

Challenges of the youth in the contemporary world.

In reference to HIV/AIDS

By

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The ABC approach in fighting HIV/AIDS

- ◆ What's ABC




A stands for **Abstinence** which can be primary virginity or secondary virginity

B stands for **Be faithful** to one partner whose HIV status is known

C stands for **Condomise**

Why are we talking about the ABC approach?

- ◆ In Abstinence, there is need to abstain from sex as young people to avoid:
 - Unwanted pregnancies
 - getting infected with STIs (sexually transmitted infections) especially HIV / AIDS.
 - Preserve our integrity and respect in our societies

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- ◆ Why should we **Be faithful** to one single partner as young people,
 - So we can avoid multiple partners whose HIV status will not be known to us.
 - Because we cannot trust any one but at least one partner whose HIV status is known in regards to safe guarding our lives against HIV/AIDS.
 - To keep those relationships that we respect strong.





◆ Why use **Condoms**

- this is for the obvious reasons of avoiding unwanted pregnancies.
- To prevent STIs, HIV/AIDS and ultimately death.
- To show respect to your partner in regards to valuing their lives.

Then why is it difficult to Abstain, be faithful or use condoms? (challenges)

1. Peer pressure, our peers or friends often influence us into early sex, cheating on our partners and not using condoms which seems ok because every one else is behaving like that and it appears perfectly normal.
2. Exposure to forms of irresponsible sexual behavior portrayed in pornographic films, books, magazines and news papers.
3. Failure to control sexual urge and feelings to the opposite sex and failure to communicate expectations in relationships.


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4. Lack of life skills to make informed and correct decisions regarding sex.
 5. Poverty amongst young people which limits the access to condoms and health services.
 6. Failure to heed advise from parents, teachers and elders on issues of sexuality and our reproductive health.


Other challenges that we as young people face include:

- ◆ Lack of appropriate information sources for Adolescent sexual and reproductive health.
- ◆ Shortages of health facilities and capacity of the existing to manage Reproductive health cases of we the young people.
- ◆ Weak implementation of supportive laws, policies and policy guidelines to Adolescent Reproductive Health.
- ◆ Negative cultural practices that promote early marriages and multiple sex partners are a big influence in our lives hence a major challenge.

What do we do to overcome these challenges?

- ◆ Seek the right information on Adolescent sexual and reproductive health because it's our right.
- ◆ Avoid negative peer influence and exposure to pornographic materials because they are detrimental to our reproductive health.
- ◆ Learn how to make informed and independent decisions that will not harm your health.
- ◆ Initiate better communication with parents and peers of the opposite sex to avoid wrong decisions and mis interpretation.

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- ◆ Advocate with leaders and policy makers for:
 - provision of more health facilities that specifically address young people's reproductive health concerns.
 - Strengthening of laws and policies that protect us from negative cultural practices and help us access the right Reproductive health information.
 - ◆ Utilise available resources to gain economic stability and waive off poverty.



**With so many more challenges out there,
we need to be careful of our lives
especially in this era of HIV/AIDS.
Valuing our lives for a safer future is key
at this point in time.**

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