

## CSE Harmful Elements Analysis Tool

The CSE Harmful Elements Analysis Tool<sup>1</sup> was created to help parents, school administrators, educators, and other concerned citizens assess, evaluate, and expose harmful elements within comprehensive sexuality education (CSE)<sup>2</sup> curricula and materials. For more information, visit [www.stopcse.org](http://www.stopcse.org).

### Analysis of *One2One* Based on 15 Harmful Elements Commonly Included in CSE Materials

#### CSE HARMFUL ELEMENTS SCORE = 12 OUT OF 15

*One2One* contains 12 out of 15 of the harmful elements typically found in CSE curricula or materials. The presence of **even one of these elements indicates that the analyzed materials are inappropriate for children**. Having several of these elements should disqualify such materials for use with children.

**Program Description:** This website is intended to teach Kenyan youth about love, relationships, abuse, HIV, and mental health. It aims to “empower” youth to take care of their own reproductive health. Topics covered include reproductive anatomy, anal and oral sex, condoms, birth control, non-monogamous relationships, and treatment options for minors that don’t require parental consent.

**Target Age Group:** Ages 10-24

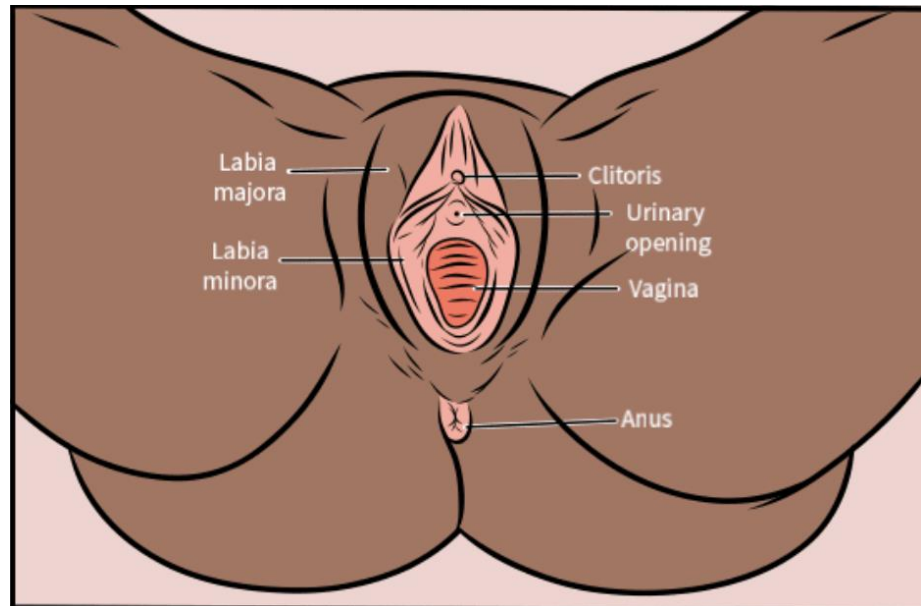
**International Connections:** Transform Health <https://transformhealthcoalition.org/>, LVCT Health <https://lvcthealth.org/>

HARMFUL CSE ELEMENTS	EXCERPTED QUOTES FROM CSE MATERIAL
<p><b>1. SEXUALIZES CHILDREN</b></p> <p><i>Normalizes child sex or desensitizes children to sexual things. May give examples of children having sex or imply many of their peers are sexually active. May glamorize sex, use graphic materials, teach explicit sexual vocabulary, or encourage discussion of sexual experiences, attractions, fantasies or desires.</i></p>	<p>“Is it love, or lust? What is lust? Lust is when you are drawn to someone based <b>solely on physical and sexual attraction</b>. You are filled with sexual desires that don’t stop. <b>You basically have sex in the brain</b>. When you are lusting after someone, you are more focused on sexual aspects than you are on building a relationship. Lust tends to get a bad reputation, but it is extremely common. Everyone feels a sense of lust from time to time throughout their life, so do not worry if your relationship has its signs. Here are some of the possible characteristics of lust:</p> <ul style="list-style-type: none"> <li>• You only think about sexual desires.</li> <li>• Unhealthy behaviors like lying, pretending to be someone you’re not, and exaggerating the truth are common in your relationship.</li> <li>• You don't want to build a connection.”</li> </ul> <p><a href="https://one2onekenya.org/articles/is-it-love-or-lust">https://one2onekenya.org/articles/is-it-love-or-lust</a></p>

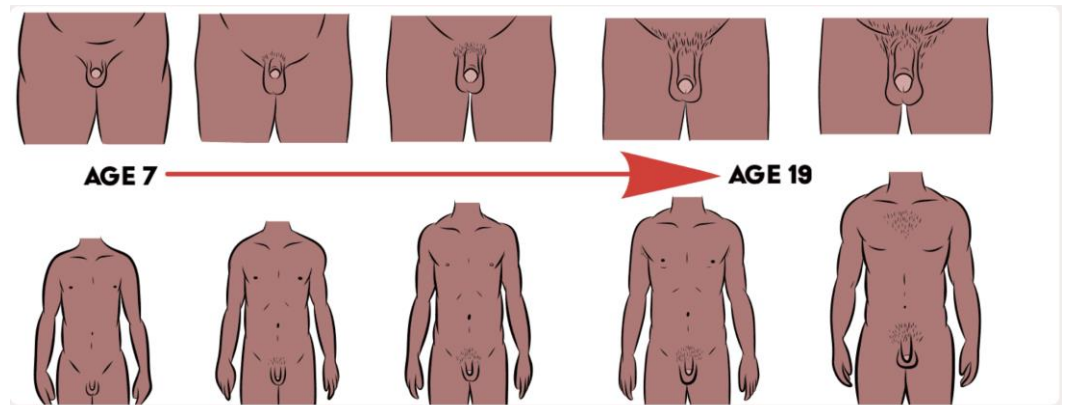
<sup>1</sup> The CSE Harmful Elements Analysis Tool was created by Family Watch International. Family Watch is not responsible for the way in which the tool is used by individuals who do independent analyses of CSE materials. Visit [www.stopcse.org](http://www.stopcse.org) for a blank template or to see analyses of various CSE materials.

<sup>2</sup> CSE programs are often labeled as comprehensive sex education, sexual education, sexuality education, anti-bullying programs, sexual and reproductive health education, Welcoming Schools programs, and even family life, life skills or abstinence plus education programs, etc. Regardless of the label, if program materials contain one or more of the 15 harmful elements identified in this analysis tools, such materials should be categorized as CSE and should be removed from use in schools.

“You can get HIV if you have unprotected oral, vaginal or anal sex with someone who is HIV positive or if you share needles with someone who is HIV positive. You can get HIV **if you are sharing sex toys with an HIV positive person** and you don’t disinfect the toys or put a new condom on them each time a new person uses the toy.” (<https://one2onekenya.org/articles/hiv aids>)



(<https://one2onekenya.org/articles/female-reproductive-organs>)



**MAJOR CHANGES IN BOYS DURING PUBERTY**

(<https://one2onekenya.org/articles/major-changes-in-boys-during-puberty>)

## 2. TEACHES CHILDREN TO CONSENT TO SEX

*May teach children how to negotiate sexual encounters or how to ask for or get “consent” from other children to engage in sexual acts with them. While this may be appropriate for adults, children of minor age should never be encouraged to*

“Consent is an agreement between people to engage or to do something. **When it comes to sex, be it mutual masturbation, oral sex, kissing, sexting, vaginal sex, anal sex, and other intimate contacts, it is important to everyone involved to give or receive consent.** Consent is clearly communicated and there should be no doubt at all. Without consent, any sexual activity is against the law and can be harmful. Only yes, means yes! Silence or lack of resistance does NOT equal consent. If consent isn't given then it's a NO. It's not okay to persist until you get a YES.” (<https://one2onekenya.org/articles/consent-what-it-is-and-why-its-important>)

“Consent is:

*“consent” to sex.*

*Note: “Consent” is often taught under the banner of sexual abuse prevention.*

1. Mutual: You both need to agree, every single time.
2. Freely given: A choice you make without pressure, guilt, or threats.
3. Informed: You understand what’s about to happen.
4. Certain & Clear: It’s a YES, not a ‘maybe’ or ‘I think so’ or ‘I guess so’.
5. Enthusiastic: **You’re excited and WANT to do the sexual activity.**
6. Reversible: You can stop or change your mind at any time.
7. Specific: Saying yes to one thing doesn’t mean yes to everything.
8. Ongoing: You need it before and during the activity, as well as next time!” (<https://one2onekenya.org/articles/consent-what-it-is-and-why-its-important>)

“What should consent sound like? **Consent sounds something like this:**

- ‘YES!’
- ‘Yasssss’
- ‘Absolutely’
- ‘That sounds great’
- ‘That feels awesome’
- ‘Let’s do that more’
- ‘I’d like to...’
- ‘Would you please...’
- ‘I want to keep doing this’
- ‘I’m enjoying this’” (<https://one2onekenya.org/articles/consent-what-it-is-and-why-its-important>)

“How do I get consent? Asking for consent doesn’t have to be awkward! **If done right, it can be flirty and respectful.** Here are some ways you might ask if you’re in the heat of the moment:

- ‘Can I..?’
- ‘Do you want me to...?’
- ‘Want to try...?’
- ‘Can we...?’
- ‘Are you ready to...?’
- ‘Do you like this?’
- ‘Do you want to...?’
- ‘Is this ok?’
- ‘What do you want to do?’
- ‘Do you want to stop?’
- ‘Would you like to...?’
- ‘Are you happy to go further?’
- ‘How do you feel about it?’
- ‘How are you feeling?’
- ‘Do you want to slow down?’
- ‘Are you comfortable?’” (<https://one2onekenya.org/articles/consent-what-it-is-and-why-its-important>)

“Why is consent so important? Practicing consent is **important for safe, healthy, and fun sexual experiences.**” (<https://one2onekenya.org/articles/consent-what-its-important>)

	<p><a href="#">it-is-and-why-its-important</a>)</p>
<p><b>3. PROMOTES ANAL AND ORAL SEX</b></p> <p><i>Normalizes these high-risk sexual behaviors and may omit vital medical facts, such as the extremely high STI infection rates (i.e., HIV and HPV) and the oral and anal cancer rates of these high-risk sex acts.</i></p>	<p>“When it comes to sex, be it <b>mutual masturbation, oral sex, kissing, sexting, vaginal sex, anal sex, and other intimate contacts</b>, it is important to everyone involved to give or receive consent.”  <a href="https://one2onekenya.org/articles/consent-what-it-is-and-why-its-important">https://one2onekenya.org/articles/consent-what-it-is-and-why-its-important</a>)</p> <p>“Always <b>using protective barriers like condoms or dams during penetrative and oral sex</b>. Restricting your sexual activity within a mutually monogamous relationship and trying to limit the number of partners.”  <a href="https://one2onekenya.org/articles/how-do-i-protect-myself-from-hiv">https://one2onekenya.org/articles/how-do-i-protect-myself-from-hiv</a>)</p> <p>“A sexually transmitted infection develops in your body when a bacteria, virus, or parasite is passed on to you through sexual contact with a person who has an STI. This can happen through:</p> <ul style="list-style-type: none"> <li>• <b>Anal, oral, or vaginal sex</b></li> <li>• <b>Sharing sex toys</b></li> <li>• Sharing needles</li> <li>• Skin-to-skin touching which only applies to a few STIs like herpes and HPV.” <a href="https://one2onekenya.org/articles/what-are-stis">https://one2onekenya.org/articles/what-are-stis</a>)</li> </ul> <p>“Having sex with someone who has an STI without using a condom. <b>This can be vaginal, oral, or anal sex</b>. It can be difficult to tell if someone has an STI. STIs can be spread even if there are no signs or symptoms.”  <a href="https://one2onekenya.org/articles/how-do-you-get-an-sti">https://one2onekenya.org/articles/how-do-you-get-an-sti</a>)</p> <p>“<b>Condoms are the best way to prevent STIs when you have sex</b>. Be sure to use them correctly. Because a man does not need to ejaculate (cum) to give or get some STIs, make sure to put the condom on before the penis touches the vagina, mouth, or anus.” <a href="https://one2onekenya.org/articles/how-can-i-prevent-stis">https://one2onekenya.org/articles/how-can-i-prevent-stis</a>)</p> <p>“Use condoms on penises or dildos for vaginal or anal sex, <b>use latex gloves for finger play and fisting, and use condoms/dams for oral sex</b> to lower your chances of getting or transmitting HIV.”  <a href="https://one2onekenya.org/articles/hivaid5">https://one2onekenya.org/articles/hivaid5</a>)</p>
<p><b>4. PROMOTES HOMOSEXUAL/ BISEXUAL BEHAVIOR</b></p> <p><i>Normalizes or promotes acceptance or exploration of diverse sexual orientations, sometimes in violation of state education laws. May omit vital health information and/or may provide medically inaccurate information about</i></p>	<p><b>No evidence found.</b></p>

<p>homosexuality or homosexual sex.</p>	
<p><b>5. PROMOTES SEXUAL PLEASURE</b></p> <p><i>May teach children they are entitled to or have a “right” to sexual pleasure or encourages children to seek out sexual pleasure. Fails to present data on the multiple negative potential outcomes for sexually active children.</i></p>	<p><b>No evidence found.</b></p>
<p><b>6. PROMOTES SOLO AND/OR MUTUAL MASTURBATION</b></p> <p><i>While masturbation can be part of normal child development, encourages masturbation at young ages, which may make children more vulnerable to pornography use, sexual addictions or sexual exploitation. May instruct children on how to masturbate. May also encourage children to engage in mutual masturbation.</i></p>	<p>“How do I protect myself from HIV? There are a number of ways you can protect yourself from HIV, including: <b>Selecting low-risk sexual acts like masturbation</b>, whenever you are unsure of the health of your partner.”  <a href="https://one2onekenya.org/articles/how-do-i-protect-myself-from-hiv">https://one2onekenya.org/articles/how-do-i-protect-myself-from-hiv</a>)</p>
<p><b>7. PROMOTES CONDOM USE IN INAPPROPRIATE WAYS</b></p> <p><i>May inappropriately eroticize condom use (e.g., emphasizing sexual pleasure or "fun" with condoms) or use sexually explicit methods (i.e., penis and vagina models, seductive role plays, etc.) to promote condom use to children. May provide medically inaccurate information on condom effectiveness and omit or deemphasize failure rates. May imply that condoms will provide complete protection against pregnancy or STIs.</i></p>	<p>“It is completely safe to kiss and hug your partner. If your partner is taking HIV treatment and has an undetectable viral load, there is no risk of HIV transmission. <b>Using condoms is also an effective way of preventing HIV transmission during sex.</b>” (<a href="https://one2onekenya.org/articles/im-starting-a-relationship-with-someone-who-has-hiv-what-do-i-need-to-know">https://one2onekenya.org/articles/im-starting-a-relationship-with-someone-who-has-hiv-what-do-i-need-to-know</a>)</p> <p>“<b>Only a condom protects against STIs.</b>” (<a href="https://one2onekenya.org/articles/how-do-you-get-an-sti">https://one2onekenya.org/articles/how-do-you-get-an-sti</a>)</p> <p>“<b>Condoms are the best way to prevent STIs when you have sex.</b> Be sure to use them correctly. Because a man does not need to ejaculate (cum) to give or get some STIs, make sure to put the condom on before the penis touches the vagina, mouth, or anus.” (<a href="https://one2onekenya.org/articles/how-can-i-prevent-stis">https://one2onekenya.org/articles/how-can-i-prevent-stis</a>)</p> <p>“Use condoms on penises or dildos for vaginal or anal sex, <b>use latex gloves for finger play and fisting, and use condoms/dams for oral sex</b> to lower your chances of getting or transmitting HIV.”  <a href="https://one2onekenya.org/articles/hiv-aids">https://one2onekenya.org/articles/hiv-aids</a>)</p>

**8. PROMOTES PREMATURE SEXUAL AUTONOMY**

*Teaches children they can choose to have sex when they feel they are ready or when they find a trusted partner. Fails to provide data about the well-documented negative consequences of early sexual debut. Fails to encourage sexually active children to return to abstinence.*

“An open relationship is one in which a **couple agrees that they are both free to have sex with other people**. While sex with other people is ok, loving someone else is generally not ok.” (<https://one2onekenya.org/articles/types-of-relationships>)

“In polyamory, **it’s considered ok to love more than one person as well as have sex with them**. Polyamory is the most common sort of open non-monogamy among people who are bisexual.” (<https://one2onekenya.org/articles/types-of-relationships>)

“**Monogamish**: This refers to relationships that are a little bit open.” (<https://one2onekenya.org/articles/types-of-relationships>)

“A friend with benefits is a relationship in which **two people agree to be intimate** but with no strings attached.” (<https://one2onekenya.org/articles/types-of-relationships>)

“It’s pretty common to date someone who is a few years younger or older than you. Often the age difference is no big deal. But when the age difference is bigger, there are other things to consider. Here are a few things that can affect relationships where there is a big age difference:

- Power: There may be a power difference between you, especially if you are at different stages in life. For example, one of you is in high school and the other is working full time. The older person may speak for the younger person or take a bigger role in making decisions. The younger person may find it more difficult to voice their opinion, especially when it comes to their concerns about the relationship. Age isn’t the only factor affecting power. Gender, race, and economic background can also play a role in relationship dynamics.
- Sexual readiness: A big part of feeling good about your sexuality is **being able to explore it at your own pace.**” (<https://one2onekenya.org/articles/love-does-age-matter>)

**9. FAILS TO ESTABLISH ABSTINENCE AS THE EXPECTED STANDARD**

*Fails to establish abstinence (or a return to abstinence) as the expected standard for all school age children. May mention abstinence only in passing.*

*May teach children that all sexual activity—other than “unprotected” vaginal and oral sex—is acceptable, and even*

“If you think you might have an STI, it’s best to not to be sexually active until you’ve talked with your doctor. You only know for sure after an STI test. **If you do engage in sexual activity before seeing your doctor**, be sure to follow safe sex practices, such as using a condom.” (<https://one2onekenya.org/articles/help-i-have-an-sti-where-can-i-get-treatment>)

“The bottom line: **anyone who is sexually active** should get tested regularly and use condoms and contraceptives consistently and correctly.” (<https://one2onekenya.org/articles/how-to-know-if-my-partner-has-a-sti>)

“How often should I get tested? The frequency of testing should depend on the **level of risk your sex life exposes you to**:

- Multiple partners: If you’re engaged with multiple partners, **particularly if you’re not using a condom**, it is recommended you go in for an STI

healthy. May present abstinence and “protected” sex as equally good options for children.

screening every three to six months.

- Non-monogamous: If you are sexually active and not in a monogamous relationship but still using a condom, you should be screened at least once a year.
- Tested positive: If you have previously tested positive for an STI, no matter your relationship status, you need to retest after treatment.
- New relationship: If you are just starting a relationship, you should go get tested **before you start having unprotected sex**.
- Condom mishap: If you had sex with a condom and the condom broke, tore or slipped off, you need to get tested immediately.
- No condom: Whenever you have **unprotected sex with a new partner**, after that is a good time to consider being screened for STI and pregnancy.
- Symptoms: If you have noticed any bumps, discharge, rashes or other changes in your body, you need to go get tested immediately.”  
(<https://one2onekenya.org/articles/how-often-should-i-get-tested>)

“A negative test result means you don’t have HIV in your body. However, due to the window period of HIV, a negative result doesn’t necessarily mean you don’t have HIV. It is advised to test again after 3 months to be sure. **Continue practicing safer sex options** like using condoms, talking about safer sex options, testing, using prep, and reducing the number of sexual partners.”

(<https://one2onekenya.org/articles/understanding-a-negative-test-result>)

“Hooking up can vary from person to person but in general hooking up means **being intimate or sexual with someone without being in a committed relationship** with them. Hooking up may also be called a one-night stand or casual sex.” (<https://one2onekenya.org/articles/what-do-i-need-to-know-about-hooking-up>)

“Why do people hook up? There is plenty of reason [sic] as to why people hook up. They include:

- To have sex
- To feel close and connected to someone
- **To explore their sexuality**
- To start a relationship with someone
- To see if sexual chemistry with someone might lead to something.”  
(<https://one2onekenya.org/articles/what-do-i-need-to-know-about-hooking-up>)

“Here is an important thing to keep in mind when it comes to hooking up.

- **Practice safe sex always** to protect yourself from unintended pregnancy and STIs. Use a condom always.
- Get consent when engaging in sex. Consent needs to be given through words and actions.
- Plan ahead. It is important to let your friends and family where you will be. It is also important to share the contact of the person you are hooking up with your friend or family you trust.

	<ul style="list-style-type: none"> <li>• Share your limits with your partner. Let them know what you like and what you don't like.</li> <li>• Do not do it just because everyone is doing it. Take some time to think about it.</li> <li>• It's a good idea to talk about what each person wants before engaging in a hookup <b>so that you can be on the same page and enjoy the moment.</b>" (<a href="https://one2onekenya.org/articles/what-do-i-need-to-know-about-hooking-up">https://one2onekenya.org/articles/what-do-i-need-to-know-about-hooking-up</a>)</li> </ul>
<p><b>10. PROMOTES TRANSGENDER IDEOLOGY</b></p> <p><i>Promotes affirmation of and/or exploration of diverse gender identities. May teach children they can change their gender or identify as multiple genders, or may present other unscientific and medically inaccurate theories. Fails to teach that most gender-confused children resolve their confusion by adulthood and that extreme gender confusion is a mental health disorder (gender dysphoria) that can be helped with mental health intervention.</i></p>	<p>"Who can take PrEP? PrEP is only for people who are not living with HIV and are at more risk of infection. Men, women <b>and transgender</b> [sic] <b>can use PrEP.</b>" (<a href="https://one2onekenya.org/articles/prep-basics">https://one2onekenya.org/articles/prep-basics</a>)</p>
<p><b>11. PROMOTES CONTRACEPTION/ABORTION TO CHILDREN</b></p> <p><i>Presents abortion as a safe or positive option while omitting data on the many potential negative physical and mental health consequences. May teach children they have a right to abortion and refer them to abortion providers.</i></p> <p><i>May encourage the use of contraceptives, while failing to present failure rates or side effects.</i></p>	<p>"Contraceptives, also known as birth control, are designed to prevent pregnancy from happening. The most common birth control methods include the pill and IUD. But there are more options... <b>There are different types of birth control methods which may work in a number of different ways</b> including;</p> <ul style="list-style-type: none"> <li>• Keeping the egg and sperm apart</li> <li>• Stopping egg production</li> <li>• Stopping the combined sperm and egg attaching to the lining of the womb." (<a href="https://one2onekenya.org/articles/what-are-contraceptives">https://one2onekenya.org/articles/what-are-contraceptives</a>)</li> </ul> <p>"Your <b>choice of birth control</b> should depend on the following factors:</p> <ul style="list-style-type: none"> <li>• Frequency of sexual activity</li> <li>• Number of sexual partners</li> <li>• Health</li> <li>• Desire to have children in the future."</li> </ul> <p>(<a href="https://one2onekenya.org/articles/what-are-contraceptives">https://one2onekenya.org/articles/what-are-contraceptives</a>)</p> <p>"Remember <b>there is a contraceptive method to suit everyone.</b> Your health care provider can help you select the best form of birth control for you." (<a href="https://one2onekenya.org/articles/what-are-contraceptives">https://one2onekenya.org/articles/what-are-contraceptives</a>)</p>



“**People of any age** can get contraception from a nurse or doctor.”

(<https://one2onekenya.org/articles/what-are-contraceptives>)

“**You should care about contraceptives** because if you are sexually active and you are not using any contraceptive every time you have sex, your risk of becoming a parent is high. Contraception allows you to put off having children until your body are [sic] fully able to support a pregnancy.”

(<https://one2onekenya.org/articles/why-use-contraceptives>)

“Here are several **reasons to use contraceptives**:

- You are sexually active but don’t want to get pregnant.
- You want to have sex without worrying about getting pregnant.
- You are in control of preventing unwanted pregnancy.”

(<https://one2onekenya.org/articles/why-use-contraceptives>)

“Do you want to **prevent pregnancy and an STI**? Then the girl should use contraception, such as the pill or IUD. And the boy should use a condom.”

(<https://one2onekenya.org/articles/why-use-contraceptives>)

“If you are sexually active, you must protect yourself against pregnancy. There are many options at your disposal and each one of them comes with pros and cons. **Choose the contraception that suits you best.**

- Ask yourself questions like ‘do I want to think about it every day?’ or ‘do I want to be able to plan when I get my period?’ or ‘do I want birth control with or without hormones?’
- Talk with friends to get some ideas. However, even if a certain method works well for them, it doesn’t mean it is the best choice for you. Selecting the right contraceptive is a personal decision.
- Talk with your doctor or clinician. Go through the available options and determine which solution fits your needs, lifestyle and health history.”

(<https://one2onekenya.org/articles/how-to-choose-the-right-contraception>)

“What is the **birth control shot**? The shot, also called a contraceptive injection or Depo-Provera, is a hormonal injection that must be taken once every three months to prevent pregnancy.”

(<https://one2onekenya.org/articles/the-birth-control-shot>)

“**The shot releases hormones** so you don't get pregnant. You are protected against pregnancy for 3 months. The implant works in the following 3 ways:

- It blocks ovulation. This is the release of an egg from the ovaries. Without an egg there is no pregnancy.
- It thickens the cervical mucus. This makes it harder for sperm to reach the uterus and the fallopian tubes.
- It thins the lining of the uterus. This makes it harder for a fertilized egg to implant in the uterine walls.”

(<https://one2onekenya.org/articles/the-birth-control-shot>)

**“The shot is very effective** as long as you get your shot on time every time. You have to remember only two things:

- If you take the first shot within five days of the start of your period, you are immediately protected. Otherwise you need to use an additional contraceptive such as a condom. Or abstain from sex for the first week after the shot.
- You must remember to get a shot every 12 weeks.”  
(<https://one2onekenya.org/articles/the-birth-control-shot>)

“Many women **use the shot without any problems**. But that isn’t true for everybody. Like every medication, the shot carries some risk, and certain conditions might increase the probability of side effects. It is therefore important to report every condition you have to your doctor. Let him or her evaluate whether the shot is the right contraceptive for you.”  
(<https://one2onekenya.org/articles/the-birth-control-shot>)

“The birth control patch is a thin plastic patch, like a band aid, that the woman sticks on her skin to prevent pregnancy. The patch releases hormones that prevent pregnancy. **The patch work in three ways:**

- It blocks ovulation. This is the release of an egg from the ovaries. Without an egg there is no pregnancy.
- It thickens the cervical mucus. This makes it harder for sperm to reach the uterus and the fallopian tubes.
- It thins the lining of the uterus. This makes it harder for a fertilized egg to implant in the uterine walls.” (<https://one2onekenya.org/articles/the-birth-control-patch>)

“You **stick a new patch on your skin once a week** for three weeks. This can be on any part of your body except your breasts or upper legs. In the fourth week, you don't wear a patch. You then have your period but are still protected from pregnancy.” (<https://one2onekenya.org/articles/the-birth-control-patch>)

“When used correctly, **the patch is very effective** at preventing pregnancy. Remember these 2 things:

1. Remember to put the patch on the same day of the week each time. If the patch is put on later, you are at higher risk of getting pregnant.
2. Replaced the patch later than it was supposed to? Follow the instructions provided with the patch on how to deal with this. Remember to use an additional contraceptive, such as a condom, for up to a week if you have sex.” (<https://one2onekenya.org/articles/the-birth-control-patch>)

“Is the patch safe? Many women are **using a patch without any problem**. But that is not true for everybody. Like every medication, the patch carries some risk, and certain conditions might increase the probability of side effects. It is therefore important to report every condition you have to your doctor. Let him or her evaluate whether the patch is right contraceptive for you.”  
(<https://one2onekenya.org/articles/the-birth-control-patch>)

“The pill or birth control or oral contraceptive pill is a **small tablet that a woman needs to swallow every day in order to prevent pregnancy**. The birth control pill releases hormones so you don't get pregnant. The pill works in the following ways:

- It blocks ovulation. This is the release of an egg from the ovaries. Without an egg there is no pregnancy.
- It thickens the cervical mucus. This makes it harder for sperm to reach the uterus and the fallopian tubes.
- It thins the lining of the uterus. This makes it harder for a fertilized egg to implant in the uterine walls.” (<https://one2onekenya.org/articles/the-pill>)

“How is it used? **You take one pill a day**. After taking all the pills in the pack, you don't take any for a week. You then have your period but are still protected from pregnancy.” (<https://one2onekenya.org/articles/the-pill>)

“When used correctly, **the pill is very effective** at preventing pregnancy.” (<https://one2onekenya.org/articles/the-pill>)

“Millions of women **take birth control pills every day without any problems**. But that doesn't mean that the pill is for everybody. Like every medication, the pill carries some risk, and certain conditions might increase the probability of side effects. It is therefore important to report every condition you have to your doctor. Let him or her evaluate whether the pill is the right contraceptive for you.” (<https://one2onekenya.org/articles/the-pill>)

“**What happens if you miss a pill?** Remembering to take the pill every day, preferably always at the same time, is the biggest challenge women face when they use the pill. Sooner or later, many women will miss a pill. For some women, it happens frequently. What you should do when that happens depends on the type of pill and the number of pills missed.” (<https://one2onekenya.org/articles/the-pill>)

“**Emergency contraception (EC)**, also called the morning after pill, is an anti-pregnancy measure that women can use after unsafe sex if they believe they are at risk of an unwanted pregnancy. EC comes in two formats:

- A pill containing the hormone progestin
- Copper intrauterine device (IUD)” (<https://one2onekenya.org/articles/emergency-contraception-ec-or-morning-after-pill>)

“EC is not something that can be used on a regular basis. Instead it is a **one-time measure to be used as its name says, in case of emergency**... EC should be used in situations when a woman has been exposed to the risk of getting pregnant and she wants to minimize that risk. The following are some typical situations when you might consider using EC:

- The condom breaks or slips off and you are not using contraceptives.

- After having sex, you realize you have missed one or more contraceptive pills.
- The man ejaculates inside you and you are not using contraceptives.
- You realize you made an error in calculating your pregnancy safe days.
- You were raped or forced to have sex.”

(<https://one2onekenya.org/articles/emergency-contraception-ec-or-morning-after-pill>)

“**How long after sex can EC be taken?** EC can be taken up to 5 days from the event that has put you as the woman at risk of unwanted pregnancy. The sooner you take EC, the higher the probability it will be successful to prevent pregnancy. Ideally it is best to take it within 24 hours of the sexual act.”

(<https://one2onekenya.org/articles/emergency-contraception-ec-or-morning-after-pill>)

“How effective is it? If used correctly and taken sooner, it **reduces your chances of getting pregnant.**” (<https://one2onekenya.org/articles/emergency-contraception-ec-or-morning-after-pill>)

“**Where can you buy it?** EC can be bought in pharmacies, drugstores, chemists, private and public health facilities.”

(<https://one2onekenya.org/articles/emergency-contraception-ec-or-morning-after-pill>)

“Does it offer STI protection? No. The EC doesn’t offer any protection against STIs. If you have sex and want protection against STIs, **always use a condom.** Also test for STIs at the beginning of the relationship. Avoid changing partners frequently.” (<https://one2onekenya.org/articles/emergency-contraception-ec-or-morning-after-pill>)

“He ejaculated (came) inside me. Can douching eliminate pregnancy risks? No. Douching does not protect you from pregnancy. It might actually do the exact opposite and increase your chances of getting pregnant by pushing sperm toward the end of the vagina and the cervix. If your actions have put you at high risk of getting pregnant, **the best thing you can do is to take emergency contraception (EC)** immediately.” (<https://one2onekenya.org/articles/he-ejaculated-came-inside-me-can-douching-eliminate-pregnancy-risks>)

“Pregnancy Option 3: Abortion

After careful evaluation, if you have concluded that you don’t feel ready to be a mother and you don’t want to give your child up for adoption, your **remaining option is to have an abortion**, which means ending the pregnancy. There are two different types of abortion:

- Medical abortion
- Surgical abortion” (<https://one2onekenya.org/articles/pregnancy-option-3-abortion>)

“Medical abortion is possible only in the first part of pregnancy, up to nine

weeks after your last period. Once that date has passed, only surgical abortion is possible. It is important to keep in mind that abortion is way more than just taking a couple of pills. It's a tough choice that can have serious emotional and psychological consequences, and it shouldn't be taken lightly. **If you feel that abortion might be the best solution for you**, seek the help and counseling of one or more adults you trust – people who care about you and can help you evaluate and understand every aspect of this choice. It would also help to talk with a counselor in order to better understand and prepare for the possible psychological consequences of this choice.”

(<https://one2onekenya.org/articles/pregnancy-option-3-abortion>)

“IS ABORTION SAFE? Abortion, both medical and surgical, is generally a very safe procedure when performed properly. **Abortion has a much lower risk of complications than carrying a pregnancy to term does.** Nevertheless, as with any medical procedure, there is a risk of complications that every patient needs to understand and accept.” (<https://one2onekenya.org/articles/pregnancy-option-3-abortion>)

“IS ABORTION PAINFUL? It is hard to give a general answer to this question. Every person has a different tolerance for pain. What some people might find uncomfortable others might find painful. **Generally, abortion isn't a very painful procedure**, but it does involve a certain degree of discomfort. For example, it is common to experience some cramping in the lower abdomen, but the intensity of the cramps varies from person to person. Cramping is sometimes more intense and more prolonged in a nonsurgical abortion than in a surgical one.” (<https://one2onekenya.org/articles/pregnancy-option-3-abortion>)

“People circulate several **false myths about abortion**. Here are some of the most common:

- Abortion increases the risk of breast cancer: False!
- Abortion reduces a woman's chances of getting pregnant in the future: False!
- Abortion increases the risk of not carrying future pregnancies to term: False!
- Abortion increases the chance of delivering stillborn babies: False!
- Abortion increases the chances of becoming sterile: False!”

(<https://one2onekenya.org/articles/pregnancy-option-3-abortion>)

“HOW AM I GOING TO FEEL AFTER AN ABORTION? It is very difficult to answer this question; reactions to an event like abortion are very personal. **The majority of women report a sense of relief afterward**, but in many cases there are also deeper, longer-term feelings... Regardless of how hard and sad a choice like abortion can be, you'll live with it much better if you know in your heart that you didn't choose it lightly.” (<https://one2onekenya.org/articles/pregnancy-option-3-abortion>)

**12. PROMOTES PEER-TO-PEER  
SEX ED OR SEXUAL RIGHTS**

<p><b>ADVOCACY</b></p> <p><i>May train children to teach other children about sex or sexual pleasure, through peer-to-peer initiatives. May recruit children as spokespeople to advocate for highly controversial sexual rights (including a right to CSE itself) or to promote abortion.</i></p>	<p><b>No evidence found.</b></p>
<p><b>13. UNDERMINES TRADITIONAL VALUES AND BELIEFS</b></p> <p><i>May encourage children to question their parents' beliefs or their cultural or religious values regarding sex, sexual orientation or gender identity.</i></p>	<p>“How do I protect myself from HIV? There are a number of ways you can protect yourself from HIV, including:</p> <ul style="list-style-type: none"> <li>• <b>Selecting low-risk sexual acts like masturbation</b>, whenever you are unsure of the health of your partner.</li> <li>• Always using protective barriers like condoms or dams during penetrative and oral sex.</li> <li>• Restricting your sexual activity within a mutually monogamous relationship and <b>trying to limit the number of partners</b>.</li> <li>• Getting tested at least every time you start a new relationship and asking your partner to do the same...</li> <li>• If you follow these rules consistently, you will be able to enjoy sex while at the same time <b>reducing the chances of infection to almost zero.</b>” (<a href="https://one2onekenya.org/articles/how-do-i-protect-myself-from-hiv">https://one2onekenya.org/articles/how-do-i-protect-myself-from-hiv</a>)</li> </ul>
<p><b>14. UNDERMINES PARENTS OR PARENTAL RIGHTS</b></p> <p><i>May instruct children they have rights to confidentiality and privacy from their parents. May teach children about accessing sexual commodities or services, including abortion, without parental consent. May instruct children not to tell their parents what they are being taught about sex in school.</i></p>	<p>“STI Testing: <b>Do I need my guardian’s consent?</b> Generally a parent’s consent is not required to get tested for STIs nor is your doctor required to inform your parents of your decision to do so. However, there may be certain facilities where, for one reason or another, a health care provider will require parental permission. Check with your health care provider and ask him or her about authorization requirements and confidentiality guidelines and policies. If you are not satisfied with the answer, try another health care facility.” (<a href="https://one2onekenya.org/articles/sti-testing-do-i-need-my-guardian-consent">https://one2onekenya.org/articles/sti-testing-do-i-need-my-guardian-consent</a>)</p> <p>“I’m a minor, do my parents have a right to decide about my pregnancy? No. <b>Nobody can force you to do anything, even if you are a minor.</b> The decision of how to handle your situation – to end the pregnancy, to have the baby and raise him or her yourself, or to give the baby to an adoptive family – is <b>yours and yours only.</b>” (<a href="https://one2onekenya.org/articles/im-a-minor-do-my-parents-have-a-right-to-decide-about-my-pregnancy">https://one2onekenya.org/articles/im-a-minor-do-my-parents-have-a-right-to-decide-about-my-pregnancy</a>)</p>
<p><b>15. REFERS CHILDREN TO HARMFUL RESOURCES</b></p> <p><i>Refers children to harmful websites, materials or outside entities. May also specifically</i></p>	<p>“Where is PrEP available? PrEP is available in <b>private and public health facilities.</b> Find a clinic here in our clinic finder.” (<a href="https://one2onekenya.org/articles/prep-basics">https://one2onekenya.org/articles/prep-basics</a>)</p> <p>“Help! I have an STI. Where can I get treatment? So you got tested and you found out you have an STI. That sucks! <b>Find a clinic or pharmacy near you</b> in the</p>

*refer children to Planned Parenthood or their affiliates or partners for their lucrative services or commodities (i.e., sexual counseling, condoms, contraceptives, gender hormones, STI testing and treatment, abortions, etc.)*

*Please Note: A conflict of interest exists whenever an entity that profits from sexualizing children is involved in creating or implementing sex education programs.*

*(For more information on how Planned Parenthood sexualizes children for profit see [www.WaronChildren.org](http://www.WaronChildren.org) and [www.InvestigateIPPF.org](http://www.InvestigateIPPF.org))*

clinic finder here to get treatment. Only after the treatment of an STI is it no longer contagious.”(<https://one2onekenya.org/articles/help-i-have-an-sti-where-can-i-get-treatment>)

“WHERE CAN I GET TESTED? **Find a clinic near you** in the clinic finder here.” (<https://one2onekenya.org/articles/getting-tested-for-stis>)

For the complete text of **One2One** see: <https://one2onekenya.org/>