



QUEERING SRHR
A GUIDE FOR LBQ WOMXM

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FOREWORD

Dear Reader,

This handbook is a tool for LBQ womxn and their leaders to understand and address sexual and reproductive health issues among LBQ womxn a category of people for whom less emphasis has been placed on the subject of general Sexual and Reproductive Health and Rights plans, policies, programs and interventions.

The main aim of this handbook is to raise awareness about the interaction of sex characteristics gender and sexual identity. It focuses on equipping health care providers by objectively informing them about specific needs and living conditions of LBQ womxn including sexual health needs, heightened mental health vulnerability. This book will assist LBQ womxn and key populations organizations' leaders and SRHR service providers to provide sexual reproductive health guidance to the LBQ womxn. SRHR service providers who are strategically placed to support LBQ womxn may be able to draw from this book for a clearer public health perspective thus provide better services.

This handbook therefore serves two purposes:

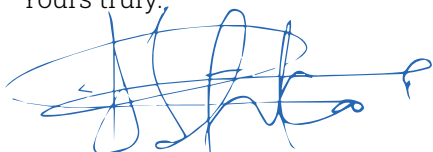
- To provide information to the LBQ womxn leaders and KP Organization leaders about LBQ womxn SRHR needs and issues and how to manage them.
- To help SRHR service providers to communicate with LBQ womxn about emerging health issues and priorities within the public health realm.

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I take this opportunity to thank all the individuals and organizations that we collaborated with to make this handbook. Special thanks go to "Amplify Change" for the funding for production of this handbook. We thank all staff and volunteers who were involved in this process and members of FARUG that offered valuable information.

We look forward to improved access to quality and friendly SRHR services of LBQ womxn.

Thank you,
Yours truly,



.....
SSENFUKA J WARRY
**EXECUTOR, DIRECTOR,
FARUG.**

List of Acronyms

1. **LBQ.** Lesbian, Bisexual, Queer
2. **SRHR.** Sexual Reproductive Health and Rights.
3. **LGBTIQ.** Lesbian, Gay, Bisexual, Transgender, Intersex, Queer/ Questioning.
4. **STIs.** Sexually Transmitted Infections
5. **HIV.** Human Immunodeficiency Virus
6. **AIDS.** Acquired Immunodeficiency Syndrome.
7. **STDs.** Sexually Transmitted Diseases.
8. **HTC.** HIV Testing and Counselling.
9. **NGO.** Non Government Organization
10. **TB.** Tuberculosis.
11. **IUD.** IntraUterine Device
12. **IPV.** Intimate Partner Violence.
13. **GBV.** Gender Based Violence.
14. **KP.** Key Population.
15. **ART.** Antiretroviral Therapy.
16. **FARUG.** Freedom And Roam Uganda.
17. **DIC.** Drop In Centre.
18. **HTS.** HIV Testing Services.
19. **ARV.** Antiretroviral drug
20. **PEP.** Post Exposure Prophylaxis.
21. **PrEP.** Pre Exposure Prophylaxis.
22. **ADHD.** Attention Deficit Hyperactivity Disorder.
23. **REBT.** Rational emotive Behaviour Therapy.

CHAPTER 1: INTRODUCTION

I) Background of FARUG

Freedom and Roam Uganda (FARUG) is an LBQ (Lesbian, Bisexual and Queer) womxn' rights organization. FARUG leverages its long experience as the first and oldest lesbian led organization in Uganda that focuses upon sexual orientation and gender identity/ expression through lobbying, dialogue, visibility and voice.

Introduction to the development of the LBQ womxn SRHR handbook

FARUG has developed this hand book on LBQ Sexual and Reproductive Health and Rights. This handbook is intended to provide information and data for effective engagement and dialogue with policy and decision makers on sexual and reproductive health for LBQ womxn.

Some of the Gaps in SRHR this guide seeks to address include the following:

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- Lack of inclusive language and services e.g. Ministry of Health tools do not have other genders listed like, transgender persons, intersex and gender non-conforming.
- The biggest percentage of health workers are not sensitized enough about issues to do with gender identity and sexual orientation/expression
- Stigma and discrimination of LGBTI persons by health workers, policy makers, stake holders, service providers, media houses etc.
- Lack of access to safe abortion.
- Lack of pre- and post-abortion care
- Lack of privacy in most health centers.
- Limited access to consumables e.g. dental dams, finger condoms, lubricants, female condoms etc.
- LBQ womxn are often denied the right to adoption.
- Limited fertility and same sex parenting options
- Unfriendly hospital environments which makes it hard for LBQ womxn to access health services

- Illiteracy of some LBQ womxn
- Self-stigma and internalized homophobia and trans phobia
- Inadequate health services
- Cultural norms and religious misconceptions

CHAPTER 2: SEX AND GENDER

Introduction

LBQ communities face challenges in reconciling the subjects of sex and gender identity. This chapter will therefore provide extensive definitions and expound on issues related to LBQ womxn.

2.1. What is Sex?

Sex refers to one of three categories into which human beings are divided based on their reproductive functions – male, female, and intersex (born with several variations in sex characteristics). This can be determined through scans before birth or at birth. In this regard, sex is used to distinguish human beings in terms of their reproductive functions. We talk about sex (anatomy) when discussing biological roles. It is also important to highlight that there are other biological variations such as intersex. (There is a fundamental difference between biological roles and gender roles. Gender roles are not rigid, are socially constructed and can thus be changed or defined differently.)

After birth, males, females and intersex persons undergo biological development. As children grow older, their bodies change to allow for choices of procreation. However, not everyone is able to get pregnant or to impregnate another person. Sex is biological and natural; we all have it at birth.

The differences between male and female sexes are anatomical and physiological. Sex tends to relate to biological differences. For instance, male and female genitalia both internal and external are different. Similarly, the levels and types of hormones present in male and female bodies are different. Genetic factors define the sex of an individual. Females have 46 chromosomes including 2 Xs and males have 46 including an X and a Y. The Y chromosome is dominant and carries the signal for the embryo to begin growing testes. Both females and males have testosterone, estrogen and progesterone. However, females have higher levels of estrogen and progesterone and males have higher levels of progesterone.

The male/female split is often seen as binary but this is not entirely true for instance some males are born with two or three X chromosomes just as some females are born with a Y chromosome.

Therefore, not all females are able to comply with the expected biological developments and the same is true for males. This also explains the existence of intersex development. E.g., not all females have a fully developed reproductive system and the same applies to male, ambiguous development manifested in intersex persons

SEXUALITY

Sexuality is an important part of being human. It is a complex and interacting group of inborn biological characteristics. Sexuality may result in involvement in relationships, which may lead to sexual activity. Society often regulates how sexual expression may occur, by defining parameters. Written and unwritten codes that regulate sexual activity exist in many communities; such codes highlight what is acceptable and normal and what is unacceptable and abnormal.

What is sexual Orientation; A person's sexual attraction to other people, or lack thereof. Along with romantic orientation, this forms a person's orientation identity. The term 'orientation' is used as an umbrella term covering sexual and romantic orientations.

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Table below defining different terms in relation to sexual orientation

Sexual Orientation	Definition
LGBTI	The acronym for lesbian, gay, bi, trans and intersex.
Lesbian	Refers to a woman who has a romantic and/or sexual orientation towards women. Some non-binary people may also identify with this term.
Bisexual	Bi is an umbrella term used to describe a romantic and/or sexual orientation towards more than one gender. Bi people may describe themselves using one or more of a wide variety of terms, including, but not limited to, bisexual, pan, queer, and some other non-monosexual and non-monoromantic identities. The orientation/attraction may not necessarily happen at the same time, in the same way, or to the same degree

Queer	A term which advocates breaking binary thinking and seeing both sexual orientation and gender identity as potentially fluid. Queer is a term used by those wanting to reject specific labels of romantic orientation, sexual orientation and/or gender identity. It can also be a way of rejecting the perceived norms of the LGBT community (racism, sizeism, ableism, etc.)
Gay	Refers to a homosexual person typically a man who has a romantic or sexual orientation towards persons of the same sex.
Homosexual	Being romantically and physically attracted to members of the same sex
Heterosexual	Being romantically and physically attracted to members of the opposite sex
Asexual	A person who has no sexual feelings or desires, or is not sexually attracted to anyone.
Demi sexual	Is a person who only feels sexually attracted to someone once they've made a strong emotional connection
Pansexual	A person who is sexually, romantically emotionally attracted to people regardless of their sex or gender identity.
Allosexual	An adjective used to describe people who experience sexual attraction and therefore are not asexual.
Gynesexual	Being primarily sexually, aesthetically, and /or romantically attracted to femininity.
Androsexual	Being primarily sexually aesthetically, and/or romantically attracted to masculinity.
Polyamorous	This describes people who have consensual relationships that involve multiple partners.

2.2. What is Gender?

There is a common misconception that sex and gender are one and the same. Sex describes the anatomy and the physical functions of the male and female, whereas gender refers to the societal norms and expectations of what makes a male a 'man' and a female a 'woman'. Therefore, gender is a social construct that affects an individual's identity from birth (in some societies including ours, it is assumed that pink is associated with girls and blue is associated with boys. However, one's sex does

not necessarily determine one's gender: a male may identify as a woman and vice versa.

Gender roles and gender stereotypes are highly fluid and can shift substantially over time. Gender roles in some societies are more rigid than those in others but are not set in stone. In many modern societies for example men are increasingly taking on roles that were traditionally for women and women are playing parts previously assigned to men.

2.3. Gender Identity and Expression

Gender identity

Refers to a person's internal sense of being male, female, both or neither. Gender identity can correlate with a person's assigned sex at birth or can differ from it. Gender expression typically reflects a person's gender identity but this is not always the case.

Gender expression

Is how a person outwardly portrays their gender identity. It includes physical expressions such as clothing, hairstyle, makeup, and social expression such as name and pronoun choice. Some examples of gender expression are feminine, masculine and androgynous.

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Gender norms

Refers to what is socially accepted as masculine or feminine, and may differ from society to society. Some norms include a man earning more than a woman, and women as child-bearers and primary caregivers. Therefore, gender norms cast individuals who do not adhere to expectations as 'different' or 'abnormal'. Gender norms may also privilege men over women in certain arenas such as business, politics and religion.

Pronouns

Are words we use to refer to people's gender in conversation - for example, 'he' or 'she'. Some people may prefer others to refer to them in gender neutral language and use pronouns such as they/them.

The table below shows the different gender identities;

Gender norm refers to what is socially accepted as masculine or feminine, and may differ from society to society.



Gender Identity	Definition
Cisgender	When someone's sex assigned at birth and gender correspond in the expected way.
Transgender	An umbrella term for persons whose gender identity and gender expression does not conform to that typically associated with the sex to which they were assigned at birth. Transgender people are sometimes called transsexual if they desire medical assistance to transition from one sex to another.
Gender non-conforming, non-binary and gender queer	A gender identity that is neither exclusively masculine or feminine
intersex	A term used to describe a person who may have the biological attributes of both sexes or whose biological attributes do not fit with societal assumptions about what constitutes male or female. Intersex people may identify as male, female or non-binary
Bi-gender	Someone who closely identifies with both masculine and feminine
Gender- fluid	Someone whose gender shifts between masculine, feminine and everything in between.
Agender	Someone who does not have a gender identity, is neither masculine, feminine, transgender nor bi-gender.

Gender Norm: Refers to what is socially accepted as masculine or feminine, and may differ from society to society.

Myths and misconceptions about LBQ womxn

- It's hard for some people to comprehend the fact that some transgender men get monthly periods
- Intersex persons are a curse or a sign of bad omen.
- Some people do not know the difference between sexual orientation and gender identity
- LBQ womxn do not need condoms because they cannot contract HIV and STIs
- LBQ persons who beget children cannot be lesbian, they are bisexual
- LBQ womxn do not need abortion services
- A lesbian isn't supposed to enjoy penetrative sex
- Cases of GBV amongst LBQ womxn are very low
- That being LBQ is a choice
- When LBQ womxn parent children they may become LBQ too and that they may not make good parents.
- LBQ womxn do not need family planning and safe sex services

CHAPTER 3: POSITIVE SEXUAL BEHAVIOR FOR LBQ WOMXN

Introduction

This chapter focuses on positive sexual behavior for LBQ womxn. LBQ organizations, Civil Society Organizations (CSOs), parents, guardians, community leaders and allies need to empower LBQ womxn with life skills that will enable them adopt positive sexual behavior. LBQ womxn ought to be encouraged by LBQ womxn leaders, parents, guardians and other stakeholders that interface with them to make informed and relevant sexual health decisions.

LBQ Womxn equipped with the appropriate skills will be able to:

1. Make positive sexual health choices;
2. Make informed decisions on sexual matters;
3. Practice healthy sexual behaviors;
4. Recognize and avoid situations and behaviors that are likely to pose risks to sexual health and have full ownership over sexual experience

SEX STYLES THAT MAY EXPOSE LBQ WOMXN TO HIV AND OTHER STIS.

Tribadism/ Scissor

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Tribadism is when a woman rubs her vulva on or against another woman's vulva in a scissoring position, where both partners simultaneously stimulate each other's vulva (especially the clitoris) through gyration. This includes rubbing one's vulva against other parts of the partner's body sexual partner's body (i.e. thighs, hips, bottom etc.) and can be achieved using various positions such as missionary, doggy-style, woman-on-top etc.

Tribadism/scissoring can be a risky sexual style in the following ways;

- If one of the partners is menstruating or has cuts or bruises, scissoring they may expose the other partner to HIV and other STIs.
- If one of the partners has an infection for example candidiasis they can expose another to the infection through scissoring.

Fingering

This involves manual stimulation by rubbing the partner's clitoris or actively penetrating the vagina with their fingers.

Fingering can be risky in the following ways;

- Neglecting to use latex gloves and finger condoms, especially if the one fingering has a cut or sore on their fingers exposes the person being fingered to cuts which may cause infections. The person fingering may also contract an STI if the person being fingered has an STI.
- Ignoring the use of lube for fingering or fisting, especially for the anus may cause abrasions.
- Not washing hands before and after sex can put one at risk of getting infections.
- Keeping fingernails long and unclean may cause cuts and expose one to STI's.

Cunnilingus

This is where the tongue and mouth are used to stimulate the clitoris, other parts of the vulva and vagina. This sort of oral stimulation is done mostly in the missionary, doggy and woman-on-top (face-sitting) positions. This style is often done because the tongue provides more varied sensations than the fingers, while the mouth covers the vastness of the vulva and even insertion into the vagina.

Cunnilingus can be risky in the following ways;

- Not using a dental dam, cling wrap, or a condom may expose one to mouth infections like oral gonorrhea, oral herpes, oral candidiasis among others.
- Having oral sex if one of the partners has any cuts or sores in or around the mouth, or if the receiving partner is menstruating.

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Toys/ dildos

From life-size, penis shaped dildos for vaginal penetration, to vibrating bullets for clitoral stimulation and a whole host of apparatuses that LBQ womxn use, toys are considered an enjoyable addition to sex. Inventions such as the double dildo enhance scissoring by including penetration for both partners. Strap-ons make it possible for one woman to penetrate the other using a dildo that is attached to a harness and strapped to the active partner's waist.

However, these toys may spread STIs if shared amongst different couples under some circumstances which may include:

- If they are not cleaned well every time they are used
- Not using a condom and enough lube to avoid friction which may cause sores
- Keeping them for too long. It is advisable that, sex toys be discarded after two years or less depending on the type

Anal pleasure

Aka: anilingus or rimming- is the oral stimulation of the anus; fingering the anus; as well as using toys to penetrate the anus. It However, caution should be exercised while practicing this style. There may be risks associated with it as a result of:

- Not using a new condom every time sex toys are used.
- Not thoroughly washing sex toys before and after use and between partners.
- Not applying enough lube
- Using sex toys roughly which may cause bleeding

CHAPTER 4: SEXUALLY TRANSMITTED INFECTIONS (STIs), THEIR PREVENTION AND MANAGEMENT

Introduction

This chapter will discuss sexually transmitted infections (STIs), their impact on LBQ womxn and ways to prevent them.

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Sexual Health

LBQ womxn can get the same sexually transmitted infections (STIs) as heterosexual womxn. LBQ womxn can give each other STIs by skin-to-skin contact, mucus membrane contact, vaginal fluids, and menstrual blood. It is therefore important for sexually active LBQ womxn to be screened for STIs by a health care provider.

What are STIs?

Sexually Transmitted Infections (STIs) are commonly referred to as STIs or Sexually Transmitted Diseases - STDs. These are infections spread from females to males, from males to females and between two people of the same sex through body fluids including semen, vaginal fluids and blood through sexual intercourse. They can also be transferred from mother to child. It is critical to take STIs seriously because of their potentially deadly consequences. Therefore, preventing STIs and seeking medical attention in time cannot be stressed enough.

STIs are infections that you can get from having sex with someone who has the infection. The causes of STIs are bacteria, parasites, and viruses. There are more than 20 types of STIs.

Most STIs affect both men and women, but in many cases the health problems they cause can be more severe for females. If a pregnant person has an STI, it can cause serious health problems for the baby.

If you have an STI caused by bacteria or parasites, your health care provider can treat it with antibiotics or other medicines. If you have an STI caused by a virus, there is no cure, but antiviral medication can help control symptoms. Sometimes medicines can keep the disease under control. Correct usage of latex condoms greatly reduces, but does not completely eliminate, the risk of catching or spreading STIs.

Sexually Transmitted Infections (STIs), including

- Pelvic inflammatory disease (PID),
- HIV/AIDS,
- Human papillomavirus (HPV),
- Syphilis,
- Gonorrhea and herpes (HSV).

These diseases are commonly transmitted through sexual intercourse from one person to another.

Types of STIs and their Effects

The following includes basic information about STIs

STI	NOTES
Gonorrhea	This is the most common STI. It affects both men and women. In males, the disease usually causes pain or a burning sensation when passing urine and is accompanied by a thick discharge from the penis. Gonorrhea in women may not be recognized easily as symptoms may not be obvious.
Chlamydia	This is an infection that affects the tissues lining the urethra, throat, rectum and the opening of the uterus. If not treated it has the same symptoms of gonorrhea.
Syphilis	The initial symptom only consists of a soft, small painless sore in the genital area, penis or vagina. It is caused by germs and transmitted during sexual intercourse with an infected person. It develops in stages: <ol style="list-style-type: none"> 1. A small and painless sore in the genital area or vagina is seen. 2. Fever and pain occur in the bones and muscles. 3. Syphilis will continue to have effects for as long as 20 years after its initial contraction.

Cancroid (Genital Sore)	This disease causes shallow, painful sores or ulcers around the genital area and inside the vagina.
Genital Herpes	Herpes is a viral disease that causes pain or itching, swollen blisters or sores on the penis, vulva and vagina, the pubic area or at the entrance of the anus.
Genital Warts	Genital warts usually appear as small, hard painless bumps in the vaginal area, around the penis or around the anus. If untreated, they may grow and develop into a fleshy cauliflower like appearance. A person who has genital warts should have a check up with a trained health professional every year.
Candidiasis	This is an infection caused by a fungus. It is characterized by thick, whitish discharge resembling curdled milk. It is extremely itchy and may be associated with swelling of the labia in females. Males can be carriers without showing any symptoms. It is therefore important to treat both partners even though the male/female partner may have no symptoms. It might also be a result of other health issues and not only as an STI.

Because there are serious and long-term health risks posed by having an STI, it is particularly important for LBQ persons to avoid them. Always monitor any changes or strange body around the genitalia.

HIV AND AIDS

HIV is the human immunodeficiency virus. HIV affects specific cells of the immune system (called CD4 cells). Over time, HIV can destroy so many of these cells that the body can't fight off infection anymore. **The human body cannot get rid of HIV**—that means once a person has HIV, he or she has it for life. There is no cure at this time, but with proper medical care, the virus can be controlled. HIV is the virus that can lead to Acquired Immune Deficiency Syndrome, or AIDS. AIDS is the late stage of HIV infection, when a person's immune system is severely damaged.

HIV amongst LBQ Womxn

LBQ Womxn who are infected with HIV typically get it by having sex with a person who is infected or by sharing needles or sexual objects with an infected person. Generally, womxn who are poor and vulnerable are the most affected group.

Pregnant LBQ womxn

All pregnant womxn should know their HIV status. LBQ pregnant womxn who are HIV positive can work with their health care providers to ensure their babies do not contract HIV during pregnancy, delivery, or after delivery (through breast milk). It is possible for a mother to have HIV and not spread it to her baby, especially if she knows about her HIV status early and works with her health care provider to reduce the risk.

The program of Prevention of Mother to Child Transmission (PMCT) has made this possible.

The relationship between STIs and HIV and AIDS

The human immunodeficiency virus (HIV) is an STI. Although there are several modes of infection, the main mode is through sexual intercourse. Other ways of getting HIV include the use of contaminated sharp instruments, blood transfusion with infected blood and mother-to-child transmission. A person with STI has many chances of acquiring HIV because there are serious and long-term health risks posed by having an STI, it is particularly important for LBQ womxn to avoid STIs. A person is at a higher risk of becoming infected with HIV if they have sexual intercourse with a person who is infected. This is because many of the open wounds and sores associated with STIs allow easier entry of the HIV virus into the body.

How to avoid STIs

The following are ways to avoid STIs

- Make informed decisions to protect themselves and others.
- Getting tested with your partner before sexual intercourse
- Learn to assert and affirm themselves in their decisions.
- Fight against denial and discrimination.
- Establish and cultivate a good relationship with their partner/s.
- Exercise effective communication skills, i.e., listening to partners, informing, and persuading

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All STIs, except HIV, can be cured if they are identified early enough. If STIs are not identified and treated, serious consequences include blindness, infertility and death. For HIV, anti-retroviral treatment has proven to be successful, hence the need for HIV testing.

LBQ womxn who enjoy penetrative sex with men are encouraged to use condoms consistently and properly to reduce STI infections. They are further encouraged to continually test their same sex partners for STIs and practice safe sex.

Some common questions related to STIs

Question	FALSE	TRUE
STIs are not a problem for LBQ womxn.	STIs are a serious health problem for LBQ womxn. It is estimated that sexually active LBQ people are infected with an STI each year.	
STIs can lead to serious health problems, especially if left untreated.		STIs, if left untreated, can cause serious reproductive health problems for all womxn
It is easy for LBQ Womxn to know if they have an STI, because they will experience uncomfortable symptoms.	Only some STIs show symptoms. There are often no symptoms or it may take years before symptoms appear.	
Having an STI puts LBQ people at greater risk for contracting HIV.		Having an STI puts LBQ people at greater risk for contracting HIV. If a person has an STI, it means they have had unprotected sex with a partner who may be having unprotected sex with other partners. Sex is the main route of HIV transmission. Some STIs cause sores around the genital, oral, and anal areas. Open sores make it easier for HIV to enter the body.

QN. What options are available for LBQ womxn to protect themselves against STIs?

The finest choice is to use quality finger condoms, condoms and dental dams consistently and correctly and avoid sharing sex toys. It is also important to first get tested with a partner.

QN; What should LBQ womxn do if they think they may have an STI?

LBQ womxn who think they may have an STI should go to a clinic, voluntary testing center, youth center or see a doctor.

How HIV can and cannot be spread

HIV can be spread by	HIV cannot be spread by
<ul style="list-style-type: none">• Sexual intercourse with an infected person;• Blood transfusion of HIV-infected blood• Use of syringes, needles and other instruments infected with HIV (used by the HIV infected person)• An infected mother to her unborn child;	<ul style="list-style-type: none">• Mosquito bites;• Hugging;• Touching;• Sharing food and utensils;• Shaking hands or holding hands;• Kissing;• Looking after an infected person;• Sitting next to an infected person.

HIV Testing Services (HTS)

Information on where to go (or refer people) for HIV Testing Services (HTS) may be obtained from LBQ groups, peer educators, local health clinics, medical professionals, health workers and NGOs. HTS centers are all around us and do offer the best means to find out one's status and to provide an effective health strategy. Many people, especially sexual minorities, are afraid of going to visit an HTS centers primarily because they have faced a lot of stigma and discrimination. However, HTS centers have helped to;

- Prevent and reduce HIV transmission.
- HIV positive LBQ people learn to lead healthier and more positive lives.
- Initiate adherence support/care groups.
- Empower people to deal with stigma.
- Act as a prime motivational and educational service to ensure that LBQ people who have been tested negative remain so.

The following LBQ womxn will benefit from HTS referrals and information if:

- An LBQ person who is serious about behavior change.
- One planning for marriage or venturing into a new relationship.
- A couple considering pregnancy (or a person who is already pregnant).
- One has more than one sexual partner (now or in the past).
- The person has more than one sexual partner.
- One is in a multiple and/or bisexual relationship.
- A person has an STI.
- One is working and living away from their spouse and family.
- One has had a blood transfusion.
- A person is constantly feeling unnaturally sick (with or more of the signs or symptoms of HIV and AIDS).

HTS Benefits for HIV Negative Womxn:	HTS Benefits for HIV Positive Womxn:
<ul style="list-style-type: none"> • Clients learn how to stay negative. • Couples can marry without having doubts. • Couples can plan for future pregnancies without having doubts. • The reduction of anxiety over past risky behavior. • The offering of motivation to remain HIV negative 	<ul style="list-style-type: none"> • Counselling services to help clients avoid passing the virus to anyone else. • Access to anti-retroviral therapy. • Education on health care. • Education on TB and STI treatment, prevention of mother to child transmission, family planning and social support.

Medical treatment for HIV and AIDS

While there is still no cure and an HIV vaccine has not yet been fully developed, there have been major treatment advances in controlling the effects of HIV.

Three of these include:

1. The use of ARVs, which help the body to directly fight HIV. ARVs can improve quality of life, and significantly delay the onset of AIDS. "Positive Living" which focuses on health and wellness.
2. This includes eating fresh fruits and vegetables, drinking a lot of clean water, and getting plenty of rest. An infected person must ensure that he/she eats a balanced diet. This means a balance of proteins which can be found in milk products, eggs, fish and meat; carbohydrates which can be found in rice, maize, millet, sorghum, wheat, barley, potatoes, sweet potatoes, cassava and yams; and fats which are important for maintaining weight and enhancing energy. Fats are found in butter, margarine, cream, avocado, curd and cheese.
3. The treatment of opportunistic diseases like TB.

With the availability of ARV treatment in most places, LBQ persons and other leaders should encourage people living with HIV to adhere to treatment. Effective treatment of HIV and AIDS involves more than just prescribing drugs; people living with HIV need regular consultations, testing of their viral load and CD4 count. If treatment fails, they need regular testing for drug resistance.

MENSTRUAL HYGIENE MANAGEMENT

Menstrual health management is not merely "a women's issue". Gender norms and values in most communities have created the impression that menstrual health management is a private and embarrassing subject. Further, there is a tendency to exclude boys and men from menstrual health management. However, some boys and men menstruate and have strategic roles to play with menstrual health management. They can play an advocacy role for example in assisting on access to clean water and facilities as well as fighting the stigma around menstruation.

How to maintain proper hygiene during menstruation

1. Use only water to wash the external genitalia, especially during menstruation. Most soaps have a high pH level (alkaline), which can cause irritation to the external genitalia, which has a relatively low pH (acidic). Washing with plain water is good enough.
2. Use either a disposable pad made of cotton, which has a nylon base, or a clean piece of cotton cloth to absorb blood during menstruation. There are also the newer reusable menstrual cups that can really be useful when pads are not affordable. These should be changed frequently.
3. Properly dispose of the pad after each use in a dustbin. If a reusable cloth is used as a menstrual pad, it must be handwashed in cold water regularly.
4. Wash only the external genitalia. Do not try to clean the inside part of the vagina. This is also known as douching. Douching alters the PH of the vagina making it susceptible to infections. It also may create cuts and introduce bacteria inside the vagina due to long nails.
5. Do not wash from the anus to the vagina, but from the vagina to the anus. The anus might allow germs to enter the inner genitalia easily and cause infection, rather wash from the vagina to the anus.
6. Be aware of abnormal fluids from your vagina. Do not confuse these with normal vaginal fluids. An infection is usually signaled by green, yellow or grey and smelly discharge. A fluid consistency that changes from smooth to lumpy may also indicate an infection. A fishy smell is a sign of a dirty or infected vagina.
7. If you see any changes in the vaginal fluid – a change in color or odor, seek medical attention.

CHAPTER 5: REPRODUCTIVE HEALTH CONCERNS FOR LBQ WOMXN

Introduction

This chapter discusses the reproductive health concerns for LBQ womxn

LBQ - Health Challenges

- Corrective rape leading to unintended pregnancy and disease.
- Unsafe abortions to get rid of unwanted pregnancies.
- Psychological trauma due to being unprepared for motherhood.
- Trauma due to the social stigma from the LBQ community caused by the ignorance of the differences between sexuality, sexual activities and parenthood rights.
- Forced marriages by the families of some LBQ leading to rape and mental health related issues
- Unprotected sex leading to HIV/AIDS and STIs among LBQ womxn.
- Lack of safe sex consumables to be utilized by LBQ womxn during sex
- Lack of pre- and post-abortion care
- Self-stigma by masculine presenting LBQ womxn to purchase sanitary wear and seek proper menstrual hygiene information
- Breast and cervical cancer
- Body dysphoria which limits masculine presenting LBQ womxn from seeking some medical checkups as well as promotes some health complications for example some may use improper binding and packing methods.
- Fibroids and cysts caused by not begetting
- Menstrual irregularities caused by hormonal imbalances
- Specific needs being ignored or not being taken into account
- Foregoing treatment for fear of discrimination or intolerant reactions from health workers
- Receiving unequal treatment when dealing with medical staff

COMPREHENSIVE REPRODUCTIVE HEALTH CHALLENGES AND SICKNESSES

The Vulva and Vagina

A condition called Vulvovaginitis

This is inflammation of the vulva and vagina that can be caused by irritation (such as from detergent or soap). Improper self-hygiene, such as rinsing from the back to the front, not the other way around, after defecating, can also cause inflammation.

Vulvovaginitis is marked by redness and itching on the vulva and vaginal area, sometimes the excretion of fluid from the vagina may occur.

Non-menstrual bleeding

Commonly occurs when foreign particles are accumulated in the vagina, toilet paper for instance. Bleeding can also be caused by urethra shedding, a condition where the mucous membrane of the urethra sticks out of the vagina and forms a soft tissue shaped like a ring that is prone to bleed. Non-menstrual bleeding can also be caused by injuries during cycling (if the vagina bumps into the bicycle frame) or trauma caused by sexual assault

Irregularities During Menstruation

Some common reported conditions include:

Dysmenorrhea: A painful menstrual period faced by people with uteruses

Menorrhagia: Where the menstrual cycle produces much more blood than usual.

Oligomenorrhea: Where a person has an irregular menstrual cycle, or misses her menstrual period, even though she used to have a regular menstrual cycle beforehand and is currently not pregnant.

Amenorrhea: Occurs when a person has not started her menstrual period after reaching 16 years of age, or has not yet shown signs of puberty at 14 years of age, or has a normal menstrual cycle that stops suddenly without any known reason other than pregnancy.

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Other Conditions affecting LBQ Womxn Reproductive Health Organs

Endometriosis External (MedlinePlus)

Endometriosis is a problem affecting a person's uterus—the place where a baby grows when a person is pregnant. Endometriosis is when the kind of tissue that normally lines the uterus grows somewhere else. It can grow on the ovaries, behind the uterus, on the bowels, or on the bladder. Rarely, it grows in other parts of the body. This “misplaced” tissue can cause pain, infertility, and very heavy periods. The pain is usually in the abdomen, lower back, or pelvic areas. Some womxn have no symptoms at all, and having trouble getting pregnant may be the first sign they have endometriosis. Reproductive problems, such as infertility, multiple miscarriages, or early labor.

But some people will have no symptoms. That is why it is important for LBQ Womxn with painful abdomen to see your health care provider for routine exams.

Gynecological Cancer

Ministry of health and Uganda Cancer Institute provide information and educational materials for womxn and health care providers to raise awareness about the five main gynecologic cancers. Gynecologic cancer is any cancer that starts in a person's reproductive organs. Gynecologic cancers begin in different places within a person's pelvis, which is the area below the stomach and in between the hip bones.

- **Cervical cancer** begins in the cervix, which is the lower, narrow end of the uterus.
- **Ovarian cancer** begins in the ovaries, which are located on each side of the uterus.
- **Uterine cancer** begins in the uterus, the pear-shaped organ in a person's pelvis where the baby grows when a person is pregnant.
- **Vaginal cancer** begins in the vagina, which is the hollow, tube-like channel between the bottom of the uterus and the outside of the body.
- **Vulvar cancer** begins in the vulva, the outer part of the female genital organs.

It is important that LBQ womxn and girls take pap smear test and regularly conduct tumor marker tests to prevent occurrence of cancer early enough

Conditions in the Ovaries and Fallopian Tube

- **Ectopic pregnancy** occurs when the fertilized egg (zygote) develops outside the womb and usually sticks to the fallopian tube. Womxn with this condition may undergo severe abdominal pain and need to consult a doctor immediately because it usually requires a surgical procedure.
- **Endometriosis** is soft tissue forming in the uterus, which is sometimes found to be developing outside the uterus such as in the ovaries, fallopian tube and other pelvic spaces. Endometriosis can cause abnormal bleeding, painful menstruation and pelvic pain.
- **Ovarian tumors.** Although it is statistically rare, this type of tumor can still happen. LBQ Womxn who have ovarian tumors will experience pain in the upper stomach and pressure in the abdomen. A surgical procedure to remove the tumor is required to subdue the condition.
- **Ovarian cysts;** Are abnormal glands formed in the ovaries containing fluid or other semi-solid material. Cysts are a common condition and usually classified as harmless unless the gland continues to grow larger. Large cysts can put pressure on the surrounding organs and can cause stomach pain. In many cases, cysts will disappear and do not need any special treatment. If

the cyst feels painful, doctors will prescribe family planning pills to stop the growth, or conduct a procedure to remove the cyst.

Polycystic Ovary Syndrome (PCOS)External

Polycystic ovarian syndrome is a hormonal disorder where there is an increase in androgen production (male hormones) by the ovaries. This condition causes the ovaries to enlarge and develop a cyst. Polycystic ovarian syndrome commonly occurs during one's teenage years. Depending on the type and severity of the condition, this abnormality can be treated using menstrual and hormonal balancing drugs. Polycystic ovary syndrome happens when a person's ovaries or adrenal glands produce more male hormones than normal. One result is that cysts (fluid-filled sacs) develop on the ovaries.

Womxn who are obese are more likely to have PCOS. Womxn with PCOS are at increased risk of developing diabetes and heart disease. Symptoms may include;

1. Infertility.
2. Pelvic pain.
3. Excess hair growth on the face, chest, stomach, thumbs, or toes.
4. Baldness or thinning hair.
5. Acne, oily skin, or dandruff.
6. Patches of thickened dark brown or black skin.

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Uterine Fibroids

Uterine fibroids are the most common noncancerous tumors in womxn of childbearing age. Fibroids are made of muscle cells and other tissues that grow in and around the wall of the uterus, or womb. The cause of fibroids is unknown. Risk factors include being womxn being overweight. The symptoms of fibroids include

- Heavy or painful periods or bleeding between periods.
- Feeling "full" in the lower abdomen.
- Urinating often.
- Pain during sex.
- Lower back pain

Interstitial cystitis (IC)

Is a chronic bladder condition resulting in recurring discomfort or pain in the bladder or surrounding pelvic region. People with IC usually have inflamed or irritated bladder walls that can cause scarring and stiffening of the bladder. IC can affect anyone; however, it is more common in womxn than men. Some people have some or none of the following symptoms:

1. Abdominal or pelvic mild discomfort.
2. Frequent urination.
3. A feeling of urgency to urinate.
4. Feeling of abdominal or pelvic pressure.
5. Tenderness.
6. Intense pain in the bladder or pelvic region.
7. Severe lower abdominal pain that intensifies as the urinary bladder fills or empties.

Breast Cancer

LBQ womxn, are more likely to have risk factors for breast cancer yet less likely to get screening exams, especially masculine presenting LBQ womxn. This combination means that LBQ womxn may not be diagnosed early when the disease is most preventable. It is therefore advisable to utilize the available opportunities for breast cancer screenings organized by LBQ oriented organizations and other friendly healthcare providing facilities.

Gynecological Cancer

LBQ womxn have higher risks for certain types of gynecological (GYN) cancers compared to straight womxn. Having regular pelvic examinations and pap tests can find cancers early and offer the best chance of cure.

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What are Life Skills?

Life skills are the skills, characteristics, qualities and values that LBQ Womxn need to adopt to help them negotiate a safer, healthier and productive and happier life path. With these life skills, they have a greater probability of becoming responsible, fulfilled, adaptable people who can achieve their potential, while maintaining healthy and stable relationships. Such equipped LBQ womxn can confidently function in their community and in the wider world.

"Life skills are the strategies, abilities, expertise or competences that enable young people to develop positive attitudes and responsible sexual behaviors, leading towards a healthy lifestyle. As such a life skill refers to a person's ability or competence."

Types of life skills

Among the many life skills that LBQ womxn can acquire, some are especially important for enacting positive sexual behavior. The following life skills are arguably most important:

1. Effective communication

Effective communication is the ability of expressing oneself clearly and effectively during interactions with other people in any given circumstance. Such effective

communication is not always verbal (such as listening). Effective communication is a skill that can be learned and developed through constant practice and involves:

- Observation
- Respect for others' feelings
- Effective use of verbal skills.
- Use of nonverbal gestures
- Active listening

2. Responsible behavior

One of the greatest threats to positive sexual behavior among young LBQ womxn is the pressure that is exerted on them by their peers and friends, and older members of a community. Being “cool” is expected and pressure is applied to be this. LBQ womxn are thus forced to prove that they are neither foolish, “nerdy” nor backward, and consequently find themselves in risky situations they may not be ready for. It is therefore necessary for LBQ womxn and other KP leaders to equip LBQ womxn with the skill to resist peer pressure.

The following are examples of abilities in resisting peer pressure:

- Maintain your own beliefs about when to become sexually active.
- Refuse alcohol or drugs, even if others are partaking in them; if not, drink responsibly.
- Decide to remain faithful to one partner.
- Practice safe sex

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LBQ Womxn should look back and reflect, most regrets are largely blamed on actions that were done due to peer pressure. Peer resistance is the ability to say, “You can go ahead, but without me.”

Other life skills

Skills that help understand oneself

- **Self-awareness skills help** - An LBQ womxn keeps an open mind. When an LBQ womxn can regulate their own emotional world, can be attuned to others' emotions. They are mindful of their strengths and weaknesses, stay focused, set boundaries, know their emotional triggers, embrace their intuition and practices self-discipline.
- **Self-esteem and Self-confidence** – An LBQ womxn challenges bad thoughts about themselves, takes care of themselves, is sure to relax. They set goals for themselves, they help where they can, they are not afraid to take a different perspective, try new things, surrounds themselves with people who make them feel good, they accept themselves and keep visual reminders of things that makes them feel good.

Skills that help one to respect others and to desist from bad habits

- **Assertiveness** - Being assertive means being an LBQ person that is able to stand up for their own or other people's rights in a calm and positive way, without being either too aggressive, or passively accepting 'wrong'.
- **Negotiation** – An LBQ persons can effectively verbally communicate. They are active listeners and aim at reducing misunderstandings as a key part of effective negotiation. They share their opinions calmly and confidently. They are responsible for building rapport wherever they are.
- **Friendship formation** – An LBQ person treats friendships as truly meaningful. They celebrate their friends both near and far by exploring the eight defining characteristics of what being and having a good friend really means such as honesty, humor, empathy, generosity, trust, encouragement and being steadfast.
- **Interpersonal skills** are the behaviors and tactics an LBQ a person uses to interact with others effectively. It refers to a person's ability to work well with others. Interpersonal skills range from communication and listening to attitude and deportment
- **Empathy** - Empathy is the ability of an LBQ person to accurately put themselves "in someone else's shoes"– to understand the other's situation, perceptions and feelings from their point of view – and to be able to communicate that understanding back to the other person. Empathy is a critical skill for LBQ womxn leaders especially.

Skills that help one to make safe choices

- **Critical thinking** - Critical thinking is the ability of a person to think clearly and rationally, understanding the logical connection between ideas. Critical thinking might as well be described as the ability to engage in reflective and independent thinking. In essence, critical thinking requires the person to use their ability to reason.
- **Critical analysis** - The skills that we need as LBQ womxn in order to be able to think critically are varied. Some include observation, analysis, interpretation, reflection, evaluation, inference, explanation, problem solving, and decision making.
- **Problem solving** - Problem solving skills refers to a person's ability to solve problems in an effective and timely manner without any impediments. It involves being able to identify and define the problem, generating alternative solutions, evaluating and selecting the best alternative, and implementing the selected solution.

- **Innovativeness** - Innovation skills refer to a person's talent of exploiting new ideas for the purpose of gaining social or economic value. Innovation skills are usually a combination of one's ability to think creatively, problem-solving ability, as well as functional and/or technical abilities.

CHAPTER 6: BIRTH CONTROL AND CONTRACEPTION METHODS.

Introduction

This chapter gives a description and types of birth control and contraception methods that LBQ womxn can use to avoid unwanted pregnancies.

Every LBQ person has a right to have or not to have children, choose when to have children, and make choices of how many children to have and how to space them. LBQ womxn of reproductive age can choose from a range of birth control methods. These include, in order of most effective to least effective methods at preventing pregnancy:

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- **Female and male sterilization** (female tubal ligation or occlusion or male vasectomy) – This kind of birth control prevents pregnancy for the rest of one's life through surgery or a medical procedure.
- **Long-acting reversible contraceptives or «LARC» methods:** These include (intrauterine devices and hormonal implants). A doctor inserts them once and you do not have to remember to use birth control every day or month. LARCs may last for 3 to 10 years, depending on the method.
- **Short-acting hormonal methods** (pill, mini pills, patch, shot, vaginal rings). This birth control is taken once a day or monthly. Using a shot requires you to get it once every 3 months.
- **Barrier methods** (condoms, diaphragms, sponge, cervical cap) – These are used each time you have sex.
- **Natural rhythm methods** – Not using a type of birth control but instead avoiding sex with men and/or using birth control only on the days when you are most fertile (most likely to get pregnant). An ovulation home test kit or a fertility monitor can help you find your most fertile days.

Types of Birth Control Methods

METHOD	Side effects and risks* *These are not all of the possible side effects and risks. Talk to your doctor or nurse for more information.	How often you have to take or use
Abstinence (no sexual contact)	No medical side effects and psychological worries.	No action required, but it does take willpower. You may want to have a back-up birth control method, such as condoms.
Permanent sterilization surgery for womxn (tubal ligation, “getting your tubes tied”)	<ul style="list-style-type: none"> • Possible pain during recovery (up to 2 weeks) • Bleeding or other complications from surgery • Less common risk includes ectopic (tubal) pregnancy 	No action required after surgery
Implantable rod (Implanon®, Nexplanon®)	<ul style="list-style-type: none"> • Headache • Irregular periods • Weight gain • Sore breasts • Less common risk includes difficulty in removing the implant 	No action required for up to 3 years before removing or replacing
Copper intrauterine device (IUD) (ParaGard®)	<ul style="list-style-type: none"> • Cramps for a few days after insertion • Missed periods, bleeding between periods, heavier periods • Less common but serious risks include pelvic inflammatory disease and the IUD being expelled from the uterus or going through the wall of the uterus. 	No action required for up to 10 years before removing or replacing
Hormonal intrauterine devices (IUDs) (Liletta, Mirena®, and Skyla®)	<ul style="list-style-type: none"> • Irregular periods, lighter or missed periods • Ovarian cysts • Less common but serious risks include pelvic inflammatory disease and the IUD being expelled from the uterus or going through the wall of the uterus. 	No action required for 3 to 5 years, depending on the brand, before removing or replacing

<p>Shot/ injection (Depo-Provera®)</p>	<ul style="list-style-type: none"> • Bleeding between periods, missed periods • Weight gain • Changes in mood • Sore breasts • Headaches • Bone loss with long-term use (bone loss may be reversible once you stop using this type of birth control) 	<p>Get a new shot every 3 months</p>
<p>Oral contraceptives, combination hormones ("the pill")</p>	<ul style="list-style-type: none"> • Headache • Upset stomach • Sore breasts • Changes in your period • Changes in mood • Weight gain • High blood pressure • Less common but serious risks include blood clots, stroke and heart attack; the risk is higher in smokers and womxn older than 35 	<p>Take at the same time every day</p>
<p>Oral contraceptives, progestin-only pill ("mini-pill")</p>	<ul style="list-style-type: none"> • Spotting or bleeding between periods • Weight gain • Sore breasts • Headache • Nausea 	<p>Take at the same time every day</p>
<p>Vaginal ring (NuvaRing®)</p>	<ul style="list-style-type: none"> • Headache • Upset stomach • Sore breasts • Vaginal irritation and discharge • Changes in your period • High blood pressure • Less common but serious risks include blood clots, stroke and heart attack; the risk is higher in smokers and womxn older than 35 	<p>Wear for 21 days, remove for 7 days, replace with a new ring</p>



Male condom	<ul style="list-style-type: none"> • Irritation • Condom may tear, break or slip off • Allergic reactions to latex condoms 	Use each time you have sex
Female condom	<ul style="list-style-type: none"> • Irritation • Condom may tear or slip out • Allergic reaction 	Use each time you have sex
Withdrawal – when a man takes his penis out of a person's vagina (or «pulls out») before he ejaculates (has an orgasm or “cums”)	<ul style="list-style-type: none"> • Sperm can be released before the man pulls out, putting you at risk for pregnancy • Active sperms appear in the first fluids as well therefore there is a high chance of conception. 	Use each time you have sex
Natural family planning (rhythm method)	<ul style="list-style-type: none"> • Can be hard to know the days you are most fertile (when you need to avoid having sex or use back-up birth control) • Some women have hormone imbalance that makes it hard to monitor safe days. 	Depending on method used, takes planning each month
Spermicide alone	<ul style="list-style-type: none"> • Irritation • Allergic reactions • Urinary tract infection • use of a spermicide doesn't protect one from getting infected with HIV. 	Use each time you have sex

LBQ womxn having unprotected sex with men need to take precaution against unplanned pregnancies and infections by visiting the nearest health facility to access the right contraceptive methods

CHAPTER 7: ABORTION AND POST ABORTION CARE

This chapter gives a description of abortion and post care abortion services. It also describes the types of abortion and side effects of habitual abortion

Introduction

While everyone has the right to life-saving interventions, womxn rights to bodily autonomy and safe abortion have been some of the first rights to be conveniently sacrificed under the guise of prioritizing COVID, as if health was a zero-sum game. That includes free, safe and legal abortion and comprehensive abortion and post-abortion care, without which womxn with uteruses are forced to seek unsafe clandestine abortions or to carry unwanted pregnancies to term, in complete violation of human rights. Unsafe abortion continues to contribute significantly to this public health problem: A 2010 report by the Ugandan Ministry of Health estimated that 8% of maternal deaths were due to unsafe abortion.

Definition of Abortion

An abortion is terminating a pregnancy. A healthcare professional will recommend a type, depending on the stage of pregnancy.

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Reasons for aborting

People abort for various reasons, some of them are listed below;

- Pregnancy resulting from rape
- Unpreparedness due to career, finances etc
- Age. Either too young or the person conceived so much later
- If the health of the person carrying the pregnancy is compromised.
- If the baby won't survive or will have severe deformity
- The responsible person wouldn't make a good parent
- Not ready to be a parent
- They have the number of kids they want
- The relationship is abusive

When can a person have an abortion?

In Uganda, abortion is illegal except in a few special cases of rape, incest and where the mother's health is in danger. These types of restrictions push some womxn to try abortion through unsafe methods which often results in death. Not to mention, this goes against all body autonomy rights.

Doctors usually perform abortion in the first trimester or the early part of the second trimester. The first trimester lasts from conception to week 12 of pregnancy. The

second trimester is from week 13 to week 28.

In the first trimester, options for abortion commonly include: Medical abortion and vacuum aspiration. A person should usually access medical abortion until about 10 weeks after conception

It involves taking two types of medication. Surgical options, such as vacuum aspiration, dilation and evacuation, are more common after 10 weeks. In the second trimester, a person may undergo: dilation and evacuation or labor induction abortion

Note that: Abortion may not be safe during the third trimester, but a doctor may perform it after 29 weeks of pregnancy. They may use the same methods that are used during the second trimester.

1. Medical Abortion

A medical abortion requires a person to take pills at separate times.

How it works

This type of abortion involves taking two medications, mifepristone and misoprostol. A doctor or nurse will advise about the timing, but one should take the second medication, misoprostol, no more than 48 hours after taking the first, mifepristone. Mifepristone stops the pregnancy from developing. Misoprostol triggers the uterus to empty, which will begin 1–4 hours after taking the pill. A person will experience cramping and bleeding as the uterus empties, which may feel like having an unusually heavy period. Some womxn feel more severe cramping than others. Within around 4–5 hours, the pregnancy tissue will likely have passed from the body, but it can take longer.

Note: It may be a good idea to have a partner or friend close by for support while the tissue is being released.

Advantages

Some advantages of a medical abortion are:

- It is safe
- It does not involve surgery.
- It can be carried out in the first trimester.
- It does not require anesthesia.

Disadvantages

- It cannot be carried out in the second trimester.
- Only part of the treatment takes place in a clinic.
- It may cause painful cramping.
- It may not be effective.
- Bleeding from the abortion takes three to six weeks to stop

Recovery

Recovery from a medical abortion involves:

- Some bleeding and spotting that may last for several weeks.
- A check-up with the doctor to monitor recovery

Side effects

Some womxn experience side effects of the medications. These can include: nausea, heavy vaginal bleeding, dizziness, fatigue, diarrhea, and mild fever

2. Vacuum Aspiration

Vacuum aspiration is a type of surgical abortion that involves using gentle suction to end a pregnancy. Doctors typically recommend this during the first trimester.

How it works - A doctor begins the vacuum aspiration procedure by inserting a speculum into the person's vagina. They then apply medication or use an injection to numb the area. Next, they use thin rods called dilators to open the cervix, then insert a tube into the uterus. Then, they use either a manual or mechanic suction device to empty the uterus.

Advantages

The advantages of vacuum aspiration are:

- It can be done in the first 12 weeks of pregnancy.
- It is quick, with the procedure only taking 5–10 minutes.
- It is relatively pain-free, though some womxn experience cramping, sweating, nausea, or a combination of all those symptoms.
- It does not require a general anesthesia.

Disadvantages

The main disadvantage of vacuum aspiration is that it cannot be carried out in the second trimester.

It may be expensive for some people

Recovery;

Recovery from vacuum aspiration involves:

- Resting for up to 1 hour after treatment
- Taking antibiotics to prevent infection
- Avoiding sex for 1 week after treatment.
- Some womxn experience cramping for a few days following the procedure, and irregular bleeding or spotting can occur for several weeks.

Side effects

- The potential complications of vacuum aspiration include bleeding and infection. However, the risk of these complications is low.
- Sometimes the parts can remain inside causing further infection to the uterus

Note: Speak to the doctor right away if signs of bleeding or new symptoms occur.

3. Dilation and Evacuation

Dilation and evacuation is a type of surgical abortion that doctors commonly use during the second trimester.

How it works

A doctor may give a general anesthetic before performing a dilation and evacuation. This type of anesthetic ensures that a person does not feel anything during the procedure. The doctor begins by inserting a speculum into the person's vagina. Then, they use dilators to open the cervix. Next, they remove the pregnancy tissue with small forceps. Finally, they use suction to remove any remaining tissue.

Advantage

The advantages of dilation and evacuation are:

- It is available in the second trimester.
- It is a safe and effective way to end a pregnancy.

Disadvantages

- The disadvantage of dilation and evacuation is that it can require general anesthesia.

Recovery

Recovery from dilation and evacuation involves resting. Mild pain and cramping can occur for a few days after the procedure, and there may be some bleeding for up to 2 weeks.

Side effects

Potential complications of dilation and evacuation include:

- Infections
- Heavy bleeding
- Injury to the uterus.

Labor induction abortion

Labor induction abortion is a late-term method of ending a pregnancy in the second or third trimester. This type of abortion is rare, and a doctor may recommend it if a person's life is in danger.

How it works

Labor induction involves using medications to start labor, which causes the uterus to empty over a period of around 12–24 hours. A person can take these medications by mouth or the doctor may place them into the vagina or inject them into the uterus. Doctors usually also administer pain relief medication or a local anesthetic, as intense cramping occurs during this type of abortion.

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Recovery

After the abortion is complete, a person tends to remain in the clinic or hospital for anywhere from a few hours to 1–2 days, depending on health and other factors. The doctor can help determine the length of the stay, and they may be able to estimate it before the abortion.

Side effects

The medications that induce labor can cause side effects, such as:

- Nausea
- Vomiting
- Fever
- Diarrhea.

Complications are rare but can include:

- Hemorrhage,
- Cervical injury,
- Infection,
- Rupture of the uterus,
- Incomplete release of the pregnancy tissue

Habitual abortions among people

Habitual abortion is the recurrent termination of three to more pregnancies. Zero (0) to 20% of pregnancies end due to habitual abortions among women. In recent years, non-documentary evidence has been indicative of an increase in the prevalence of non-habitual abortions due to increased sensitization about presence of safe abortion services in some health centers.

Abortion is a distressing experience that affects the person in a variety of ways it may affect one's emotional state that could result in psychological disorders such as depression and health complications such as later development of coronary artery disease, increased risk of ovarian cancer, increased risk of cardiovascular complications, and an increased risk of all-cause mortality, miscarriages and at person's risk of developing preeclampsia in later pregnancies.

Information on abortion procedures

At a minimum, a person must be given information on;

- What will be done during and after the procedure
- What they are likely to experience e.g., menstrual like cramps, bleeding and pain
- How long the process is likely to take
- What pain management will be made available to them
- Risks and complications associated with the abortion method
- When they will be able to resume normal activities including sexual intercourse
- Post abortion care

CHAPTER 8: GENDER BASED VIOLENCE AGAINST LBQ WOMXN

Introduction

This chapter seeks to define gender-based violence (GBV). The chapter explores the causes of gender-based violence, highlighting the impact this has on at-risk LBQ womxn

Gender Based Violence (GBV)

Gender Based Violence refers to harmful acts perpetuated on an individual based on their gender. The biggest victims of GBV are women. Intersectionality also plays a role in gender-based violence in various ways e.g. the violence an LBQ woman faces may be different from that of a heterosexual woman, same applies to a literate woman and an illiterate one, and a rich and poor woman.

Sexual Violence and Harassment

Sexual Violence

Refers to sexual activity where consent is not obtained. Anyone can experience Sexual Violence, but most victims are female.

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Sexual harassment

This refers to behavior characterized by making of unwelcome and inappropriate sexual remarks or physical advances in a workplace or other professional and social situations. Among LBQ women, sexual harassment manifests in various ways such as intimidation from male bosses and colleagues and losing employment as a result of one's sexual orientation.

Intimate partner violence (IPV)

The term intimate partner violence describes physical, sexual, or psychological harm by a current or former partner. This violence does not have to be sexual. Contrary to stereotypes, some LBQ womxn experience violence in their intimate relationships. However, health care providers do not ask LBQ womxn about intimate partner violence as often as they ask heterosexual womxn.

Consent

Consent occurs when one person voluntarily agrees to the proposal or desire of another. It is freely given, not coerced, no pressure with no violence or threat of violence. It is reversible, meaning it can be revoked at any one time. In short, consent looks like;

F – Freely given

R – Reversible

I – Informed
E – Enthusiastic
S – Specific

The Table below gives a brief description of the different forms of violence and how they manifest;

Form of violence	Mode of expression
Physical	Slaps, punches, attack with a weapon, femicide, etc.
Sexual	Rape, (coercion, including use of physical and verbal threats or harassment to have sex), unwanted touching or physical advances, forced participation in pornography or other sexual acts.
Psychosocial/emotional	Belittling the person, preventing them from seeing family, friends, intimidation, withholding resources, preventing them from working, or confiscating their earnings

The following groups of LBQ Womxn are at a greater risk of GBV:

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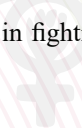
- LBQ womxn who live in extreme economic poverty.
- LBQ womxn with a physical or mental disability, or a mental illness.
- LBQ womxn who abuse drugs or alcohol.
- LBQ womxn who have family members who abuse drugs or alcohol.
- LBQ people who are orphans
- LBQ womxn who were physically or sexually abused as a child by an adult or care giver.
- LBQ womxn who live in a home where other forms of abuse or sex work occur, or with transient adults.
- LBQ womxn who are in jail.
- LBQ womxn who are vulnerable to homophobic or "corrective rape".

Effects of GBV and IPV on LBQ Womxn

In general, GBV and IPV threatens family structures and community cohesion in many ways. Unless properly addressed, GBV and IPV among LBQ womxn threatens the very existence of family units and communities that hold on to common customs and practices. Some of the effects of GBV are as follows:

- LBQ womxn mental and physical health is severely impacted
- General wellbeing (how people experience the quality of their lives; including both emotional reactions and cognitive judgments, is lowered.)
- Homelessness due to poverty and being disowned by family
- Social exclusion due to homophobia
- Traumatized children may have their education compromised.
- Excessive use of drugs and alcohol as a result of mental health problems which impairs one's ability to function normally.
- In addition to these social challenges that affect victims of GBV, there are also severe psychological and health repercussions.
- Victims/survivors of gender violence may vent their frustrations on their friends, family and partners who in turn could be affected.
- GBV can result in deaths and injuries.
- Children of LBQ womxn may suffer emotional damage when they witness their mothers at the receiving end of GBV.
- Mental health problems resulting from trauma, alcohol and illicit drug abuse.
- Rise in HIV infection rates and suicidal attitudes.

A society characterized by GBV and IPV will spend more resources in fighting consequences of GBV than on development projects that empower its members.



CHAPTER 9: DRUGS AND SUBSTANCE ABUSE

Introduction

This chapter talks about drugs substance abuse their effects and signs that one is using them.

Drugs and substance abuse (including alcohol abuse) have emerged as major challenges for LBQ womxn in contemporary communities and the wider societies. This chapter is devoted to the theme of drugs and drug abuse and the role of LGBTQI leaders in responding to these challenges. LBQ womxn may use drugs more often than heterosexual womxn. This can be due to stress from homophobia, sexism, and/or discrimination. LBQ womxn need support to find healthy ways to cope and reduce stress.

Substance abuse is when one takes too much of drugs that are not legal. It's also when one uses alcohol, prescription medicine, and other legal substances too much or in the wrong way. Substance abuse differs from addiction/Substance use disorder. Many people with substance abuse problems are able to quit or can change their unhealthy behavior.

Addiction on the other hand is a disease. It means one can't stop using drugs even when their condition causes them harm.

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Substance and Drug Abuse

Understanding the reasons LBQ womxn start using drugs or alcohol, as well as their reasons for continuing or discontinuing use, is crucial to developing effective substance abuse interventions. Most LBQ womxn cite that they use or abuse drugs due to the stress of homophobia, sexism and discrimination. The use, and abuse of drugs, is increasing among LBQ womxn around the world. Drug abuse is a maladaptive pattern of use of any substance that persists despite adverse social, psychological, or medical consequences. Drug abuse can develop into drug dependence, also known as addiction.

Physical Dependence

The hallmarks of physical dependence on a drug are tolerance and withdrawal. Tolerance occurs when the body adapts to the repeated effects of a drug so that higher doses are required to achieve the same effect. Physical addiction occurs if the withdrawal syndrome follow interruption of use of the drug. Withdrawals occur because the user's body gradually becomes accustomed to high levels of intake of the drug, and when the drug is withdrawn, the body must rapidly adjust to the sudden drop in the concentration of the drug.

Psychological Dependence

Psychological dependence involves an intense repetitive need or craving for the changes in feelings and mood that drugs provide.

Staying off Drugs

Below are some ways LBQ womxn can avoid abusing drugs (Adopted from Watson and Brazier, 2009):

Get active	Get involved in activities within your community and in sports and LBQ womxn groups. These things will fill your time and will help you feel good about yourself. You won't be bored and you won't need to look to drugs for entertainment.
Respect yourself	Do not take drugs or alcohol to impress other people or to find the courage to do something. Respect yourself and other people will respect you, you will find the courage to do whatever you want to do.
Seek positive acceptance	There are many ways to feel accepted and liked by other people and they are more beneficial than taking drugs or alcohol. Join groups of people who are focused on doing various activities like singing, acting and studying that may interest you. Find people who will like you for who you are and what you can do.
Have your own values	Be aware of who you are. What are your values? What is right for you? Standup for yourself and what you believe in.
Have goals	What are your dreams? Look into the future, see where you want to go and work towards achieving this.
Seek help	If you are feeling under pressure to take drugs, talk to an LBQ leader. Get help. If you think you have a drug problem, try to find counseling and treatment. It is never too late.

Drugs and Drug Abuse: Key Advocacy Points

- *Recognize and appreciate the existence of the challenge of drugs and drug abuse among LBQ women.*
- *Raise awareness of the challenge of drugs and drug abuse, especially within LBQ relationships and communities e.g. talks by professionals and people who have abused drugs before*
- *Collaborate with other professionals to set up recovery centers and drop in centers.*
- *Invest in recreation activities for LBQ women as a contribution to prevention against drugs and drug abuse.*
- *Work with LBQ women allies to curb drug abuse*

On community level;

1. Press for LBQ womxn friendly counselling services. This could include influencing health providers and leaders to increase availability to counselling services in their communities.
2. Promote non-judgmental and LBQ womxn friendly counselling within families, groups and KP communities.
3. Develop simplified counselling material for leaders of the various groups within LBQ womxn' communities.
4. Be sensitive to the challenges facing LBQ womxn living with HIV. Encourage formation of support groups for LBQ womxn living with HIV within the LBQ womxn community.
5. Be sensitive to the challenges facing LBQ womxn living with disabilities. Develop deliberate programs to reach out to LBQ womxn living with disabilities.

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Types of Drugs and Substances

Both legal and illegal drugs have chemicals that can change how one's body and mind work. They can give a pleasurable 'high,' and ease your stress.

Below are the commonly abused drugs among LBQ womxn;

Tobacco

Research shows that LBQ womxn use tobacco more often than heterosexual womxn do. It is easy to get addicted to smoking, even if smoking is only done socially. Smoking has been associated with higher rates of cancers, heart disease, and emphysema – three major causes of death among womxn who smoke.

Alcohol

Heavy drinking and binge drinking are more common among LBQ womxn compared to other womxn. While one drink a day may be good for the heart, more than that can be raise your risk of cancer, liver disease and other health problems. Alcohol affects everybody differently but if you drink too much and too often, your chance of injury or accident goes up.

Alcohol is one of the other types of drug abuse that is common due to its accessibility. Abusing alcohol can cause psychological, physical, and social problems. It can also lead to the destruction of relationships, friendships, and marriages.

A lot of alcohol abusers drink so much that their bodies are unable to handle it. As a result, some alcohol abusers must get sent to the hospital to receive treatment for alcohol poisoning.

When a person chronically abuses alcohol over a long period of time, it can cause that person to experience irreparable heart and liver damage. Alcohol abuse can also cause people to get arrested for public intoxication, driving under the influence, or other law-related issues.

When people are under the influence of alcohol, they lose all of their inhibitions. Therefore, when alcohol abuse is at its worse, it can even cause incidents that lead to severe injury, or death.

Because of how addictive alcohol is, the withdrawal symptoms of alcohol are just as severe. In fact, due to it causing delirium tremens, alcohol withdrawal can be fatal. This is because alcohol withdrawal delirium tremens can trigger heart failure or stroke in a person's body.

Alcohol's severe withdrawal symptoms combined with how difficult it is for an alcoholic to refrain from such an easily accessible substance makes it necessary for alcoholics to receive professional addiction treatment to overcome their addiction.

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Marijuana

Marijuana also known as cannabis is a psychoactive drug from the cannabis plant used primarily for medical or recreational purposes. This is a commonly abused drug among the LBQ community known as weed. Different methods of taking the drug affects your body differently. When this drug enters one's body, they get –memory problems, impaired judgment, increased dopamine release, increased or decreased anxiety, red eyes, accelerated heartbeat, increased or decreased depression symptoms, trouble for the developing brain, bronchitis, weakened immune system and many more.

Inhalants

Inhalants are substances that people breathe in through their noses to get high. Types of drug abuse that are considered inhalants include the abuse of spray paint, butane, and nitrous oxide.

When a person smells in an inhalant, it can cause that person to experience feelings of euphoria and numbness. Because these feelings are brief though, people must repeatedly breathe in an inhalant to upkeep its euphoric effect.

While it may not seem like it at first, it's very risky to abuse inhalants. This is because breathing in inhalants can cause permanent brain damage or sudden death.

Cocaine

Cocaine, even when taken in small doses, is a very dangerous stimulant. It induces euphoria, increases blood pressure, and accelerates the heart rate. Using cocaine can even cause a person to experience fatal strokes or heart attacks.

Because of how addictive cocaine is, many people that are addicted to it are willing to sacrifice any facet of their lives to get more of it. As a result, cocaine abuse can lead to financial, legal, and physical challenges. Due to the severe consequences that many people that use cocaine experience, it's imperative that those that suffer from cocaine addiction receive professional addiction treatment.

Prescription Drugs

Prescription medications are the second most abused substance. Any medication that doctors can prescribe to patients is considered a prescription drug. This includes everything from depressants and anti-anxiety medication to sedatives, to even ADHD medications.

One category of prescription drugs that is arguably the most commonly abused is painkillers. Examples of prescription painkillers include Vicodin and Oxycodone, along with opioids. Many doctors prescribe patients prescription painkillers to help them manage the pain from an injury while they are in physical recovery.

Because of how addictive prescription drugs are, it's imperative that those with prescription drug addictions receive professional detox and addiction treatment to get clean and sober.

Signs and Symptoms of Drug Addiction

One of the reasons why drug abuse can take place for so many years without being recognized is that every person's struggle with drug addiction is different. Many times, addicts will abuse drugs for years on end and feel as if it has little or no effect on them. Unfortunately, the irreversible psychological, emotional, and physical effects will eventually become apparent.

The symptoms of drug addiction will change for each person. There are four categories to these varying symptoms. These four categories of drug addiction symptoms are described below.

Emotional

Emotional drug addiction symptoms are ones that affect an addict's emotional state and well-being. When an addict is displaying emotional addiction symptoms, the way that he or she handles emotions may appear different than the way that person normally does when not under the influence of drugs.

Types of drug abuse symptoms that are emotional include:

- Irritability
- Depression
- Mood swings
- Extreme sadness
- Unexplained euphoria
- Manic energy followed by an emotional and physical crash

Behavioral

Behavioral drug addiction symptoms change the way that person normally behaves. Behavioral addiction symptoms can also change a person's habits and priorities.

Types of drug abuse symptoms that are behavioral include:

- Lying
- Stealing
- Erratic behavior
- Troubles sleeping
- Excessive sleeping
- Change in social circle
- Getting in trouble with the law
- Declining performance at work or school
- Being secretive about one's whereabouts
- No longer being excited or interested in things that they once were

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Physical

Physical drug addiction symptoms affect the way that a person's body looks or functions. These symptoms are often noticeable to the eye.

Types of drug abuse symptoms that are physical include:

- Chills
- Nausea
- Insomnia
- Headaches
- Sudden weight loss
- Sudden weight gain

Cognitive

Cognitive drug addiction symptoms affect the way that an addict's mind operates. This could, in turn, affect the way that an addict perceives the world. Types of drug abuse symptoms that are cognitive include:

- Paranoia
- Hallucinations
- A disconnect from reality

Is My Loved One Addicted?

Below are warning signs that can determine whether your loved one is an addict.

Physical Addiction Signs

- Bloodshot eyes
- Dilated pupils
- Sudden weight changes
- Tremors
- Disturbed coordination
- Slurred speech
- Not sleeping enough or too much
- Sudden lack of concern about appearance

Behavioral Signs of Addiction

- Drugs are the chief priority
- Unable to see risks
- Tolerance leads to increased drug amount and frequency
- Drugs are taken not to get high, but to fight withdrawal symptoms
- Impaired judgment leading to higher risk of overdose
- Withdrawal symptoms set in quickly without drugs

Social Signs of Addiction

- Old friends move on while newer, less reputable friends replace them
- Refusal to maintain old relationships
- Refusal to attend work or school
- Negative interactions with law enforcement such as court-ordered treatment and arrests

SOME TREATMENTS FOR ADDICTION THAT ARE PROVEN SUCCESSFUL

With several options available, one can find an addiction treatment option that best fits their individual needs. Addiction treatment is not one-size-fits-all. Treatments may vary based on your needs. You can choose the treatment that works best for you based on the substance you are abusing, your personal mental health needs, or what health care options you can afford. Here are some of the most common addictions treatments that have set patients on a successful path to recovery.

- **Detoxification**

Medically assisted detox allows you to rid your body of addictive substances in a safe environment. This is beneficial because sometimes substance withdrawal can cause unpleasant or even life-threatening physical symptoms. Detox does not treat the underlying behavioral causes of the addiction, it is typically used in combination with other therapies.

- **Cognitive Behavioral Therapy**

According to American addiction centers, cognitive behavioral therapy (CBT) is a valuable treatment tool because it can be used for many different types of addiction including but not limited to food addiction, alcohol addiction and prescription drug addiction. Not only can CBT help you recognize your unhealthy behavioral patterns, but it can also help you learn to identify triggers and develop coping skills.

- **Rational Emotive Behavior Therapy**

Rational Emotive Behavior Therapy (REBT) could help you recognize your negative thoughts and give you ways to combat feelings of self-defeat. The goal of REBT is to help you realize that the power of rational thinking lies within yourself and is not external situations or stressors.

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- **Contingency Management**

Contingency management (CM) can be used to treat a wide variety of addictions including alcohol, narcotics and tobacco. Contingency management therapy reinforces your positive behavior (i.e. Maintaining sobriety) by giving you tangible rewards. This type of treatment has been used successfully to combat relapse, according to the national institute on drug abuse.

- **Step Facilitation**

Twelve – step facilitation therapy can be used to treat alcohol and substance abuse. It is a form of group therapy that includes recognition that addiction has several negative consequences that can be social, emotional, and physical. This type of therapy begins with acceptance, then moves on to surrender to a higher power, then eventually transitions to involvement in consistent group meetings.

- **Treatment with Medication**

Medication can play an important role in recovery when combined with behavioral therapies. Certain medications can be used to reduce cravings, improve mood, and decrease addictive behaviors.

If your loved one is struggling with an addiction, you don't need to fight the battle alone. Talk to a medical professional. There are successful treatments available that can help you overcome your addiction.

CHAPTER 10: LBQ WOMXN WELLNESS, MENTAL HEALTH AND GENERAL HEALTH CARE

This chapter gives an overview of the wellness and health of LBQ womxn and the six dimensions of the wellness model that will guide LBQ Womxn to gauge their wellness on a daily basis

Introduction

Wellness is more than being free from illness; it is a dynamic process of change and growth. A state of complete physical, mental and social wellbeing and not merely the absence of disease and infirmity

Heart disease is the leading cause of death for womxn. Smoking and obesity are the biggest risk factors for heart disease among LBQ womxn. It is recommended that all LBQ womxn need yearly medical exams for high blood pressure, cholesterol problems, and diabetes. Health care providers can also offer tips on quitting smoking, increasing physical activity, and controlling weight.

Research shows that LBQ womxn are more likely to be overweight or obese compared to heterosexual womxn. Obesity is associated with higher rates of heart disease, cancers, and premature death. LBQ womxn need competent and supportive advice about healthy living and healthy eating, as well as healthy exercise.

LBQ womxn may experience chronic stress from discrimination. This stress is worse for LBQ womxn who are still in the closet as well as who have lost important emotional support because of their orientation. Living with this stress can cause depression and anxiety.

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Wellness and Health of LBQ Womxn

It's important for all LBQ womxn to know the worth of wellness. Wellness is not just physical health; it includes an active process of becoming aware of oneself and making choices towards a healthy and fulfilling life. There are a lot of factors that can affect the quality of life as manifested in the six dimensions of wellness model;

The Six Dimensions of Wellness Model

The Six Dimensions of Wellness model is a simple way of describing the various factors that influence overall health and wellness. It is the integration of the six interactive dimensions that repeatedly influence and balance each other to create overall wellness. The six dimensions of wellness are: physical, emotional, spiritual, intellectual, occupational and social. They are discussed in greater detail below.

1. Physical

The physical dimension recognizes the need for regular physical activity. Optimal wellness is met through a combination of regular exercise and healthy eating habits. The physical benefits of looking good and feeling great often lead to the psychological benefits of improved self-esteem, self-control, determination and a sense of direction.

Physical wellness follows these principles

It is better to consume foods and beverages that enhance good health rather than those which impair it. It is better to be physically fit, healthy and happy.

2. Emotional

The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and passionate about one's self and life. Having the ability to understand your own emotions and finding healthy outlets for those feelings helps you to cope with daily issues. Finding friends to confide in, exercising, journaling, and talking to therapists are all healthy ways of recognizing and coping with your emotions.

Emotional wellness follows these principles

1. It is better to be aware of and accept your feelings than to deny them.
2. It is better to be optimistic in your approach to life than pessimistic.

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3. Spiritual

The spiritual dimension recognizes your search for meaning and purpose in human existence. Spiritual moments may occur in many environments like visiting any spiritual place, on a walk in the woods, while meditating, on a run. Spirituality is a personal thing. It helps people stay grounded and enables them to retain their focus on what is important in their lives.

Spiritual wellness follows these principles

1. It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
2. It is better to live each day in a way that is consistent with our values and beliefs.

4. Intellectual

The intellectual dimension recognizes one's creative, stimulating mental activities. Keep your mind stimulated by learning something new every day, whether it is related to your professional interests or your personal interests. Be sure to fill your mind with stuff that is true and accurate.

Intellectual wellness follows these principles

1. It is better to stretch and challenge your minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
2. It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.

5. Occupational

The occupational dimension recognizes personal satisfaction and improvement in one's life through work. The choice of profession, job satisfaction, career ambitions, and personal performance are all important components of your occupational wellness.

Occupational wellness follows these principles

1. It is better to choose a career which is consistent with your personal values, interests, and beliefs than to select one that is unrewarding to you.
2. It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

6. Social

The social dimension encourages contributing to one's environment and community. Social wellness is about relating, interacting and communicating well with others. Keep a close circle of friends. Having people to connect with and share your world with is an amazing gift you can give to yourself. Support systems enable people to sail across through life's highs and lows.

Social wellness follows these principles

1. It is better to contribute to the common welfare of your community than to think only of yourselves.
2. It is better to live in harmony with others and our environment than to conflict with them.

LBQ Womxn should note that

By implementing these dimensions, you are better equipped to manage the complexities and freedoms of life. When one or more dimensions are jeopardized, the others play a greater role to balance out the compromised dimension

CHAPTER 11: HEALTH SERVICE PROVIDERS AND LBQ WOMXN OPPORTUNITIES FOR ACCESS TO SRHR SERVICES

This section provides a list of service providers, an opportunity for LBQ Womxn to get SRHR services in Uganda

Below are some of the Kampala Metropolitan area service providers that LBQ womxn can reach out to for their sexual reproductive health needs and support. His list is not exhaustive and can be updated on regular basis as FARUG increasingly works with allies and Implementing Partners

Health Service Centre/ Drop-in-Centre	Type of Services Offered	Contact
FREEDOM AND ROAM UGANDA (FARUG)	<ul style="list-style-type: none"> • Drop in center • Cervical and breast cancer screening services • HIV testing and counselling • Hepatitis B testing • HIV testing kits • Consumables e.g., pads, condoms, lubricants, vaginal wash • Free counselling services • Referrals and linkages to service care • Wellness • Trainings and booklets on SRHR • Access to safe abortion • SRHR advocacy 	<ul style="list-style-type: none"> • 0757709096, IPV hot line • 08004673131, FARUG toll free number • 0392176977, DIC number
KISWA HEALTH CENTRE III	<ul style="list-style-type: none"> • PEP and PrEP • STD and STI screening and management • Consumables i.e. condoms and lubricants 	<ul style="list-style-type: none"> • 0776481025
REACH OUT MBUYA	<ul style="list-style-type: none"> • HIV testing and counselling • STD screening and management 	<ul style="list-style-type: none"> • 0703 449447 • 0701483818

KITEBI HEALTH CENTRE III	<ul style="list-style-type: none"> • PEP and PrEP • TB screening and management • STD and STI management • Voluntary testing and counselling 	<ul style="list-style-type: none"> • 0772370165
MARPI	<ul style="list-style-type: none"> • STI treatment • Cervical cancer screening • HIV care and treatment • HIV counselling and testing • PEP and PrEP 	<ul style="list-style-type: none"> • 0702 661583
MARIE STOPEs	<ul style="list-style-type: none"> • Abortion services • Post abortion care • Family planning • Information about reproductive health 	<ul style="list-style-type: none"> • 0800820333
ALIVE MEDICAL CENTER	<ul style="list-style-type: none"> • HIV treatment and counselling • Post abortion care • PrEP and PEP • Avail consumables • Information on SRHR • TB screening and management • Free HIV care • Free psychosocial support 	<ul style="list-style-type: none"> • 0782643069
KOMAMBOGA HEALTH CENTRE III	<ul style="list-style-type: none"> • HIV testing and counselling • STDs screening and management 	<ul style="list-style-type: none"> • 0756806191
KAWALA HEALTH CENTRE III	<ul style="list-style-type: none"> • Voluntary counselling and testing • PEP and PrEP • TB screening and management • General treatment 	<ul style="list-style-type: none"> • 0706423729 • 0771343978 • 0703817341
LADY MERMAID BUREAU	<ul style="list-style-type: none"> • Drop-in center 	<ul style="list-style-type: none"> • 0702521002
ICE BREAKERS UGANDA	<ul style="list-style-type: none"> • Clinic and Drop-in Centre 	<ul style="list-style-type: none"> • 0701937493

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