talk about it.</li> <li>» Do not be afraid to ask me now if you have any questions or concerns.</li> </ul> <b>USE:</b> DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13] PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]	
7a. Do you know what a sexually transmitted infection (STI) is?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» What is a STI? How did you learn about it?</li> <li>» Do you know the different types of STIs?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» Do not be afraid to ask me now if you have any questions, or talk to a trusted adult.</li> </ul>	Agree with her to not be afraid to talk to the health provider if she needs information about STIs and HIV.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» STIs are infections that are spread primarily through sexual contact including oral, vaginal or anal sex.</li> <li>» You should know that you can get an STI and even HIV, from having sex without a condom.</li> <li>» We can discuss it some more if you have any questions or want more information.</li> </ul> <p><b>Additional advice for sexually active girls only:</b></p> <ul style="list-style-type: none"> <li>» I would also like to encourage you to talk to your partner/boyfriend about it, and how you could protect each other from getting an STI and HIV by being faithful and always using condoms.</li> </ul> <b>USE:</b> DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13] PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]	

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p><i>For sexually active girls only:</i></p> <p>7b. Have you ever had an STI?</p>	Yes	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» When did you have an STI? Did you go to a clinic to have it checked? What kind of STI did the health provider say it was and were you treated for the STI(s)? It's very important that you take the complete treatment for STI to prevent complications or from it getting worse.</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» As you are sexually active, I strongly advise you to use condoms for protection to prevent STIs and/or HIV, and to prevent getting pregnant. If you think you have symptoms of an STI, I'd like to refer you to a specialist for further checkup and tests, and for HIV testing and counseling.</li> </ul> <p><b>USE:</b> PREVENTING STI AND HIV COUNSELING CARD [CARD #14]</p>	<p>Agree with her to be a responsible partner to help protect herself and her partner from STIs and HIV. Agree with her to be referred for further checkup or testing if she has any indication of an STI, and to consider having a test for HIV.</p>
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I am happy to hear this. It good to learn about STI and HIV prevention so you can be protected.</li> </ul> <p><b>USE:</b> PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</p>	
<p>8a. Do you know what contraception means?</p>	Yes	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» What is contraception?</li> <li>» How did you learn about it?</li> <li>» What do you think about it?</li> </ul> <p><i>Additional question for sexually active girls only:</i></p> <ul style="list-style-type: none"> <li>» Have you and your partner/boyfriend discussed the use of contraceptives? If not, I'd highly advise you to start discussions about it.</li> </ul> <p><b>USE:</b> CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</p>	<p>Agree with her to not be afraid to ask a trusted adult or the health provider if she has any questions about contraception.</p>
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» When a man and a woman want to have sex without having a baby, they can use contraception to prevent pregnancy, such as condoms, oral contraceptive pills, injectable hormonal contraceptives, an intrauterine device (IUD) and natural methods. These methods are available in the facility.</li> </ul> <p><i>Additional advice for sexually active girls only:</i></p> <ul style="list-style-type: none"> <li>» If you are interested, we can talk about it now and I can explain the various contraceptive methods you can consider using immediately. I can also help answer your questions and counsel you on your options.</li> </ul> <p><b>USE:</b> CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</p>	

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p><i>For sexually active girls only:</i></p> <p>8b. What contraceptive method are you using now or are interested in using?</p>	Currently using a contraceptive	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Which method are you using and where do you usually get it?</li> <li>Are you satisfied with it?</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» It's good that you are using contraception to prevent unwanted pregnancy. We can talk if you have any questions about it or if you'd like to know more about other effective methods that you can use. It is also good to keep in mind that condoms is the only contraceptive method that offers dual protection against pregnancy and sexually transmitted infections.</li> </ul>	Agree with her to continue using the contraceptive method (of her choice) and to talk to the health provider if she has questions or concerns.
	Not currently using a contraceptive method now but is interested in using one	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Can you tell me more why you are not using a method?</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» There are various contraceptive methods that are effective and safe for you to use to prevent early or unwanted pregnancy. We can talk now if you'd like to know more about all these methods so you can consider which one you'd like to use. Afterwards, I can refer you to our health provider for further checkup, counseling and give you the contraception of your choice.</li> </ul> <p><b>USE:</b> CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</p>	Agree with her to discuss and consider using contraceptives and to talk to the health provider if she has questions or concerns.
	Not interested in using a contraceptive method now	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Can you tell me more about why you are not using contraception?</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» There are various contraceptive methods that are effective and safe for you to use. As you are sexually active and very young, I'd really encourage you (and your partner/boyfriend) to know the benefits of delaying pregnancy until you are ready, using contraceptives for your own health and future. We can talk now if you'd like to know more about contraceptives so you can consider which one would suit your needs.</li> </ul> <p><b>USE:</b> PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18] CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</p>	Agree with her to discuss and consider using contraceptives and to talk to the health provider if she has questions or concerns.



Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
10. Has anyone ever touched you inappropriately and made you feel uncomfortable?	Yes	<b>ASK:</b> » Can you tell me more? Who was it? When did it happen?  <b>SAY:</b> » I strongly advise you to report it to your parents or a trusted adult, who could support you on what actions to take and help prevent this from happening again. » As much as possible, stay away or avoid being near this person. Call for help if necessary.  <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree with her to stay away from or avoid being near the offender. She should also talk to her parents or a trusted adult so they could support her.
	No	<b>SAY:</b> » No one has the right to touch you against your will. Do not be afraid to tell a trusted adult if this happens.	Agree with her on one trusted adult she can tell if this happened to her or if she was scared this could happen.
11. Has anyone ever forced you to have sex with them against your will?	Yes	<b>ASK:</b> » Can you tell me more about this? Who was it? When did it happen?  <b>SAY:</b> » If the sexual assault has already occurred, I will need to check you further for additional care ( <i>follow GBV care protocols</i> ). We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup. » I encourage you to report this to your parents (if the parent is not the offender), or a trusted adult so they could give you the additional support you need. If you choose, we can also report it to the authorities.  <b>USE:</b> <a href="#">CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]</a>	Agree with her that if someone is trying to force her to have sex, make it clear that she absolutely does not want it through words and actions, if she is able. She should leave the place as quickly as she can and call for help if necessary.  <i>If sexual abuse has already occurred:</i> Agree for her to follow GBV protocols, and to be referred for further medical checkup, testing and treatment as needed. Agree for her to report the sexual assault to her parents or a trusted adult.
	No	<b>SAY:</b> » No one has the right to force you to have sex without your consent. You can always tell a trusted adult or health provider if this happens.	Agree with her on one trusted adult she can tell if this happened to her or if she was scared this could happen.
12. If you have questions or need information about sexual health, to whom do you go to talk about it or seek advice from?	Goes to a close family member or trusted adult	<b>SAY:</b> » This is good that you have someone you trust that you can go to if you have questions regarding your sexual health.	Agree with her that she will not be afraid or shy to talk to the health provider for information on sexual health.
	Goes to friends, peers or gets information from reading material	<b>SAY:</b> » I'd like to encourage you to come and talk to me at the health facility if you have questions. You may also reach out to other trusted adults regarding questions or information on sexual and reproductive health.	



## Questions about **SAFETY**

### Summary of PROTECTIVE factors:

- Shows good problem solving skills related to dangerous situations
- Engages in non-violent conflict resolution

### Summary of RISK factors:

- Has been victimized through interfamilial, partner, cult or school violence
- Carries a weapon or reports easy access to weapons

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Does anyone bully, threaten or beat you?	Yes	<b>ASK:</b> » Can you tell me more? What kind of bullying or hitting/beating is being done and who is doing it? What do you do when this happens?  <b>SAY:</b>  <b>If adolescent is being bullied:</b> » I strongly encourage you to report it to your parents or a trusted adult and discuss what you can do to avoid them or stop them from bullying. As much as possible, avoid them, walk away if you can or report them to authorities in your school or work, if necessary (if this is happening in school or at work).  <b>If adolescent has been beaten:</b> » I will need to check you further for any physical injury to see if you need medical care. » I also strongly encourage you to report it immediately to your parents or a trusted adult and discuss what you can do to avoid them and protect yourself. As much as possible, avoid them, walk away if you can or report them to the authorities if necessary.  <b>USE:</b> <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	Agree with her to be checked further for physical injury, and to talk to her parents, teacher, trusted or responsible adult or to the authorities to report the incident.
	No	<b>SAY:</b> » No one has the right to bully, tease or touch you. » You should also treat others the way you would want to be treated.	Agree she will learn how to resolve conflicts without violence, treat others the way she wants to be treated and tell someone immediately if she is being bullied.

Questions about **SAFETY** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. Do you feel safe at home, in the community and at school?	Yes	<b>SAY:</b> » It's very good that you are conscious about your safety, whether at school, on your way there or to other places or in your community. It would be good to develop a plan on how to immediately contact family members in cases of emergency.	Agree with her to practice being vigilant and to be conscious of her surroundings, to develop emergency plans with family and friends and to keep their contact numbers handy.  Agree for her to stay away from cults and illegal activities in their community.
	No	<b>ASK:</b> » Can you tell me more? - <b>For those attending school:</b> please describe what's going on at school that gives you an unsafe feeling? - <b>If not attending school:</b> please describe what's going on in your community that gives you an unsafe feeling?  <b>SAY:</b> » Whether you are in school or outside of school in your community, it is wise to be street smart, careful and aware of your surroundings. Talk to your parents or family members if you have seen or noticed suspicious characters, unusual cult-related or illegal activities in your community. As much as possible, stay away from them. » I also encourage you to have a plan with your family members or friends on how to reach you, where you can go, or how you could contact them in case of emergency.  <b>USE:</b> <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	



# TOOL #5

Older adolescent (15-19 year old), unmarried girl  
Pregnant or Parenting

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# TOOL #5

Older adolescent (15-19 year old),  
unmarried girl  
Pregnant or Parenting

## Questions about **HOME**

### Summary of PROTECTIVE factors:

- Indicates a positive relationship with household adults
- Sees parents/family as a resource
- Can identify caring adult(s)

### Summary of RISK factors:

- Indicates conflicted/negative relationship with parent(s)/household adults
- Is unable to identify any adults who are caring and a resource
- Feels unsafe at home or in the neighborhood

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Who do you live with?  <i>For those with infant/child:</i>	Lives at home with parents/ immediate family members, together with her child	<b>SAY:</b> » Often, living with your family, particularly if you are a single parent, is very helpful if you feel safe and protected. They are your main source of support, and it's good to keep open communication with them. » When possible, talk openly about issues important to you with family members.	Agree with her that if her situation at home changes, she would seek out help and advice from a trusted adult, health provider.
Does your child live with you?	Does not live at home but lives with extended family members with her child	<b>SAY:</b> » It is good if you (and your child) are being cared for and treated equally by your relatives. » If you feel you are not safe and are being discriminated against, I advise you to talk to your parents if possible to move back home where although relations would be strained, your mother and immediate family would still be your main support and could help you with child care. » Let's come up with other trusted adults or close friends you can go to for support if needed.	Agree with her that if her situation at home changes, she would seek out help from a trusted adult, or health provider.
	Living alone with older siblings/ non-relatives/ renting space in others' home/ lives as domestic help in others' home, etc.	<b>SAY:</b> » It sounds like you are in a very tough situation. I'd like to know more about how your home situation impacts your child, your own health and other areas of your life. » Let's come up with other trusted adults or close friends you can go to for support if needed.	Agree on who can be identified in the community as a trusted adult to help her advocate for herself if the situation at home feels unsafe or unfair.

TOOL #5

Older adolescent (15-19 year old), unmarried girl

Pregnant or Parenting

Questions about **HOME** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. <i>(For pregnant girls)</i> Who would be your support at home during your pregnancy?	Has support from her own family, the baby's father and/or her in-laws.	<b>SAY:</b> » It's good that your own family and/or the baby's father will be there to support you during your pregnancy/in caring for your baby. If pregnant, speak with them about a birth plan and how they can help you get health services during the pregnancy and delivery.	Agree for her to discuss a birth plan with her family and father of the baby (if living together). She also agrees to be referred for prenatal checkup for herself (if pregnant) and/or to ensure her baby is brought to the health center for monthly well-baby checkups.
<i>(For those with an infant/child)</i> Who helps you with child care?	Has limited or no other support	<b>SAY:</b> » It's tough not having additional resources to support you in caring for your infant. Let's come up with 1-2 trusted relatives or friends you can reach out to for help and support. » <i>(For pregnant girls)</i> – Make sure you go for antenatal checkups on a regular basis to ensure your pregnancy is developing well, and that you and your baby are both healthy. If you haven't gone yet, I will refer you after this to the health facility's antenatal clinic for your required antenatal care services. <b>USE:</b> IMPORTANCE OF ANTENATAL CARE SERVICES COUNSELING CARD [CARD #20] » For those caring for an infant/young child, make sure that you bring your baby every month to the health center for his/her regular well-baby checkup and required child health care services including vaccinations, nutrition and growth monitoring. <b>USE:</b> IMPORTANCE OF INFANT/YOUNG CHILD HEALTH CARE SERVICES COUNSELING CARD [CARD #22] IMPORTANCE OF BREASTFEEDING COUNSELING CARD [CARD #23]	Agree on identifying 1-2 trusted people and how she might approach them for help or support so she won't be so isolated and get some help caring for her infant.



Questions about **HOME** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
3. Do you feel safe at home?	Yes	<b>SAY:</b> » It is so important to feel safe where you and your child live so you can focus on the important things in life, like school and your future.	Agree if she no longer feels safe, she will seek support from a trusted adult, or come to the health facility.
	No	<b>SAY:</b> » I'm proud of you for letting me know you do not always feel safe at home. Can you tell me more why you feel this way? ( <i>Explore reasons for feeling unsafe.</i> )  <i>If adolescent has had physical violence at home:</i> <b>SAY:</b> » I will need to check you further for any physical injury to see if you need medical care.  <i>If adolescent has experienced sexual violence at home:</i> <b>SAY:</b> » ( <i>Only if policy, systems and services are in place</i> ): I will need to check you further to see if you need additional care. We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.  <b>USE:</b> CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]	<i>Physical violence:</i> Agree on where she may seek out help and advice if she continues to feel unsafe at home. Discuss strategies to avoid the physical abuse and to whom she can report the abuse to.  <i>Sexual violence:</i> Agree with her that GBV protocols will be followed and explain to her the protocols. Agree to identify social services or a trusted adult to talk about how this abuse is affecting her wellbeing. Find a person who can help intervene at the household level to help stop the abuse or an extended family member where she can live temporarily.

## Questions about **EDUCATION/EMPLOYMENT**

### Summary of PROTECTIVE factors:

- Indicates positive attitude about school
- Feels part of and involved in school
- Feels that teachers and school are caring and fair
- Indicates that parents communicate high academic expectations
- Shows good academic achievement
- Has future goals (and dreams) related to educational attainment

### Summary of RISK factors:

- Has repeated a class
- Is skipping classes
- Indicates doing poorly in school
- Indicates feeling isolated, unsafe or disengaged from school
- Works more than 20 hrs. per week
- Indicates risky labor situations

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p>I. Are you attending school?</p> <p>If yes, how are you doing in school?</p>	Yes, and is doing fine in school	<p><b>SAY:</b></p> <p>» Attending and staying in school is very important and is a great strength for you, especially if you are supported by your family, as this would help build your future and enable you to support your child. I really encourage you to stay and finish high school.</p>	Agree with her to stay in school/finish high school and to talk to a trusted adult if she has any challenges in school.
	Yes, and is not doing okay in school	<p><b>ASK:</b></p> <p>» Can you tell me more about why you think you are not doing okay in school? (<i>discuss reasons such as personal problems, other distractions that prevent her from studying well.</i>)</p> <p>» Do you think that if these reasons are resolved, or if the situation improves, you will do better in school?</p> <p><b>SAY:</b></p> <p>» Let's discuss what your options are to help resolve your challenges/situation/problem, and list who might be able to help you resolve them.</p>	Agree with her to try the options discussed and to reach out to persons identified (as needed), who can help her with challenges in school.
	No	<p><b>SAY:</b></p> <p>» There may be many reasons why you are not in school. Let's talk about whether you want to be in school and agree on how to approach one or two people who you can explain your desire to go back to school to help build your future.</p>	Agree on 2-3 things that might help her advocate for her to return to school, including how to approach people who can help her return to school (formal or informal).

Questions about **EDUCATION/EMPLOYMENT** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. If yes, how are your relationships with your classmates and teachers?	Has good relationships with classmates and teachers	<b>SAY:</b> » Having good relationships with your classmates and teachers in school is good. It will help/encourage you to stay in school, continuing to learning and work hard to finish your studies.	Agree to keep relationships strong at school and help others build good relationships.
	Does not get along with classmates and teachers	<b>ASK:</b> » Can you tell me more? Do you feel discriminated against at school? ( <i>Explore reasons and discuss how it affects the adolescent.</i> )  <b>SAY:</b> » If you feel isolated in school, talk to your head teacher or counsellor about how to connect with civic groups or clubs providing support to girls in similar situations. » I strongly advise you to immediately report harassment or discrimination to your parents, school authorities or to a trusted adult who could advise and support you on actions to take.  <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree with her to talk to a trusted adult to report any issues of harassment or abuse by her teacher or classmates.
3. Do you work outside the home, or in the home of someone else?	Yes	<b>ASK:</b> » What kind of work are you doing? Do you feel safe in your workplace? Who is caring for your child when you're at work?  <i>If she is having issues with her employer or coworker, especially if she is being harassed or abused or treated unfairly:</i> <b>SAY:</b> » You should immediately report this to a trusted adult who could support you on what actions to take.  <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree for her to talk to a trusted adult to report any issues of harassment, abuse or unfair treatment by her employer or co-worker.
	No	<b>SAY:</b> » I am glad that you do not have to work outside the home and I hope you are putting your time and energy into studying and doing well at school or focusing on your and your baby's future.	Agree to talk to those with support you if there becomes a need to work outside the home so you have enough support for your pregnancy or baby.

# TOOL #5

Older adolescent (15-19 year old), unmarried girl  
Pregnant or Parenting



## Questions about **EATING**

### Summary of PROTECTIVE factors:

- Has sufficient daily intake of meals (3-4 per day)
- Eats a variety of food types
- Eats sufficient number of calories at each meal
- Indicates sufficient daily intake of water
- Indicates sufficient daily intake of calcium

### Summary of RISK factors:

- Insufficient caloric intake
- Not eating from the 4 main food groups
- Insufficient calcium intake
- High fat and sugar based diet
- Insufficient intake of liquids
- Looks overweight or underweight

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. How many meals do you eat per day?	Eats at least 3 meals per day	<b>SAY:</b> » Eating 3 meals a day is good and important for growing adolescents, especially if you also have to take care for an infant/child.	Agree with her to eat 3 healthy meals a day so she can take care of herself and her baby
	Eats only 2 or less meals per day	<b>ASK:</b> » Why do you eat 2 meals a day? When do you eat your 2 meals? What do you eat during your meal?  <b>SAY:</b> » As a adolescent, you are going through quick growth in your body and mind and should eat at least 3 healthy meals a day to grow and develop well. If you are pregnant or breastfeeding, it is very important that you eat an extra meal as additional nutrition for yourself and your developing baby (if pregnant) or to produce enough breast milk for your baby (if caring for an infant). » If there is not enough food at home, we can talk about cheaper and healthy alternatives such as soya beans, mushrooms, seasonal vegetables, crayfish, snails and plant-based proteins (nuts and legumes). You can talk to your family about these foods and let them know that getting enough of a wide variety of food is important for you and your baby to grow and develop normally.  <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree with her to eat at least 3 healthy meals per day, and if she's pregnant or is breastfeeding. She should also talk to her parents about how to get enough food for her and her child.

Questions about **EATING** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. What do you usually eat?	Eats a variety of food with carbohydrates, meats (proteins), vegetables and fruits	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Eating a variety of food, with 3 meals a day is good and important for growing adolescents, and more importantly if you are pregnant or breastfeeding.</li> <li>» Keep in mind that if you are pregnant, you need to eat an extra meal or snacks as additional nutrition for yourself and your developing baby.</li> </ul>	Agree to discuss the importance of good nutrition for pregnant or lactating girls with those who you are living with.
	Eats mostly 1-2 types of food only (e.g. carbohydrates and meats) and eats/drinks a lot of sugar-rich items (sweets, soft drinks)	<b>SAY:</b> <ul style="list-style-type: none"> <li>» When possible, try to eat a variety of vegetables, fruits and legumes/beans/nuts, grains (cereal, rice, bread), lean meats, poultry, fish and eggs.</li> <li>» If you are not getting enough food to eat, or poor quality food, talk to the people you live with about getting cheaper and healthy alternative food items (<i>as above</i>) and discuss how you can get more to eat now that your body is growing. This becomes more important if you are also pregnant as you also need to keep up nutrition for your developing baby.</li> </ul> <b>USE:</b> HEALTHY EATING COUNSELING CARD [CARD #10]	Agree with her to try to have regular meals, and to eat healthier. Agree for her to get lots of calcium-and iron-rich local foods, and have a balanced diet.  Agree for her to talk to her partner or people she lives with and share information on alternative food items and her nutritional needs to prevent iron or other nutritional deficiencies.
3. What kinds of food do you give to your infant/child? (correct answer will depend on age of child)	Gives breast milk and mashed soft foods from variety of food groups	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Giving your infant/young child breast milk is the best nutrition for them</li> <li>» By 6 months, you can start to introduce a variety of mashed food.</li> <li>» If you would like to learn more about ideal food for an infant or young child, make sure that you ask the providers in when I refer you for baby weighing.</li> </ul> <b>USE:</b> IMPORTANCE OF BREASTFEEDING COUNSELING CARD [CARD #23]	Agree with her to talk to a well-baby clinic provider to learn more about good nutrition for her infant.
	Gives formula milk, and soft foods with limited variety	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I'd like to caution you on giving formula milk as it exposes your child to higher risk of getting food infection and diarrhea. I'd like to refer you after our session to the well-baby clinic providers so you can also be counselled on ideal foods and preparing food for your infant/young child.</li> </ul> <b>USE:</b> IMPORTANCE OF INFANT/YOUNG CHILD HEALTH CARE SERVICES COUNSELING CARD [CARD #22]	

## Questions about **ACTIVITIES**

### Summary of PROTECTIVE factors:

- Involved in supervised group activities
- Reports that religion and prayer are important to her
- Involved in social justice, or community work
- Eats at least one meal per day with family

### Summary of RISK factors/indicators:

- Indicates largely unsupervised after school time or is not in school
- Is isolated or disconnected from peers
- Works >20 hours per week

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How do you spend your free time alone (if not in school) or with your child?	Involved in other group activities (sports, faith-based or community-based groups, etc.)	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Life can get really busy once you have a child, but maintaining activities with peers is really helpful to not feel isolated.</li> <li>» Regular physical activity has important physical, mental and social benefits for adolescents.</li> </ul>	Agree on strategies to remain engaged in activities, even when life feels like it is getting too busy.
	Not involved in any activity and has a lot of time spent at home taking care of a child or spends all the time in the home doing chores.	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I strongly encourage you to get involved in regular physical activity because of its many benefits to you (e.g. physical, mental and social).</li> <li>» If you spend all your free time at home doing chores or talking care of your child, let's discuss ways that you can have time off either with your child or alone.</li> <li>» Look at options for occasionally getting a trusted relative or friend to babysit so you can have some leisure time for yourself.</li> </ul> <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree with her to try to be involved in activities like sports or an active hobby. She can talk to her parents, older family members or friends and involve them in supporting her in this effort.
2. With whom do you spend your time?	Spends time with immediate family/ siblings and her child	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Maintaining a variety of contacts and relationships once you have a child takes extra effort so I am proud of you for doing so.</li> </ul>	Agree on strategies to maintain contacts with people her own age and in the same life-phase, as well as spending time with family.
	Spends some time with friends or the father of the child (known to her family)	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I encourage you to connect with other adolescents like you in your community. You can also check out youth clubs or groups where you may find new friends among adolescents just like you, and could help you feel less alone.</li> <li>» Let's discuss how you can connect with and reach out to other girls in your community.</li> </ul> <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree on strategies to feel less isolated so she can become more connected to other adolescents like her, in the same life stage.
	Mostly spends time alone with child (no time with friends)	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I encourage you to connect with other adolescents like you in your community. You can also check out youth clubs or groups where you may find new friends among adolescents just like you, and could help you feel less alone.</li> <li>» Let's discuss how you can connect with and reach out to other girls in your community.</li> </ul> <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree on strategies to feel less isolated so she can become more connected to other adolescents like her, in the same life stage.

## Questions about **DRUGS**

### Summary of PROTECTIVE factors:

- Does not associate with substance-involved peers
- Indicates that parents/family members do not use substances
- Indicates a negative attitude towards substance abuse

### Summary of RISK factors/indicators:

- Reports easy access to illegal substances
- Has a parent or a partner with substance abuse/addiction
- Indicates early, intense and/or consistent engagement in substance use
- Has previously used substances but quit

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Do your partner, friends or family drink alcohol, smoke or use drugs?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It can be quite hard to live where you see people using alcohol or other drugs. How does it make you feel?</li> <li>» Let's discuss your options and ways you can manage and avoid them. It is good to learn now how to avoid these people when they are using the substance and how to say no if offered. Any of these substances have bad effects on your health, particularly if you are pregnant, and on your child's health (<i>if adolescent has a child/infant</i>).</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with her to not be pressured or swayed by any family member or friend into experimenting with any substance.  She should talk to a trusted adult or to the health facility provider if she needs support in avoiding them.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is great when you are not surrounded by people using these substances, especially when you are pregnant or with a child.</li> </ul>	Agree on a strategy on what she will do if people around her start using substances.
2. Do you drink alcohol, smoke tobacco or use drugs? If yes, what kind and how much do you drink per day or week?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Drinking even a small amount of alcohol can impair your judgement. Because you are young, even small quantities can impact your growth and your safety. I am concerned for you. Can we find someone who can help you to stay away from alcohol?</li> <li>» Given the bad effects of smoking and drugs on a adolescent's developing body, and to your child's health (<i>if she has a child</i>), do you think you could avoid or give up smoking?</li> <li>» Tobacco causes cancer and heart disease and I am concerned that you are smoking at such a young age.</li> <li>» I am very concerned that you are using drugs. Can I try to get you further help?</li> </ul> <p>(If she is living with her parents still, look for possibility to include them in the conversation and counseling.)</p> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with her to try avoiding and giving up alcohol. Also connect her to a trusted friend or adult who can support her in avoiding and giving up alcohol.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I am proud of you for not smoking, drinking or using drugs. They have very bad consequences on peoples health and this is one less thing you need to worry about. And now your children wont see you doing these bad habits.</li> </ul>	Agree to not start these substances so she can remain a good role model for her children.

## Questions about **DEPRESSION/SUICIDE**

### Summary of PROTECTIVE factors:

- Indicates a generally positive outlook
- Has healthy coping mechanisms
- Has a caring adult that she can talk to when stressed/distressed

### Summary of RISK factors:

- Reports current depression/isolation/boredom/disengagement
- Reports current suicidal ideation
- Has thought about or attempted suicide in the past
- Has a family member or friend who committed suicide

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Have you ever experienced deep sadness (depression) that lasted for several days, and that affected your daily activities?	Yes	<b>ASK:</b> » Can you tell me more about what is causing you sadness/depression? Is there anything in particular that makes you feel this way? ( <i>Explore feelings and possible causes of depression and discuss her coping mechanisms including who she turns/talks to when depressed.</i> )  <b>SAY:</b> » In addition to discussing it with me, I'd like to encourage you to reach out and talk to a trusted adult or friend, about your feelings, problems, or issues that are depressing you, so they could also support you. » If you'd like, I can refer you to a specialist who can help discuss this further with you.  <b>USE:</b> <a href="#">EMOTIONAL WELL-BEING CARD [CARD #9]</a>	Agree with her to reach out and talk to a trusted adult/family member or friend to talk through her feelings and problems.  Agree for her to be referred as needed, and for her to come back to the health provider for follow-up.
	No	<b>SAY:</b> » All adolescents have their ups and downs. This is normal. » If you ever feel down or sad for many days, please return to talk to me.	Agree she will come back to talk if she ever has these thoughts.
2. Have you ever thought about, or have considered, hurting or killing yourself?	Yes	<b>ASK:</b> » Can you tell me more about why you have thought about this? Is there anything in particular that makes you think this way? ( <i>explore feelings, and discuss causes</i> ). I'm very concerned about you, so I'd like to ask you if you agree to include a trusted family member in our discussion. If yes, this family member will be included in our confidential discussion and will be requested to support you at home.  <b>SAY:</b> » I'd like to refer you to a specialist who can help discuss this further with you. ( <i>refer adolescent to a specialist/psychologist.</i> )  <b>USE:</b> <a href="#">EMOTIONAL WELL-BEING CARD [CARD #9]</a>	Agree with her to discuss it with the health provider and to be referred to a specialist. She should also talk to her parents or a trusted relative so they could support and watch her closely.  Agree on when to come back to the health provider for follow-up.
	No	<b>SAY:</b> » If you ever have these thoughts, please tell someone you trust and come back to talk to me.	Agree she will come back to talk if she ever has these thoughts.



## Questions about **SEXUALITY** and reproductive health

### Summary of PROTECTIVE factors:

- Is in a monogamous relationship
- Currently using a method to reduce their pregnancy or STI/HIV risk
- Talks with a parent/trusted adult about sexual issues

### Summary of RISK factors:

- Indicates an early (<14 yrs. old) sexual debut
- Reports a history of sexual molestation, assault or abuse
- Reports unprotected sex and/or has multiple partners/involved in casual relationships
- Has been pregnant or has had an STI in the past
- Talks only with peers about sexual issues

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p><i>For those with infant or child:</i></p> <p>1a. Since giving birth, have you started on having your period again? If you get your period, is it regular?</p>	Yes	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» When was your first menstrual period? Has your period returned since you gave birth? When was the first day of your last menstrual period since giving birth? Have you attended any postpartum checkups since giving birth?</li> <li>» How often do you have your period now? And how long does it last? (number of days)</li> <li>» Do you have menstrual pains/problems? If yes, please describe it. If you'd like, I will refer you after this session for postnatal checkup.</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» If your child is under 6 months, I highly advise you to go for a postnatal checkup and counselling for post-partum FP.</li> <li>» If you are sexually active, or could be sexually active, I recommend that we talk about using a contraceptive method so you can avoid pregnancy until your child is at least 2 years old. Waiting until then will be the healthiest time to get pregnant for you and for your child.</li> </ul> <p><b>USE:</b>  <a href="#">MENSTRUAL HEALTH COUNSELING CARD [CARD #4]</a>  <a href="#">HEALTHY TIMING AND SPACING OF PREGNANCY COUNSELING CARD [CARD #17]</a>  <a href="#">CONTRACEPTIVE METHOD COUNSELING CARD [CARD #12]</a></p>	<p>Assure her that having irregular menses or very strong flow following childbirth is normal.</p> <p>Agree with her to be referred for post-partum checkup, and to be counseled for postpartum family planning.</p>

**TOOL #5**

Older adolescent (15-19 year old), unmarried girl

Pregnant or Parenting

 Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<b>For girls who have a child:</b>  <b>Ib.</b> Since giving birth, have you started on having your period again?  If you get your period, is it regular?	Yes, period returned.	<b>SAY:</b> » If the first day of your last menstrual period has been more than 6 weeks, and bleeding has not yet returned, there's a possibility of you being pregnant, particularly if you have resumed sexual activity. I'd like to ask you to answer some questions to determine if you are pregnant. If we're still unsure, we can do a pregnancy test.  <b>USE:</b> <a href="#">PREGNANCY CHECKLIST COUNSELING CARD [CARD #19]</a> » If the checklist and the pregnancy test are positive, I will need to refer you immediately to the facility's antenatal care clinic for your first prenatal care checkup. For your health and your developing baby's health, it is important that you follow the required schedule of antenatal checkups.  <b>USE:</b> <a href="#">IMPORTANCE OF ANTENATAL CARE COUNSELING CARD [CARD #20]</a> » If the test is negative, I'd like to talk to you more about preventing early or unwanted pregnancy and the advantages of delaying pregnancy as we go through the rest of this consultation.  <b>USE:</b> <a href="#">PREVENTING EARLY OR UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</a>	Agree with her to go through the pregnancy checklist, have a pregnancy test (if needed & available).  Agree to be counseled about delaying pregnancy and learning about contraceptive methods.
	No, menses has not returned	<b>SAY:</b> » If you are sexually active, there is always a chance you can get pregnant before you see your first menstruation since it is hard to predict exactly when you will have your first ovulation. » If you are sexually active, we should talk about contraceptive methods as there are methods that are safe for mothers who are breastfeeding. » If you have any questions or concerns about this, do not be afraid to talk to me, or approach your mother, trusted older sister/relative to talk about it.	Agree to learn about contraceptive methods if she is sexually active.  Agree with her to talk to the health provider, her mother or older sister/relative if she has questions.

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. What are the long term plans for you and you partner?	Stay together/ get married	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Can you describe what kind of relationship you have with your partner? If it is a sexual relationship, have you ever discussed the possibility of getting pregnant or STIs and HIV?</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» If you are not using contraception, I'd like to strongly advise you to think very carefully as you are exposing yourself to the risk of another pregnancy or getting an STI or HIV. You and your partner may want to consider using protection such as condoms and an additional contraceptive method.</li> <li>» The decision to have sex is an important one, even if you have had sex in the past, you could decide to stop (<i>practice abstinence</i>) or practice safe sex. Resist the pressure to have sex just because other people want you to.</li> </ul> <p><b>USE:</b> DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13] PREVENTING STI AND HIV COUNSELING CARD [CARD #18]</p>	<p>Agree with her to seriously consider discussing dual protection and preventing unwanted pregnancy with her partner.</p> <p>Agree for her to learn more about using contraception from the facility.</p>
	No long terms plans, relationship is casual at the moment	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Can you describe what kind of relationship you have with your partner? Are you sexually active?</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» Since you are unsure of the future of this relationship, it is important to think about how to prevent a pregnancy and sexually transmitted infections.</li> <li>» You should never feel like you have to have sex against your own will.</li> </ul> <p><b>USE:</b> CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</p>	
3. How many sexual partners have you had in the last three months?	One	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» If you are sexually active, it is important that you are faithful to just one partner to protect yourself from STIs and HIV. If you (and your partner) are interested to know your HIV status/get tested for HIV, I can refer you for HIV counseling and testing. Talk to your partner about considering getting tested too.</li> </ul> <p><b>For pregnant girls:</b></p> <ul style="list-style-type: none"> <li>» It is important for you to get tested for HIV before you deliver your baby. If you have HIV there are ways to prevent your baby from getting infected with HIV too.</li> </ul> <p><b>USE:</b> PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</p>	<p>Agree with her on the importance of using condoms as dual protection, and to consider getting tested for HIV. Agree for her to not be afraid to talk to a trusted adult or the health provider about it.</p>
	More than one	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» If you have multiple sexual partners, I strongly advise you to protect yourself from getting an STI or HIV by always using condoms. Do you know your HIV status? If you don't know your status, it's important to learn it. I will refer you for HIV counseling and testing and give you more information about preventing STIs and HIV.</li> </ul> <p><b>USE:</b> PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</p>	

**TOOL #5**

Older adolescent (15-19 year old), unmarried girl  
Pregnant or Parenting

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
4. What con- traceptive methods have you heard of?	Has heard of many methods	<b>ASK:</b> » Can you tell me more? How did you learn about it? Have you had a discussion with your partner/ boyfriend about using contraceptives to prevent a repeat pregnancy? <b>SAY:</b> » After having a child, it is a good time to learn about healthy timing and spacing of pregnancy and think about preventing pregnancy by using contraception <b>USE:</b> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a> <a href="#">HEALTHY TIMING AND SPACING OF PREGNANCY COUNSELING CARD [CARD #17]</a>	Agree for her to learn more about contracep- tives and consider using a contraceptive to prevent a repeat pregnancy.
	Has not heard of many methods	<b>SAY:</b> » When a man and a woman want to have sex without having a baby, they can use contraception to prevent pregnancy such as condoms, oral contraceptive pills, injectable hormonal contraceptives, an intrauterine device (IUD) and natural methods. These methods are available in the facility. » If you are interested, we can talk about it now and I can explain the various contraceptive methods you can consider to use immediately. I can also help answer your questions and counsel you on your options. <b>USE:</b> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	
5. What con- traceptive method are you using now or are inter- ested in using?	Currently using a contraceptive	<b>ASK: (IF NOT PREGNANT)</b> » Which method are you using and where do you usually get it? Are you satisfied with it? <b>SAY:</b> » It's good that you are using contraception to prevent unwanted pregnancy. We can talk if you have any questions about side effects and strategies to ensure you can continue using this method as long as you are sexually active and want to avoid pregnancy.	Agree with her to continue using the contraceptive method (of her choice) and to talk to the health pro- vider if she has questions or concerns.
	Not currently using a contra- ceptive method now but is interested in using one	<b>ASK:</b> » Can you tell me more why you are not using contraception? ( <i>Explore reasons and discuss.</i> ) <b>SAY:</b> » There are various contraceptive methods that are effective and safe for you to use to prevent early and unwanted pregnancy. We can discuss now if you'd like to know more about all these methods so you can consider which one you'd like to try. <b>USE:</b> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	
	Not interested in using a contraceptive method now or after giving birth	<b>ASK:</b> » Can you tell me more about why you are not interested in using a method? ( <i>Explore reasons and discuss.</i> ) <b>SAY: (IF NOT PREGNANT)</b> » There are various contraceptive methods that are effective and safe for you to use. As you are sex- ually active, it is very important that you protect yourself from becoming pregnant before your first child is 2 years old. This is important for your health and the health of your children. We can talk now if you'd like to know more about all these methods so you can consider which one you'd like to try. <b>USE:</b> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	Agree with her to consider using a contraceptive method to achieve healthy timing and spacing of pregnancy.

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
6. What do you know about Sexually Transmitted Infections?	Has some knowledge of STIs	<b>ASK:</b> » Can you tell me more? » Have you ever had an STI? Did you go to a clinic to have it checked? What kind of STI did the health provider say it was and were you treated for it? It's very important that you take the complete treatment for an STI to prevent it from getting worse or complications. <b>SAY:</b> » As you are sexually active, I strongly advise you to always use condoms as your protection to prevent getting an STI and/or HIV, and also to prevent getting pregnant. If you think you have any symptoms of an STI, I'd like to refer you to a specialist for further checkup and tests, and for HIV testing and counseling. <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STI AND HIV COUNSELING CARD [CARD #14]</a>	Agree with her to be a responsible partner to help protect herself and her partner from STI and HIV. Agree for her to be referred for further checkup or testing if she has any indication of an STI, and to consider having a test for HIV.
	Does not know about STIs	<b>SAY:</b> » You should know that you can get an STI and HIV from having sex without a condom. » We can discuss it some more if you have any questions or want more information. I also would like to encourage you to talk to your husband or other trusted adults about it. <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</a>	
7. Has anyone ever touched you inappropriately or forced you to have sex with them?	Yes	<b>ASK:</b> » Can you tell me more about this? Who was it? When did it happen? <b>SAY:</b> » I strongly advise you to report it to a trusted adult who could support you on what actions to take and help prevent this from happening again. » As much as possible, stay away from or avoid being near this person. Call for help if necessary. » If a sexual assault has already occurred, I will need to check you further for additional care. ( <i>follow GBV care protocols.</i> ) We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup. <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a> <a href="#">CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]</a> » If you agree, I encourage you to report this to a trusted adult so they could give you the additional support you need. If you choose, we can also report it to the authorities.	Agree with her that if someone is trying to force her to have sex, make it clear that she absolutely does not want it through her words and actions as best she is can. She should leave the place as quickly as she can and call for help if necessary.  <i>If sexual abuse has already occurred:</i> Agree for her to follow GBV protocols, and to be referred for further medical check-up, testing and treatment as needed. Agree for her to report the sexual assault to her parents or a trusted adult.
	No	<b>SAY:</b> » No one has the right to touch you against your will or force you to have sex.	Agree with her on one trusted adult she can tell if this happened to her or if she was scared this could happen.



## Questions about **SAFETY**

### Summary of PROTECTIVE factors:

- Uses seat belts and protective equipment
- Shows good problem solving skills related to dangerous situations
- Engages in non-violent conflict resolution
- Has a positive and safe relationship with partner/boyfriend

### Summary of RISK factors:

- Has been victimized through interfamilial, partner, cult or school violence
- Carries a weapon or reports easy access to weapons
- Reports a violent or abusive partner/boyfriend or has been threatened by partner/boyfriend

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Does anyone bully, threaten or beat you?	Yes	<p><b>ASK:</b></p> <p>» Can you tell more about it? What kind (of bullying or hitting/beating is being done) and who is doing it? What do you do when this happens?</p> <p><b>If adolescent is being bullied:</b></p> <p><b>SAY:</b></p> <p>» I strongly encourage you to report it to your parents or a trusted adult and discuss what you can do to avoid them or to stop their bullying. As much as possible, avoid them or walk away if you can or you can also report them to authorities in your school or work, if necessary (if this is happening in school or at work).</p> <p><b>If adolescent has been beaten:</b></p> <p><b>SAY:</b></p> <p>» I will need to check you further for any physical injury and if you need medical care</p> <p>» I also strongly encourage you to immediately report it to your parents or a trusted adult and discuss what you can do to avoid them and protect yourself. As much as possible, avoid them or walk away if you can, or you can also report them to the authorities if necessary.</p> <p><b>PERSONAL SAFETY COUNSELING CARD [CARD #16 ]</b></p>	Agree with the adolescent to be checked further for physical injury, and to talk to her parents, teacher, trusted adult or to the authorities to report the incident.
	No	<p><b>SAY:</b></p> <p>» I'm glad to hear that. If you ever experience this, you should talk to a trusted adult about it or report it to the authorities</p>	Agree on someone she could talk to if this happens to her in the future.

Questions about **SAFETY** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. Do you feel you can resolve your conflicts or problems?	Yes	<b>ASK:</b> » Can you tell me more what do you do when you face conflicts/arguments or disagreements?  <b>SAY:</b> » It's good if you have a way to deal with conflicts/arguments or disagreements. I also want to encourage you to not be afraid to talk to a trusted adult (which could include a teacher) if you need help or even just to talk through sorting out conflicts or problems.	Agree with the adolescent to reach out and talk to her parents, teacher, trusted adult if needed.
	No	<b>ASK:</b> » Can you tell me more what do you do when faced with conflicts/arguments or disagreements?  <b>SAY:</b> » Let's discuss and talk about ways that you could use when facing conflicts. » I also want to encourage you to not be afraid to talk to a trusted adult (which could include a teacher) if you need help or even just to talk through sorting out conflicts or problems.  <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	
3. How safe do you feel on your way to school or at school <i>(for those attending school)?</i> ;  How safe do you feel in your community?	Yes	<b>SAY:</b> » It's very good that you are conscious about your safety, whether at school, on your way there or to other places, or in your community. It would be good to develop a plan on how to immediately reach and contact family members in cases of emergency.	Agree with the adolescent to practice being vigilant and to be conscious of her surroundings, to develop contingency or emergency plans with family and friends and to keep their contact numbers handy.  Agree on strategies to stay away from cults and illegal activities.
	No	<b>ASK:</b> » Can you tell more? » <b>For those attending school:</b> please describe what's at school or going there that gives you an unsafe feeling? » <b>If not attending school:</b> please describe what's going on in your community that gives you an unsafe feeling?  <b>SAY:</b> » Whether you are in school or outside of school in your community, it is wise to be street smart, try to be careful and always be aware of your surroundings. Talk to your parents or family members if you have seen or noticed suspicious characters, or unusual or illegal activities in your community. As much as possible, stay away from them. » I also encourage you to have a plan with family members or friends on how to reach you, where you can go, or how you could contact them in case of emergency.  <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	





# TOOL #6

Older adolescent (15-19 year old), married

## Questions about:

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# TOOL #6

Older adolescent (15-19 year old),  
married girl

## Questions about **HOME**

### Summary of PROTECTIVE factors:

- Indicates a positive relationship with husband and husband's family
- Sees husband and his family as supportive
- Indicates good communication with husband
- Can identify caring adult(s)

### Summary of RISK factors:

- Indicates conflicted relationship with husband or with husband's family
- Doesn't find husband or any adult to be a resource or caring
- Feels pressure to become pregnant by husband's family
- Feels unsafe at home or in the neighborhood

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Where do you live?  Who do you live with?	Lives with husband in their own home	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Often, living with your husband is helpful if you feel safe and protected. You will be each other's main source of support and it would be good for you to have open communication with him.</li> <li>» When possible, talk openly with your husband about issues important to you as well as your own educational goals and goals for your future family.</li> </ul>	Agree with her that if her situation at home changes, she would seek out help and advice from a trusted adult.
	Lives with husband's parents or his immediate family members	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Do you feel safe and supported by everyone in the home? How is the relationship with your husbands parents and extended family? Do you feel pressure to have children?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» Let's come up with 3 trusted adults you can go to if you are unhappy at home.</li> </ul>	Agree with her that if her situation at home changes, she would talk to her husband, or would seek out help and advice from a trusted family member or adult.
2. Do you have a trusted adult at home or in the extended family you can talk to or confide in?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted adult you can confide in or get advice from is a great strength.</li> </ul>	Agree with her that having a few trusted adults and peers is important for times when she needs support and help.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted adult to go to, in addition to your husband, is important as you never know when you will need their help.</li> <li>» Let's discuss how to approach trusted adults in your family or community.</li> <li>» Let's come up with 2-3 people you could trust and how you might approach them to let them know that you would want to come to them if needed.</li> </ul>	Agree on 2-3 people she could trust and how she might approach them to let them know that she would want to come to them if needed.  She could also come talk to the health provider if needed.

## Questions about **EDUCATION/EMPLOYMENT**

### Summary of PROTECTIVE factors:

- Husband (and family) is supportive of her staying in school
- Feels that the school environment is fair and cares for her personal growth
- Shows good academic achievement
- Has future goals and dreams related to educational attainment

### Summary of RISK factors:

- Has stopped attending school and husband (and his family) are not supportive of her staying in school
- Indicates risky labor situations
- Indicates risky labor or feeling unsafe in the workplace
- Has no future goals and dreams related to finishing school

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Are you still attending school?	Yes	<b>SAY:</b> » I commend you for staying in school and your husband for letting you continue your studies. Attending and finishing school is very important and is a positive strength for you to build up your and your family's future. I strongly encourage you to stay and finish your studies.	Agree with her to try to stay in school and talk to her husband of the benefits of finishing her studies. She could also talk to a close family member or trusted adult if she has any challenges in school.
	No	<b>ASK:</b> » Can you tell me more about why are you not in school? ( <i>Discuss reasons why and explore options available, including who could help her return to school.</i> )  <b>SAY:</b> » Attending and finishing school is very important and would help you and your husband to build your family's future. » Let's discuss your options, and list who could help you advocate and talk to your husband (and his family) on the benefits of finishing your studies.	Agree on 2-3 ideas that may help to return her to school, including how she or others can help advocate to her husband and husband's family about the importance of finishing school.
2. If you get pregnant and have a baby, what will happen to your studies?	Do not know	<b>SAY:</b> » Even before a pregnancy, I encourage you to talk with your husband about the possibility of continuing with school either before pregnancy or even after having a child. Think about it carefully as it will have a big effect on your future.  <b>USE:</b> <a href="#">PREVENTING EARLY OR UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</a>	Agree for her to talk to her husband and for them to think about their options and plans for the future.  Agree for her to be given counseling on preventing early or unintended pregnancy and to consider contraceptive methods.
	Will stop going to school altogether	<b>SAY:</b> » It's important that you and your husband discuss this possibility and the option of finishing your studies after delivery.	

Questions about **EDUCATION/EMPLOYMENT** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
3. Do you work outside the home, or in the home of someone else?	Yes	<p><b>ASK:</b></p> <p>» What kind of work do you do? Do you feel safe in your workplace?</p> <p>If she is having issues with her employer or coworker, especially if she is being harassed, abused or treated unfairly:</p> <p><b>SAY:</b></p> <p>» You should immediately report this to your husband, your parents or a trusted adult who could support you on what actions to take.</p> <p><b>USE:</b></p> <p><a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a></p>	Agree with her to talk to her husband, parents, or a trusted adult to report any issues of harassment, abuse or unfair treatment by her employer or co-worker.
	No	<p><b>ASK:</b></p> <p>» Does the work you do in your own home feel overwhelming at times? Who helps you with the house work?</p> <p><b>SAY:</b></p> <p>» Even though you are not earning money, the work you do in the home is important and helps your family.</p> <p>» Discuss with your husband how household work can be shared so you have the opportunity to also take part in community activities and groups, or continue with your studies.</p>	Agree with her to talk to her husband if she feels overwhelmed with the work in the home so they can find solutions together.

## Questions about **EATING**

### Summary of PROTECTIVE factors:

- Has sufficient daily intake of meals (3-4 per day)
- Eats a variety of food types
- Eats sufficient number of calories at each meal
- Indicates sufficient daily intake of water
- Indicates sufficient daily intake of calcium

### Summary of RISK factors:

- Insufficient caloric intake
- Not eating from the 4 main food groups
- Insufficient calcium intake
- High fat and sugar-based diet
- Insufficient intake of liquids
- Is overweight or underweight

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. How many meals do you eat per day?	Eats at least 3 meals per day	<b>SAY:</b> » Eating 3 meals a day is important especially for growing adolescents, especially if you also have to take care of a child or are pregnant.	Agree that if she become pregnant, she will return for nutritional counseling.
	Eats 2 or fewer meals per day	<b>ASK:</b> » Can you tell me more about this?  <b>SAY:</b> » You are going through quick growth in your body and mind and should eat at least 3 healthy meals a day to grow and develop well. As you are married with a possibility of getting pregnant, it's important that you keep yourself healthy to protect your and your future baby's health. » If you are pregnant or breastfeeding, it's very important that you eat an extra meal or snacks as additional nutrition for yourself and your developing baby ( <i>if pregnant</i> )/or to produce enough breast milk for your baby ( <i>if caring for an infant</i> ). » If there is not enough food at home, we can talk about less expensive and healthy alternatives such as soya beans, mushrooms, seasonal vegetables, crayfish, snails and plant-based proteins (nuts and legumes) that we can suggest to you and your husband. What's important is that you eat a wide variety of food for normal growth and development.  <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree for her to eat at least 3 healthy meals per day, and to have an extra meal if she's pregnant or is breastfeeding. She should also talk to the people she lives with about getting cheap and healthy alternative food items.

Questions about **EATING** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. What do you usually eat?	Eats a variety of foods with carbohydrates, meats (proteins), vegetables and fruits	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Eating a variety of food, with 3 meals a day is good and important especially for growing adolescents.</li> <li>» Keep in mind that if you are pregnant, you need to eat an extra meal or snacks as additional nutrition for yourself and your developing baby.</li> </ul>	Agree to eat foods are high in iron (meat, dark greens) and calcium (milk, dark greens).
	Eats mostly 1-2 types of food only (e.g. carbohydrates & meats) and eats/drinks a lot of sugar-rich items (sweets, soda).	<b>SAY:</b> <ul style="list-style-type: none"> <li>» When possible, try to eat a variety of vegetables, fruits and legumes/beans/nuts, grains, lean meats and poultry, fish and eggs.</li> <li>» If you are not getting enough food to eat, or poor quality food, talk to your husband about getting cheaper and healthy alternative food items (as above) and discuss how you can get more to eat now that your body is growing. This becomes more important if you are also pregnant as you need to keep up nutrition for your developing baby.</li> </ul> <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree with her to try to have regular meals, and to eat healthier. Agree for her to get lots of calcium and iron-rich local foods, and have a balanced diet. Agree for her to talk to her husband and share information on alternative food items and her nutritional needs to prevent iron or other nutritional deficiencies.
3. What kinds of food do you give to your infant/child? (correct answer will depend on age of child)	Gives breast milk and mashed soft foods from variety of foods	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Giving your infant/young child breast milk and mashed variety of food (if over 6 months) is good. If you'd like to learn more about ideal food for infant or young child, make sure that you ask and discuss this with the providers at the well-baby clinic when I refer you and your baby to them after our session.</li> </ul> <b>USE:</b> <a href="#">IMPORTANCE OF BREASTFEEDING COUNSELING CARD [CARD #23]</a>	Agrees for her to talk to well-baby clinic providers to learn more about good nutrition for her infant.
	Gives formula milk, and soft foods with limited variety	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I'd like to caution you on giving formula milk as it exposes your child to higher risk of food infection and diarrhea. I'd like to refer you after our session, to the well-baby clinic providers so you can also be counselled on ideal foods and preparing food for your infant/young child.</li> </ul> <b>USE:</b> <a href="#">IMPORTANCE OF INFANT/YOUNG CHILD HEALTH CARE SERVICES COUNSELING CARD [CARD #22]</a>	

## Questions about **ACTIVITIES**

### Summary of PROTECTIVE factors:

- Involved in group activities alone or with husband
- Reports that religion and prayer are important to her
- Involved in community affairs

### Summary of RISK factors:

- Not involved in group activities and husband does not support her being involved
- Is isolated or disconnected from peers/does not feel connected to spouse
- Indicates engagement in risky behaviors

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How do you spend your free time?	Involved in group activities (sports, faith-based or community-based groups etc)	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Regular involvement in activities out of the home has important physical, mental and social benefits, so it is good for you (and your husband) to find time for group activities and to be supported by your family/husband. You could also find new friends there in a similar situation to yours.</li> </ul>	Agree with her to stay involved in group activities. She could also talk to her husband to join and support her in these activities.
	Not involved in any activity and has a lot of time spent at home taking care of a child, and spends all the time in the home doing chores	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I strongly encourage you to talk to your husband about ways you can have free time to be involved in activities out of the home because of its many benefits to you. (e.g. <i>physical, mental and social</i>.)</li> <li>» If you spend all your free time at home doing chores or taking care of your child, let's discuss ways for you to have some leisure time either alone or with your husband and child. Consider taking walks with your child/husband or taking up a sport that both of you enjoy doing.</li> <li>» Look at options for occasionally getting a trusted relative or friend to look after your child/children so you can have some leisure time for yourself.</li> </ul>	Agree with her to try to be involved in physical activities like sports or an active hobby and to talk her husband and family to allocate leisure time.
2. With whom do you spend your time?	Spends time with her husband and family or has time with friends (known to her family)	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is really good you get to spend time with your family but also with peers. This will have great benefits to your wellbeing.</li> </ul>	Agree with her to find strategies to stay involved with peers and other girls who are married.
	Mostly spends time alone/with husband or no time with friends	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Being close to your husband and his family is good (<i>if they live with husband's family</i>). It's also important to try to get to know and connect with other girls in your community who might be just like you. Connecting with them and forming friendships would help you feel less alone.</li> <li>» Let's discuss how you can connect with and reach out to other girls in your community.</li> </ul>	Agree on strategies to feel less isolated so she can become more connected to other girls like her, in the same life stage.



## Questions about **DRUGS**

### Summary of PROTECTIVE factors:

- Does not associate with substance-involved peers
- Indicates that husband, parents/family members do not use substances
- Indicates a negative attitude towards substances of abuse

### Summary of RISK factors:

- Reports easy access to substances, particularly in the home
- Has a husband or parent with substance abuse/addiction
- Indicates early, intense and/or consistent engagement in substance use

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. What friends and family do you have that drink alcohol, smoke tobacco or use drugs?	Mentions some people	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Do you agree with what your husband or (<i>name of family member or friend</i>) is doing? If they offer you alcohol, cigarettes or any substance/drug, decline firmly and do not let yourself be pressured into accepting. These substances are all bad for your health.</li> <li>» Let's discuss your options and how you can manage to avoid them. It is good to learn how to avoid them when they are using the substance and how to say no if offered.</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	<p>Agree with her to not be pressured by her husband or any family member or friend into trying any substance.</p> <p>Agree with her to talk to her husband about it or to a trusted adult or the health provider if she needs support in avoiding them. Make sure she feels safe in the home when others are using substances.</p>
	Does not mention people	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is great that the people close to you are not using any substances. This will be a great benefit to you.</li> <li>» As you grow, there will be times when you are confronted or offered to try these substances or others are using them when you are around. It is good to learn how to say no and understand their dangers and know how to avoid people who come into your home who have used these substances.</li> </ul>	<p>Agree with her on a strategy to avoid people who come to her home who have been using substances.</p>
2. Do you drink alcohol, use tobacco or other substances?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I am very concerned you are using substances and want to know more about why this is. Is there any way I can help you?</li> <li>» Drinking even a small amount of alcohol can impair your judgement. Because you are so young, even small quantities can impact your growth and your safety. I am concerned for you. Can we find someone who can help you to avoid using alcohol?</li> <li>» Given the bad effects of smoking for an adolescent's developing body, do you think you could avoid or give up smoking?</li> <li>» Tobacco causes cancer and heart disease and I am concerned about you smoking at such a young age.</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	<p>Agree with her to include her husband or her parents in on a conversation about her current use of substances. Ask her to return to the health center to get help with this discussion.</p>
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I'm proud of you and hope this is something you can commit to doing in the long term.</li> </ul>	<p>Agree with her to return to the health facility for help if the situation changes.</p>

## Questions about **DEPRESSION/SUICIDE**

### Summary of PROTECTIVE factors:

- Indicates a generally positive outlook
- Has healthy coping mechanisms
- Has a caring adult (husband or family member) that she can talk to when stressed or feeling down.

### Summary of RISK factors:

- Reports current depression/isolation/disengagement
- Has thought about or attempted suicide in the past
- Has a family member who was depressed or committed suicide

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Have you ever experienced deep sadness that lasted for several days, and affected your daily activities?	Yes	<p><b>ASK:</b></p> <p>» Can you tell me more about what is causing your sadness/depression? Is there anything in particular that makes you feel this way? Let's discuss and write down your options to address it. (<i>explore feelings and possible causes of depression, discuss her coping mechanisms and who she turns/talks to when depressed.</i>)</p> <p><b>SAY:</b></p> <p>» In addition to discussing it with me, I'd like to encourage you to reach out and talk to your parents, a trusted adult or friend about your feelings, problems or issues that are depressing you, so they could also support you.</p> <p>» If you'd like, I can refer you to a specialist who can help discuss this further with you.</p> <p><b>If cause of sadness is due to her husband or husband's family:</b></p> <p><b>SAY:</b></p> <p>» I would encourage you to try to talk to your husband. Sometimes talking it through together helps to find solutions.</p> <p><b>USE:</b> <b>EMOTIONAL WELL-BEING CARD [CARD #9]</b></p>	<p>Agree with her to discuss it with the health provider and for her to reach out and talk to a trusted adult/family member or friend to talk through her feelings and problems.</p> <p>Agree for her to be referred as needed, and for adolescent to come back to the health provider for follow-up.</p>
	No	<p><b>SAY:</b></p> <p>» I am happy to hear you do not feel sadness. Being happy and having a positive outlook on life is a great strength.</p>	<p>Agree with her that if she starts to feel sadness that interferes with her daily activities, she will seek the advice of a trusted friend or come back to the health center.</p>

Questions about **DEPRESSION/SUICIDE** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. Have you ever thought about, or considered, hurting or killing yourself?	Yes	<p><b>ASK:</b></p> <p>» Can you tell me more about why you have thought about this? Is there anything in particular that makes you think this way? (<i>explore feelings, and discuss causes</i>).</p> <p><b>SAY:</b></p> <p>» I'm very concerned about you, so I'd like to ask you if you agree to include a trusted family member in our discussion. If you agree, this family member will be included in our confidential discussion and will be requested to support you at home.</p> <p>» I'd like to refer you to a specialist who can help discuss this with you. (<i>refer adolescent to a specialist/psychologist or dry-psychiatrist.</i>)</p> <p><b>USE:</b> EMOTIONAL WELL-BEING CARD [CARD #9]</p>	<p>Agree with her to be referred to a specialist, and also to talk to her husband, parents or a trusted relative so they could support and watch her closely.</p> <p>Agree on when to come back to the health provider for follow-up.</p>
	No	<p><b>SAY:</b></p> <p>» This is good that you have never had these thoughts.</p>	<p>Agree with her that if she has these thoughts, she will return to the health center immediately.</p>

## Questions about **SEXUALITY** and reproductive health

### Summary of PROTECTIVE factors:

- Is in a monogamous relationship
- Currently using a method to reduce pregnancy or STI/HIV risk
- Talks with a parent/trusted adult about sexual issues

### Summary of RISK factors:

- Indicates an early (<14 yrs. old) sexual debut
- Reports a history of sexual molestation, assault or abuse
- Reports unprotected sex or sex outside of marriage
- Has been pregnant or has had an STI in the past
- Talks only with peers about sexual issues

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Since getting married, have you had any problems with your menstrual period?	Yes	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» When was your first menstrual period? When was the first day of your last menstrual period?</li> <li>» If you are still attending school, were there times you missed school due to your period?</li> <li>» How often do you have your period? How long does it last? (number of days)</li> <li>» Do you have menstrual pains/problems? If yes, please describe it. If you'd like, I can refer you to a specialist after our session.</li> </ul> <p><b>If adolescent has had a child already:</b></p> <ul style="list-style-type: none"> <li>» Since giving birth, have you started on your period again? If you get your period, is it regular? If you are sexually active, I recommend that we talk about using a contraceptive method so you can avoid pregnancy until your child is 2 years old. Waiting until then will be the healthiest time to get pregnant for you and for your child.</li> </ul> <p><b>USE:</b>  <a href="#">MENSTRUAL HEALTH COUNSELING CARD [CARD #4]</a>  <a href="#">HEALTHY TIMING AND SPACING OF PREGNANCY COUNSELING CARD [CARD #17]</a>  <a href="#">CONTRACEPTIVE METHOD COUNSELING CARD [CARD #12]</a></p>	<p>Assure her that having irregular menses or very strong flow following childbirth is normal.</p> <p>Agree for her to be referred for postpartum checkup, and be counseled for postpartum Family Planning.</p> <p>Agree for her to be seen by a specialist for persistent menstrual pain if needed.</p>
	Yes But menses has not been regular (first day of LMP has been more than 6 weeks)	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» If your first day of last menstrual period has been more than 6 weeks, and you have resumed sexual activity, I'd like to ask you some questions to determine whether or not you are pregnant. If we're still unsure, we can do a pregnancy test.</li> </ul> <p><b>USE:</b>  <a href="#">PREGNANCY CHECKLIST COUNSELING CARD [CARD #19]</a></p> <ul style="list-style-type: none"> <li>» If the checklist result and pregnancy test are positive, I will need to refer you immediately to the facility's antenatal care clinic for your first prenatal care checkup. For your health and your developing baby's health, it is important that you follow the required schedule of antenatal checkups.</li> </ul> <p><b>USE:</b>  <a href="#">IMPORTANCE OF ANTENATAL CARE COUNSELING CARD [CARD #20]</a></p> <ul style="list-style-type: none"> <li>» If the test is negative, I'd like to talk to you more about preventing early or unwanted pregnancy and the advantages of delaying pregnancy as we go through the rest of this consultation.</li> </ul> <p><b>USE:</b>  <a href="#">PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</a></p>	<p>Agree with her to go through the pregnancy checklist and have the pregnancy test (if needed and available).</p> <p>Agree to be counseled about delaying pregnancy and learning about contraceptive methods.</p>

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
cont'd 1. Since getting married, have you had any problems with your menstrual period?	No	<b>SAY:</b> » If you have any questions about this, do not be afraid to talk to me or approach your mother or trusted older sister/relative to talk about it.	Agree with her to talk to the health provider, her mother, or older sister/relative if she has questions.
2. Have you ever been pregnant?	Yes	<b>ASK:</b> » When was your last pregnancy? How old were you? Did you deliver through normal delivery or C-section? Was the baby okay? How old is your baby now? <b>SAY:</b> » If your baby is under 6 months, I strongly advise you to come to the health facility for postnatal checkup to check your health. Included at the facility is counselling on spacing your next pregnancy, essential care for your baby including important vaccinations and monitoring your baby's growth and development. <b>USE:</b> <a href="#">IMPORTANCE OF POSTNATAL CARE SERVICES COUNSELING CARD [CARD #21]</a> <a href="#">IMPORTANCE OF INFANT/YOUNG CHILD CARE SERVICES COUNSELING CARD [CARD #22]</a>	Agree with her to come to the health facility with her baby for postnatal care and checkup.
	No	<b>ASK:</b> » Have you and your husband talked about having children? <b>SAY:</b> » There is often a lot of pressure on married girls to become pregnant. It is a good time to learn about healthy timing and spacing of pregnancies so know the benefits of waiting to become pregnant and how to talk to your husband about these benefits. <b>USE:</b> <a href="#">HEALTHY TIMING &amp; SPACING OF PREGNANCY COUNSELING CARD [CARD #17]</a>	Agree with her to talk to her husband about waiting to get pregnant until they are both ready.
3. What do you do to prevent pregnancy?	Yes	<b>SAY:</b> » How did you learn about how to prevent pregnancy? Do you have any questions? Do you and your husband discuss together the use of contraceptives to delay pregnancy (at least until you are 18 years old)? I'd highly advise you to start discussions with your husband about it. <b>USE:</b> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	Agree with her to learn more about contraceptives to delay pregnancy, and to discuss it with her husband.
	No	<b>SAY:</b> » When a man and a woman want to have sex without having a baby, they can use contraception to prevent pregnancy such as condoms, hormonal methods like pills, injectables, implants or the IUD, or natural methods too. » As you are married and are very young, I'd like to discuss with you the healthy timing and spacing of pregnancy, and how to prevent early pregnancy using an effective and safe contraceptive method. » If you are interested, we can talk about it now and I can explain to you the various contraceptive methods that you can consider to use immediately. I can also help answer your questions and counsel you on your options. <b>USE:</b> <a href="#">HEALTHY TIMING AND SPACING OF PREGNANCY COUNSELING CARD [CARD #17]</a> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	Agree with her to think about what becoming pregnant would mean for her and the reasons she wants to be pregnant. Explain she can still learn about contraception even if she currently want to get pregnant.

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
4. What contraceptive method are you using now or are interested in using?	Currently using a contraception	<b>ASK:</b> » Which method are you using and where do you usually get it? Are you satisfied with it? <b>SAY:</b> » It's good that you are using contraception to prevent unwanted pregnancy. If you are using a short-term method, can I tell you more about longer term methods that are more effective? » We can discuss some more if you have any questions about it or if you'd like to know more about other effective methods that you can use.	Agree with her to continue using the contraceptive method (of her choice) and to talk to the health provider if she has questions or issues.
	Not currently using a contraceptive method now but is interested in using one	<b>ASK:</b> » Can you tell me more about why you are not using a method? <b>SAY:</b> » There are various contraceptive methods that are effective and safe for you to use to prevent early or unwanted pregnancy. We can discuss now if you'd like to know more about these methods so you can consider which one you'd like to try. Afterwards, I can refer you to our health provider for further checkup and to counsel you and give you the contraceptive method of your choice. <b>USE:</b> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	Agree with her to discuss with her husband about using a contraceptive method. She can also talk to the health provider if she has questions or concerns.
	Not interested in using a contraceptive method now	<b>ASK:</b> » Can you tell me more about why you are not using a method? <b>SAY:</b> » There are various contraceptive methods that are effective and safe for you to use. As you are still young, it is very important for you and your husband to know about the benefits of healthy timing and spacing of pregnancy for your family and the advantages of delaying pregnancy until you are at least 18 years old and ready for it. We can discuss now if you'd like to know more about these methods so you can consider which one you'd like to try. <b>USE:</b> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	Agree with her to discuss with her husband about using a contraceptive method. She can also to talk to the health provider if she has questions or issues.

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
5. What do you know about sexually transmitted infections (STIs)?	Has some knowledge of STIs	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Can you tell me more? Have you ever had a STI? Did you go to clinic to have it checked? What kind of STI did the health provider say it was and were you treated for it? It's very important that you take the complete treatment for an STI to prevent it from getting any worse or getting any other complications.</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» The only contraceptive method that protects you both from pregnancy and STIs are condoms.</li> <li>» Do not be afraid or shy to ask me now if you have any questions, about contraceptive methods.</li> </ul> <p><b>USE:</b> DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13] PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</p>	Agree with her to not be afraid to talk to the health provider or a trusted adult if she needs information about STIs and HIV.
	Does not know about STIs	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» You should know that you can get an STI and HIV from having sex without a condom.</li> <li>» We can discuss it some more if you have any questions or want more information. I would also like to encourage you to talk to your husband, or other trusted adults about it.</li> <li>» You are also welcome to bring your husband here so we can discuss this together.</li> </ul> <p><b>USE:</b> DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13] PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</p>	Agree with her to not be afraid to talk to the health provider or a trusted adult if she needs information about STIs and HIV.

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p>6. If you get pregnant now, who would support you at home during your pregnancy?</p> <p><i>(For those with an infant/child)</i></p> <p>Who helps you with child care?</p>	Expresses a high level of support	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» It is good that you feel there will be support for you during your pregnancy or with your child.</li> <li>» Even before a pregnancy, I encourage you to discuss the possibility with your husband about how ready you both will be and how he will support you and the baby. Think about it carefully as it will have a big effect on your future.</li> </ul> <p><b>USE:</b> HEALTHY TIMING AND SPACING OF PREGNANCY COUNSELING CARD [CARD #17] PREVENTING EARLY AND UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</p> <ul style="list-style-type: none"> <li>» If you are pregnant now, make sure you go for antenatal checkups on a regular basis (and that your husband and family will support you) to ensure your pregnancy is developing well, and that you and your developing baby are both healthy.</li> </ul> <p><b>USE:</b> IMPORTANCE OF ANTENATAL CARE COUNSELING CARD [CARD #21]</p> <ul style="list-style-type: none"> <li>» If you are caring for an infant, make sure that your husband and family will support you in bringing your baby every month to the health center for his/her regular well-baby checkup and required child health care services including vaccinations, nutrition and growth monitoring.</li> </ul> <p><b>USE:</b> IMPORTANCE OF INFANT/YOUNG CHILD HEALTH CARE SERVICES COUNSELING CARD [CARD #22] IMPORTANCE OF BREASTFEEDING COUNSELING CARD [CARD #23]</p>	<p>Agree with her to talk and discuss this with her husband and for them to think about their options and plans for the future.</p> <p>Agree for her to be referred for pre-natal checkup (if pregnant) and/or to ensure her baby is brought to the health center for monthly well-baby checkups.</p> <p>Agree on identifying 1-2 trusted relatives or friends she can call for support during her pregnancy, or in caring for her infant/child.</p>
	Expresses limited support	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» It's tough not having support during pregnancy or in caring for your infant. Let's come up with 1-2 trusted relatives or friends you can reach out to for help and support.</li> <li>» Even before a pregnancy, I encourage you to discuss the possibility with your husband about how ready you both will be and how he will support you and an additional baby. Think about it carefully as it will have a big effect on your future.</li> </ul> <p><b>USE:</b> HEALTHY-TIMING AND SPACING OF PREGNANCY COUNSELING CARD [CARD #17] PREVENTING EARLY OR UNINTENDED PREGNANCY COUNSELING CARD [CARD #18]</p> <ul style="list-style-type: none"> <li>» If you are pregnant, make sure you go for antenatal checkups on a regular basis (and your husband and family will support you) to ensure your pregnancy is developing well, and that you and your baby are both healthy. If you agree, I will refer you after this, to the health facility's antenatal clinic for your required antenatal care services.</li> </ul> <p><b>USE:</b> IMPORTANCE OF ANTENATAL CARE SERVICES COUNSELING CARD [CARD #20]</p> <ul style="list-style-type: none"> <li>» If you are caring for an infant, make sure that your husband and family will support you in bringing your baby every month to the health center for his/her regular well-baby checkup and required child health care services including vaccinations, nutrition and growth monitoring.</li> </ul> <p><b>USE:</b> IMPORTANCE OF INFANT/YOUNG CHILD HEALTH CARE SERVICES COUNSELING CARD [CARD #22] IMPORTANCE OF BREASTFEEDING COUNSELING CARD [CARD #23]</p>	



Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
7. Has anyone ever touched you inappropriately?	Yes	<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>» Can you tell me more about this? Who was it? When did it happen?</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I strongly advise you to report this to a trusted adult who could support you on what actions to take and help prevent this from happening again.</li> <li>» As much as possible, stay away from or avoid being near this person. Call for help if necessary.</li> <li>» If the sexual assault has already occurred, I will need check you further for additional care (follow GBV care protocols). We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.</li> <li>» If you are okay with it, I encourage you to report this to your husband or parents (if the parent is not the offender), or a trusted adult so they could give you the additional support you need. If you choose we can also report it to the authorities.</li> </ul> <p><b>USE:</b> HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15] CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]</p>	<p>Agree for her to stay away from or avoid being with the offender. She should also talk to a trusted elder about the offender and they could support her</p> <p>Agree with adolescent that if someone is trying to force her to have sex, make it clear through her words and actions as best she is able that she absolutely does not want it. She should leave the place as quickly as she can and call for help if necessary.</p> <p><i>If sexual abuse has already occurred:</i> Agree to follow GBV protocols, and to be referred for further medical checkup, testing and treatment as needed. Agree to report the sexual assault to her husband or parents or a trusted adult.</p>
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» No one has the right to touch you against your will or force you to have sex</li> </ul>	<p>Agree with her on one trusted adult she can tell if this happened to her or if she was scared this could happen.</p>

## Questions about **SAFETY**

### Summary of PROTECTIVE factors:

- Uses seat belts and protective equipment
- Shows good problem solving skills related to dangerous situations
- Engages in non-violent conflict resolution
- Has a positive and safe relationship with spouse/partner

### Summary of RISK factors:

- Has been victimized through intrafamilial, partner, cult or school violence
- Carries a weapon or reports easy access to weapons
- Reports a violent or abusive spouse/partner or has been threatened by spouse/partner

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Does anyone bully, threaten or beat you?	Yes	<p><b>ASK:</b></p> <p>» What kind of bullying or hitting/beating is being done and who is doing it? What do you do when this happens?</p> <p><b>If adolescent is being bullied:</b></p> <p><b>SAY:</b></p> <p>» I strongly encourage you to report it to your husband, parents or a trusted adult and discuss what you can do to avoid them or to stop their bullying. As much as possible, avoid them or walk away if you can, or you can also report them to the authorities if necessary.</p> <p><b>If adolescent has been beaten:</b></p> <p><b>SAY:</b></p> <p>» I will need to check you further for any physical injury and if you need medical care.</p> <p>» I also strongly encourage you to immediately report it to your husband, parents or a trusted adult and discuss what you can do to avoid them/walk away or to stop them from hitting you, or report them to the authorities if necessary.</p> <p><b>If the husband has threatened the adolescent, or has hit /beaten the adolescent :</b></p> <p><b>SAY:</b></p> <p>» I will need to refer you to a specialist (if medical care is needed) or to a social services officer as they will know better how to support you.</p> <p>» If you think it would be safer for you to not go home, we can refer you to social services who can advise what can be done. We can also call your parents, so they can support you immediately.</p> <p><b>USE:</b></p> <p><a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16 ]</a></p>	<p>Agree with the adolescent to talk to her husband, parents, trusted family member or adult about the incident.</p> <p>Agree to report the incident to the authorities and be referred to social services for support.</p>
	No	<p><b>SAY:</b></p> <p>» I am really happy to hear this. No one has the right to bully you or beat you. It is important to fight against this type of harassment and talk to a trusted adult or friend if this is happening.</p>	<p>Agree with her to seek help if these things ever happen.</p>

Questions about **SAFETY** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. Do you feel you can resolve your conflicts or problems?	Feels comfortable to resolve conflict	<b>ASK:</b> » Can you tell me more what do you do when you face conflicts/arguments or disagreements? <b>SAY:</b> » It's good if you have a way to deal with conflicts/arguments or disagreements.	Agree with the adolescent to explore and discuss ways to resolve conflicts.
	Resists conflict or resists resolving conflict	<b>ASK:</b> » Can you tell me more what do you do when faced with conflicts/arguments or disagreements? <b>SAY:</b> » Let's discuss and talk about ways that you could use when facing conflicts. » I also want to encourage you to not be afraid to talk to your husband or responsible adult if you need help on ways to resolve conflicts or arguments. <b>USE:</b> <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	Agree for adolescent to talk to her husband, parents, teacher, trusted or adult if needed.
3. How safe do you feel on your way to school or at school (for those attending school)?  How safe do you feel in your community (if not attending school)?	Feels relatively safe	<b>SAY:</b> » It's very good that you are conscious about your safety, whether at school or on your way there or to other places, or in your community. It would be good to develop an emergency plan on how to immediately reach and contact family members in case you are in trouble	Agree with the adolescent to develop emergency plans with her husband, family and friends and to always carry their contact numbers.
	Feels unsafe	<b>ASK:</b> » <b>For those attending school:</b> please describe what's at school or going on there that gives you an unsafe feeling? » <b>If not attending school:</b> please describe what's going on in your community that gives you an unsafe feeling? <b>SAY:</b> » Whether you are in school or outside of school in your community, it is wise to be careful and always be aware of your surroundings. Talk to your husband, parents or family members if you have seen or noticed suspicious characters, or unusual or illegal activities in your community. As much as possible, stay away from them. » I also encourage you to have a plan with your husband and family members or friends on how to reach you, where you can go, or how you could contact them in cases of emergency. <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	Agree to stay away from unusual activities in their community.

Questions about **SAFETY** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
4. Do you feel safe at home?	Feels safe at home	<b>SAY:</b> » It is important to feel safe where you live so you can focus on the important things like starting and planning a new life with your husband.	Agree that if she no longer feels safe, she will seek support from a trusted adult or come to the health facility.
	Feels unsafe at home	<b>SAY:</b> » Thank you for letting me know you do not always feel safe at home. Can you tell me more why you feel this way?  <i>If reasons are due to the husband:</i> <b>SAY:</b> » I strongly encourage you to talk to your parents (immediate family) or a trusted adult about it. If you think it would be safer for you not to go home, we can refer you to social services who can advise you. We can also call your parents, so they can support you immediately.  <i>If reasons are due to a member of husband's family:</i> <b>SAY:</b> » I strongly encourage you to talk to your husband about it so he can support you, and discuss what you could do or how to avoid being alone with this family member.  <i>If adolescent has had recent physical or sexual violence or abuse at home:</i> <b>SAY:</b> » I will need to check you further for any physical injuries to see if you need medical care. » <i>(For sexual violence, only if policy systems and services are in place):</i> I will need to check you further to see if you need additional care. We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.  <b>USE:</b> CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]	<i>Physical violence:</i> Agree on where she might seek out help and advice if she continues to feel unsafe at home. Discuss strategies to avoid the physical abuse and who she can report the abuse to.  Agree for her to talk to her husband or her parents immediately for help and support.  <i>Sexual violence:</i> Agree to follow GBV protocols. Agree for her to identify social services or a trusted adult to talk about how this abuse is affecting her. Find a person who can help intervene at the household level to help stop the abuse or an extended family member where she can live temporarily.

## TOOL #7

Older adolescent (15-19 years old), unmarried boy

### Questions about:

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# TOOL #7

Older adolescent (15-19 years old),  
unmarried boy

## Questions about **HOME**

### Summary of PROTECTIVE factors:

- Indicates a positive relationship with parent(s)
- Sees parents/family as a resource
- Can identify caring adult(s)

### Summary of RISK factors:

- Indicates conflicted/negative relationship with parent(s)/ household adults
- Is unable to identify any adults who are caring and a resource
- Indicates poor communication in family
- Feels unsafe at home or in the neighborhood

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Where do you live? Who do you live with?	Lives at home with parents/ immediate family members	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Living with your family is very helpful if you feel safe and protected. They are your main source of support especially if you have open communication with them.</li> <li>» When possible, talk openly about issues important to you with family members.</li> </ul>	Agree with him that if his situation at home changes, he would seek out help and advice from a trusted adult, or health provider.
	Does not live at home but lives with extended family members	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me why? How is your relationship with your relatives?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» Its good if you are being cared for and treated fairly by your relatives.</li> <li>» If you feel you are not treated equally as others, this is something we can discuss.</li> <li>» Let's name 3 trusted adults who you can go to if you are unhappy at home or not being treated equally.</li> </ul>	Agree with him that if his situation at home changes, he would seek out help and advice from a trusted adult, or health provider.
	Lives alone with older siblings/with non-relatives/ renting space in others home/lives as a domestic helper in someone's home	<b>ASK:</b> <ul style="list-style-type: none"> <li>Can you tell me why? How is your relationship with them?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» It sounds like your home situation might not be ideal. We will talk more about this in the next few questions. I will listen to how your home situation impacts other areas of your life, like school, how you spend your time and your health.</li> </ul>	Agree on who can be identified in the community as a trusted adult to help him advocate for himself if the situation at home feels unsafe or unfair.

TOOL #7

Older adolescent (15-19 years old), unmarried boy

Questions about **HOME** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. What trusted adults do you have to talk to or confide in?	Has trusted adults	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Parents are good to talk to about what is happening in your life.</li> <li>» Knowing other trusted adults who you can confide in or who offer advice is a great strength.</li> </ul>	Agree with him on strategies to have an open relationship with those he trusts so he always feel comfortable going to them for advice.
	Does not have trusted adults	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted adult to go to is important as you never know when you will need their help.</li> <li>» Let's discuss how to approach trusted adults in your family or community.</li> </ul>	Agree on 2-3 people he could trust and how he might approach them to let them know that he would want to go to them if needed.
3. Do you feel safe at home?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is so important to feel safe where you live so you can focus on the important things in life, like school and your future.</li> </ul>	Agree that if he no longer feels safe, he would seek support from a trusted adult, or health provider
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I'm proud of you for letting me know you do not always feel safe at home. Can you tell me more why you feel this way? <i>(Explore reasons for feeling unsafe.)</i></li> </ul> <p>If adolescent has had physical violence at home:</p> <b>SAY:</b> <ul style="list-style-type: none"> <li>» I will need to check you further for any physical injury to see if you need medical care.</li> </ul> <p>If adolescent has experienced sexual violence at home:</p> <b>SAY:</b> <ul style="list-style-type: none"> <li>» <i>(Only if GBV policy, systems and services are in place):</i> I will need to check you further to see if you need additional care. We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.</li> </ul> <p><b>USE:</b> CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]</p>	<p><i>Physical violence:</i> Agree on where he may seek out help and advice if he continues to feel unsafe at home. Discuss strategies to avoid the physical abuse and decide who he can report the abuse to.</p> <p><i>Sexual violence:</i> Agree that the GBV protocol will be followed and explain to him the protocol. Agree to identify social services or a trusted adult to talk to about how this abuse is affecting his wellbeing. Find a person who can intervene at the household level to help stop the abuse or an extended family member where he can live temporarily.</p>



## Questions about **EDUCATION/EMPLOYMENT**

### Summary of PROTECTIVE factors:

- Indicates positive attitude about school
- Feels part of and involved in school
- Feels that teachers and school are caring and fair
- Indicates that parents communicate high academic expectations
- Shows good academic achievement
- Has future goals (and dreams) related to educational attainment

### Summary of RISK factors:

- Has repeated a class
- Is skipping classes
- Indicates doing poorly in school
- Indicates feeling isolated, unsafe or disengaged from school
- Works more than 20 hrs. per week
- Indicates risky labor situations

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p>I. Are you attending school/finishing high school?</p> <p>If yes, how are you doing in school?</p>	Yes Is doing okay in school	<p><b>SAY:</b></p> <p>» Attending and staying in school is very important and is a great strength for you, as this would help build your future, so I really encourage you to stay and finish high school.</p>	Agree with him to stay in school/ finish high school and to talk to a close family member or trusted adult about his hopes and dreams for the future.
	Yes Is NOT doing okay in school	<p><b>ASK:</b></p> <p>» Can you tell me more why you think you are not doing okay in school? <i>(Discuss reasons such as personal problems, other distractions that prevents him from studying well.)</i></p> <p>» Do you think that if these reasons were resolved, or if the situation improves, you would do better in school?</p> <p><b>SAY:</b></p> <p>» Let's discuss what your options are to help resolve your challenges/situation/ problems, and list who might be able to help you resolve them.</p>	Agree with him to try the options discussed and to reach out to persons identified (as needed) who can help him with challenges in school.
	No	<p><b>ASK:</b></p> <p>» Can you tell me more about why are you not in school? <i>(Discuss reasons why and explore with adolescent options available, and who could help him advocate returning to school.)</i></p> <p><b>SAY:</b></p> <p>» There are so many reasons why you are not in school. Let's agree on how to approach one or two people who are making these decisions so you can explain your desire to go back to school to help build your future.</p>	Agree on 2-3 things that might help him advocate for himself to return to school, including how to approach people who can help him return to school (formal or informal).

TOOL #7

Older adolescent (15-19 years old), unmarried boy

Questions about **EDUCATION/EMPLOYMENT** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. How do you feel about school?	Likes school and thinks he will finish this year	<b>SAY:</b> » It is good and a positive factor that you like and enjoy your school. It will motivate you to stay in school, continue learning and work hard to finish your studies.	Agree with him to stay focused on school and enjoy what he is learning.
How likely is it that you will finish this year?	Does not like school/wants to leave school/doesn't think he'll finish this year	<b>ASK:</b> » Can you tell me why don't you like school? (explore reasons) <b>SAY:</b> » If the reason is due to lack of finances, there are alternative informal and vocational schools that you can attend where you can learn skills and also have opportunities to apply for apprenticeships. » Let's discuss your other options to help you finish your high school studies. I also suggest that you talk this over with your parents or trusted adult so they can help you.	Agrees with him to talk to his parents, close family members or trusted adult to discuss his options if he drops out of school.
3. Do you work outside the home, or in the home of someone else?	Yes	<b>ASK:</b> » Where do you work? Why are you working? How often do you work? <b>SAY:</b> » Do you feel safe in your workplace?  If he is having issues with his employer or coworker, especially if he being harassed or abused or treated unfairly: <b>SAY:</b> » You should immediately report this to your parents, or to a trusted adult who can support you on actions to take. <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree for him to talk to his parents, family member or a trusted adult to report any issues of harassment, abuse or unfair treatment by his employer or co-worker.
	No	<b>SAY:</b> » I am glad that you do not have to work at your age and I hope you are putting your time and energy into studying and doing well at school.	Agree with him to talk to trusted people to make sure he is safe if his situation changes and he has to take on outside work.

## Questions about **EATING**

### Summary of PROTECTIVE factors:

- Has sufficient daily intake of meals (3-4 per day)
- Eats a variety of food types
- Eats sufficient number of calories at each meal
- Indicates sufficient daily intake of water
- Indicates sufficient daily intake of calcium

### Summary of RISK factors:

- Insufficient caloric intake
- Not eating from the 4 main food groups
- Insufficient calcium intake
- High fat and sugar-based diet
- Insufficient intake of liquids
- Is overweight or underweight

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How many meals do you eat per day?	Eats at least 3 meals a day	<b>SAY:</b> » Eating 3 meals a day is good and important especially for growing adolescents.	Agree with him to seek advice if his nutritional situation changes.
	Eats only 2 or less meals per day	<b>ASK:</b> » Can you tell me more?  <b>SAY:</b> » You are going through quick growth in your body and mind and should eat at least 3 healthy meals a day to grow and develop well. » If there is not enough food at home, we can talk about cheaper and healthy alternatives such as soya beans, seasonal vegetables, crayfish, snails and plant-based proteins (nuts & legumes) that we can suggest for you and your parents to consider. Talk to them about these alternative foods and let them know that getting enough of a wide variety of food is important for you to grow and develop normally.  <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agrees for him to eat at least 3 healthy meals per day.  He should also talk to his parents about getting cheap but nutritious and healthy alternative food items.
2. What do you usually eat?	Eats a variety of food including carbohydrates, meats (proteins), vegetables and fruits	<b>SAY:</b> » Eating a variety of food is good and important for growing adolescents.	Agree to learn about which foods are high in iron (meat, dark greens) and calcium (milk, dark greens).
	Eats mostly 1-2 types of food only (e.g. carbohydrates and meats) and eats/ drinks a lot of sugar-rich items (sweets, soft drinks)	<b>ASK:</b> » Why do you eat and drink these types of food and drink?  <b>SAY:</b> » When possible try to eat a variety of vegetables, fruits and legumes/beans/nuts, grains (cereal, rice, bread), lean meats, poultry, fish and eggs. » If you are not getting enough to eat, or poor quality food, talk to your parents about getting cheaper and healthy alternative food items (as above) and discuss how you can get more to eat now that your body is growing.  <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree for him to limit sugary foods, like soft drinks and sweets.  Agree for him to get lots of calcium (milk, dark green) and iron (meat, dark greens) for healthy growth.  Agree for him to talk to his parents or trusted adult about how much food he needs now that he is growing.

## Questions about **ACTIVITIES**

### Summary of PROTECTIVE factors:

- Involved in supervised group activities (after-school, community-based, sports, arts and/or faith-based organizations)
- Reports that religion and prayer are important to him
- Involved in social justice, political advocacy and/or community work
- Eats at least one meal per day with family

### Summary of RISK factors:

- Indicates largely unsupervised after school time or is not in school
- Is isolated or disconnected from peers
- Indicates engagement in risky behaviors (e.g.: In response to “What do you do for fun?” youth states “I get high with my friends”.)
- Works >20 hours/week

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How do you spend your free time or time not in school or work (if not attending school)?	Involved in other group activities (sports, faith-based or community-based groups, etc.)	<b>SAY:</b> » Regular physical activity has important physical, mental and social benefits for adolescents.	Agree with him to stay as active as he can in these activities since they are good for his development.
	Not involved in any activity and has a lot of unsupervised time/ spends all his free time at work or at home doing chores	<b>SAY:</b> » I strongly encourage you to get involved in regular physical activity because of the many benefits to your health (e.g. physical, mental and social). » If you spend all your free time at work (if working) or at home doing chores, let's discuss ways for you to have some leisure time either alone or with your friends. Consider taking walks or jogging with your family and friends or taking up an active sport that you and family or friends enjoy doing. <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD 11]</a>	Agree with him to try to be involved in physical activities like sports or an active hobby. He can also talk to his parents, older family members or friends to support him in this effort.
	Works part-time	<b>ASK:</b> » What kind of part-time work do you do? How many hours a week do you work? Can you tell me the reason for you taking part-time work? » I commend your efforts to start earning an income. Nevertheless, I'd like to encourage you to always allocate some leisure and rest time for yourself as your body is still growing and developing.	Agree with him to talk about the safety of his work and if it gets in the way of his school work.
2. With whom do you spend your time?	Spends time with family, siblings, or friends known to his family	<b>SAY:</b> » It is great to hear that you spend time with your family and that you like spending time with them. These close relationships are really good for you.	Agree with him to keep spending time with positive role models.
	Mostly spends time alone	<b>SAY:</b> » I encourage you to connect with other adolescents in your community. You can also check out youth clubs or groups where you may find new friends just like you, that could help you feel less alone. » Let's discuss how you can connect with and reach out to other boys in your community. <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree on strategies to feel less isolated so he can become more connected to other boys like him, in the same life stage.

## Questions about **DRUGS**

### Summary of PROTECTIVE factors:

- Does not associate with substance-involved peers
- Indicates that parents/family members do not use substances
- Indicates a negative attitude towards substance abuse

### Summary of RISK factors:

- Reports easy access to substances, particularly in the home
- Has a parent with substance abuse/addiction
- Indicates early, intense and/or consistent engagement in substance use
- Has previously used substances but quit

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. What friends or family do you have who drink alcohol, smoke or use drugs?	Lists people he knows	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It can be quite hard to live where you see people using alcohol or other drugs. How does it make you feel?</li> <li>» Let's discuss your options and ways you can manage and avoid them. It is good to learn how to avoid these people when they are using substances and how to say no if they are offered to you.</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with him to not be pressured into experimenting with any substance. He should talk to a trusted adult or to the health provider if he needs support in avoiding them.
	Does not list people he knows	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is great that the people close to you are not using any substances. This will be a great benefit to you.</li> <li>» As you grow, there may be times when you are offered different substances. It is good to learn how to say no and understand their dangers.</li> </ul>	Agree that he will practice saying no so he feels confident that he can do this if ever offered substances.
2. Do you drink alcohol? If yes, what kind and how much do you take per day or week?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Drinking even a small amount of alcohol can impair your judgement. Because you are young, even small quantities can impact your growth and your safety. I am concerned for you. Can we find someone who can help you to not use alcohol?</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with him to develop a strategy for the future to avoid alcohol use.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I am happy to hear that you have never used alcohol because even a small amount can impair your judgment and lead you to make poor decisions.</li> </ul>	Agree with him to develop a strategy for the future to avoid alcohol use.

TOOL #7

Older adolescent (15-19 years old), unmarried boy

Questions about **DRUGS** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p>3. Do you smoke cigarettes?  If yes, how many sticks or packs do you smoke per day?</p>	Yes	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» Given the negative effects of smoking on your body, do you think you could give up smoking?</li> <li>» Tobacco causes cancer and heart disease and I am concerned you are smoking at such a young age.</li> </ul> <p><b>USE:</b> DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</p>	Agree for him to try giving up smoking. Also connect him to a trusted friend or adult who can support him in giving up smoking.
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I am proud of you for not smoking. Tobacco has very bad consequences on people's health.</li> </ul>	Agree with him on a strategy on how he will say no in the future if he is pressured by friends to smoke tobacco.
<p>4. Do you use other drugs or other substances?</p>	Yes	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» Tell me more about why you use drugs?</li> <li>» Given the negative effects of drugs on your brain and body, do you think you could avoid or give them up?</li> <li>» I am very concerned that you are trying drugs. Can I try to get you further help?</li> </ul> <p><b>USE:</b> DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</p>	Agree for him to try giving up experimenting with drugs. Also connect him to a trusted friend or adult who can support him in avoiding drugs.
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» I am proud of you. This is going to help you achieve your future goals.</li> </ul>	Agree to seek advice if he is feeling pressured to try drugs or other substances.

## Questions about **DEPRESSION/SUICIDE**

### Summary of PROTECTIVE factors:

- Indicates a generally positive outlook
- Has healthy coping mechanisms
- Has a caring adult that he can talk to when stressed/distressed

### Summary of RISK factors:

- Reports current depression/isolation/boredom/disengagement
- Has thoughts about or attempted suicide in the past
- Has a family member or friend who committed suicide

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Have you ever, or are you currently, experiencing deep sadness that lasts several days or weeks and that affects your daily routine?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me more about what is causing you sadness/depression? Is there anything in particular that makes you feel this way?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» I am concerned about your sadness and want to help you. How best can I help you?</li> <li>» As well as discussing it with me, I'd like to encourage you to talk to your parents, a trusted adult, or a friend about the feelings, problems, or concerns that are depressing you, so that they could also be supportive.</li> <li>» If you'd like, I can refer you to a specialist who can help discuss this further with you.</li> </ul> <b>USE:</b> <a href="#">EMOTIONAL WELL-BEING CARD [CARD #9]</a>	<p>Agree with him to talk to a trusted family member, adult or friend or to a health provider to talk through his feelings and problems.</p> <p>Agree for him to be referred as needed, and for him to come back to the health provider for follow-up.</p>
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» All adolescents have their ups and downs. That is normal.</li> <li>» If you ever feel down or sad for many days, please return to talk to me.</li> </ul>	<p>Agree that he will return if he experiences a prolonged period of feeling sad.</p>
2. Have you ever thought about hurting or killing yourself?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me more about these thoughts? Is there anything in particular that makes you think this way? (<i>Explore feelings, and discuss causes</i>) I'm very concerned about you, so I'd like to ask if you would agree to include a trusted family member or adult in our discussion. If yes, this family member or adult will be included in our confidential discussion and will be asked to support you at home.</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» I'd like to refer you to a specialist who can help discuss this with you (<i>refer adolescent to a specialist/psychologist</i>).</li> </ul> <b>USE:</b> <a href="#">EMOTIONAL WELL-BEING CARD [CARD #9]</a>	<p>Agree with him to be referred to a specialist, and to talk to his parents or a trusted adult so they can support and watch him closely.</p> <p>Agree on when to come back to the health provider for follow-up.</p>
	No	<ul style="list-style-type: none"> <li>» If you ever have these thoughts, please tell someone you trust and come back and talk to me.</li> </ul>	<p>Agree he will come back to talk if he ever has these thoughts.</p>

## Questions about **SEXUALITY** and reproductive health

### Summary of PROTECTIVE factors:

- Intends to abstain from sexual intercourse until later
- Currently not sexually active
- Using a method to reduce their STI/HIV risk
- Talks with a parent/trusted adult about sexual issues

### Summary of RISK factors:

- Indicates an early (<14 yrs. old) sexual debut
- Reports a history of sexual molestation, assault or abuse
- Reports unprotected sex
- Has had an STI in the past and/or has made a girl pregnant in the past
- Talks only with peers about sexual issues

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Do any of your friends have a girlfriend?	Yes	<b>ASK:</b> » What do you think about it? Do they pressure you to have one also?  <b>SAY:</b> » I'd like to advise you that you do not have to have a partner (or girlfriend) just because other people want you to. You should wait until you feel ready.	Agree with him that he will resist pressure to start having a partner (girlfriend); and to talk to his parents or a trusted adult about making decisions on starting relationships.
	No	<b>SAY:</b> » It is normal at your age to be focused at school and not be concerned with romantic relationships.	
2. Have you had sex?	Yes	<b>ASK:</b> » At what age did you start having sex? » Do you have a special friend or girlfriend now? Can you tell me more about what kind of relationship you have now with your girlfriend or special friend?  <b>SAY:</b> » If you are not using any protection, you are exposing yourself and your partner to the risk of getting pregnant or getting an STI or HIV.  <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STI AND HIV COUNSELING CARD [CARD #18]</a>	Agree with him to use protection if he is currently sexually active or learn about contraception if not currently sexually active.
	No	<b>SAY:</b> » This is normal for a boy your age and I am happy you are also not thinking about these things yet. » If you have questions, do not be afraid to talk to me about it.	



Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p><i>(Question for sexually active boys only)</i></p> <p>3. How many sexual partners have you had in the last three months?</p>	One	<p><b>SAY:</b></p> <p>» If you are sexually active, it's important that you are faithful to just one partner to protect yourself from STIs and HIV. If you (and your partner) are interested to know your HIV status/ get tested for HIV, I can refer you for HIV counseling and testing and they can give you more information about preventing HIV. Talk to your partner about considering getting tested too.</p> <p><b>USE:</b> PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</p>	<p>Agree with him on the importance of using condoms as dual protection, and to consider getting tested for HIV. Encourage him that he should not be afraid to talk to a trusted adult or the health provider about it.</p>
	More than one	<p><b>SAY:</b></p> <p>» I strongly advise you that if you have multiple sexual partners, you should protect yourself from getting an STI and HIV by always using condoms. Do you know your HIV status? If you are interested, we can refer you for HIV counseling and testing and give you more information about preventing STIs and HIV.</p> <p><b>USE:</b> PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</p>	
<p>4. Do you know how pregnancy happens, and how to prevent it?</p>	Yes	<p><b>ASK:</b></p> <p>» Can you tell me more? How did you learn about it?</p> <p><b>SAY:</b></p> <p>» If you have any questions about it, do not be afraid to ask me and we can discuss any questions or concerns you may have.</p>	<p>Encourage him that he should not be afraid to talk and ask questions to the health provider, his parents, a relative or a trusted adult.</p>
	No	<p><b>SAY:</b></p> <p>» If you have any additional questions, do not be afraid to ask me. You can also approach your parents, a relative or a trusted adult.</p> <p><b>USE:</b> BECOMING PREGNANT COUNSELING CARD [CARD #7]</p>	

TOOL #7

Older adolescent (15-19 years old), unmarried boy

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
5. Do you know what contraceptive methods are?	Yes	<p><b>ASK:</b></p> <p>» Can you tell me more? How did you learn about it? Do you know the different methods of contraception? Do you have any questions?</p> <p><i>Additional question for sexually active boys only:</i></p> <p>» Have you and your partner/girlfriend had any discussion regarding the use of contraceptives to prevent early and unintended pregnancy? If not, I highly advise you to talk about it.</p> <p><b>USE:</b>  <a href="#">PREVENTING EARLY AND UNINTENDED PREGNANCY [CARD #18]</a>  <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a></p>	Agree for him to use a contraceptive methods if he is sexually active and talk to a health provider if he has questions.
	No  Discuss and give correct information	<p><b>SAY:</b></p> <p>» When a man and a woman want to have sex without having a baby, they can use contraception to prevent pregnancy such as condoms, oral contraceptive pills, injectable hormonal contraceptives, an intrauterine device (IUD) and natural methods. These methods are available in the facility.</p> <p><i>Additional advice for sexually active boys only:</i></p> <p>» If you're interested, we can talk about it now and I can explain to you more about the various contraceptive methods available in the health facility that you and your girlfriend could choose from. I can also help answer your questions and counsel you on your options.</p> <p><b>USE:</b>  <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a></p>	

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
6. Do you know what a sexually transmitted infection (STI) is?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me more? How did you learn about it?</li> <li>» Have you ever had an STI? Did you go to the clinic to have it checked? What kind of STI did the health provider say it was and were you treated?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» It is very important to take complete treatment for an STI to prevent it from getting worse.</li> <li>» If you are sexually active, it is important to always use condoms as protection from getting an STI or HIV and to prevent unintended pregnancy.</li> <li>» If you think you have the symptoms of an STI, I'd like to refer you to a specialist for further checkup and tests, and for HIV testing and counseling.</li> <li>» Do not be afraid to ask me now if you have any questions, or to approach your parents, family member or trusted adult to talk about it.</li> </ul> <b>USE:</b> <a href="#">PREVENTING STI AND HIV COUNSELING CARD [CARD #14]</a>	<p>Encourage him not be afraid and to talk to the health provider if he needs information about STIs and HIV.</p> <p>Agree with him to be a responsible partner to help protect himself and his partner from STIs, HIV and unintended pregnancy.</p> <p>Agree for him to be referred for testing for STIs and HIV if he has had sex without a condom.</p>
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» You should know that you can get an STI and even HIV, from having sex without a condom.</li> <li>» We can discuss it some more if you have any questions or want more information.</li> <li>» I also would like to encourage you to talk to your partner/girlfriend or other trusted adults about it.</li> </ul> <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</a>	
7. Do you know what condoms are and how to use them?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me more? What are condoms and how are they used?</li> <li>» Do you have any questions or concerns on how to use a condom?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» Do not be afraid to ask me now if you have any questions or concerns.</li> </ul>	<p>Agree with him to use condoms if he is having sex with a girlfriend/partner to protect them both from STIs, including HIV, and pregnancy. Encourage him not be afraid to talk to the health provider if he needs more information about it.</p>
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» You should know that using condoms during sex prevents you from getting pregnant or from getting an STI, including HIV, if used correctly. If you are sexually active, I encourage you to talk to your girlfriend/partner about using condoms.</li> <li>» Do not be afraid to ask me now if you have any questions or concerns.</li> </ul> <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</a>	

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
8. Has anyone ever touched you inappropriately?	Yes	<p><b>ASK:</b></p> <p>» Can you tell me more? Who was it? When did it happen?</p> <p><b>SAY:</b></p> <p>» I strongly advise you to report it to your parents or a trusted adult who can support you on what actions to take and help prevent this from happening again.</p> <p>» As much as possible, stay away from this person. Call for help if necessary.</p> <p><b>USE:</b> HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</p> <p><b>SAY:</b></p> <p>» If sexual assault has occurred, I will need check you further to see if you need additional care (follow GBV care protocol). We might need to test you for potential infections in case you need early treatment or referrals.</p> <p><b>USE:</b> CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]</p> <p>» If you agree, I encourage you to report this to your parents (if the parent is not the offender), or a trusted adult so they could give you the additional support you need. If you choose, we can also report it to the authorities.</p>	<p>Agree with him that he will stay away from the offender, and will call for help if needed. He should also report it to his parents or a trusted adult so they can support him.</p> <p><i>If sexual abuse has already occurred:</i></p> <p>Agree with him that GBV protocols will be followed and explain to him what these protocols are. Inform him he will be referred for a further medical checkup, testing and treatment as needed. He should also report the sexual assault to his parents or a trusted adult.</p>
	No	<p><b>SAY:</b></p> <p>» This is good. No one has the right to touch you inappropriately without your consent or make you feel ashamed or embarrassed.</p>	<p>Agree with him that he can talk with people he trusts like his friends about their rights to be free from sexual abuse and harassment and have a group plan on what they would do if it happened to them.</p>

## Questions about **SAFETY**

### Summary of PROTECTIVE factors:

- Uses seat belts and protective equipment
- Shows good problem solving skills related to dangerous situations
- Engages in non-violent conflict resolution

### Summary of RISK factors:

- Has been victimized through intrafamilial, partner, cult or school violence
- Carries a weapon or reports easy access to weapons

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Does anyone bully, threaten or beat you?	Yes	<b>ASK:</b> » Can you tell me more? What kind of bullying or hitting/beating happens and who is doing it? What do you do when this happens?  <i>If adolescent is being bullied:</i> <b>SAY:</b> » No one has the right to bully, tease or touch you. » I strongly encourage you to report it to your parents or a trusted adult and discuss what you can do to avoid them or to stop their bullying. As much as possible, avoid them or walk away if you can and report them to authorities in your school or work, if necessary ( <i>if this is happening in school or at work</i> ).  <i>If adolescent has been beaten:</i> <b>SAY:</b> » I will need to check you further for any physical injury to see if you need medical care. » I also strongly encourage you to immediately report it to your parents or a trusted adult and discuss what you can do to avoid them and protect yourself. As much as possible, avoid them or walk away if you can, or you can also report them to the authorities if necessary.  <b>USE:</b> <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	Agree for him to be checked further for physical injury, and to talk to his parents, teacher, trusted adult or to the authorities to report the incident.
	No	<b>SAY:</b> » No one has the right to bully, tease or touch you. » You should also treat others the way you would want to be treated.	Agree that he will learn how to resolve conflicts without violence, treat others the way he wants to be treated and tell someone immediately if he is being bullied.

TOOL #7

Older adolescent (15-19 years old), unmarried boy

Questions about **SAFETY** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. Do you feel you can resolve your conflicts or problems?	Feels comfortable to resolve conflict	<b>ASK:</b> » Can you tell me more about what you do when faced with conflicts, arguments or disagreements?  <b>SAY:</b> » It's good if you have a way to deal with conflicts, arguments or disagreements. I also want to encourage you not to be afraid to talk to a trusted adult (could include a teacher) if you need help or just to talk through conflicts or problems.	Agree for him to talk to his parents, teacher or trusted adult if needed.
	Resists conflict and resists resolving conflict	<b>ASK:</b> » Can you tell me more what you do when faced with conflicts, arguments or disagreements?  <b>SAY:</b> » Let's discuss ways to face conflicts. » I also want to encourage you to not be afraid to talk to a trusted adult (could include a teacher) if you need help on ways to resolve conflicts or arguments or even just to talk through conflicts or problems.  <b>USE:</b> <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	
3. Do you feel safe at home, in the community and at school?	Yes	<b>SAY:</b> » It's very good that you feel safe at home, in the community and/or at school. It would be good to develop a contingency plan on how to immediately reach and contact family members in cases of emergency.	Agree for him to develop emergency plans with family and friends and always carry their contact numbers.
	No	<b>ASK:</b> » Can you tell me more? » <b>For those attending school:</b> please describe what's going on at school that gives you an unsafe feeling? » <b>If not attending school:</b> please describe what's going on in your community that gives you an unsafe feeling?  <b>SAY:</b> » Whether you are in school or outside of school in your community, it is wise to be aware of your surroundings. Talk to your parents or family members if you have seen or noticed suspicious characters, or unusual or illegal activities in your community. As much as possible, stay away from them. » I also encourage you to have a plan with your family members or friends on how to reach you, where you can go, or how you could contact them in case of emergency.  <b>USE:</b> <a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a>	Agree for him to stay away from cults and illegal activities in their community.

## TOOL #8

Older adolescent (15-19 years old), married or parenting boy

### Questions about:

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## Summary of PROTECTIVE factors:

- Indicates a positive relationship with parent(s)
- Sees parents/family as a resource
- Can identify caring adult(s)

## Summary of RISK factors:

- Indicates conflicted/negative relationship with parent(s)
- Is unable to identify any adults who are caring and a resource
- Indicates poor communication in family
- Feels unsafe at home or in the neighborhood

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Where do you live? Who do you live with?	Lives at home with parents/ together with his wife ( <i>married boys</i> ) and other immediate family members	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Living with your family is very helpful if you and your wife feel safe and protected. They are your main source of support so its good if you have open communication with them.</li> <li>» When possible, talk openly with family members about issues important to you.</li> </ul>	Agree with him that if his situation at home changes, he should seek out help and advice from a trusted adult.
	Does not live at home but lives with extended family members (or with wife's family – married boys)	<b>ASK:</b> <ul style="list-style-type: none"> <li>» How is your relationship with you relatives?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» Its good if you are being cared for and treated fairly by your relatives.</li> <li>» If you feel you are not treated equally as others, this is something we can discuss.</li> <li>» Let's come up with 3 trusted adults you can go to if you are unhappy at home or not being treated equally.</li> </ul>	Agree with him that if his situation at home changes, he should seek out help and advice from a trusted adult.
	Living alone with older siblings/non-relatives/ renting space in others home.	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It sounds like your home situation might not be ideal. We will talk more about this in the next few questions. I will be listening to how your home situation impacts other areas of your life like school, how you spend your time and your health.</li> </ul>	Agree on identifying a trusted adult to help him advocate for himself to find better living situation.
	<i>(For married boys)</i> Lives alone with wife Or lives with wife and with friends and other people in a shared space	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is good if you feel safe in your home with your wife</li> <li>» It is good if you have support from your friends you are sharing your living space with.</li> <li>» However, you or your wife are now exposed to people that could potentially bring risks, particularly if they are unemployed, involved in substance use and illicit activities or cults.</li> <li>» You and your wife should be cautious about knowing the people you share your housing with.</li> <li>» Let's come up with 2-3 trusted adults living nearby that you and your wife could go to in case of emergency.</li> </ul>	Agree with him to keep in contact with 2-3 trusted adults or family members he and his wife could seek help, advice or support from when needed.

TOOL #8

Older adolescent (15-19 years old), married or parenting boy

Questions about **HOME** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. What trusted adults do you have that you can talk to or confide in?	Names trusted adults	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted adult whom you can confide in or get advice is a great strength.</li> <li>» Parents are also good resources</li> </ul>	Agree to keep these open relationship so he can rely on them when needed.
	Does not have trusted adults	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Having a trusted adult to go to is important as you will never know when you will need their help.</li> <li>» Let's discuss how to approach trusted adults in your family or community.</li> </ul>	Agree on 2-3 people the adolescent could trust and how he might approach them to let them know that he would want to come to them if needed.
3. Do you feel safe at home?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is so important to feel safe where you live so you can focus on the important things in life, like school and your future.</li> </ul>	Agree if he no longer feels safe, he will seek support from a trusted adult, or health provider
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I'm proud of you for letting me know you do not always feel safe at home. Can you tell me more why you feel this way?</li> </ul> <p>If adolescent has had physical violence at home:</p> <b>SAY:</b> <ul style="list-style-type: none"> <li>» I will need to check you further for any physical injury to see if you need medical care.</li> </ul> <p>If adolescent has experienced sexual violence at home:</p> <b>SAY:</b> <ul style="list-style-type: none"> <li>» <i>(For sexual violence, only if policy, systems and services are in place):</i> I will need to check you further to see if you need additional care. We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.</li> </ul> <p><b>USE:</b> CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]</p>	<p><i>Physical violence:</i> Agree on where he may seek out help and advice if he continues to feel unsafe at home. Discuss strategies to avoid the physical abuse and who he can report the abuse too.</p> <p><i>Sexual violence:</i> Agree with him that GBV protocols will be followed and explain to him what these protocols are. Agree for him to identify social services or trusted adult to talk about how this abuse is affecting his wellbeing.</p> <p>He should also find a person who can help intervene at the household level to help stop the abuse or an extended family member where he can live temporarily.</p>

## Questions about **EDUCATION/EMPLOYMENT**

### Summary of PROTECTIVE factors:

- Indicates positive attitude about school
- Feels part of and involved in school
- Feels that teachers and school are caring and fair
- Indicates that parents communicate high academic expectations
- Shows good academic achievement
- Has future goals and dreams related to educational attainment
- Encourages his adolescent wife to continue school

### Summary of RISK factors:

- Has repeated a class
- Is skipping classes
- Indicates doing poorly in school
- Indicates feeling isolated, unsafe or disengaged from school
- Works more than 20 hrs. per week
- Indicates risky labor situations

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Are you attending school/finishing school?	Yes	<b>SAY:</b> » Attending and staying in school is very important and is a great strength for you, as this would help build your future. I really encourage you to stay and finish high school.	Agree with him to stay in school/ finish school and talk to a close family member or trusted adult if he has any challenges in school.
	No	<b>ASK:</b> » Can you tell me more about why you are not in school? <i>(Discuss reasons why and explore with adolescent options available, and who could help him advocate returning to school.)</i>  <b>SAY:</b> » Attending and finishing high school is very important and would help you, and your wife <i>(if married)</i> build your family's future. » Let's discuss your options, and write down who could help you advocate for finishing your studies and who you could talk to about it's benefits.	Agree on 2-3 things that might help him advocate for himself to return to school, including how to approach people who can help him return to school (formal or informal).

Questions about **EDUCATION/EMPLOYMENT** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<b>2.</b> <i>(If attending school)</i> How do you feel about school? How likely is it that you will finish this year?	Likes school and thinks he will finish this year	<b>SAY:</b> » It's good that you enjoy your school. It will motivate you to stay in school, continue learning and work hard to finish your studies.	Agree with him to stay focused in school.
	Does not like school/ wants to leave school/ doesn't think he'll finish this year	<b>ASK:</b> » Can you tell me why you don't you like school? <i>(Explore reasons, and ask if the adolescent is being teased or harassed at school.)</i> <b>SAY:</b> » If the reason is due to lack of finances, there are alternative informal and vocational schools that you can attend to learn skills and they also have opportunities to apply for apprenticeships. » Let's discuss other options to help you finish your high school studies. I also suggest that you talk this over with your parents so they can help you. » If you are being harassed or teased at school, I strongly advise you to immediately report this to a trusted adult or school authority who could support you on what actions to take. <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree with him to talk to his parents or close family members to discuss his options if he drops out of school. He should also talk to a trusted adult or school authority to report any issues of harassment by teachers or schoolmates.
<b>3.</b> Do you work outside the home, or in the home of someone else?	Yes	<b>SAY:</b> » Where do you work? Why are you working? Do you feel safe in your workplace? <i>If he is having issues with his employer or coworker, especially if he being harassed, abused or treated unfairly:</i> <b>SAY:</b> » You should immediately report this to your parents or to a trusted adult who could support you on what actions to take. <b>USE:</b> <a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a>	Agree for him to talk to his parents, or a trusted adult to report any issues of harassment, abuse or unfair treatment by his employer or co-worker.
	No	<b>SAY:</b> » I am glad that you do not have to work at your age and I hope you are putting your time and energy into studying and doing well at school to build a future for you and your wife.	Agree so seek advice from family and friends if this situation changes.

Questions about **EDUCATION/EMPLOYMENT** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
4. How do you support yourself, and your family/wife and baby (if married), to meet your basic needs?	Receives financial allowance from family	<b>SAY:</b> » It is good your family is continuing to provide you with financial support for your studies and living expenses.	Agree on options for safe ways to earn money if needed for his child and family.
	Works full time or part-time	<b>SAY:</b> » I commend your efforts to work to support yourself ( <i>and your family, if married</i> ) and be independent. » If you have some time and you have not completed school or want to go for a vocational training course, there are part-time study options you can explore. » Make sure that you also allocate some time for yourself, be able to rest and also obtain the necessary nutrition, as your body is still growing and developing. » Continue to keep in touch with 2-3 trusted adult of family members who you can run to or reach in cases of need or emergency.	He should also keep in touch with supportive trusted adults and friends.

## Questions about **EATING**

### Summary of PROTECTIVE factors:

- Has sufficient daily intake of meals (3-4 per day)
- Eats a variety of food types
- Eats sufficient number of calories at each meal
- Indicates sufficient daily intake of water
- Indicates sufficient daily intake of calcium

### Summary of RISK factors/indicators:

- Insufficient caloric intake
- Not eating from the 4 main food groups
- Insufficient calcium intake
- High fat and sugar-based diet
- Insufficient intake of liquids
- Looks overweight or underweight

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. How many meals do you eat per day?	Eats at least 3 meals a day	<b>SAY:</b> » Eating 3 meals a day is good and important especially for growing adolescents.	Agree to seek advice if the nutritional situation in his home changes.
	Eats only 2 or less meals per day	<b>ASK:</b> » Can you tell me more about it? <b>SAY:</b> » As an older adolescent, you are going through quick growth in your body and mind and should eat at least 3 healthy meals a day to grow and develop well. » If there is not enough food at home, we can talk about cheaper and healthy alternatives such as soya beans, seasonal vegetables, crayfish, snails and plant-based proteins (nuts and legumes) that we can suggest for you and your wife to consider. What's important is that you're getting enough and a wide variety of food for you to grow and develop normally. <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree with him to try to eat 3 meals a day or seek out cheaper alternative of healthy food for him and his child and/or wife.
2. What do you usually eat?	Eats a variety of food with carbohydrates, meats (proteins), vegetables and fruits	<b>SAY:</b> » Eating a variety of food, with 3 meals a day is good and important for growing adolescents.	Agree to maintain good nutrition and seek out healthy alternatives.
	Eats mostly 1-2 types of food only (e.g. carbohydrates and meats) and eats/drinks a lot of sugar-rich items (sweets, soft drinks)	<b>SAY:</b> » When possible try to eat a variety of vegetables, fruits and legumes/beans/nuts; grains (cereal, rice, bread), lean meats and poultry, fish and eggs. » If you are not getting enough food to eat, or poor quality food, talk to your wife, (if married) about getting cheaper and healthy alternative food items (as above) and to discuss how you can get more to eat now that your body is growing. <b>USE:</b> <a href="#">HEALTHY EATING COUNSELING CARD [CARD #10]</a>	Agree for him to limit sugary foods, like soft drinks and sweets and to get lots of calcium (milk, dark green) and iron (meat, dark greens) for healthy growth.  Agree with him to talk to his parents about how much food he needs now that he is growing.

## Questions about **ACTIVITIES**

### Summary of PROTECTIVE factors:

- Involved in supervised group activities (after-school, community-based, sports, arts and/or faith-based organizations)
- Reports that religion and prayer are important to him
- Involved in community affairs
- Eats at least one meal/day with family

### Summary of RISK factors:

- Indicates largely unsupervised after school time or is not in school
- Is isolated or disconnected from peers
- Indicates engagement in risky behaviors
- Works >20 hours/week

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. How do you spend your free time or time not in school or work (if not attending school)?	Involved in other group activities (sports, faith-based or community-based groups, etc)	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Regular physical activity has important physical, mental and social benefits for you, so it is beneficial for you/and your wife too (if married) if you can find time to be involved in group activities and is supported by your family/wife. You could also find new friends there who might be in a similar situations such as yours.</li> </ul>	Agree to keep involved in activities since it is good for his development.
	Not involved in any activity and has a lot of unsupervised time; spends all his free time at work	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I strongly encourage you to get involved in regular physical activity because of its many benefits to you (e.g. physical, mental and social).</li> <li>» If you spend all your free time at work (if working) or at home doing work chores, let's discuss ways for you to have some leisure time either alone or with your wife and child (if married). Consider taking walks with your family (wife and child, if married) or taking up an active sport that both you and your wife (if married) enjoy doing.</li> <li>» <i>(for married boys with child)</i> Look at options for occasionally getting a trusted relative or friend to babysit so you can have some leisure time for yourself and your wife.</li> </ul> <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree with adolescent to try to be involved in physical activities like sports or an active hobby. He can talk to his partner/wife (if married), or his parents, older family members or friends and involve them in supporting him in this effort.
	Works part-time	<b>ASK:</b> <ul style="list-style-type: none"> <li>» What kind of part-time work do you do? How many hours in a week do you work? Can you tell me the reason for your taking part-time work?</li> <li>» I commend your efforts to start earning an income. Nevertheless, I'd like to encourage you to always allocate some leisure and rest time for yourself as your body is still growing and developing.</li> </ul>	Agree with him to spent quality time with his child and wife (if married).

TOOL #8

Older adolescent (15-19 years old), married or parenting boy

Questions about **ACTIVITIES** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. With whom do you spend your time?	Spends time with family (time with partner/ wife and child, if married)	<b>SAY:</b> » It is great to hear that you spend time with your family and you like spending time with them. These close relationships are really good for you.	Agree with him to stay close to these trusted family and friends and develop a good relationship with his child.
	Mostly spends time alone (if not married) and no time with friends	<b>SAY:</b> » I encourage you to connect with other adolescents like you in your community. You can also check out youth clubs or groups where you may find new friends among adolescents just like you, and could help you feel less alone. » Let's discuss how you can connect with and reach out to other boys in your community.  <b>USE:</b> <a href="#">PHYSICAL ACTIVITY COUNSELING CARD [CARD #11]</a>	Agree with him on strategies to feel less isolated so he can become more connected to other boys like him, in the same life stage.
	Spends time with his child (if unmarried but with child)	<b>SAY:</b> » It's good that you are spending some time with your and to get to know your child and support them.	Agree with him to spend as much time with his child as this will have a positive impact on them.



## Questions about **DRUGS**

### Summary of PROTECTIVE factors:

- Does not associate with substance-involved peers
- Indicates that parents/family members do not use substances
- Indicates a negative attitude towards substances of abuse

### Summary of RISK factors:

- Reports easy access to substances, particularly in the home
- Has a parent with substance abuse/addiction
- Indicates early, intense and/or consistent engagement in substance use.
- Has previously used substances but quit

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. What friends and family do you have who drink alcohol, smoke tobacco or use drugs?	Mentions people he knows	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It can be quite hard to live where you see people using alcohol or other drugs. How does it make you feel?</li> <li>» Let's discuss your options and how you can manage and avoid them. It is good to learn now how to avoid these people when they are using the substance and how to say no if offered.</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with him to not be pressured into trying any substance.
	Does not mention people he know	<b>SAY:</b> <ul style="list-style-type: none"> <li>» It is great that the people close to you are not using any substances.</li> <li>» As you continue to grow older, there will be times when you are confronted or offered to try these substances. It is good to learn how to say no and understand their dangers</li> </ul>	Agree that he will practice saying no so he feels confident that he can do this if ever confronted to try substances.
2. Do you drink alcohol? If yes, what kind and how much do you take per day or week?	Yes	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Drinking even a small amount of alcohol can impair your judgement. Because you are young, even small quantities can impact your growth and your safety, as well as that of your wife (if married) and child (if parenting) I am concerned for you. Can we find someone who can help you not use alcohol?</li> </ul> <b>USE:</b> <a href="#">DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</a>	Agree with him to try avoiding and giving up alcohol. Also connect him to a trusted friend or adult who can support him in avoiding and giving up alcohol.
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» I am happy that you have never used alcohol because even a small amount can impair your judgment and lead you to make poor decisions.</li> </ul>	Agree with him to develop a strategy for the future to avoid alcohol use.

TOOL #8

Older adolescent (15-19 years old), married or parenting boy

Questions about **DRUGS** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p>3. Do you smoke cigarettes?</p> <p>If yes, how many sticks or packs do you smoke per day?</p>	Yes	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» Given the negative effects of smoking on an adolescent's developing body, do you think you could avoid or give up smoking?</li> <li>» Tobacco causes cancer and heart disease and I am concerned you are smoking at such a young age.</li> </ul> <p><b>USE:</b> DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</p>	Agree with him to try avoiding and giving up smoking. Also connect him to a trusted friend or adult who can support him in avoiding and giving up smoking.
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» It is good that you have kept away from smoking as the negative effects of smoking impact you, your wife (if married) and your child (if parenting). This is one less thing for you to worry about.</li> </ul>	Agree with him on a strategy on how he will say no in the future if he is pressured by friends to smoke tobacco.
<p>4. Do you use other drugs or other substances?</p>	Yes	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» What kind of drugs do you use? What makes you take drugs?</li> <li>» Given the negative effects of various drugs in a adolescent's developing brain and body, do you think you could avoid or give up drugs?</li> <li>» I am very concerned that you are already trying drugs. Can I try to get you further help?</li> </ul> <p><b>USE:</b> DANGERS OF USING TOBACCO, ALCOHOL AND DRUGS COUNSELING CARD [CARD #8]</p>	Agree with him to try avoiding or give up experimenting with drugs. Also connect him to a trusted friend or adult who can support him in avoiding various drugs.
	No	<p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>» It is good that you avoid doing drugs as the negative effects of drugs will impact you, your wife (if married) and your child (if parenting). Do continue to lead a healthy lifestyle for yourself and your family.</li> </ul>	Agree with him on a strategy on how he will say no in the future if he is pressured by friends to do drugs

## Questions about **DEPRESSION/SUICIDE**

### Summary of PROTECTIVE factors:

- Indicates a generally positive outlook
- Has healthy coping mechanisms
- Has a caring adult that he can talk to when stressed/distressed

### Summary of RISK factors:

- Reports current depression/isolation/boredom/disengagement
- Reports current suicidal ideation (ASSESS FOR LETHALITY AND TRIAGE AS APPROPRIATE)
- Has thought about or attempted suicide in the past
- Has a family member or friend who committed suicide

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
1. Have you ever or are you currently experiencing deep sadness that lasts for several days, and that affect your daily activities?	Yes	<b>ASK:</b> » Can you tell me more about what is causing you sadness/depression? Is there anything in particular that makes you feel that way?  <b>SAY:</b> » I am concerned about your sadness. How can I help you? » In addition to discussing it with me, I'd like to encourage you to reach out and talk to your wife (if married), parents, a trusted adult or friend, about your feelings, problems, or issues that are depressing you, so they could also support you. » If you'd like, I can refer you to a specialist who can help discuss this further with you.  <i>If cause of sadness is due to his partner/wife or partner's/wife's family:</i> <b>SAY:</b> » I would encourage you to try to talk to your partner/wife and discuss it, sometimes talking it through together helps find solutions.  <b>USE:</b> <a href="#">EMOTIONAL WELL-BEING CARD [CARD #9]</a>	Agree with the adolescent to discuss it with the health provider; and for him to reach out and talk to his partner/wife (if married), a trusted adult/family member, or a friend to talk through his feelings and problems.  Agree to be referred as needed, and for adolescent to come back to the health provider for follow-up.
	No	<b>SAY:</b> » All adolescents have their ups and downs. That is normal. » If you ever feel down or sad for many days, please return to talk to me.	Agree that he will return if he experiences a prolonged period of feeling sad.
2. Have you ever thought about, or considered, hurting or killing yourself?	Yes	<b>ASK:</b> » Can you tell me more why you have thought about this? Is there anything in particular that makes you think this way? ( <i>Explore feelings, and discuss causes.</i> ) I'm very concerned about you, so I'd like to ask you if you agree to include a trusted family member in our discussion. If yes, this family member will be included in our confidential discussion and will be requested to support you are home.  <b>SAY:</b> » I'd like to refer you to a specialist who can help discuss this with you ( <i>refer adolescent to a specialist/psychologist.</i> )  <b>USE:</b> <a href="#">EMOTIONAL WELL-BEING CARD [CARD #9]</a>	Agree with him to be referred to a specialist, and talk to his partner/wife (if married), his parents or a trusted relative so they could support and watch him closely.
	No	» If you ever have these thoughts, please tell someone you trust and come back and talk to me.	Agree he will come back to talk if he ever has these thoughts

## Questions about **SEXUALITY** and reproductive health

### Summary of PROTECTIVE factors:

- Is in a monogamous relationship
- Currently using a method to reduce STI/HIV risk
- Talks with a parent/trusted adult about sexual issues

### Summary of RISK factors:

- Indicates an early (<14 yrs. old) sexual debut
- Reports a history of sexual molestation, assault or abuse
- Reports unprotected sex and/or has multiple sexual partners
- Has had an STI in the past; has made a girl pregnant in the past
- Talks only with peers about sexual issues

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p><i>(Question for unmarried boy only)</i></p> <p>I. Do you have a partner/special friend?</p>	Has a partner	<p><b>ASK:</b></p> <p>» Can you describe to me more what kind of relationship you have with your partner/special friend? If it is a sexual relationship have you ever discussed the possibility of getting an STI or HIV, or getting her pregnant?</p> <p><b>SAY:</b></p> <p>» I'd like to strongly advise you to think very carefully. If you are not using any protection you are exposing yourself to the risk of getting an STI or even HIV and your partner pregnant. You and your partner may want to consider using protection such as condoms and an additional contraceptive method.</p> <p>» The decision to have sex is an important one, even if you have had sex in the past, you could decide to stop (practice abstinence) or practice safe sex. Resist the pressure to have sex just because other people want you to.</p> <p><b>USE:</b>  <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a>  <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #18]</a></p>	<p>Agree with him to seriously consider using condoms for dual protection and to talk to the health provider or reach out to his parents or a trusted adult on making decisions about relationships and sexual activity.</p>
	No	<p><b>SAY:</b></p> <p>» It is normal at your age to be focused on education and other activities and not be concerned with romantic relationships</p>	

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
2. Have you had sex?	Yes	<b>ASK:</b> » How old were you the first time? Are you sexually active now?  <b>SAY:</b> » The decision to have sex is an important one and even if you have had sex in the past, you could decide to stop until you feel ready or practice safe sex. » If you are not using any protection, you are exposing yourself and your partner to the risk of getting pregnant or getting a STI or HIV.  <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STI AND HIV COUNSELING CARD [CARD #18]</a>	Agree that he will resist the pressure to do risky practices (have multiple partners, unsafe sex) and to talk to his parents or a trusted adult about making decisions about sexual activity.
	No	<b>SAY:</b> » This is normal for a boy your age and I am happy you are also not thinking about these things yet. » If you have questions, do not be afraid to talk to me about it.	
3. How many sexual partners have you had in the last three months?	One partner only (wife for married boys and partner/ girlfriend for unmarried boys)	<b>SAY:</b> » To protect yourself from STIs and HIV, it's important that if you are sexually active, you are faithful to just one partner. If you and your partner are interested to know your HIV status/get tested for HIV, I recommend for both of you to come back together and we can get you tested and provide you with more information about preventing HIV. If you'd like we can also get you tested now and you can invite your partner later for testing.  <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</a>	Adolescent agrees on the importance of dual protection and safe sex, and to consider getting tested for HIV.
	More than one	<b>SAY:</b> » I strongly advise you that if you have multiple partners, you should protect yourself from getting an STI and HIV by always using condoms. Reducing the numbers of partners is also a good way to reduce your risk of STIs and HIV. Do you know your HIV status? If you are interested, we can refer you for HIV counseling and testing and give you more information about preventing STIs and HIV.  <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</a>	

**TOOL #8**

Older adolescent (15-19 years old), married or parenting boy

 Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
4. Do you know how pregnancy happens, and how to prevent pregnancy?	Yes	<b>ASK:</b> » Can you tell me more? From where or from whom did you learn about it?  <b>SAY:</b> » If you have any questions about it, do not be afraid to ask me and we can discuss any questions or clarifications you may have about it.	Adolescent agrees to not be afraid to talk and ask questions on the matter to the health provider, or to his parents, or a trusted older sibling/relative.
	No	<b>SAY:</b> » If you have any more worries, do not be afraid to ask me so we can discuss any questions or clarifications you may have about it. You can also talk to your parents or a trusted elder family member.  <b>USE:</b> <a href="#">BECOMING PREGNANT COUNSELING CARD [CARD #7]</a>	
5. Do you know what contraceptives are?  And have you and your partner ever used contraceptive methods before?	Aware of contraceptives	<b>ASK:</b> » Can you tell me more? Do you know the different methods of contraception? Do you have any questions?  <b>SAY:</b> » Did you and your partner/girlfriend, or wife (for married boys) have had any discussion regarding using contraceptives to prevent early and unintended pregnancy? If not yet, I highly advise you to start discussions about it.  <b>USE:</b> <a href="#">PREVENTING EARLY AND UNINTENDED PREGNANCY [CARD #18]</a> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	Agree with the adolescent to learn more about contraceptives, and consider using a contraceptive method.  Adolescent also agrees to talk to the health provider if he has questions or concerns.
	Unaware of contraceptives	<b>SAY:</b> » When a man and a woman want to have sex without having a child, they can use contraception to prevent pregnancy – such as condoms, oral contraceptive pills, injectable hormonal contraceptives, intrauterine device (IUD) and natural methods. These methods are available in the facility.  » If you're interested, we can talk about it now and I can explain to you more about the various contraceptive methods available in the health facility that you and your partner/wife could choose from. I can also help answer your questions and counsel you on your options.  <b>USE:</b> <a href="#">CONTRACEPTIVE METHODS COUNSELING CARD [CARD #12]</a>	

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
6. Do you know what a sexually transmitted infection (STI) is?	Yes	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me more? How did you learn about it?</li> <li>» Have you had a STI? Did you go to the clinic to have it checked? What kind of STI did the health provider say it was and were you treated?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» It is very important to take complete treatment for a STI to prevent it from getting worse.</li> <li>» If you are sexually active, it is important to always use condoms as protection from getting a STI or HIV and to prevent unintended pregnancy.</li> <li>» In case you think you may have symptoms of an STI, I'd like to refer you to a specialist for further checkup and tests, and for HIV testing and counseling.</li> <li>» Do not be afraid to ask me now if you have any questions, or to approach your parents or a trusted older family member to talk about it.</li> </ul> <b>USE:</b> <a href="#">PREVENTING STI AND HIV COUNSELING CARD [CARD #14]</a>	<p>Agree with him to not be afraid or talk to the health provider if he needs information about STIs and HIV.</p> <p>Agree with him to be a responsible partner to help protect himself and his partner from STIs, HIV and unintended pregnancy.</p> <p>Agree for him to be referred for further check-up or testing if he has any symptoms of STIs as well as to consider being tested for HIV.</p>
	No	<b>SAY:</b> <ul style="list-style-type: none"> <li>» Just so you know you can get an STI and even HIV, from having sex without a condom.</li> <li>» We can discuss it some more if you have any questions or want more information. I also would like to encourage you to talk to your partner/girlfriend or other trusted adults about it.</li> </ul> <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</a>	
7. Do you know what condoms are & do you know how to use condoms?	Knows what condoms are and how they are used	<b>ASK:</b> <ul style="list-style-type: none"> <li>» Can you tell me more? How did you learn about it?</li> <li>» Do you have any questions or concerns on how to use a condom?</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>» Do not be afraid to ask me now if you have any questions or concerns.</li> </ul>	<p>Agree with adolescent to seriously consider using condoms to protect himself, and to not be afraid to talk to the health provider if he needs more information about it.</p>
	Not familiar with condoms	<b>SAY:</b> <ul style="list-style-type: none"> <li>» You should know that using condoms during sex can prevent you from getting an STI or getting your partner pregnant. If you are sexually active, I encourage you to consider discussing and using condoms with your partner.</li> <li>» Do not be afraid to ask me now if you have any questions or concerns.</li> </ul> <b>USE:</b> <a href="#">DUAL PROTECTION AND SAFE SEX COUNSELING CARD [CARD #13]</a> <a href="#">PREVENTING STIs AND HIV COUNSELING CARD [CARD #14]</a>	

TOOL #8

Older adolescent (15-19 years old), married or parenting boy

Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
8. Has anyone ever touched you inappropriately?	Yes	<p><b>ASK:</b></p> <p>» Can you tell me more? Who was it? When did it happen?</p> <p><b>SAY:</b></p> <p>» I strongly advise you to report it to your parents or a trusted adult who could support you on what actions to take and help prevent this from happening again.</p> <p>» As much as possible, stay away from or avoid being near this person. Call for help if necessary.</p> <p><b>USE:</b></p> <p><a href="#">HARASSMENT AND SEXUAL ABUSE COUNSELING CARD [CARD #15]</a></p> <p><b>SAY:</b></p> <p>» If sexual assault has occurred, I will need check you further to see if you need additional care (follow GBV care protocol). We might need to test you for potential infection so we can give you early treatment or refer you for further medical checkup.</p> <p><b>USE:</b></p> <p><a href="#">CARING FOR VICTIMS OF GBV COUNSELING CARD [CARD #5]</a></p>	<p>Agree with him that he will stay away from or avoid being near the offender, and will call for help if needed. He should also report it to his parents or a trusted adult so they could support him.</p> <p><i>If sexual abuse has already occurred:</i> Agree with him that GBV protocols will be followed and explain to him what these protocols are. Inform him he will be referred for further medical checkup, testing and treatment as needed. He should also report the sexual assault to his parents or a trusted adult.</p>
	No	<p><b>SAY:</b></p> <p>» No one has the right to touch you in a way that makes you uncomfortable.</p>	<p>Agree with him to seek help if this ever happens.</p>



Questions about **SEXUALITY** and reproductive health (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
9. Is your partner/wife pregnant now or has been pregnant?	Is pregnant now	<b>ASK:</b> » If pregnant now, do you know how many months? Did you accompany/bring her for any antenatal checkup for her pregnancy yet?  <b>SAY:</b> » I strongly advise you to please bring your partner/wife to the health facility for important antenatal care services, especially is she's also a adolescent like you, it will be critical that she gets antenatal care to ensure that she's healthy and her developing baby is healthy too.  <b>USE:</b> <a href="#">IMPORTANCE OF ANTENATAL CARE COUNSELLING CARD [CARD #20]</a>	Adolescent agrees to bring/accompany his pregnant partner/wife to the health facility for Antenatal checkup.
	Yes Had been previously pregnant	<b>ASK:</b> » When was your partner's/wife's last pregnancy? How old was she then? Did she deliver through normal delivery or C-section? Was the baby okay? How old is your baby now?  <b>SAY:</b> » I highly encourage you to bring your partner/wife for postnatal checkup (depending on when she last delivered) to check her health, and for counselling on spacing her next pregnancy, as well as to get essential care for your baby including important vaccinations and to monitor your baby's growth and development.  <b>USE:</b> <a href="#">IMPORTANCE OF POSTNATAL CARE COUNSELLING CARD [CARD #21]</a> <a href="#">IMPORTANCE OF INFANT &amp; CHILD HEALTH CARE SERVICES COUNSELLING CARD [CARD #22]</a>	Adolescent agrees to bring/accompany his partner/wife (for postnatal care) and his baby to the health facility for checkup.
	No	<b>ASK:</b> » If not, are you using a contraceptive method now? Which one?  <b>SAY:</b> » If you are not using any contraceptive method now, I'd like to encourage you to consider using a method to protect your partner and prevent unintended pregnancy. I can give you some materials to read and give to your partner now but I'd like to ask you to please talk to your partner to come to the health center so we can discuss some more on contraceptive methods that would fit your lifestyle.	Adolescent agrees to talk with his partner and consider using contraceptives. Also agree to come back with his partner/wife to the health center for FP counselling.

## Questions about **SAFETY**

### Summary of PROTECTIVE factors:

- Shows appropriate decision-making and good problem solving skills related to dangerous situations
- Engages in non-violent conflict resolution

### Summary of RISK factors:

- Has been victimized through intra-familial, partner, cult/community or school violence
- Carries a weapon or reports easy access to weapons
- Reports a violent or abusive relationship

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
I. Does anyone bully, threaten or beat you?	Yes	<p><b>ASK:</b></p> <p>» Can you tell more about it? What kind (of bullying or hitting/beating is being done) and who is doing it? What do you do when this happens?</p> <p>If adolescent is being bullied:</p> <p><b>SAY:</b></p> <p>» I strongly encourage you to report it to your parents or a trusted adult and discuss what you can do to avoid them or to stop their bullying. As much as possible, avoid them or walk away if you can. You can also report them to authorities in your school or work, if necessary (if this is happening in school or at work).</p> <p>If adolescent has been beaten:</p> <p><b>SAY:</b></p> <p>» I will need to check you further for any physical injury and if you need medical care.</p> <p>» I also strongly encourage you to immediately report it to your parents or a trusted adult and discuss what you can do to avoid them and protect yourself. As much as possible, avoid them or walk away if you can, or you can also report them to the authorities if necessary.</p> <p><b>USE:</b></p> <p><a href="#">PERSONAL SAFETY COUNSELING CARD [CARD #16]</a></p>	<p>Agree with the adolescent to be checked further for physical injury, and to talk to his parents, teacher, trusted adult or to the authorities to report the incident</p> <p>Agree he will learn how to resolve conflicts without violence, treat others the way he wants to be treated and tell someone immediately if he is being bullied.</p>
	No	<p><b>SAY:</b></p> <p>» No one has the right to bully, tease or touch you.</p> <p>» You should also treat others the way you would want to be treated.</p>	

Questions about **SAFETY** (cont'd)

ASK	LISTEN	DISCUSS AND RECOMMEND	AGREE
<p>2. Do you feel you can resolve your conflicts or problems?</p>	Feels comfortable to resolve conflict	<p><b>ASK:</b></p> <p>» Can you tell me more what do you do when you face conflicts/arguments or disagreements?</p> <p><b>SAY:</b></p> <p>» Its good if you have a way to deal with conflicts/arguments or disagreements. I also want to encourage you to not be afraid to talk to a trusted adult (which could include a teacher) if you need help or just to talk through sorting out conflicts or problems.</p>	<p>Agree with the adolescent to talk to his parents, teacher, trusted adult if needed.</p>
	Resists conflict and resists resolving conflict	<p><b>ASK:</b></p> <p>» Can you tell me more what do you do when you face conflicts/arguments or disagreements?</p> <p><b>SAY:</b></p> <p>» Let's discuss and talk about ways that you could use when facing conflicts.</p> <p>» I also want to encourage you to not be afraid to talk to a trusted adult (which could include a teacher) if you need help on ways to resolve conflicts or arguments or even just to talk through sorting out conflicts or problems.</p> <p><b>USE:</b></p> <p>PERSONAL SAFETY COUNSELING CARD [CARD #16]</p>	
<p>3. How safe do you feel on your way to school or at school (for those attending school) or at work (for those working)?</p> <p>How safe do you feel in your community?</p>	Feels relatively safe	<p><b>SAY:</b></p> <p>» It's very good that you are conscious about your safety, whether at school or work or on your way there or to other places, or in your community. It would be good to develop a plan on how to immediately reach and contact family members in cases of emergency.</p>	<p>Agree with the adolescent to develop emergency plans with family and friends and to always carry their contact numbers.</p> <p>Agree to stay away from cults and illegal activities in their community.</p>
	No Feels unsafe	<p><b>ASK:</b></p> <p>» Can you tell more?</p> <p>» <b>For those attending school or work:</b> please describe what's at school or at work or going on there that gives you an unsafe feeling?</p> <p>» <b>If not attending school:</b> please describe what's going on in your community that gives you an unsafe feeling?</p> <p><b>SAY:</b></p> <p>» Whether you are in school or outside of school in your community, or at work, it is wise to be careful and always be aware of your surroundings. Talk to your parents or family members if you have seen or noticed suspicious characters, unusual cult-related or illegal activities in your community. As much as possible, stay away from them.</p> <p>» I also encourage you to have a plan with your family members or trusted friends on how to reach you, where you can go, or how you could contact them in case of emergency.</p> <p><b>USE:</b></p> <p>PERSONAL SAFETY COUNSELING CARD [CARD #16]</p>	

## References Materials used in developing the Adolescent Age and Life-Stage Assessment and Counseling Tools

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6. Puberty Book for Boys, and Puberty Book for Girls; Save the Children
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10. Adolescent Sexual Decision-Making Counseling Protocol, by MOH-Jamaica, Youth.now, UNICEF and USAID
11. Comparing Effectiveness of Family Planning Methods, USAID and WHO
12. Community Nutrition Workers – Counselling Cards (Maternal, Infant, and Young Child Nutrition in Malawi); IYCN and USAID
13. Developmentally-based Interventions and Strategies: Promoting Reproductive Health and Reducing Risk among Adolescents; FOCUS on Young Adults, February 2001
14. National Adolescent and Youth-friendly Job Aids for Service Providers in Primary Health Care Facilities in Nigeria, Federal Ministry of Health, Nigeria
15. WHO Guidelines for Medico-Legal care for victims of Sexual Violence, World Health Organization, 2006
16. Focused Antenatal Care Toolkit, from JHPIEGO
17. BASICS – Healthy Timing and Spacing of Pregnancy Toolkit, USAID
18. Birth Plan Brochure, from Pathfinder International

## NOTES

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# Puberty



## COUNSELING CARD #1

### What is puberty?

Puberty describes the physical changes that children go through as they become adults. During puberty, the bodies of children change. Girls grow breasts and begin menstruation. For boys, their voice and bodies change and they begin to look more like men. In general, boys and girls grow bigger and taller—their genitals grow and hair grows in new places. These changes can occur at different times. During puberty, a girl becomes physically able to have a baby and a boy becomes physically able to father a child.

#### Reminder:

- Just because a girl becomes able to have a baby does not mean she is ready to be a mother, or that the boy going through puberty is ready to be a father. It is only that their bodies are able to physically make a baby.
- With all these changes in your body, you should never be pressured or forced by anyone to have sex. The decision of when to have sex is important and you should wait until you feel ready. There are many fun things to learn and do as you grow during this exciting time—sex can wait until you are ready!
- Cleanliness is important during this time, so you should wash your body regularly, including your genitals, and take care of yourself.

### Questions that adolescents might ask:

#### At what age do boys and girls go through puberty?

Girls usually begin changes earlier than boys. Most girls notice changes between 8 and 13 years old, while boys notice them between 10 and 15 years old. Changes in your mind and body continue until around 20 years of age.

#### Is it normal for some boys and girls to mature earlier than others?

Yes. Girls and boys begin puberty at different times. Each person is different and goes through puberty at his/her own pace, but this is normal. However, if a girl does not start menstruating by the age of 16, she should see a health provider.

#### Why do many adolescents have skin problems during puberty?

During puberty, hormones are more active which leads to oil being produced by the skin. The oil blocks pores and mixes with germs to cause pimples or spots. To help keep skin clear, teens should shower regularly and wash their faces and hands frequently. Keeping clean is very important. If pimples and spots become infected or cause pain—visit a health provider.

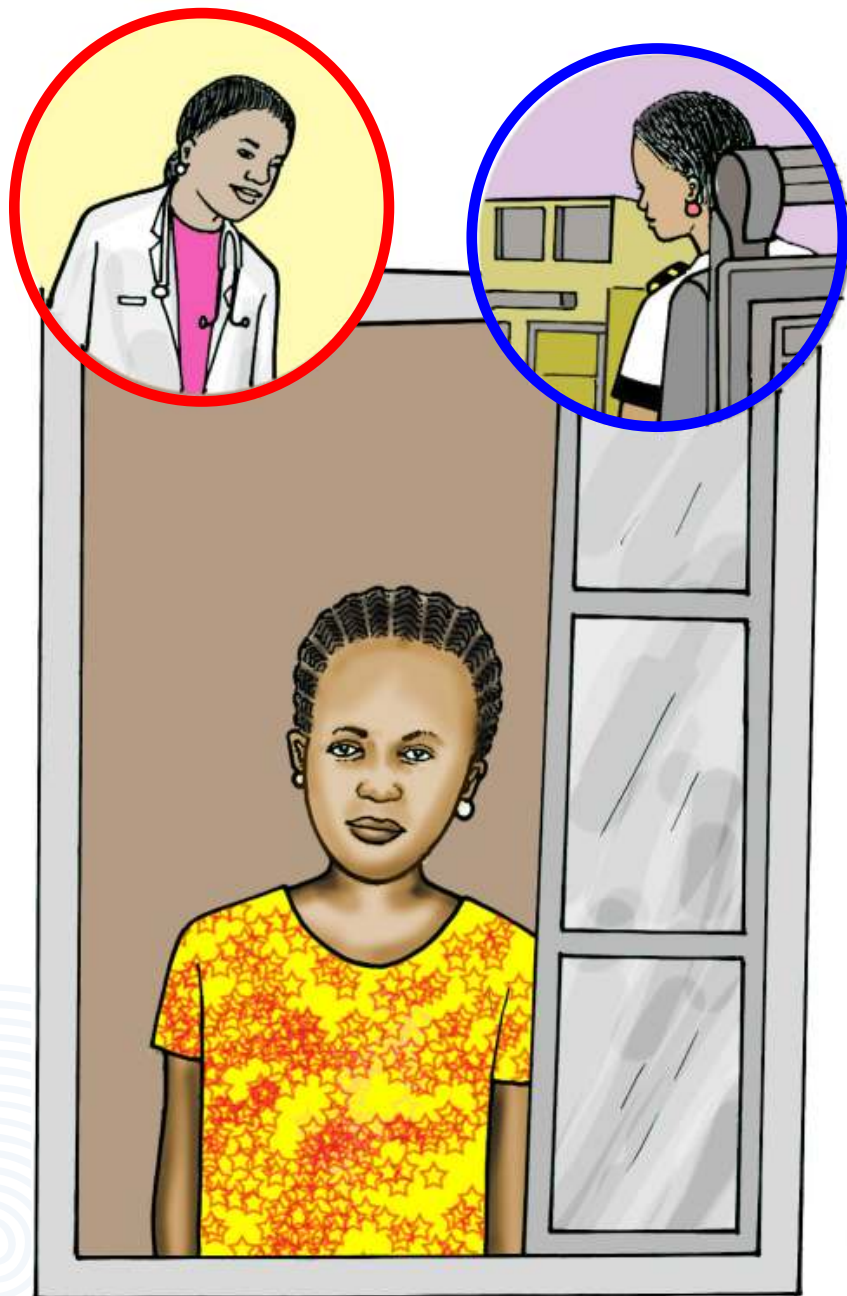
### So now what?

- Do you have any questions?
- If you are worried or have more questions about the changes you are seeing in your body, we can talk more. Try to talk to your parents or a trusted adult if you have questions or worries.
- You can also share what you have learned with your friends and invite them here.





# Puberty



# Body changes for girls

## COUNSELING CARD #2

### What are body changes for girls during puberty?

As an adolescent girl, there are many normal body changes you can expect as you go through puberty. It is important for you to know what is normal for your body to help you know what is not normal. For example, if you ever have secretions that smell bad or itch, this could be a sign of a problem, so you should visit a health provider.

Here are the normal changes you can expect:

You will see these changes:	You might also experience:
<ul style="list-style-type: none"> <li>• you will grow taller and may gain weight;</li> <li>• hair will grow in and around your pubic area and armpits;</li> <li>• your breasts will grow and become sensitive;</li> <li>• your hips will get bigger;</li> <li>• you may sweat more which can make you smell if you don't bathe;</li> <li>• your face may get oily and grow pimples;</li> <li>• you will begin menstruation;</li> <li>• your labia and clitoris will grow;</li> <li>• you will have vaginal secretions;</li> </ul>	<ul style="list-style-type: none"> <li>• mood swings—happy today, sad tomorrow;</li> <li>• concern about your appearance and actions—not wanting to feel different from friends and wanting to “fit in;”</li> <li>• shyness and sensitivity to comments;</li> <li>• attraction to others and sexual desire;</li> <li>• a desire for independence and privacy;</li> <li>• wanting others to understand your feelings;</li> <li>• wanting to form your own groups with girls only; and</li> <li>• a desire to please others.</li> </ul>

### Questions that adolescents might ask:

#### What are secretions?

Girls sometimes see secretions (whitish liquid) on their underpants or have a feeling of wetness around the middle of their menstrual cycle at the time of ovulation when their body has released eggs. Secretions are normal and mean you can become pregnant if you have sex.

#### As these body changes happen, how do I keep myself clean?

Washing your pubic area with soap and water is important. You should wear clean underwear every day. There is no need to put anything (powder, perfume or lotion) on, around, or inside your vagina as this could cause dryness, irritation or infection. Secretions are healthy and nothing to be embarrassed about.

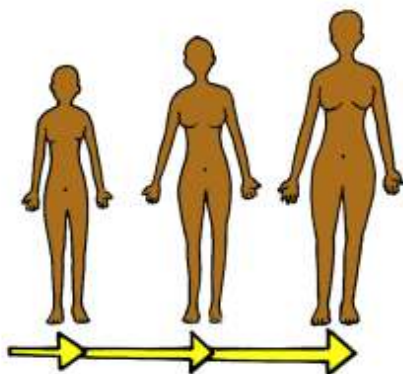
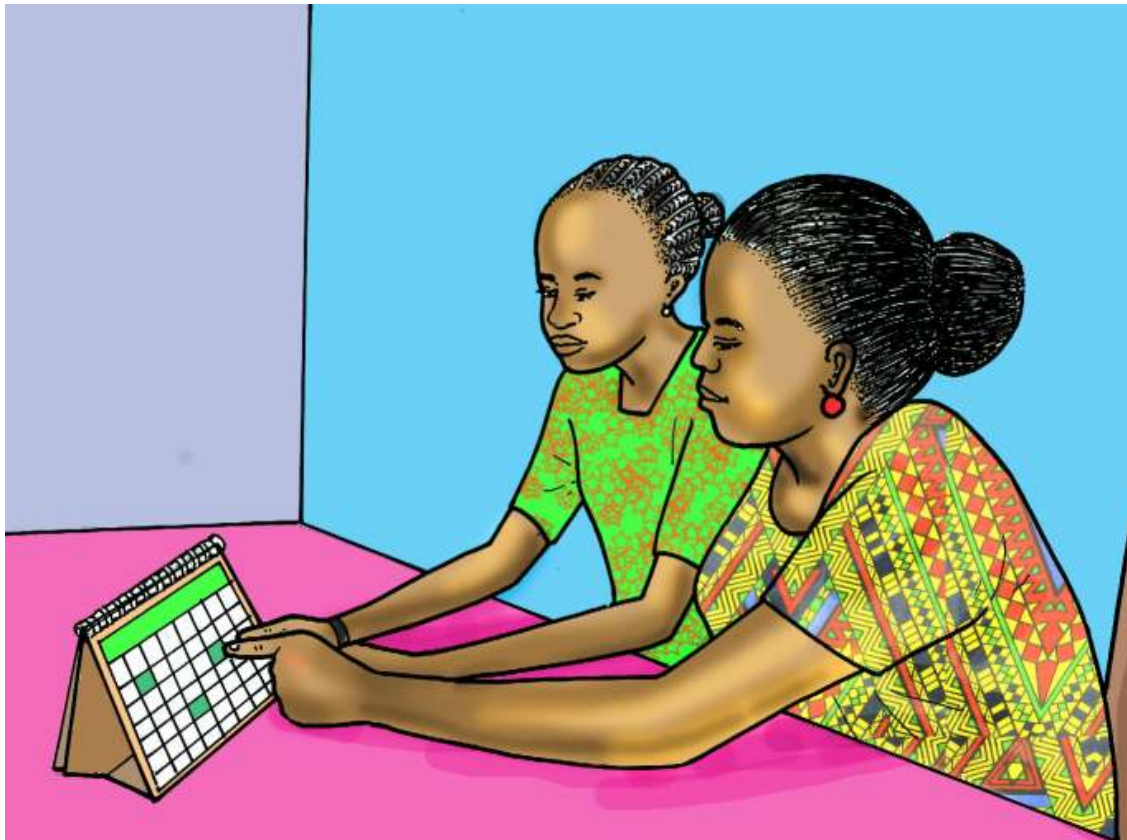
#### What are changes a girl might experience just before or during her period?

Around the time of your period, you may have cramps, pain, bloating, weight gain, swollen or painful breasts, skin problems, headaches, irritability, mood swings, anxiety, tiredness or sadness. These changes are known as premenstrual syndrome (PMS) and have to do with the body's hormones during the menstrual cycle. Taking pain medicine, hot water compresses, herbal teas, or other local remedies can help.

#### So now what?

- Do you have any questions?
- If you are worried or have more questions about the changes you are seeing in your body, we can talk more. Try to talk to your parents or a trusted adult if you have questions or worries.
- Ask an older sibling or family member about the changes they experienced during puberty.

## Body changes for girls





# Body changes for boys



## COUNSELING CARD #3

### What are body changes for boys during puberty?

As an adolescent boy, there are many normal body changes you can expect as you go through puberty. It is important for you to know what is normal for your body to help you know what is not normal. For example, if you ever have pain or unusual bulges in your pubic area, this could be a sign of a problem, so you should visit a health provider immediately.

Here are the normal changes you can expect:

You will see these changes:	You might also experience:
<ul style="list-style-type: none"> <li>• your shoulders will grow;</li> <li>• your body will grow muscles;</li> <li>• hair grows on legs, chest, face, under arms and in the pubic area;</li> <li>• your voice will start to change and crack;</li> <li>• you may sweat more which can make you smell if you don't bathe;</li> <li>• your face may get oily and grow pimples;</li> <li>• lengthening and widening of the penis &amp; enlargement of the testicles;</li> <li>• wet dreams and erections at random times;</li> </ul>	<ul style="list-style-type: none"> <li>• mood swings—happy today, sad tomorrow;</li> <li>• concern about your appearance and actions—not wanting to feel different from friends and want to “fit in;”</li> <li>• attraction to others and sexual desire;</li> <li>• a desire for independence and privacy;</li> <li>• wanting others to understand your feelings;</li> <li>• a desire to form your own groups with boys only; and</li> <li>• a desire to please others.</li> </ul>

### Questions that adolescents might ask:

#### What is an erection?

An erection is when the penis fills with blood and becomes hard and longer. It happens sometimes as boys think about sexual things or for no reason at all. Boys do not have control over when this will happen, but it's not a sign that he needs to have sex. Sometimes erections occur in places boys don't want them to, like in school.

#### What is ejaculation?

Ejaculation is when whitish liquid called semen comes out of a boy's/man's erect penis due to sexual excitement. Boys are not born with semen—they begin to produce it during puberty and continue to produce it throughout their lifetime. While ejaculation does feel good, there are risks! If the semen, which has sperm in it, is ejaculated into the girl's or woman's vagina, she may become pregnant. The semen can also carry diseases that could infect sexual partners. A boy does not have to ejaculate every time he has an erection. If he waits, the erection and sexual feelings will go away on their own.

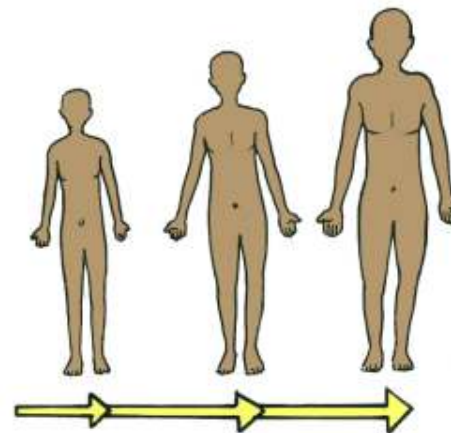
#### What are wet dreams?

A wet dream is when a boy's penis becomes erect, and he ejaculates while sleeping, which could cause underwear or the bed to be wet when you wake up. If you don't know about wet dreams, you could be worried or confused. Wet dreams are natural and normal.

### So now what?

- Do you have any questions?
- If you are worried or have more questions about the changes you are seeing in your body, we can talk more. Try to talk to your parents or a trusted adult if you have questions or worries.
- Ask an older sibling or family member about the changes they experienced during puberty.

## Body changes for boys



# Menstrual health

## COUNSELING CARD #4

### What is menstruation?

Menstruation is also called *monthly bleeding* or a *period*. It is the normal, healthy shedding of the lining of the uterus that comes out as blood through the vagina. Remember that staying clean is important during this time, so speak to a trusted adult to learn how to use sanitary products (pads or tampons) before you start your period. Pads or tampons should be changed frequently to avoid staining, smell and discomfort. This bleeding usually happens once a month and is a special sign that a girl's body is growing and preparing to have children in the future. This can last from 3 to 7 days on average, though it can be shorter or longer for some girls. It means she can become pregnant if she has sexual intercourse but does not mean she is ready to be a mother. Even though a woman stops menstruating during pregnancy, this is only temporary and menstruation starts again after she has the baby. This will continue until the woman is between 39 and 50 years of age.

**Reminder:** *Don't be scared when you first get your period. It is normal and it happens to all girls during puberty.*

Once you start having your period, you must be careful to avoid pregnancy.

- If you have sex with a boy without protection (such as a condom or other contraceptive) you could get pregnant. Condoms will protect against pregnancy and HIV and sexually transmitted infections (STIs), but all other contraceptives, such as the pill, the injection, and the intrauterine device only protect against pregnancy.

### Questions that adolescents might ask:

#### What is the menstrual cycle?

The menstrual cycle is the period of time beginning on day one of a monthly bleeding until the day before she begins the next monthly bleeding. Since this happens regularly, it is called a "cycle."

#### At what age does a girl start menstruating?

Some girls may start their period as early as age 9 or 10, but others may not get their first period until a few years later. Some girls have longer periods than others, some bleed more heavily and some do not get their period every month.

#### What products do girls use during menstruation?

Girls can use clean absorbent cotton sheets or cloth, that need to be regularly changed because they are not very absorbent and can easily soil your cloths. They also need to be washed, dried in the sun and be completely dry before they are reused. Sanitary pads or tampons can all be used. You can always ask your sister, mother, or another close female relative for advice on what to use and how to use it. Whatever you chose to use during your period, make sure to have it with you when you go to school or leave home so that you can change them every few hours and focus on school or being with your friends instead of worrying about staining your clothes.

#### Does menstruation hurt?

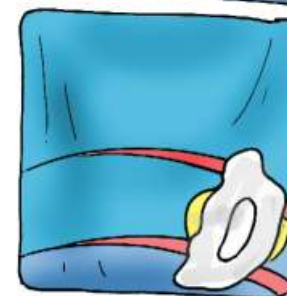
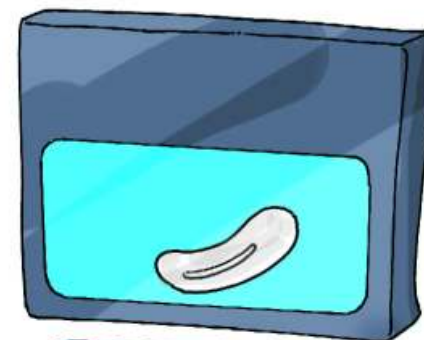
Some girls have no pain during their period while others have pain below their bellies or in their lower back. For some, the pain might be so strong that they need to take medicine to feel better. The reason you feel pain is because your uterus is pushing out its lining.

### So now what?

- Do you have any questions?
- Talk to your parents or a trusted adult about what products you can use during your period, especially when you go to school.
- Share what you have learned about your period with your friends so they have the right information. Tell them they can come here for any problems or advice about their period.



# Menstrual health



# Caring for survivors of gender-based violence

COUNSELING

CARD #5

## What kind of health care services are provided to survivors of GBV?

If you have experienced sexual violence, I am so sorry and I am here to listen and help you. After a sexual assault, you need complete, respectful and sensitive health care to help you with the health effects of the experience and to recover from a very stressful and traumatic event. What you should expect from the health facility:

1. Understanding, care and support without judgement;
2. They will take a complete history, conduct complete physical exam and gather evidence as needed;
3. Treatment of your injuries and counselling, or refer you for counseling;
4. Provide you with emergency contraceptives (if it has happened less than 5 days ago), conduct sexually transmitted infection (STI) testing and give you drugs against exposure to STIs & HIV as a precaution; and
5. Where it is legal, abortion services may be provided if you get pregnant as a result of the sexual assault.

In addition to providing you with immediate health care, we can refer you to other services, such as:

6. Information about social welfare and legal support;
7. Help to stay safe and away from the offender; and
8. Help to report the violence to the police, only if you choose to.

**Reminder:** To keep you and the provider safe, care will be taken to protect your privacy and confidentiality.

**Note to providers:** Although mandatory reporting to the police by the health care provider is not recommended by WHO, health providers should follow the laws about reporting gender-based violence in their country, as well as their national GBV referral system if it is in place.

## Questions that adolescents might ask:

### Is it true that only women and girls are affected by sexual violence?

Although the majority of survivors are women, men and children of both sexes also experience sexual violence. Since men and boys can also be survivors of sexual violence, sensitive care and confidentiality is also needed for them.

### Where does sexual violence happen?

Sexual violence can happen in many different settings including home, work-place, school and the community. In many cases, it begins in childhood or adolescence. Different countries have found high rates of forced sex (from 7%-37%) of teenage girls & boys who have reported being forced into sex at the hands of family members, teachers, boyfriends or strangers.

### What do I do if I have been abused by a relative?

If you can, get away immediately from this relative and talk to a trusted adult or health provider so you can be given care and support.

## So now what?

- Do you have any questions?
- If you have questions or worries about this, or if there is something bothering you that you'd like to discuss, please do not be shy to ask me.



## Caring for survivors of gender-based violence



# Abstinence and delaying first sex



## COUNSELING CARD #6

### What is abstinence? How does one delay first sex?

Abstinence means not having sex and making a commitment to yourself to not have sex for a period of time. Abstinence is the safest and most effective means of protection against both pregnancy and sexually transmitted infections (STIs) and HIV infection. Remaining abstinent means making a commitment to yourself and feeling strongly about the reasons why you want to delay sex: like going to secondary school, playing sports, or waiting for the right person. Abstinence is not easy. It requires the strength to say no.

Having sex has risks. You can avoid those risks by delaying sexual activity. When young people delay sex, it reduces the risk of unintended pregnancy, and getting infected with HIV and other STIs. Delaying sex is especially important for very young adolescents, who are often not prepared to handle the consequences of sex. The decision of when to have sex is important and you should wait until you feel ready. There are many fun things to learn and do as you grow during this exciting time—sex can wait until you are ready!

**Reminder:** Do not be pressured to have sex just to fit in. Remind yourself why you decided to abstain. Try to stay away from situations that make this difficult, like using alcohol or drugs that will affect your judgement and make it hard to handle the pressure and say no to sex. Because abstinence is not easy, it is important for you to know and understand the other ways to avoid pregnancy and STIs/HIV, including condoms and other contraception. These are all available at the health facility.

### Questions that adolescents might ask:

#### Can a couple still have a relationship even if they don't have sex?

Yes, it's possible for a young couple to have a relationship without having sex. There are many other ways to express affection that don't involve sex. There are also many things you can do to spend time together that you both enjoy without involving sex. If you have discussed it and both of you have decided that you are not ready for sex, it's an important choice for the two of you.

#### Some of my friends have had sex, and they've teased me about not having sex yet. What should I do?

Sometimes it's hard when friends pressure you. Things you see on TV or movies can also make the decision to be abstinent difficult. However, don't let pressure from friends, a girlfriend or boyfriend, TV or movies push you into something you are not ready for. Learn to stand up to your friends and be confident in your decisions. You can say something like: "I am proud of my decisions and I'm a stronger person for sticking to my values".

#### Can I be abstinent now even if I have had sex before?

Yes, it is possible. Even if you have had sex before, you can decide to stop altogether and make a commitment to abstain from having sex.

### So now what?

- Do you have any questions?
- If you are worried and have more questions about abstinence and delaying sex, we can talk and discuss some more.
- Try to talk to your parents or a trusted adult about this. You can ask them about their adolescent years, what they did to face pressure and their advice.





## Abstinence and delaying first sex



# Becoming pregnant

## How does pregnancy happen?

When a man and woman have sex, the man may release fluid (semen) into the woman's vagina. This fluid contains millions of sperm. When sex happens at the time in the menstrual cycle when the woman has just ovulated or released a mature egg, the sperm will travel through to the woman's fallopian tubes (tubes connected to the uterus) and fertilize the egg. Fertilization is when the sperm of the man and egg from the woman meet and the fertilized egg attaches itself to the lining of the uterus. It then starts to develop and grow to become the fetus (developing baby). This will grow inside the uterus into a fully-developed baby, lasting for around 40 weeks, starting from the first day of the last period.

Pregnancy does not occur with every act of sex. It is likely to occur when three things happen: 1) an egg must be present in the woman's fallopian tubes; 2) sperm must meet with the egg to fertilize it; and 3) the fertilized egg must attach itself to the lining of the uterus.

**Reminder:** There are days in a woman's menstrual cycle when she is "fertile" or most likely to get pregnant. This is when her body has released a mature egg. The most fertile period would be about 12 days into the menstrual cycle, and anywhere from the 8th to the 19th day of the cycle are generally fertile days. Men and boys have the ability to fertilize the egg or make pregnancy happen from his first release of fluid at puberty for the rest of his life.



## Questions that adolescents might ask:

### Can a woman get pregnant if the man removes his penis from her vagina before he releases fluid (semen)?

Yes. Pulling out before release does reduce the risk of pregnancy. But pregnancy is still possible as some men do not pull out in time and/or pre-ejaculate fluid that may have sperm that is secreted at the beginning of the sexual act.

### From what age can a girl get pregnant and can she get pregnant the first time she has sex?

When a girl starts having her period, it means that she is capable of getting pregnant if she has sex. Girls can even get pregnant before they have their first period. The majority of girls have their first period between 11 and 14 years of age, but it is hard to predict when you will have yours. If you are having sex before your first period there is a chance you could get pregnant.

### How can pregnancy be prevented?

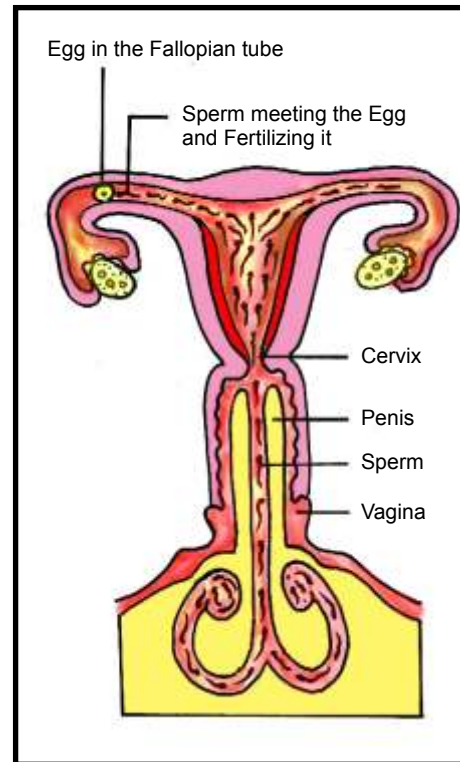
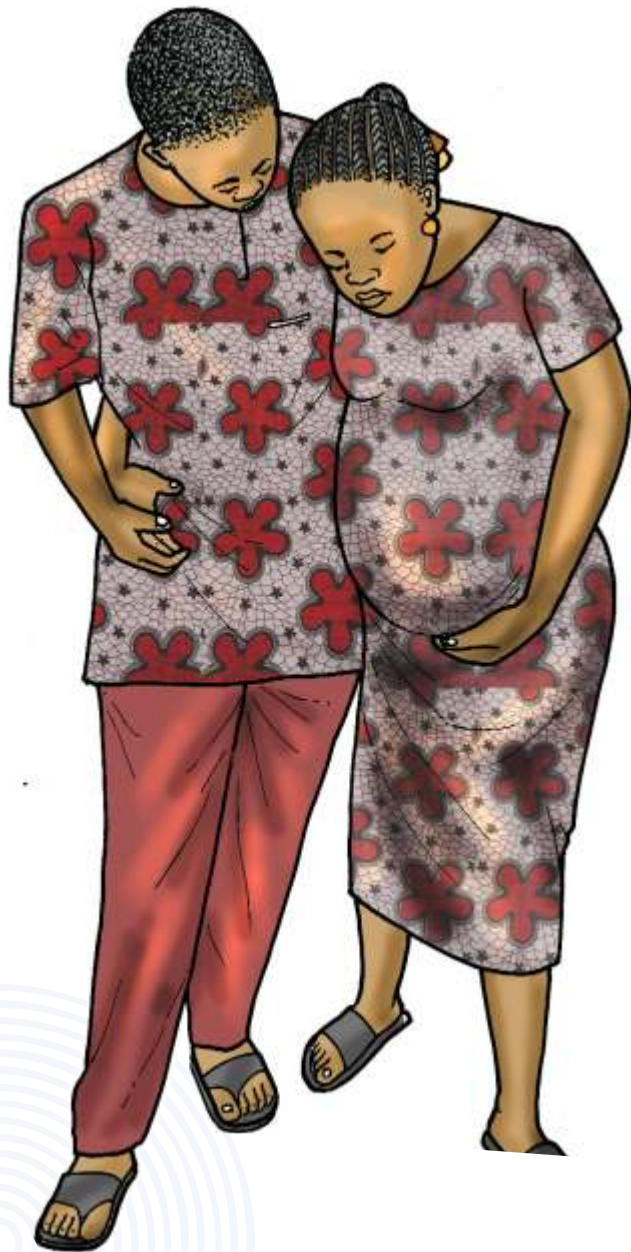
To prevent pregnancy, there are many methods, including abstinence (not having sex), fertility awareness methods that track your fertile periods so you can avoid sex during this time, and using contraceptive methods, such as condoms, implants, IUDs, injections and pills that are available at your health facility.

## So now what?

- Do you have any questions?
- If you are worried or have more questions about how pregnancy happens, or think you might be pregnant, let's talk more and have you take a pregnancy test.
- If you have had unprotected sex, you can be given emergency contraceptive pills that can help prevent pregnancy if you take it **within 5 days**. The sooner you take it after unprotected sex, the more effective the pills will be.



# Becoming pregnant



# Dangers of using tobacco, alcohol and drugs

## Why do some adolescents use tobacco, alcohol and drugs?

For many young people like you, being a adolescent is a time of change and curiosity. It is a time when you are highly influenced by others around you. You might see others using tobacco, alcohol and other substances, and might also see their negative effects. Young people use substances for different reasons—to feel and act older, to fit in with friends, to challenge adults, or to relieve stress. The use of tobacco, alcohol and other substances can lead to negative effects to your health when you are a adolescent and an adult.

### Dangers of using tobacco, alcohol and drugs:

1. Tobacco use can change the way you look by staining your teeth and making your breath smell bad. Most importantly, it's the main cause of lung cancer and heart disease.
2. Drinking alcohol interferes with your ability to make good decisions. We've seen many people regret decisions they've made after drinking, like getting into a fight, hurting someone or not using condoms.
3. Marijuana or harder drugs, like cocaine, narcotics or opioid-like drugs (such as tramadol which is popular in Nigeria) can cause short and long-term damage to the brain, liver, kidney and lungs. Injecting substances with shared needles and syringes greatly increases your chances of getting HIV.

**Reminder:** Tobacco, alcohol and drugs can cause addiction and dependency that impairs your judgement and ability to do normal everyday activities, and eventually changes your behavior. Under the influence of alcohol and drugs in particular, young people do risky things they would not normally do, like: drive dangerously, become violent or mean, or have sex without protection. In many cases, addiction that starts when you are a adolescent continues when you are an adult—like smoking. So as much as possible, stay away from these substances and learn how to say no to peers.

## Questions that adolescents might ask:

### What should I do if someone offers me any of these substances?

You can politely but strongly say no and walk away. Be brave, and try to resist being pressured into using tobacco, alcohol or other substances by people around you. You will find others who want to say no too, but may not have the courage. If someone offers you substances, talk to your parents or other trusted adults on how to help you avoid using them.

### My friends say smoking and drinking are things cool people do.

#### What do I say about this?

At first, it might seem cool and grown-up to smoke or drink alcohol as seen on TV or in the movies, but what is not being shown are the seriously harmful effects of these substances to your brain and body. So, tell them we should not always imitate what we see on TV.

### What if my parents or other trusted adults smoke or drink?

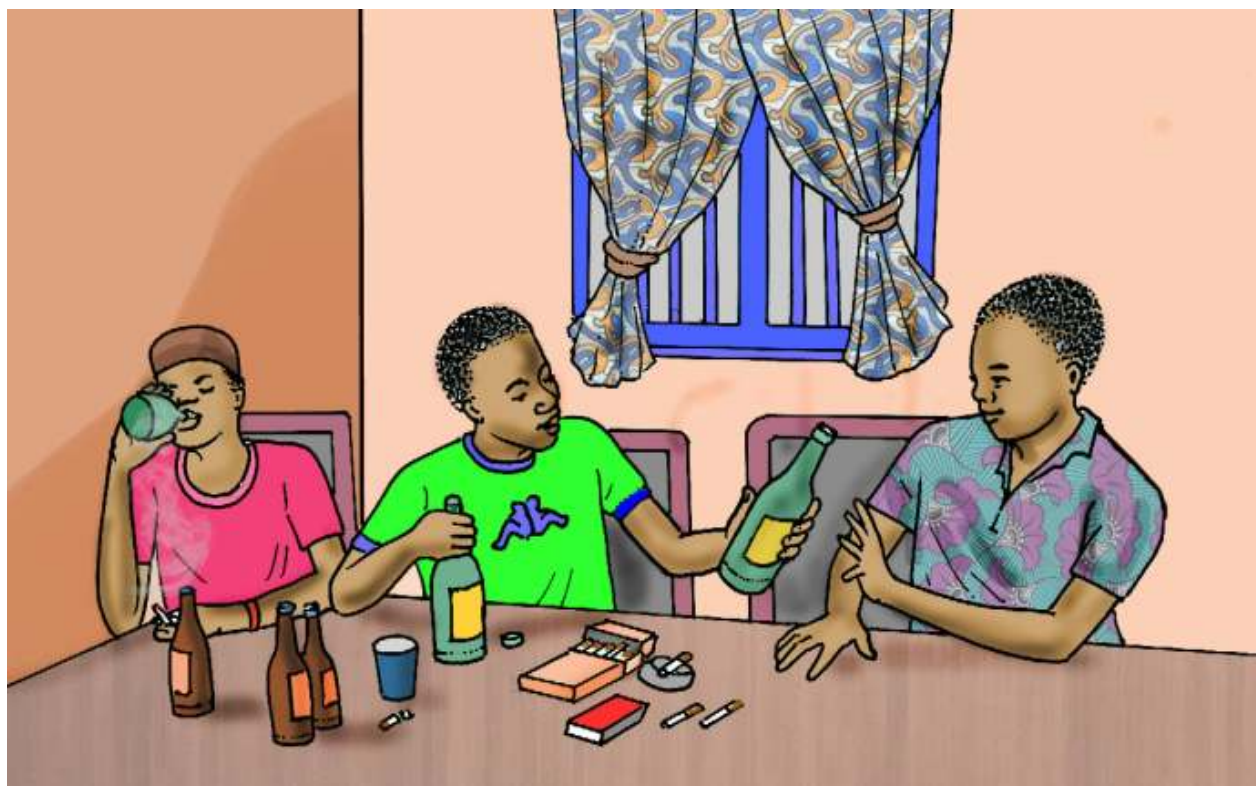
It may be confusing when you see adults smoke or drink when you know these are unhealthy. Drinking or using drugs when you are young, have even more severe effects on your body because you are still developing. These substances are highly addictive, so adults may have started using them when they were young and had trouble stopping. I'm sure if you asked them, they would also say not to start using these substances in the first place!

### So now what?

- Do you have any questions?
- Do not be shy to talk to your parents or a trusted adult on ways to stay away from people who are offering you to try these substances.
- Talk to trusted adults in your life who smoke and drink, and ask them if they could go back in time to when they were young, would they have started to smoke or drink alcohol if they knew the negative effects to their health?



## Dangers of using tobacco, alcohol and drugs



# Emotional well-being



COUNSELING

CARD #9

## What is emotional well-being and why is it important?

As adolescents, you are in a time of enormous change in your life which can be stressful. Young people often have the kind of stress (including the challenges of growing up) that might make them feel down, lonely or sad. Having anxious, sad and angry thoughts and feelings is a normal part of being a adolescent. However, if these thoughts or feelings last for more than a few days, and especially if they prevent you from carrying out your normal daily activities, this may be a sign of a more serious problem. Many adolescents like you have problems like anxiety and depression which are painful, and some adolescents even harm themselves as a result. We don't want this to happen to you or anyone you know. You can take steps to protect your emotional well-being, and caring people around you can help.

**Reminder:** Feeling anxious, sad or angry from time to time is normal, especially for adolescents as they go through changes. Reaching out and talking to close friends, your parents or other trusted adults can be helpful. They can give you comfort and support, and help you to talk things over and think things through clearly. They can also support you to get help, if needed.

## Questions that adolescents might ask:

### I sometimes get easily angry and stressed over problems. What do I do?

When you have strong and heavy feelings like this, try to stop, pause, take a deep breath and step back to give yourself space to think things over. Do not act hastily when you are under pressure or are feeling anxious, sad or angry. You may feel like doing something dangerous, like drinking, using drugs, picking a fight or driving fast to deal with these feelings, but actions like these will only put you and others at risk of injury.

### Is it normal for me to sometimes feel moody, angry, guilty or stressed?

When you are a adolescent going through changes, all of these new emotions are normal. Feeling anxious about growing up or having sexual feelings is normal and nothing to feel guilty about. Your friends feel the same way, even if they do not admit it. Acting on such feelings, however, is a big responsibility. Talking about your feelings to your parents, older siblings and other trusted adults who were also adolescents, can be helpful.

### My friends say drinking alcohol or taking drugs can help you relax.

#### Is this correct?

It is great to have good friends as it helps us feel connected and have fun. But some advice from friends is not always the best. Do not use tobacco, alcohol or other substances as a way of dealing with pressure, or if you are feeling anxious, sad or angry, because these substances can make these feelings worse. It is better to deal with your problems directly, instead of running from them by using a substance. Try to spend time doing things you enjoy, like talking and being with people you like, and doing physical activity or sports, which can help you "let off steam" and reduce stress.

## So now what?

- Do you have any questions?
- Do not be shy to reach out to your parents, close friends or a trusted adult when you are stressed or depressed. Talk with them and ask for their guidance and support on ways to deal with the stresses and strains of life in a healthy way.
- If you'd like, I can refer you to a specialist with whom you can talk to about what is bothering you and can help you find treatment if needed.





## Emotional well-being



# Healthy eating



## Why is it important what adolescent's eat?

Adolescents like you, need a healthy diet to grow and develop. A healthy diet contains a variety of foods in the major food groups, and enough food to meet the needs of your growing body. The five basic food groups are:

1. Starchy foods like rice and other cereals, potatoes, noodles and pasta
2. Fresh fruits and vegetables
3. Milk and dairy products such as yogurt
4. Meat, fish, poultry, eggs, nuts and legumes
5. Foods and drinks high in fat and/or sugar (i.e. soft drinks)

It is important that you eat a diet that is balanced across the five food groups. You should also choose foods that are low in salt and limit foods that have a lot of fat or sugar. You should also eat a good amount of food during this time of growth, because if you do not have enough to eat, you will become underweight. Not eating enough or properly will affect your growth and development as well as your ability to learn and work. Girls and young women who are underweight tend to have babies who are smaller and more likely to have health problems. On the other hand, if you have too much to eat, particularly foods high in fat and sugar, you can become overweight. Being overweight can lead to chronic health problems like diabetes, heart problems and social and emotional problems as an adolescent and later on. In addition to eating well, keeping active and doing exercise is also important to your health.

## Questions that adolescents might ask:

### I like to eat sweet snacks and drink soft drinks with my friends in between meals. Is this OK?

It is ok to eat unhealthy snacks sometimes, but not every day. Soft drinks has a lot of sugar and no nutrients so does not help our bodies grow. It is not something you should drink a lot of. If you develop healthy eating habits while you are a adolescent, you are more likely to continue these habits as an adult.

### I've heard that girls need to eat more iron-rich foods when they have their period. Is this true?

Girls lose blood during their period. If a girl is not eating sufficiently and has poor nutrition, she will likely develop a condition called anemia, where there's a low number of red blood cells that carry oxygen for her body. People with anemia may feel tired more easily, appear pale, develop rapid or pounding heart beats, and become short of breath. It's very important for girls to eat regular and adequate meals with plenty of foods rich in iron like meats, poultry, and dark green vegetables, especially when they are having their periods.

### I don't really have control over the food I get to eat at home. How do I make sure to get enough food and healthy food?

If you think that you are not getting enough food to eat at home, talk to your parents about healthy but cheaper alternative food items, and discuss about your body's need for enough healthy and balanced food now that you are growing. Let them know that eating enough and a wide variety of food is important for you to grow and develop normally. You can also talk to a health provider who can help by speaking to your parents and adults at your house about it.

## So now what?

- Do you have any questions?
- If you are worried and have more questions about eating healthy, we can talk more, and we can give you information about a healthy balanced diet to take home.
- Together with eating enough and having a balanced diet, you can also do physical activity (walking, jogging or other exercise) to keep healthy.





# Healthy eating



# Physical activity



## Why is it important to be physically active?

As you undergo this time of fast growth and development, being physically active is important for your health—not only now but also later in life. Physical activities may include sports like football, handball, frisbee and exercises like jogging. They also include daily activities that can get your heart beating fast, such as walking to school and working hard in the garden. Doing at least 30 minutes to one hour of physical activity on most, if not all days, can help you in the following ways:

- Physically: it helps your bones and muscles grow and develop and helps you stay fit and healthy.
- Mentally: helps to build your self-confidence and self-esteem and calms you down when you are anxious, sad or angry. Most people say that doing physical activity helps them focus, study and work better.
- Socially: participating in sports can help you meet people and make friends. It also helps you learn how to play by the rules, to cooperate with your team and dealing with winning and losing.

**Reminder:** If you have too little activity, it can lead to becoming overweight and develop health problems like obesity, diabetes and heart disease later in life. Girls may have a hard time finding a time and place to play sports. If this is the case, you can always try to form your own small group of friends and play ball in the park, or you could join community sports activities in your area.

## Questions that adolescents might ask:

### I already do a lot of work and chores at home. Do I still need to exercise?

Yes, you still need to. Although you may be doing some physical activities at home, (for example, mopping the floor or cleaning your room), you will still gain from the mental and social benefits of doing regular physical activity with others. Besides, playing actively outside with friends, getting sunlight and breathing fresh air will be good for your body and mind. You deserve to have time to relax too!

### Do I need to become a member of a team and do sports?

It would be good if you could be involved in a team or group sports since you can gain and learn a lot from being a part of a team. If you prefer more individual or small group activities, that is fine too. For girls, think about your safety if you chose to go for a run by yourself. It's always safer to go with 3–4 girls. What's important is that you stay active and get your heart beating fast by exercising for at least 30 minutes 3–5 times a week.

### When I'm outside playing football with my friends, why do I sometimes get dizzy and very thirsty?

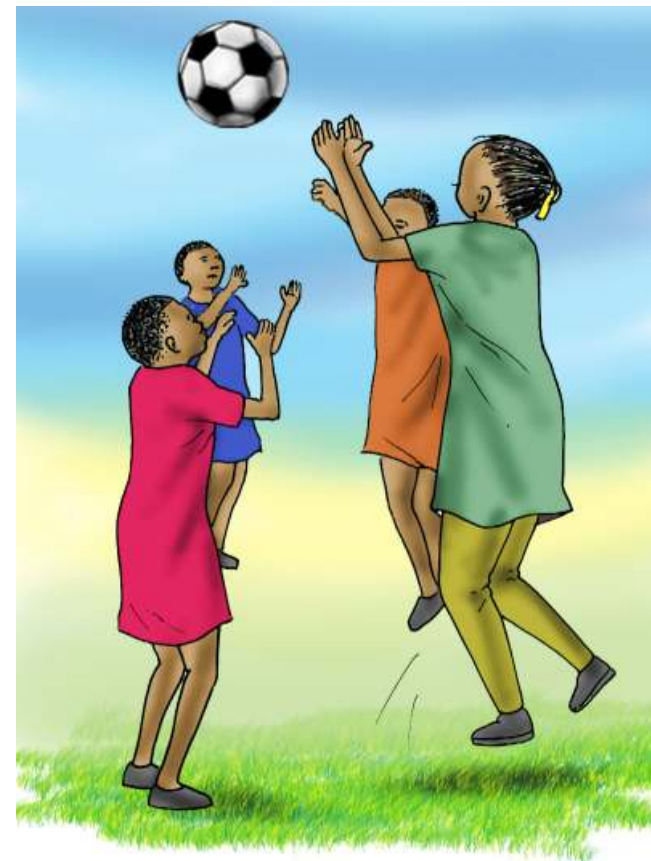
Remember that when you are playing outside under the heat of the sun, you sweat a lot and lose a lot of water. Your dizziness could mean that you are not hydrated, not drinking enough, or that your body is overheating particularly if it's a hot and humid day. It's very important to drink a lot of water, use a hat to keep your head cool, and take breaks every half to 1 hour especially when it's hot.

## So now what?

- Do you have any questions?
- Talk with your family about times you can set aside for exercise and fun. Encourage your family members, siblings or friends to join you in activities like walking or jogging in the park, sports or active games a few times a week.
- Check out the community sports or youth clubs which have activities in your area that you and your siblings or friends could participate in.



# Physical activity



# Contraceptive methods

## How to prevent pregnancy with contraceptive methods

When a man and a woman want to have sex without having a baby, they can use a method of contraception to prevent pregnancy. There are many types of contraceptives available at the health center or pharmacies. Sometimes women or men choose to use a method on their own, while other times, they decide together to use a method.

**Reminder:** All types of contraceptives are safe for adolescents—unless there's a medical condition that makes the contraceptive unsafe for use. It is important that you get checked first and be counselled by your provider so you can choose the contraception that is best for you. Long-acting reversible contraceptives (mainly IUDs and implants) may be a good option for adolescents as they are one of the safest, most convenient and effective type of contraception. They need very little maintenance which many adolescents like you enjoy. However, married & unmarried adolescents may have different contraception needs depending on their situation.

Contraceptives work to prevent pregnancy by preventing sperm and egg from meeting. Some methods use hormones that prevent ovaries from releasing eggs, while other methods block sperm from meeting with an egg. Some methods do both. **Remember that male and female condoms are the only contraceptives that prevent both pregnancy and STI/HIV. Even if you are using another contraceptive to prevent pregnancy, it is also a good idea to still use a condom to prevent STIs/HIV.**

Contraceptives can be grouped into:

**A. Temporary methods**—for those who want to space their children, which are:

- 1) **Long-acting reversible methods or LARCs:** Intrauterine devices (IUDs) and implants. These are devices with or without hormones, inserted in the uterus (IUDs) or under the skin of the upper arm (implants) that prevent sperm from meeting the egg. They release hormones preventing ovaries from releasing eggs.
- 2) **Short-acting reversible methods:** These include the male condom, female condom, and others that acts as a barrier and block sperm (spermicides, diaphragm, cervical cap). Other types prevent the sperm from meeting the egg or the egg implanting in the lining of the uterus like oral contraceptive pills, injectable hormonal contraceptives and emergency contraceptive pills (ECPs).

3) **Natural methods:** These include abstinence, fertility awareness methods, lactational amenorrhea method (LAM) and withdrawal (which is the least effective method).

For LAM: Immediately after delivering their baby, women can use the LAM method which is based on breastfeeding as a natural and temporary contraceptive method. There are three things required for LAM to work: 1) The mother exclusively breastfeeds her baby, and feeds often, day and night; 2) The mother's monthly bleeding has not returned yet; and 3) The baby is less than six months old. If any of the criteria is not met, LAM will not work.

**B. Permanent methods**—for those who want to limit their children:

Male sterilization (vasectomy), and female sterilization (tubal ligation).

These methods both require minimally invasive surgery that blocks connections to prevent sperm and egg to meet. These methods may not be the right choice for adolescents, as they are just starting their reproductive years.

**Note to providers:** There are many family planning counseling tools that you can use with clients interested in knowing about and using contraceptives such as the Balanced Counseling Strategy Plus methods (BCS+).

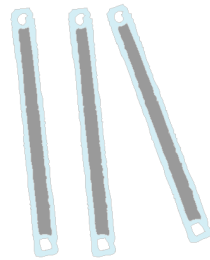
## So now what?

- Do you have any questions?
- If you are interested in learning more, or want to know more about using any of the types of contraception, we can talk more and I can give you advice to help you choose the method that is best for you.
- Talk and share with your partner what you've learned on the different contraceptives available to prevent pregnancy and ways to prevent STIs including HIV. Invite her/him to come to the health center with you to ask any questions and talk to a health worker for help to figure out which kind of contraceptive method is right for you.

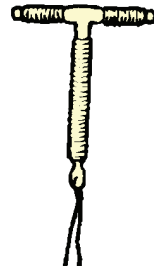
# Contraceptive methods

## COMPARING EFFECTIVENESS OF FAMILY PLANNING METHODS

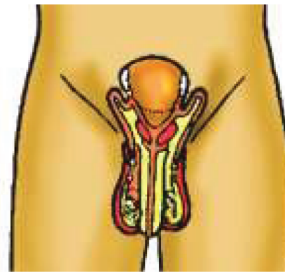
More Effective  
Less than 1 pregnancy per  
100 women in one year



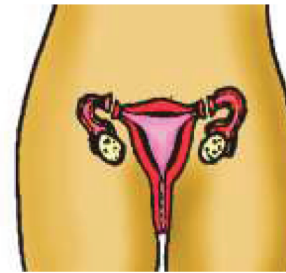
IMPLANTS



IUD



VASECTOMY

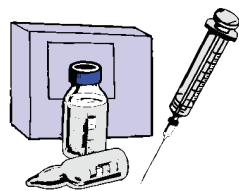


FEMALE STERILIZATION

How to make your  
method more effective

**Implants, IUD, female sterilization:**  
After procedure, little of nothing to do or remember

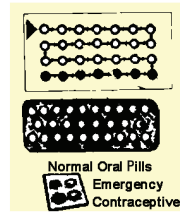
**Vasectomy:**  
Use another method for first 3 months



INJECTABLES



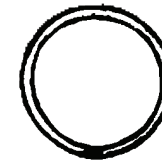
LAM



PILLS



PATCH



VAGINAL RING

**Injectables :**  
Get repeat injections on time

**Lactational Amenorrhea Method (for 6 months):** Breastfeed often, day and night

**Pills:** Take a pill each day

**Patch, ring:** Keep in place, change on time



FEMALE CONDOMS



DIAPHRAGM



Calendar Method



Temperature Method



Combined Method



Cervical Mucus Method

FERTILITY AWARENESS METHODS

**Condoms, diaphragm:**  
Use correctly every time you have sex

**Fertility awareness methods:**  
Abstain or use condoms on fertile days.  
Standard Days Method and Two Day Method may be easiest to use.



WITHDRAWAL



SPERMICIDES

**Withdrawal, spermicides:**  
Use correctly every time you have sex

Less Effective  
About 30 pregnancies per  
100 women in one year



# Dual protection and safe sex



## What is dual protection and safe sex?

Dual protection is when you prevent both sexually transmitted infections (STIs) including HIV and unwanted pregnancy at the same time by using condoms correctly and consistently, **in addition** to another form of contraception, like an implant, injections or pills.

Adolescents need to be aware of the importance of protection against both pregnancy and STIs including HIV. When used correctly and consistently, male condoms are the most effective way to prevent both conditions, although condoms can break if not used properly. Abstinence is the only method that 100% guarantees the prevention of both pregnancy and STIs. For this reason, in order to guarantee protection against both pregnancy and STIs, it is a good idea for boys to talk to their partner to find out what other contraception they are using. This should be done in a respectful and understanding way, because the prevention of pregnancy and STIs is the responsibility of both partners, NOT just one or the other.

“**Safe sex**” means taking steps before and during sex to prevent getting an infection or giving an infection to your partner and preventing unwanted pregnancy. Safe sex also involves getting tested for STIs each time you have a new sexual partner. Using condoms correctly and consistently, along with another form of contraception, is another way to practice safe sex. Safe sex also means that both people choose freely to have sex and is equally enjoyable.

## Questions that adolescents might ask:

### Is it possible to prevent pregnancy and sexually transmitted infections at the same time?

Yes, this is the purpose of dual protection—where a couple can use the male or female condom to protect against both pregnancy and STIs including HIV, or use a condom plus another type of contraception.

### What do I do if a condom breaks and we are not using another type of contraception?

If this happens, you are at risk of getting pregnant. You can be given emergency contraceptive pills (ECPs) that can help prevent pregnancy if you take it within 5 days of having unprotected sex. The sooner you take it, the more effective the pills will be in preventing pregnancy (ideally in the first 72 hours).

### Can you use two condoms at the same time for extra protection?

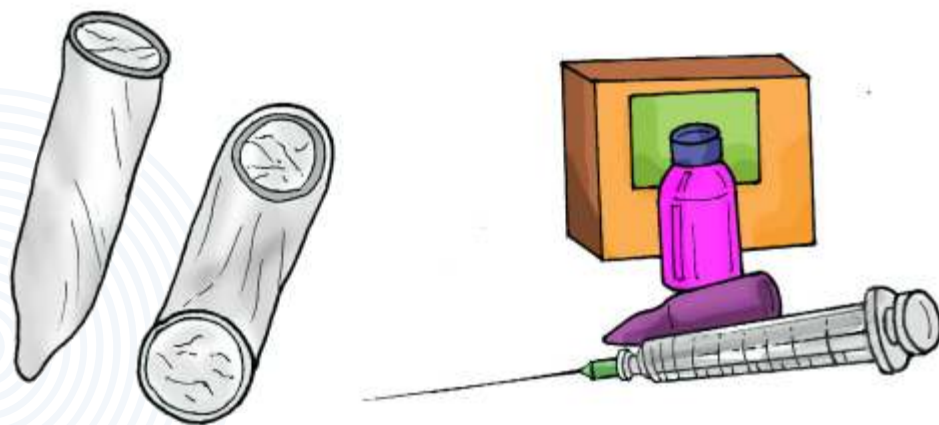
No, you should never use more than one condom at a time. Using two condoms actually offers less protection than using just one. Why? Using two condoms can make the condoms rub against each other, weakening the material and increasing the chance that the condoms will break or tear. The same is true if you are using a male condom plus a female condom.

## So now what?

- Do you have any questions?
- If you are worried and have more questions on this, we can talk more.
- If you are interested, we can also discuss the different types of contraception that you can use in combination with condoms to protect yourself and your partner.
- Discuss dual protection with your partner so that both of you can plan and be responsible to each other for the health and well-being of both of you. Your health, your relationship and your future will be affected tremendously in the event of an unplanned pregnancy or infection.



## Dual protection and safe sex



# Preventing STIs and HIV

## What are sexually transmitted infections (STIs) and HIV? How do you prevent them?

STIs are infections that are spread primarily through sexual contact, including vaginal, anal or oral sex. Some can also be spread through skin to skin contact with an infected area or sore. The most common STIs caused by bacteria and parasites are syphilis, gonorrhea, chlamydia, and trichomoniasis, which can be treated and cured. Others caused by a virus are hepatitis B, herpes, human papilloma virus (HPV), and human immunodeficiency virus (HIV). HIV and syphilis can also be transmitted from mother to child during pregnancy and childbirth, and through blood. Many STIs cause no symptoms, meaning you won't even know you have it, while others may cause discomfort, lower abdominal pain, abnormal vaginal discharge or genital ulcers. If these are not treated, some STIs can lead to severe complications later in life like cervical cancer, inability to have a baby and other long-term effects. Syphilis can cause heart and brain damage later on. HIV attacks the immune system causing damage gradually so it makes it hard for your body to fight other diseases. Acquired Immune Deficiency Syndrome or AIDS is the name used to describe a combination of potentially life-threatening illnesses which can develop if a person living with HIV stays without treatment and care. There is no cure for HIV infection, although taking anti-retroviral drugs (ARVs) can slow down disease progression and help people with HIV live longer, healthier lives. Condoms when used correctly and consistently, offer one of the most effective methods of protection against STIs, including HIV. Other ways include quickly recognizing suspected signs or symptoms of STIs and seeking care. Limiting the number of sexual partners also lowers the risk of getting an STI. If you have a partner, agreeing to only have sexual contact with each other also can help protect against STIs, as long as you've both been tested and know you are STI-free. Male circumcision has also been shown to reduce the risk of HIV infection and other STIs. If you don't have sex (vaginal, anal, or oral sex) you are not at risk for acquiring STIs.

**Reminder:** If you have had sex without a condom, you should consult a health provider to get tested for STIs including HIV. If you think you might have an STI, see a health provider immediately for treatment. Your sexual partner(s) will also have to be treated. Many STIs are treated easily.

## Questions that adolescents might ask:

### What are the signs or symptoms of an STI in men and women?

Some men and boys may experience pain when urinating, have discharge, and ulcers or sores on the genital area depending on the type of infection. Women and girls may also experience genital sores or ulcers as well as abdominal pain, unusual vaginal discharge and itching, pain when urinating or during sexual intercourse. If you are having sex and have any of these symptoms, you should seek care immediately and encourage your partner/s to get tested and treated too even if they don't have any symptoms.

### How do you know if someone has HIV? How do people get HIV?

There are tests that can tell if a person is infected with HIV. However, it's not possible to look at a person and know whether or not they are infected. A person can look healthy but be infected.

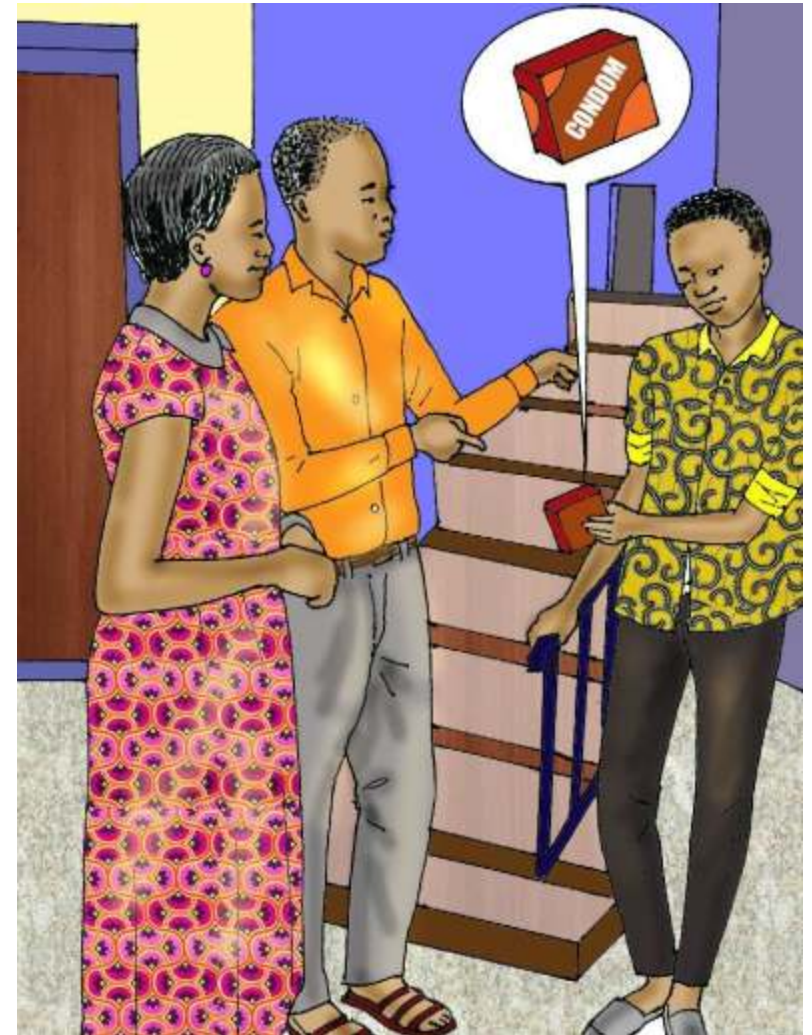
People can become infected with HIV through: 1) any type of unprotected sexual contact with someone who is infected; 2) the exchange of blood, mainly by sharing needles, and by blood transfusions; and 3) passing the virus from an HIV-infected woman to her baby during pregnancy or delivery or through the breast milk.

### So now what?

- Do you have any questions?
- Get an STI and HIV test if you've had unprotected sex.
- If you already have a partner, share what you have learned and talk seriously about preventing STIs and HIV, getting tested together, and how you can protect each other.



# Preventing STIs and HIV



# Harassment and sexual abuse

## What is harassment and sexual abuse?

Harassment is behavior that is offensive, disturbing or upsetting to someone, for example, someone being teased at school because their clothes are old and torn. When bullying behavior involves unwanted sexual comments, suggestions, advances or threats, it's called sexual harassment. Sexual harassment can involve comments, gestures, actions, or attention that is intended to hurt, offend, or intimidate another person, with a focus on things like what a person looks like, body parts, sexual orientation, or sexual activity. These can be unwanted sexual advances and requests for sexual favors such as men approaching girls on the way to school and asking them to be their wives. It could also mean unwanted touching (like hugging or patting your bottom) that makes you uncomfortable. Harassment can also be from people in authority such as a teacher, relative, health provider, police officer or community leader. In most countries, you can file a complaint with authorities if you are harassed.

If you are forced or coerced to have sex with someone, this is called rape, sexual abuse or sexual assault, and it is a serious crime. It can be forced touching or forced sex. Force in the case of rape, means using strength or obvious threats that scare the victim. Adolescents need to know that rape is illegal and a violation of human rights, and that you are legally entitled to the protection of the criminal justice system if you are the victim of rape. There are many reasons why people do not report being raped, including the fear of being shamed, or the fear that the abuser will go unpunished or seek revenge. If you have been raped, it is important to see a health provider as soon as possible so you can get support and health services including how to prevent unwanted pregnancy, STIs or HIV. Having the support of a trusted adult can be helpful during the process.

**Reminder:** Remember that a victim is never to blame for rape or sexual assault. Nothing you do makes you “deserve it”. It doesn't matter what you are wearing, where you are or with whom, what time you are out, or whether or not you seem interested. “No” & “stop” always mean no.



## Questions that adolescents might ask:

### What do I do if someone touches me in a way that makes me uncomfortable?

Your body is your own, and no one should touch you in a way that makes you uncomfortable. You have the right to say NO and ask someone to stop. If it makes you feel bad, try to quickly leave the situation. If this is happening to you, remember it is not your fault, and you should talk to your parents, a close relative, trusted adult or health professional for help.

### What if a man or woman wants to have sex but the other person does not?

Sex should be enjoyable and something both people agree to. No one should be forced into sex or do anything with their body that they do not want to do. If someone is inappropriately touching you without your permission, you should seek help immediately.

### Does sexual harassment only happen to girls?

Sexual harassment does not just happen to girls. Boys can harass girls, girls can also harass boys, boys may harass other boys, and girls may harass other girls. Sexual harassment isn't limited to people of the same age. Adults sometimes sexually harass young people.

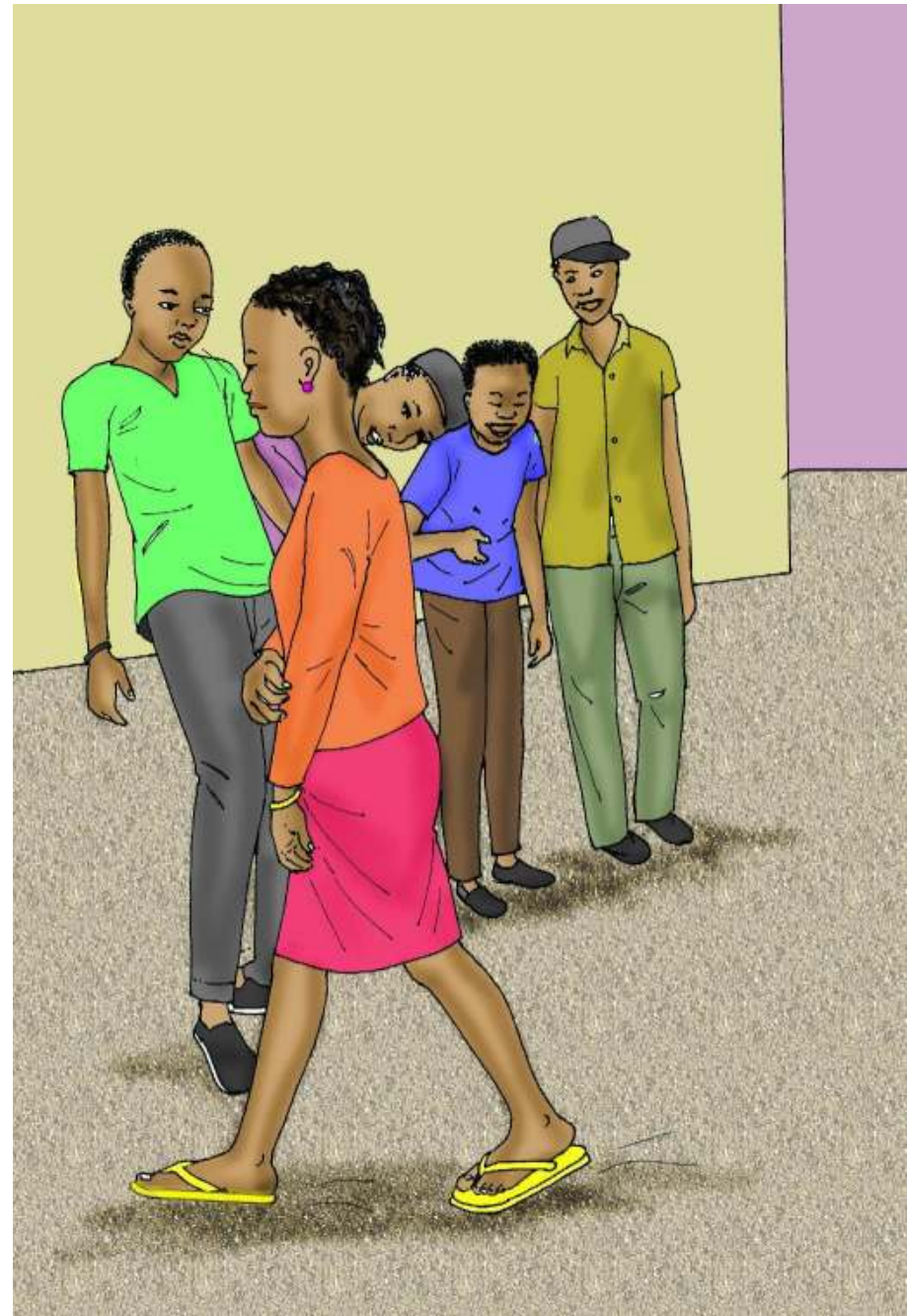
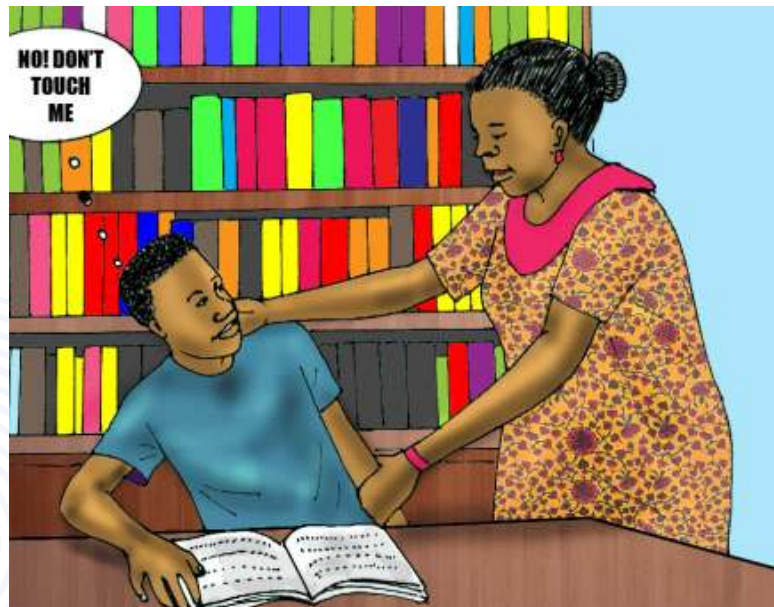
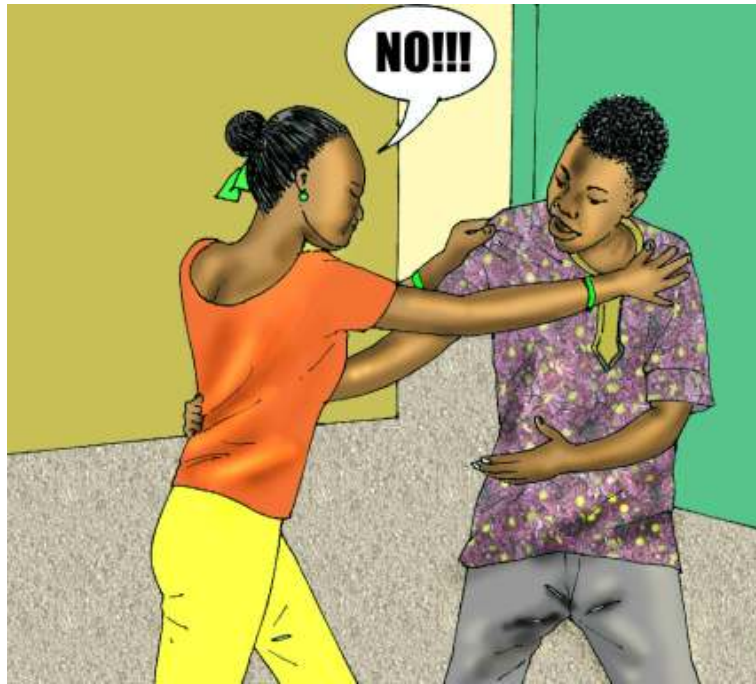
## So now what?

- Do you have any questions?
- Do not be afraid to talk to your parents or a trusted adult if you think you may have been harassed. Discuss what you can do to protect yourself. If necessary, report the actions of this person harassing you to trusted responsible adults or the authorities.





# Harassment and sexual abuse



# Personal safety

## Everyday safety: What you should know?

Did you know that injuries are a leading cause of death and illness among adolescents globally? Many of these are from car crashes and drowning. Injuries can happen anywhere: at home, in school, at work, on the road or in the community. These can and should be prevented.

There are many things you can do to reduce your chances of being hurt or killed as a result of an injury from car crashes or accidents:

- When in a car: Wear your seatbelt. Speak up if you think the driver is driving too fast. Never get in a car if you think the driver has been drinking alcohol.
- When on a bicycle or motorcycle: Use a helmet. Don't get on a motor taxi if you think the driver was drinking alcohol.
- When walking on the street: Be alert especially when it is dark or hard to see, but also during the day. If you are walking with a big group, stay off the road when possible.
- When crossing the road: Pay special attention and refrain from using your mobile phone.

As for steps to prevent drowning, if you don't know how to swim, you should avoid getting into water above your waist. Try to learn how to swim if possible. Even if you can swim, you shouldn't if you have consumed alcohol or other substances.



## Questions that adolescents might ask:

### Why do I need to wear a helmet when I ride my bike?

Helmets are a way to protect your head from injuries like cuts and skull fractures. We see many people with injuries from motorcycles here at the hospital.

### If my friend only had one beer, would it still be safe for them to drive and for me to ride home with them?

Everyone has different reactions to alcohol and even a small amount for some people could affect their judgement. The safest rule is to NOT get into a car with a driver who has been drinking. Instead, invite your friend to take a taxi home with you, or call a family member to pick you up.

### What should I do if there is a commotion or mass activities outside my school or in my neighborhood?

As much as possible, keep your doors locked and stay away from windows. Some mass activities can turn into violent situations so stay away from them and wait until it disappears before going out.

## So now what?

- Do you have any questions?
- Talk to your parents, family members, close friends or a trusted adult about having a plan in an emergency. Also discuss times when you do not feel safe during the day and how they can help you feel more safe.





## Personal safety



# Healthy timing and spacing of pregnancy



## COUNSELING CARD #17

### What is healthy timing and spacing of pregnancy (HTSP)?

Healthy timing and spacing of pregnancy refers to having children at the healthiest time in one's life and also having time between having children. The healthiest time for a girl to have a baby is after the age of 18. The healthiest spacing period to wait is 2 years after the birth of one child before your next pregnancy. This means, you would wait until your child reaches 2 years old before trying to get pregnant again. If you just lost your pregnancy due to a miscarriage or abortion, the healthiest spacing period to wait is 6 months before trying to get pregnant again. Practicing spacing between pregnancies by using an effective contraceptive of your choice is the safest way. Avoiding rapid repeat pregnancies, which means having another child less than two years from your last birth, allows mothers to recover well and regain health after pregnancy, while providing her with sufficient time to breastfeed for 2 years and care for her growing baby.

When couples choose to use contraception to better time and space their pregnancy, there is lower chance of babies having low birth weight, be premature, stillborn or die in childbirth. Mothers also have reduced health risks.

**Reminder:** Becoming pregnant too soon after a previous birth, miscarriage or abortion places mothers and newborns at higher risks of health complications or even death.

### Questions that adolescents might ask:

#### Why is it so dangerous to get pregnant if you are under 18 years old?

Girls who become pregnant are more likely to drop out of school which limits future opportunities. Adolescents who become pregnant, have a higher risk of high blood pressure, anemia, and prolonged or complicated labor because their bodies are not yet fully grown. Newborns of adolescent pregnancies are at risk of being born too soon, too small, or with a low birth weight.

#### What is the best way to delay pregnancy until age 18 or to space pregnancy?

For adolescent girls under 18 and their partner or spouse, they can practice abstinence, fertility-awareness methods, or use any safe and effective contraceptive methods of their choice. The important thing is that they openly communicate with their partner or spouse so that they make a responsible decision together as a couple.

#### How do men benefit?

HTSP also benefits husbands or fathers as it helps them plan financially and emotionally for their next child, while contributing to their sense of satisfaction of having supported their wife and whole family. HTSP also benefits communities by helping decrease deaths and illnesses among mothers and children.

### So now what?

- Do you have any questions?
- If you are worried or have more questions, we can talk more. If you have a partner or are married, discuss contraception that can help you have the healthiest timing and spacing of pregnancies.
- Please share what you have learned on healthy timing and spacing of pregnancy with friends. Invite them to come to the health center so they can learn about the range of contraception available.





# Healthy timing and spacing of pregnancy



# Preventing early and unintended pregnancy

## What is an early and unintended pregnancy and how do you prevent it?

An early and unintended pregnancy is when someone becomes pregnant at a time that was not planned or not wanted. This results from having unprotected sex, that is: not using contraception, or inconsistent and incorrect use of a contraceptive method. Adolescent girls have a high rate of unintended pregnancies for many reasons, such as pressure to have children early (when they are married early), not knowing how to avoid pregnancy, being unable to get condoms and contraceptives, refusal of use of condoms by their partner, or forced sex. Pregnancy has risks at any age, but delaying the first pregnancy for adolescent girls until 18 improves the chances that she and her baby will be healthy.

When young people like you delay and prevent early pregnancy through abstaining from sex or by using safe and effective contraception correctly and consistently, it gives you and your partner the opportunity to complete your education and pursue job opportunities without the pressure of caring for children.

**Reminder:** As a health provider, I want you to have the best chance at finishing school, and avoiding pregnancy is one of the best ways to help this happen. You can also practice dual method protection by using a condom and another type of contraception to prevent pregnancy and STIs including HIV.

### So now what?

- Do you have any questions?
- If you'd like, we can talk more about the types of contraception available at the health facility.
- If you have ever had sex, or are thinking about having sex, talk seriously with your partner about this and how to protect yourself from unintended pregnancy or STIs including HIV.

## Questions that adolescents might ask:

### What should a woman do if she has unprotected sex or if the condom breaks or comes off?

She should go immediately to the health center where she can be given emergency contraceptive pills which can help prevent pregnancy if they are taken within 5 days after unprotected sex, but the earlier they are taken the more effective they are in preventing pregnancy so its best to get emergency contraception within the first 48 hours after unprotected sex.

### What should I keep in mind before getting pregnant?

Having a baby is a serious decision because it will change your life forever.

You should ask yourself some questions:

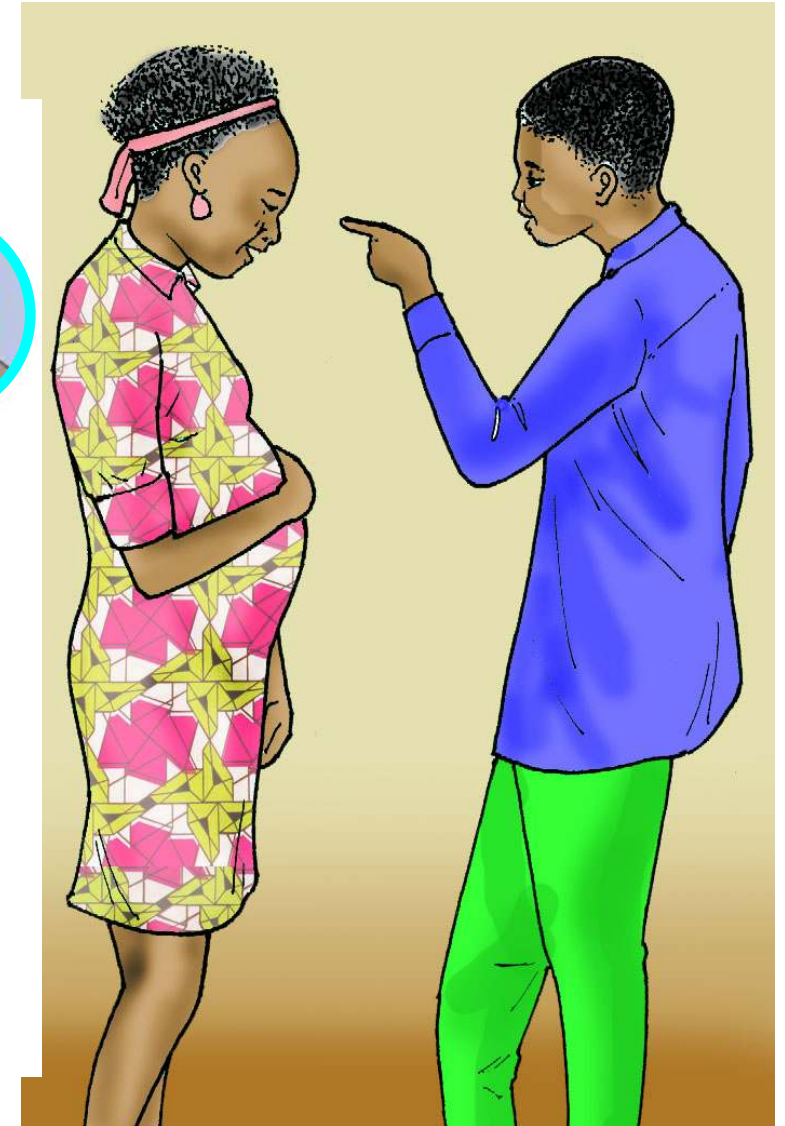
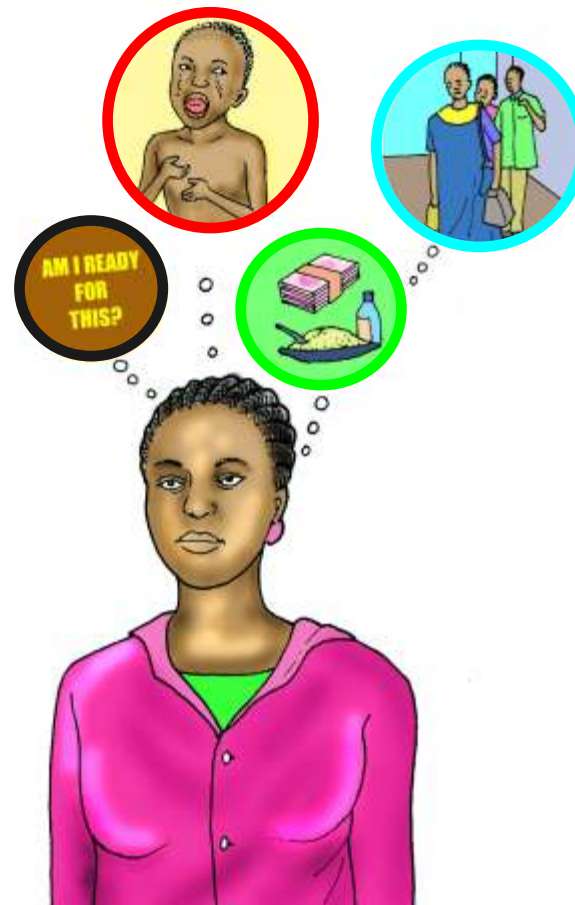
1. Are you emotionally ready to care for a baby? (are you able to emotionally sacrifice some time and activities to care for your baby?);
2. Are you financially ready to support the needs of a baby? (do you have the money to support your baby?);
3. Are you willing to compromise your education to raise your baby? (will you be able to continue to go to school or will you have to leave school?);
4. Do you have a partner who will be supportive? (will your partner support you and your baby emotionally, financially and by providing childcare?);
5. Do you have parents or caregivers that will be supportive? (will they support you and your baby?);
6. Are you able to live within the customs of your community if you are an unmarried single mother? (will you be discriminated against and not accepted?);

### Can a girl get pregnant the first time she has sex?

Yes, a girl can get pregnant the first time she has sex. Anytime a girl has vaginal sex, she is at risk for becoming pregnant, even the first time! Even if a guy ejaculates outside of but near a girl's vagina or pulls out before he ejaculates, a girl can get pregnant. It's also possible to get an STI including HIV anytime you have any kind of sexual contact (oral, anal, or vaginal), including the first time.



# Preventing early and unintended pregnancy



# Pregnancy checklist

## Ensuring the adolescent is not pregnant before providing a contraceptive method.

If you are interested in using a contraceptive but are not sure whether or not you are pregnant, it is very important to first exclude this possibility before proceeding with a family planning consultation. Pregnancy is a contraindication for most methods except barrier methods such as condoms.

I'd like to know and check **if you have had any of these signs and symptoms:** missed your last period, have tender or swollen breasts, experience nausea with or without vomiting, have increased urination, fatigue, food aversions or cravings. If you have any of these, it is possible that you may be pregnant. In addition, we will also ask you some questions to determine if you are pregnant or not, even before we use a pregnancy test. This is called a Pregnancy Checklist, with these questions:

Questions	If Adolescent client answers:	
Did you have a baby less than 6 months ago? If so, are you fully or nearly fully breastfeeding? Have you had any monthly menstrual bleeding since giving birth?	YES*	NO
Have you abstained from unprotected sex (no method of family planning) since your last menstrual bleeding or delivery?	YES*	NO
Have you given birth during the last 4 weeks?	YES*	NO
Did your last menstrual bleeding start within the past 7 days (or within 12 days if you plan to use an intrauterine device (IUD)?	YES*	NO
Have you had a miscarriage or abortion in the last 7 days?	YES*	NO
Have you been using a reliable contraceptive method consistently and correctly?	YES*	NO

*\* Once the client has answered YES to one of the questions, it is not necessary to continue asking the remaining questions.*

## COUNSELING CARD #19

### Decision making based on the adolescent client's answers:

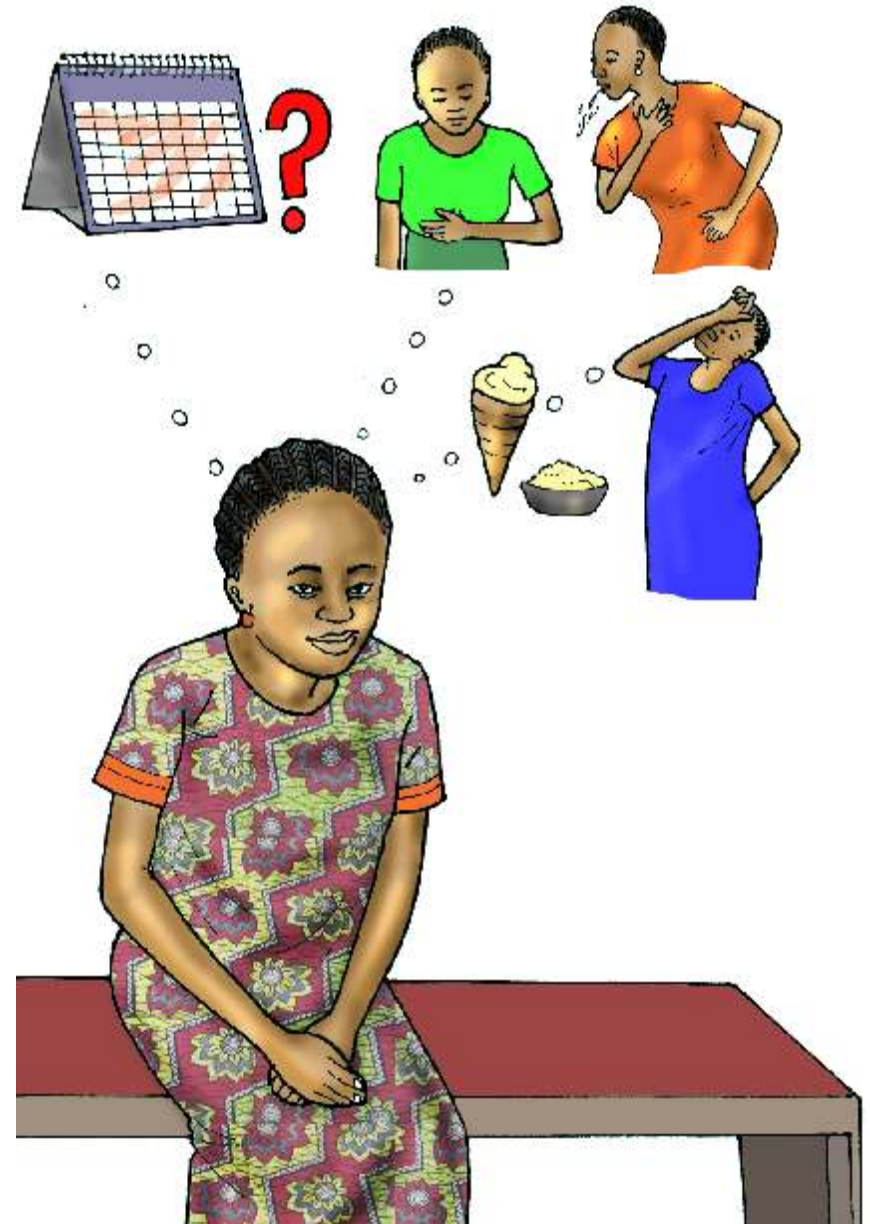
- If you answered **"YES" to ANY** of the previous 6 questions, and are **free of signs and symptoms of pregnancy** (missed period, tender or swollen breasts, nausea with or without vomiting, increase urination, fatigue, food aversions or cravings) then:
  - Pregnancy is unlikely and improbable, and we can go ahead to counseling you on the various contraceptive methods available where you can choose the method you prefer and that can be provided to you.
- If you answered **"NO" to ALL** of the previous 6 questions, then:
  - Pregnancy cannot be ruled out/dismissed and we need to do a pregnancy test (*if available*), or we will refer you to our antenatal clinic.
  - As we are not sure if you are pregnant, for now we will provide you with a back-up method such as condoms, to use until your menstrual period returns.
  - In the meantime, I'd like to advise you to return to the health center on the first day of your menstrual period so we can give you more detailed counseling on the various contraceptive methods available that you can choose from. Afterwards, we can provide with your preferred method immediately.

### So now what?

- Do you have any questions?
- If you are interested to learn more about various contraceptive methods, we can discuss it further and I can counsel you on these various contraceptives that are available. (*Note: Health provider can also use Counseling Card #12 to give additional information.*)



# Pregnancy checklist



# Importance of antenatal care



## COUNSELING CARD #20

### What is antenatal care and why is it important?

Antenatal care (ANC) also referred to as prenatal care, is the set of health care services provided to pregnant women once they are confirmed to be pregnant, and throughout the period of pregnancy and is provided in government health facilities, private health care facilities and outreach programs. If you are pregnant, it is highly recommended that you attend antenatal care at least four times during your pregnancy, starting from the time your pregnancy is confirmed. It's important that you don't delay, and go as early as possible once you know you are pregnant. Getting good antenatal care is essential for both you and your baby's health.

For adolescent girls, ANC visits are very important especially if it's your first pregnancy since first pregnancies have higher risks. These visits are your opportunity to get a full checkup and care, counselling and necessary health education and information on pregnancy, childbirth and spacing the next pregnancy. The check ups also help to timely detect any medical conditions that need immediate attention like high blood pressure, malaria, STIs including HIV & tuberculosis) They can also give you treatment, or refer you to a specialist if needed, and counsel you on how to prevent passing the HIV virus to your baby in case you are HIV positive. You will also be given iron and folate tablets to take, tetanus toxoid shots, and possibly an insecticide-treated bed net to prevent getting malaria. Your provider will also advise you on pregnancy danger signs, help you develop a birth plan, and encourage you to deliver in a health facility where a skilled health provider will assist your delivery. As a general rule **all women, especially young pregnant girls and first time mothers, are at risk for complications and should receive good antenatal care.**

**Reminder:** The schedule of antenatal care visits are as follows: the 1<sup>st</sup> visit should be done as soon as your pregnancy is confirmed (or usually under 16 weeks of your pregnancy). It is very important to go early! The 2<sup>nd</sup> visit can be anytime from 16–28 weeks of your pregnancy; the 3<sup>rd</sup> visit can be from 28–32 weeks of your pregnancy; and the 4<sup>th</sup> visit can be between 32–40 weeks of your pregnancy.

### Questions that adolescents might ask:

#### What should I do if I'm not sure whether or not I'm pregnant?

Go to your health center if you have missed your menstrual period, especially if it has been more than 6 weeks. They can use the pregnancy checklist, and a urine sample for pregnancy test will determine whether you are pregnant or not. Once pregnancy is confirmed, you should go for your first antenatal care visit.

#### What are the danger signs during pregnancy?

Important danger signs of pregnancy are: vaginal bleeding or spotting; high fever and chills; convulsions; severe headache with blurred vision; severe abdominal pains; fast or difficult breathing, and swelling of the feet, hands and face.

#### What is a birth plan?

A birth plan is a preparedness plan by the pregnant woman and her family for delivery of her baby. It has the following information: expected date of delivery; which health facility she plans to deliver at; nearest referral center in case of complications; who will bring her to the facility; how she will get there; does she have a support person for the birth; does she have money for delivery; who will make decisions for her in case of emergency; who will donate blood if she needs a blood transfusion. It also ensures that she has collected basic supplies for the birth (clean delivery supplies, clothes for the baby, hygienic items, others)?

### So now what?

- Do you have any questions?
- If you are pregnant, make sure you go for antenatal care services as soon as possible.
- Talk to your partner and/or mother-in-law about the importance of antenatal care and make sure they will help ensure you attend these services for you and your baby's health.





## Importance of antenatal care





# Importance of postnatal care

## What is postnatal care and why is it important?

Postnatal care (PNC) is a set of health care services provided to the newly delivered mother and her newborn baby during the period after childbirth. Postnatal care happens during the first 24 hours following childbirth to detect any problems. For the newly delivered mother, particularly for adolescent mothers, this early period is a dangerous time when postpartum bleeding could start. The baby is watched for any problems with breathing, temperature, breastfeeding, and bleeding from the cord.

Regardless of where the birth took place, you and your baby will need at least four postnatal visits and checkups in the first 6 weeks after delivery:

1. within the first 24 hours;
2. 3 days after birth;
3. between 1 and 2 weeks (days 7–14) after birth; and
4. 6 weeks after birth.

These checkups are also an opportunity for your health provider to counsel you and your family on preventative care, detect danger signs, and encourage you to seek health care as needed, breastfeeding and the need to space next pregnancy for at least 2 years. She will inform you about the importance of family planning in the post partum period and available methods to choose from. This is called postpartum family planning.

You can expect the following activities as part of routine postnatal care services:

- Checking your general health and your baby's health.
- Counselling you on types of contraception, and providing the method you choose.
- Counselling you on breastfeeding, nutrition, hygiene, rest, and newborn care including care of the umbilical cord.
- Counselling on danger signs for the newborn and when to seek urgent care.
- Counselling on sleeping under an insecticide-treated bednet in areas with malaria.
- Promoting birth registration and immunization of the newborn according to national schedules.
- Promoting daily iron and folate supplements for 3 months in areas where anemia is prevalent.

**Reminder:** The following are danger signs to watch for during postpartum period: heavy bleeding, high fever, and bad-smelling vaginal discharge.

## Questions that adolescents might ask:

### Can a mother who recently delivered use a family planning method?

Yes, life becomes busy after having a baby, so starting a contraceptive method right after childbirth will assure you do not get pregnant when you have a return of your menstrual cycle and it will be one less thing to worry about. During the early period after delivery, you can immediately use lactational amenorrhea method (LAM) when you breastfeed your baby completely and consistently (at least 8–12 times per day). You can also be given pills (progesterone only pill) that won't affect the flow of breastmilk. If you are interested, you can also be given an intrauterine device after being checked by your doctor.

### Is it normal for a mother who recently delivered to have some bleeding?

After delivery, it is normal for new mothers to have some bleeding and notice some clumps of blood. However, it should not be a lot and the color will gradually change from red into more whitish colored discharge and lessen within the first week or so. If you notice heavy bleeding or big clumps of blood (about the size of your fist), you should immediately go to the health facility for consult.

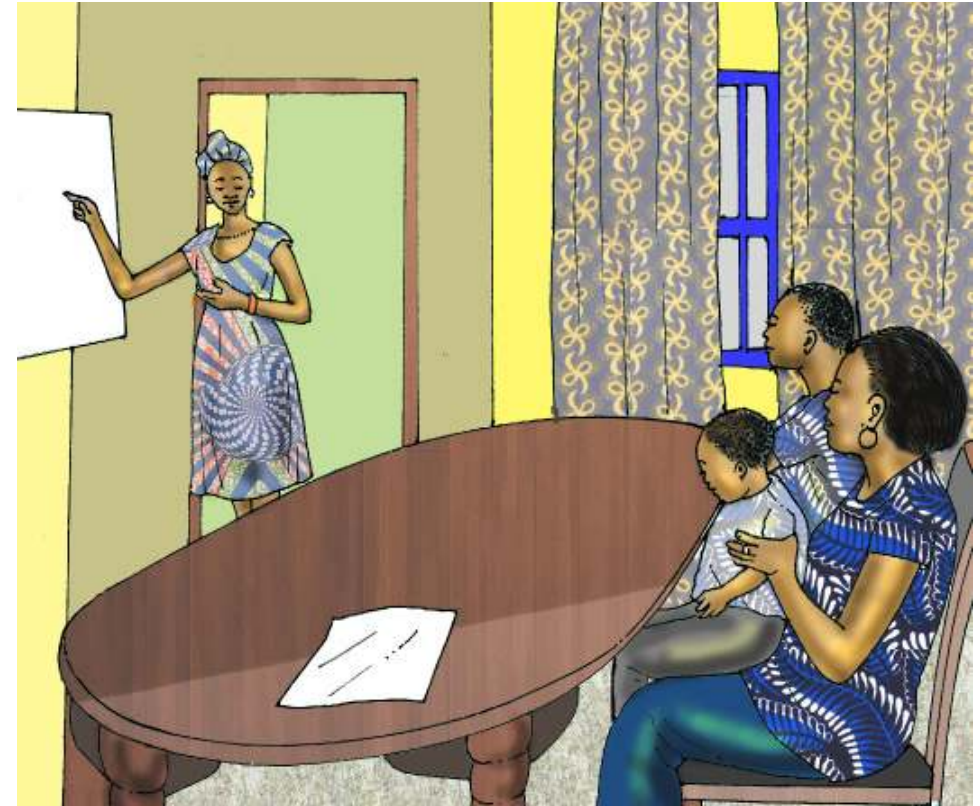
### What types of immunization will my newborn baby get?

Newborns should receive vaccines according to national immunization guidelines: BCG (against tuberculosis) is given after birth, while OPV0 (for polio) is given between birth and 2 weeks of age.

## So now what?

- Do you have any questions?
- Talk to your partner and/or mother-in-law about the importance of post-natal care, and that they will help ensure you attend these services for you and your baby's health.

# Importance of postnatal care



# Infant & young child health care services

## What kind of care is given to infant and young children?

It is very important that adolescent mothers like you and your partner, understand that babies have a lot of health needs from the time of their birth until they are 6 years old. It is also important to remember to bring your baby to the health facility for a set of scheduled health care visits and services. These visits are important opportunities:

- To check both you and your baby's health;
- For you and your baby to get important health care services such as immunization, multivitamin supplements, monitoring and tracking your baby's growth, nutrition and development;
- To counsel you on caring practices for your baby's health and well-being such as exclusive **breastfeeding** for baby's nutrition and practices to prevent infection; and
- To remind you and your spouse or partner of important **newborn and infant danger signs** to watch out for to alert you that your baby is sick and that you urgently need to bring the baby to the health facility.

Essential newborn care (or ENC) is provided to every newborn baby (at the health facility) immediately after birth and soon after and promotes newborn survival, reducing the risks of complications. Some of these include: maintaining baby's warmth; early and exclusive breastfeeding of the baby and ensuring the baby's umbilical cord is tied and stump is kept clean. Special care is also given to preterm and low birth weight babies.

As your baby grows, infant and young child care visits include services listed above with additional focus on proper feeding of young children (introducing soft foods) and the continuation of tracking your baby's nutritional growth and developmental skills (smiling for the first time, crawling, taking a first step or waving "bye-bye").

## Questions that adolescents might ask:

### How would I know if my baby is sick?

The most common danger sign of sickness, is that the baby appears to have no interest in, or poorly sucks the breast. If you see this, be on alert and look for other danger signs such as fever, baby feels cold and is weak, has yellowish eye discharge, discharge at the cord stump, has convulsions or has difficulty breathing, and bring the baby urgently to the health center.

### If my baby is ok, why do I need to bring them to the facility for a checkup?

Attending the scheduled checkup for your baby is very important. It is during these regular checkups that we can follow-up and monitor your baby's health, nutrition, growth and development, give them vaccinations, detect if the baby has any illness or other danger signs that might need treatment or further checking by the health provider.

### What are the immunizations my baby needs:

Children have a set of recommended schedules of vaccinations to help them fight childhood illnesses like BCG (against tuberculosis), polio, DPT (diphtheria, pertussis & tetanus), measles, hepatitis and others depending on their age.

## So now what?

- Do you have any questions?
- Talk to your husband, spouse or partner and family about these important infant and child health care services that your baby needs, so they can help ensure that you and your baby will attend these services based on the recommended schedule.



## Infant & young child health care services



# Importance of breastfeeding

## Why is breastfeeding important?

It is very important that young mothers like you, your partner/husband, and your family understand the importance and benefits of breastfeeding for your baby. Breastmilk is the best and ideal food for your baby that will support his/her nutritional needs for rapid growth and development from the time of birth.

- Breastmilk provides all the food and water a baby needs during the first six months of life.
- Breastfeeding protects your baby from diarrhea and respiratory infections.
- A baby that is less than 6 months old, has immature intestines. Giving your baby other food or drinks other than breastmilk, can cause damage to his/her intestines, which makes it easier for diseases, including HIV (if the mother has HIV) to pass to your baby.

For those pregnant and nearing their date of delivery, remember that immediately after your delivery and within the first hour of your baby's birth, feeding him/her with breastmilk is a good way to ensure that your baby gets the best start in life. In addition, the first milk from your breast called colostrum (thick yellowish milk) is very important and good for your baby, as it offers protection from illness and works to clean the baby's intestines. Particularly during the first 6 months of your baby's life, make sure that you practice **exclusive breastfeeding**, which means:

- Breastfeeding your baby frequently, day and night, up to 12 times a day if the baby wants to;
- Feeding your baby **ONLY** breastmilk and nothing else, not even water; and
- Breastfeeding from one breast for approximately for 15–20 minutes until the breast is empty, then switching the baby to the other breast.

Practice exclusive breastfeeding while your baby is 0–6 months old. When your baby is 6 months old, start complementary feeding by introducing 2 to 3 table spoons of soft and mashed foods (thick soft porridge, boiled vegetables & fruits) gradually 2 times a day using a teaspoon in addition to breastmilk, as the baby now needs to get used to eating. Once the baby is 9 months old, you can feed 3 times (equivalent to 3 main meals) a day with half a cup of soft food. In addition to the soft food, you can continue to give breastmilk until your baby is 24 months old. It's also very important to remember to wash your hands and your baby's hands with soap and water before eating to prevent illness like diarrhea.

## Questions that adolescents might ask:

### Should I continue to breastfeed if my baby is sick?

Even if the baby is sick, all the more reason to breastfeed more frequently as it will provide him/her comfort, help him/her fight sickness, recover quicker and not lose weight. Be patient and take time to encourage your baby to eat. However, if your baby's poor suckling persists, look for other danger signs of illness (fever, convulsions, difficulty breathing, baby feels too cold, is weak, has yellowish eye discharge or discharge at the cord stump) and if any of these are present, you should bring the baby urgently to the health center.

### Other family members tell me to give other food & drink to the baby, what should I do?

Do not give anything else besides breastmilk to the baby in the first 6 months, not even water, as breastmilk will satisfy the baby's thirst. Talk with your other family members about supporting you in exclusively breastfeeding and to wait to give the baby food or drink until she/he is 6 months old.

### Sometimes I feel I do not have enough breastmilk, how do I increase breastmilk supply?

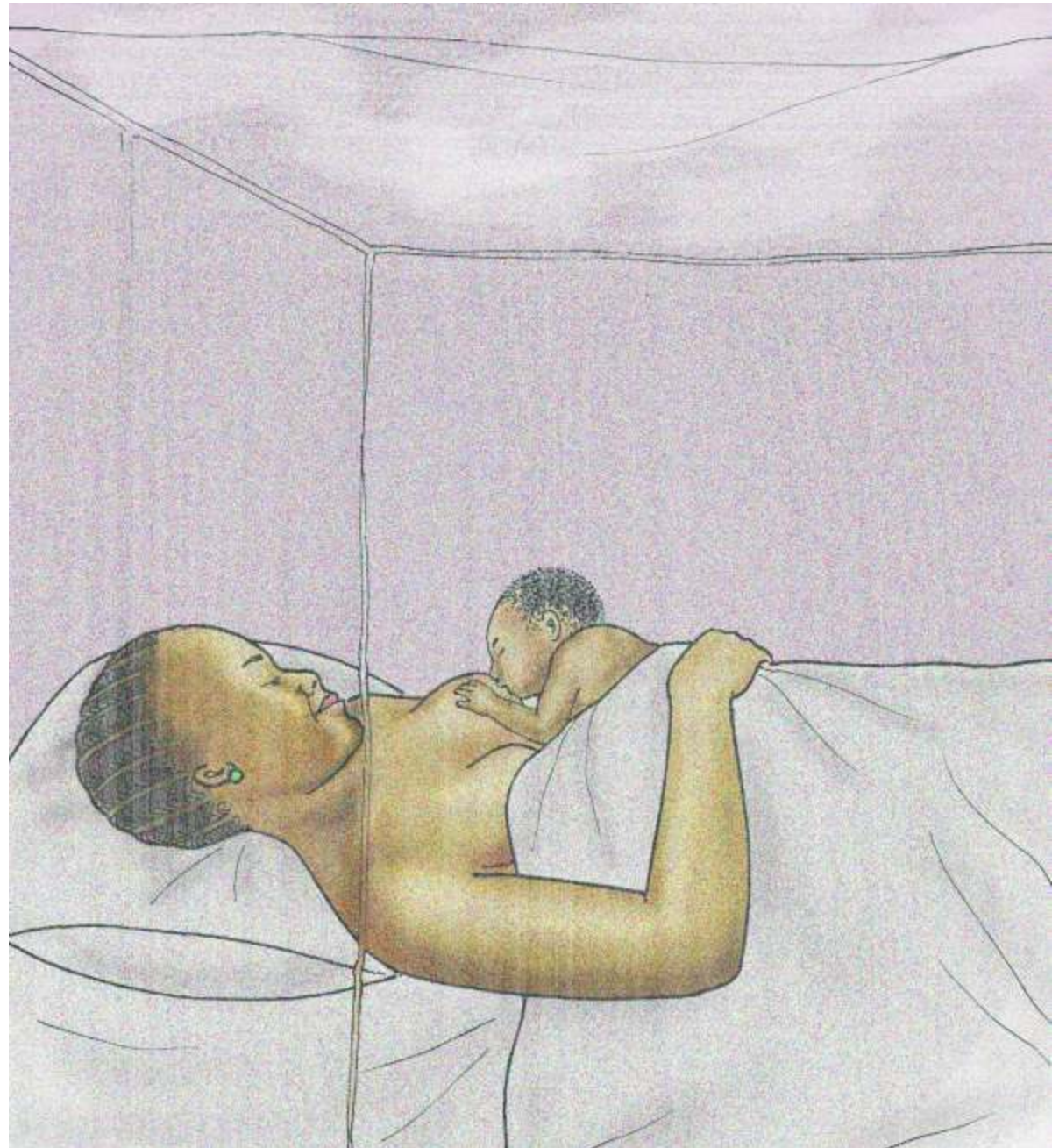
Make sure that you are also eating enough and getting enough rest and sleep. Be patient and persist in breastfeeding your baby because the more frequently you breastfeed, the more milk you will produce.

## So now what?

- Do you have any questions?
- Talk to husband/spouse/partner and your family about the importance of breastmilk for your baby, so they could support you in exclusively breastfeeding your baby.
- If you have questions or concerns, do not hesitate to ask me so we can discuss it now.



# Importance of breastfeeding









Maternal and Child Survival Program  
[www.mcsprogram.org](http://www.mcsprogram.org)