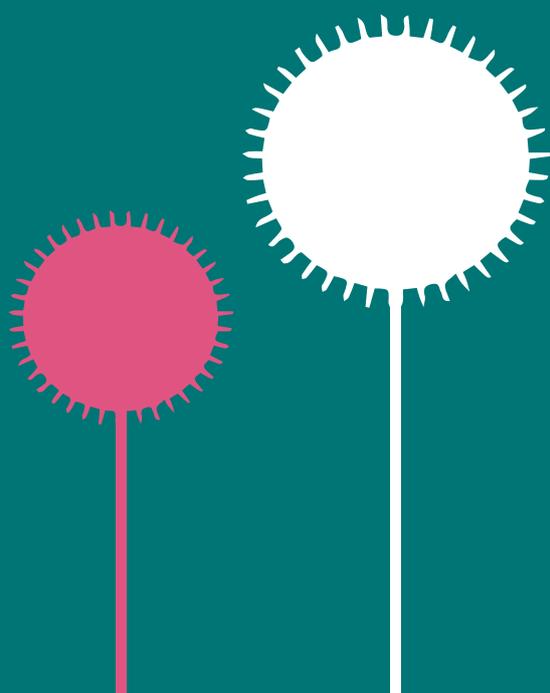


FACT SHEET  
SEXUAL AND  
REPRODUCTIVE HEALTH  
AND HIV:

Talking Sex, Sexual Health and Safety



CHILDREN'S RADIO  
FOUNDATION

# Fact Sheet SRH

## The Facts: Did you know...?

- ★ Sexual and reproductive health includes a person's physical, mental and social well-being relating to sex and the reproductive system ([UNFPA.org](http://UNFPA.org))
- ★ HIV stands for human immunodeficiency virus
- ★ AIDS stands for acquired immunodeficiency syndrome
- ★ There is currently no cure for HIV, but with proper treatment and care, HIV can be controlled
- ★ HIV is transmitted through blood, semen, pre-seminal fluid (pre-cum), rectal fluids, vaginal fluids and breast milk ([AIDS.gov](http://AIDS.gov))
- ★ Transmission of HIV happens when these fluids come into contact with a mucous membrane, damaged skin tissue or when directly injected into the bloodstream (by needles or syringes) ([AID.gov](http://AID.gov))
- ★ Mucous membranes are found in the rectum, vagina, penis and mouth
- ★ Barrier methods like male and Female condoms and dental dams are used to protect and prevent fluids moving from one partner to another
- ★ Under South African law, young people from the age of 12 years and older can get confidential contraception ([Tools for Talking Taboos](#))
- ★ South African policy advises that short term antiretroviral treatment should be administered within 72 hours after the potential exposure to HIV ([Health24](#))

## Understanding risks and safer sex options:

Each of us must decide what risks we will take for sexual pleasure. Here are some common sexual behaviors grouped according to risk of contracting HIV and falling pregnant.

**VERY LOW RISK:** No reported HIV infections or pregnancies due to these behaviors

- fantasy, skype, or phone sex
- masturbation (alone) or mutual masturbation (with partner)
- stimulating each other
- touching or massage
- fondling or body rubbing
- kissing
- oral sex on a man with a condom
- oral sex on a woman with a dental dam or plastic wrap (a thin square piece of latex to place over the genitals)

**LOW RISK:** Very few reported HIV infections or pregnancies due to these behaviors

- vaginal intercourse with birth control and a **condom** or **female condom**
- anal intercourse with a condom or female condom

Remember: Wear condoms correctly! One new, lubricated condom every time you have sex. Check the use-by date. When opening the packet, be careful not to tear the condom with fingernails or teeth.

**HIGH RISK:** Millions of reported HIV infections due to these behaviors, and high pregnancy rates during vaginal intercourse

- vaginal intercourse without a condom
- anal intercourse without a condom



# Fact Sheet SRH

## Sexual Health Myth Buster Quiz! Do you know fact from fiction?

### **True or False: I can get HIV by being around people who are HIV positive.**

False! The evidence shows that HIV is not spread through touch, tears, sweat, or saliva. You cannot catch HIV by:

- Breathing the same air as someone who is HIV-positive
- Touching a toilet seat or door handle after an HIV-positive person
- Drinking from a tap
- Hugging, kissing, or shaking hands with someone who is HIV-positive
- Sharing forks and spoons with an HIV-positive person

### **True or False: It is possible for me to fall pregnant when I'm on my period.**

True! You can get pregnant if you have sex during your period and you don't use contraception or condoms. Having unprotected sex at any time of the month can lead to pregnancy. To avoid pregnancy, always use contraception correctly, and use condoms to protect against sexually transmitted infections (STIs).

### **True or False: I can't get HIV from oral sex**

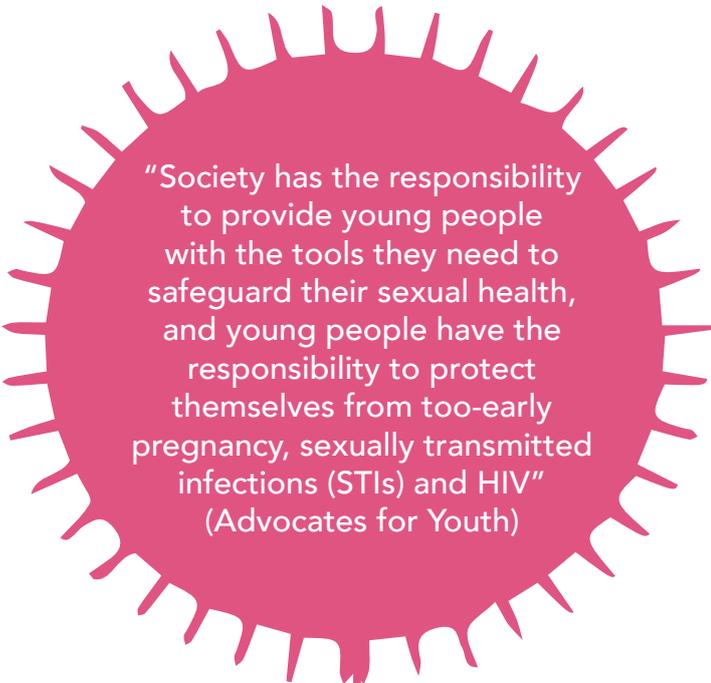
False! Although the risk of contracting HIV through oral sex is much lower than through other types of sex, it is still possible. To protect against HIV and STI transmission, use a latex barrier when giving/receiving oral sex.

### **True or False: My partner and I are HIV positive, so we don't need to practice safe sex.**

False! Two sexual partners who are both HIV-positive could have different strains of the virus and if they have unprotected sex, they could infect each other with a different strain. Also, there's always a risk of acquiring STIs when having unprotected sex.

### **True or False: Masturbation, or sexual play with yourself, is a healthy and normal sexual activity.**

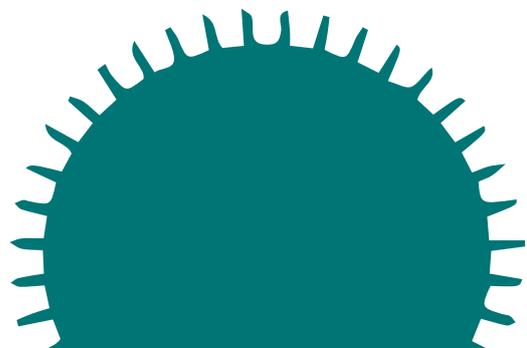
True! A vast majority of teenage girls and boys masturbate. It is the most common kind of sex for young people. Masturbation is a healthy and normal opportunity to do what you enjoy and try new things. **(Sex: Your Own Way)**



"Society has the responsibility to provide young people with the tools they need to safeguard their sexual health, and young people have the responsibility to protect themselves from too-early pregnancy, sexually transmitted infections (STIs) and HIV"  
(Advocates for Youth)

## Your Body, Your Rights, Your Choice

When making decisions about your body, sex and sexual and reproductive health, remember your rights:

- ★ The right to correct information about sexuality and HIV/AIDS
  - ★ The right not to express your sexuality unless you want to
  - ★ The right to say "no" to any unwanted touch of any kind
  - ★ The right to express sexuality safely, without risk of pregnancy, or sexually transmitted infections including HIV/AIDS
- 

# Radio Production Guide

## Preparing for the show

### Different ways to talk about sexual and reproductive health and HIV:

- ★ Ways to encourage more openness around sexual behaviour and relationships
- ★ How being male or female determines condom use
- ★ Talking about safer sex options with a partner
- ★ Partners testing for HIV and STIs together
- ★ Negotiating family planning
- ★ Knowing and expressing personal limits and boundaries

### Choose an angle

Talking about safer sex options with a partner

### Different ways to talk about:

- ★ What are the challenges in talking to a partner about sexual health and HIV ?
- ★ What happens when you don't talk to your partner about sexual health and HIV?
- ★ What are the benefits of being honest and open about sex and sexual health with a partner?
- ★ Does your gender make it easier or harder to negotiate sex?
- ★ When youth have questions about HIV and sexual health, who do they ask and why? (Parents, teachers, doctors, nurses, etc.)

Bring out multiple points of view and stay out of the morality of this topic. You know you're dealing with morality when you hear the words "good" "bad" "shameful" "disgusting"

It's important to create an identity that feels right for you

# Radio Production Guide

## Formats

### Vox Pop

**Vox pop's aim:** To get many opinions on one topic.

**Who do you talk to:** Youth from the community.

**Question:** How do you feel talking about sex with your parents?

### Audio commentary

**Audio commentary aim:** To get people's opinion about a topic that they care deeply about.

**Who do you talk to:** A local health official or social worker who can talk about sexual and reproductive health, family planning and HIV.

### Audio profile

**Audio profile aim:** To get a first person account of someone's experience, passion and journey. Audio profiles often aim to inspire.

**Who do you talk to:** For example: A mother who is open to sharing her experience having a child at a young age.

**Questions to ask to get the person thinking before they record their profile:**

- What do you think is the main reason you fell pregnant at a young age?
- What were your greatest concerns when you found out you were pregnant?
- Did you know about sexual health and how to protect yourself from pregnancy back then?
- How did your parents talk to you about sex? Would your approach be different?
- What would you say to a young person who feels uncomfortable talking to their partner about sex?

### PSA

**The aim of a PSA:** To create a public awareness message.

Girl: I know what I like, and I can tell, I like you.

Boy: [laughs] I like you too! Maybe we can go out on another date soon?

Girl: Sure! While we're thinking ahead, I'm curious about what you think about condoms.

Boy: Eish! It's only the first date. I don't know. Why do you ask?

Girl: Cause I want to play safe, protect myself and those I choose to be close with. Condoms are a must for me.

Slogan: Be wise, condomise!



Please note there are also interview questions in the sample show below

# Radio Production Guide

Show outline

General intro
Intro vox pop
Vox pop
Outro vox pop
Music transition
Intro audio commentary
Audio commentary
Outro commentary
Music transition & jingle
Intro interview (or intro audio-profile)
Interview (or audio-profile)
Outro interview (or outro audio profile)
Music transition & jingle
PSA
General outro
Music end

## Ethics and Consent

This is a sensitive topic, so make sure you inform your interviewees properly and get their full consent.



**You must always introduce your show and radio features. Then once you've played your features, have a concluding statement for each one. Don't forget a final conclusion for the very end of the show.**

**Use links (facts, tips, did you know, music) to glue it all together.**



Now write your radio script

# Radio Production Guide

## How to present your show

Use your produced radio features, your research and the suggested script and questions to write your own script.

**Suggested questions for your interview with someone who knows about sexual and reproductive health, HIV, STIs, family planning (activist, social worker, local doctors and nurses)**

- ★ Can you explain what sexual and reproductive health means?
- ★ What kinds of questions should young people consider talking about together?
- ★ Why is it important for young people to be aware of sexual and reproductive health information and services?
- ★ What does our constitution and laws say about youth accessing information and services, such as contraceptives and HIV/STI testing?
- ★ What advice would you give young people who are sexually active?

[INTRO:]

Host 1: It's just gone [TIME] and you're just in time for the [NAME OF SHOW] on [RADIO STATION]. My name is [NAME]...

Host 2: And my name is [NAME], and today's show is all about sex, sexual and reproductive health and HIV!

Host 1: We'll be talking about why it's so important for young people to be talking about sexual and reproductive health. Because the secret is out - young people have sex! And we need the information to start open and honest conversations about how to lead healthy and fulfilling lives when we decide to be sexually active.

Host 2: We'll be focusing on how to talk with partners about safer sex options. That includes starting conversations about knowing the risks that come with sex, as well as the many ways we can protect ourselves and each other.

Host 1: Let's hear more on what people think about youth having open conversations when it comes to sexual health and safer sex options.

[PRESENT WHO IS BEING INTERVIEWED]  
[PLAY THE INTERVIEW]

[Outro:]

Host 1: Today, we've learnt so much about having those tricky conversations with partners about sexual and reproductive health.

Host 2: Yes, it's amazing to learn that conversations about safer sex can be positive opportunities to care for yourself and make decisions about your body.

Host 1: Next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!

Once you've finalised your script, produced your radio features, finalised your "show clock" it's time to go live on air!

**Prepare to present your show**

# Outreach Guide

## How to prepare for your outreach activity

### Different ways to talk about sexual and reproductive health and HIV

- ★ Ways to encourage more openness around sexual behaviour and relationships
- ★ How being male or female affects condom use
- ★ Talking about safer sex options with a partner
- ★ Partners testing for HIV and STIs together
- ★ Negotiating family planning
- ★ Knowing and expressing personal limits and boundaries

### Choose an outreach angle

Talking about safer sex options with a partner

Bring out multiple points of view and stay out of the morality of this topic. You know you're dealing with morality when you hear the words "good", "bad", "shameful", "disgusting" etc.

### Different ways to talk about: Talking about safer sex options with a partner

- ★ What are the challenges in talking to a partner about sexual health and HIV? What happens when you don't?
- ★ What are the benefits of being honest and open about sex and sexual health with a partner?
- ★ Does your gender make it easier or harder to negotiate sex?
- ★ When youth have questions about HIV and sexual health, who do they ask and why? (Parents, teachers, doctors, nurses, etc.)

# Outreach Guide

## Outreach Formats

### Quiz

**Quiz aim:** To test knowledge of the audience through a competition with prizes for the winner(s).

**Quiz questions: YES or NO**

- Is there a difference between HIV and AIDS?  
YES. A person can live a normal life for many years if they are diagnosed with HIV. AIDS is not a virus but a set of symptoms caused by the HIV virus. A person is said to have AIDS when their immune system is too weak to fight off infection, and they develop an HIV-related illness.
- Is there a cure for AIDS?  
NO. This means it is important to be aware of available treatment to protect yourself.
- Can a mosquito transmit HIV?  
NO. A mosquito cannot inject blood. The only thing it injects is saliva to numb the skin and lubricate it.
- Can you contract HIV by sharing a cup, kissing or holding hands?  
NO. It is not possible to become infected with HIV from everyday casual contact such as sharing food, shaking hands or touching the same objects. You are only at risk from HIV if you are exposed to infected blood, semen and pre-seminal fluid ("pre-cum"), rectal fluids/anal mucous, vaginal fluids or breast milk.

### Panel Discussion

A panel discussion involves a group of people gathered to discuss a topic in front of an audience who then have the opportunity to ask the panel questions. A panel does not have to be experts.

**Examples of opening questions for the panel discussion:**

- What are the ways of preventing HIV among young people?
- Why do some youth not protect themselves?
- How can our local clinic, schools and radio stations help?

### Impact Jingle

**Impact Jingle aim:** A jingle is a short song or tune that is easy to sing along to and remember, and it has a clear message.

You can create one with a clear message about HIV.

### Agree or Disagree

Ask audience members for volunteers to participate in the game. Show that people who "agree" with the statement must move to one side of the room and people who "disagree" must move to the opposing side. Read out a statement that you as the presenter of the outreach activity have prepared. The statement must relate to the impact statement. Ask the participants, to either agree or disagree with it and move to the applicable side of the room.

Explain that you will need to give reasons for your opinion. Give participants a time limit of 30 seconds - 1 minute each to provide their reason.

**Examples of Agree/Disagree statements:**

- An HIV positive woman has the right to become pregnant
- A teacher living with HIV should be allowed to teach
- We contract HIV because of irresponsible behaviour
- People living with HIV should live separately from HIV negative people
- Having more than one sexual partner increases the risk of becoming infected with HIV
- If you are living with HIV your life will be short

# Outreach Guide

## Script

Use your outreach formats and your research to write your own script. Here is an example of part of a script. Use it as a guide to create your own script for your outreach activity.

[[IMPACT JINGLE]  
[MUSIC]  
[INTRO INTERVIEW]  
[INTERVIEW]  
[OUTRO INTERVIEW]

Suggested questions for your interview with someone such as an activist, social worker, local doctor or nurse, who knows about sexual and reproductive health, HIV, STIs and family planning.

Interview questions:

- Can you explain what sexual and reproductive health means?
- What happens when young people are not aware of sexual and reproductive health information and services?
- What does our constitution and laws say about youth accessing information and services, such as contraceptives and HIV and STI testing?
- What should couples do before they agree to have sex with each other?
- Is it possible to be in relationships when one person in a couple is living with HIV?

Host 1: Ok, we would like to get our thinking caps on and discussion juices flowing. While our panelists come up to the front, we would like to play a game!

[MUSIC]  
[INTRO]

Host 1: Hello, welcome everyone! Thank you all for being here at the [NAME OF VENUE] today. My name is [NAME OF HOST 1] and I am a [TITLE OF HOST] from [NAME OF ORGANISATION/GROUP]

Host 2: And my name is [NAME OF HOST 2], and today's outreach is all about sex, sexual and reproductive health and HIV!

Host 1: We'll be talking about why it's so important for young people to be talking about sexual and reproductive health. Because the secret is out - young people have sex! And we need the information to start open and honest conversations about how to lead healthy and fulfilling lives when we decide to be sexually active. But before we speak with our special guest, we would like to play a game with you to test the waters and see how much you know already.

[INTRO QUIZ]  
[QUIZ]  
[OUTRO QUIZ]

Host 2: Today we'll be focusing on how to talk with partners about safer sex options. That includes starting conversations about knowing the risks that come with sex, as well as the many ways we can protect ourselves and each other.

Host 1: Let's hear more on what people think about youth having open conversations when it comes to sexual health and safer sex options.

# Outreach Guide

[INTRO TO AGREE/DISAGREE GAME]

[PLAY GAME]

[OUTRO AGREE/DISAGREE GAME]

[MUSIC]

Host 1: Look at you guys, impressive! Ok, our brains are warmed up and we are ready. Co-pilot, are our panelists ready?

Host 2: Yes, they are ready for take off.

[INTRO PANEL]

[PANEL]

[AUDIENCE QUESTIONS]

[OUTRO]

[MUSIC]

[IMPACT JINGLE]

Host 1: Today, we've learnt so much about having those tricky conversations with partners about sexual and reproductive health.

Host 2: Yes, it's amazing to learn that conversations about safer sex can be positive opportunities to care for yourself and make decisions about your body.

Host 1: To sign us off - we have performance by [NAME OF ARTIST]. Please give him/her/ them a warm welcome. [QUESTION TO PERFORMER] What is your message for young people and their health?

Host 2: Thank you so much for playing us out [NAME OF ARTIST]! Remember next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!

# Outreach Guide

## Outreach Outline

An outreach outline is a map to help you stay on track during your event. It is a list of the items and the order in which they will happen in the outreach activity. Below is an example of an event that is one hour long.

Remember to allocate time to review each format in your outreach, so that when you add them all together it comes to exactly one hour. Be realistic. An interview is likely to be between 5-10 minutes. A quiz usually runs for about 5 minutes, and there may be some discussion after. An impact jingle is no longer than 30 seconds. It is the producer's job to keep their eye on the clock.

Music
Intro to show
Intro to quiz
Quiz
Outro to quiz
Impact jingle
Music
Interview
Intro to interview
Outro to interview
Intro to agree/disagree
agree/disagree game
Outro agree/disagree
Music
Intro to panel discussion
Panel discussion
audience questions, answers and reflections
Outro panel discussion
Music
Impact jingle
General outro

## ETHICS AND CONSENT

This may be a sensitive topic for some, so make sure you inform your audience to respect those who share personal stories in the space

Remember to introduce each format and outro it by summing up what was said and thanking your guests who contributed to the format