

## Do you know ?



You can learn to make responsible life choices and healthy decisions about your reproductive health with complete and correct information, healthy attitudes, good decision-making, communication and life planning skills.

### Life Planning for Adolescents and Youth (LPAY)

To make responsible and healthy choices about your reproductive health, you need adequate and accurate information about reproductive health. You have the right to be counseled about your reproductive health and to ask questions when necessary. When properly nurtured and guided, you have the capacity to achieve your potentials and grow into a productive adult.

### IMPROVE YOUR SELF-ESTEEM

Self-esteem is the judgment a person makes about him/herself. It is the recognition of one's qualities and abilities including values, goals, talents, worth, physical attributes and purpose in life.

Self-esteem is essentially a feeling you have about yourself.

To practise positive self-esteem:

1. Accept yourself the way you are
2. Identify your strengths and weaknesses
3. Identify your values and behave according to them
4. Set realistic goals
5. Develop your abilities and be proud of them
6. Cultivate positive relationships
7. Accept compliments
8. Be pleased with who you are.

### BE ASSERTIVE

Assertiveness means standing up for what you want or believe in.

It is when you communicate your feelings, and needs without violating the rights of others.

You should:

- Know what you want to say
- Be specific about what you feel and what you need from the other person
- Say exactly what you want without being rude or threatening
- Maintain eye contact, do not look down or away.
- Don't whine or be sarcastic
- Hold your head up high, do not sag your shoulders or hide your face with your hands.



## NEGOTIATE

Negotiation skills help you respond to persuasion so you are not forced to do something you don't want to do.



**To negotiate;**

**Refuse:** Say no clearly and firmly and, if necessary, leave.

“No, no, I really mean no,” “No thank you”, and “No, no, I am leaving” are all examples of refusing.

**Delay:** Put off a decision until you can think about it.

“I am not ready yet,” “Maybe we can talk later,” and “Maybe another day” are all examples of delaying.

**Bargain:** Make a decision that both parties can accept.

Examples of bargaining include: “Let's do... [something else] instead, or “I won't do that, but maybe we could do... [something else],”

## SET YOUR GOALS RIGHT



A goal is something you work to accomplish. It is a proposed achievement or accomplishment towards which efforts are directed.

**Long-term Goals:** These are goals meant to be accomplished over a long period of time e.g. 6 months, several years or over a lifetime.

**Short-term Goals:** These are goals you set to accomplish in a short period of time, such as one week, two weeks or a month.

Good goals should be 'SMART', that is:

**S** Specific

Know exactly what you want to achieve.

**M** Measurable

Be able to measure your progress towards your set goals.

**A** Achievable

Be sure the goal is something you have the ability to accomplish.

**R** Realistic

Be sure the goal is something you can do and within the desired time frame.

**T** Time-bound

Set time limits.

## Your Reproductive Health



Sexual feelings are normal but sexual activities should only be engaged in when one is consciously ready and fully convinced. You need to respect your body and that of your partner. Never hesitate to talk to parents, trusted friends or health workers if you feel pressured to have sex when you don't want to. Resist sex based on transactions, pity or threat. You own your body and must make conscious personal decision before engaging in sex.

## SEXUAL ABSTINENCE



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

The display of the strength of character is sustained during this period when you keep reminding yourself why you choose not to have sex and think about the potential consequences of changing your decision. When you abstain from sex, there is no fear of unplanned pregnancy and contacting sexual transmitted infections including HIV.

Your desire to abstain can be further achieved when you are equipped with skills that will enable you say 'NO' to sex until you are fully ready. Remember, it's okay to say No.

## LPAY COUNSELLING

Life planning for adolescents and youth counselling tools and materials are available at NURHI 2 sites to help you make informed and voluntary reproductive health choices. Information about life planning is important whether you are abstaining from sex or not. To know more, visit a trained family planning provider with interpersonal communication and counselling skills today. You will be warmly counselled on any Reproductive Health needs across the different components.

## LPAY SUPPORT & REFERRAL

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

- Information on abstinence and pregnancy prevention
- Services for management of post - abortion complications
- Treatment and counseling for menstrual disorders
- STI / HIV prevention and treatment
- Sexual violence support
- Mental health services
- Counseling on substance use and abuse

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

# For more information on life planning,

Please contact any of our facilities in Lagos state.

## IBEJU LEKKI LGA

Mushin GM	0817 347 8487
Isolo Road PHC	0817 347 9157
Itire Ijesho PHC	0817 347 8265
Palm Avenue PHC	0817 347 8484
Anikulapo PHC	0817 347 8263

## OJO LGA

Iba PHC	0817 347 8450
Ishashi PHC	0817 347 8449
Okokomaiko PHC	0817 347 8438
Ijanikin PHC	0817 347 8291
Era PHC	0817 347 8317

## AJEROMI IFELODUN LGA

Ajeromi General Hospital	0817 347 8312
Layeni PHC	0817 347 8258
Amukoko OHC	0817 347 8379
Tolu PHC	0817 347 8491
Ibafon PHC	0817 347 8419

## LAGOS MAINLAND & SOMOLU LGA

Simpson PHC	0817 347 8460
Alli Dawodu PHC	0817 347 8333
Ebute Metta PHC	0817 347 8489
Otto PHC	0817 347 8345
Oba Salami PHC	0817 347 8268
Somolu General Hospital	0817 347 8339
Akoka PHC	0817 347 8283
Wright PHC	0817 347 8274
Eva Adelaja PHC	0817 347 8468
Oloja PHC	0817 347 8465

## AGEGE LGA

Orile Agege GH	0817 347 8270
Sango PHC	0817 347 8461
Dopemu PHC	0817 347 8320
Iloro PHC	0817 347 8363
Odunmbaku PHC	0817 347 8447

## MUSHIN LGA

Awoyaya CBHIS 2 PHC	0817 347 8470
Bogijie PHC	0817 347 8416
Orimedu PHC	0817 347 8316
Lakowe PHC	0817 347 8347
Lekki PHC	0817 347 8334

## ALIMOSHO LGA

Alimosho General Hospital	0817 347 8404
Ikotun PHC	0817 347 8309
Akowonjo PHC	0817 347 8362
Meiran PHC	0817 347 8282
Isheri PHC (Olofin)	0817 347 8327

## KOSOFE LGA

Gbagada GH	0817 347 8380
Ikosi PHC	0817 347 9146
Ketu Mascara PHC	0817 347 8384
Alapere PHC	0817 347 8353
Ajgunle PHC	0817 347 8254

## OSHODI ISOLO LGA

Isolo General Hospital	0817 347 8439
Oshodi PHC	0817 347 8472
Ilasa PHC	0817 347 8336
Shogunle	0817 347 8364
Iyana Ejigba PHC	0817 347 8364

- Hello Lagos LASUTH, 1-5 Oba Akinjobi way, LASUTH Complex Ikeja.
- Hello Lagos Youth friendly center, Oko-awo Lagos Island LGA
- Hello Lagos Youth friendly Center, Ogudu PHC
- Alimosho youth friendly center, Onilu village Ikotun-Igando; Agege
- Youth Friendly Center, Sango PHC, Agege LGA
- Youth friendly Center, Akere PHC-Ajeromi-Ifelodun LGA

**Dial 321, first 10 calls are free on Airtel**

#lifeplanningGIT  
www.getittogether.ng

