



International
Labour
Organization

► E-learning programme on rights, responsibilities and representation for children, youth and families (3Rs)

Module 6. Teenage relationships

The teenage years – a time of life when everything is overpowering. Managing the twists and turns of this stage of life is a tricky ride of emotions and experiences.

The knowledge shared in this module will help you make smart choices during this sensitive stage. The module will also help you better manage uncertain teenage relationships.

Get ready for an informative journey into the world of teenagers!





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Course outline

Lesson 1

Growing pains	1
---------------------	---

Lesson 2

Learning objectives	3
---------------------------	---

Lesson 3

Understanding changes	4
-----------------------------	---

Lesson 4

Exploring gender	13
------------------------	----

Lesson 5

Managing relationships	18
------------------------------	----

Lesson 6

Practicing safe sex	23
---------------------------	----

Lesson 7

Avoiding teenage pregnancy	28
----------------------------------	----

Lesson 8

Self-evaluation	31
-----------------------	----

Lesson 9

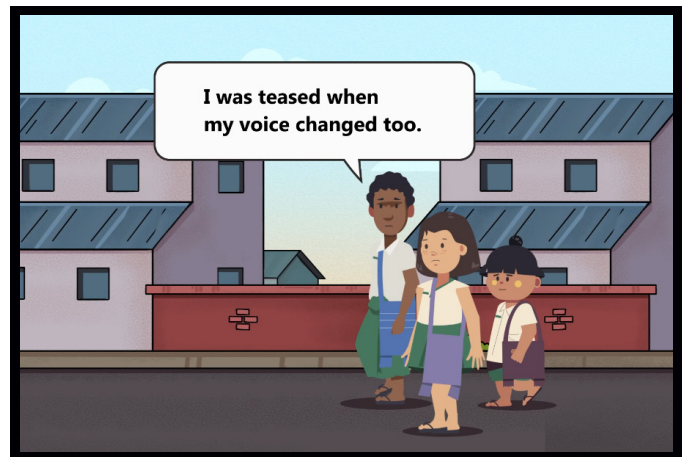
Summary	33
---------------	----

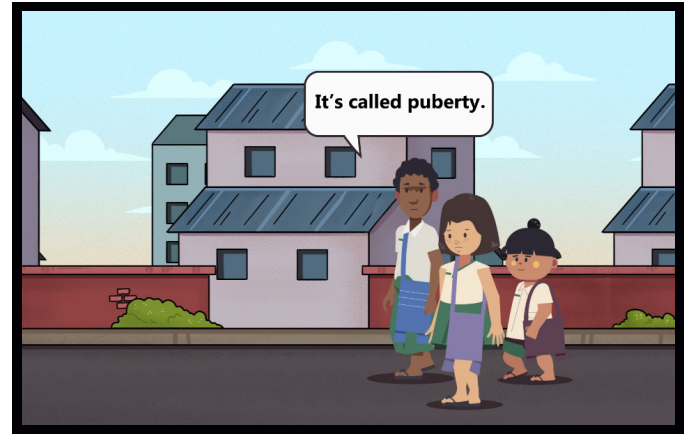
Answers annex	36
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Growing pains

Mohammed and Noe Noe are growing up.

Read to find out more!





Can you assure Noe Noe and Phoe Wah that puberty is normal?

► Learning objectives



This module will help you:

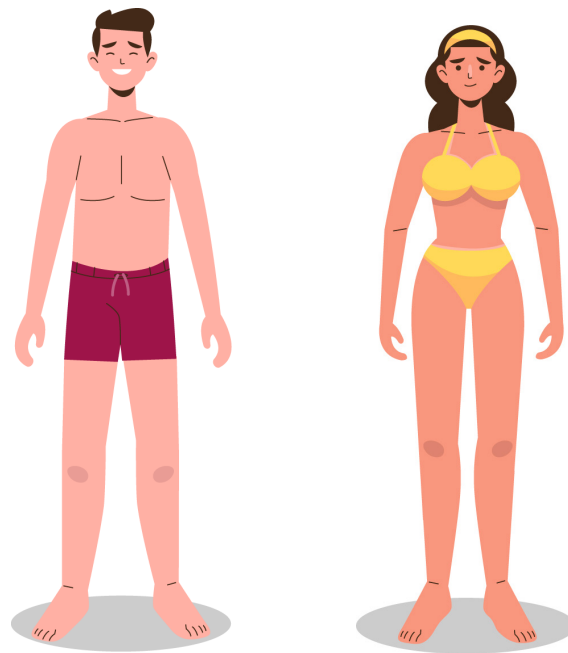
- Identify the physical, emotional and relationship changes that occur during puberty.
- Recognize diverse gender identities and sexual orientations.
- Manage romantic relationships and related conflicts.
- Identify the risks of sexual activity and ways to reduce them.
- Discover the challenges of teenage pregnancy.

Ready to begin learning?

Lesson 3 of 9

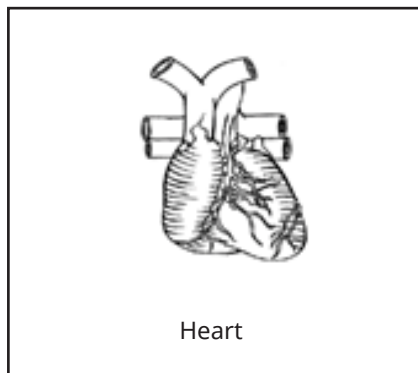
► Understanding changes

Look around you. What makes a boy different from a girl? Is it just long hair and different interests, or something else?

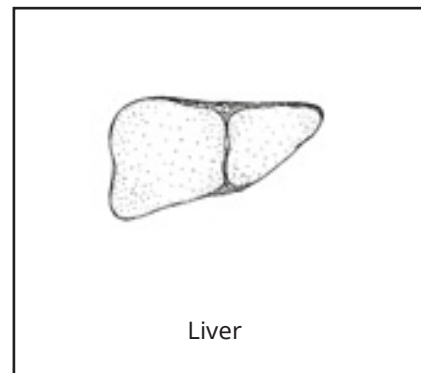


To start with, look at the pictures below and think about what is common in both boys and girls and men and women.

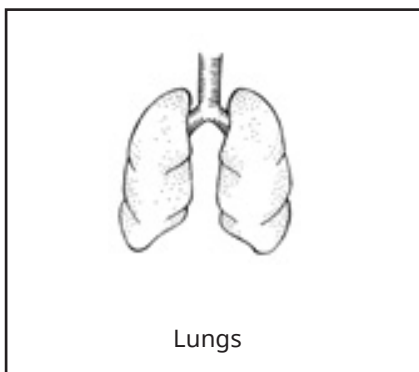
Find out the common organs in boys/men and girls/women, as follows:



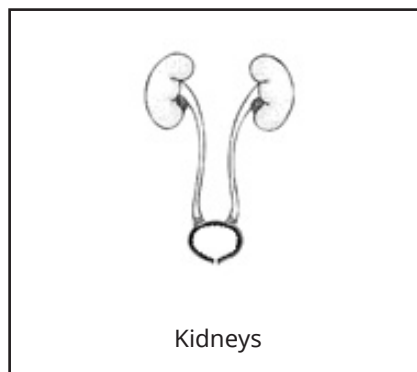
Heart



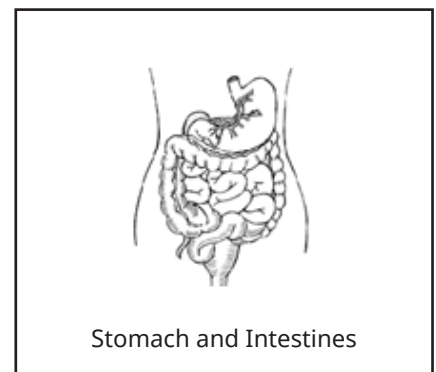
Liver



Lungs



Kidneys

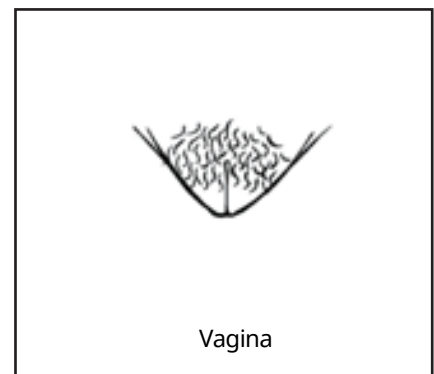
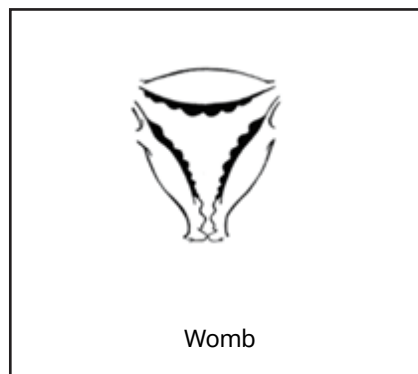
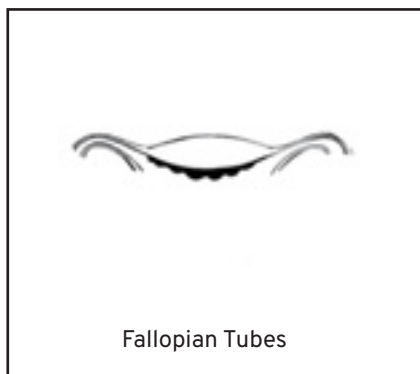
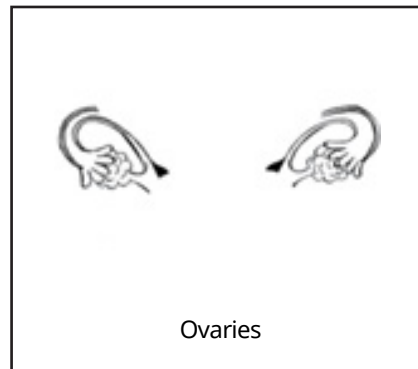
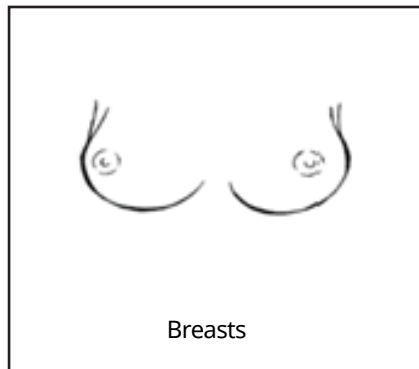


Stomach and Intestines

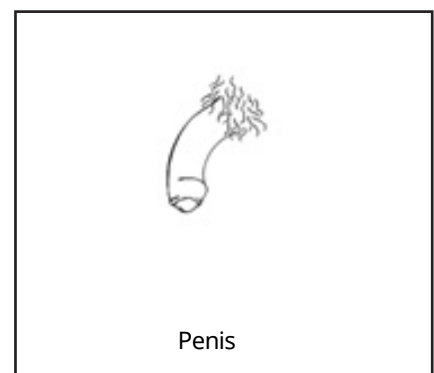
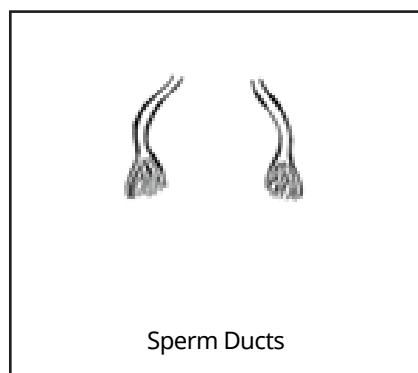
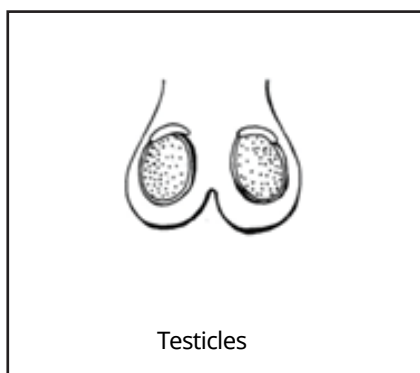
Now think of what is different in men and women.

The main difference between men and women is their reproductive organs.

The reproductive organs in women are:



The reproductive organs in men are:



What other difference, apart from the reproductive organs, do men and women have?

The answer is hormones.



Gloved hand holding a vial of estrogen and testosterone. © Shutterstock

Boys/men and girls/women have different chemical products inside their bodies that are called hormones.

Men and women have a different mix of reproductive hormones, and two important ones are testosterone and estrogen. Both men and women have these hormones, but men have more testosterone and women have more estrogen.

These reproductive hormones start changes in the body towards development from childhood to adulthood.

Now that you know the physical differences between men and women, take a moment and think about when you were growing up.

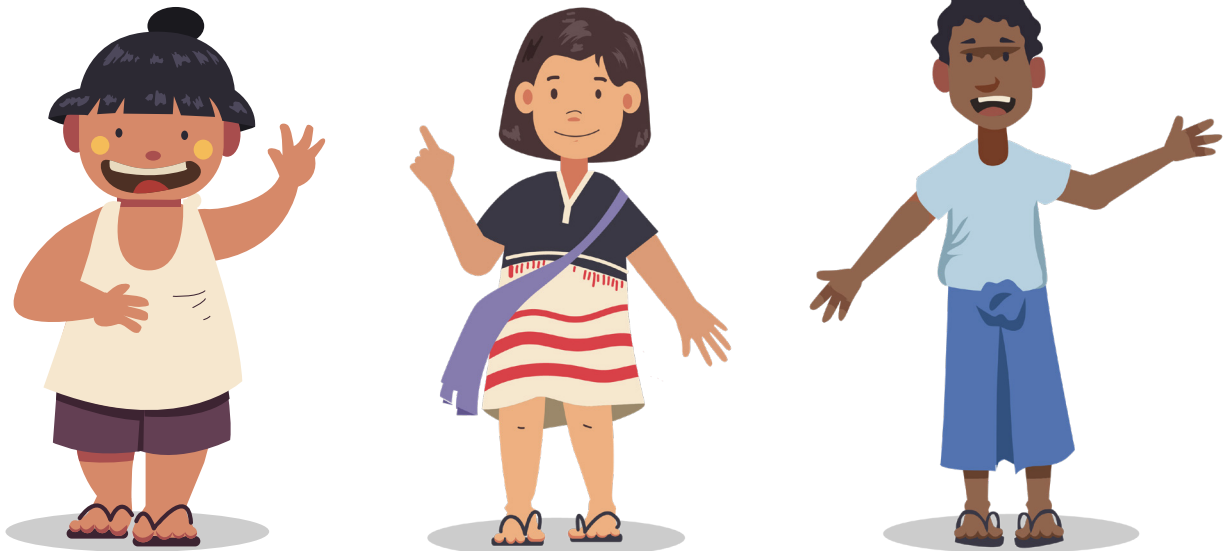
How did you feel when your bodies grew larger, your voice started changing, your moods changed often, and your friends became more important than your family?

How was the growing-up experience during your teenage years?



Girl wearing glasses and carrying a notebook. © Shutterstock

The human body changes all along the path from birth to death, but between the ages of 10–15 many changes happen in the bodies of boys and girls. This period of change is called puberty. Simply said, when the reproductive hormones start working, puberty starts.



When you are a teenager, you go through:

- ▶ physical changes;
- ▶ emotional changes; and
- ▶ relationship changes.

Physical changes

During puberty, the reproductive hormone testosterone in the body of a boy gives the testicles the order to produce sperm, and boys start ejaculation. In a girl's body, the reproductive hormone estrogen takes care of the release of eggs, usually one every month from the time she starts to have her menstruation.

Ejaculation

Boys experience their first ejaculation during puberty. This happens because the testicles start producing sperm.

Sperm are kept at the right temperature by the testicles and travel through the penis during ejaculation.

An orgasm is experienced during ejaculation. The penis can become erect due to sexual excitement from touching or viewing something exciting. Sometimes the penis can become erect in the morning without any sexual excitement. This happens as the bladder gets too full during sleep.

Menstruation

Most girls have their first menstrual period between the ages of 10 and 16.

Girls are born with 1–2 million eggs and will have about 300,000–500,000 eggs by the time of puberty. When a girl starts menstruating, she ovulates one egg per month. If the egg meets a sperm, they unite and make a baby, which will grow in her womb. If not, the girl's body discards the egg, the womb tissues that had developed to receive a baby, and blood in the form of a monthly period.

The menstruation period ranges from between 3 to 8 days. It is generally not harmful and doesn't affect most daily activities, although women/girls can sometimes suffer from painful cramps and other issues during their period.

It is important to keep clean during menstruation. It is not necessary to buy any special products; clean water is enough to keep the vagina clean.

Many of the physical changes during puberty are visible. Some of the common changes that occur in both boys and girls include:

- ▶ bodies sweat more and body odour develops;
- ▶ skin and hair become greasy;
- ▶ bodies grow at a faster pace;
- ▶ arms and legs become longer;
- ▶ hands and feet become bigger;
- ▶ facial features become more mature;
- ▶ hair grows under armpits; and
- ▶ voices change.

Some changes are gender-specific due to the different hormones involved.

Learn more about the specific changes in the bodies of boys and girls as follows:



Some specific changes that occur in a boy's body during puberty are:

- ▶ testicles become larger;
- ▶ hair grows around the penis;
- ▶ shoulders and chest become larger;
- ▶ muscles become stronger;
- ▶ beard and mustache start growing;
- ▶ production of sperm starts;
- ▶ ejaculation and wet dreams start occurring;
- ▶ larynx and Adam's apple become larger.

Some specific changes that occur in a girl's body during puberty are:

- ▶ ovaries become larger;
- ▶ hair grows around the vagina;
- ▶ hips become larger and rounder;
- ▶ breasts grow larger;
- ▶ menstruation starts;
- ▶ ovulation starts;
- ▶ womb gets ready for pregnancy.



These physical changes may sound like a lot, but with some self-care, you can handle these changes easily.



Woman putting on skincare. © Shutterstock

Here are some actions young men and women can take to handle these changes:

- ▶ use deodorants to manage odour;
- ▶ use special creams for acne;
- ▶ use special shampoos for oily hair; and
- ▶ use warm water to keep the sexual organs clean.

As you go through this phase of life, you may have many questions about the changes you are experiencing.

Worry not. Here are answers to some frequently asked questions that will help you understand puberty changes better:

What is the right age for having sex?

Different people start having sex at different ages. It is a personal choice. People have different reasons for deciding when to have sex for the first time. Some do it when they feel comfortable, some do it to try the experience, and some do it after marriage.

What is important about having sex for the first time is that you do it out of your free will – not under pressure.

Consider the possible consequences of having sex, especially when you are young. Careless sex can result in unwanted pregnancies and sexually transmitted diseases like chlamydia, gonorrhea, and HIV/AIDS.

What is a wet dream?

When a male or female dreams about something exciting and has an ejaculation in their sleep, it is called a wet dream.

Males experience ejaculation, causing sperm to come out of the penis, making the clothes or bed sheets wet and sticky. Female ejaculation occurs when fluid is expelled from the urethra during arousal. Wet dreams happen during sleep and are completely normal.

What is masturbating? Can girls masturbate?

Masturbation is pleasuring yourself by touching or playing with your sexual organs. It is harmless and does not cause weakness.

Girls can also masturbate by touching their sexual organs (clitoris and vagina).

Can a girl get pregnant once she starts her monthly period?

A girl can become pregnant when she has sex with a boy during her monthly ovulation (the period when the egg travels through the ovary to the womb). The ovulation period is around the middle week of her menstruation cycle, although the chance of pregnancy can start from Day 8 to Day 19 of her period.

Are girls unclean or dirty when they menstruate?

Girls should not feel unclean or dirty when menstruating, because it is natural. The monthly menstruation period is a normal reproductive function that prepares a woman's body to host a baby.

What is safe sex?

Safe sex means reducing the risks of getting sexually transmitted diseases and of having unwanted pregnancies. Using proper protection when having sex helps eliminate risks. Touching, hugging or kissing without having sexual intercourse are safe sexual activities.

What if someone is ready to have sex, but their partner isn't?

Wait and respect the partner's point of view. There is no fun in having sex with someone who does not want it. And forcing someone to have sex against their will is called rape, and it is a crime.

Is liking people of the same sex abnormal?

No, some people feel attracted to persons of the same sex, and some people feel attracted to both persons of the same sex as well as persons of the opposite sex.

Although many societies have difficulties with the idea of loving people of the same sex, those who do should not feel ashamed.

Do girls need encouragement to have sex?

No. Consent is very important, and girls often want to wait to have sex because they are afraid of pregnancy. They are right to feel concerned about this, as their life becomes very difficult if they become pregnant outside of marriage. If a girl refuses to have sex, her choice should be respected.

Is changing the sex assigned at birth wrong?

Transgender people are not wrong or sinful. Some people have a "gender identity" (that is, a sense of being male or female, or something other) that is different from the sex that they were born with.

Some people who feel they were born "in the wrong body" will change their bodies with surgeries to match their gender identity.

Can someone's sexual organs be different from what they are "supposed to be"?

Transgender people are not wrong or sinful. Some people have a "gender identity" (that is, a sense of being male or female, or something other) that is different from the sex that they were born with.

Some people are born with sex characteristics that don't fit the typical male or female bodies. They are "intersex" people who may have both male and female sexual organs or neither. Sometimes, intersex traits are visible at birth, but sometimes, they are not clear until puberty.

Emotional changes

Apart from physical changes, puberty also affects feelings and moods.



Teenager resting their head on their hand. © Shutterstock

The teenage years can be confusing. Sometimes people expect you to behave like a child, and sometimes, they want you to act like an adult. This confusion can be frustrating. However, these ups and downs in feelings are a part of growing up.

Teenagers may or may not like the changes happening to their bodies. Puberty changes may be exciting for some, while others may not feel the same. For instance, teenagers may feel insecure about the size of their penis or breasts. It is important to know that such changes are normal. All bodies grow in their own way and at their own pace. The size of the penis or breasts doesn't affect how these organs function.

Sometimes, you may want to return to your childhood, as life seems difficult as a teenager. These changes in your feelings and moods are normal.

Relationship changes

You now know about the physical and emotional changes during puberty. What about relationships? Do they also change?

Can you think back to what age you cared more about your friends than your family? When did you first feel romantic love and the need for a partner?



Group of friends with their arms around each other. © Shutterstock

During our teenage years, along with physical and emotional changes, friendships and relationships also change.

You may develop deep "special feelings" for someone, often – but not necessarily – of the opposite sex. These special feelings include feeling sexually attracted to another person or falling in love with them. The feeling of jealousy is also normal if someone has a boyfriend or girlfriend and you don't.



The best thing to do when you feel confused, angry, hurt, or have feelings you cannot understand is to talk to someone you trust.

You've reached the end of this lesson. Recall what you've learned!

Learning milestone

What is puberty?

Choose your answer(s) – you can choose more than one. You can view the correct answers at the back of this booklet, in the Answers Annex.

☐**A**

A period when the bodies of boys and girls start changing.

☐**B**

A period when the hormones of boys and girls change.

☐**C**

A period where the body stops growing.

☐**D**

A period when boys and girls develop sexual attraction.

Do you think love and sex choices can be different in different people?

Lesson 4 of 9

▶ Exploring gender

What if your friends tell you that they love a person of the same sex as them or if they feel attracted to both sexes?

How will you react? Will you accept them or oppose them?



Male couple walking while holding hands in Bagan, Myanmar. © Shutterstock

Usually, such people face opposition in society.

Do you know what community these people belong to?



Rainbow pride flag. © Shutterstock

It is called the LGBTIQ+ community – A group of people whose sexual attractions or gender identities differ from those of most men and women.

LGBTIQ+ stands for Lesbian, Gay, Bisexual, Transgender, Intersex, and Questioning, with the "+" representing other gender identities like non-binary.

Many myths surround the LGBTIQ+ community; let's see if you are aware which of the statements below are facts and which are not.

Are the following statements true or false?

Mark each statement as true or false, as appropriate. You can view the correct answers at the back of this booklet, in the Answers Annex.

Statement	True	False
Homosexuality is a sexual orientation.		
Most people are attracted to the opposite sex, and some are attracted to the same sex.		
Transgender persons can also include those who express themselves through appearance.		
Most people can know their sexual orientation without needing to have sex.		
All human beings are born to be either male or female.		
All men are attracted to women, and all women are attracted to men.		
Major medical associations now agree that homosexuality is not a mental illness.		
Some people cannot know their gender identity if they've never had sex.		
A man acting feminine or a woman acting manly is a form of gender expression.		
People do not choose their gender and sexual identity.		
All those who are a part of the LGBTIQ+ community can choose their genders/ sexualities.		
All those who are gay and lesbians are the same as transgender people.		
Some people are aware of their gender identity or sexual orientation when young.		
All "feminine" men are gay, and all "manly" women are lesbians.		
A transgender person has a gender identity that doesn't match sex assigned at birth.		
Not every human is classified as exclusively male or female.		

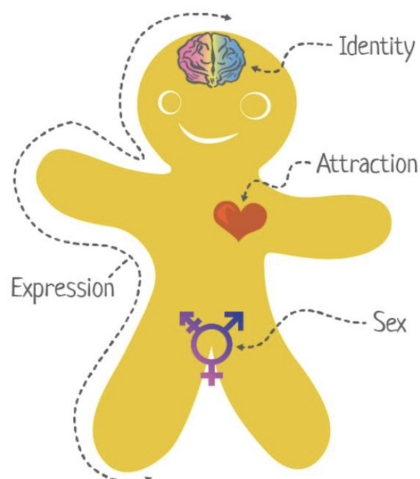
Statement	True	False
Some people are attracted to both men and women or are attracted to neither.		
All those who are a part of the LGBTIQ+ community are mentally ill.		
The term “transgender” covers people who may change their bodies.		
Only people who have had a sex change are actual transgender people.		



Now that you know the facts about the LGBTIQ+ community, have you ever wondered how people in the LGBTIQ+ community understand their preferences and gender identity?

An easy way to better understand LGBTIQ+ preferences and identities is through the concept of the **Genderbread Person**.

The Genderbread Person (see image below) breaks down gender into four parts: (i) identity; (ii) expression; (iii) biological sex; and (iv)



Gender is a complex part of an identity, but how is it linked to these parts?

How does the person know what “sex” they are?

A person is born with biological attributes and a reproductive system, which helps them understand their sex.

Are the genitalia and biological attributes the only indication of a person’s sex and gender?

A sense of personal identity regarding gender and sexuality concerns not just the genitalia and biological attributes, but also the mental and emotional aspects of being female or male or non-binary. Sexual or romantic attraction is realized as the person grows. People can have different sexual orientations, gender identities and gender expressions.

How does a person communicate to others that they are a male, female or neither?

You can communicate your gender through your mannerisms, choices of clothing, hairstyles, ornaments, and so on. This is called “gender expression”, which reflects your gender identity.

Where does a person have the feeling of liking or loving someone, according to the Genderbread Person?

Feelings of liking and loving are linked with the heart. Feelings of attraction – physically, emotionally, and sexually – can be to someone of the same sex, the opposite sex, both sexes, or neither.

Personal identity linked with gender and sexuality concerns the physical, mental and emotional aspects of being a man or a woman. People realize sexual or romantic attraction as they grow.

What is the difference between sexual orientation and gender identity?



Sexual orientation means the feelings of sexual attraction to another person.



Gender identity is a self-identified sense of being a girl/woman or a boy/man.



Group of people with rainbow flags during a pride parade. © Shutterstock

LGBTIQ+ people have existed and do exist in all ages, cultures and societies. In some societies, they have the freedom to express themselves, but in others, they do not. LGBTIQ+ people still face a lot of prejudices and discrimination.

This is unfair because sexual orientation and gender identity are not a choice, but rather they are the way people are born to be.

All people, irrespective of their sexual preferences or gender identity, should be treated equally.

Learning milestone

Hla is a teacher at a high school where she has a student, Htoo Htoo, who has recently come out as gay. Hla wants to ensure that Htoo Htoo feels respected and supported in the classroom.

What should Hla do if she hears students using bad language or teasing Htoo Htoo?

Choose an answer. You can view the correct answer at the back of this booklet, in the Answers Annex.

☐

A

Ignore it and hope it stops on its own.

☐

B

Tell the students to stop.

☐

C

Discuss the value of respect and inclusivity with the class.

**How can you maintain a healthy balance
in relationships?**

Lesson 5 of 9

► Managing relationships

Take a few moments and think about what you would do in these situations:

- If your best friend told you that they are gay or lesbian.
- If your friend told you that they made love to someone without using any birth control methods.
- If you see domestic violence in your family.
- If you feel sexually attracted to someone of the same sex.
- If your parents or relatives tell you anything about sex.



Have you ever anonymously asked questions about sex or sexuality online or on some hotline? Are some of these questions difficult to talk about or even think about?



Boy with a flower. © Shutterstock

Talking about relationships and sexuality may be difficult, but is often helpful.

In many societies and families, men and boys are not encouraged to talk about their feelings, and women and girls are often shy when it comes to talking about sex. However, seeking information and sharing your feelings with someone you trust is important.

Ensure that you do not share your feelings with strangers, as they might exploit you.



Couple on a boat with a flower, Myanmar. © Shutterstock

Open and honest communication is crucial for healthy relationships, especially romantic relationships. What other qualities do you look for in an ideal partner?

Take a look at the table below. Which of these qualities would you like your ideal partner to have?

Good-looking	Intelligent	Kind and caring	Rich
Loyal	Virgin	Hardworking	Honest
Funny	Patient	Trustworthy	Family-oriented

What about some of these qualities?

Ordinary-looking	Immature	Naive	Poor
Cheater	Reserved	Lazy	Liar
Impatient	Spendthrift	Sensitive	Disrespectful

A perfect partner is difficult to find because everyone has good and bad qualities.

It is smart to decide what qualities are important to you in order to find your ideal partner.



Man and woman do laundry together. © Shutterstock

In a balanced relationship, men and women must both give and take, divide responsibilities, and discuss what they expect from their partners. No one should force their partner to do something they don't want to.

Here are a few key messages for happy relationships:

- ▶ Respect your partner's rights, empathize with them, and share responsibilities.
- ▶ Avoid forcing your partner into something they don't want.
- ▶ Proceed with sex only when your partner allows it. If your partner says no, respect it.
- ▶ Don't accept domestic abuse or sexual violence.

Now you have an idea of what respect and responsibility means within a relationship.

Think about the scenario below.

Soe, a 13-year-old, feels lonely and isolated because she is married to an older man against her will.

Soe does not enjoy having sex with her husband, as he forces her into it and beats her up. She also knows that her husband visits sex workers, and she worries that she might get sexually transmitted diseases or get pregnant.

Soe asks her husband to use condoms, but he refuses because he wants a son soon.



Woman hugs her knees against a wall. © Shutterstock

What do you think is wrong in this situation?

1. What are the key issues highlighted in this scenario?

Choose your answer(s) – you can choose more than one. You can view the correct answers at the back of this booklet, in the Answers Annex.

☐**A**

Age of sexual consent.

☐**B**

Child rights violations.

☐**C**

Child marriage.

☐**B**

Adultery.

☐**C**

Domestic violence.

2. What rights of Soe's are being violated?

Choose your answer(s) – you can choose more than one. You can view the correct answers at the back of this booklet, in the Answers Annex.

☐
A

Right to choose whom and when to marry.

☐
B

Right to be protected from harm.

☐
C

Right to freedom of religion.

☐
B

Right to education.

3. Does Soe have the right to ask her husband to use protection?

Choose an answer. You can view the correct answer at the back of this booklet, in the Answers Annex.

☐
A

No

☐
B

Yes

Can you think of the message coming from Soe's life?



Family standing together. © Shutterstock

Here are a few key messages from the above scenario:

- ▶ There is a legal age of sexual consent. (In Myanmar, it is 14 years old.)
- ▶ A child under the age of legal consent is considered by law to not be old enough to agree to engage in sexual activities.
- ▶ Parents should not force their children to marry before the legal age of marriage.
- ▶ Child marriage violates children's rights. It robs children, especially girls, of their childhood and their future.
- ▶ Don't involve a child in sex. It is rape and a crime because a child cannot give consent.
- ▶ Never force anyone to engage in sex against their will. This is rape, even if you are married to them.
- ▶ If your partner wants protection to be used during sex, you must respect their wishes.

Learning milestone

Ma Chit and Ko Htet have been dating for six months. Ko Htet wants to have sex, but Ma Chit isn't ready.

What should Ko Htet do?

Choose an answer. You can view the correct answers at the back of this booklet, in the Answers Annex.

☐**A**

Respect Ma Chit's decision and give her more time.

☐**B**

Force Ma Chit into having sex with him.

☐**C**

Break up with Ma Chit and find someone else for sex.

**Do you think sex is always harmless, or
can it be harmful too?**

Lesson 6 of 9

▶ Practicing safe sex

To begin with, take a look at the conversation between Zaw Zaw and Khin, a newly married couple.



Khin and Zaw Zaw are an intelligent couple. They know the importance of having safe sex.

Are you aware of safe sex?



Sex is known to be the most pleasurable activity in human life – sometimes even more enjoyable than having good food at home.

However, sex can also be unsafe, bringing troubles and unwanted changes in your life if you are not careful.

Responsible sexual behaviour starts with knowing about the risks of unsafe sexual activities.

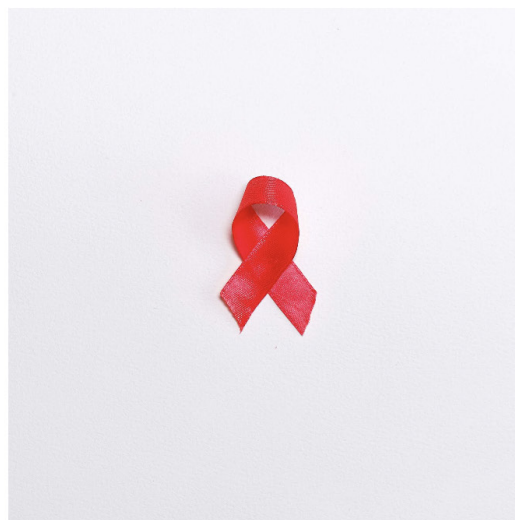
Before we discuss safety, can you think of the risks of engaging in sexual activities?

The main risks of unsafe sex are:



Pregnant person. © Shutterstock

Having unwanted pregnancies



Getting HIV and other sexually transmitted infections

Which of the actions below do you think would lead to risks of pregnancy and/or sexually transmitted diseases?

Consider whether each action is “not risky”, “could be risky” or “very risky” and mark the appropriate column. You can view the correct answers at the back of this booklet, in the Answers Annex.

Responses	Not risky	Could be risky	Very risky
Whispering something sexy in someone's ear			
Having sex without a condom			
Holding hands			
Using two condoms while having sex			
Kissing someone's cheek			
Stroking lover's knee			
Trying drugs to make you feel confident			
Having sex with a man who promises to withdraw before ejaculation			
Buying condoms from a drugstore			
Kissing on the lips			
Kissing with tongues			

Responses	Not risky	Could be risky	Very risky
Drinking with strangers and going home with them			
Watching a movie together			
Sending sexy pics or texts to someone			
Touching yourself			
Falling in love			
Forgetting to take birth control pills			



Different types of birth control. © Shutterstock

When having sex, some risks are unavoidable, but you can reduce the risks to a great extent through correct behaviour and by practicing safe sex.

Do you know what options you have for safe sex?

There are many ways to make lovemaking safer, such as condoms and birth control pills. However, only condoms prevent sexually transmitted diseases, whereas birth control pills do not.

The next important question is which safe sex option you should use. Who decides it – the man or the woman?

Here's the story of Min and Nan Su. Read their situation and think of your response.

Min and Nan Su are discussing having sex. Min is against using a condom as he thinks it will reduce sensation during sex. He suggests that Nan Su should take birth control pills to avoid pregnancy. However, Nan Su is reluctant, as she is too shy to buy birth control, and her mother does not approve. Nan Su insists on using condoms as they prevent both pregnancy and sexually transmitted infections.

Who do you think is right?

Why is Nan Su reluctant to use birth control pills and insists on Min using condoms?

Nan Su is reluctant because she thinks that:

- ▶ Birth control pills are a form of oral contraceptive and may have side effects like headaches, nausea, and in extreme cases, heart attacks.
- ▶ Pills require a prescription to buy, but condoms do not.
- ▶ Condoms are readily available and easy to use. They are most effective in preventing pregnancies and sexually transmitted diseases.

Why is Min reluctant to use condoms and insists Nan Su on using birth control pills?

Min is reluctant because he thinks that:

- ▶ Condoms reduce pleasure during sexual intercourse.
- ▶ Excessive friction, incorrect removal, and disposal of the condom may tear the condom, causing an unwanted pregnancy.
- ▶ Pills are convenient and don't interrupt sex.

There is no right or wrong in this situation. Min and Nan Su should listen to each other and decide which safe sex option they should use.



Happy family at the beach. © Shutterstock

Some men do not want to use condoms, but this is risky for their sexual partners. Women should always insist men use condoms before sex. Otherwise, they will suffer the most if they get pregnant.

Also, protection against pregnancy is not just women's responsibility. Both sexual partners have equal responsibility in protecting against pregnancy and sexually transmitted infections.

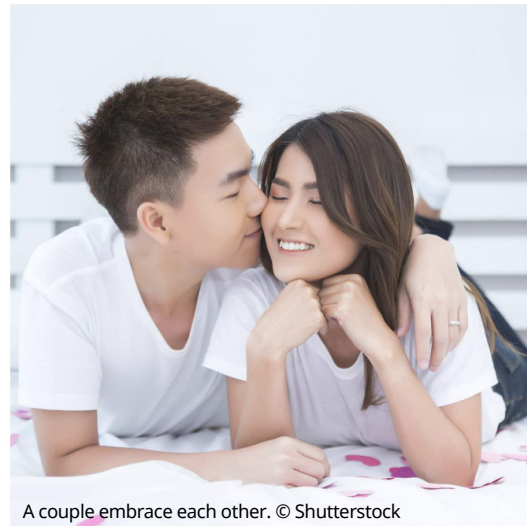
Apart from safe sex, what other safe activities can help you explore your partner more and show your love? What else can protect you from unwanted pregnancies and sexually transmitted infections?

Not having sex is the only way to prevent pregnancies and sexually transmitted infections. There are other loving expressions of affection that do not involve intercourse and are enjoyable, such as hugging, touching and kissing.



Man caressing a woman's head. © Shutterstock

Touching and hugging



A couple embrace each other. © Shutterstock

Kissing

Whichever option you choose to express your love – safe sex or non-sexual acts – you and your partner should both agree to the act.

Learning milestone

Which of the following can increase the risk of contracting a sexually transmitted infection?

Choose your answer(s) – you can choose more than one. You can view the correct answers at the back of this booklet, in the Answers Annex.

☐**A**

Having unprotected sex.

☐**B**

Using condoms during sex.

☐**C**

Hugging and touching.

☐**D**

Having multiple sexual partners.

**If you could advise a teenager about safe sex,
what advice would you give?**

Lesson 7 of 9

► Avoiding teenage pregnancy

Married adult women might want to get pregnant and have children. However, what if a girl gets pregnant during her teenage years? What about a boy who gets a girl pregnant?

What's your view? Is it safe to take up the responsibility of being a parent at such a young age?



A woman stands behind a man with her head resting on her hand. © Shutterstock

Phoo Phoo, a bright, outgoing girl, is just 16 years old and she just found out she is pregnant. Phoo Phoo's boyfriend, Phyto, is also 16, and he is scared too.

What do you think are some of the challenges and consequences Phoo Phoo and Phyto are going to face?

See the cards to know more about the consequences.



A woman and man in a disagreement. © Shutterstock

Responsibility

Phyto doesn't know how to provide for a baby and doesn't want to be a father at such a young age. Phoo Phoo and Phyto feel trapped, with no idea how to move forward.



A mother and daughter with a pregnancy test. © Shutterstock

Rejection

Phoo Phoo's parents feel shocked and disappointed when they find out she is pregnant. They had always encouraged her to focus on her education and career. Now, all that seems impossible. They throw her out of the house.



Two girls gossip about another girl. © Shutterstock

Isolation

Phoo Phoo's friends were supportive at first, but they soon grew tired of hearing about her pregnancy and stopped inviting her out. She feels like she has lost her identity and her connection to the world around her.



Frustrated mother with a baby. © Shutterstock

Parenting

Phoo Phoo feels overwhelmed when the baby is born. She had no idea how hard it would be to care for a newborn, especially when she is still a child herself.

Phyo tries to help, but he has to work long hours at a minimum-wage job. He is rarely home.



Pregnant woman reading a book. © Shutterstock

Education

Phoo Phoo and Phyo had to drop out of school to care for the baby. Their dreams of going to college seem like a distant memory now. They struggle to make ends meet and often go hungry so that they can provide for their child.



After reading the above scenario, don't you feel it's best to give birth to a child when the parents have planned and prepared for it?

In many cultures, girls who get pregnant before marriage face more discrimination and isolation from communities, even though it takes two to make a baby.

This is one of the reasons why it's necessary to be aware of contraceptives and birth control methods to prevent pregnancies at an early age.

Learning milestone

What are the results of teenage pregnancies?

Choose your answer(s) – you can choose more than one. You can view the correct answers at the back of this booklet, in the Answers Annex.

☐**A**

Increased risk of school dropout and a lack of career opportunities.

☐**B**

Increased risk of discrimination in community.

☐**C**

Decreased risk of isolation.

☐**D**

Decreased risk of rejection from family.

▶ Self-evaluation

Well done!

You've almost completed **Module 6. Teenage relationships.**

Here is a self-evaluation with questions designed to help you identify learning gaps. This is not a test because, while you will receive a score, there is no passing score. Use your score to identify what you may need to go back and re-review.

You can attempt this self-evaluation as many times as you like!

All the best!

You can view the correct answers at the back of this booklet, in the Answers Annex.

Question 1 of 5

Aung is a 13-year-old boy who has noticed changes in his body, like facial hair growth and enlargement of his testicles. He knows he is going through puberty.

Which hormone is responsible for the changes in Aung's body?

Choose an answer.

☐
A

Estrogen

☐
B

Testosterone

☐
C

Cortisol

☐
D

Insulin

Question 2 of 5

Zin is a 14-year-old student who has recently started to feel attracted to people of the same gender. He is unsure about his sexual orientation.

What is sexual orientation?

Choose an answer.

☐
A

Sexual orientation refers to the gender(s) to which a person is emotionally and sexually attracted.

☐
B

Sexual orientation refers to one's internal sense of their own gender.

☐
C

Sexual orientation refers to one's physical characteristics.

☐
D

Sexual orientation refers to one's biological characteristics.

Question 3 of 5

Maung Maung is a 16-year-old student who has developed feelings for his classmate, Tun Tun. When Maung Maung confesses, Tun Tun is angry and doesn't want to hang out with Maung Maung anymore. When their classmates discover this situation, they make fun of Maung Maung and insult him. This is making a huge negative impact on Maung Maung's mental health.

What is the best course of action for Maung Maung after being rejected and bullied by his classmates?

Choose an answer.

☐**A**

Keep his feelings to himself and move on.

☐**B**

Continue pursuing Tun Tun until he changes his mind.

☐**C**

Seek support from a trusted friend or adult.

Question 4 of 5

Ko Myo and Sein Sein are in a committed relationship and are considering having sex.

What is the most effective method of preventing sexually transmitted infections?

Choose an answer.

☐**A**

Use of condoms.

☐**B**

Use of birth control pills.

☐**C**

Use of the withdrawal method.

Question 5 of 5

Haymar is a 16-year-old high school student who has just found out she is pregnant. She is unsure what to do next and worries about how her family and friends will react.

What is the best course of action for Haymar after discovering she is pregnant?

Choose an answer.

☐**A**

Keep the pregnancy a secret from family and friends.

☐**B**

Decide to have an abortion without seeking medical advice.

☐**C**

Seek medical advice and explore options to deal with unwanted pregnancy.

▶ Summary

As this module ends, take a moment to recap the key learnings.



Group of friends laughing on a sofa. © Shutterstock

Understanding changes

- ▶ During puberty, boys and girls go through many physical and emotional changes caused by hormones.
- ▶ Having different sexual orientations or gender identities is normal.
- ▶ Respect people of all sexualities and genders.

Managing relationships

- ▶ For a healthy and happy relationship, both partners need to fulfill their rights and responsibilities without forcing one another into anything.
- ▶ An enjoyable sexual relationship requires consent from both partners.
- ▶ Domestic abuse, sexual violence and rape are criminal offenses.
- ▶ A child should not be forced to marry before the legal age of marriage.

Practicing safe sex

- ▶ Responsibility starts with being informed about the risks of unsafe sexual activities.
- ▶ Sexual education is important because it also protects against potential sexual violence.
- ▶ Safe sex minimizes the risks of unwanted pregnancies and sexually transmitted infections.
- ▶ Contraceptives like condoms and birth control pills should be used unless both partners agree to have a baby.

Avoiding teenage pregnancy

- Teenage pregnancy has serious consequences for both the girl and the boy. Girls face many physical and emotional challenges, and boys may find it difficult to earn and provide at a young age.
- Teenage pregnancy involves many responsibilities that young people are likely not ready for; so it's best to be well-informed about birth control methods to avoid becoming a parent at a young age.

**Thank you! We hope you found this
learning module useful.**

**This module can also be accessed online at
<https://ecampus.ilooyangon.org/>**

Answers annex

Lesson 3, Page 12

Learning milestone

What is puberty?

If you selected A, B and D, you are correct. Well done!

Puberty is when the bodies of boys and girls start changing. They develop physically and emotionally, and may feel romantic and sexual attraction.

Lesson 4, Page 14

Are the following statements true or false?

If you checked the below boxes, you are correct. Well done!

Statement	True	False
Homosexuality is a sexual orientation.	✓	
Most people are attracted to the opposite sex, and some are attracted to the same sex.	✓	
Transgender persons can also include those who express themselves through appearance.	✓	
Most people can know their sexual orientation without needing to have sex.	✓	
All human beings are born to be either male or female.		✓
All men are attracted to women, and all women are attracted to men.		✓
Major medical associations now agree that homosexuality is not a mental illness.	✓	
Some people cannot know their gender identity if they've never had sex.		✓
A man acting feminine or a woman acting manly is a form of gender expression.	✓	
People do not choose their gender and sexual identity.	✓	
All those who are a part of the LGBTIQ+ community can choose their genders/ sexualities.		✓

Statement	True	False
All those who are gay and lesbians are the same as transgender people.		✓
Some people are aware of their gender identity or sexual orientation when young.	✓	
All “feminine” men are gay, and all “manly” women are lesbians.		✓
A transgender person has a gender identity that doesn't match sex assigned at birth.	✓	
Not every human is classified as exclusively male or female.	✓	
Some people are attracted to both men and women or are attracted to neither.	✓	
All those who are a part of the LGBTIQ+ community are mentally ill.		✓
The term “transgender” covers people who may change their bodies.	✓	
Only people who have had a sex change are actual transgender people.		✓

Lesson 4, Page 17

Learning milestone

What should Hla do if she hears students using bad language or teasing Htoo Htoo?

If you selected C, you are correct. Well done!

Hla must discuss the importance of respect and inclusivity with the whole class. This will help create a safe and respectful classroom environment for all students.

Lesson 5, Page 20

1. What are the key issues highlighted in this scenario?

If you selected A, B, C and E, you are correct. Well done!

This story highlights the key issues of child marriage, age of consent, child rights violations, and domestic violence. Soe is too young to be married, too young to give sexual consent, and too young to have a child. She is forced to have sex and is at risk of sexually transmitted diseases. Soe is also subjected to sexual and domestic violence, which is a very serious violation of her human rights.

2. What rights of Soe's are being violated?

If you selected A, B, and D, you are correct. Well done!

Many rights of Soe's are being violated here, including several child rights, the right to an education, the right to be protected, and the right to choose whom and when to marry.

3. Does Soe have the right to ask her husband to use protection?

If you selected B, you are correct. Well done!

All women and girls not only have the right to ask that their sexual partner uses protection, they have the right to demand it – whether they are married or not. In addition, no husband is allowed to force their wife to have sex against her will, no matter what her age – this is considered marital rape. Fundamentally, Soe should not have been forced to marry in the first place.

Lesson 5, Page 22

Learning milestone

What should Ko Htet do?

If you selected A, you are correct. Well done!

In a relationship, respecting each other's wishes and decisions is important. In this scenario, Ma Chi isn't ready, and it is necessary to know that everyone has their own pace when taking the next step in a relationship. By respecting Ma Chi's decision and giving her more time, Ko Htet shows that he cares about her and is willing to wait until she is ready.

Lesson 6, Page 24

Which of the actions below do you think would lead to risks of pregnancy and/or sexually transmitted diseases?

If you checked the below boxes, you are correct. Well done!

Responses	Not risky	Could be risky	Very risky
Whispering something sexy in someone's ear	✓		
Having sex without a condom			✓
Holding hands	✓		
Using two condoms while having sex		✓	
Kissing someone's cheek	✓		
Stroking lover's knee	✓		
Trying drugs to make you feel confident			✓

Responses	Not risky	Could be risky	Very risky
Having sex with a man who promises to withdraw before ejaculation			✓
Buying condoms from a drugstore	✓		
Kissing on the lips	✓		
Kissing with tongues		✓	
Drinking with strangers and going home with them		✓	
Watching a movie together	✓		
Sending sexy pics or texts to someone		✓	
Touching yourself	✓		
Falling in love	✓		
Forgetting to take birth control pills			✓

Lesson 6, Page 27

Learning milestone

Which of the following can increase the risk of contracting a sexually transmitted infection?

If you selected A and D, you are correct. Well done!

Having unprotected sex and having multiple partners increases the risk of contracting STIs. Using condoms, hugging and touching are safe sex activities.

Lesson 7, Page 30

Learning milestone

What are the results of teenage pregnancies?

If you selected A and B, you are correct. Well done!

Teenage pregnancies increase the risk of dropping out of school and a lack of career opportunities. They lead to an increased risk of discrimination in the community, isolation, and rejection from family.

Lesson 8, Page 29

Self-evaluation

Question 1 of 5

Which hormone is responsible for the changes in Aung's body?

If you selected B, you are correct. Well done!

Testosterone is the hormone responsible for the changes in Aung's boy. It develops male characteristics during puberty; while estrogen is the hormone responsible for developing female characteristics.

Question 2 of 5

What is sexual orientation?

If you selected A, you are correct. Well done!

Sexual orientation refers to the gender(s) to which a person is emotionally and sexually attracted; while gender identity refers to one's internal sense of gender. Sexual orientation does not refer to a person's physical or biological characteristics.

Question 3 of 5

What is the best course of action for Maung Maung after being rejected and bullied by his classmates?

If you selected C, you are correct. Well done!

It is important for Maung Maung to seek support from a trusted friend or adult during this difficult time. Keeping his feelings to himself may worsen his mental health further, and continuing to pursue Tun Tun after being rejected is not respectful or healthy behaviour.

Question 4 of 5

What is the most effective method of preventing sexually transmitted infections?

If you selected A, you are correct. Well done!

Condoms are the most effective method of preventing sexually transmitted infections and unwanted pregnancy. Birth control pills and withdrawal methods don't protect against sexually transmitted infections.

Question 5 of 5

What is the best course of action for Haymar after discovering she is pregnant?

If you selected C, you are correct. Well done!

It is important for Haymar to seek medical advice to ensure her health and well-being and to consider all available options before making a decision about the pregnancy. Keeping the pregnancy a secret or deciding to have an abortion without seeking medical advice are not healthy or responsible choices.

E-learning programme on rights, responsibilities and representation for children, youth and families (3Rs)

Building upon the foundation laid by the 3-R Trainers' Kit developed in 2018 and the E-learning Programme on Child Labour launched in 2022, the 3Rs e-Learning kit is a comprehensive resource designed to empower individuals and organizations working in communities vulnerable to child labour and trafficking. This kit equips its users with the necessary tools to prevent and combat these violations effectively.

With an increased number of children at risk of child labour in Myanmar due to the ongoing crisis, the 3Rs underscores the urgent need to instil understand child rights, workers' rights and gender equality among children, youth and their families in at-risk communities and workplaces.

Comprising 11 modules, the course covers a wide range of topics essential for holistic empowerment. From understanding child rights to promoting gender equality, the 3Rs e-Learning kit serves as a catalyst for positive change, providing the knowledge and skills necessary to create a more equitable and empowered society.

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