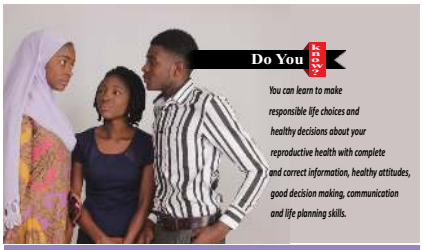

You can learn to make responsible life choices and healthy decisions about your reproductive health with complete and correct information, healthy attitudes, good decision making, communication and life planning skills.

LIFE PLANNING FOR ADOLESCENTS & 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 practice positive self-esteem:

- Accept yourself the way you are
- Identify your strengths and weaknesses
- Identify your values and behave according to them
- Set realistic goals
- Develop your abilities and be proud of them
- Cultivate positive relationships
- Accept compliments
- 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.

KADUNA — For more information on life planning

Name of Facility	Number
KADUNA SOUTH LGA	
Family Health Unit Tudun Wada	0810 366 9122
44 Nigerian Army Reference Hospital Kaduna	0816 552 9382
PHC Gwamna Awan General Hospital	0802 497 2032
PHC Kagoro Road	0708 637 3723
PHC Makera 1	0803 697 7576
PHC Kabala West	0808 181 1820
Kaduna Polytechnic Clinic	0803 629 0500
Yusuf Dantsoho Memorial Hospital	0802 477 7075
PHC Television	0802 788 6801
PHC Barnawa	0803 972 5183
CHIKUN LGA	
Rural Hospital Kujama	0806 090 7226
PHC Murambari Rido	0802 524 1066
PHC Tudun Wada Kujama	0701 769 2919
PHC Sabon Tasha	0803 844 9967
PHC Nasarawa	0803 972 5183
KADUNA NORTH LGA	
General Hospital Kawo	0816 931 0573
Barau Dikko Teaching Hospital	0816 830 2069
Zaberi Isa Memorial Hospital	0803 805 7574
PHC Ungwaan Shanu	0816 453 5743
PHC Barbarawa	0814 489 1852
PHC Ungwaan Mu'azu	0806 593 5232

Name of Facility	Number
GIWA & KUDAN LGA	
General Hospital Giwa	0816 128 9691
Gangara PHC	0705 543 8465
PHC Giwa	0806 719 0301
General Hospital Hunkuyi	0803 524 7709
PHC Makera 1	0803 714 8845
PHC Kudan	0803 592 2159
IGABI LGA	
Comprehensive Health Centre Jaji	0817 347 8466
General Hospital Rigasa	0817 347 8196
PHC Kamfanin Zango	0810 244 4834
PHC Mando	0816 939 0232
PHC Ikwarau Tasha	0813 559 5572
KACHIA LGA	
General Hospital Kachia	0807 587 2696
PHC Gidan Tagwai	0705 519 9465
PHC Kachia	0818 161 1404
PHC Saban Sarki	0815 075 3958

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Name of Facility	Number
JEMAA & ZANGO KATAF LGA	
Rural Hospital Zonkwa	0813 307 8990
General Hospital - Zango Kataf	0705 108 2351
PHC Jemaa	0703 206 1654
PHC Zonkwa	0810 910 8116
General Hospital Kafanchan	0816 296 2200
PHC Kafanchan	0810 867 9534
PHC Godogodo	0816 910 3044
PHC Ugwaan Fari	
PHC Kagoma	0806 323 4771
SOBA & KUBAU LGA	
PHC Ichi'a	0708 186 2199
PHC Richifa	0708 136 4472
PHC Awan	0708 197 5220
Rural Hospital Maigana	0708 796 9337
PHC Yakasai	0708 453 1026
PHC Pambegua	0802 708 8128
PHC Dutsen Wai	0708 156 5095
Rural Hospital Pambegua	0802 708 8128
Model Primary Health Care Zuntu	0708 135 9940
PHC Kubau	0701 596 3063

Name of Facility	Number
LERE & KAURA	
General Hospital Saminaka	0708 097 6086
PHC Ungwaar Bawa	0708 158 5390
CHC Saminaka	0701 795 8376
PHC Ganan Kurama	0701 667 4247
PHC Dan Alhaji	0701 791 7018
PHC Kwassam	0708 517 9435
Rural Hospital Kauru	0708 256 9232
PHC Damakasuwa	0708 178 0598
PHC Bakin Kogi	0708 657 9989
PHC Dan Daura	0708 328 8925
SABON GARI & ZARIA LGA	
PHC Kwoto	0802 872 1077
PHC Samaru	0802 363 4523
PHC Muchia	0805 953 5111
PHC Babban Dodo	0802 853 6816
PHC Tudun Wada	0803 517 2401
Gambo Sawaba General Hospital	0802 355 9822

1. Youth Friendly Center, Barau Dikko Hospital 08059603263
2. Youth Friendly Center, Comprehensive Health Care Center, Jaji. 08095801112
3. Youth Friendly Center, Gwamna Awan General Hospital. 08023760691
4. Youth Friendly Center, PHC, Sabon Tasha. 08028469047
5. General Hospital Kawo. 08094734834
6. PHC, Makera 08036597576

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6. PHC, Makera 08036597576

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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.