

Sexual and Reproductive Health in a Teens

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Adolescence

Adolescence is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to legal adulthood (age of majority). The period of adolescence is most closely associated with the teenage years

According the World Health Organization Adolescence it s stage between 10-19 years old



After Adolescence coming Young period – from 19-24 years



In 2014 in World have been registered 1.8 milliard of the young people



In Turkey from 76.6 million people more than 19 million coming to young people. Turkey the most “Young” of European country for numbers of teens

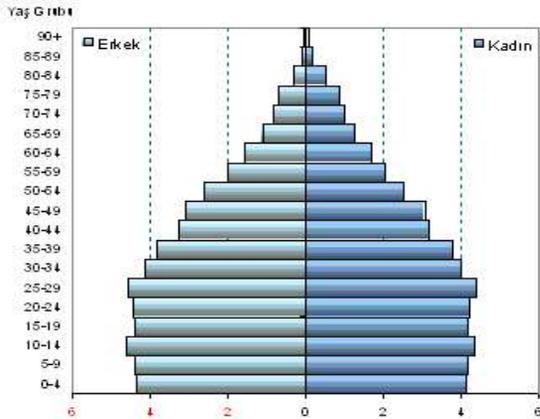


In the North Cyprus nearly 51 % of population young people from 0-30 years old



Population of Turkey and North Cyprus

- Turkey – 774.875 km²
- Population – 71.517.100 (2008)
- Population growth rate – 12.1/1000
- Birth rate – 18.4/1000
- Death rate – 6.3/1000
- TRNC population – 294.906 (2011)

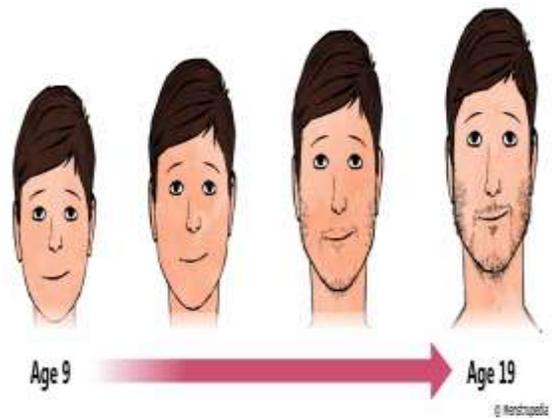


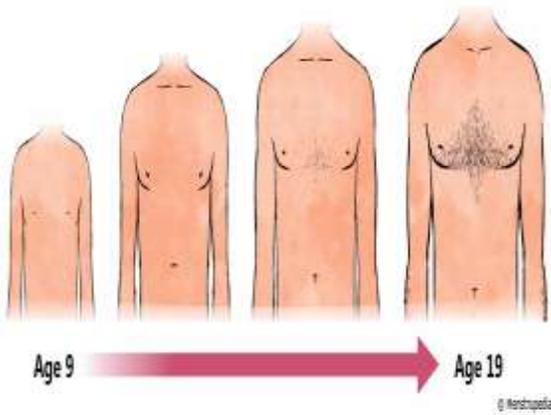
Adolescence

Adolescence starting from pubertal period, the period when the body starting to prepare from the child to adult role. Major pubertal and biological changes include changes to the sex organs, height, weight and muscle mass, as well as major changes in brain structure and organization. The average onset of puberty is at 10 or 11 for girls and age 11 or 12 for boys

Puberty

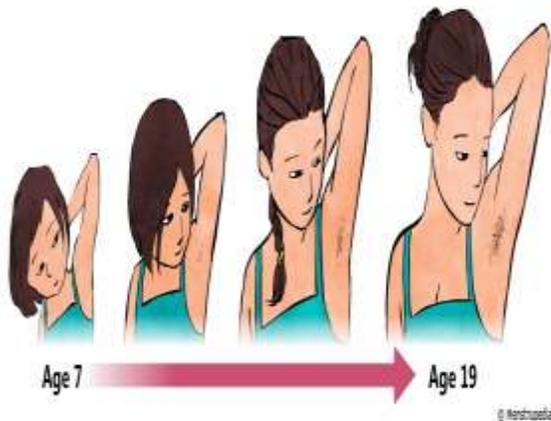
It is the stage of life in which a child develops secondary sex characteristics (for example, a deeper voice and larger adam's apple in boys and development of breasts and more curved and prominent hips in girls) as his or her hormonal balance shifts strongly towards an adult state. This is triggered by the pituitary gland, which secretes a surge of hormonal agents into the blood stream, initiating a chain reaction to occur. The testes primarily release testosterone and the ovaries predominantly dispense estrogen. The production of these hormones increases gradually until sexual maturation is met. Some boys may develop gynecomastia due to an imbalance of sex hormones





Puberty

Facial hair in males normally appears in a specific order during puberty: The first facial hair to appear tends to grow at the corners of the upper lip, typically between 14 to 17 years of age. For females, it is menarche, the onset of menstruation, which occurs, on average, between ages 12 and 13. The age of menarche is influenced by heredity, but a girl's diet and lifestyle contribute as well



Puberty

Generally, a girl is not fully fertile until several years after menarche, as regular ovulation follows menarche by about two years. Unlike males, therefore, females usually appear physically mature before they are capable of becoming pregnant. Boys are generally fertile before they have an adult appearance.





From 12 to 13

- Giving too much attention to “relationship” between themselves and public
- Giving more attention to their body
- Feeling no confidence about their body
- Growing interest about opposite sex
- Growing visual difference between boys and girls
- Starting to create groups of boys and girls
- Starting to have some sexual fantasy

From 14 to 15

- Starting to have emotional contact with opposite sex
- Starting to want friendship with opposite sex
- The sexual fantasy became more often

From 16 to 17

- Short term of sexual relationship may be taking place
- Could be place for first kiss
- Spending plenty of time with devices for chatting with opposite sex
- The attitude to each other very gentle and respectful

From 18 to 19

- Can take a place long sexual relationships
- Girls starting to want friendship with more adults friends (Boys and Girls)
- The relationship became more emotional
- Relationship became on the first place on the importance of the life

Identity development

The two main aspects of identity development are self-clarity and self-esteem



In terms of sexual identity, adolescence is when most gay/lesbian and transgender adolescents begin to recognize and make sense of their feelings. Many adolescents may choose to come out during this period of their life once an identity has been formed; many others may go through a period of questioning or denial, which can include experimentation with both homosexual and heterosexual experiences. A study of 194 lesbian, gay, and bisexual youths under the age of 21 found that having an awareness of one's sexual orientation occurred, on average, around age 10, but the process of coming out to peers and adults occurred around age 16 and 17, respectively



Peer pressure is a large factor when youth who are questioning their sexuality or gender identity are surrounded by heteronormative peers and can cause great distress due to a feeling of being different from everyone else. While coming out can also foster better psychological adjustment, the risks associated are real. Indeed, coming out in the midst of a heteronormative peer environment often comes with the risk of ostracism, hurtful jokes and even violence. Because of this, statistically the suicide rate amongst adolescents is up to four times higher than that of their heterosexual peers due to bullying and rejection from peers or family members

A potential important influence on adolescence is change of the family dynamic, specifically divorce. With the divorce rate up to about 50%, divorce is common and adds to the already great amount of change in adolescence. Adolescents who have a good relationship with their parents are less likely to engage in various risk behaviors, such as smoking, drinking, fighting, and/or unprotected sexual intercourse

Romantic relationship

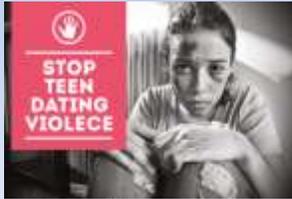


Romantic relationship

Romantic relationships tend to increase in prevalence throughout adolescence. By age 15, 53% of adolescents have had a romantic relationship that lasted at least one month over the course of the previous 18 months.

Positive romantic relationships among adolescents can result in long-term benefits. High-quality romantic relationships are associated with higher commitment in early adulthood and are positively associated with self-esteem, self-confidence, and social competence. For example, an adolescent with positive self-confidence is likely to consider themselves a more successful partner, whereas negative experiences may lead to low confidence as a romantic partner

Dating violence is fairly prevalent within adolescent relationships. When surveyed, 10-45% of adolescents reported having experienced physical violence in the context of a relationship while a quarter to a third of adolescents reported having experiencing psychological aggression. This reported aggression includes hitting, throwing things, or slaps



In contemporary society, adolescents also face some risks as their sexuality begins to transform. While some of these, such as emotional distress (fear of abuse or exploitation) and sexually transmitted infections/diseases (STIs/STDs), including HIV/AIDS, are not necessarily inherent to adolescence, others such as teenage pregnancy (through non-use or failure of contraceptives) are seen as social problems in most western societies. One in four sexually active teenagers will contract an STI

Adolescent pregnancy



Adolescent pregnancy

- Adolescent pregnancy is a complex issue with many reasons for concern. Kids age 12 - 14 years old are more likely than other adolescents to have unplanned sexual intercourse . They are more likely to be talked into having into sex.
- Up to two-thirds of adolescent pregnancies occur in teens age 18 - 19 years old

Adolescent pregnancy

Risk factors for adolescent pregnancy include:

- Younger age
- Poor school performance
- Economic disadvantage
- Older male partner
- Single or teen parents

Adolescent pregnancy

Pregnant teens are at much higher risk of having serious medical complications such as:

- Placenta previa
- Pregnancy-induced hypertension
- Premature delivery
- Significant anemia
- Toxemia

Infants born to teens are 2 - 6 times more likely to have low birth weight than those born to mothers age 20 or older



Lina Medina (born September 27, 1933) is a Peruvian woman who is the youngest confirmed mother in medical history, giving birth at the age of five years, seven months and 17 days. She lives in Lima, the capital of Peru



- In Asia 11% of women starting their sexual life before 18 years old
- In Latin America 12%-44% of women starting sexual life before 16 years old
- In Africa 45% - 52 % of women starting sexual life before 19 years old
- In France 67% of women starting their personal life before 20 years old
- In England – 79%, In USA – 71%

- In Asia 24% - 75% of men starting their sexual life before 18 years old
- In Latin America 44%-66% of men starting sexual life before 16 years old
- In Africa 45% - 73 % of men starting sexual life before 19 years old
- In France 83% of men starting their personal life before 20 years old
- In England – 85%, In USA – 81%

Turkey, TRNC Sexual And Reproductive Health



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In Turkey according to statistics of 2007 from population 73.875.000

- 10 – 19 years old people – 13.361.000
- 20 – 24 years old people – 6.418.000
- 10 – 24 years old – 19.779.000 (26% of total population)
- Every fourth person from the population - YUONG

Adolescent pregnancy

- 6 from the 10 pregnant teens don't know exactly where is uterus
- In Turkey 90 % of young people do not know the period when the pregnancy can be
- Every year in the world nearly 47 000 women dying from complications after abortions
- Every fourth teen thinking that the pregnancy can't happen from the first time

Adolescent pregnancy

There are many different kinds of teen pregnancy prevention programs

- Abstinence education programs encourage young people to wait to have sex until marriage, or until they are mature enough to handle sexual activity and a potential pregnancy in a responsible manner.
- Knowledge-based programs focus on teaching kids about their bodies. It also provides detailed information about birth control and how to prevent sexually transmitted infections (STIs). Research shows knowledge-based programs help decrease teen pregnancy rates. Abstinence-only education without information about birth control does not.

Adolescent pregnancy

- Clinic-focused programs give kids easier access to information, counseling by health care providers, and birth control services. Many of these programs are offered through school-based clinics.
- Peer counseling programs typically involve older teens, who encourage other kids to resist peer and social pressures to have sex. For teens who are already sexually active, peer counseling programs teach them relationship skills and give them information on how to get and successfully use birth control



Thank you for your attention