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COE THIS MONTH

MARCH
2023 EDITION

About "COE"

The Planned Parenthood Association of Ghana (PPAG) has been designated as a Center of Excellence (CoE) for youth programming among International Planned Parenthood Federation (IPPF) Member Associations in Africa. With support from Rutgers International and IPPF, the CoE works to increase and improve the uptake of quality integrated gender and rights-

based youth centered SRH information, education and services for young people in Africa; and offers a unique opportunity to consolidate technical expertise and disseminate contextual best practices on Reproductive Health Education (RHE) and Youth Friendly Services among Member Associations of the IPPF and Civil Society Organisations (CSOs).

Quick Read

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EMPOWERMENT FOR WOMEN AND GIRLS LIVING WITH ECONOMIC DISABILITIES: BENEFICIARIES RECEIVE START UP CAPITALS

The Planned Parenthood Association of Ghana (PPAG), AFCHuRSD and WIN are implementing an Embassy of Netherlands in Ghana funded three-year project targeting women and girls with disabilities in Ghana. The project, Promoting Equal Rights and Opportunities for women and Girls with disabilities (PERD) specifically targets all categories of women and girls with disabilities (physically challenged) which includes women graduate, skilled women, in-school girls with disabilities and out of school women and girls with disabilities.

PERD disbursed startup capitals and equipment to selected project beneficiaries. These equipment included popcorn machines, knitting machines, hair dryers and electric sewing machines to support their business. The gesture is intended to economically empower them to own and manage businesses of their own. This is part of the employment opportunities that the project seeks to create. A Deputy Director at the Kwabre East Municipal Assembly, **Miss Dorothy Sarfowaa** congratulated PPAG and the entire consortium for the support. She further applauded the Embassy of Netherlands in Ghana for offering funding support to the project.

Nana Banahene, the project coordinator at PPAG advised beneficiaries to use the items and monies given to them for its rightful purpose. The Community Development Director of the Social welfare in Kwabre East Municipal Assembly, Mr. Kofi Gyamfi, implored the beneficiaries to maintain good customer service and keep their business environment clean for attraction and retention of clients.

FIFTY ADOLESCENT GIRLS BENEFIT FROM SEXUAL HARASSMENT AND ASSERTIVENESS TRAINING.

On 6th March this year, about fifty adolescent girls in the Ashanti regional capital, Kumasi benefitted from a sexual harassment and assertiveness training from staff of the Planned Parenthood Association of Ghana (PPAG). The training treated topics such as resisting sexual harassment, reporting channels when harassed and remaining assertive.

Facilitators displayed images and other content on what constitutes sexual harassment, tricks of perpetrators and the emotional and physical effects it has on victims. Simple videos to get the message across were showed followed by an interactive session in order to encourage participation. Beneficiaries were encouraged to report sexual harassment advances made against them without fear. Sexual harassment is any unwelcome sexual advance, request for sexual favor, verbal or physical conduct or gesture of a sexual nature, or any other behavior of a sexual nature that might reasonably be expected or be perceived to cause offence or humiliation to another. It is worth noting that, both males and females can be either the victims or the offenders.

Under assertiveness, facilitators from the Planned Parenthood Association of Ghana explained the need for the girls to know their rights and acting accordingly. Facilitators noted that, increasing assertiveness can be life changing for those individuals who are shy, passive, or have the tendency to please others. The training according to participants, will help them by removing or reducing the fear surrounding being assertive while encouraging them to stand up for themselves calmly and positively, without aggression.

PPAG/OXFAM CELEBRATES INTERNATIONAL WOMEN'S DAY

As part of activities to commemorate International Women's Day 2023, the Planned Parenthood Association of Ghana (PPAG) with funding from OXFAM under the Power to Choose Project held an International Women's Day (IWD) seminar under the theme "Ending inequality against women: a task for all".

Panelists at the seminar were, Kafui Dey, a renowned Journalist and author, Fauzia Abdul Rahman, the Power to Choose Project Coordinator, Maame Ama Pratt, a gender advocate, and Shamima Muslim, a development communication specialist and the Convenor of Alliance for Women in Media. Maame Ama Pratt encouraged women to be intentional about what they deserve and not to normalize the inequalities perpetrated against them. She applauded PPAG's role in fighting inequalities against women and adolescent girls and urged the Association not to relent in its efforts.

The Power to Choose Project Coordinator, Fauzia Abdul Rahman stressed the need for existing laws against inequalities, such as those on child marriage and Female Genital Mutilation (FGM) to be strictly enforced. She reiterated OXFAM's support to PPAG in its advocacy for women and girls. Renowned Media practitioner, Kafui Dey noted that, ending inequalities mean giving opportunity to everyone and offering the needed support for growth.



For Shamima Muslim, equity is better appreciated if the concept is directly applied to their personal circumstances. She cited the family as an example of a unit with individuals having different needs, yet the family thrives to attain all these. She called on participants to therefore have personal reflections on the theme, to see which part of their lives have been negatively affected by gender inequalities and to speak against same.

Chairperson of the event and the Executive Director of PPAG, Madam Abena Adubea Amoah, said that IWD is set aside to take stock of how far women have come. Nonetheless, she was worried about the low numbers of women representation in parliament and other decision-making roles. Madam Abena Amoah encouraged the need for women to be given opportunities. She said many organizations have failed at providing office nurseries where mothers upon resumption from maternity leave, could nurse their babies while they work. She encouraged the need to support women to climb up the ladder, while attending to their natural reproductive functions.

Participants at the seminar said that, gender equity should be promoted at all levels and in addition men and society in general must be re-oriented to appreciate “the empowered women” rather than see her as a competitor.

International Women’s Day (IWD), celebrated March 8 is a global day celebrating the social, economic, cultural and political achievements of women. Globally, this year’s celebration was under the theme: Digital Innovation and Technology for Gender Equality. At PPAG, the day was among other importance, used to advocate for holistic sexual and reproductive health and rights for women and adolescent girls.



PPAG GOVERNING COUNCIL HONOURS LONG SERVING RETIRING STAFF

The Governing Council representing all Volunteers of the Planned Parenthood Association of Ghana (PPAG) have recognized two long serving retiring staff, Ms. Florence Djampson and Mrs Juliana Brown of the Association with a plaque. At a short ceremony held in honor of the two, their dedicated service, commitment and significant contribution to PPAG was recounted by Members of Council, adding that the Association is indebted to them.

President of the Association, Mr Gideon Leckson-Leckey paid glowing tribute to the two for having left a positive mark worth emulating. Mr. Leckson-Leckey noted that Ms. Florence Djampson and Mrs Juliana Brown have been exceptional and outstanding employees. Patron of the Association, Dr. Cecilia Bentsi, praised the retirees, adding that the Association's doors are always open to them. Both Ms. Florence Djampson and Mrs Juliana Brown have served the Association for close to three (3) decades. The former was the Administrative Coordinator and the latter, the Facility Head of the Association's Cape Coast facility, as at their retirement earlier this year. PPAG continues to recognize exceptional performance and wishes both retirees the best of the future.



ENDOMETRIOSIS: WHAT YOU SHOULD KNOW

Source: International Planned Parenthood Federation.

Introduction: While it can be difficult to identify endometriosis, many people around the world suffer the effects of it.



Here we explain to you the causes, symptoms, impact, and diagnosis and treatment methods.

Definition: Endometriosis (sometimes shortened to “endo”) is a condition where endometrial tissue that is usually found in the uterus grows in other parts of the pelvis, such as the ovaries and fallopian tubes. Many people around the world suffer from the effects of endometriosis, yet it can be difficult to identify. Here we explain the causes, symptoms, impact, and diagnosis and treatment methods.

Symptoms and causes: The symptoms of endometriosis vary greatly, as does the intensity of them, which means that some people do not even know they have it. However, these are the main symptoms you should look out for:

- strong period pains
- pain in your lower tummy or back, which usually worsens during your period
- pain during or after sex
- pain when going to the toilet during your period
- nausea, constipation, or diarrhea during your period
- blood in your urine during your period
- irregular periods, and/or heavy periods which soak through several pads/tampons etc, and perhaps even through your clothes
- difficulty getting pregnant

The causes of endometriosis are unclear. It could be genetic, or a problem with the immune system. It could also be linked to the menstrual cycle, or something else entirely – or a combination of all of these. At this stage, no one fully understands why endometriosis happens, which unfortunately may contribute to the problem of identifying it in people.

Impact: Endometriosis can affect anyone with a uterus who has periods, and it can last for years. A main complication is impaired fertility, and approximately a third to a half of women with endometriosis have difficulty getting pregnant. Endometriosis can be physically very painful for some people, to the point that they are unable to carry out their usual day-to-day activities. As a result, they might require time off from work or school to rest and recuperate. It can also lead to mental health problems, and some people consequently develop depression.

Diagnosis: Many people report that their concerns are sometimes dismissed as 'bad period pains', rather than the specific condition of endometriosis. This is not right, and you deserve for your experience to be taken seriously so you can get the medical care you need. If you think you have endometriosis, make a diary of your symptoms (physical and emotional), noting when they happen and to what extent. Then make an appointment to see a health practitioner, and take this diary with you to help give them a better picture of your experience.

As well as assessing your diary, the health practitioner may perform tests on your tummy or vagina, or an ultrasound, to diagnose you. It can be difficult to identify endometriosis, as the only way to be completely sure you have it is to undergo a minimal invasive surgical procedure called a laparoscopy. This is where a tube is passed through a small cut in your tummy, so that a medical professional can see directly if and where excess tissue is forming. The laparoscopy is usually the final examination they will suggest performing, and it's important to note that there are treatment methods that can be explored without or before having this procedure,

which are outlined below.

Treatment: While there is no cure for endometriosis, there are treatment options to help manage the symptoms including: physical therapy, specifically for your pelvic floor painkillers (such as ibuprofen) certain hormonal contraceptives (such as the Pill, and the IUS) surgery to cut away endometrial tissue (if you are living with infertility, this may also help increase your fertility) a hysterectomy (to remove part or all of the womb) – this is only for people for whom fertility is not a consideration.

Note that, your healthcare provider will be able to discuss all these options with you in full. It is worth bearing in mind that in some cases the symptoms of endometriosis might improve on their own. But in the meantime, you do not need to suffer in silence – make an appointment with your healthcare provider to discuss endometriosis if you think you may have it. We are on standby for you here at PPAG. Visit us now or **call 0800202010.**

Rape is a crime punishable by law.

See something. Say something. Do not perpetrate or condone it. Act against violence now!

Call Toll free 0800 2020 10 or WhatsApp 0245 118228 for support

#PowerToChoose #SRHRGhana

NO MEANS NO!

Do not be afraid, report perpetrators of rape or defilement now!

Call Toll free 0800 2020 10 or WhatsApp 0245 118228 for support

#PowerToChoose #SRHRGhana

A girl who marries before 18 is more likely to experience physical, sexual and psychological violence throughout her life.

Sexual and Gender Based Violence is traumatizing!

Stop it now!
Call Toll free 0800 2020 10 or WhatsApp 0245 118228 for support

#PowerToChoose #SRHRGhana

PPAG International Women's Day Dialogue.

Theme: Ending inequalities against women; a task for all.

MAAME AMA PRATT | KAFUI DEY | SHAMIMA MUSLIM

CEO - Obaasima Summit | Media Practitioner | Dev't Communication Specialist/Convenor, Alliance for Women in Media

WEDNESDAY 8TH MARCH, 2023 | 11:00AM | PPAG FOUNDERS' CENTER

#EmbraceEquity

Identify these 10 components of Reproductive Health in the puzzle above

Address Health Reproductive Menstruation Condoms | Contraception Infertility HIV/AIDS Antenatal Pregnancy

TollFree 0800202010 | WhatsApp Only 0800202010 | **yenkaSa** Help you can trust!

HAPPY INTERNATIONAL WOMEN'S DAY

#EmbraceEquity

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PPAG STAFF LEARNING FORUM 2023

Topic: Navigating the PPAG DHIS2 Platform

Date: Thursday 23rd March, 2023 | Time: 2pm | Venue: Founders' Centre

ZOOM

Note: Staff at the head office should be at the Founders' Centre

The month of March has ended but the advocacy March for SRHR is unending, this is because every era had needed and will need reproductive health information and services

Lay all your Sexual and Reproductive Health issues on us.

TollFree 0800202010 | WhatsApp Only 0245118228 | **yenkaSa** Help you can trust!

Living a healthy life means making the right decisions when it comes to one's health.

Lay all your Sexual and Reproductive Health issues on us. Help you can trust!

TollFree 0800202010 | WhatsApp Only 0245118228 | **yenkaSa** Help you can trust!

Welcome to a beautiful new week.

Lay all your Sexual and Reproductive Health issues on us.

We are the **Planned Parenthood Association of Ghana**

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Are you a young female?
 Are you sexually active?

Get screened today for cervical cancer if you tick all these boxes.

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Presents Capacity building series: **Session 4**

TOPIC: **Improving your career using digital platforms**

With Youth Action Movement (YAM)

08TH WED. FEB. 2023 | 2:30PM

Resource persons: Ms. Irene Siaw (Youth SRHR Practitioner Digital Marketer)

Link: <https://bitly/3HEUe1J>

Meeting ID: 832 2060 1907 | Passcode: 174535

Venue: @ZOOM

Email:
coe@ppag-gh.org

Website:
www.centersofexcellence.net

TollFree
 **0800202010**

WhatsApp Only
 **0245118228**

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