

Title of session: Understanding Menstruation and Contraception

This episode will discuss menstruation and menstrual health and hygiene. It will also provide information on contraception and how to use contraceptives.

Length of recording: t.b.c.

Scene 1: Doctor talks about menstruation and contraception with adolescents in school.

Actors: Doctor Sarian (female doctor), Mrs. Fatmata (female teacher), girls and boys.

Scene 1

Sfx: Girls and boys chatting. Footsteps

Fatmata: *Klas una gud mɔnin!* Good morning class!

All: Good morning Mrs. Fatmata

Fatmata: *Tide wi get wan speshal trenja na wi skul. Dɔkta Serian de wok na di klinik. I kam fɔ wan speshal mitin wit una. A no se una go enjoy am.*

Today we have a very special guest in our school. Dr. Sarian works at the clinic. She came for a very special session with you. I am sure you will enjoy.

Doctor: *Una ɔl mɔnin. Una prinsipul aks mi fɔ kan tɔk to una bɔt adɔlesent en wetin kin apin to una bɔdi wen una rich de. A no se di ticha bin dɔn tɔk to una bɔt dat, so tide a wan tɔk bɔt mestyureshɔn en aw fɔ mek shɔ se pɔsin nɔ get bɛɛ. A kin bigin?*

Good morning. Your principal requested that I give you a talk on adolescence and what happens to your bodies. I know that your teacher has already talk to you about it, so today I want to talk in particular about menstruation and contraception. Can we start?

All: *Yes Ma.* Yes, ma'am

Doctor: *Gud. As bɔku ɔf una no, wen wi de tɔk bɔt mestyureshɔn, wi min we gyal-pikin den ɔ uman den de blid wan tɛm evri mɔnt. Di ɔda nem na pirɔd. Dis na so Gɔd mek wi en i gud we i de apin, i mis se di pɔsin wɛl. Yes yu wan se sɔntin?*

Good. As most of you know, when we talk about menstruation, we are talking about when a girl or a woman bleeds once a month. This is also called a period. It is a completely natural and healthy occurrence. Yes, do you want to say something?

Boy: *Yes Ma. Wetin mek bɔbɔ dende listin to dis tɔk ya we i nɔ de apin to wi?*

Yes, ma'am. Why should boys listen about this? It doesn't happen to us.

Doctor: *A gladi we yu aks dis kweshɔn ya. Wetin mek i impɔtant fɔ le bɔbɔ den ɔndastand wetin na menstureshɔn na bikɔs i min sɔntin fɔ densesf. If bɔbɔ den go want pikin wande, ɔ want fɔ no aw nɔ fɔ get pikin, den get fɔ no aw en wetin du menstyureshɔn de apin. Sef if bɔbɔ en big man den ɔndastand aw i tranga fɔ manej am, den go aw fɔ sɔpɔt den uman padi dem, den sista en den mama. Eni gyal-pikin de ya we dɔn bigin si in mensis?*

I'm glad you asked this question. It is very important that boys understand what menstruation is because it affects them too! If a boy would ever like to have children one day – or wants to avoid having a child– he needs to understand why and how menstruation happens. Also, boys and men need to understand how difficult it can be to manage menstruation, so that they can be supportive of their female friends, sisters and mothers. Is there any girl here who has started seeing her menses?

Girls: *Yes.* Yes

Doctor: *Una no wetin mek gyal-pikin den de get am den bɔy-pikin den nɔ de get am?*

Do you know why girls have menses and not the boys?

Sfx: Laughing

Doctor: *Yes?* Yes?

Girl: *Wen gyal-pikin bigin fɔ si in mensis dat min se i kin get beɛ datende.*

When a girl starts seeing her menses, she can now get pregnant.

Doctor: *Yes, egzaktli, i kin get beɛ if i ledɔm wit man. Gyal-pikin en uman den, wi ɔl get eg dem na wi beɛ.*

Yes, exactly, she can get pregnant if there is a sexual intercourse. Girls and women, all of us have eggs in our belly.

All: eeee

Doctor: *Noto lek fɔl ɛn dɔks eg o. Den yon smɔl smɔl so. Yu bɔdi de mek den eg ya ɛvri mɔnt. Wɛn di spam frɔm di man ɛn di eg frɔm di uman mit wɛn den ledɔm togɛda, di spam de ach di eg dem den di uman de get beɛ. Dis de apin na di uman in yutrɔs we in ɔda nem na wumb. Dis sef de insay wi beɛ. If di spam nɔ ach di eg di uman in bɔdi nɔ go want am egen. Dis eg naw de kɔmɔt wit di mensis.*

Not like a fowl or duck egg. It is very small. Your body produces these eggs every month. When the sperm from the man and the egg of the woman meet during a sexual intercourse, the sperm can fertilize the egg and the woman gets pregnant. This happens in the woman's uterus, that is also called womb. It is here in our belly. If the egg is not fertilized, the woman's body doesn't need it lets it go with her menses.

Girl: *...bɔt wetin mek wi de wes blɔd?* ...but why do we bleed?

Doctor: *Dat na gud kweshɔn. Wi de wes blɔd bikɔs wi yutrɔs de rɛdi ɔltɛm fɔ ɛp di eg we dɔn ach fɔ tɔn to pikin. I de mek ɔl wetin fɔ sɔpɔt di nyu pikin. If di uman nɔ get beɛ den i nɔ go want ɔl wetin fɔ sɔpɔt di nyu bebi; na dis de kɔmɔt we wi de wes blɔd. Dis de apin ɛvri mɔnt. Dis nain na di piriod we wi de si wantɛm fɔ mɔnt. Mestureshɔn nɔ dɔti, i nɔ bad ɛn nɔ to tin we fɔ shem fɔ. So yu wan no wetin gyal-pikin den fɔ yuz fɔ manej di blɔd we de wes wɛn den de mɛstyuret?*

That's a very good questions. We bleed because our uterus gets ready for the fertilized egg to grow into a baby by building up a lining. If the woman does not get pregnant, the lining breaks down and bleeds. This same process happens every month. That is why most girls and women get their periods around once a month. Menstruation is not dirty, it is not bad, and it is not something to be ashamed of. So, what should girls use to manage the blood when they are menstruating?

Girl 1: *Pad!* Pad!

Doctor: *Veri gud! Sanitri pad den de. Yu get tu kyn pad, di wan we yu de trowe we yu dɔn wit am ɛn di kayn we yu de yuz bak. Di kayn we fɔ trowe, den mek am wit pisis we de tek di blɔd jes lɛkɛ spɔnj, dis ya de fasin to di drɔz. I de tek bitwin 4 to 6 awa fɔ ful wit blɔd den yu fɔ pul am ɛn chenj am to nyu wan. Den di kayn we yu kin was, dray ɛn yuz bak bɔku tɛm, inɛf na di sem kayn klos we de sɔk lɛk spɔnj den tek mek am. Fɔ dis wan inɛf, afta 4 to 6 awa yu kin pul am, was am ɛn yuz am ɔda tɛm. Us ɔda kayn tin fɔ yuz?*

Very good! There are sanitary pads. There is a disposable version and a reusable version. Disposable pads are made out of absorbent material and attach to your panties. It can take a 4-6 hours for it to fill with blood, and then it should be replaced with a new pad. Then there are reusable pads, that are made out of

absorbent cloth. These that can be washed, dried and used again and again. So after 4-6 hours of absorbing blood you can replace it with another reusable pad, and wash it so that it can be used another time. What else do you girls use?

Girl 2: *Tɔylɛt rol!* Toilet roll!

Girl 3: *Yes ma. Sɔm mama dɛn de se lɛ wi yuz dɛn af af pisis dɛn we wi nɔ want agen.*

Yes, Ma'am. Some mothers advise us to use piece of cloth which is not too good.

Doctor: *Yes a no dat. Sɔm titi dɛn we nɔ ebul gɛt pad de yuz ɔda tin dɛn lɛk af af pisis dɛm ɔ tɔylɛt rol. I ɔrayt if yu nɔ get ɔda tin fɔ yuz bɔt dɛn nɔto di rayt kayn tin fɔ yuz. Bikɔs dɛn nɔ de akt lɛk spɔnj fɔ tek di blɔd, dɛn nɔ de stɛdi we yu wɛr dɛm ɛn bikɔs dɛn de muf muf i zi fɔ lɛ blɔd sten yu klos.*

Yes, I know that. Some girls don't have access to pads so they use other materials, like pieces of cloth or toilet roll. It is ok but not ideal, because these are materials do not absorb the blood well like the pad or do not stay in place very well, so it is easy for blood to leak and stain your clothes.

Girl 2: *Yes, ɛn wɛn dat apin di bɔbɔ dɛn kin provoke yu.*

Yes, and when that happen the boys tease us!

Doctor: *A no, ɛn dat nɔ gud. Bɔbɔ dɛm, jɛs imagin se una de ple futbɔl ɛn di bɔl nak yu fes we mek yu nos bigin blid, aw yu go fil if di titi dɛn provoke yu we dɛn fɔ ɛp yu tek kia ɔf di bilin. Aw yu go fil?*

I know, and that is not nice. Boys, imagine that you are playing football and the ball hits your face and makes your nose bleed. How would you feel if instead of helping you the girls would just tease you? How would you feel?

Boy: *A go fil bad. Dat nɔ go fayn fɔ du to mi bikɔs nɔto mi fɔlt if di bɔl nak mi.*

I'd feel bad. That would be unfair because it's not my fault if the ball hits me.

Doctor: *Egzaktli. Mɛstureshɔn na nɔmal tin, nɔto tin fɔ shem fɔ.*

Exactly. Menstruation is natural, there is nothing to be ashamed of.

Boy: *Dɔkta Serian...* Doctor Sarian...

Doctor: *Yes?* Yes?

Boy: *Wi skul nɔ get wata na wi tɔylɛt. Aw di titi dɛn go ebul kiln dɛnsɛf we dɛn de si dɛn pirid?*

Our school doesn't have any water by the toilets, how can girls clean up when they have their periods?

Doctor: *Gud Kweshɔn... Titi den aw una de manej una piriɔd we una de na skul?*

Good question... Girls, how do you manage your period here in school?

Girl 1: *Wi kin go get wata wit bokit en kip am nia di tɔylet.*

We go fetch the water with a bucket and we keep it near the toilets.

Doctor: *Gud. So bɔbɔ dem una si aw una kin sɔpɔt di titi dem? Bɔbɔ en titi kin get di wata togeda fɔ di titi den fɔ yuz. Di bɔbɔ densef kin yuz di wata fɔ was den an.*

Good. See boys, this is how you can support the girls. Boys and girls can work together to bring the water and put it by the toilet for girls to use. Boys will also benefit because they too can wash their hands.

Boy: *Dat na tru!* That's true!

Doctor: *If una get eni ɔda kweshɔn bɔt mestureshɔn una kin aks. Mestureshɔn nɔto tin fɔ shem fɔ. Naw a go lek fɔ stat wit di seken tin fɔ tide en dat na kontrasepshɔn. Una no wetin dat min?*

Remember, if you have any other question about menstruation, please ask. Menstruation is nothing to be ashamed of. Now I would like to start with the second topic for today, that is contraception. Do you know what that means?

Boy: *Mi nɔ no.* I don't know.

Doctor: *Kontrasepshɔn min aw fɔ mek shɔ se yu nɔ get beɛ we yu nɔ want am. Wi de tɔk bɔt dis bikɔs at una ej, una bɔdi ebul fɔ mek una get beɛ bɔt una nɔ rɛdi et tek kia ɔf pikin dem. Fɔ bi mama ɔ papa na big rɛspɔnsibiliti. Una fɔ ebul provayd fɔ una pikin dem.*

Contraception means preventing pregnancies. We talk about this because at your age your body is able to make babies but you are not mature enough to be a parent. Being parent is a big responsibility. You need to provide for your child.

Girl: *A nɔ want fɔ get pikin naw, a wan dɔn skul fɔs.*

I don't want to have a child now. I want to finish my studies.

Doctor: *Dat gud. Na dat mek wi get fɔ tɔk bɔt wetin fɔ du so wi nɔ go get beɛ, so dat wi go pe ateshɔn pan wi buk en dɔn skul en enjɔy layf. Bɔku bɔbɔ en titi den ɔf una ej nɔ rɛdi et fɔ manej di padi biznes, na dat mek mi kin advays den se una wet te una dɔn big bifo una bigin tink bɔt den tin de. Di best we fɔ mek shɔ se beɛ nɔ kam na nɔ fɔ get seks at ɔl. Den wi get Kontraseptiv dem. Le wi tɔk bɔt kontrseptiv en aw fɔ yuz am wen yu nɔ gro ɔp et as bigman en biguman. Una no wetin fɔ yuz we go mek una nɔ get beɛ?*

Yes, good. That's why we need to talk about how to avoid pregnancies so that you can focus on completing your education and have the best start in life. Most girls and boys in your age are not mature enough for a relationship yet, so my advice is to wait until you are an adult before you start thinking about these things. The most effective method to prevent pregnancies is to abstain from sex. Then we also have contraceptives. Let's talk about contraception and how to use it when you grow up into men and women. Do you know what can be used to avoid pregnancies?

Boy: *Kəndəm!* Condom!

Doctor: *Yes dat kərekt. Kəndəm kin əlso mek yu nɔ get den sik we da tin de kin gi, bət wi go tək bət dat əda tɛm. Yu kin get kəndəm na bəku klinik ɛn famesi dem. Yu kin bay am chip wan na bəku klinik, ɛn sɔm oganayzeshɔn den de gi am fri. Fə yuz Kəndəm na gud tin we yu no aw fə yuz am gud gud wan. I veri gud fə mek shɔ se beɛ nɔ kam.*

Yes, correct. Condoms are also good to avoid infections, but we will talk about that another time. Condoms are available at most clinics and pharmacies. You can buy them at low cost and some clinics and organisations even give them away for free. Condom is a good contraceptive if you know how to use it well. It is very good to prevent pregnancies.

Girl: *I de privent beɛ əltɛm?* Does it always prevent pregnancy?

Doctor: *NO o, nɔ fə get seks at əl nin na na di best privenshɔn. Wit di əda kayn kəntraseptiv dem i stil pəsibil fə get beɛ. Egen, sɔm pipul den nɔ no aw fə yuz kəntraseptiv den gud gud wan ɛn dat kin mek i izi sɛf fə get beɛ.*

No, only abstinence is effective 100%. With every other contraceptive, there is still a risk of getting pregnant. Also, some people don't know how to use the contraceptives well and this increases the risk of pregnancies.

Boy: *Dəktə Serian, yu kin tɛl wi di kərekt we fə yuz kəndəm?*

Dr. Sarian, could you tell us what is the correct way to use a condom?

Doctor: *Əfkəz. Fə yuz kəndəm kərekt wan na fə fala dis we ya: fəs tektɛm opin di paket we di kəndəm de insay, tektɛm lɛ i nɔ chɛr; den tek yu finga dem ol di kəndəm in ed, ɛn mek shɔ se yu wɛr am di ayt we so dat briz nɔ go de insay wen yu dɔn wɛr am; nɔmba tri put di kəndəm oba di penis in ed di sem tɛm we yu de kwis di say we di kəndəm tap, dis na fə mek shɔ se briz nɔ lɛf insay, tek yu an rol di kəndəm oba di penis we in go dɔn rɛdi. If di kəndəm nɔ rol dɔn izi wan, i go bɛtɛ fə bigin əltin bak wit nyu wan.*

Of course. To use a condom correctly, follow these steps: first, carefully open the packaging that the condom is wrapped in, taking care not to tear the condom; second, hold the tip of the condom between your fingers to make sure it's put on the right way and no air is trapped inside; third, place the condom over the tip of the penis and, while squeezing the tip of the condom, roll it down over the length of the erect penis. If the condom doesn't unroll, it's better to start again with a new one.

All: Eeeeeee

Doctor: *Yes yuk ant yuz di sem wan egen o. Den if di kondom komot we yu de get seks yu get fo pul am ɔltogeda en yuz ɔda wan. Afta di spam don komot, di man fo tektem pul di kondom en mek sho se di spam no skata. Rap di kondom we yu don yuz insay tishu en trowe am na dɔti bɔks. Yu kant yuz di kondom pas wantem. Una ɔndastand?*

Yes, you cannot use the same again. Also, if the condom falls off during sex, you have to take it out and use another one. After ejaculation, the man should remove the condom carefully ensuring that the sperm does not spill or drop off. Wrap the used condom in a tissue and throw it in a bin. You can't use the same condom more than once. Do you understand?

All: *Yes Ma.* Yes, ma'am.

Doctor: *Yu no fo was di kondom en yuz am bak. Na wantem komo fo yuz am. ɔda kayn kontrseptiv den de. Wan ɔda komon we na di birth control pils dem. Una don yeri bot am?*

You cannot wash a condom and use it again. It can only be used once. Now, there are also other methods of contraception Another main method of contraception is the birth control pill. Have you heard of it?

Girl: *Yes, nɔto da pils we den de kol biguman granat?*

Yes, it is the pill that they call "big women ground nut".

Sfx: Laughing

Doctor: *Yu kɔrekt. Dis na di pils we di uman get fo tek evride. I de mek sho se di bɔdi no de pul di eg evri mant. Uman no go get beɛ if eg no de fo ach.*

You're right. This is a pill that a woman has to take every day. It prevents her from releasing an egg every month. A woman cannot get pregnant if there is no egg to be fertilised.

Girl: *So wetin di uman fo du if i wan get beɛ?*

What will the woman do if she wants to get pregnant?

Doctor: *I fɔ jes lef fɔ tek di pils.* She has to discontinue taking the pill

Girl: *E!* Ah!

Doctor: *Yes, en le a mek dis klia, fɔ tek di pils nɔ min se di uman nɔ go get bele wen i want am – i jes de mek shɔ se i nɔ get bele di tem we i de tek di pils. As i stop so i de get bele. Fɔ get den pils ya, uman dem fɔ si dɔkta ɔ go na di klinik.*

Yes, I want to be clear, taking the pill will not prevent a woman from getting pregnant in the future – it only prevents pregnancy while she is taking the pill. Once she stops she can get pregnant again. To get this pill, women must see a doctor or go to the clinic.

Girl: *Yes ma. A bin dɔn yeri bɔt Anti Mari sef...*

Yes, ma'am. I have also heard about Auntie Marie...

Doctor: *Yes, dat na di depro injekshɔn dem we pipul de kɔl Anti Mari. Den na injekshɔn dem we den de gi uman den sɔntem evri tu ɔ tri mɔnt. Jes leke di pils de mek shɔ se di bɔdi nɔ pul eg. Dis sef na fɔ shɔt tem – i de wok as lɔŋ as yu de tek di injekshɔn. As di uman stop fɔ tek di injekshɔn so i kin get bele.*

Yes, that is the depro injections that people call “Auntie-Marie”. They are injections given to the woman, usually once every two or three months. Like the pill, it prevents the eggs to be released. Again, this effect is not permanent – it only lasts as long as a woman gets these injections. Once she stops, she can get pregnant.

Girl: *Eni ɔda kɔntrseptiv de?* Is there any other contraceptive?

Doctor: *Yes. Di las wan we a wan tɔk bɔt na di implant. Pipul den de kɔl am Kapten Band. Nɔs ɔ dɔkta dem de put tu smɔl tik dem insay di uman in an, dis de mek i nɔ get bele fɔ tri ia. Den wanya nɔto ɔdinari tik o, na speshal tik dem we get meresin pan dem we de mek shɔ se di bɔdi nɔ pul eg. Lek di ɔda wan dem as lɔŋ as di uman de yuz am bele nɔ de kam wans di uman get di implant.*

Yes. The last method I want to talk about is the implant. People call it “Captain Band”. Nurses or doctors insert two small sticks into the woman’s arm and this will prevent pregnancy for three years. These are special sticks that contain a medicine that will prevent the release of the egg. Again, this effect lasts only as long as the woman has the implant.

Girl: *Dis na bɔku tin yu dɔn tel wi so.* This is a lot to know.

Doctor: *Yes, but when the moment comes, you can go and ask for information at the clinic. For now, remember that the most effective method to prevent pregnancy is abstinence. At your age, you should focus on your education. Being physically capable of making babies does not mean a girl or boy is ready to have a child.*

Yes, but when the moment comes, you can go and ask for information at the clinic. For now, remember that the most effective method to prevent pregnancy is abstinence. At your age, you should focus on your education. Being physically capable of making babies does not mean a girl or boy is ready to have a child.

Girl: *But if the girl-pikin is not in school, is it ok to have a baby?*

If a girl is not in school, is it ok to have a baby?

Doctor: *Dis na gud kweshon! No, it's not ok. It can be dangerous. Pregnancy for a girl at a young age can be dangerous; girls who give birth before the age of 15 can easily die of childbirth. Their babies are less likely to live beyond their first birthday. It is better to be 20 years old or more to give birth.*

Good question! No, it's not ok. It can be dangerous. Pregnancy for a girl at a young age can be dangerous; girls who give birth before the age of 15 can easily die of childbirth. Their babies are less likely to live beyond their first birthday. It is better to be 20 years old or more to give birth.

Girl: *Oooo! A bin no dat.* *Oooh! I didn't know that.*

Doctor: *Dat na bikas di gyal-pikin in badi no kin don redi et. Baku tem wen baba en titi den get pikin den no kin redi fo provayd fo di pikin, na den Mama en Papa den de en pan fo provayd fo den pikin.*

That is because the girl's body is not ready yet. Also, when boys and girls have children, most of the times they are not ready to provide for them, they need to rely on their parents.

Boy: *Dat na tru.* *That is true.*

Doctor: *Oke den, if una no get eni oda kweshon, wi don don fo tide. No forget o, if you wan no mo bot you mestyureshon o aw fo mek sho se you no get bele you kin aks eni big pasin we you biliv pan: ticha na skul, you Mama en Papa o you kin go na klinik sef. Dat klia en?*

Very well, if you don't have any other question, we have finished for today. Remember, if you have questions about your menstruation or how to prevent pregnancies, you can ask any adult you trust: a teacher in school, your parents, or go to the clinic. Is that clear?

All: *Yes ma.* Yes, ma'am.

Fatmata: *Dokta Sarian, tenki fo wetin yu tich wi Ma.*

Thank you for your presentation Dr. Sarian.

All: *Dokta Sarian tenki Ma.* Thank you Dr. Sarian.

Radio Discussions, discussants focus on:

- What is menstruation and how to manage it.
- Contraception.
- Risks of teenage pregnancy.

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