

Prevention of early pregnancy Curriculum outline

Background

Vulnerable and endangered girls have higher risks of early pregnancy, resulting in school drop-outs, often failing to complete primary school and becoming passive members of society.

There can be many reasons behind early childbearing, such as a lack of family experience or cultural patterns, or, in the case of girls in child protection institutions, the desire to have a full-fledged family of their own. However, a lack of sexual knowledge and the non-use or misuse of various forms of contraception also result in a large number of girls from vulnerable social groups becoming mothers at a very young age.

Number of participants

- 12 girls

Duration

- 2 sessions
- 120 minutes/ session

Beneficiaries

- vulnerable female athletes between the age of 14-21, who has an active sexual life

Curriculum outline

Introduction

- What are your plans regarding having children?
- What are your expectations, how would your life change when you become a mother?
- What were the circumstances of your mother when she gave birth to you?
- How did her life change upon giving birth to you?
- What makes a good mother? What makes a good father? Do you know any good mother or father? Who are they?

Relationships

- How do you know you are being loved?
- What makes a good relationship?
- Who and when can touch you?
- Where are your boundaries?
- What do you need to start a romantic relationship?
- When and how would you start a sexual relationship?

Abusive relationships

- What is acceptable and what is non acceptable in a relationship?
- Is verbal and physical aggression acceptable?
- What is the difference between hurting someone and abusing someone?
- Possibility and ability to say no

- Have you ever said no before in a romantic relationship? What did you do and how did
- What is emotional blackmail? How can you recognize?

Self-evaluation, self-esteem

- What do we value more?
- Cheap vs. expensive
- Easy vs. hard to get
- For what are we working more? What do we value more? What are the things we take care of more?
- Where do you belong?
- Who makes decisions regarding your life and body?