



ZIBHEKE

DURING THE

"MONTH OF LOVE"

USE CONDOMS AND CONTRACEPTIVES TO AVOID UNPLANNED PREGNANCY AND STIs

The re-opening of institutions of higher learning as well as schools heralds an opportunity at new beginnings for young people. New beginnings should be safe - #safetyfirst.

As we enter February, which is widely regarded as "The Month of Love", we are urging young people to pause and consider how to minimise their exposure to unnecessary and avoidable life complications such as unplanned pregnancy, and/or contracting sexually transmitted infections, including HIV.

Although there is a strong sense that "Love is in the Air" as we approach Valentine's Day on the 14th of February, we are encouraging young people to delay their sexual debut for as long as possible, as this is key in helping them realise their full academic potential, and in safeguarding their positive educational and health outcomes without disruptions.

We are also urging those who have begun engaging in sexual activity to take precautions so that they can avoid any unpleasant surprises such as unplanned pregnancy and acquiring sexually-transmitted infections, including HIV and AIDS.

Research shows that young women aged 15 and 24 are at a significantly higher risk of contracting HIV due to intergenerational and transactional relationships with Sugar Daddies and the so-called "Blessers"; and that older men who have had years of sexual experience - the so-called Blessers - are the ones who infect young women with HIV.

The young women then, in turn, infect boys of their own age.

Therefore, as we navigate our way through the "Month of Love" and beyond, we are imploring young people to adopt a "first things first" approach, and prioritise all that is important to their lives and their bright future.

This means their studies and good health should come first. It means they must either abstain from sex, or use condoms or family planning methods at all times. This will ensure their protection from all social ills that other young people engage on. It will also ensure that they are able to graduate alive and secure themselves a better future.

Young people who cannot abstain from sex are encouraged to rather use Dual Protection, which is a combination of using condoms during every sexual episode while combining this with contraceptive methods for women medical male circumcision for men.

These health services are free and available to the public.

#safetyfirst

#graduatealive

#yourbrighterfuture

#moneysuccesshappinessandlove



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