

LOVE @ 1st_Click Guidebook



UNFPA, the **United Nations Population Fund**, is an international development agency that promotes the right of every woman, man and child to enjoy a life of health and equal opportunity. UNFPA supports countries in using population data for policies and programmes to reduce poverty and to ensure that every pregnancy is wanted, every birth is safe, every young person is free of HIV/AIDS, and every girl and woman is treated with dignity and respect.

UNFPA - because everyone counts



UNFPA Thailand Country Office
Bangkok, Thailand

unfpa.thailand@unfpa.org

June 2010

© UNFPA Thailand

The views expressed in this publication are those of the authors, and do not necessarily represent those of the UNFPA, the United Nations or any of its affiliated organizations.

Special Thanks

to Sathit Chenluay,
independent researcher for his contribution to the development of this guidebook.

Love@1st Click Guidebook



Introduction

Teenage pregnancy is a growing issue in Thailand. The number of births amongst females aged 19 or less as compared to all births in Thailand has grown from 12.5% in 1999, to 14.7% in 2006. The situation challenged UNFPA (United Nations Population Fund) and the Ministry of Public Health to develop tools to be used as a catalyst for improving young people's access to sexual and reproductive health information and services. Love@1st_Click iDVD is a project in collaboration between the UNFPA and the Ministry of Public Health to address this challenge.

The Love@1st_Click iDVD is a multimedia life-skills edutainment tool that highlights the issue of unsafe sex for young people (ages 10-18). The interactive DVD consists of a musical play with accompanying games that serves as a self-learning application. Together with the teacher's guidebook it also serves as an optimal classroom discussion guide.

Synopsis



Love@1st_Click is a musical about growing up, and the bumps along the way. Patty, an average girl, falls in love with a handsome boy over the internet. Their love progresses; she finds herself pregnant and needing to make big life decisions.

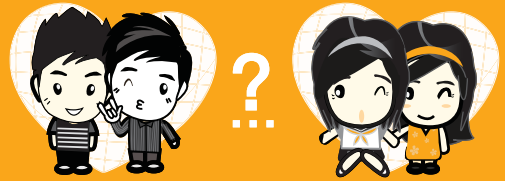
User's Instructions

The Love@1st_Click movie, the LoveVille games on the iDVDs, and this guidebook are designed for integrated use. To maximize utility, the three components are linked by themes organized on the table below. In the guidebook, each *discussion points* section also has specific movie chapter references, and can be played to assist with classroom facilitation. The column, "*ideas to consider*", is intended to assist facilitators to discuss the themes for that section.

#	Guidebook Articles	Movie Scene / Chapter	LoveVille Games
1	Puberty	Classroom and Playground Curiosity (Chapter 1)	Cool School
2	Risk Assessment	Online Chat (Chapter 2)	Internet Cafe
3	Negotiation Skills	Noodee's Advice (Chapter 3)	Dormitory - Negotiation
4	Contraceptive	Patty at Num's Apartment (Chapter 4)	Arcade - Monster, Street - VoxPop
5	Sexual Transmitted Infections	School Yard (Chapter 4) Noodee's Support (Chapter 5)	Arcade - Basketball
6	Teenage Pregnancy	The Test (Chapter 5)	Arcade - Matching
7	Family's Support	Family Dinner (Chapter 5) Family's Support after the News (Chapter 6)	Youth Friendly Clinic
8	Gender and Culture	Telling Num (Chapter 6), Mom's Reaction (Chapter 6)	Youth Friendly Clinic
9	Sexual and Reproductive Rights	Noodee's Support (Chapter 4), Hotline (Chapter 6)	Youth Friendly Clinic

1. Puberty

#	Discussion Points	Ideas to Consider
1.	<p>In the movie, the teacher mentioned that we can reproduce when we begin to produce sperm or menstruate. What do you think about this? Is that all we need, or is there something more?</p> <p>(Chapter 1- Classroom Scene)</p>	<p>Sure, you need a sperm and an egg to reproduce, but sex is not only about that. Sex is intimate and emotional, and can leave you with both positive and negative feelings. So think carefully about your reasons and your partner's reasons for having sex. Don't let anyone pressure you. And when you decide you're ready, be safe, use a condom.</p>
2.	<p>In the cartoon, Patty and Jack are both concerned about masturbation. How do you feel about this? Is it appropriate, acceptable, okay?</p>  <p>(Cartoon – Cool School)</p>	<p>As mentioned in the cartoon, masturbation is a normal and healthy sexual activity for both male and females. Masturbation is physically, sexually and emotionally not bad for you. According to some sexuality experts, people who masturbate tend to function better sexually when with a partner since they know their own body and have fulfilled sexual expression.</p>
3.	<p>Puberty is a period of changes. What changes have you or your friends faced?</p>  <p>(Cartoon – Cool School)</p>	<p>As you begin to go through puberty you grow taller, stronger, heavier, hairier, smellier, moodier, and you may get pimples. Females develop curves, breasts, and begin to menstruate. Boys develop bigger muscles, a longer and wider penis, larger testes, and their voice cracks and begins to deepen. Emotional changes may include mood swings, confusion, anxiety, and the development of sexual feelings. All these are absolutely normal changes.</p>


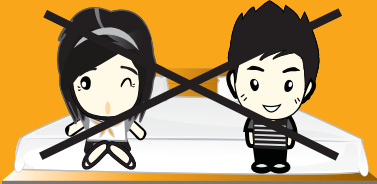
#	Discussion Points	Ideas to Consider
4.	<p>It is not uncommon for young adults to develop strong feelings for people of the same sex. These feelings are normal, and do not necessarily indicate their sexual orientation. As a community, in school, or in a classroom, how do we provide a safe environment free of stereotypes, harassment, and put-downs for everyone?</p> 	<p>It is important to create a safe environment for all young people, including lesbian and gay students. No young person should feel invisible, unsupported, and isolated, especially in his/her own community, schools, or classrooms. To help support a friendly environment we should: make no assumption about sexuality, challenge discrimination, adopt and enforce anti-discrimination policies, support normalcy of exploring alternative sexuality, support our peers, value their confidentiality, etc.</p>

Overview

As humans, a child's body becomes an adult body capable of reproduction through a process of biological changes initiated by hormones. This is called puberty. Along with these biological changes, there are emotional changes during puberty. This may include anxiety caused by bodily changes, i.e. acne, height, voice, weight. The best way to prepare is to understand the changes and accept that it's only normal.



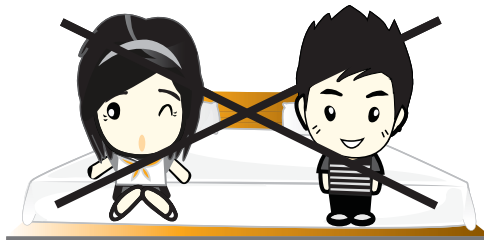
2. Risk Assessment

#	Discussion Points	Ideas to Consider
1.	<p>In the movie, Patty chatted online with Num, a stranger. Is this risky?</p>  <p>(Chapter 2 & Chapter 3)</p>	<p>Chatting with strangers can potentially be risky, especially if exchanging phone numbers and addresses, and arranging for meets offline. The stranger may not be who they say they are, and may have different intentions than expected.</p>
2.	<p>Noodee warned Patty of the risk of date rape. How can date rape be avoided?</p> 	<ul style="list-style-type: none">- Establish your standard comfort level. Know yourself and your limits.- Plan safety before the date. Know where to meet and bring cash and a cell phone (with a fully charged battery)- Share date details with a trusted friend or family member <p>(Continue)</p>





#	Discussion Points	Ideas to Consider
	(Continue)	<ul style="list-style-type: none">- Meet in a public place you are familiar with- Avoid activities that you are not comfortable with- Decline, leave and/or call for help if you do not feel comfortable with the situation <p>** Males and female are both at risk of date rapes, and should both learn how to avoid it.</p>



Overview

Risk assessment is a life-skill that allows one to determine the degree of danger for each situation and/or activity, and respond accordingly based on comfort, readiness, and ability to responsibly accept the consequences.



3. Negotiation



#	Discussion Points	Ideas to Consider
1.	<p>In the movie, you see Patty internally conflicted by the pressure of her friends to stay afterschool and the demand of her mom to go home immediately. If you were in Patty's situation, what would you choose?</p> 	<ul style="list-style-type: none"> - When deciding what to choose consider the positive and negative consequences and impact of each option and what you want to do. - When you have decided, reason-based communication skills will help you convey your decision. This is sometimes difficult, but it gets easier with practice.
2.	<p>Like Patty, if you met someone on the internet and he/she asked to meet offline. What would you do?</p> 	<ul style="list-style-type: none"> - If you do not feel comfortable, you may ask for more time to get to know one another better - If you decide to meet, be sure it is a public place - If you decide to meet, and are not comfortable alone, suggest a group date or bring a friend- if it is awkward, have friends hang out near the date location in case you need assistance.
3.	<p>What if your date requests to meet with just you alone in a private location? What would you say?</p> 	<ul style="list-style-type: none"> - If you are not comfortable with this idea - you may want to suggest other activities, like group outings with family and friends. Simply expressing that you are not comfortable is okay too. - If you are comfortable with this idea - be sure to you understand potential risk and consequences, and remember "safety first"
4.	<p>If your date or partner invites you over to their place, and asks you to sleepover, what would you do?</p> 	<p>Sleeping over doesn't necessarily mean having sex, but certainly intimacy can drive those emotions.</p> <ul style="list-style-type: none"> - If you are not comfortable with the idea - graciously tell your partner you're not ready, or give an excuse (i.e. "I have to be home for dinner") - If you decide to sleepover - be sure you understand the potential risk and consequences, and if it escalates to sex, be safe and use a condom. - Alternative suggestions - invite friends for a group sleepover party

#	Discussion Points	Ideas to Consider
5.	<p>If you were in Patty's situation and your partner asks you to have sex. What factors would you consider? And how would you respond?</p> 	<ul style="list-style-type: none"> - First, consider whether or not you are ready for the responsibility and consequences, which may include pregnancy and STIs - If you decide you're not ready – tell your partner and don't be afraid that he/she will like you less. It may be difficult, but if he/she really cares for you, he/she will understand. - If you decide to do it – make sure it's safe and use a condom to protect against STIs and pregnancies.
6.	<p>Num did not use a condom. In a real situation, if your partner refuses to use a condom. What can you say, or do, to convince them?</p> 	<ul style="list-style-type: none"> - “ Many condoms have extra features to actually make sex better” - “We can both be better able to relax knowing we are safeguarding ourselves against STD's and unintended pregnancy “ - For the ladies, if he wants you to use the pill then you can respond with “The pill won't protect us from STD's that we may not even know we have – a condom will give us that protection.” ** Don't be afraid to ask your partner to use a condom because you think he/she won't trust you. If this is so, then it may mean that you don't trust him/her enough to ask him/her to use a condom.

Overview

Negotiation skills can be applied in any situation and if used effectively, can reach agreements where all parties are better off. Good negotiation skills require effective communication on the foundation of reason, and a “win-win” mentality. For success, it also takes lots of practice.

4. Contraceptive

#	Discussion Points	Ideas to Consider
1.	<p>Num assumed that Patty would be on birth control pills. How do you feel about this?</p>  <p>(Chapter 6 – Phone call to Num)</p>	<p>There should never be assumptions when it comes to safe sex. Partners should discuss and agree on the preferred method before having sex. It's both partner's equal responsibility. Further, birth control pills - if used correctly, prevents against pregnancy, but not against STIs and HIV. Condoms are the only contraceptive that prevents against both pregnancy and STIs (dual protection).</p>
2.	<p>It is highly likely that Num and Patty both knew about condoms, but why didn't they use it?</p>  <p>(Chapter 4 – Num's Apartment)</p>	<p>Decisions to use condoms are not about ignorance or availability, it's often about stigma. Stigma associated with condom usage may include: the lack of trust between partners, presumption of sexual promiscuity (potentially a plus for men, but not necessarily for women), and connection with HIV/AIDS. Sometimes people complain that it's uncomfortable, ruins the mood, and/or reduces sensitivity of the skin. While there may be some drawbacks, condoms remain an effective protection against pregnancy and many STIs.</p>
3.	<p>Do you think most people your age know how to use a condom?</p>	<p>Most teenagers do not know how to correctly use a condom. To prevent against pregnancy and STI, partners should correctly use condoms during every sexual intercourse.</p> <p>(Continue)</p>

#

Discussion Points

(Continue)



Ideas to Consider

To use a condom:

1. Tear open the package carefully without destroying the condom inside
2. If the condom is not lubricated, put 1-2 drop of water-based lubricant on it
3. If not circumcised, push foreskin back before putting on condom
4. Condom is usually rolled in package, so place this on the tip of the erect penis
5. If condom does not have a reservoir tip, leave about a half inch of space at the tip
6. Pinch the tip of the condom to ensure no air gets in and roll the condom down over the penis with the other hand. This will help remove air from inside the condom.
7. If needed, place more lubricant on the outside of the condom.

To remove the condom:

1. Remove the condom before the penis becomes flaccid
2. Be careful not to spill any semen while removing it
3. Start rolling the condom from the base to remove
4. Dispose the used condom by wrapping it in a tissue paper and throwing in the bin
5. Do not flush condom down the toilet

** Both Women and Men are encouraged to carry condoms.

#

Discussion Points

4. What are some myths about what you can do to avoid pregnancy? And why doesn't it work?



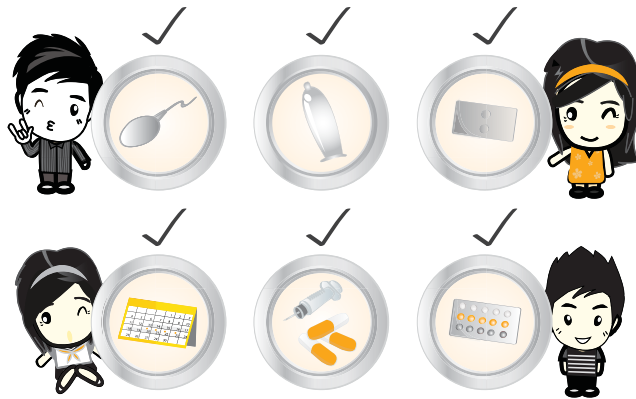
Ideas to Consider

1. Having sex during a period – it is possible for females to get pregnant at any time during her menstrual cycle. It is possible to ovulate during a period. Sperm can live in a women's body for up to 5 days, so if she ovulates anytime within 7 days of having unprotected sex, she can become pregnant.
2. Having sex standing up and/or jumping up and down – pregnancy is possible at any position.
3. Men should wear super tight underwear to reduce sperm count – this does not reduce sperm count, but just makes it uncomfortable for the man
4. Females can't get pregnant the first time – a women's chance of becoming pregnant are always the same, about 1 out of 20 – even if it is her first time. A female can become pregnant anytime after she begins to ovulate.
5. Douching to kill sperm – it is impossible, even immediately after sex, to douche fast enough to keep sperm from fertilizing the egg.
6. Withdrawal – not a reliable method. There is risk that he ejects pre-ejaculate fluid, and that he does not pull out in time. In the heat of the moment, it's hard to keep control.
7. Using Saran Wrap or Balloon, if a condom cannot be found – both are not substitutes for a condom, and may cause tearing.
8. Placing Seeds in the Vagina – this has no affect in preventing conception, and instead is dangerous and harmful to the female body.

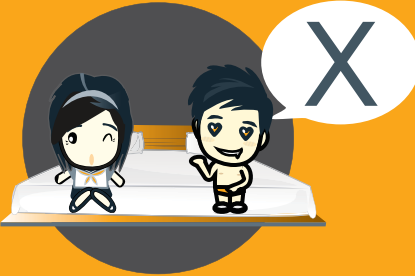
All of the above not only does not prevent pregnancy, it also does not prevent against STIs.

Overview

One of the toughest decisions that many young people face is whether to have sex. Young people who decide to become sexually active must also take responsibility to stay protected from unplanned pregnancy and sexual transmitted diseases. Sure, abstinence – not having sex - may be the most effective method of birth control, but it is not necessarily always the preferred method. Therefore, providing youth with information to understand and correctly use contraceptives is vital. Parents and teachers should play key roles in this education process. It is important that youth feel that they can come to you with questions about sexuality. It helps that teachers and parents treat sexuality as a natural part of development, and not something dirty, tabooed or embarrassing.



5. Sexual Transmitted Infections (STIs)

#	Discussion Points	Issues to Consider
1.	<p>Lala jokingly said that he “can do anything and not get pregnant”. While it is biologically true that he cannot get pregnant, there are still risks when having sex. What are they?</p> <p>(Chapter 4 – School Yard) (Basketball Game)</p>	<p>While males are not personally at risk of pregnancy, they are still at risk of STIs, including HIV, especially when having unprotected sex.</p>
2.	<p>In the movie, the boys bragged about having multiple sexual partners – one boy mentioned that he only has sex with virgin girls and is therefore not at risk of STIs. Is this fact or myth?</p>  <p>(Chapter 4 – School Yard)</p>	<ul style="list-style-type: none">- <u>MYTH!</u> It is possible to contract STIs when having sex with someone who claims to be a virgin. There is the risk of partners not disclosing their true status. People have different definitions for virginity - some may have had oral sex and still consider themselves a virgin, and others may not. And even if the person has never had penetrated sex, some STIs (herpes and HPV) can pass through skin-to-skin contact. So, play it safe and use protection.- Most Thais rarely talk about or disclose their sexual history to current partners. This makes it difficult to judge who is or is not free of STIs, so it's best to be safe and use protection.

Most Common STDs



Curable (mostly bacterial)	Incurable (viral)
Syphilis Chancroid Gonorrhea Chlamydia Infection Trichomoniasis	HIV and AIDS) HPV Hepatitis B Genital herpes



Resource: <http://www.fhi.org/training/en/modules/std/s1pg5.htm>

Overview

- Most STIs are asymptomatic (having no symptoms), so tests are often needed to determine if one has an STI. STIs will not go away on their own, and must be treated. There are cures for most STIs, except HIV/AIDS.
- STDs can spread easily because most people do not know that they are infected, and therefore pass the infection to sex partners without realizing it.

6. Teenage Pregnancy

#	Discussion Points	Ideas to Consider
1.	<p>In the movie, Lulu, Lala, and Patty were in disbelief that Lily was pregnant because she showed no symptoms of morning sickness. Do you think every pregnant woman experiences morning sickness?</p>  <p>(Chapter 4) (Matching Card Game)</p>	<p>Below is a list of some first signs of impending motherhood. Pregnant woman may experience all, some, or none of these symptoms during their pregnancy:</p> <ol style="list-style-type: none">1. Food cravings2. Darkening of your aureoles3. Implantation bleeding or cramping4. Frequent urination5. Fatigue6. Tender Swollen breasts7. Morning sickness8. High basal body temperature9. A missed period10. Testing positive on a home pregnancy test
2.	<p>Patty and friends heard that Lily dropped out of school because she was pregnant. What are immediate and future concerns she may have regarding her pregnancy?</p>  <p>(Chapter 4)</p>	<ul style="list-style-type: none">- Immediate: Hormonal and bodily changes that are beyond control. Potential peer ridicule that can be quite stressful. Stress from how to tell parents, guardians, friends, and/or partner of the news. The decision on what to do. To keep it and raise it as a single mom? Get married? Put it up for adoption? Abortion?- Future: There will be emotional consequences from any of the decisions. If she decides to keep the baby, concerns may include financial support, employment, lifestyle changes, and/or how to continue school. If she decides for an abortion, concerns may include social stigma and/or health repercussions.

#	Discussion Points	Ideas to Consider
3.	<p>When Patty tested positive on the home pregnancy test, she called Num to share her shocking news. Num bluntly stated that he is not responsible for Patty's pregnancy. Is this fair? If not, how can this mentality be improved amongst males in our society?</p>  <p>(Chapter 6)</p>	<ul style="list-style-type: none"> - Educate and empower young adults to take personal responsibility, respect each other, understand consequences of their actions, and know how to have safe sex. - Pregnancy is often viewed as a problem exclusively for teenage girls and women. Overlooked are the teenage boys and men who share equally in this responsibility. Boys need equal information, as girls, to pregnancy prevention information and services.
4.	<p>Patty is pregnant, what should Num do to help?</p> 	<ul style="list-style-type: none"> - Num should have helped prevent the pregnancy by using a condom, or delaying sex if both were not ready to face the consequences - Num should help Patty determine what to do next by seeking consultation and health services, and/or seeking advice and assistance from his parents. And provide strong emotional support to Patty.



Overview

Rates of teenage pregnancy in Thailand are growing. Birth rates of females aged 19 or less as compared to all births in Thailand have grown from 12.5% in 1999, to 14.7% in 2006.

<http://anamai.moph.go.th/static.htm>

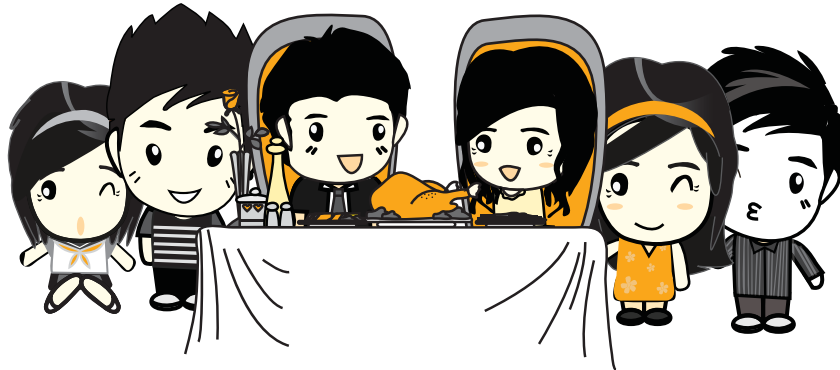


7. Family's Support

#	Discussion Points	Ideas to Consider
1.	<p>How do you feel about Patty's relationship with her parents? What are factors resulting in this relationship?</p> 	<ul style="list-style-type: none">- Lack of Communication: Patty and her parents often do not communicate and exchange their point of views openly. This causes internalization of an issue, difficulties understanding each other, and trouble reaching an agreement.- Lack of Quality Time Together: Patty's parents are so focused on their careers, providing financial security, and other grown-up responsibilities, that they fail to find quality family time.- Generation Gap: Patty and her parents are from two different times. They were brought-up in different environments and lifestyles. While this may place a distance between them, regular communication can easily bridge this gap.
2.	<p>Patty shared the news of the pregnancy with her mother, whose first reaction were, "you are an embarrassment", and "you have broken my heart". How do you feel about Patty mom's reaction?</p> 	<ul style="list-style-type: none">- Does this mean parents don't have the right to feel disappointed? No. Such reactions are common and often stem from love. It is natural that parents have expectations for their children. Like other parents, Patty's Mom might have a strong flood of emotions to deal with, especially at first.- Although some parents, like Patty's, are embarrassed by their teen's pregnancy and worried about how family, friends, and neighbors will react, others are happy about the news of a soon-to-be grandchild — especially if the teen is older and in a mature relationship. Whatever the feeling, this is likely to be a difficult time for the entire family.- Patty's mom may have felt a sense of guilt, and reacted defensively. She may have thought that if she did more to protect Patty, this wouldn't have happened.

Overview


- Close relationship: Overall closeness between parents and their children, shared activities, parental presence in the home, and parental caring, support, and concern are all associated with a reduced risk of unsafe sex and teen pregnancy. Teens who feel closely connected to their parents are more likely to abstain from sex, wait until they are older to begin having sex, have fewer sexual partners, and use contraception more consistently. Despite what parents may think, they have an enormous influence on their children's decisions about sex.
- Importance of parental attitudes and values: Children whose parents are clear about the value of delaying sex are less likely to have intercourse at an early age. Parents who discuss contraception are also more likely to have children who use contraception when they become sexually active.
- Necessity of parental supervision: Teens whose parents supervise them and monitor their behavior are more likely to be older when they first have sex, to have fewer partners, to use contraception, and to be less at-risk for pregnancy. However, overly strict, authoritarian monitoring is actually associated with a greater risk of teen pregnancy, so parents need to strike a balance.



7. การสื่อสารกับครอบครัว (Family's Support)

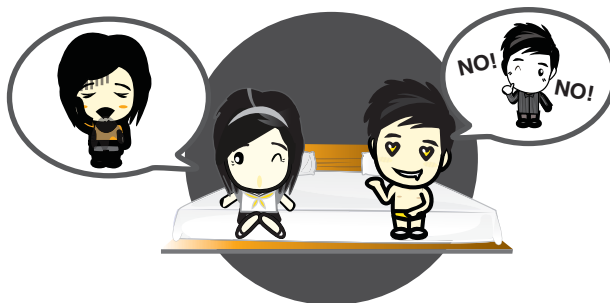
ประเด็นชวนคุย

#	คำถามนำ	ทำอย่างไร - ใจความคิด
1.	<p>น้องๆ คิดอย่างไร เกี่ยวกับความสัมพันธ์ในครอบครัวของแพตตีและมีปัจจัยอะไรบ้างที่ส่งผลต่อความสัมพันธ์ในครอบครัวของแพตตี</p> 	<ul style="list-style-type: none">- การขาดการสื่อสารกัน : แพนตีและพ่อแม่ของเธอไม่ค่อยสื่อสารและแลกเปลี่ยนความคิดเห็นอย่างเปิดเผยที่จะช่วยให้ทั้งสองฝ่ายสามารถเข้าถึงความคิด ความรู้สึกหรือปัญหาของกันและกันอย่างลึกซึ้งจึงทำให้ความคิดเห็นทั้งสองฝ่ายขัดแย้งกัน- การมีเวลาพักผ่อนหย่อนใจร่วมกันน้อย : ปัญหาเกิดจากพ่อแม่ต่างก็ยุ่งกับงาน เพื่อให้มีฐานะมั่นคง และการรับผิดชอบที่ต้องเลี้ยงดูลูก จนทำให้ไม่ได้ใช้เวลาร่วมกัน- ช่องว่างระหว่างวัย : แพนตีและพ่อแม่ของเธอเกิดต่างยุคสมัยกัน ทำให้พ่อแม่กับแพตตีได้ขึ้นมาด้วยสภาวะแวดล้อมและวิถีชีวิตที่แตกต่างกันเป็นสาเหตุสำคัญที่ทำให้พ่อแม่และลูก คิด พูด รู้สึกแตกต่างกันเพียงการพยายามพูดคุยสื่อสาร รับฟังซึ่งกันและกันก็จะช่วยลดช่องว่างระหว่างวัยได้
2.	<p>ในละครเมื่อแพตตีบอกแม่เธ่ว่า เธอตั้งครรภ์ปฏิภริยาแรกที่เกิดขึ้น คือ แม่อายุที่จะต้องไปสู้หน้ากับคนอื่นในสังคม เพราะการตั้งครรภ์ในวัยเรียนของแพตตี น้องๆ คิดอย่างไรเกี่ยวกับประเด็นนี้</p> 	<ul style="list-style-type: none">- พ่อแม่มีความคาดหวังกับลูกในทุกเรื่อง การแสดงออกเช่นนี้เป็นเรื่องธรรมดาของผู้ปกครองที่จะแสดงออกมา อย่างเช่นคุณแม่ของแพตตีที่อาจจะใช้อารมณ์มากเกินไปเมื่อเพิ่งได้รับรู้ว่าของแพตตีและกังวลที่จะต้องรับมือกับปัญหาที่จะตามมา- พ่อแม่บางรายอาจจะรู้สึกผิด คิดว่าตนเองน่าจะทำอะไรมากกว่านี้เพื่อป้องกันไม่ให้เกิดปัญหากับลูก ขอให้เข้าใจความรู้สึกและนำมาปรับใช้ให้พ่อแม่สามารถยอมรับและสนับสนุนกับสิ่งที่เลือกตัดสินใจต่อไป

#	Discussion Points	Ideas to Consider
3.	<p>In the movie, many of the characters bragged and raved about having multiple partners. How do you feel about this?</p> 	<p>Having multiple partners simultaneously may be praised amongst young people, potentially because of the thrill of the risk or the drive of competition. This should be done with caution due to the emotional and physical risk for both you and your partners. Having multiple partners may put you at risk of STIs/HIV, and the huge emotional strains of juggling many partners.</p>

Overview

The movie has many gender and culture themes, from the unequal responsibility of Patty's unplanned pregnancy to the Thai cultural belief that taboos abortion, it influences how characters make decisions and react to the issue. In our society, gender and culture similarly influences us. In making decisions, these influential aspects can be observed but should be coupled with self-analysis to arrive at the best and most informed decision for each individual.



8. เพศภาวะและวัฒนธรรม (Culture and Gender)

ประเด็นชวนคุย

#	คำถามนำ	ทำอย่างไร - ใจความคิด
1.	<p>การมีเพศสัมพันธ์คุณคิดว่าฝ่ายใดควรเป็นฝ่ายป้องกันและรับผิดชอบต่อผลกระทบ เช่น กรณีการเกิดการตั้งครรภ์?</p>  <p>(Chapter 6)</p>	<ul style="list-style-type: none">- การดูแลรับผิดชอบตนเองหลังการมีเพศสัมพันธ์หรือการตั้งครรภ์นั้น ควรจะสิ่งที่ทั้งฝ่ายชายและฝ่ายหญิงมีส่วนร่วมด้วยกัน- การแสดงความรับผิดชอบไม่สมควรจำกัดอยู่เพียงแค่เรื่องของภาระค่าใช้จ่ายแต่ยังรวมไปถึงการให้ความช่วยเหลือ ส่งเสริมทางด้านจิตใจ
2.	<p>น้องๆ รู้สึกอย่างไรกับประโยคที่ว่า “การพูดเรื่องเพศเป็นเรื่องที่น่าอาย”</p>  <p>(Chapter 1)</p>	<ul style="list-style-type: none">- การพูดเรื่องเพศเป็นเรื่องที่ไม่สมควรที่จะอายเนื่องจากเป็นเรื่องธรรมชาติ ในบางครั้งสังคมวัฒนธรรมไทย ยังไม่เปิดกว้างให้สามารถพูดได้อย่างกว้างขวาง ด้วยความเชื่อที่อาจจะเป็นการกระตุ้นอารมณ์เพศ หรือ ซีโพร่งให้กระรอกถ้าพูดเรื่องเพศในที่สาธารณะก็ควรใช้ภาษาที่สุภาพ- สังคมไทยสมัยก่อน หรือ สังคมท้องถิ่นนั้น เรื่องเพศ ส่วนใหญ่แสดงออกผ่านบทเพลงพื้นบ้าน หรือศิลปะซึ่งถือเป็นเรื่องปกติ

#

Discussion Points

Ideas to Consider

(Continue)



3. **Abortion:** A decision to have an abortion (terminate pregnancy) should be made as early as possible. The type of procedure used and some of the risks involved depend on how long you have been pregnant. The earlier a woman has an abortion, the safer it is. Abortion is a very personal decision.

It's your reproductive right to have confidential health services, including counseling, which could help you come to terms with this decision. The effects of teen pregnancy can be difficult to cope with. The decision to raise the child, place the child up for adoption, or have an abortion may be very hard for you to make. The sooner you seek advice and help, the better.

For more information: <http://www.teenpath.net>

3.

Patty's friend Lily dropped out of school after becoming pregnant. If you were Lily, what would you do? What should the school do?





(Chapter 3)

Pregnant students dealing with an unplanned pregnancy may think that their education has come to a screeching halt. Fortunately, this does not have to be the case. There are many ways to continue education. Options include:

- Talking to the school/teacher about options of going to school while pregnant
- Alternative non-formal learning programs
- Taking time off, and returning once delivered

Often perceived social values regarding pregnant students are obstacles to continuing education. Compulsory education in Thailand is extended up to age 15 (or the 3rd year of secondary school). During this period, no one (not teachers nor school administrators) can deny any student an education.

#	Discussion Points	Ideas to Consider
4.	<p>What is Thailand's abortion policy?</p> 	<p>Abortion in Thailand is legally permitted for the following:</p> <ol style="list-style-type: none"> 1. To save the life of the woman 2. To preserve physical and mental health of the woman 3. In cases of rape or incest 4. In cases the woman is under the age of 15 <p>This determination and the procedure can be done at most hospitals. If the doctor chooses not to perform the procedure, he has a professional obligation to refer the woman to another doctor.</p> <p>Abortion is potentially an emotional and hormonally upsetting procedure, and those who consider it should seek medical counseling.</p>
5.	<p>What or who does Noodee represent?</p> 	<p>Noodee may represent the following:</p> <ol style="list-style-type: none"> 1. Patty's friend, cousin, and/or next door neighbor 2. Patty's conscience or inner voice 3. Access to information - i.e. website, hotline, peer educator, etc. 4. Access to counseling service - i.e. peer counselor, clinic, hospital, etc.

Overview

Reproductive Rights rest on the recognition of the basic right of all couples and individuals to decide freely and responsibly the number, spacing and timing of their children and to have the information and means to do so, and the right to attain the highest standard of sexual and reproductive health. They also include the right of all to make decisions concerning reproduction free of discrimination, coercion and violence.

