



International
Labour
Organization

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

Module 7. Keeping healthy

Reproduction, in simple words, means the creation of life. It is an exciting and complex work of hormones and systems in the human body.

The reproductive systems of men and women differ. Do you know how? Have you ever thought about how a life is created?

This module has the answers for you. It helps you explore the world of human reproduction; with this knowledge, you can better control your reproductive health.

Get ready to learn, engage, and think!





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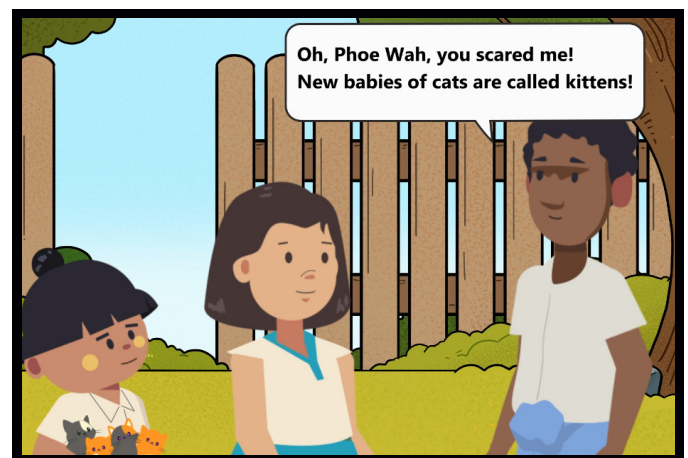
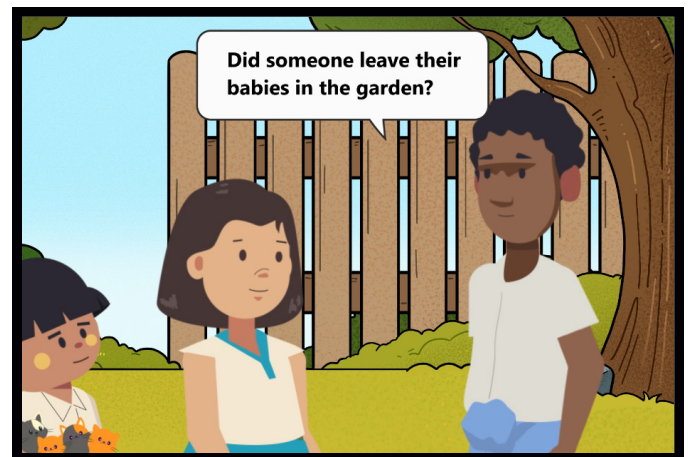
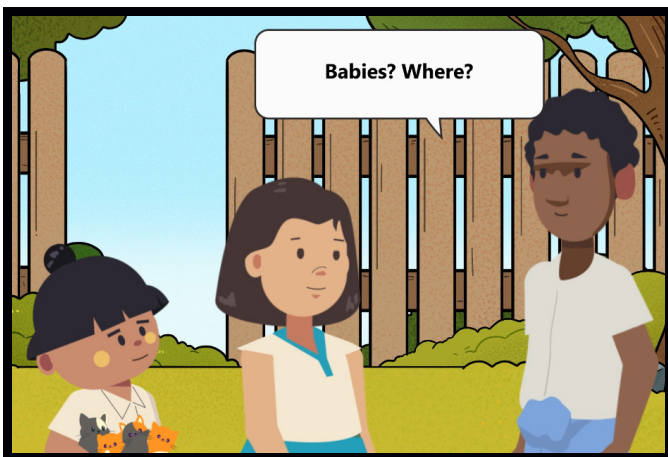
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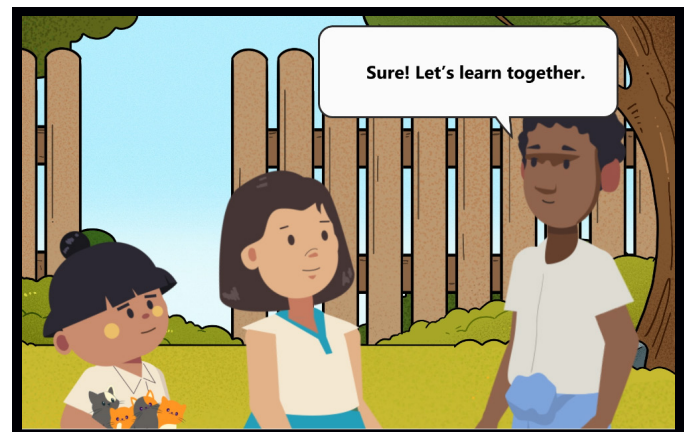
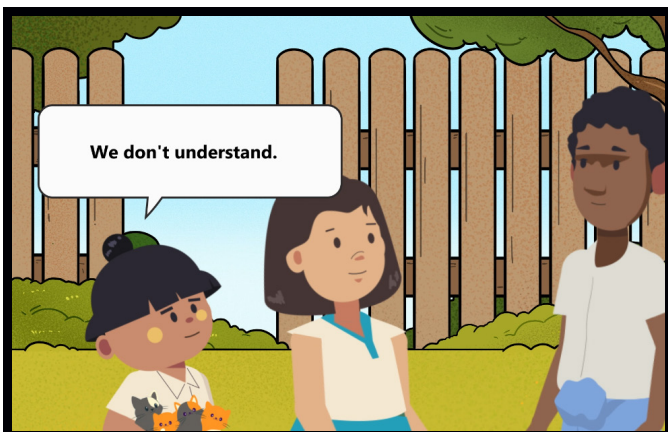
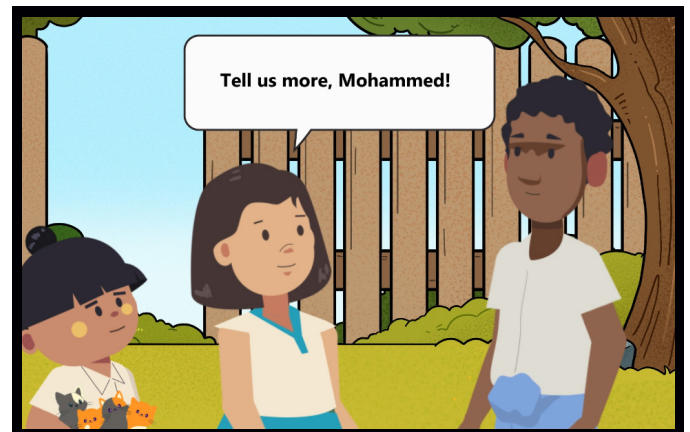
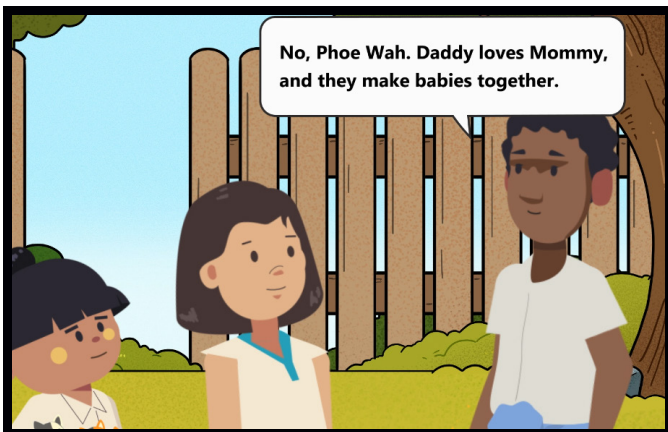
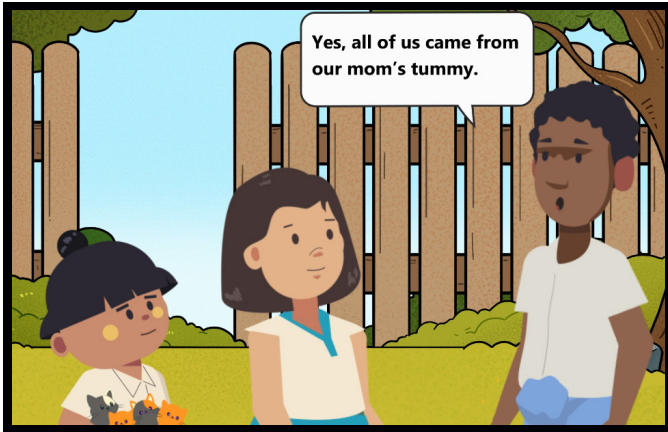
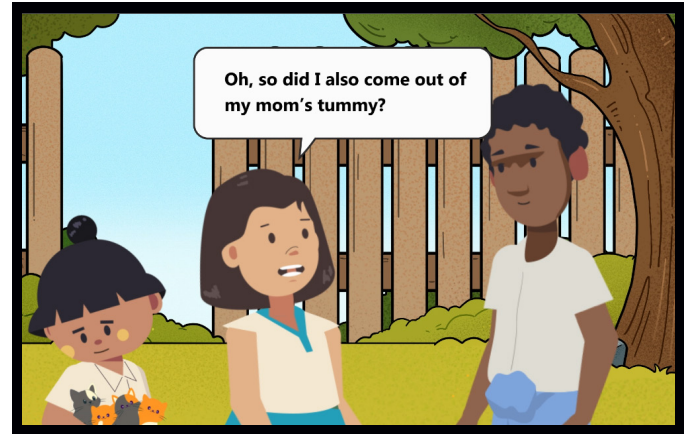
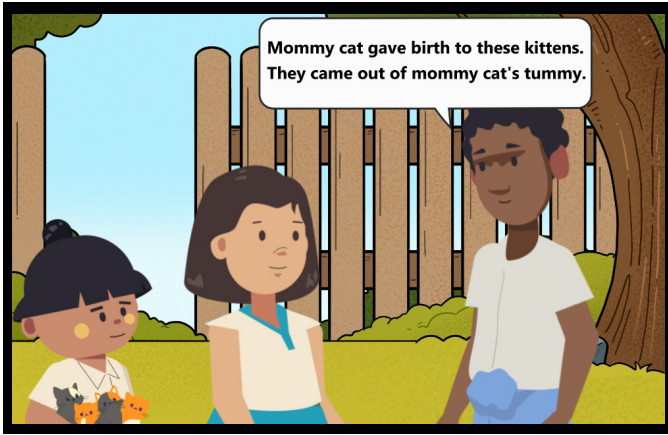
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► The beginning of magic

A new arrival

Read how Mohammed, Noe Noe and Phoe Wah witness the beginning of life.





Do you know what it takes to make a baby?

▶ Learning objectives



This module will help you:

- ▶ Discuss how the male and female reproductive systems work.
- ▶ Explore various birth control methods for family planning.
- ▶ Describe the factors that can affect the health of a newborn.
- ▶ Identify risks associated with unsafe sex.

Ready to begin learning?

Lesson 3 of 8

► Knowing the reproductive systems

The human reproductive system is complex.

Before getting into the details, check how much you already know.

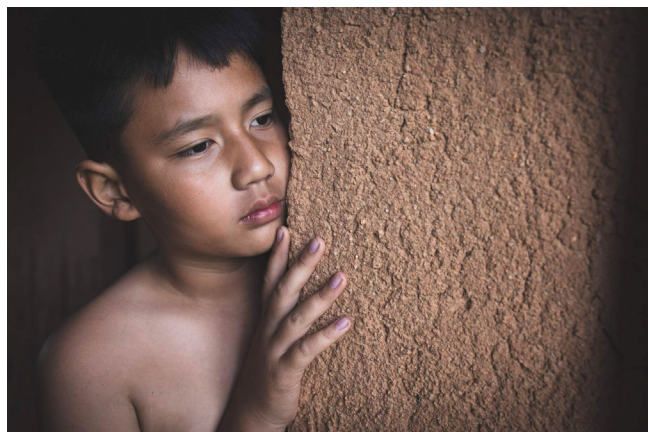
Are the following statements about the human reproductive system true or false?

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

Statement	True	False
A larger penis contains more sperm.		
The egg (ovule) is often fertilized inside the uterus.		
Ovulation is the period when the female body releases an egg from the ovary.		
Sperm are produced in the testicles.		
Sperm are released during ejaculation.		
A woman can tell when she is ovulating by checking the mucus in her vagina.		
Girls are born with all the eggs they will have in their lifetime.		
Menstruation happens because the egg is fertilized.		
Eggs are stored in the uterus.		
The most fertile period for women is during ovulation.		
A shower can make menstruation worse.		

This exercise aims to highlight a few points about how the reproductive systems of men and women work. This information is important to keep your reproductive health in good shape.

Before discussing it further, help Zaw, a 13-year-old boy. He is confused and embarrassed.



Boy leaning against a wall. © Shutterstock

Male reproductive system

Zaw woke up in the morning and noticed a wet spot on his pants and bed sheets. He is confused and embarrassed, and doesn't know who to talk to about this.

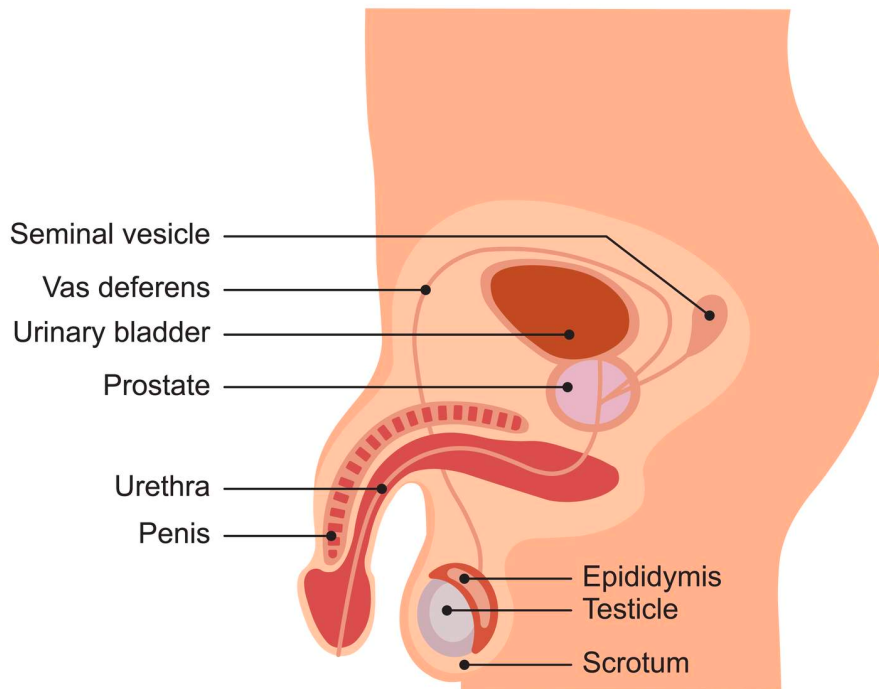
What do you think happened to Zaw?

Zaw had a wet dream. A wet dream is when semen comes out while sleeping. But what is semen? How is it produced, and what is its purpose?

When boys reach puberty (usually between ages 10–15), their brain sends a hormone to their testes, making the testes grow and produce sperm.

To understand this, you must know how the male reproductive system works.

Male reproductive system



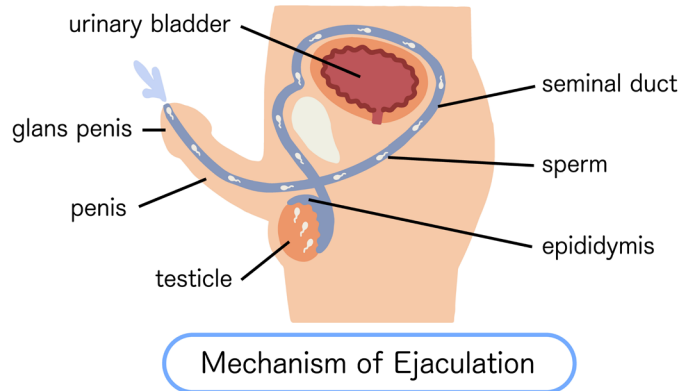
The male reproductive organs include the:

- ▶ Testes: Small, egg-like organs covered by the scrotum.
- ▶ Scrotum: Soft skin bag protecting the testes and regulating the temperature for the production of sperm.
- ▶ Epididymis: Thin, long and wound-up tube behind each testicle storing and transporting sperm cells through sperm ducts.
- ▶ Vas deferens (sperm duct): Tube transporting mature sperm, which is ejaculated with semen.
- ▶ Seminal vesicle: Produces fluid with glucose to energize sperm to swim to the egg.
- ▶ Prostate gland: Secretes fluid with sperm cells and a milky fluid from seminal vesicles to form semen. The muscles of the prostate gland help propel semen into the urethra and then outward in an ejaculation.
- ▶ Urethra: Tube through which sperm and urine pass. The bladder is closed by muscles during ejaculation so that urine and sperm never come out together.
- ▶ Penis: Male sexual organ for intercourse and passage of sperm.

To sum it up, sperm production takes place in the following order:

- ▶ Sperm are made in the testicles.
- ▶ Sperm mature in epididymis.
- ▶ Sperm travel up the vas deferens.
- ▶ Sperm mix with seminal fluid to make semen.
- ▶ Sperm leave the penis (ejaculation).
- ▶ Each ejaculation contains about 500,000 sperm, only 1 of which is enough to form a baby.





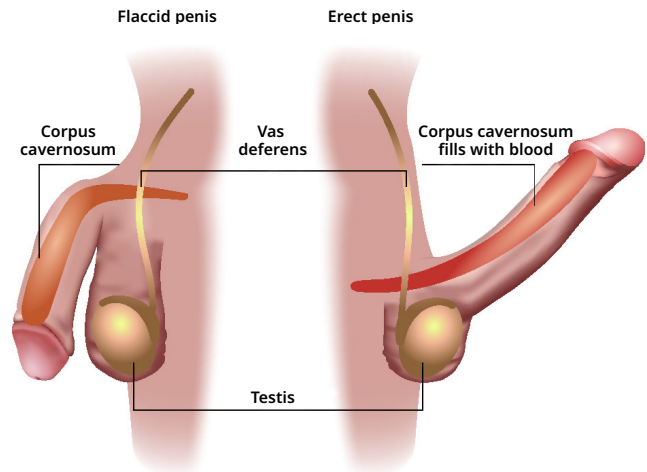
But how does the sperm leave the body?

Sperm is mixed with fluids to form semen. When semen is pushed into the urethra and out of the penis, ejaculation occurs, and when sexually active men ejaculate inside a woman's vagina, the woman may become pregnant. Ejaculation typically happens when the penis is erect.

If a boy touches or rubs his own penis and it gets erect and semen comes out, it is known as masturbation.

Boys can get erections when they:

- Think about something sexy.
- Wake up in the morning and have to pee.
- Feel relaxed, anxious or frightened.
- Or for no reason at all!



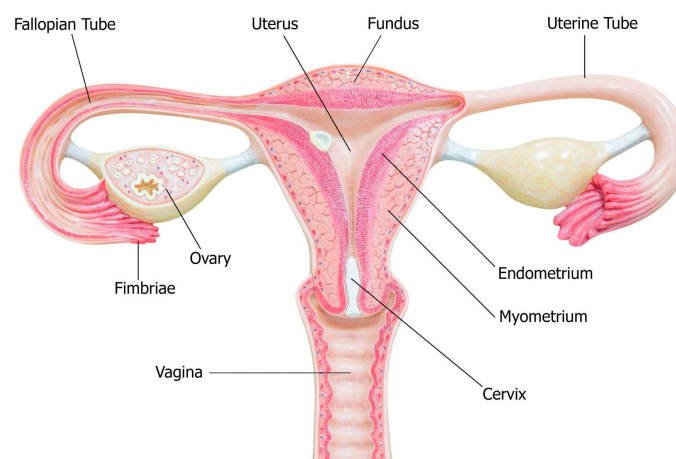
Does a bigger penis mean better functionality?

No, penises, like noses, ears and hands, come in all sizes, shapes and colours. They vary in how they curve and stick out when erect. The penis may look like it is shrinking at first, but it isn't and can take a while to grow.

Male fertility can be affected by:

- age;
- weight;
- stress;
- alcohol or drug use;
- illness;
- genetic conditions.

Female reproductive system



The female reproductive organs include:

- ▶ Vagina: Makes intercourse possible.
- ▶ Lips of the vagina: Protect the vagina.
- ▶ Clitoris: Is the protective part.
- ▶ Eggs: Reproductive cells that make a baby.
- ▶ Ovaries: Produce cells for reproduction.
- ▶ Fallopian tubes: Transport channel for eggs.
- ▶ Fimbriae: Finger-like organs above ovaries that help transport eggs to the sperm.
- ▶ Uterus: Houses the baby during pregnancy.

But how do these organs work?



Girl with glasses holding a notebook. © Shutterstock

To understand the female reproductive system better, let's look at what happened to Su Myat.

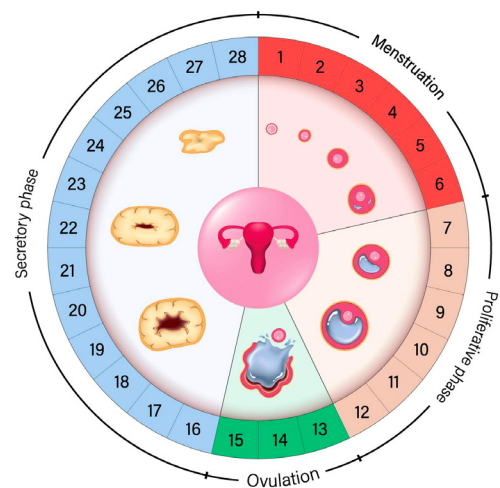
Su Myat is currently at school and has just noticed a blood stain on her skirt. She is confused, scared and embarrassed.

Do you know what is happening to her?

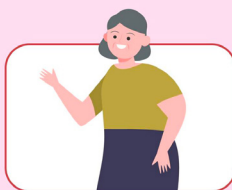
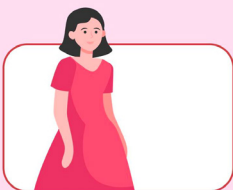
Su Myat is experiencing menstruation. It is normal monthly vaginal bleeding that happens once a girl reaches puberty.

Menstrual cycles vary from person to person. In a roughly 28-day cycle, a woman has 5 to 7 days of menstruation and a week of ovulation. If a woman does not want to get pregnant, she should particularly avoid having unprotected sex during ovulation, as she is most fertile during this period.

Menstrual cycle



A woman is mostly fertile until she hits menopause in her late 40's or 50's.



Fertility in men and women refers to the ability to produce children. Unlike male fertility, female fertility has limits. The following are some facts about a woman's fertility; a woman:

- ▶ Is fertile during her ovulation period.
- ▶ Is mostly fertile until her late 40s or early 50s.
- ▶ Stops being fertile with menopause (the end of the menstruation cycle, typically around her 50s).

A woman can tell when she is ovulating by observing changes in the mucus that passes out of her vagina (the mucus becomes sticky and clear), and therefore she can know when she is more fertile (more likely to become pregnant) and she can predict on which day her menstrual period is due



Woman smoking. © Shutterstock

Female fertility can be affected by:

- ▶ age;
- ▶ stress;
- ▶ alcohol or drug use;
- ▶ sexually transmitted infections;
- ▶ genetic condition;
- ▶ problems with ovulation;
- ▶ damage to fallopian tubes/uterus/cervix.

Check your learning so far with this activity.

What do you understand about an egg's journey and the changes during the menstrual cycle?

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

1 Ovulation

2 Shedding of the uterus lining

3 Travel of the egg

4 Thickening of the uterus lining

5 Dissolving of the egg

A Occurs when the ovary releases the egg.

B Happens when the egg moves through the fallopian tube into the uterus.

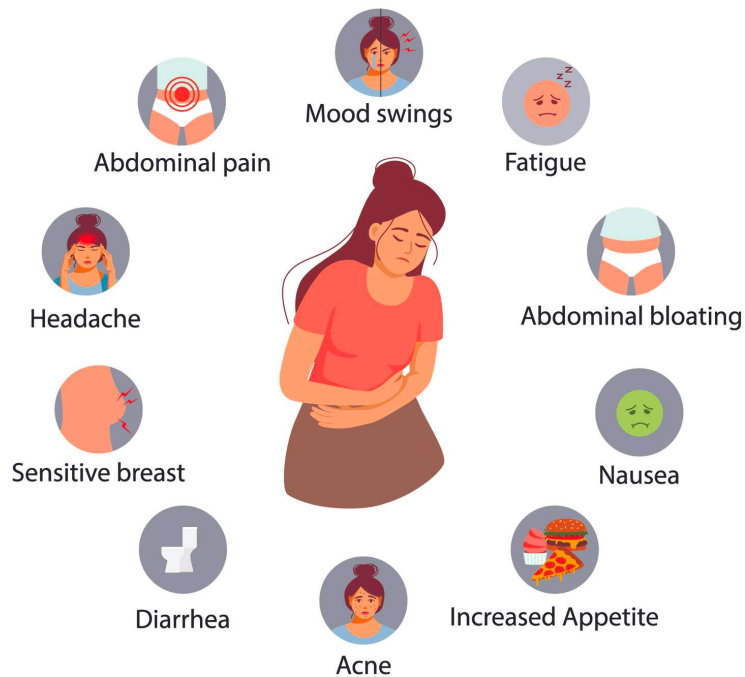
C Marks the first day of menstrual flow.

D Results when the uterus prepares for a fertilized egg.

E Happens if the egg is not fertilized.

Menstruation can bring about common issues caused by hormonal changes in the body.

Premenstrual syndrome



Women can take care of themselves well during menstruation by:

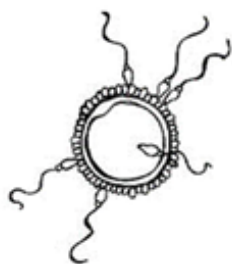
- ▶ Bathing every day and wearing comfortable clothes.
- ▶ Avoiding alcohol and smoking.
- ▶ Using clean sanitary pads.
- ▶ Eating healthy.

Fertilization: How a sperm meets an egg

Now that you know about the reproductive systems in both men and women, it's time to find the answer to the big question on everyone's mind: How are babies made?

The process of creating a baby begins when a sperm meets with and combines with an egg through a process called fertilization. Pregnancy can occur when a man and a woman have unprotected sex – this can be an accident or as part of a deliberate plan to have a baby.

Step 1: Egg fertilization



During fertilization, the male sperm combines with the female egg.

Step 2: Zygote formation



The fertilized egg becomes a zygote, which multiplies into many cells as it travels through the fallopian tube to the uterus.

Step 3: Embryo implantation

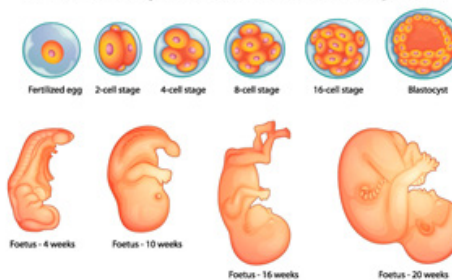


When the zygote reaches the uterus, it becomes a ball of cells.

On the 7th day, the zygote turns into an embryo and sticks to the uterine wall. This process is called implantation.

Step 4: Baby formation

Human Embryonic and Foetal Development



Over the course of 9 months, the embryo grows into a baby in the uterus.

Reproductive rights

Reproductive rights are important, as they both acknowledge the potential for life as well as demonstrate respect for a person's freedom to make decisions regarding their reproductive health.

The most important reproductive rights are:

- **Right to maintain bodily freedom and body safety:** Each individual is entitled to control their own sex life and reproduction, including the right to consent to medical intervention only when informed.
- **Right to have the highest possible health standard:** Each individual is entitled to receive medical treatment of the highest possible quality, which includes protection from dangerous practices and the right to receive unbiased information.
- **Right to have family planning:** Each individual is entitled to decide freely and responsibly about the number and spacing of the children they are to have.
- **Right to get married and to build a family:** Each individual is entitled to decide freely if s/he wants to marry and whom s/he wants to marry.
- **Right to receive information:** Everyone, including teenagers and single people, is entitled to information about family planning and related issues. This includes information about birth control methods.

Learning milestone

Identify the role of different parts of the male and female reproductive systems with their descriptions.

Match the organs to the correct descriptions. You can view the correct answers at the back of this booklet, in the Answers annex.

1 Eggs and sperm

2 Fallopian tubes and vas deferens

3 Lips of the vagina and scrotum

4 Ovaries and testicles

5 Vagina and penis

A Make intercourse possible

B Protect sexual organs

C Form a baby when they meet

D Produce cells for reproduction

E Help in egg and sperm transportation

How can a family plan and manage a pregnancy?

Lesson 4 of 8

► Planning a family

Saw Kwar and Naw Law are a young couple who have been married for 3 years. Take a look at their expectations in life.



What is your opinion on Saw Kwar and Naw Law's situation? Should they plan for a baby or not?

Sometimes couples face a lot of pressure from their family or community to have children. However, that is not right. Everyone has the right to plan for children as they think best – and this can include deciding not to have children at all.

A couple should think about the following when deciding whether or not to have a baby:

- **Personal feelings:** If both partners agree on having a baby.
- **Economic situation:** If they can provide a good life for their baby.
- **Health:** If their health is good enough to have a baby.
- **Family pressure:** If they are planning for a baby via their own free will or only because they are under pressure.
- **Values:** If they follow traditional or modern values.



Man and woman doing laundry together. © Shutterstock

Some couples may want to have children only when they think it is the right time. Some couples may not want to have children at all. Such couples can prevent pregnancy through family planning.

Family planning refers to the practice of controlling the number and timing of pregnancies. There are many reasons to promote family planning, including:

	Mother's health A mother's health affects her child's health. So if the mother is not healthy, it can lead to complications, even death. Maternal and child deaths in many developing countries are unacceptably high. Family planning can prevent maternal deaths. It can also prevent unsafe abortions and sexually transmitted infections (including HIV).
	Child's development The timing of births can affect a child's survival. Close spacing of pregnancies can harm the health of the mother and the baby. Close pregnancies can also force children to compete for nourishment and care. A planned family provides the best environment for a child's overall development.
	Risky teenage pregnancy Teenage pregnancies are risky for both the mother and the baby. Teenage pregnancy affects the education and income of teenage parents. It also leads to discrimination against them.

The next question is where to get information on family planning. You can find this information from various people and places, such as:

- ▶ parents/family members/friends;
- ▶ family planning centres;
- ▶ hospitals and doctors;
- ▶ healthcare workers;
- ▶ drugstores;
- ▶ midwives.



The above sources can provide information and advice, or possibly medical products for family planning.



Different types of birth control. © shutterlock

For family planning, many types of contraception are available in the market. Contraception refers to the prevention of pregnancy through medicines, devices or surgery.

Test your knowledge of birth control methods through the following activity.

Are the following statements about birth control true or false?

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

Statement	True	False
Only condoms can protect against both pregnancy and sexually transmitted infections (STIs).		
No contraceptive method is 100% effective.		
Condoms are the most reliable method against pregnancy.		
Birth control pills cause cancer.		
Birth control pills can cause infertility.		

Ko Min and Ma Khaing are a young couple who want to prevent pregnancy, but they are unsure which contraceptive method is best for them. They go to a healthcare worker who explains the benefits and effectiveness of different contraceptive methods.

Learning about these common methods can help them make the decision that is right for them.

Male condom (men/boys)

Usage

- ▶ Put over an erect penis during intercourse

Effectiveness

- ▶ Typical use: 86%
- ▶ Perfect use: 97%

Advantages

- ▶ Widely available and cheap.
- ▶ Prevents both STIs and pregnancy.
- ▶ Pleasurable for both partners.

Disadvantages

- ▶ May slip off or rip if the wrong size is used.
- ▶ Need to withdraw immediately after ejaculation.
- ▶ Some users may experience allergy.

Birth control pill (women/girls)

Usage

- ▶ Taken orally from the first day of the period

Effectiveness

- ▶ Typical use: 95%
- ▶ Perfect use: 99%

Advantages

- ▶ Makes periods regular, lighter and less painful.
- ▶ Reduces risk of ovarian, uterine and colon cancer.
- ▶ Fertility returns to normal when stopped.

Disadvantages

- ▶ Not suitable for the obese or smokers aged over 35.
- ▶ Low risks of serious side effects: blood clots, breast and cervical cancer.
- ▶ Possible side effects: headache, nausea, mood change, fatigue, weight gain.
- ▶ Does not protect against STIs.

Intrauterine device, or IUD (women/girls)

Usage

- ▶ Inserted into the uterus by a medical professional

Effectiveness

- ▶ 99%

Advantages

- ▶ Works immediately.
- ▶ Lasts 3–12 years.
- ▶ Can be removed at any time.
- ▶ Fertility returns to normal quickly.
- ▶ Not affected by any medication.

Disadvantages

- ▶ Insertion may be uncomfortable.
- ▶ Periods may be heavier, longer or more painful.
- ▶ A very small chance of infection in the first 20 days.
- ▶ Does not protect against STIs.

Female sterilization (tubal ligation) (women)

Usage

- Surgical procedure performed by medical professionals

Effectiveness

- Almost 100%

Advantages

- Works permanently.
- Periods are unaffected.

Disadvantages

- Low risk of serious complication.
- A small risk of ectopic pregnancy if sterilization fails.
- Does not protect against STIs.

Male sterilization (vasectomy) (men)

Usage

- Surgical procedure performed by medical professionals

Effectiveness

- Almost 100%

Advantages

- Works permanently.
- Usually performed under a local anesthetic.

Disadvantages

- Takes up to 8 weeks to confirm no sperm in semen.
- Some men may experience testicle pain.
- Does not protect against STIs.

A variety of other contraceptive methods are also available:

Method	Usage	Effectiveness	Advantages	Disadvantages
Injection (women/girls)	Injected in arm or buttock every 2-3 months	99%	• Last for up to 2 months to 3 months • Can be used during breastfeeding • Not affected by medication	• Periods may stop or become irregular • Fertility takes longer to return • Some women gain weight • Does not protect against STIs
Birth control implant (women/girls)	Implanted under the skin of the arm by a medical professional	99%	• Convenient • Lasts up to 4 years • Periods become lighter or stop after a year of use • Can be removed at any time • Fertility returns to normal quickly	• Irregular bleeding or spotting in the first 6-12 months • Some women get heavier and longer periods • Rare side effects: headaches, breast pain, nausea, weight gain, ovarian cysts • Does not protect against STIs
Emergency pill (women/girls)	Taken orally as soon as possible after unprotected sex or rape (within 120 hours or 5 days)	95% within 24 hours 85% within 24-48 hours 58% within 48-72 hours	• Practical and effective emergency option • Available without prescription • Does not cause abortion • Does not cause birth defects if pregnancy occurs • Does not cause infertility	• Does not work if a woman is already pregnant • Possible side effects: nausea • Can affect menstrual cycle • Does not protect against STIs
Safe abortion (women/girls)	Procedure performed by doctors at a medical institution	100%	• No pregnancy • May be the last resort if a woman was raped, or the pregnancy puts a woman's life at risk • Safe abortion by a doctor does not lead to future infertility	• Possible feelings of guilt • Maybe socially unacceptable • May be illegal in some countries or regions
Female condom (women/girls)	Inserted inside the vagina and can also be used for anal sex	Typical use: 79% Perfect use: 95%	• Gives women an option to protect themselves • Can be inserted before the start of sex until finished • Protects against genital warts and genital herpes	• Difficult to use compared to male condom • Pregnancy may occur due to incorrect use

A couple can discuss and choose the best contraceptive method for themselves.



Deciding to have a baby is great, but what if a couple wants to remain childless?

That is great too! If a couple decides to remain childless, people around them should respect their decision.

In the end, remember, birth control is not just a responsibility of women but the responsibility of both partners every time they have sex.

Learning milestone

Maung Maung is a 30-year-old man who wants to use a contraceptive method.

Which of the following methods would be best for Maung Maung to use?

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

☐

A

Intrauterine device

☐

B

Birth control pills

☐

C

Condoms

☐

D

Tubal ligation

How can a woman prepare for a healthy pregnancy?

Lesson 5 of 8

► Making a healthy baby



Infant with eyes closed. © Shutterstock

A pregnant woman's health directly affects the health of her unborn baby. Therefore, if you are pregnant, you must be careful about how you eat, think, and work. And as a new parent, health is the best thing you can give to your newborn.

A pregnant woman can ensure her child's health and well-being by staying away from dangerous habits.

Dangerous habits

The effects of a mother's unhealthy habits can take a severe toll on her baby.



Cigarette smoke. © Shutterstock

Smoking

Cigarettes contain harmful chemicals. Smoking reduces the blood flow to the womb, so the unborn child doesn't get enough oxygen. Less oxygen means the baby doesn't grow as it should.

Smoking mothers often give birth to an underweight and premature child, potentially with respiratory problems. Even if the mother is not smoking, but somebody else in the family is, the effect on the baby can be the same.



Bottles of alcohol. © Shutterstock

Drinking alcohol

Alcohol increases the risk of miscarriage and birth defects in the baby. It can damage a baby's central nervous system, heart, kidneys, and face.

Children born to a mother who drinks alcohol can have lower intelligence and are often smaller.



White pills crushed into a powder. © Shutterstock

Taking drugs

Drugs like heroin can make the baby an addict even before birth. Children born to a mother using drugs need special care after birth, and the risk of the baby's death within a year is also high. If you take drugs, inform your doctor to secure help.



People carrying a heavy load. © Shutterstock

Doing heavy or hazardous work

Doing light work during pregnancy is not harmful. Pregnant women can continue their routine if they take enough rest and care. However, they should avoid heavy work such as carrying, pushing or pulling heavy loads, and they should avoid working with chemicals.

If their job involves dealing with heavy loads or contact with chemicals, they should ask their employer for other work during pregnancy and the first few months after the delivery.

It is best to quit bad habits and avoid heavy work if you want to have a healthy baby.

The need for doctors' advice



You should see a doctor as soon as you know you are pregnant. A doctor will take a blood sample to check a few things about your health. Inform the doctor if you have the following:

- ▶ a negative blood type;
- ▶ high blood pressure;
- ▶ Hepatitis B;
- ▶ diabetes;
- ▶ syphilis;
- ▶ HIV/AIDS.

If you don't inform the doctor, the side effects of your issues can affect your baby's health.

Things to avoid/pay attention to

Some habits are risky during pregnancy. Therefore, during pregnancy, avoid:

- ▶ Eating liver-based foods, as they have a lot of Vitamin A. Extra Vitamin A can damage a baby's nervous and circulatory systems. Many body creams also have Vitamin A in them. Try to avoid such creams.
- ▶ Eating raw meat and unwashed vegetables and fruit, as they may have parasites that can cause infections in the unborn child.
- ▶ Eating packaged food that is unhealthy. Instead, eat a variety of healthy, fresh and homemade food.
- ▶ Drinking unclean/unboiled water, as it can contain bacteria.
- ▶ Taking medicines without a doctor's permission, even if they are generic.
- ▶ Stress, as it increases blood pressure – avoid quarrels or stressful situations.

Healthy/No problem

Luckily, during pregnancy, you can continue your routine if you keep a few things in mind.

Consuming iron, calcium and proteins

During pregnancy, the body needs extra blood. Making extra blood requires a lot of iron. So you should eat more green vegetables, beans, fish or meat.

Calcium and proteins are important for a baby's healthy development of bones and muscles. So eat a lot of milk products, eggs, chicken, and fish. Make sure that everything is well-washed and cooked.

Exercising

Maintaining movement during pregnancy is healthy. So walking, swimming, dancing, exercising, or doing sports is fine as long as you do not overdo it.

Having sex

Having sex during pregnancy is safe, as the baby is protected in the womb. So make love if you want to. However, if you don't want to, talk to your partner about it. Don't be ashamed of your feelings, as women often have changed feelings about sex during pregnancy.

Now you have an idea of healthy and unhealthy habits. Test your knowledge through the following activity.

Which of the following behaviours/attributes are healthy or unhealthy for a pregnant woman?

For each behaviour/attribute below, mark whether it is “dangerous”, demonstrates a “need for doctor’s advice”, is something to “avoid/pay attention to”, or it is “healthy/safe”. You can view the correct answer at the back of this booklet, in the Answers Annex.

Behaviour/ attribute	Dangerous	Need doctor's advice	Avoid/pay attention	Healthy/safe
Smokes herself/husband smokes				
Eats packaged food				
Drinks unboiled water				
Does heavy work				
Likes fruits				
Has diabetes				
Likes fish				
Is living with HIV				
Works with chemicals				
Likes raw meat				
Has Hepatitis-B				
Rides a bike without brakes				
Uses body cream				
Has a negative blood type				
Has sex				

Behaviour/ attribute	Dangerous	Need doctor's advice	Avoid/pay attention	Healthy/safe
Quarrels				
Worries the whole time				
Has syphilis				
Takes drugs				
Works in shop				
Likes green vegetables				
Has high blood pressure				
Likes to eat liver				
Drinks alcohol				
Uses medicines				

A woman's body goes through many physical and emotional changes during pregnancy. Here are some changes you should know about:



Pregnant woman holding her belly. © Shutterstock

Missing periods

Missing your monthly period is the first sign of pregnancy. So if you miss your period after having sex, check to see if you are pregnant.

Vomiting every morning

Vomiting in the morning is called "morning sickness". It's common during pregnancy. To prevent it, eat small amounts of food often.

Growing breasts and belly

Body growth can hurt slightly, but it will be OK. The breasts grow as they produce milk for the baby, and the belly grows to adjust to the growing baby.

Losing blood

During the first weeks, you can lose little spots of blood. However, when blood loss looks like menstruation, it might be a sign of a miscarriage. In this case, see your doctor as soon as possible.

Crying and mood changes

During pregnancy, your hormones change. So, changes in mood and crying without reason are normal.

Having swollen hands and feet

It's common during pregnancy, especially in the last months. Eat nutritious food and put your feet up higher than your body when you sleep.

Having headaches and feeling dizzy

These signs might suggest that your organs are not properly functioning. Immediately see a doctor when you experience these symptoms.

To handle the changes in your body well during pregnancy, you should:

- Eat healthy
- Drink more boiled water
- Take enough rest
- Talk to your doctor/midwife regularly



As the time for delivery nears, pregnant women may get nervous and have many questions in their minds.

Read below to view the answers to a few commonly asked questions.

How do you know it's time for delivery?

You will have regular labour pains when it's time for delivery. Labour pain is the result of regular womb contraction. A contraction is like a wave that starts slowly, reaches a peak, and goes away. The labour pain will intensify as the time for delivery gets close.

Screaming at this stage is normal. It can give you extra power needed during labour. But try to relax and breathe calmly. Take a massage and warm yourself with a hot water bottle if it helps.

What is the baby's normal and good position in the womb?

Usually, the baby should be in a head-down position in the womb. From this position, the baby's head comes out first at birth. However, this is not always the case. Sometimes, a baby can be in a head-up position in the womb, which can be problematic at birth.

Only a doctor or a midwife can tell whether a baby's position is correct. You won't know this on your own.

Is it safe to deliver a baby at home?

Yes, but the baby should have a head-down position for a safe delivery. You should go to a hospital if the baby is in a different position. Also, ensure that only a skilled person handles your delivery at home, as many things can go wrong at this stage.

Whether you deliver at home or in a hospital, having your husband or some family member around for support is a good idea.

What's normal after the baby is born?

After the baby is out of the womb, it should cry. However, if the baby doesn't cry automatically, clean its nose and mouth so its lungs start working.

You will also see the baby covered with a white waxy substance right after birth. This is called vernix. Don't remove it. It is like an antiseptic that protects your baby. It goes away after 2 or 3 days of birth. Gently clean away any blood or fluid with a warm, soft damp cloth.



The big question after a baby's birth is how to care for the newborn. Below are the answers to some frequently asked questions on baby care.

What is the best way to feed a newborn?

Breastfeeding is the best food for a newborn. Breastfed babies are healthier. You can start breastfeeding right after the baby's birth. Breastfeed the baby for a minimum of 6 months.

Some mothers can't produce enough milk for breastfeeding. For more milk production, drink plenty of liquids, eat healthy, get enough sleep, and nurse the baby more often.

Should you worry about milk coming out when the baby burps?

No. If a bit of milk comes out of the baby's mouth while burping, it's normal. If a baby vomits when you lay it down after feeding, keep it upright for a while after each feeding.

However, contact the doctor if the baby vomits more than twice a day. A lot of vomiting can lead to dehydration and the death of the baby.

What should you do if your baby has diarrhea?

Contact a doctor or visit a health clinic in this case. Meanwhile, give the baby salted water, called Oral Rehydration Solution (ORS), to avoid dehydration. You can buy ORS from the pharmacy. Use boiled water to prepare it.

How can you check if your baby's body temperature is correct?

After about 10 days, your baby should be able to control its temperature. The best place to feel to check the baby's temperature is the baby's neck. If it has the same temperature as that of your hand, it is okay.

Should you worry if your baby loses weight in the first week?

No. Most babies lose some weight during the first days, but the baby should start to grow after a week. If not, see a doctor.

Should you wash the baby immediately after delivery?

No. It is better not to wash the baby for the first few days. Just clean the baby with a soft, warm damp cloth without removing the white waxy substance. After a few days, you can bathe the baby in warm water without soap.

What's wrong if the baby cries and pulls up its legs after having milk?

Babies do this when they have stomach problems. You can't do much about it. Hold the baby upright for a burp. Make small circles over its stomach or cycle with its legs for a while.

Do you have to be silent when your baby is sleeping?

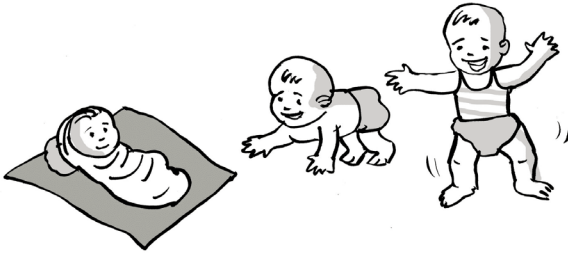
No. The baby should get used to the sounds of its surroundings. You can carry on your routine work as long as the sounds are not loud.

When can you start giving solid foods to the baby?

After 6 months, you can start with other foods. Give well-cooked and mashed food when you begin with solid food.

How should you ensure your baby's vaccination?

Your baby gets its first vaccination right after its birth. For vaccinations afterward, get registered in the national immunization programme. Ask your midwife/doctor for more information on vaccinations.



Giving birth to a healthy baby is not enough. You should also know if your baby is growing healthily and normally.

The table below lists a few child growth stages.

Baby's age	Expected activities
1.5–2 months	Starts smiling
3 months	Practices making sounds/voice
6 months	Gets its first tooth
3–6 months	Starts turning from back to belly
6–9 months	Starts smiling
9–12 months	Begins talking with words like ▶ mum and dad ▶ Starts walking

Keep in mind that not all babies grow at the same pace. Some babies have delayed growth. The table above is only for reference. If you are unsure whether your baby is growing normally, speak to your doctor.

While your baby is growing, it may also experience some common health issues.



Crying infant. © Shutterstock

Fever is a common health issue in children. However, it's not normal in newborns. If you aren't sure whether your baby has a fever, touch its neck to check. If the baby's neck is hot, it likely has a fever. Fever can make children restless. So to ease the feverish baby by:

- ▶ Giving the baby a lot of liquid to drink.
- ▶ Removing the baby's clothes to cool them down.
- ▶ Giving the correct dose of aspirin to the baby.

If the fever continues, see a doctor.

Some other common baby diseases are:



To keep a baby healthy and safe, you should:

- Keep the baby clean and raise it in hygienic conditions.
- Ensure the baby doesn't sleep on its belly, which can cause suffocation.
- As the baby grows into a toddler and a small child, watch its activities, as children like adventure and may not see the danger in their actions.



Family standing together, Myanmar. © Shutterstock

Children should not only have healthy physical growth, but also good moral growth.

Teach your children things like sharing, kindness and responsibility.

Parents are a child's first teachers. Children copy their parents' behavior. So set good examples for them.

Learning milestone

Match the age of a baby with its expected development stages.

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

1 3 months

2 12 months

3 6 months

4 2 months

5 9 months

A Starts smiling

B Practices sounds

C Gets their first tooth

D Starts rolling

E Starts walking

How do sexually transmitted infections spread?

Lesson 6 of 8

► Protecting against sexually transmitted infections (STIs)

Phyo and Phoo recently got engaged. They want to make love to each other for the first time. However, Phoo is unsure, as she has heard many things about sex and STIs. She is confused.

Like Phoo, many people have the wrong idea about sex and STIs.

What about you? How aware are you about STIs?

Are the following statements about STIs true or false?

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

Statement	True	False
Pregnant women with STIs can pass the infection to their		
An STI can spread from having unprotected sex just once.		
Condoms are the best way to prevent STIs.		
A person living with HIV cannot work in public spaces because they might infect others.		
HIV spreads through kissing.		
All STIs except HIV/AIDS can be cured.		
Anyone below 18 can be tested for STIs without the permission of an adult.		
STI-causing germs can only enter through the penis or		
Safe sex activities like kissing and hugging do not spread		
People with STIs can be recognized by their appearance.		
Oral sex does not spread STIs.		



The main reason for the spread of STIs is having unprotected sex with an infected person.

Therefore, it is important to be aware of STIs, particularly as there is no cure for some of these infections.

There are many different STIs, each with its own causes and treatments. Read below to learn about the causes and treatments of a few common STIs.

Syphilis

Cause: Bacteria passed on during unsafe sex.

Treatment: Using medicines.

Hepatitis B

Cause: Viruses passed on through unsterilized needles, unsafe sex, or kissing.

Treatment: Has a preventive vaccine, but no treatment.

Gonorrhea

Cause: Bacteria passed on during unsafe sex.

Treatment: Using medicines.

Herpes

Cause: Viruses passed on during unsafe sex.

Treatment: Treated using medicines, but has no effective cure and returns regularly.

Genital warts

Cause: Viruses passed on during unsafe sex.

Treatment: Treated through surgery.

Crab lice and scabies

Cause: Parasites spread through sex, dirty sheets, or clothes of an already infected person.

Treatment: Treated through creams and good hygiene.

HIV

Cause: Virus passed on by using unsterilized needles or unsafe sex.

Treatment: Has no permanent cure, but can be treated and managed with medicines.

HIV is a common STI. The transmission of HIV is easier in the presence of other STIs, particularly genital ulcer diseases such as chancroid and syphilis.

Read below to learn more about what spreads HIV and what does not.

The means of HIV transmission are:



The means of HIV transmission are:

- **Unprotected sex:** The vagina and penis provide entry points to the virus.
- **Mother to newborn child:** A woman living with HIV can transmit the virus before birth through blood and after birth through breastfeeding.
- **Blood:** HIV can be found in the blood and may spread through blood transfusion. It can also be transmitted through needles, syringes, blades, knives, surgical instruments, and other piercing instruments that have been previously used on a person living with HIV without being properly sterilized afterwards.
- **Exchange of infected body fluids:** HIV is transmitted from person to person through the exchange of semen, vaginal secretions, blood, and breast milk.

This means HIV spreads from person to person under very specific conditions. It does not spread through:

- shaking hands;
- kissing and hugging;
- sharing food or work instruments;
- sharing toilet and bathroom facilities;
- sitting in the same classroom or canteen; or
- insect bites, such as from mosquitoes or bed bugs.



Doctor holding a red ribbon. © Shutterstock

Here are some measures to prevent the spread of STIs:

- ▶ Consult a doctor if you think you are infected. Do not wait for the symptoms to show.
- ▶ Always complete the treatment for an STI. Consult your doctor to know when to stop the treatment. Unfinished treatments can cause the infection to return.
- ▶ Inform people you have had unprotected sex with and ask them to get tested. Do not put their health at risk by not informing them.

Learning milestone

Which of the following contributes to the spread of STIs?

Choose your answers – this question has more than one correct answer. You can view the correct answers at the back of this booklet, in the Answers Annex.

☐
A

Shaking hands

☐
B

Having unprotected sex

☐
C

Kissing

☐
D

Using unsterilized needles

Lesson 7 of 8

► Self-evaluation

Well done!

You've almost completed **Module 7. Keeping healthy.**

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

Which of the following is the correct pathway for sperm during ejaculation?

☐ **A** Epididymis → Vas deferens → Urethra

☐ **B** Vas deferens → Epididymis → Urethra

☐ **C** Urethra → Vas deferens → Epididymis

☐ **D** Epididymis → Urethra → Vas deferens

Question 2 of 5

Which of the following statements is true?

☐ **A** Ovaries produce eggs in the female reproductive system.

☐ **B** The clitoris is the transport channel for the egg.

☐ **C** Fallopian tubes are the reproductive cells.

☐ **D** The uterus makes intercourse possible.

Question 3 of 5

Chit, a 17-year-old girl, is sexually active, but she worries about unwanted pregnancy and wants to be safe from sexually transmitted infections. She has heard about different contraceptive methods but is unsure which one is best.

Which contraceptive method protects against both pregnancy and STIs?

☐**A**

Birth control pills

☐**B**

Condoms

☐**C**

Intrauterine device (IUD)

☐**D**

Injections

Question 4 of 5

Nan Su is pregnant, and she is also exposed to chemicals at her workplace.

What should Nan Su do to protect the health of her unborn baby?

☐**A**

Discuss her concerns with her employer and request safer work.

☐**B**

Continue working without any changes to her routine.

☐**C**

Wear a face mask and gloves to minimize exposure to chemicals.

Question 5 of 5

Tun Tun is a 35-year-old man. He has been diagnosed with gonorrhea. He is undergoing treatment for his condition.

What of the following is the best course of action for Tun Tun to pursue moving forward?

☐**A**

Do regular physical exercise.

☐**B**

Use condoms during sex.

☐**C**

Use medicines until he feels better and then stop.

☐**D**

Complete the full course of treatment for the STI.

Lesson 8 of 8

► **Summary**

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

**Knowing reproductive systems**

- As reproductive systems develop during puberty, boys begin to ejaculate and girls begin to menstruate.
- There are only two possible scenarios in each menstrual cycle:
 - If the egg is not fertilized, the uterine lining sheds and menstruation starts.
 - If the egg is fertilized, the egg becomes an embryo, resulting in pregnancy.

Planning a family

- Everyone should know about family planning to prevent unwanted pregnancies.
- Birth control is the responsibility of both partners every time they have sex.
- Different birth control methods have different levels of effectiveness.
- Condoms are the only contraceptives that protect against both pregnancy and STIs.

Making a healthy baby

- Pregnant women need continuous attention and care to have a healthy baby.
- Certain things are dangerous during pregnancy, such as smoking, drinking alcohol, and using medicines and drugs without proper medical supervision.
- Get information about the normal stages of child development, and give the best possible care to your baby.
- Be wise in all situations. When in doubt, contact healthcare providers for help.

Protecting against STIs

- Most STIs spread through unprotected sex. STIs can be prevented by using contraceptive methods.
- If you have a symptom of any STI, consult a doctor immediately for treatment.
- If you have an STI, you must inform your sexual partner(s), so they can also get tested for the infection.

**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 4

Are the following statements about the human reproductive system true or false?

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

Statement	True	False
A larger penis contains more sperm.		✓
The egg (ovule) is often fertilized inside the uterus.		✓
Ovulation is the period when the female body releases an egg from the ovary.	✓	
Sperm are produced in the testicles.	✓	
Sperm are released during ejaculation.	✓	
A woman can tell when she is ovulating by checking the mucus in her vagina.	✓	
Girls are born with all the eggs they will have in their lifetime.	✓	
Menstruation happens because the egg is fertilized.		✓
Eggs are stored in the uterus.		✓
The most fertile period for women is during ovulation.	✓	
A shower can make menstruation worse.		✓

Lesson 3, Page 8

What do you understand about an egg's journey and the changes during the menstrual cycle?

If you matched the answers as below, you are correct. Well done!

1 Ovulation

A Occurs when the ovary releases the egg.

2 Shedding of the uterus lining

C Marks the first day of menstrual flow.

3 Travel of the egg

B Happens when the egg moves through the fallopian tube into the uterus.

4 Thickening of the uterus lining

D Results when the uterus prepares for a fertilized egg.

5 Dissolving of the egg

E Happens if the egg is not fertilized.

Lesson 3, Page 11

Identify the role of different parts of the male and female reproductive systems with their descriptions.

If you matched the answers as below, you are correct. Well done!

1 Eggs and sperm

C Form a baby when they meet

2 Fallopian tubes and vas deferens

E Help in egg and sperm transportation

3 Lips of the vagina and scrotum

B Protect sexual organs

4 Ovaries and testicles

D Produce cells for reproduction

5 Vagina and penis

A Make intercourse possible

Lesson 4, Page 14

Are the following statements about birth control true or false?

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

Statement	True	False
Only condoms can protect against both pregnancy and sexually transmitted infections (STIs).	✓	
No contraceptive method is 100% effective.	✓	
Condoms are the most reliable method against pregnancy.		✓
Birth control pills cause cancer.		✓
Birth control pills can cause infertility.		✓

Lesson 4, Page 17

Learning milestone

Which of the following methods would be best for Maung Maung to use?

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

As a man, Maung Maung can use condoms. Intrauterine devices, birth control pills and tubal ligation are contraceptive methods for women.

Lesson 5, Page 20

Which of the following behaviours/attributes are healthy or unhealthy for a pregnant woman?

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

Behaviour/ attribute	Dangerous	Need doctor's advice	Avoid/pay attention	Healthy/safe
Smokes herself/husband smokes	✓			
Eats packaged food			✓	
Drinks unboiled water			✓	
Does heavy work	✓			
Likes fruits				✓

Behaviour/ attribute	Dangerous	Need doctor's advice	Avoid/pay attention	Healthy/safe
Has diabetes		✓		
Likes fish				✓
Is living with HIV		✓		
Works with chemicals	✓			
Likes raw meat			✓	
Has Hepatitis-B		✓		
Rides a bike without brakes			✓	
Uses body cream			✓	
Has a negative blood type		✓		
Has sex				✓
Quarrels			✓	
Worries the whole time			✓	
Has syphilis		✓		
Takes drugs	✓			
Works in shop				✓
Likes green vegetables				✓
Has high blood pressure		✓		
Likes to eat liver			✓	
Drinks alcohol	✓			
Uses medicines			✓	

Lesson 5, Page 27

Match the age of a baby with its expected development stages.

If you matched the answers as below, you are correct. Well done!

1 3 months	B Practices sounds
2 12 months	E Starts walking
3 6 months	C Gets their first tooth
4 2 months	A Starts smiling
5 9 months	D Starts rolling

However, don't worry if a child's growth is delayed. Not all babies grow at the same pace. If you are unsure whether your baby is growing normally, speak to your doctor.

Lesson 6, Page 28

Are the following statements about STIs true or false?

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

Statement	True	False
Pregnant women with STIs can pass the infection to their	✓	
An STI can spread from having unprotected sex just once.	✓	
Condoms are the best way to prevent STIs.	✓	
A person living with HIV cannot work in public spaces because they might infect others.		✓
HIV spreads through kissing.		✓
All STIs except HIV/AIDS can be cured.		✓
Anyone below 18 can be tested for STIs without the permission of an adult.		✓

Statement	True	False
STI-causing germs can only enter through the penis or		✓
Safe sex activities like kissing and hugging do not spread	✓	
People with STIs can be recognized by their appearance.		✓
Oral sex does not spread STIs.		✓

Lesson 6, Page 31

Learning milestone

Which of the following contributes to the spread of STIs?

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

Having unprotected sex with an infected person is the major cause of the spread of STIs. Using unsterilized needles also leads to the spread of STIs.

Lesson 7, Page 32

Question 1 of 5

Which of the following is the correct pathway for sperm during ejaculation?

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

The correct pathway for sperm during ejaculation is Epididymis → Vas deferens → Urethra.

Question 2 of 5

Which of the following statements is true?

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

The correct statement is that ovaries produce eggs in the female reproductive system. The clitoris is the sensitive part of the female reproductive system. Fallopian tubes are the transport channels for eggs. The uterus houses the baby during pregnancy.

Question 3 of 5

Which contraceptive method protects against both pregnancy and STIs?

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

The best method Chit can follow to protect herself is to insist that her partner to wear condoms, as condoms are the only contraceptives that protect against both pregnancies and STIs. In addition to condoms, she may also wish to consider birth control pills, intrauterine devices (IUDs), and injections, which would give her greater protection against pregnancy than condoms alone – but only condoms can protect her from STIs.

Question 4 of 5

What should Nan Su do to protect the health of her unborn baby?

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

Nan Su must discuss her concerns with her employer and request safer work. Work safety is important for pregnant women in order to decrease the chance of miscarriage or premature birth.

Question 5 of 5

What of the following is the best course of action for Tun Tun to pursue moving forward?

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

Tun Tun should continue the treatment for gonorrhea until it is fully complete, and this means continuing the treatment even if he starts feeling better. Unfinished treatments can allow the infection to return.

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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