

PICTOGRAM BOOKLET WE CARE

Strengthening Sexual and Reproductive
Health services provided by health care
workers at the local level in Bangladesh



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Introduction

Everyone is different and has different needs. Because we believe in customized care and aides for everyone, we advise the FWV and FWA to use this book with symbols to communicate effectively with people with communication difficulties. This includes persons with hearing disabilities, slow learners, seniors, low-literate, non-native speakers, people with aphasia, people with autism spectrum disorder and intellectual disabilities.

Communication is a complicated process of human interaction comprising the exchange of information as well as the environment. People with communication difficulties do not always fully understand spoken language, or they do not understand complex or medical words. They need images for a better understanding. Symbols make spoken language visual. They are interpreted more accurately and faster than words.

Why should we use symbols:

- Symbols help a person to understand a word. A spoken word disappears immediately, a symbol remains visible.
- By using symbols, people automatically simplify their language and speak more slowly, helping the person with learning disabilities to understand the message.

How to use it:

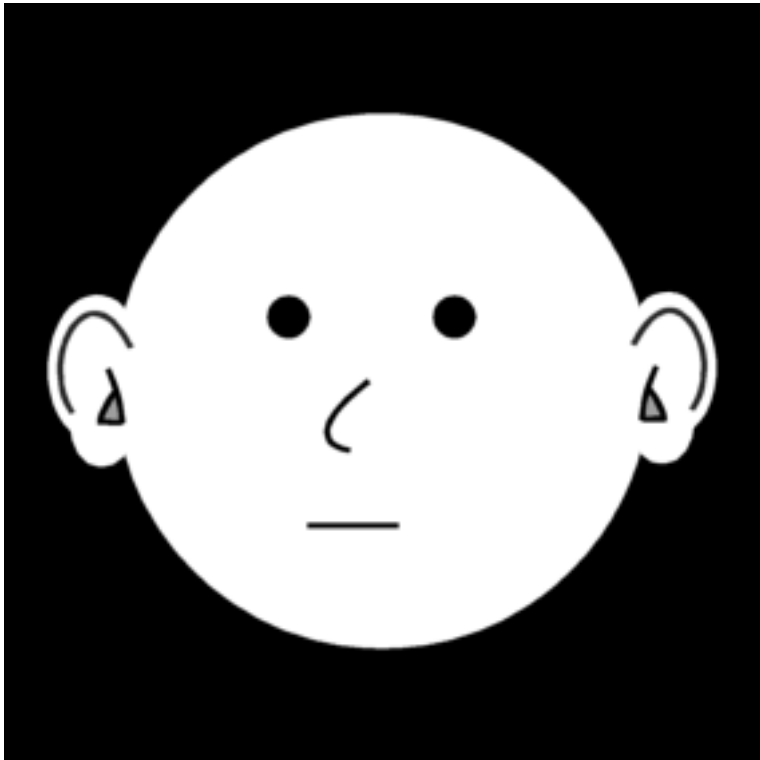
Grab the symbols associated with the topic. Use the symbols throughout the communication, to clarify the patient's question and when you give him/her explanations. Show the patient the symbols, give him/her time to absorb the image and, if necessary, support with words what the symbol represents.

Example:

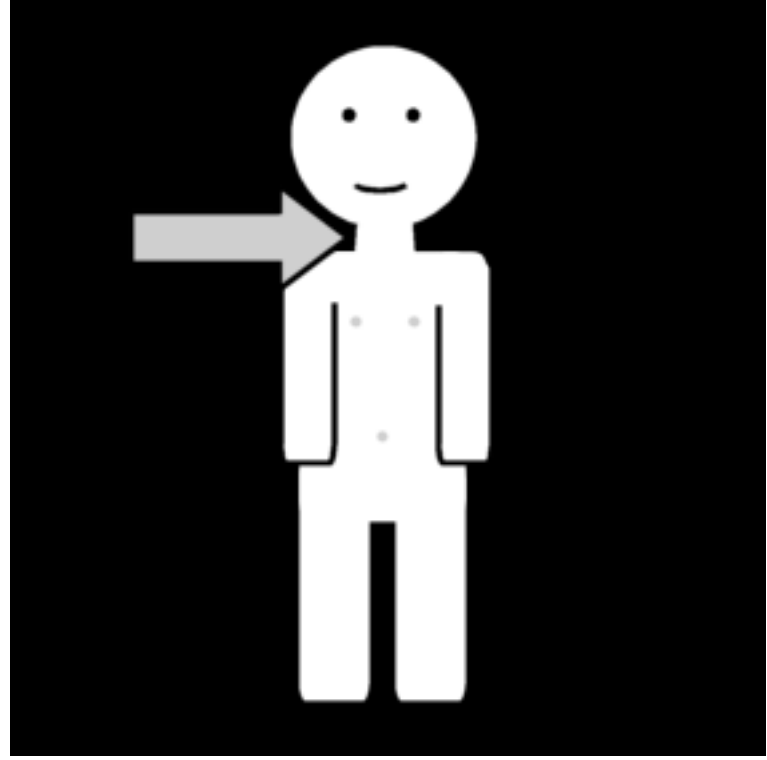


This symbol shows a vagina and pubic hair above it.

Body Parts



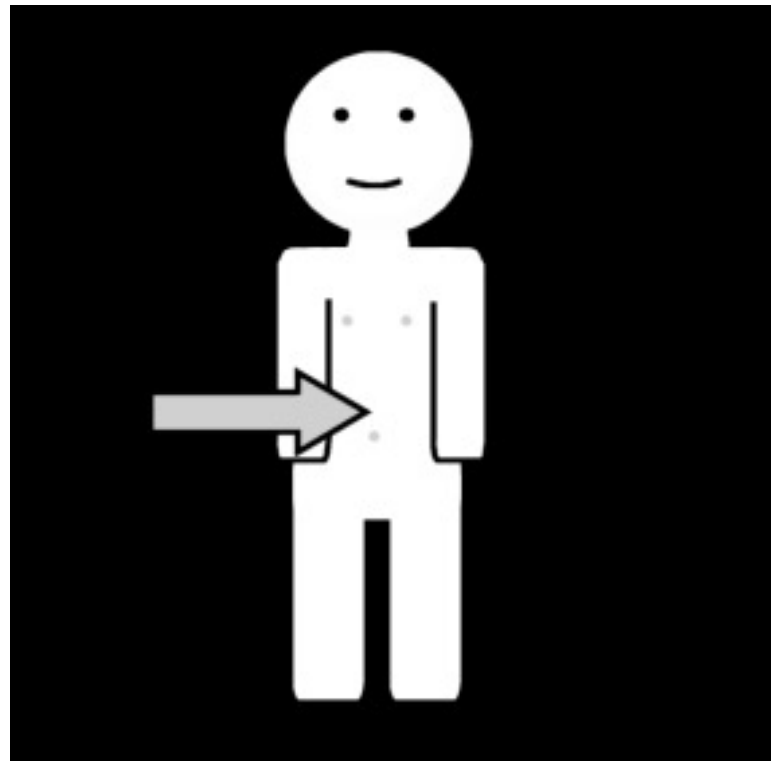
Head



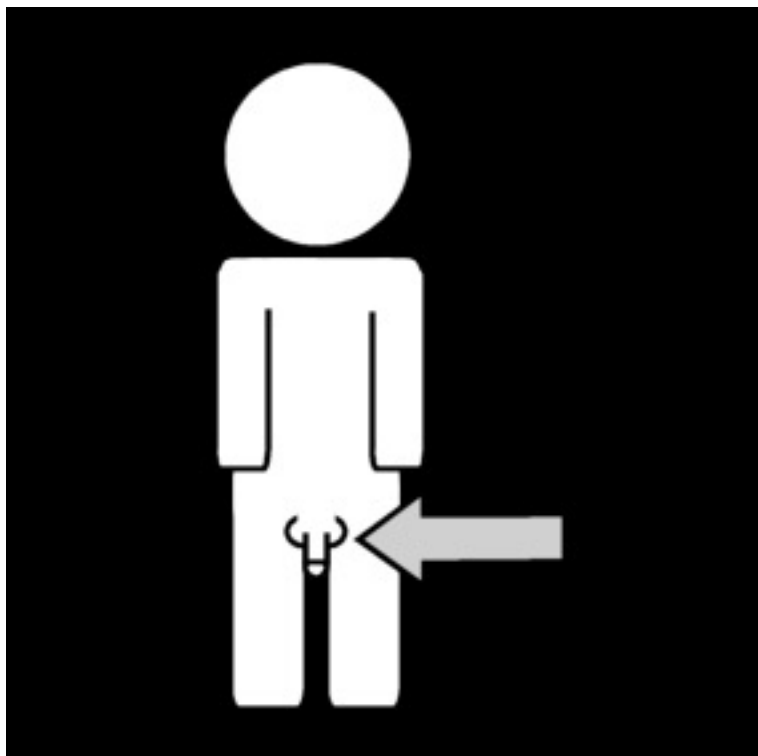
Neck



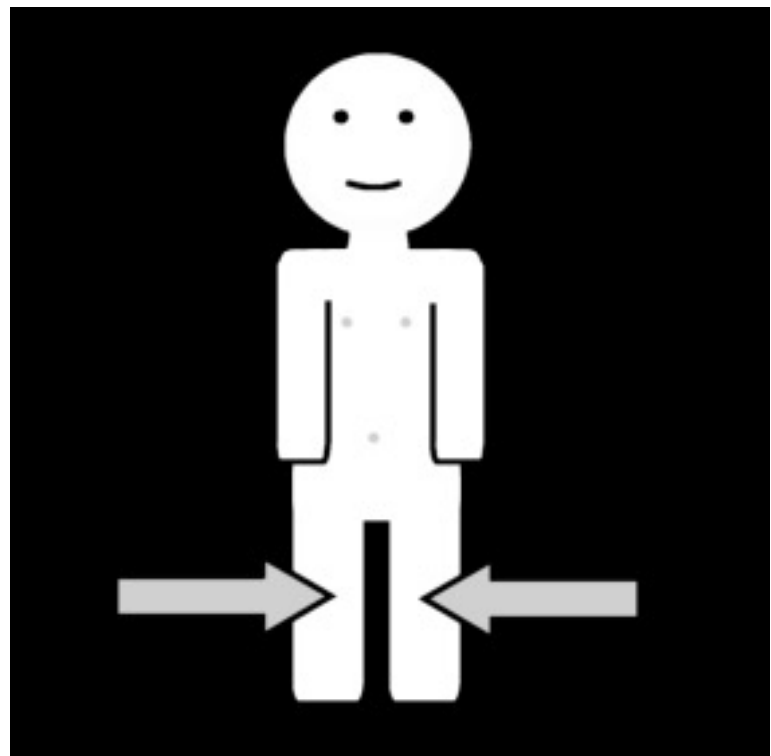
Arms



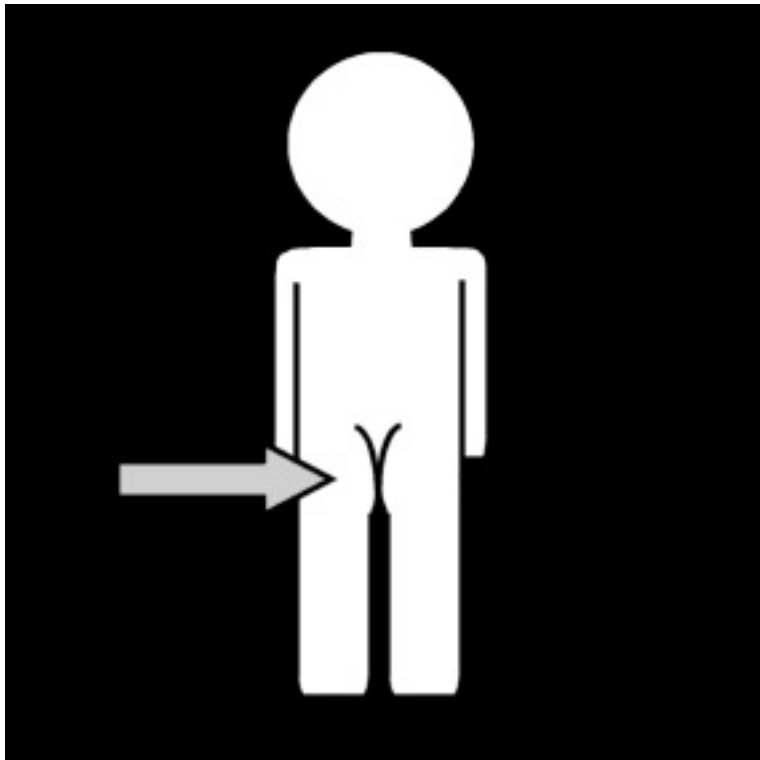
Belly



Penis



Legs



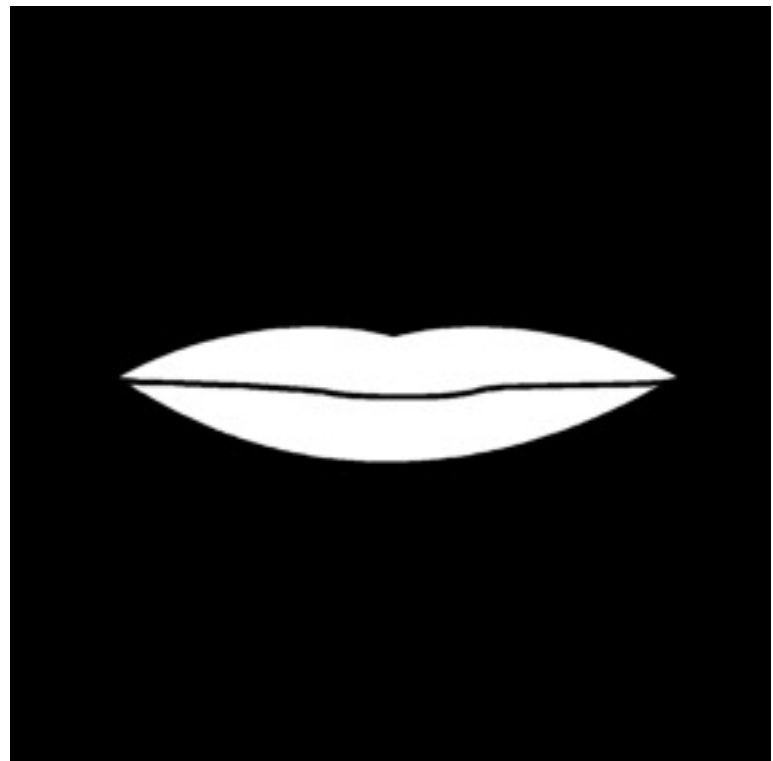
Buttock



Feet



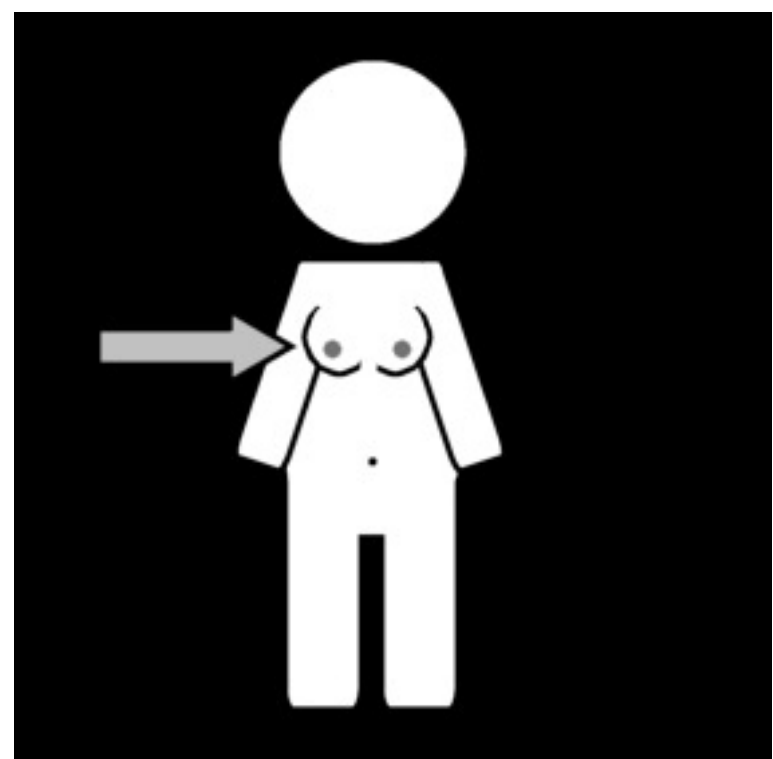
Hand



Mouth



Feet



Breasts

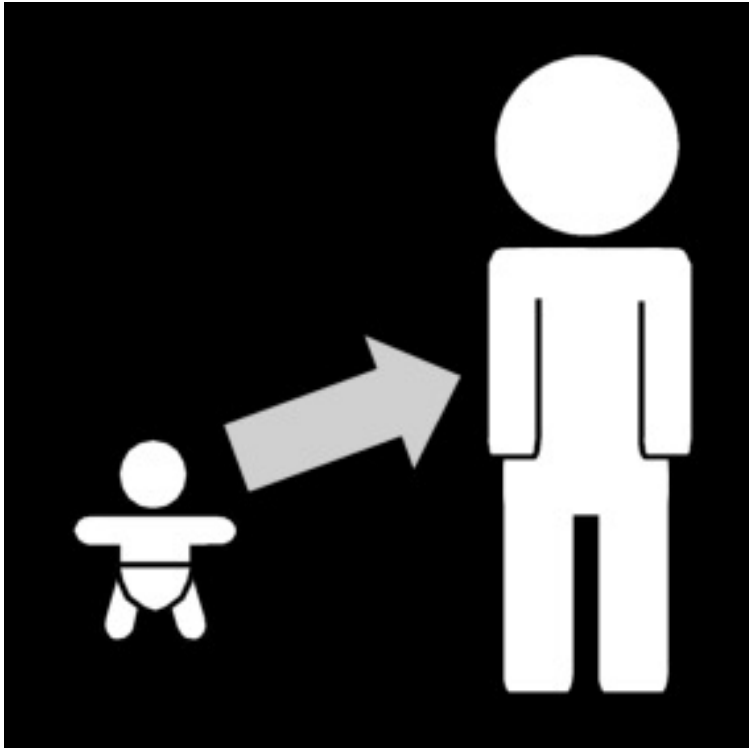


Vagina

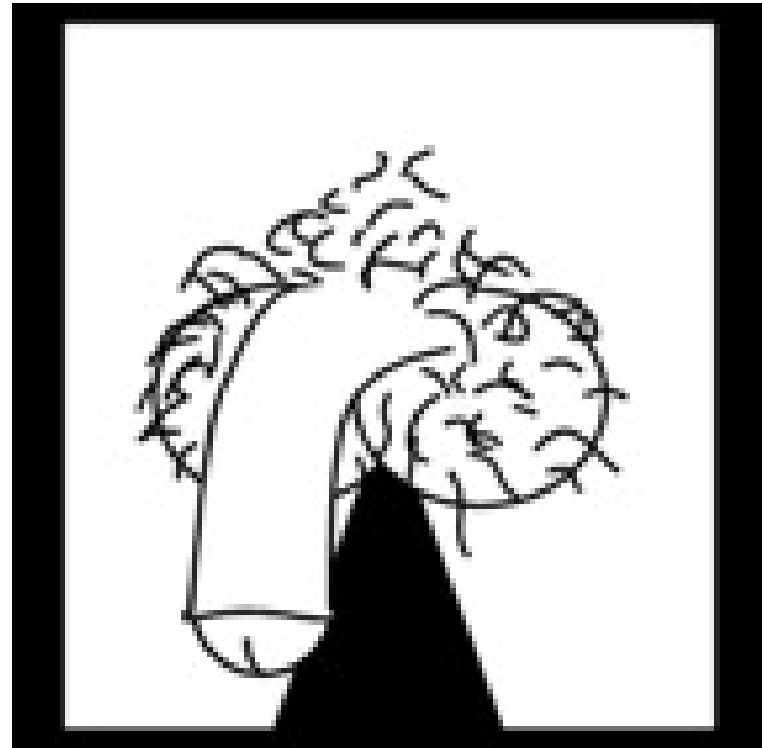


Uterus

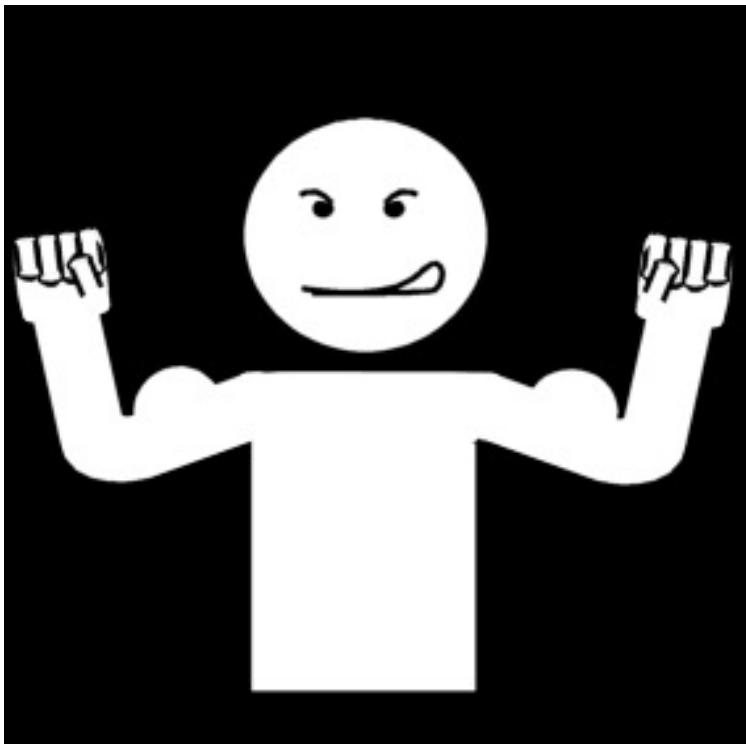
What happens in puberty: Male



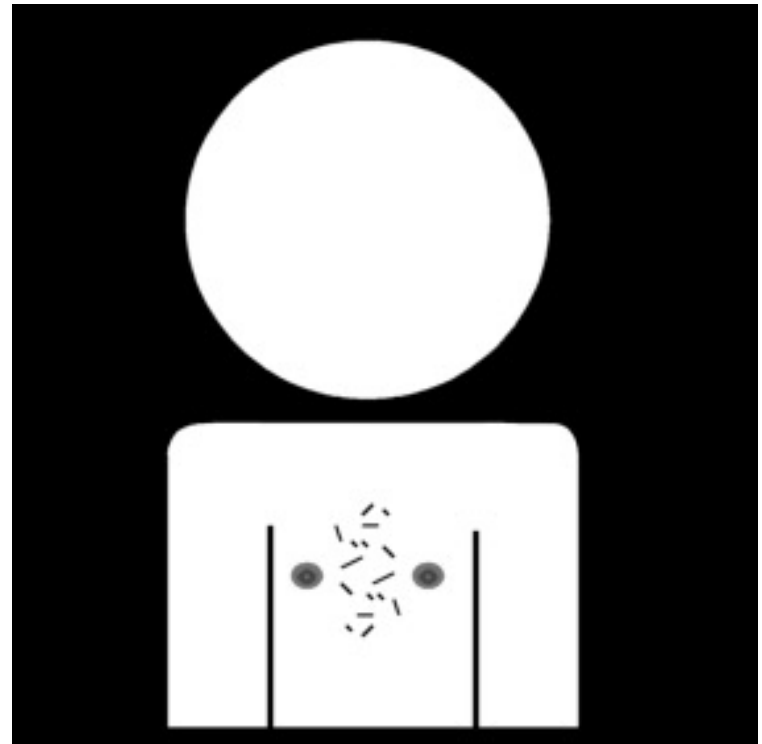
Body Growth



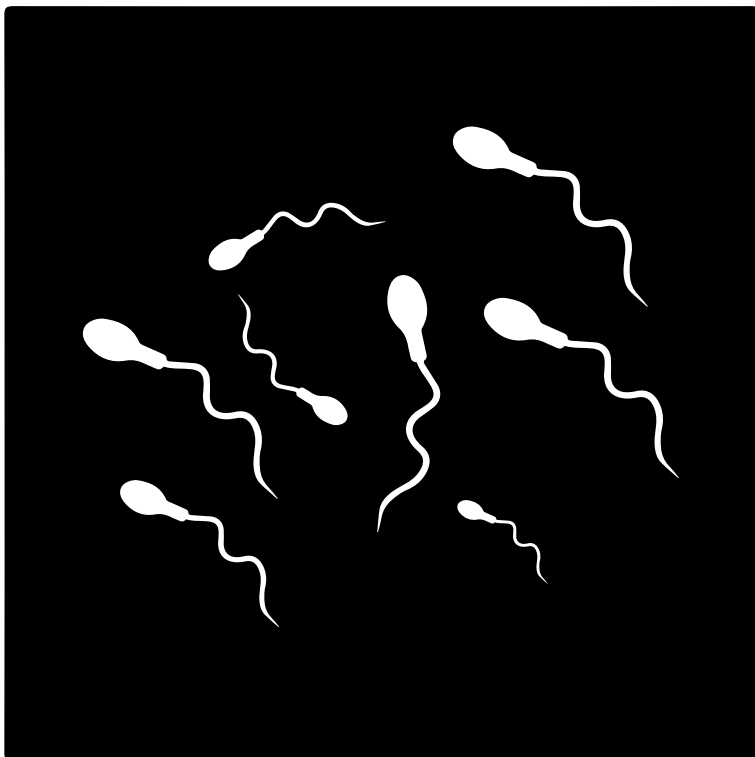
Penis Growth



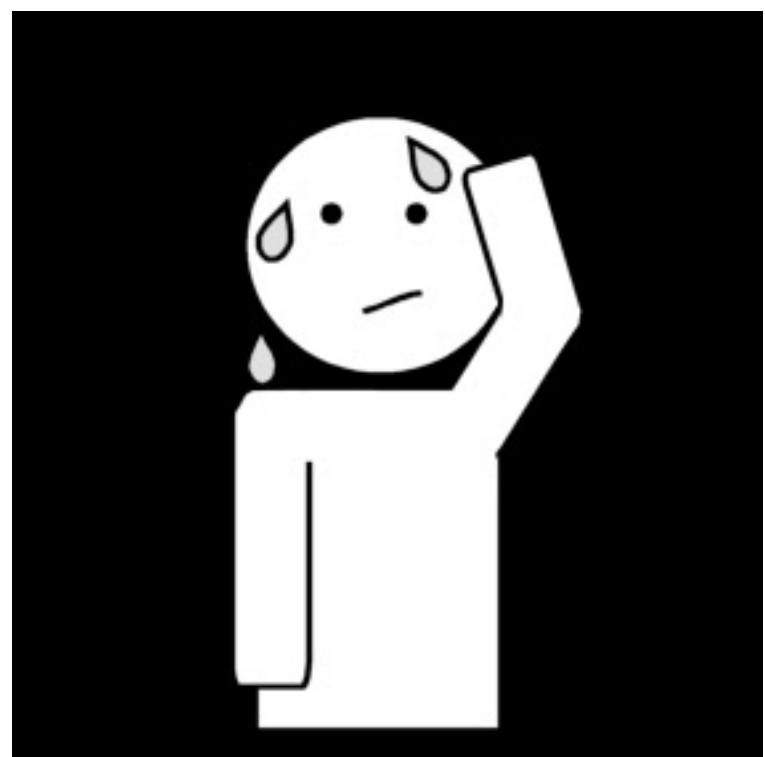
Muscles develop



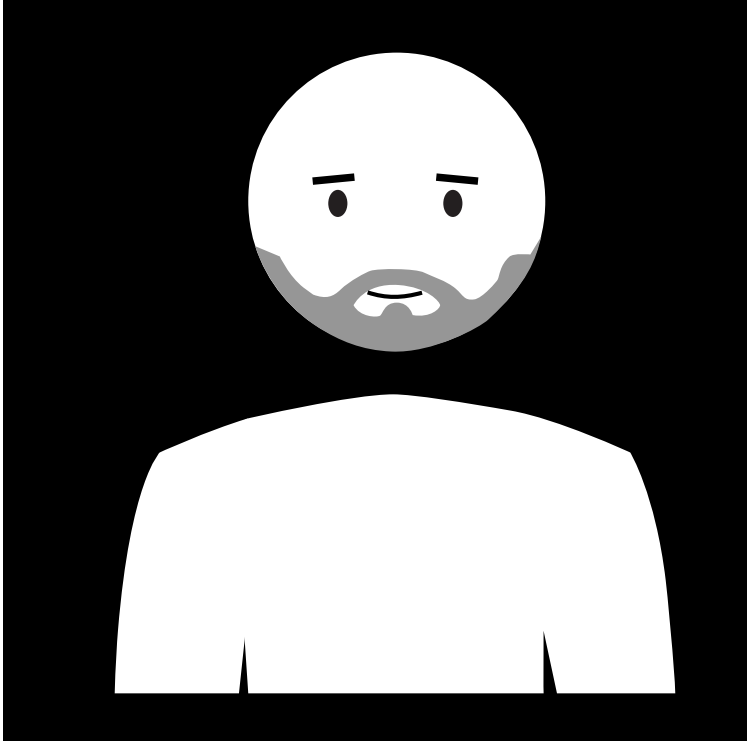
Hair on the Chest



Sperm cells are produced



Body Moisture



Mustache and beard grow

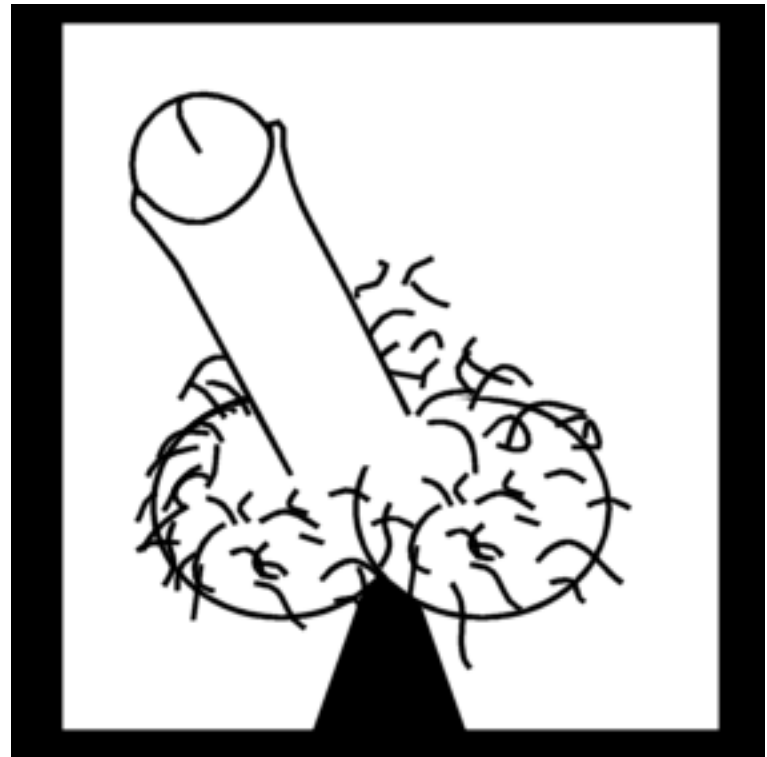


Hair in armpits

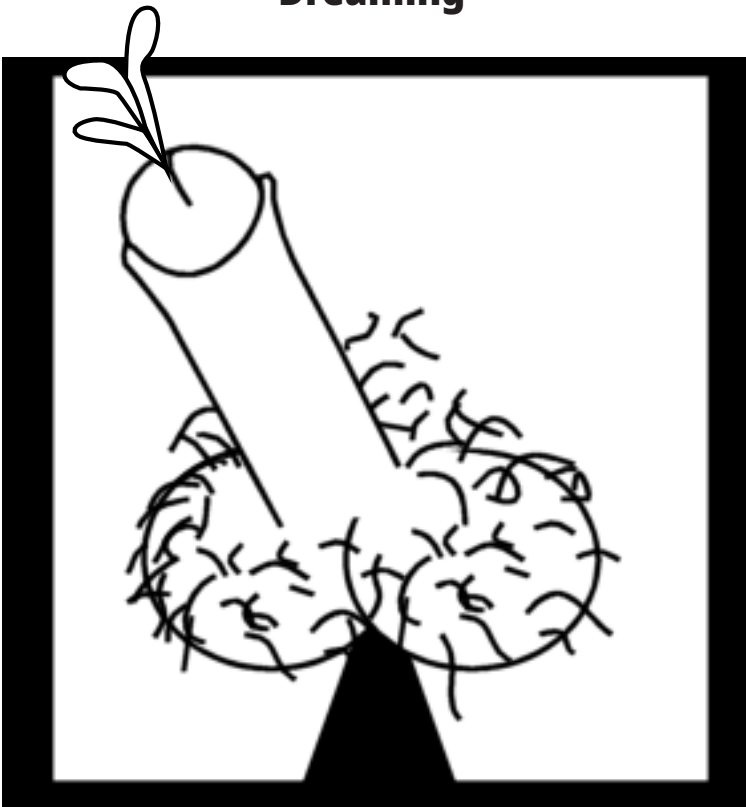
A Wet dream



Dreaming



Erection



Semen



Wet dream



Use the toilet

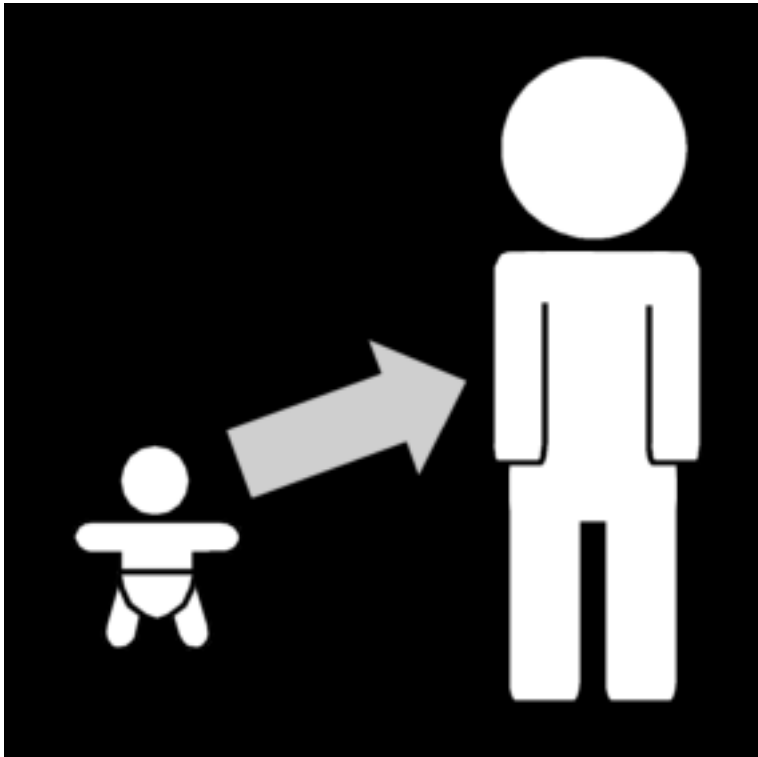


Wash your penis

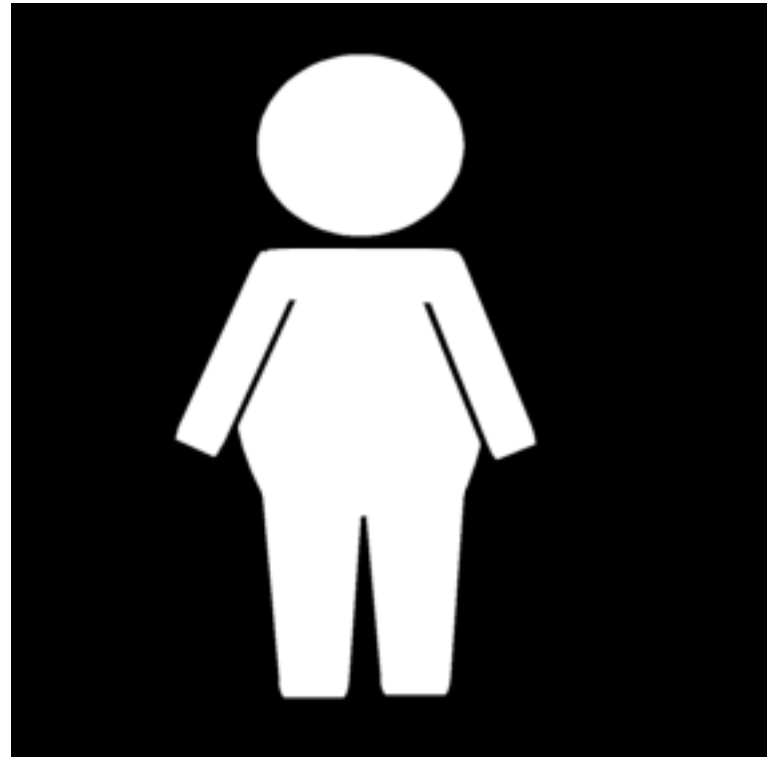


Clean your bed

What happens in puberty: Female



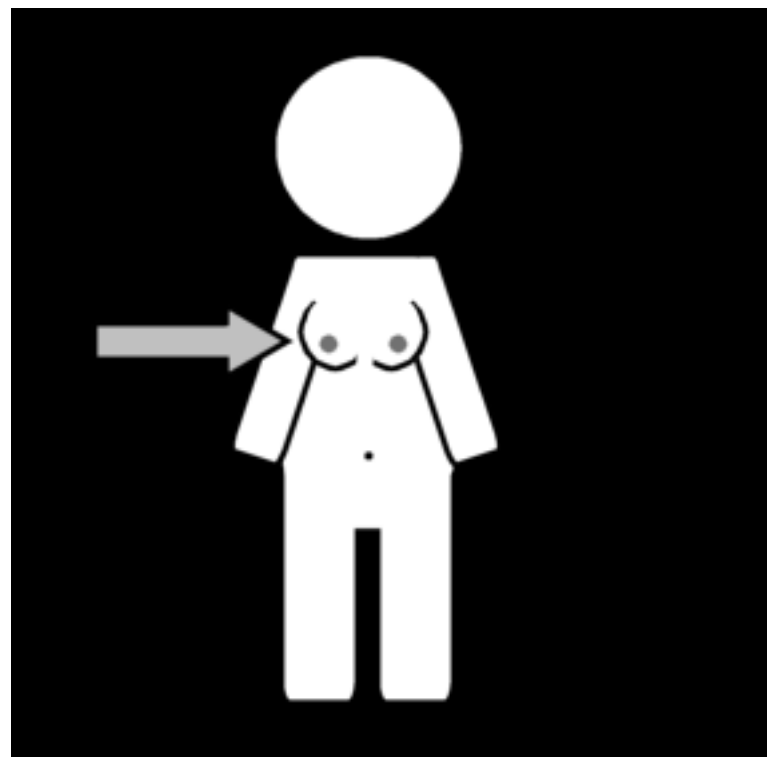
Body Growth



Body curves



Hair in armpits



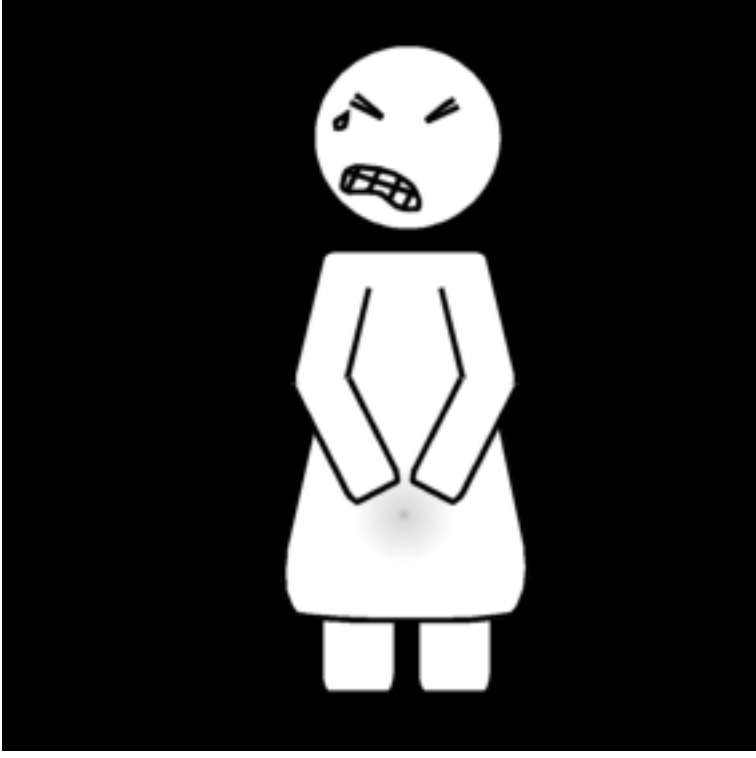
Breasts growth



Vaginal discharge

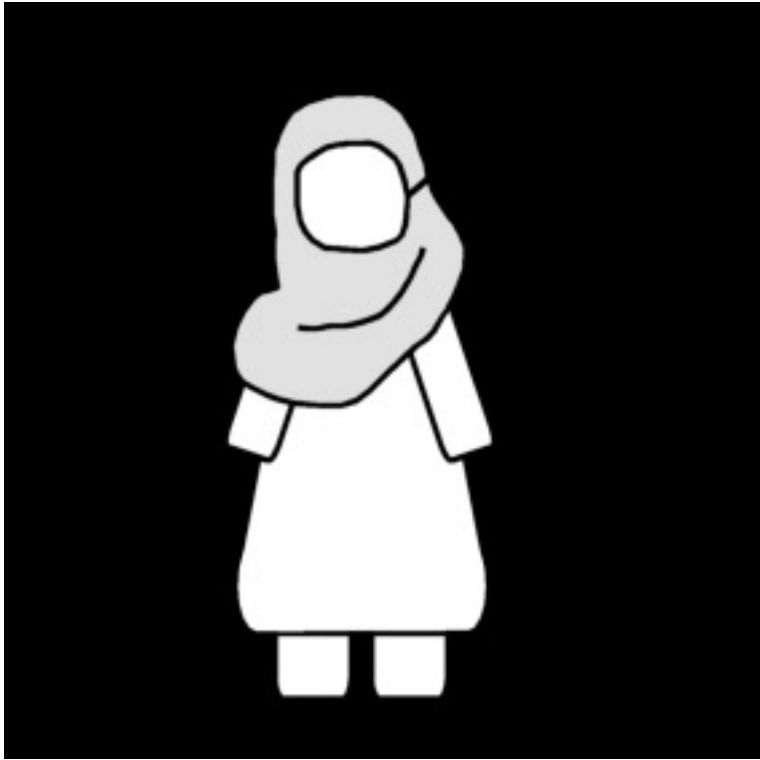


Menstruation

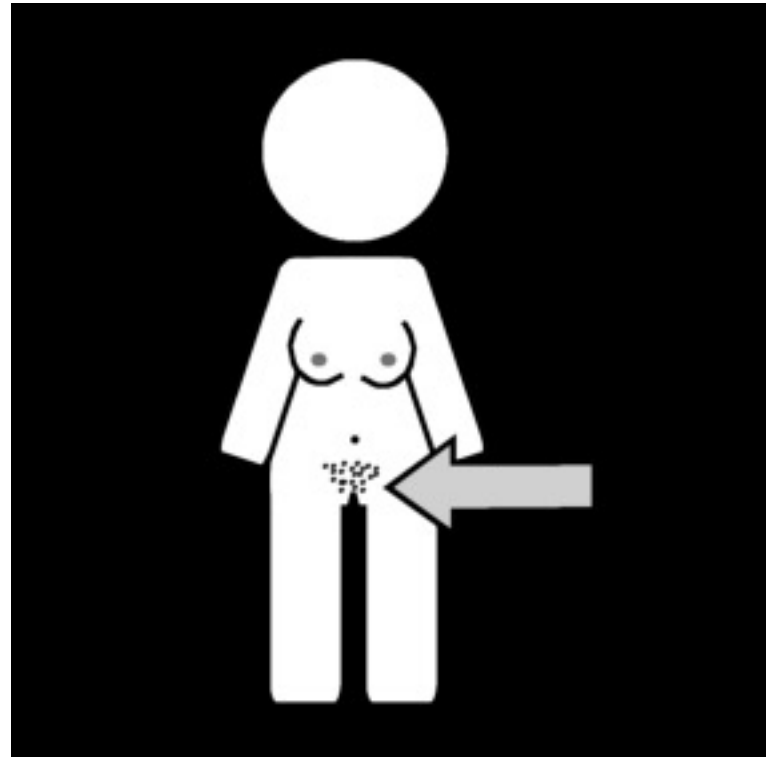


Period pain

Menstruation



Girls Menstruate



Vagina



Blood flows



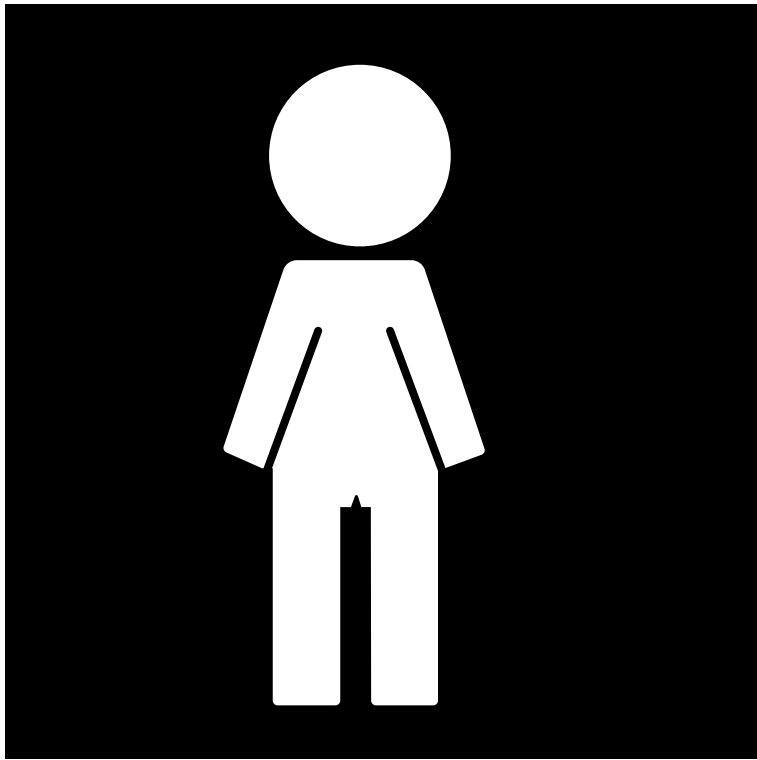
Pad



Pad in trouser



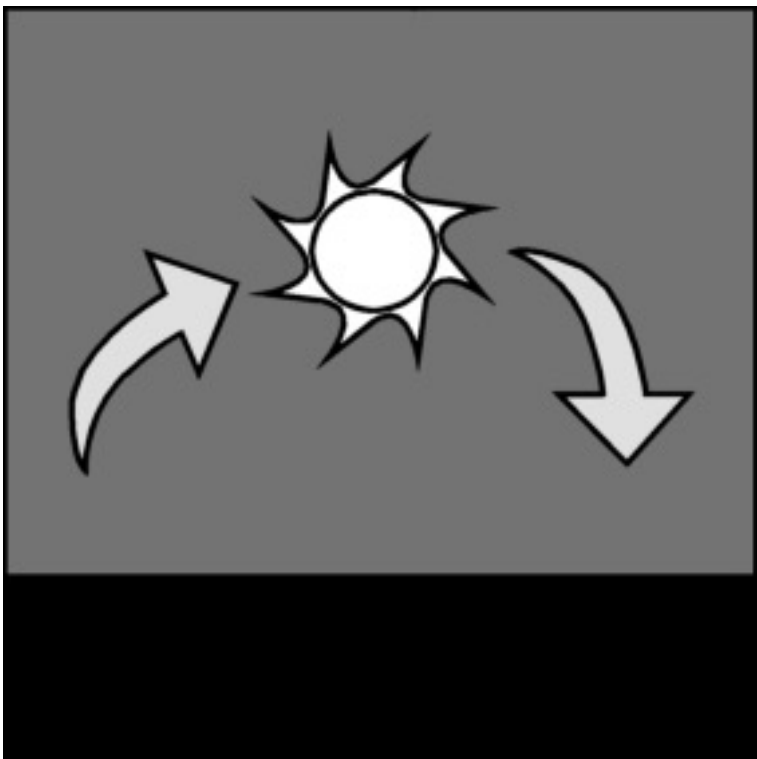
Blood in pad



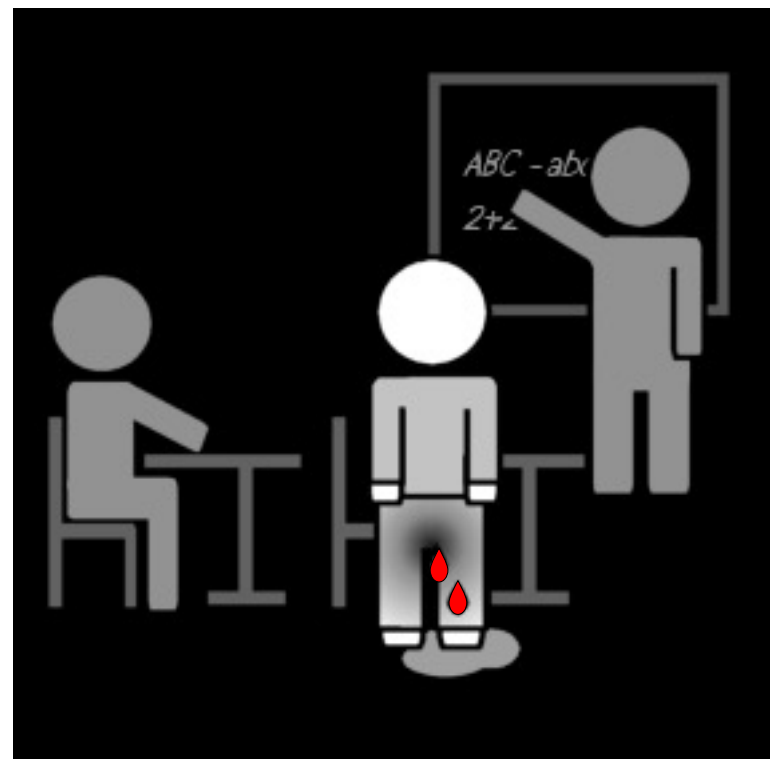
Healthy body



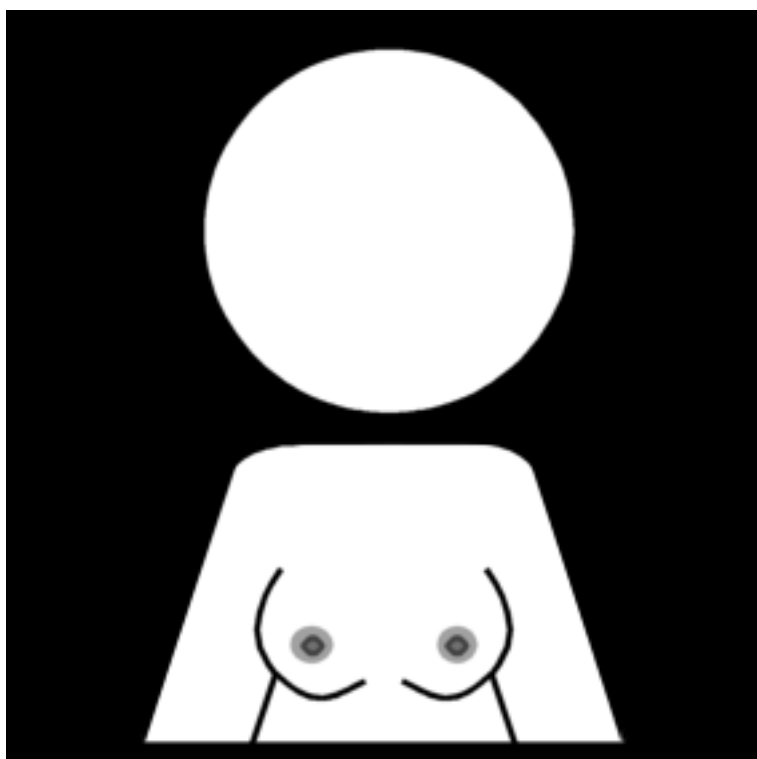
Every month



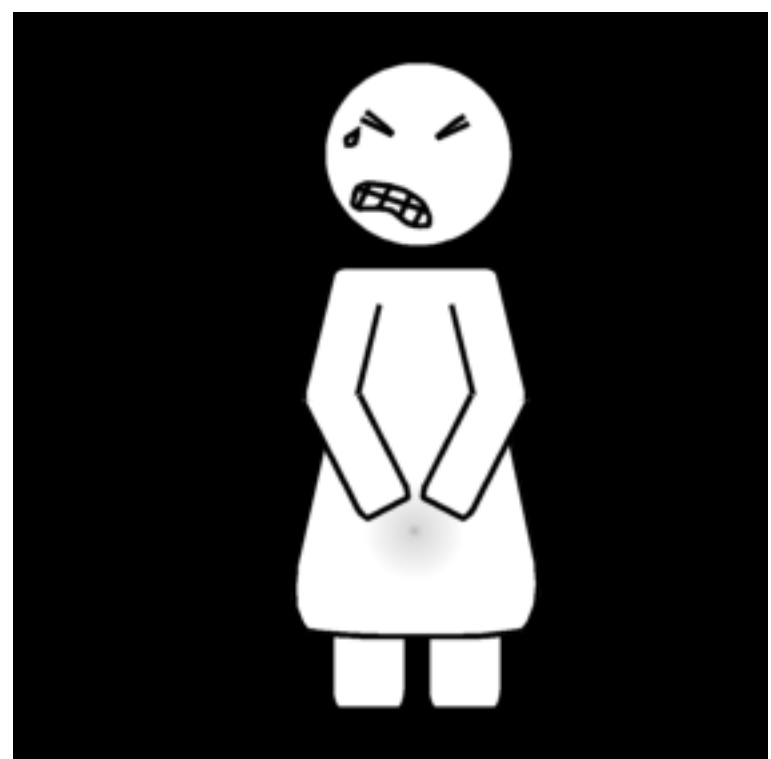
Few days



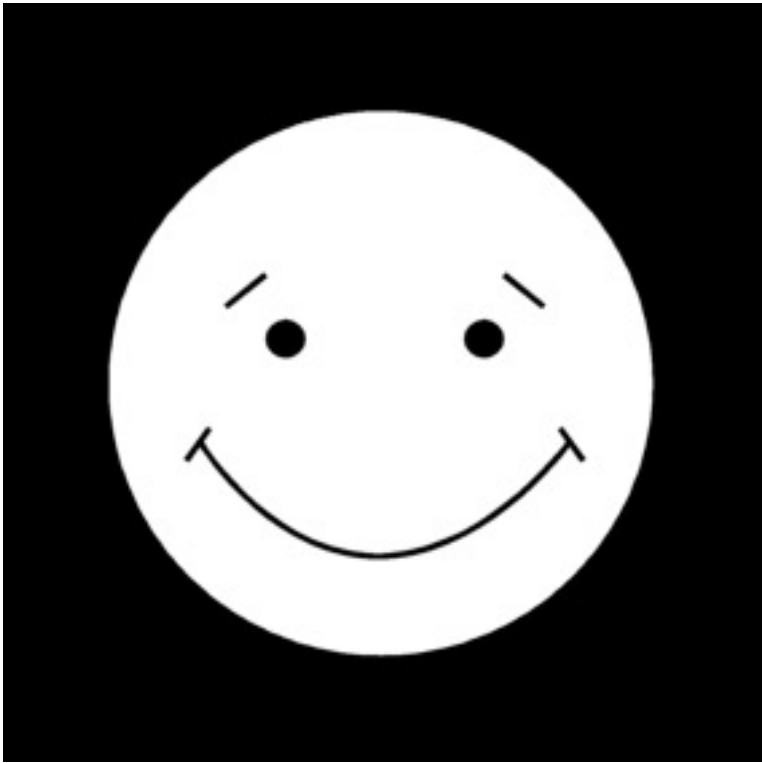
Seepage of blood



Sore breasts



Period pain



Feel good



Blood = clean



Change pad

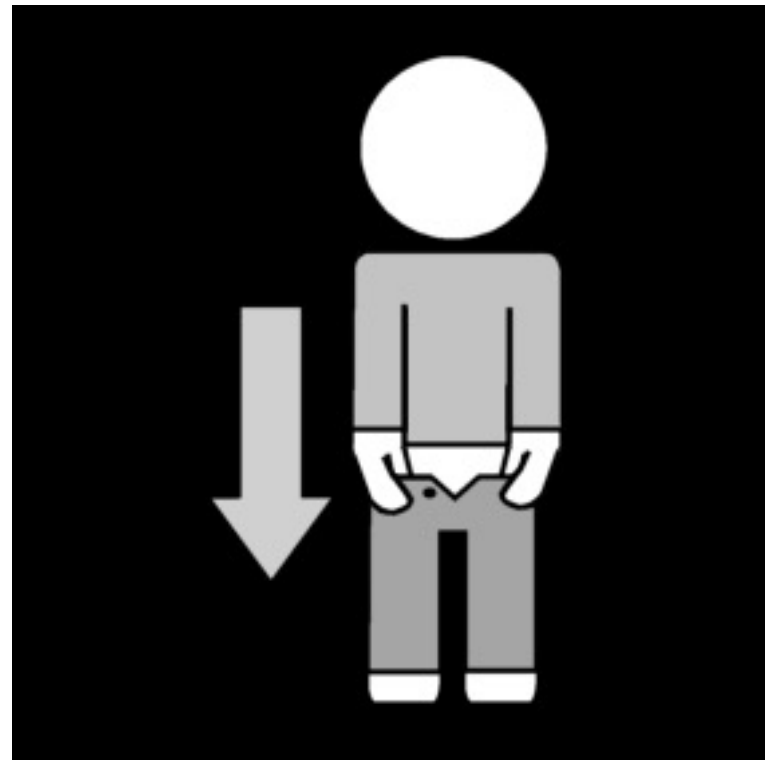


Private

Changing your pad



Toilet



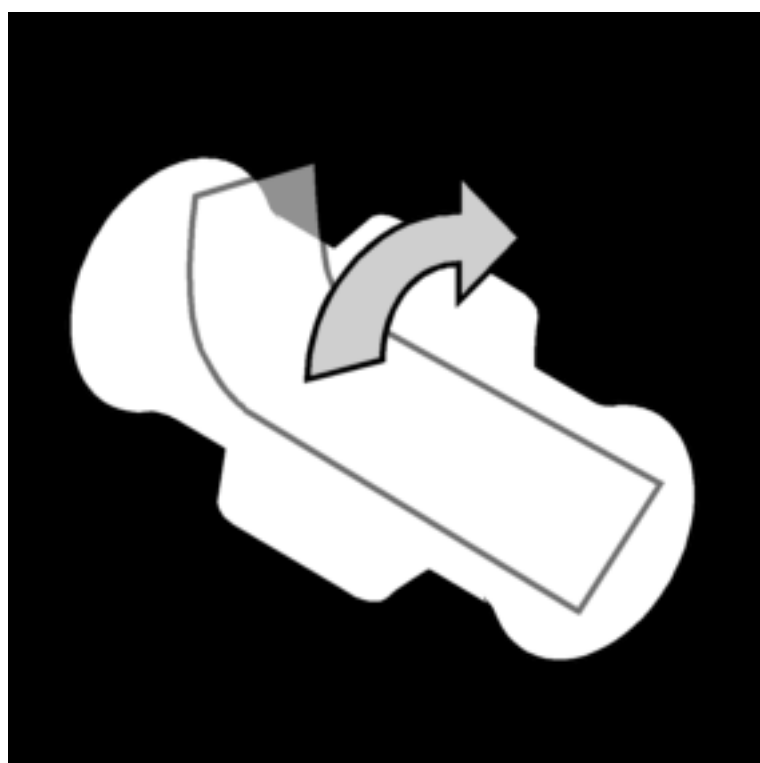
Pants down



Sit down



Take a pad



Remove wrapper



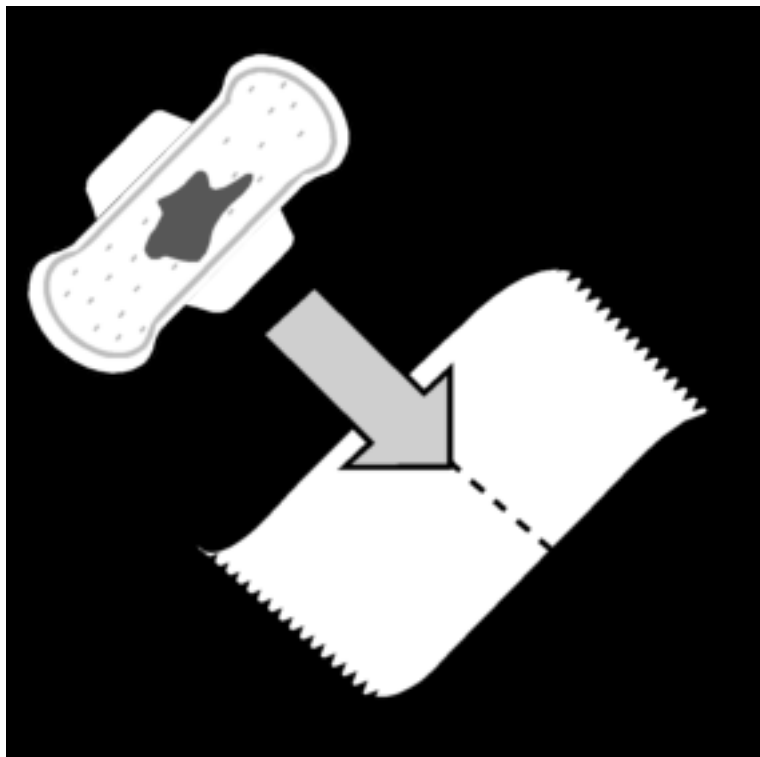
Attach to underwear



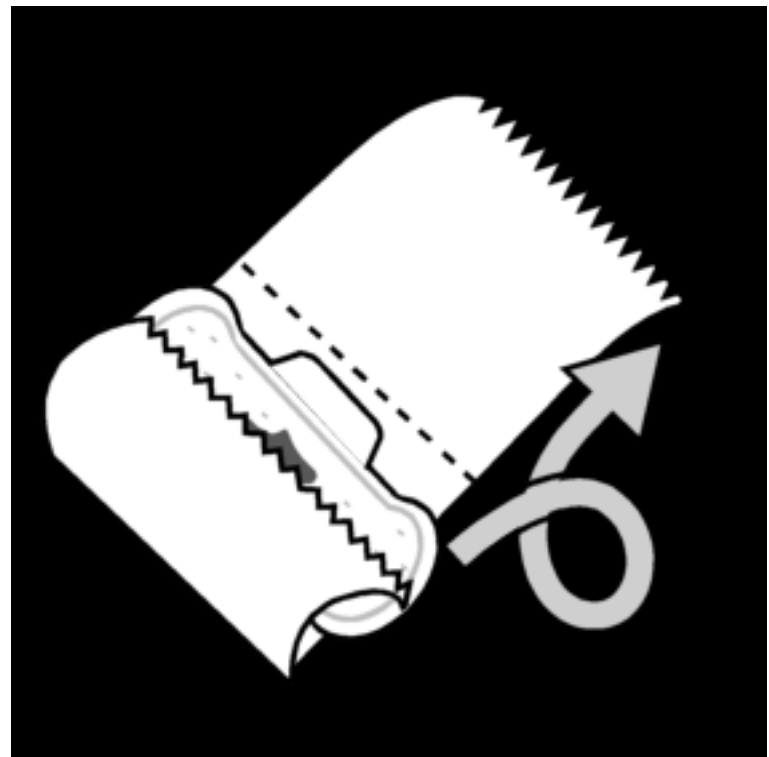
Pad full



Remove pad



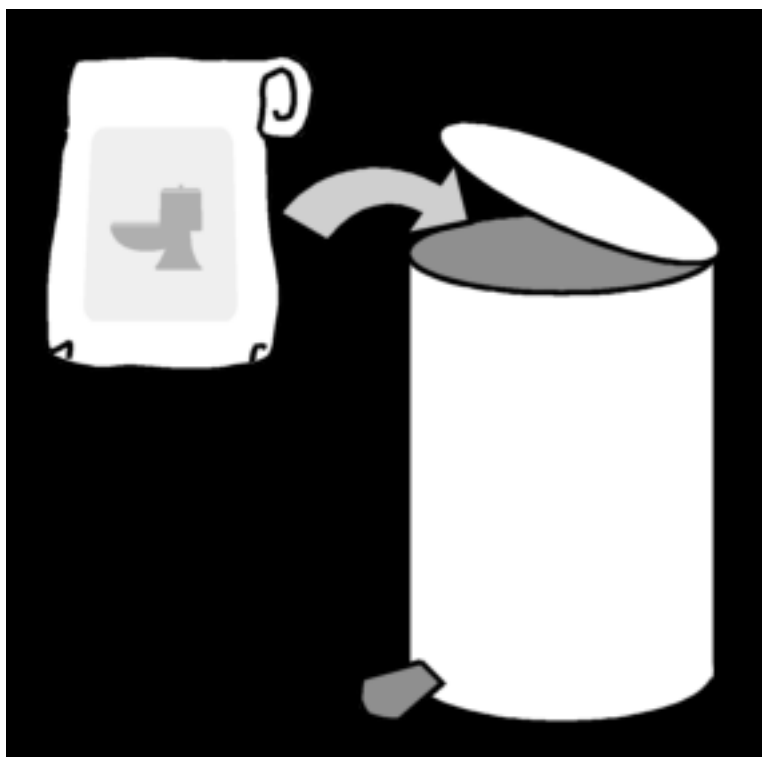
Wrapping paper



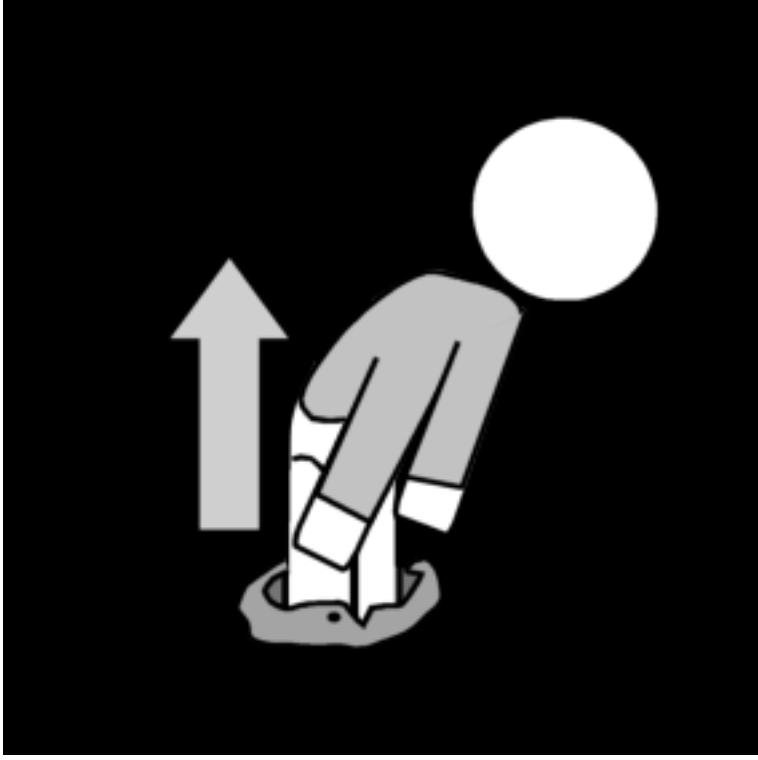
Wrap paper around



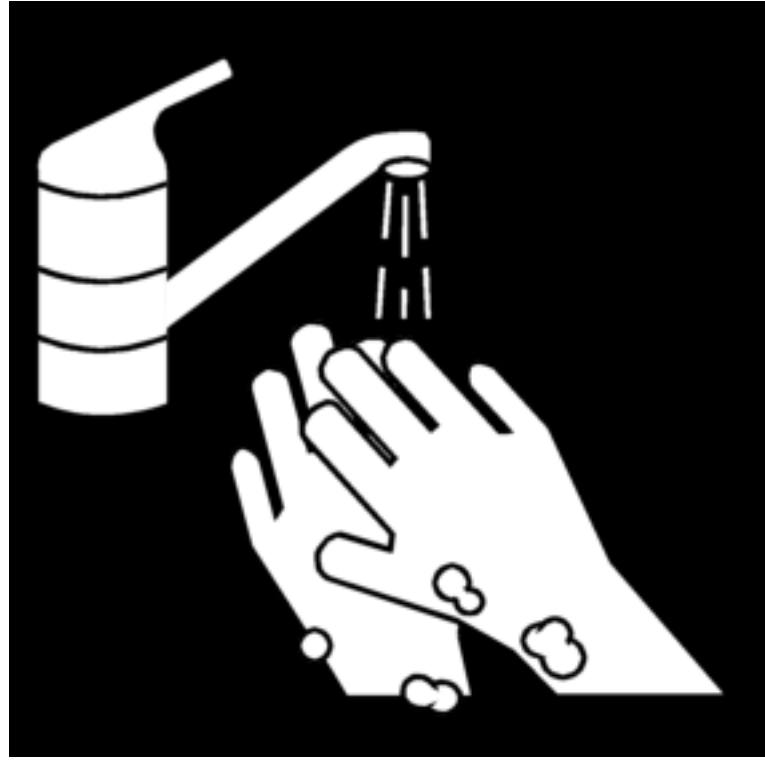
Don't flush away



Trash can



Pants up



Wash hands

Myths and Facts on Menstruation

MYTH

FACT



should not sleep with her husband as this would harm him.



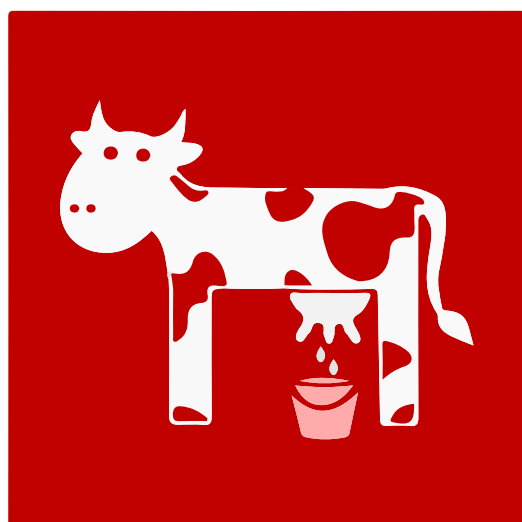
Engaging in sexual activity is not a problem during menstruation.



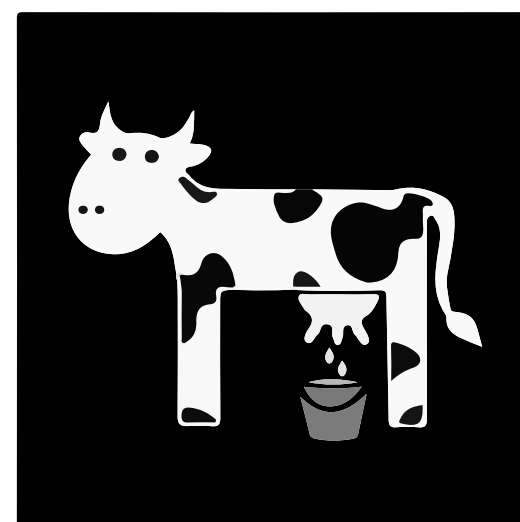
must not touch a holy book or say her prayers.



Some religions believe that a menstruating woman should not engage in prayers or any religious activity. There is no physical nor religious or emotional harm associated with doing so.



must not go near cows. If she does, it is believed that the cows will produce less milk and become ill.



There is no relationship between menstruation and milk production in cows.



MYTH



must not visit ill people or mothers with new-born babies. This would bring harm or cause illness.

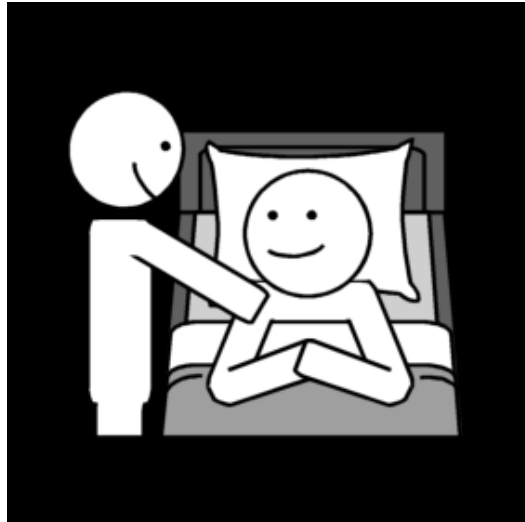


must not touch the container where rice is stored. This would destroy rice production and bring bad luck to the family.



should not leave her home because she may be attacked by evil spirits which can make her infertile.

FACT



There is no relationship between menstruating and bringing harm to ill people or new born babies.



There is no relationship between menstruating and rice.



If a person is experiencing too much menstrual pain or discomfort, the person can rest at home. Menstruating women are free to move around and leave the house if they would like.



MYTH



Should not go to school as she is dirty and unclean

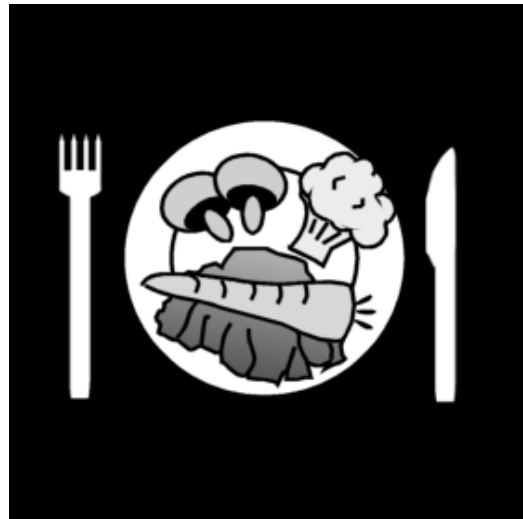
FACT



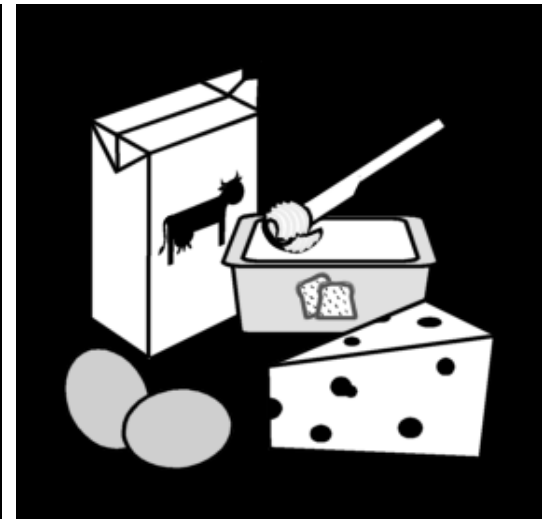
It is important to continue going to school when menstruating.



Should not drink milk or eat eggs as they will smell bad



It is important to eat nutritious food when menstruating like milk and eggs.



Do and Don't while having menstruation pain

DO



Take paracetamol or ibuprofen, diclofenac or naproxen after your meal when you experience serious pain

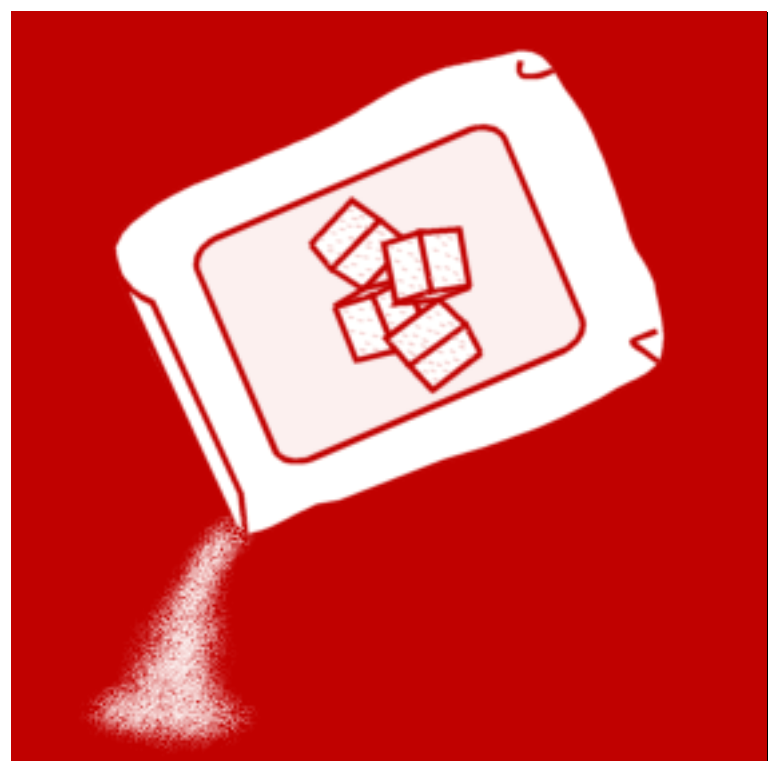
DON'T



Take tea, coffee, coke.



Put a heat pad or hot water bottle (wrapped in a towel) on your tummy or on the back.



Take too much sugar.



Take a warm bath or shower



Take too much salt.



Take lemonade or herbal tea.



Eat too spicy food.



Eat leafy greens.

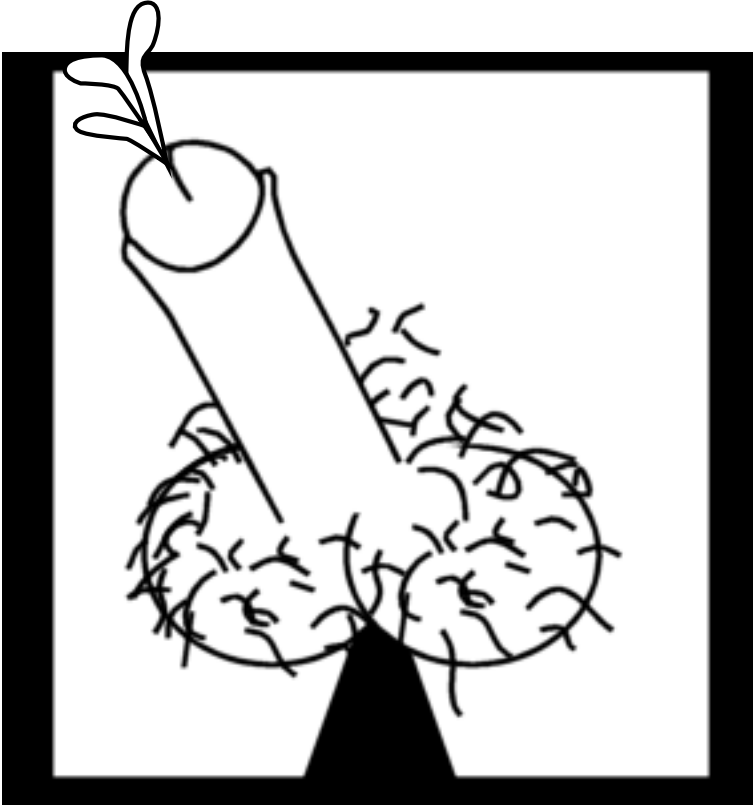


Eat whole grains.



Move your body.

Reproductive health



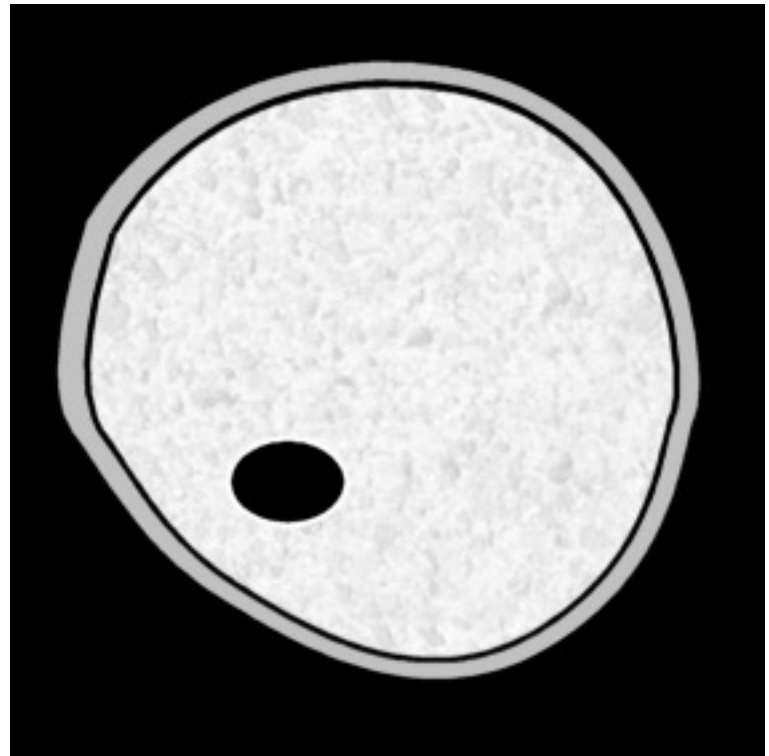
Erection



Sperm



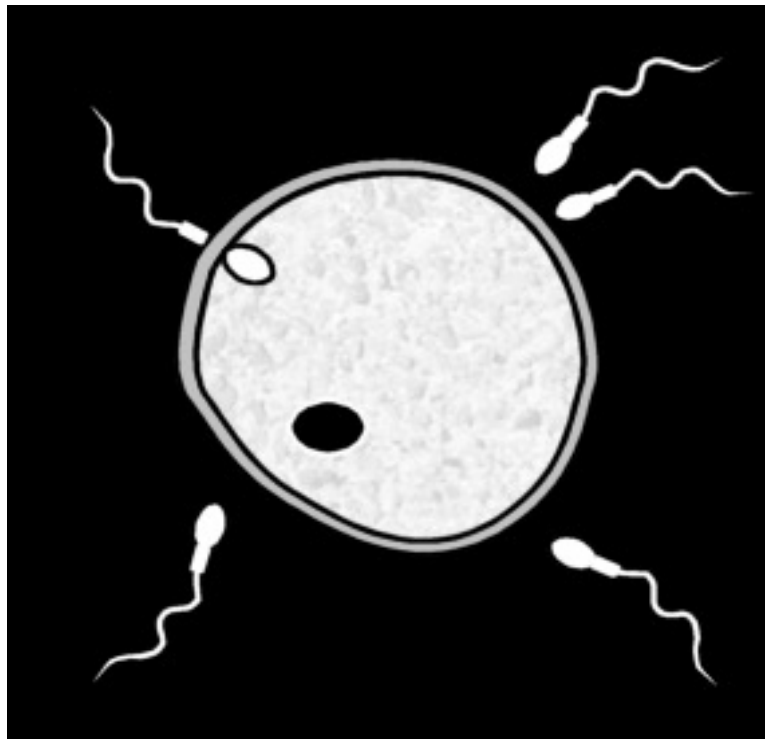
Vagina



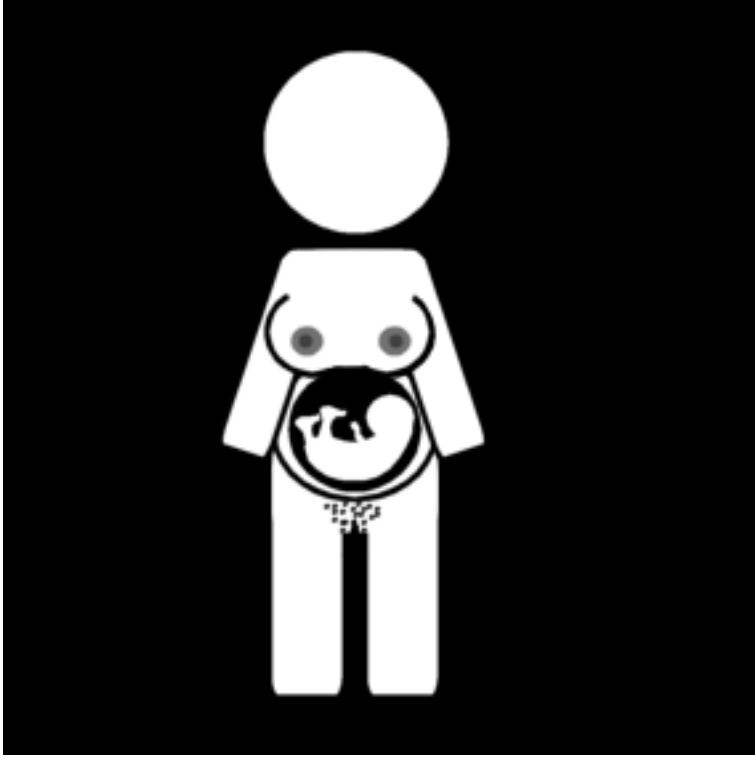
Egg cell



Make love



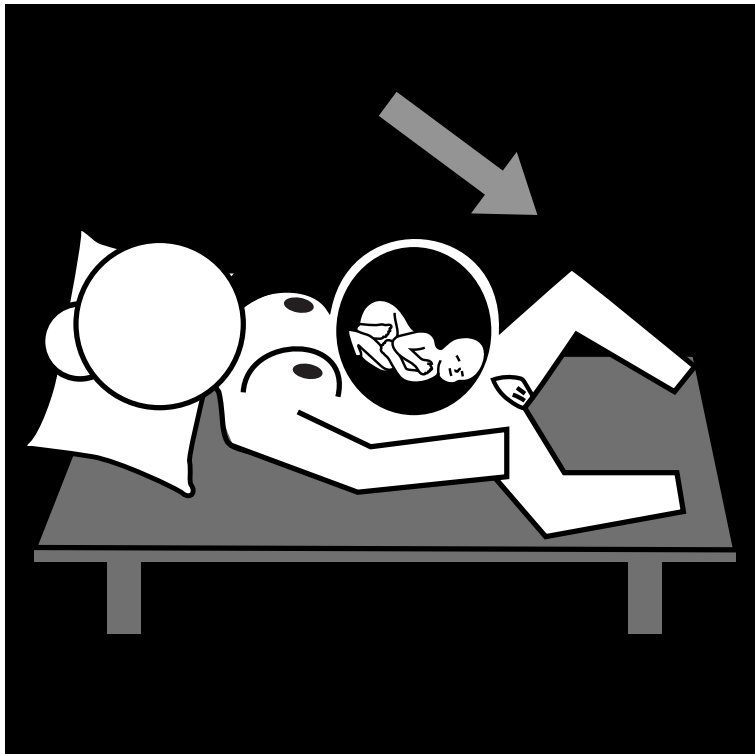
Fertilization



Pregnant



Contractions



Child- bearing

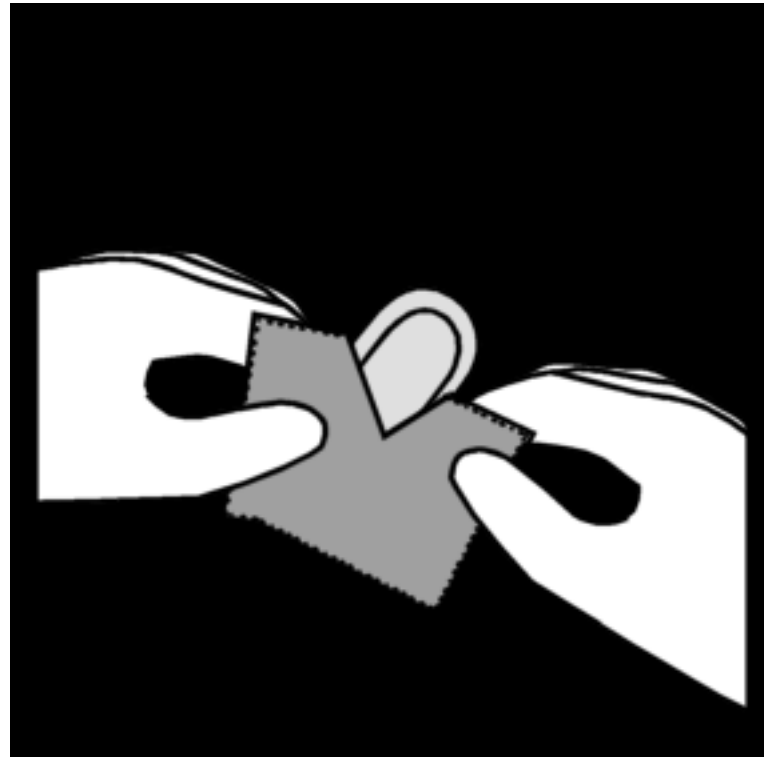


Caesarean section

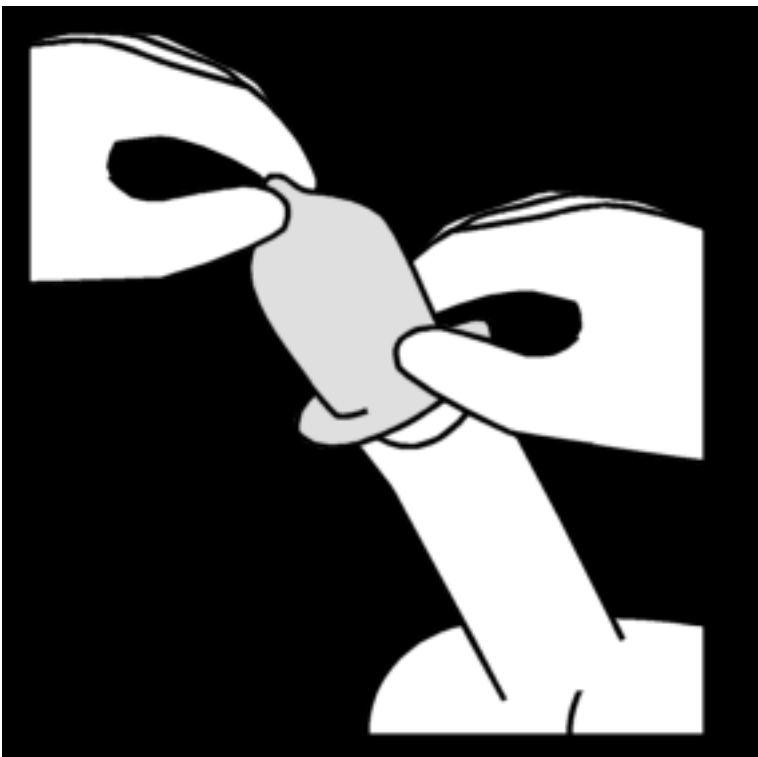
How to place a condom



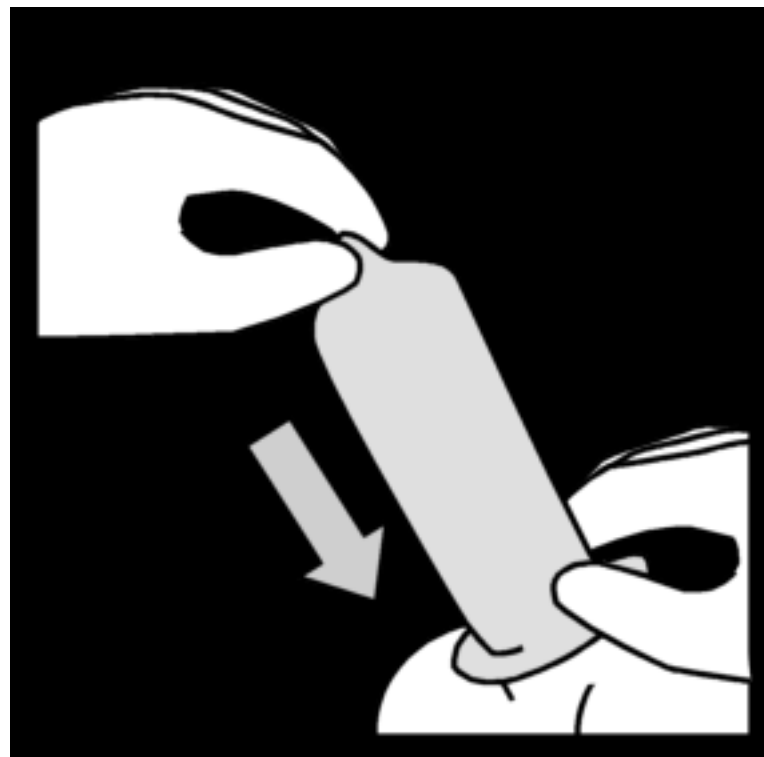
Condom



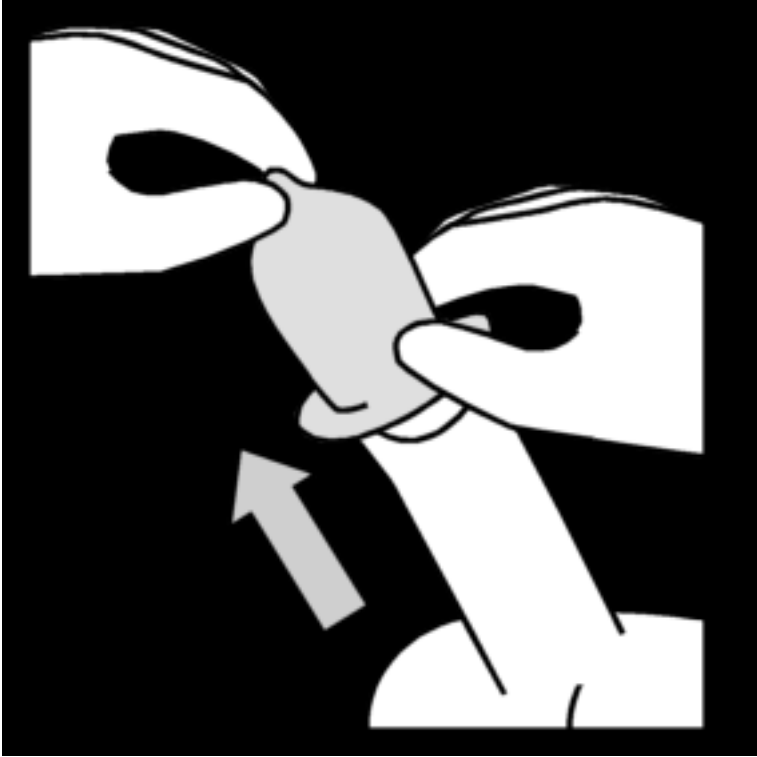
Take it out the package



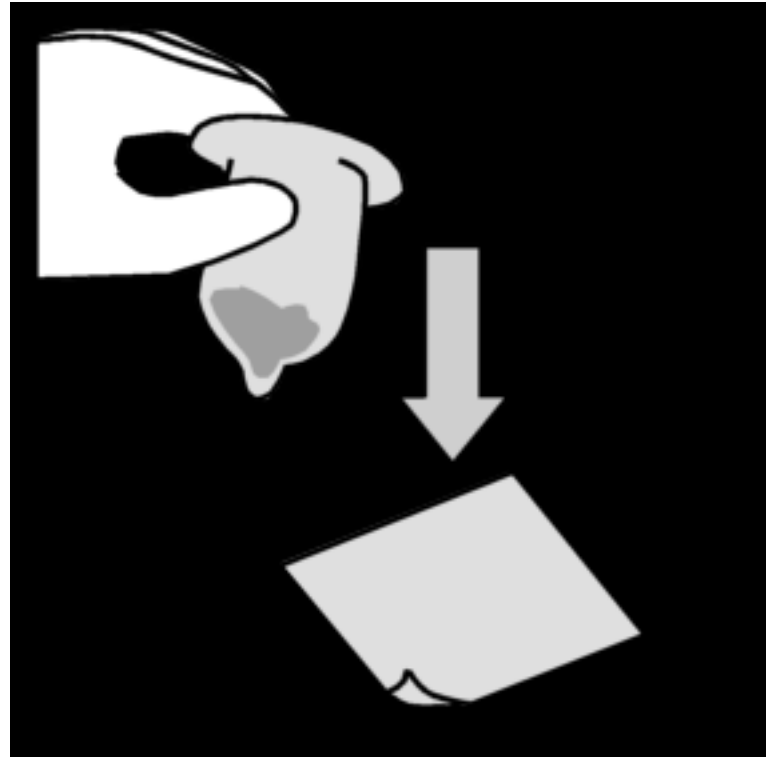
**Hold on to the tip and unroll it on a
erected penis (the holding at the tip
should be done immediately)**



**unrolled to the base of the
penis, hold the tip to leave
some extra room.**



After using take it off



Put it in some paper



Throw it in the trash can.

Sexual violence



Private parts



Put their hands in your trouser



Touch your private parts



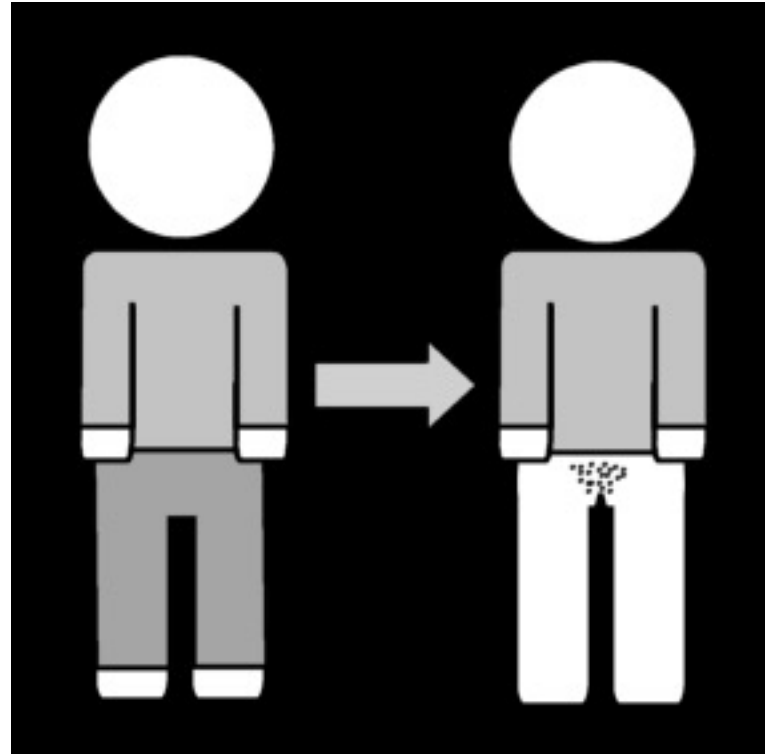
Touch your private parts



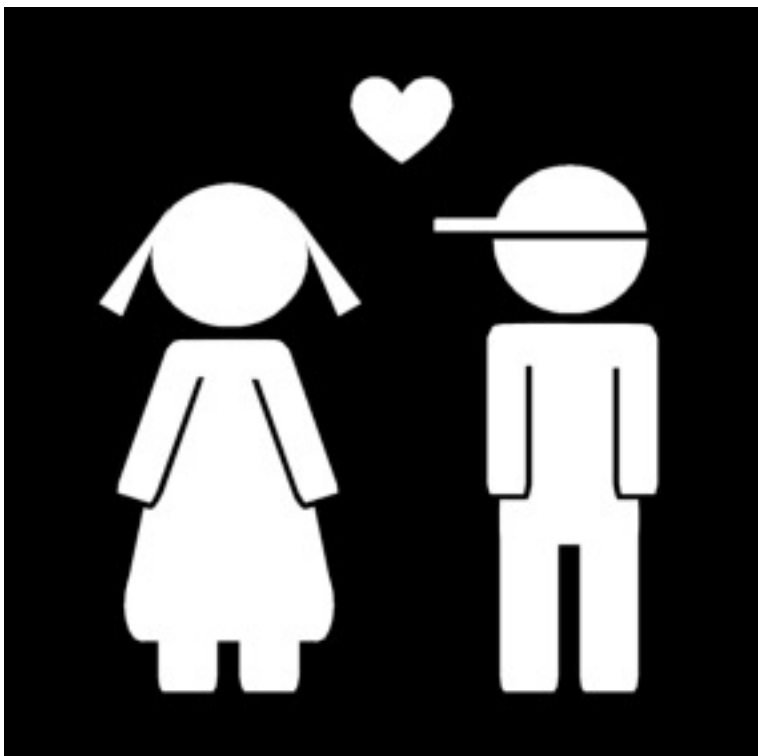
Touch your breasts



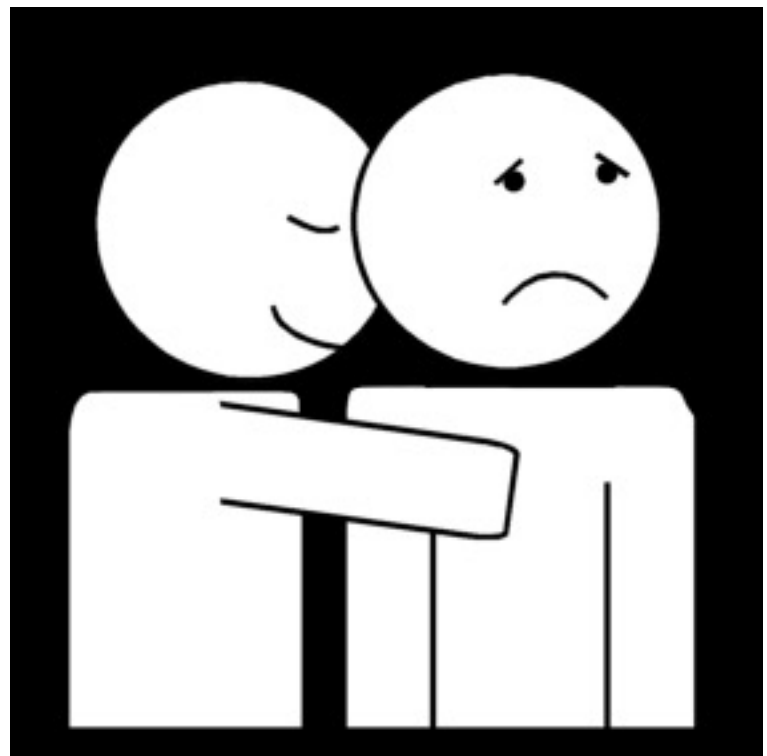
A hug by your caregiver



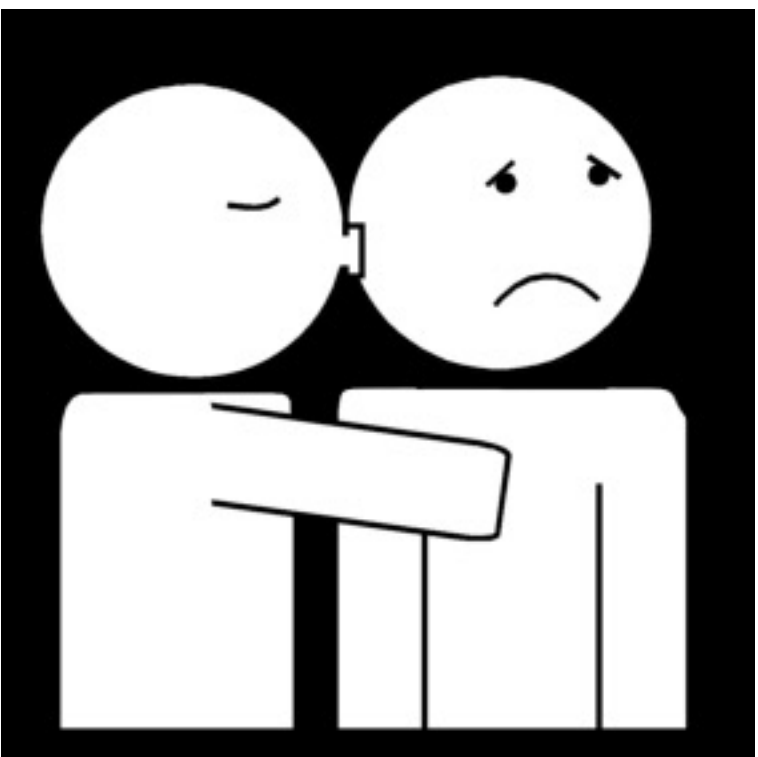
Watching while dressing



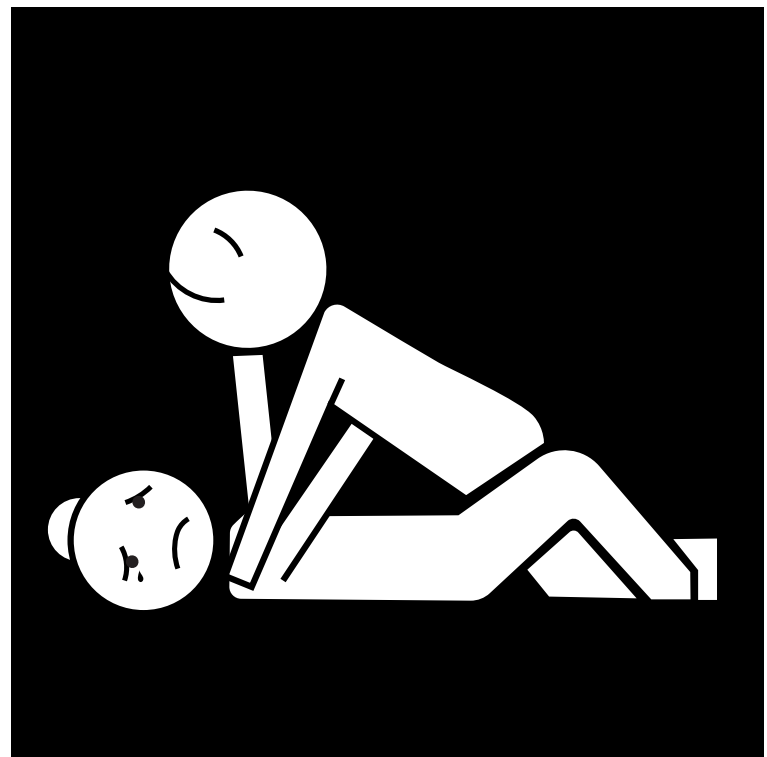
Talk about sex



An unwanted hug



An unwanted kiss



rape



Anal sex



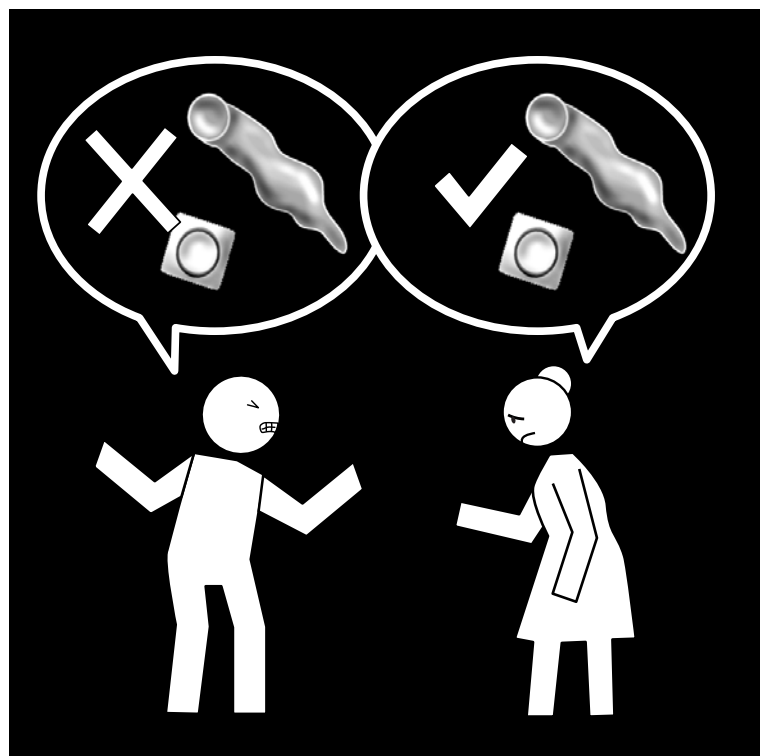
Obligatory inspections for virginity



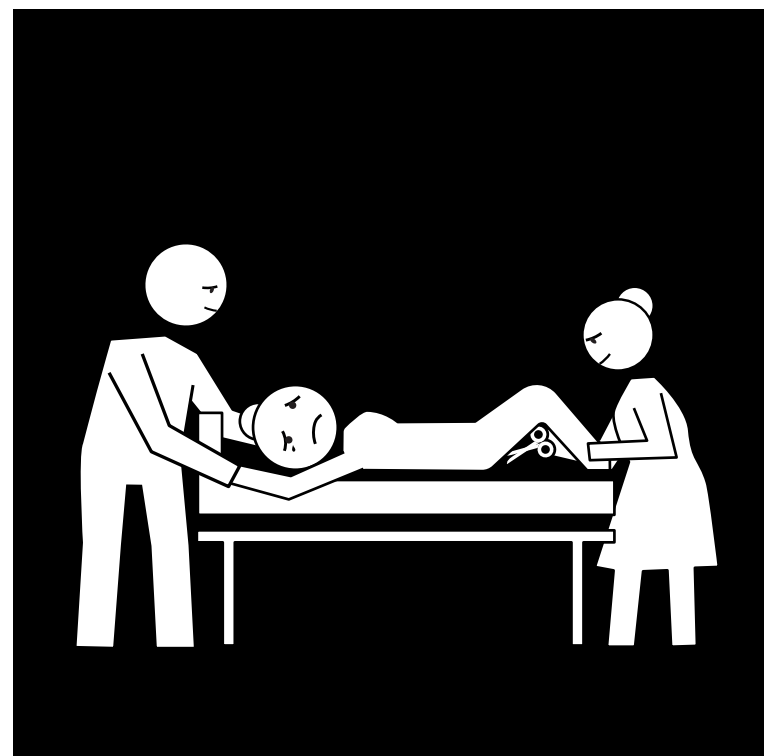
Forced cohabitation



Forced marriage



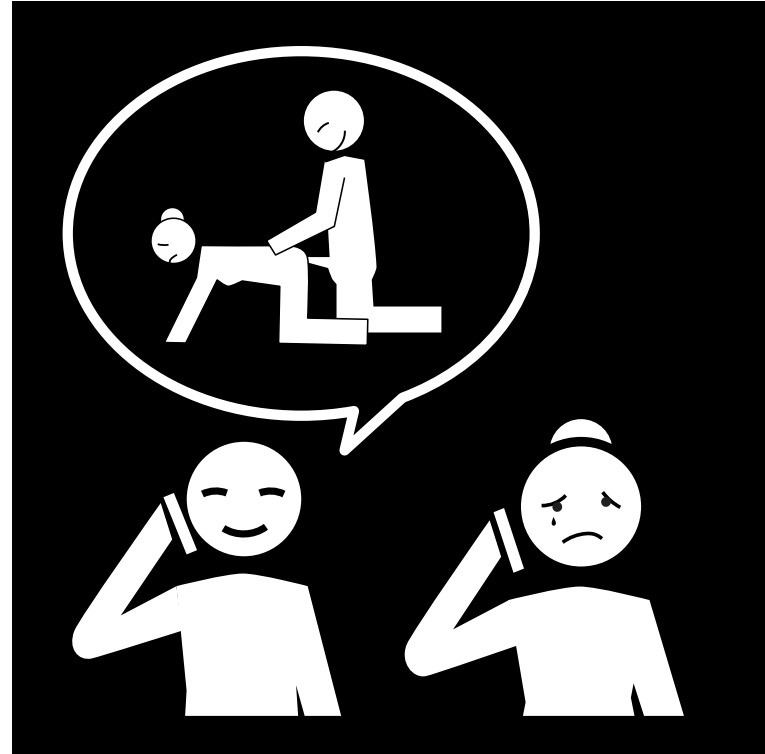
Denial of the right to use contraception



Forced abortion



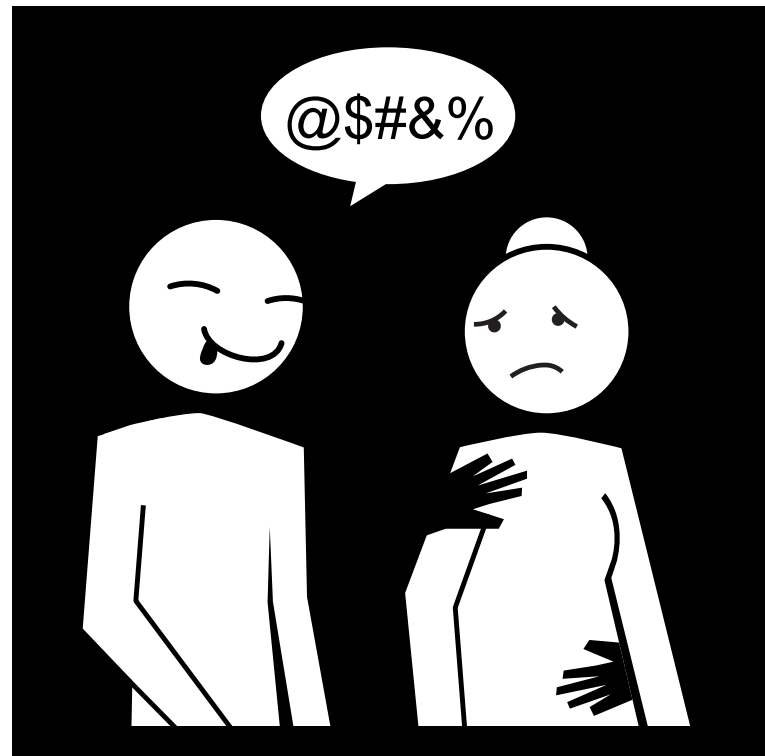
Forced oral sex



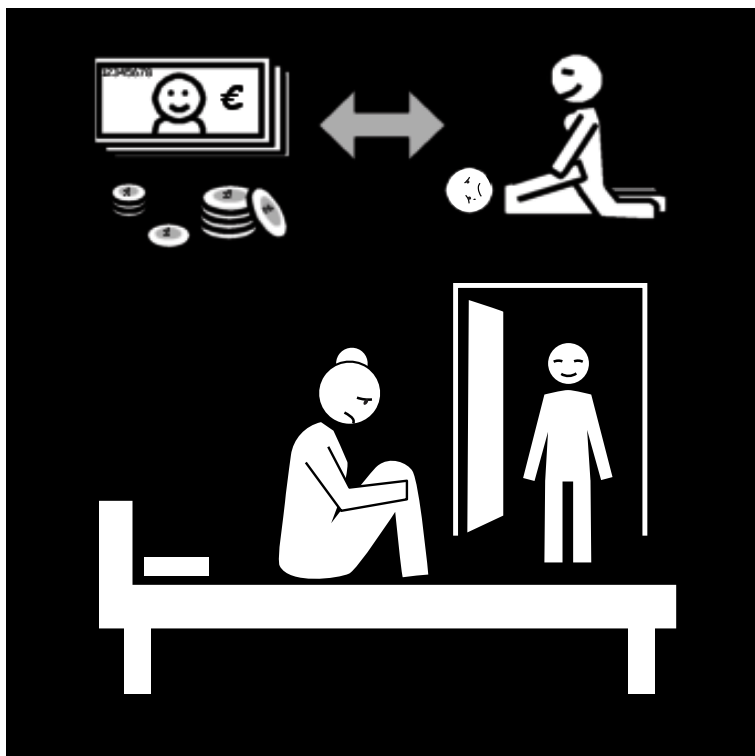
Sexual phone calls



Sending sexual videos



Verbal sexual harassment

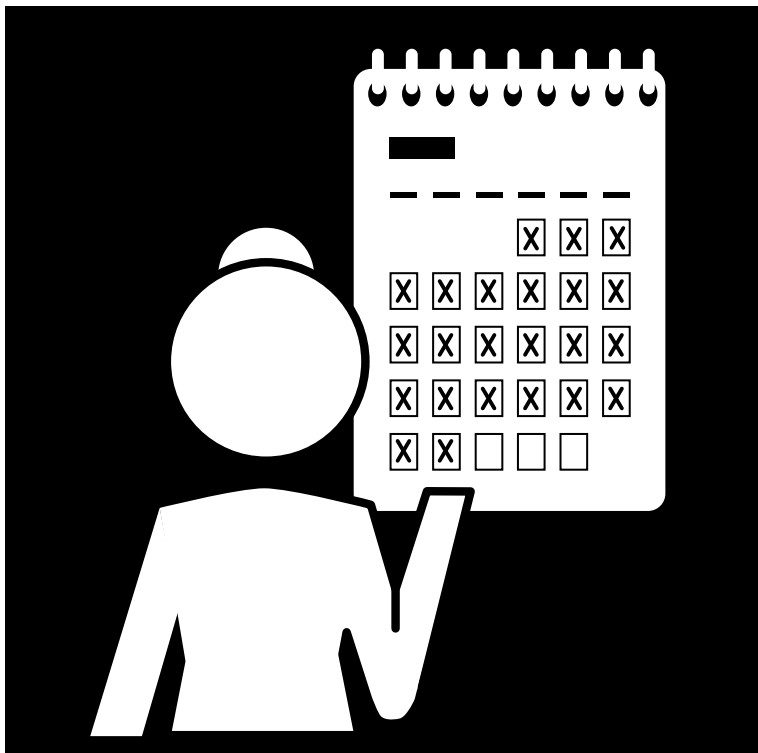


Forced prostitution and trafficking

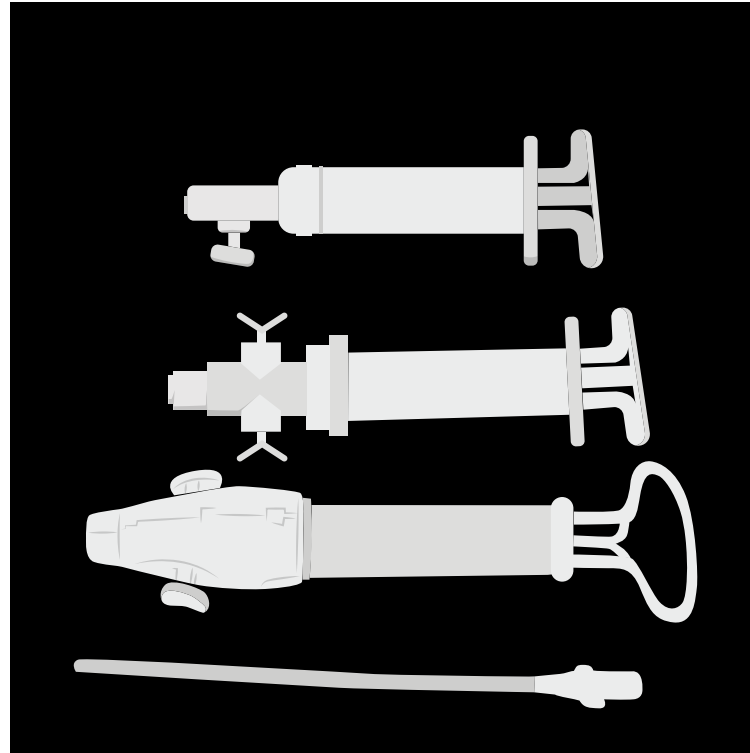


Acid violence

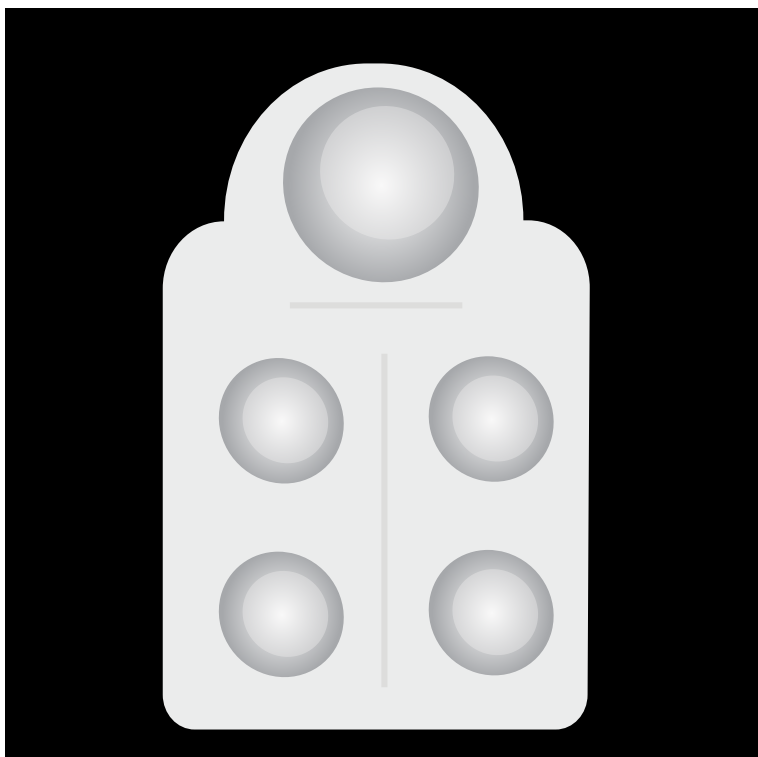
Menstrual Regulation (MR)



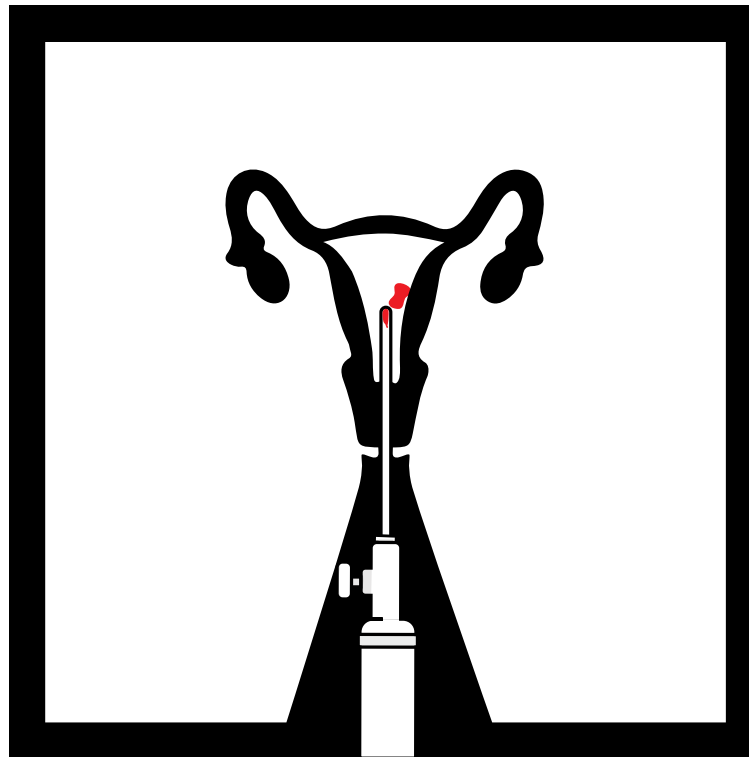
Menstrual regulation can be done within 10 - 12 weeks after a woman's last menstrual period.



Menstrual Regulation (MR)



Menstrual Regulation with Medication (MRM)

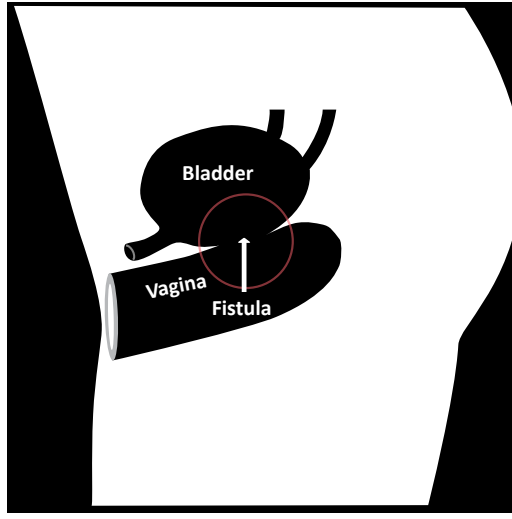


Post-abortion care (PAC)

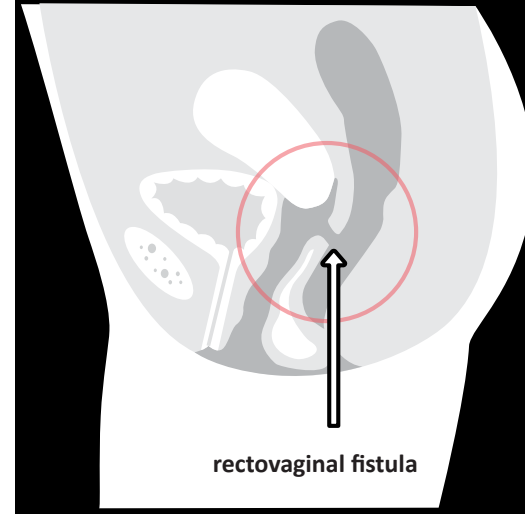
Obstetric Fistula



Prolonged, obstructed labour



Vesicovaginal fistula

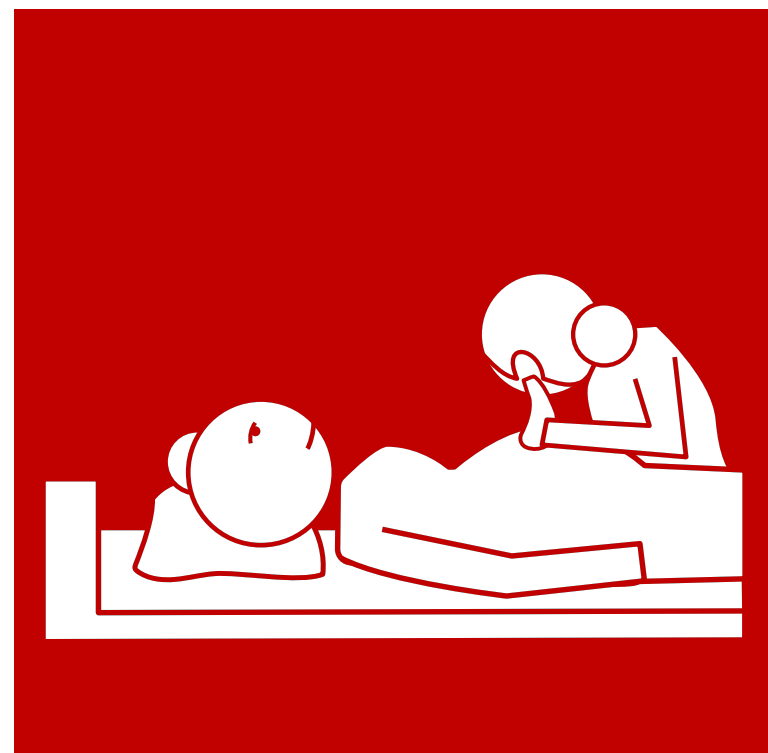


Rectovaginal fistula

How to prevent it:



Delaying the age of first pregnancy;



The cessation of harmful traditional practices;

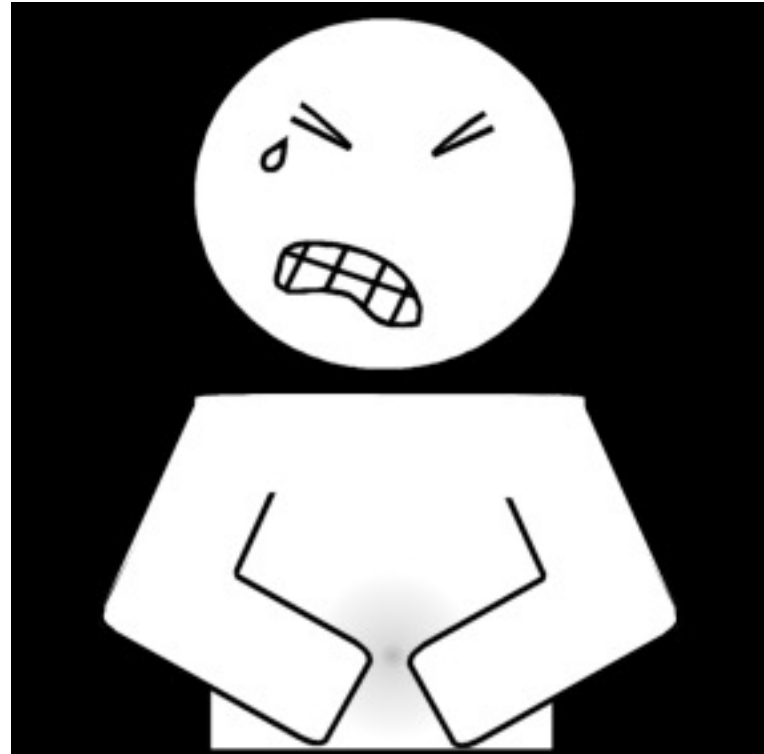


Timely access to obstetric care

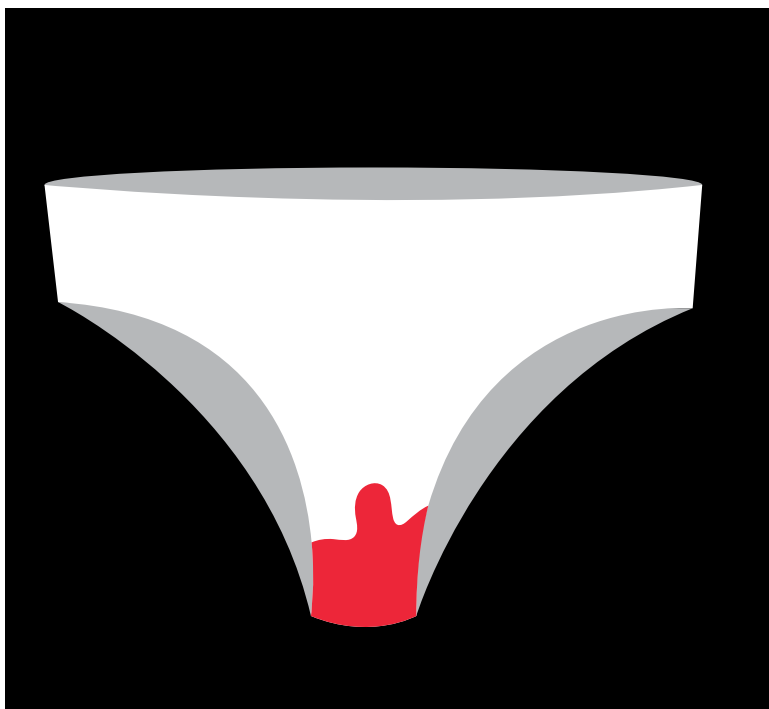
Safe Motherhood and Emergency Operations Center (EOC)



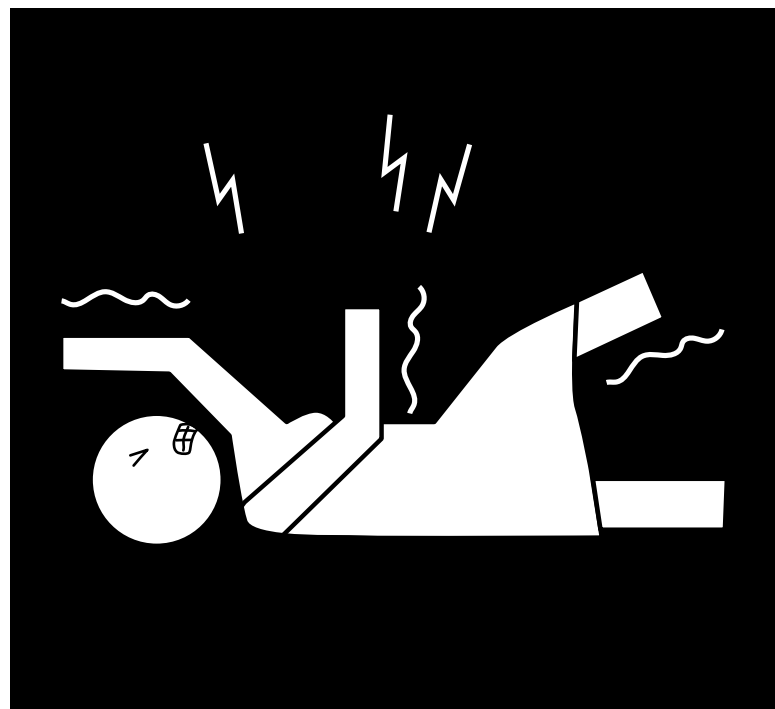
Severe headaches with blurred vision



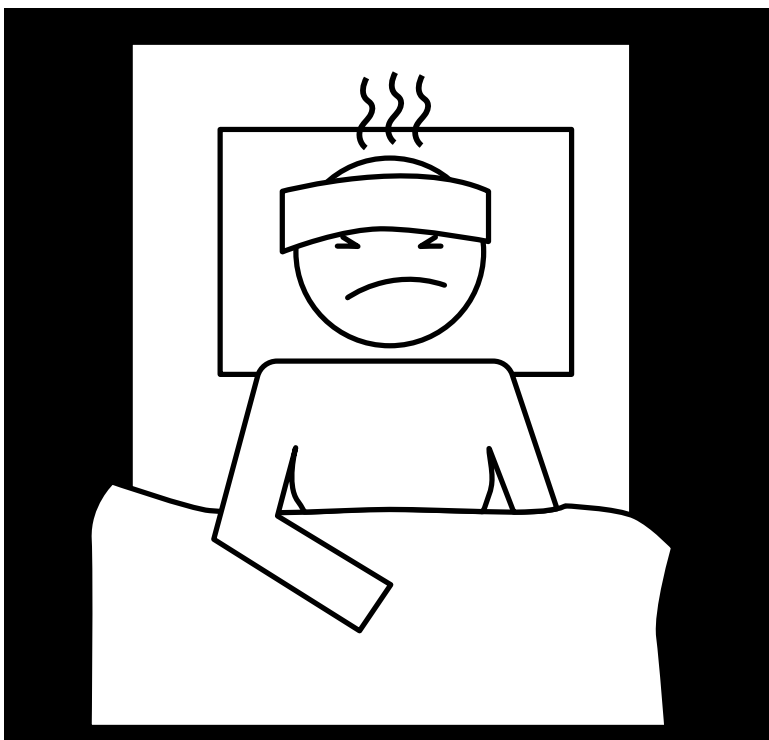
Severe abdominal pain



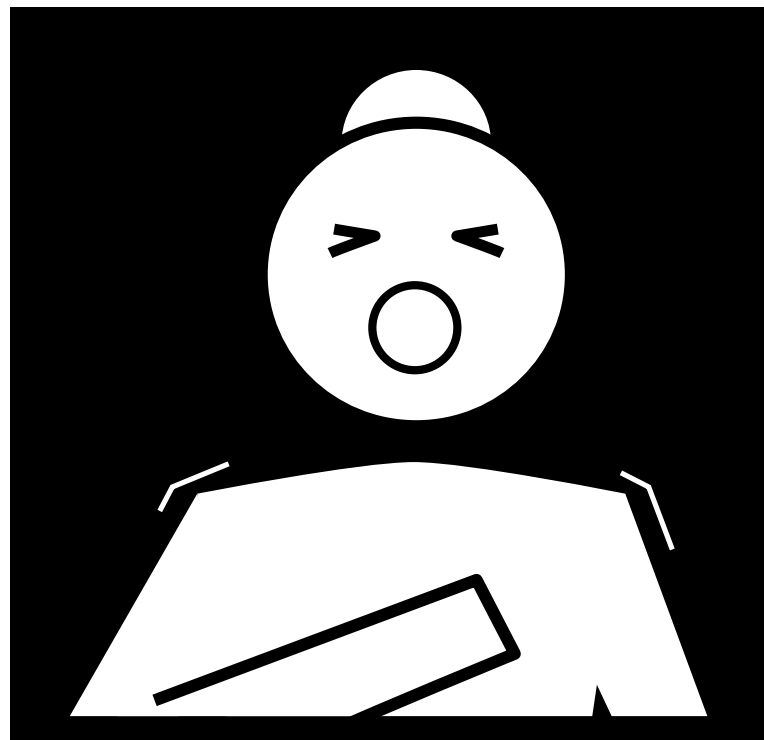
Vaginal bleeding



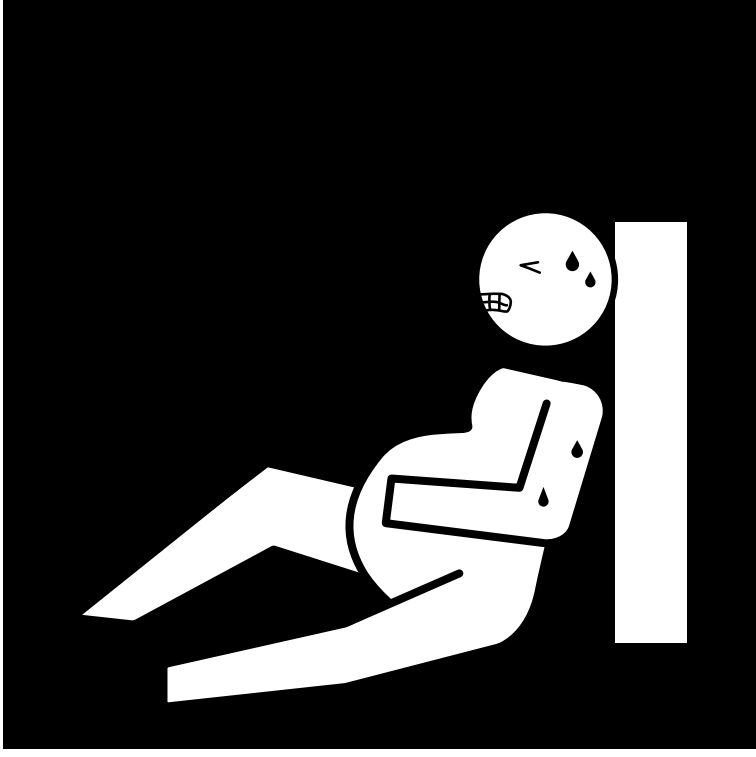
Convulsions/fits



Fever and too weak to get out of bed

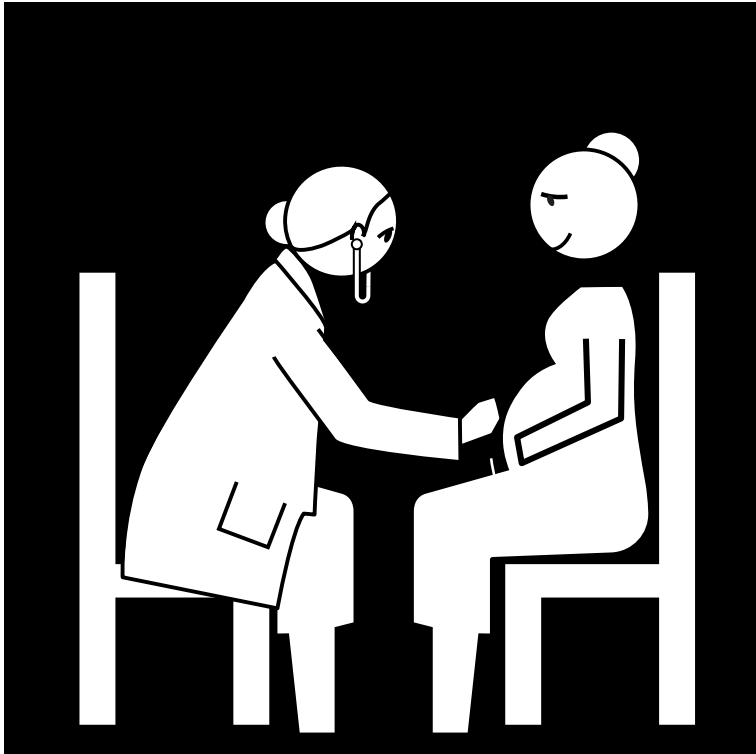


Fast or difficult breathing

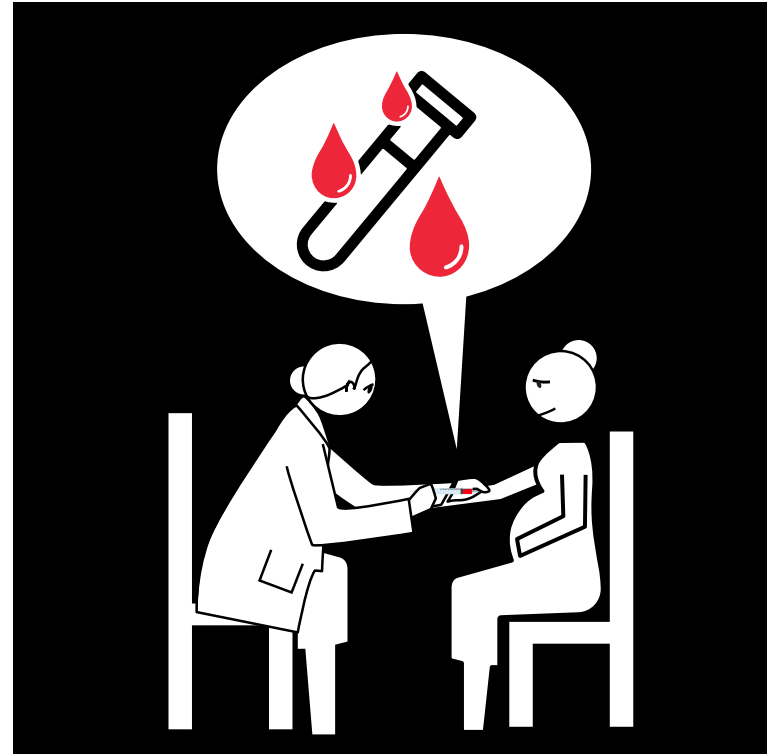


No progress in labour

Antenatal care (ANC)



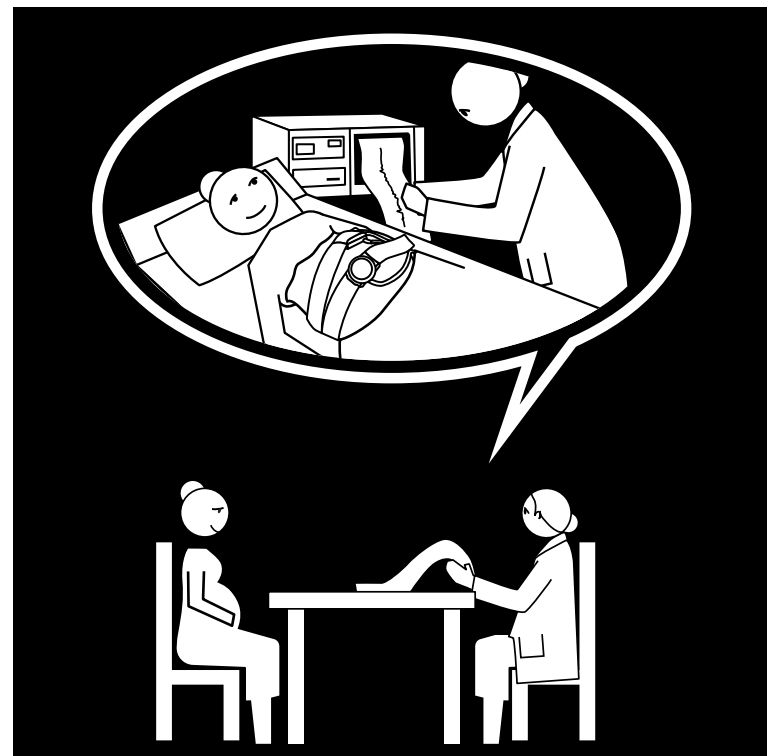
First Trimester



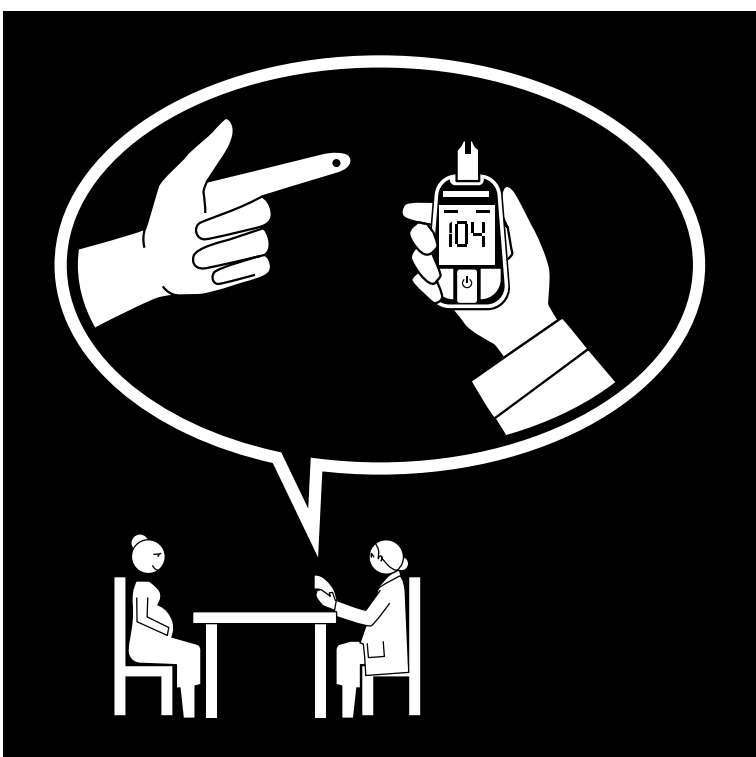
Second Trimester



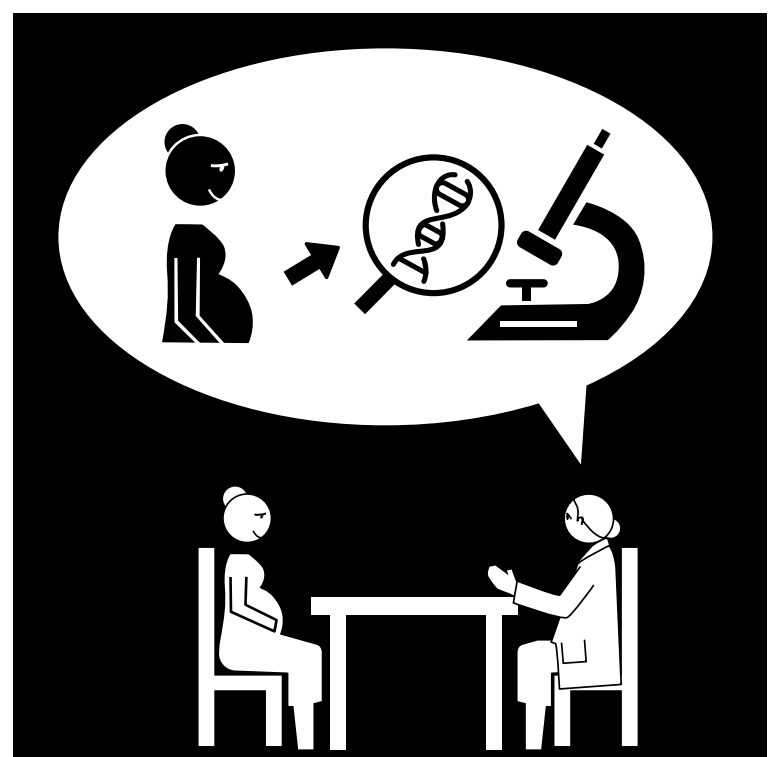
Ultrasound



Fetal Monitoring



Glucose Testing



Genetic Screening

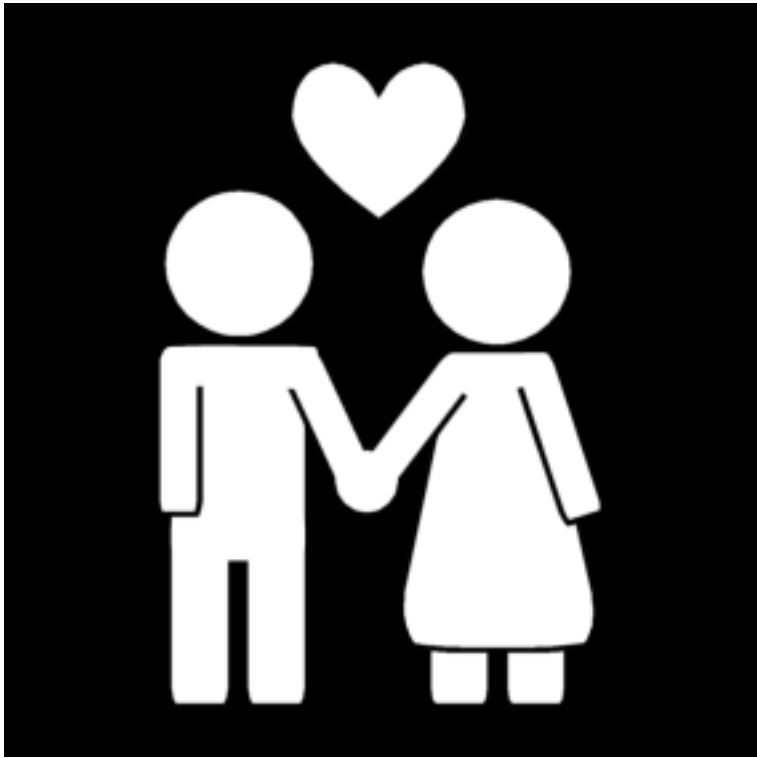


Amniocentesis



Chorionic Villus Sampling

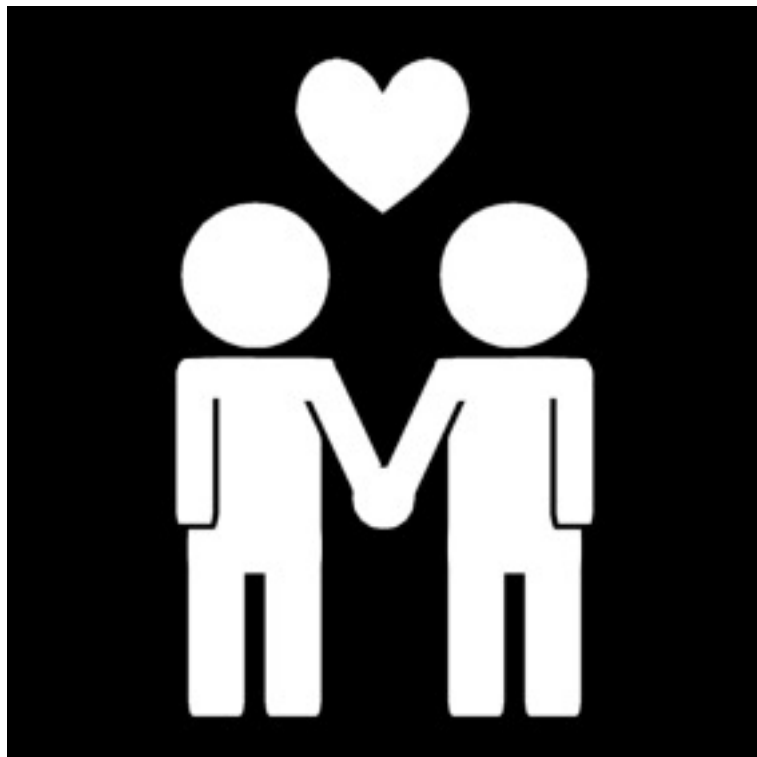
Gender and sexuality



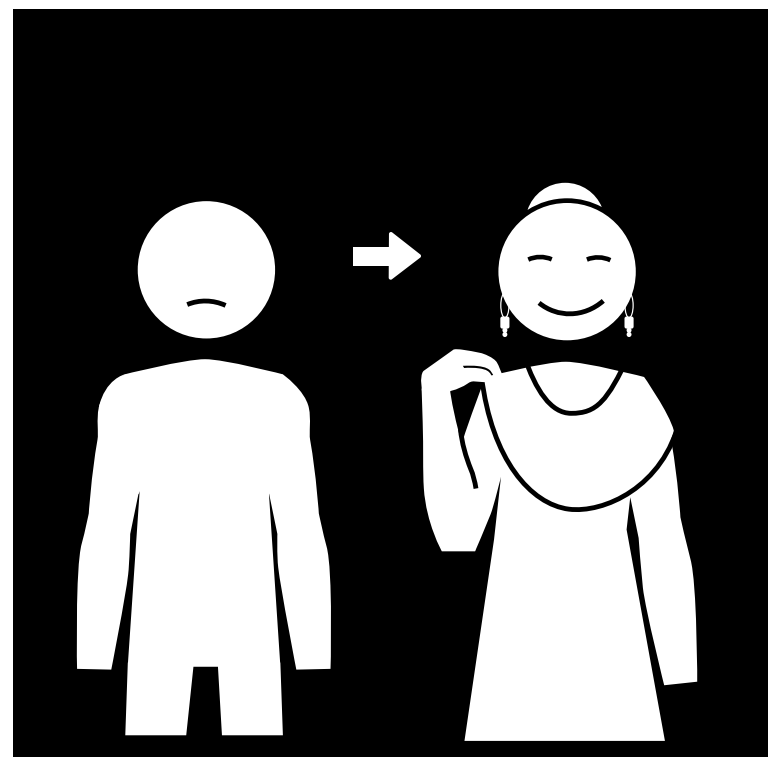
Heterosexual



Homosexual (woman)

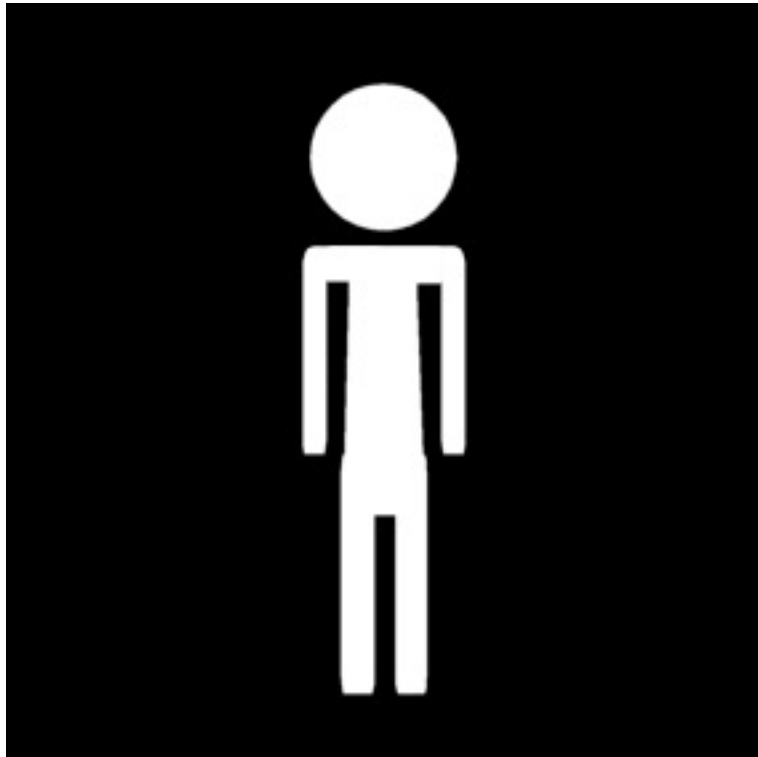


Homosexual (man)

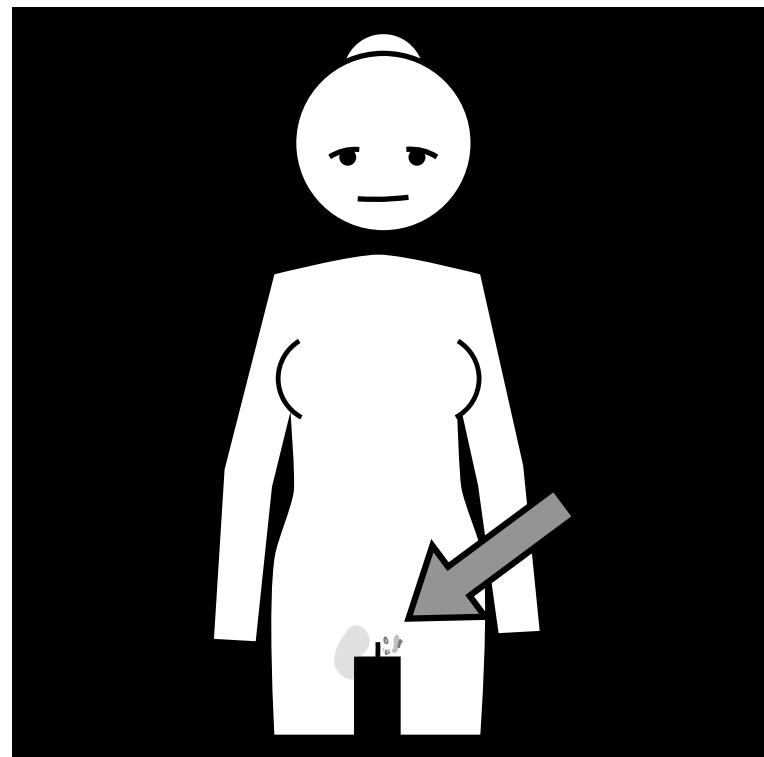


Transgender

Reproductive Tract Infections (RTIs)



Poor general health



Poor genital hygiene



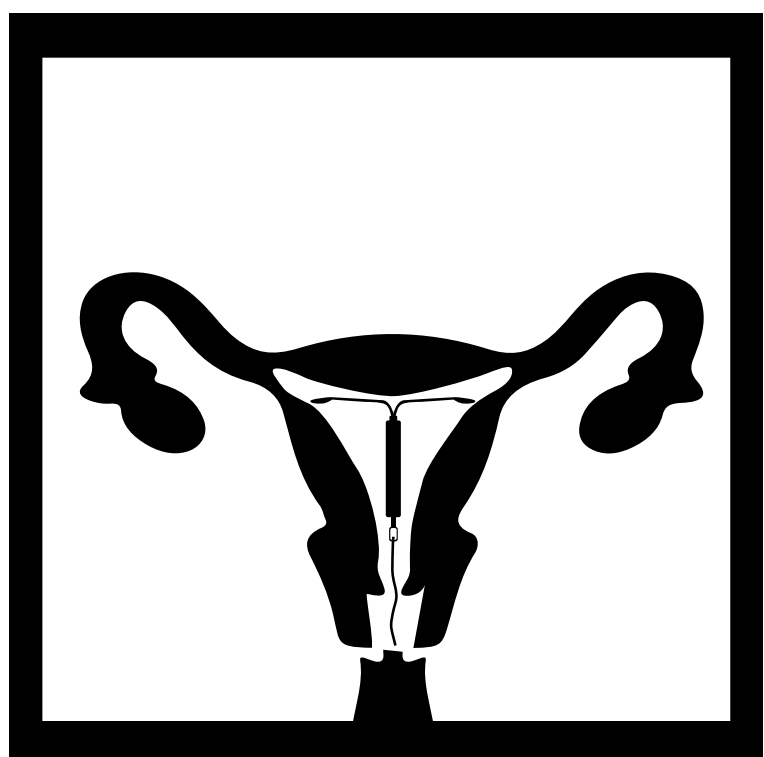
Unhygienic practices by service providers during delivery, abortion



Poor menstrual hygiene

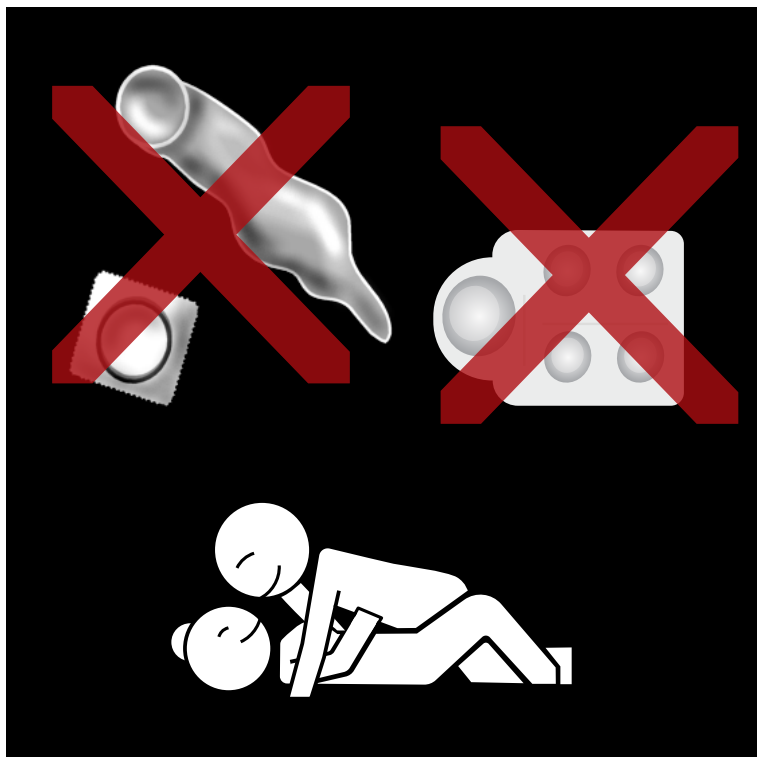


Poor nutrition

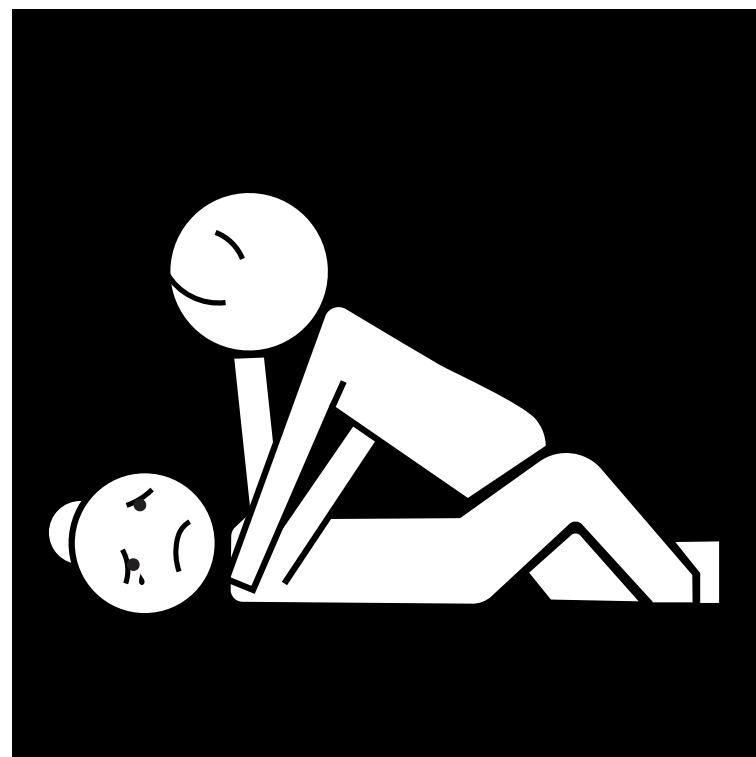


Intrauterine contraceptive device (IUCD) insertion in women

sexually Transmitted Diseases (STDs)



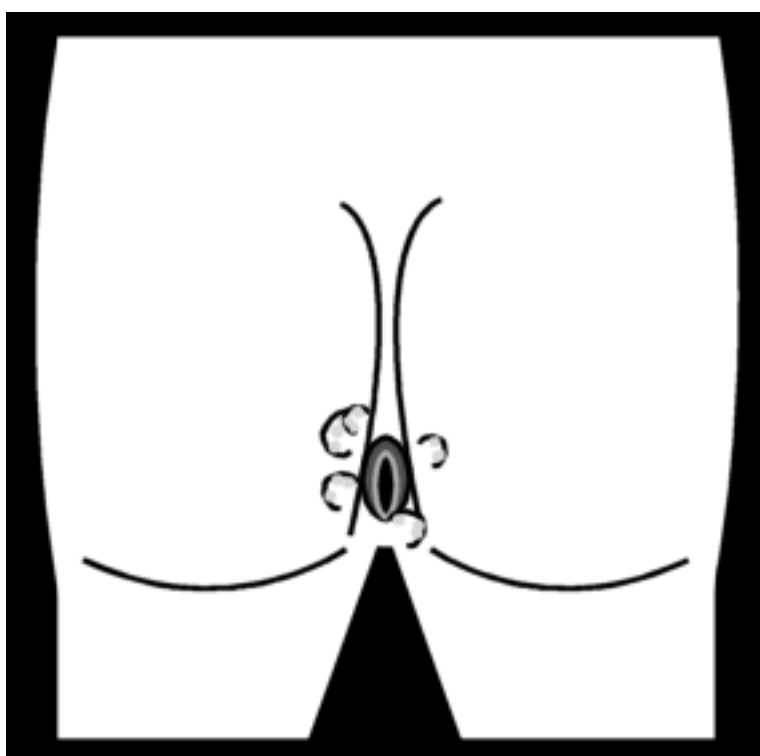
Not using contraceptives



Forced sex

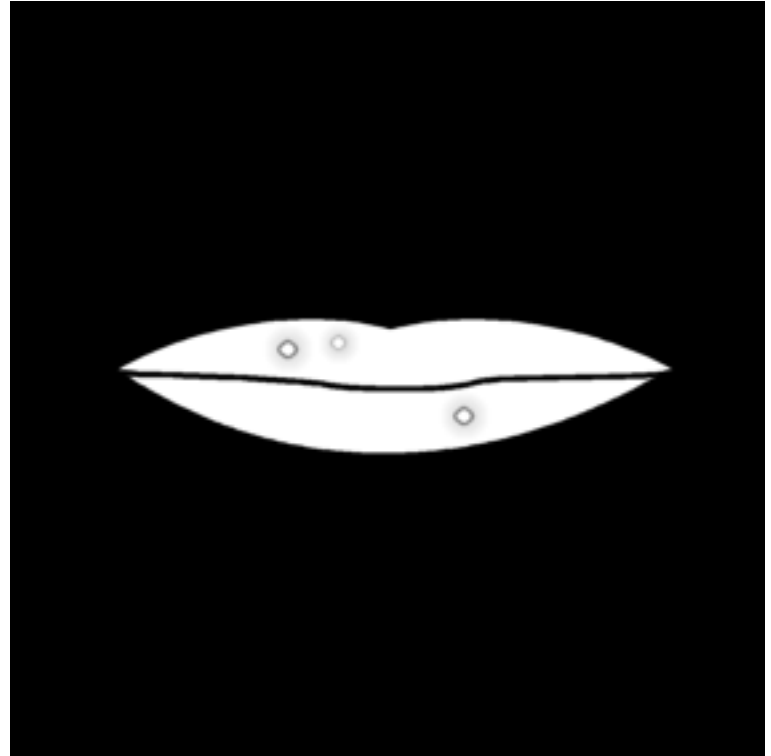


**Sex with Partner having sore on the genital and anal region,
urethral discharge or infected vaginal discharge**



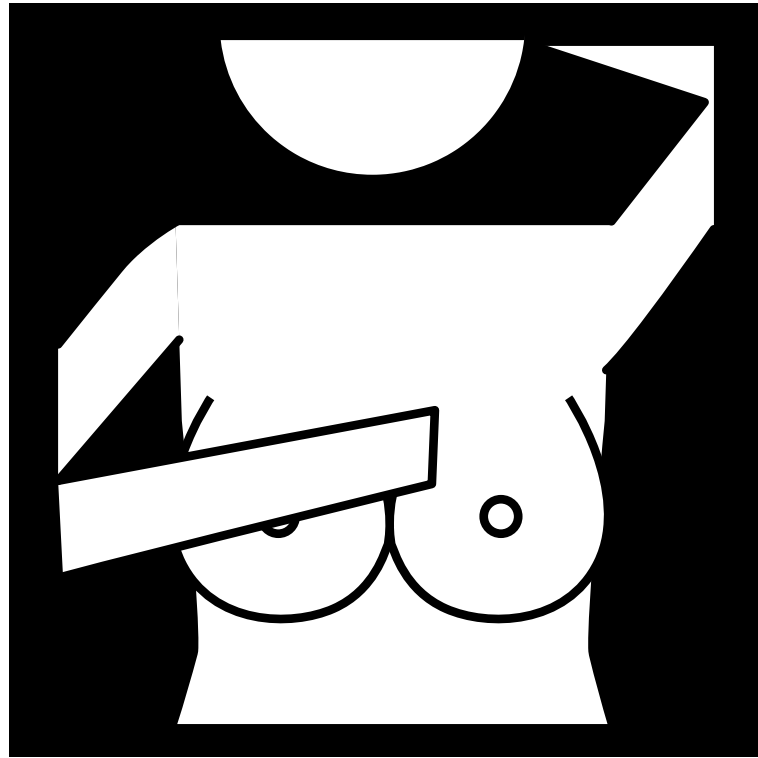


Previous STI infection(s) in the past year.

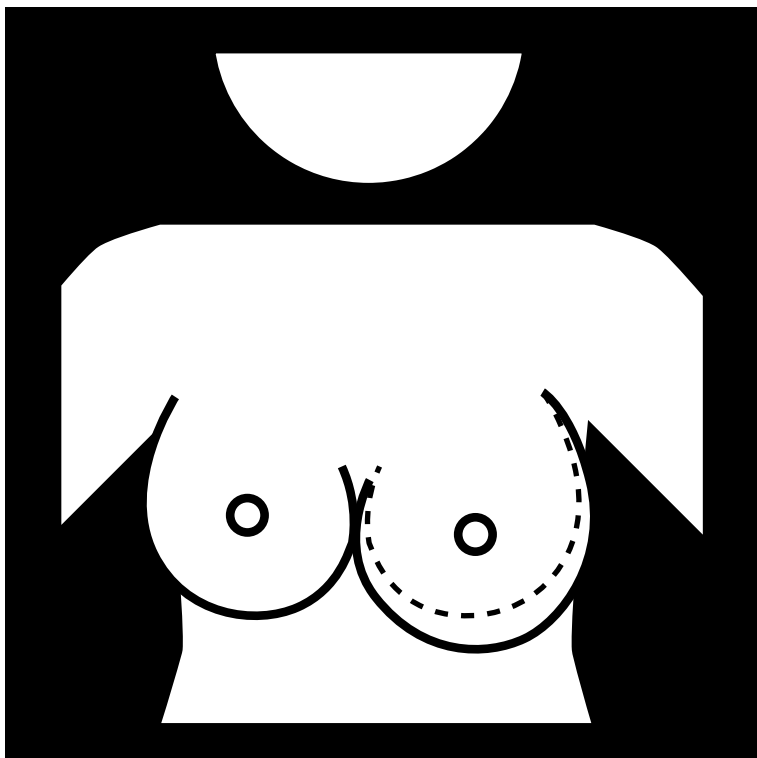


Multiple Partners

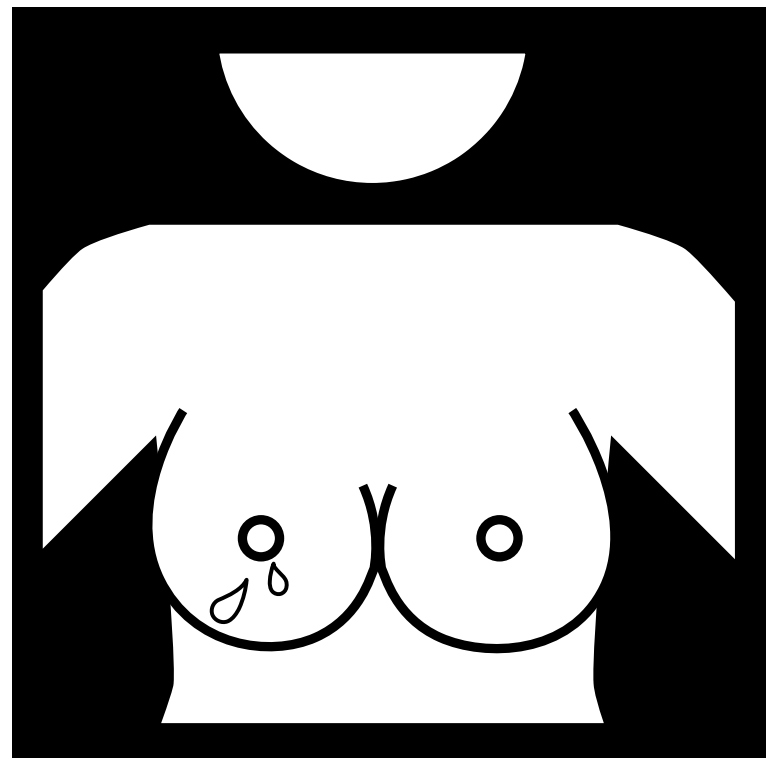
Breast Cancer self-breast examination



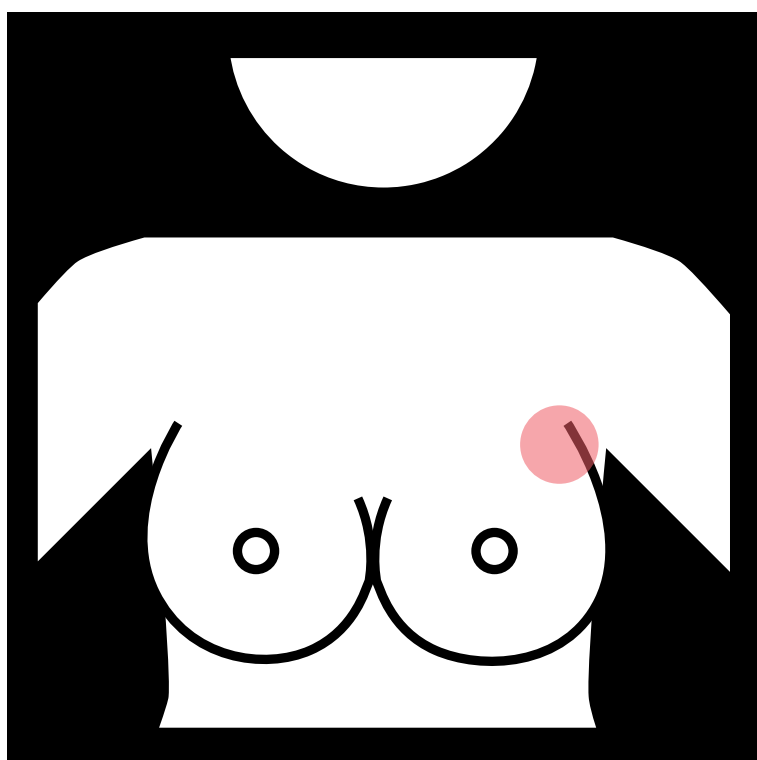
Self-breast examination



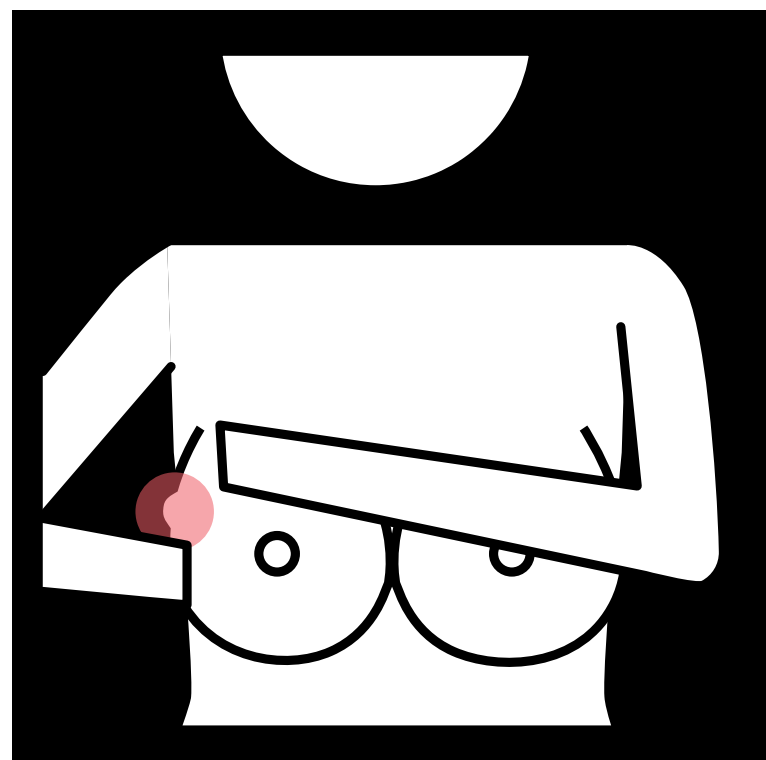
Change in size or shape



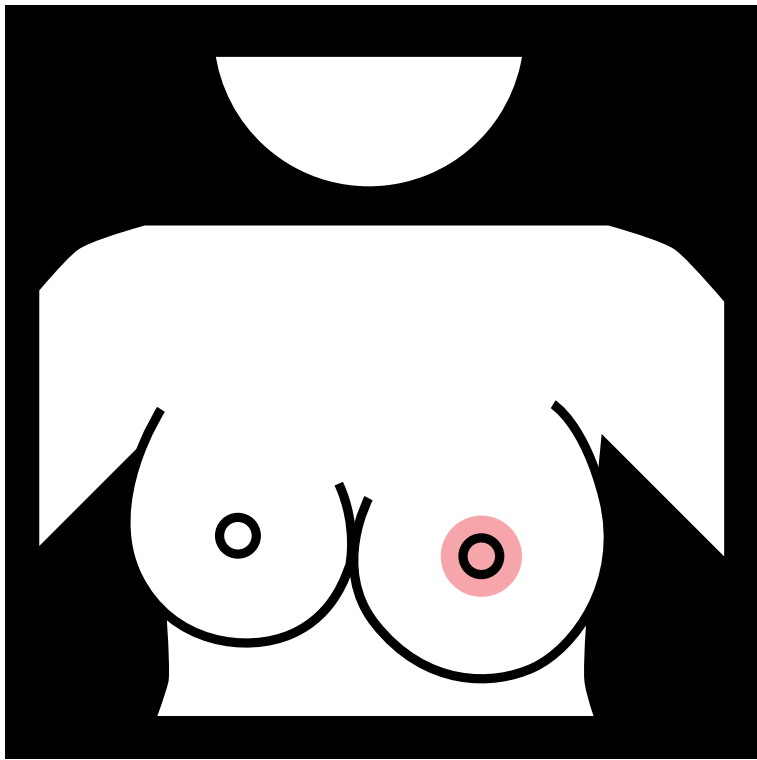
Leak in one or both nipples



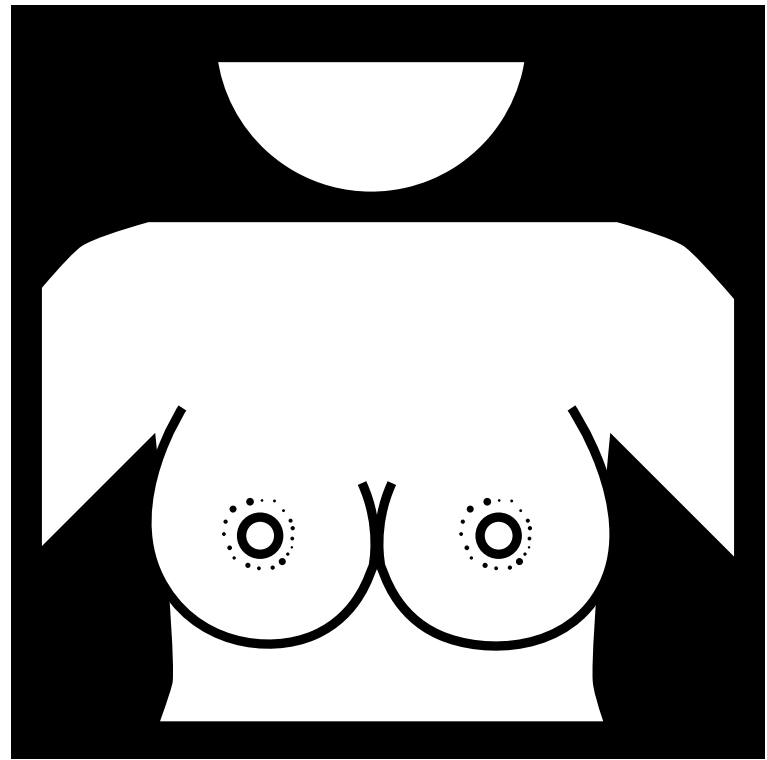
lump in any part of the breast



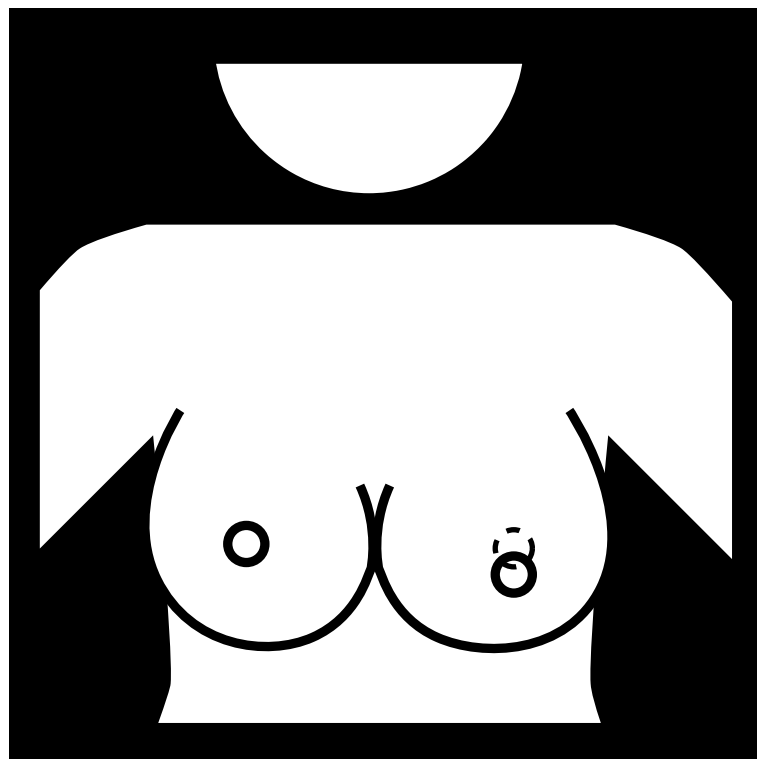
lump in any part of the breast



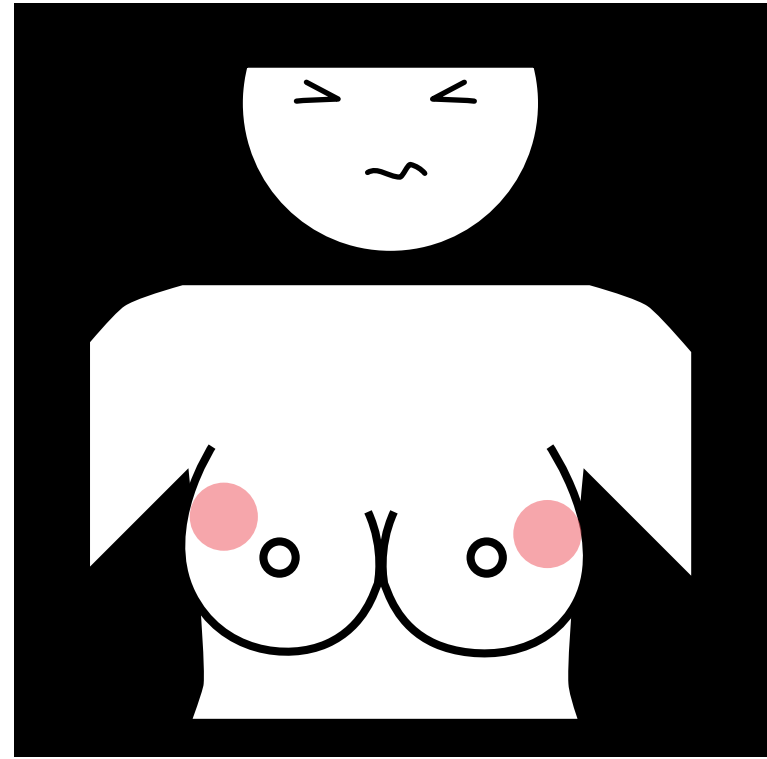
redness or itching on the skin or around the nipples



Change in skin texture or wrinkling



Change in position or shape of the nipple



Constant pain in the breasts or armpits

Personal Hygiene



Day



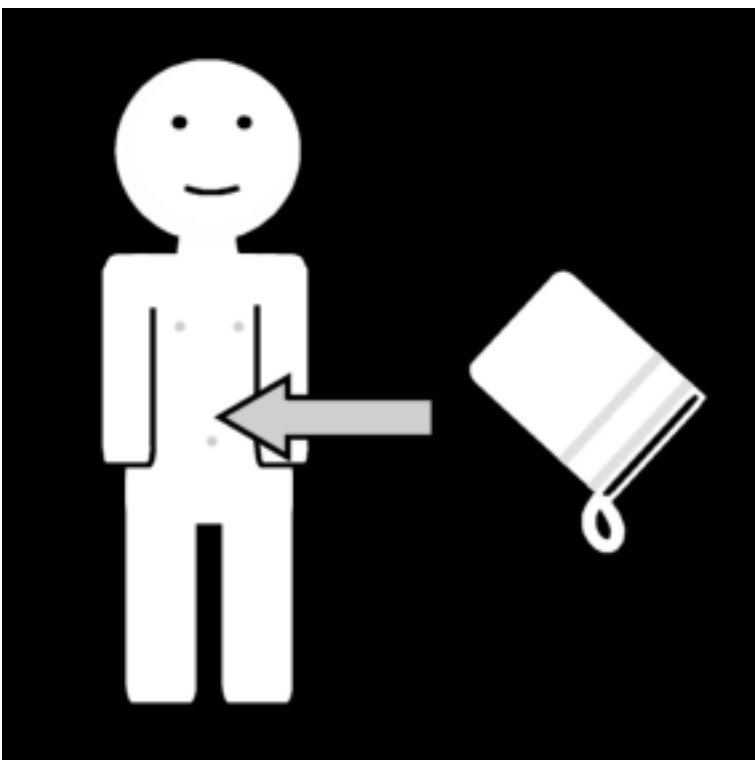
Shower



Soap



Armpit



Belly



Genitals



Buttock



Feet

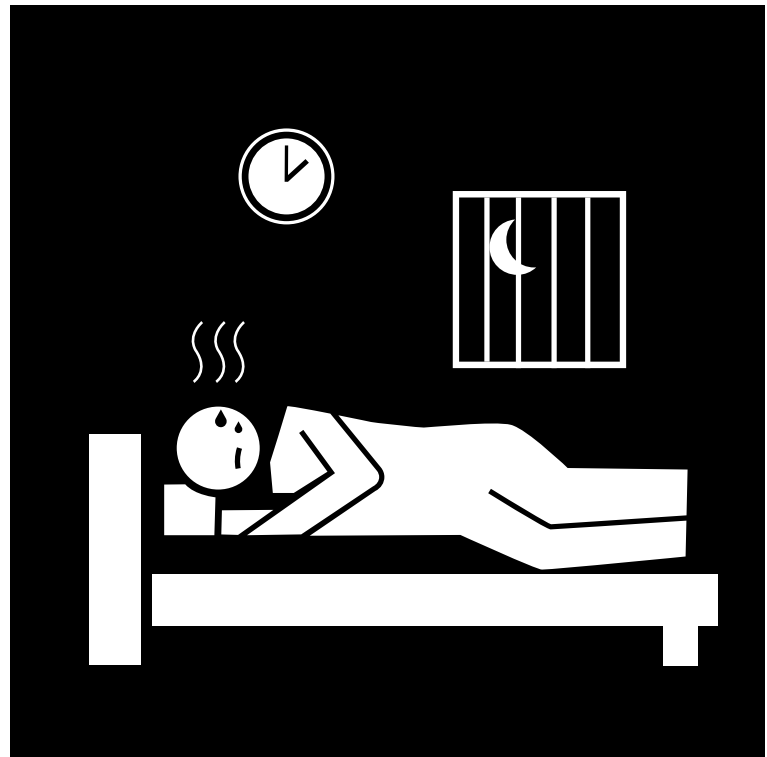


Rinse the soap

Menopause



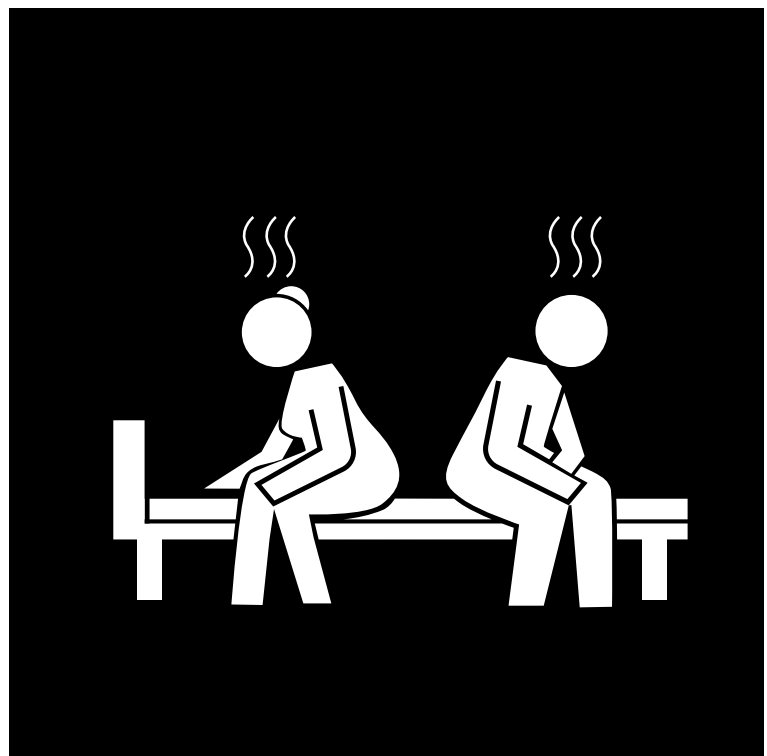
Hot Flashes



Night Sweats



Difficulty Sleeping



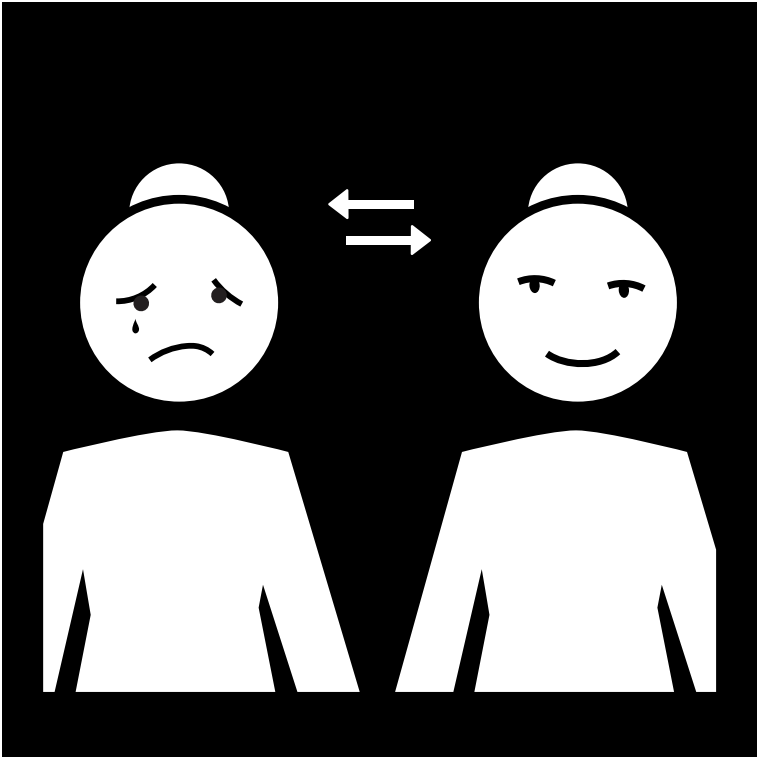
A reduced sex drive (libido)



Vaginal Dryness and Pain



Headaches



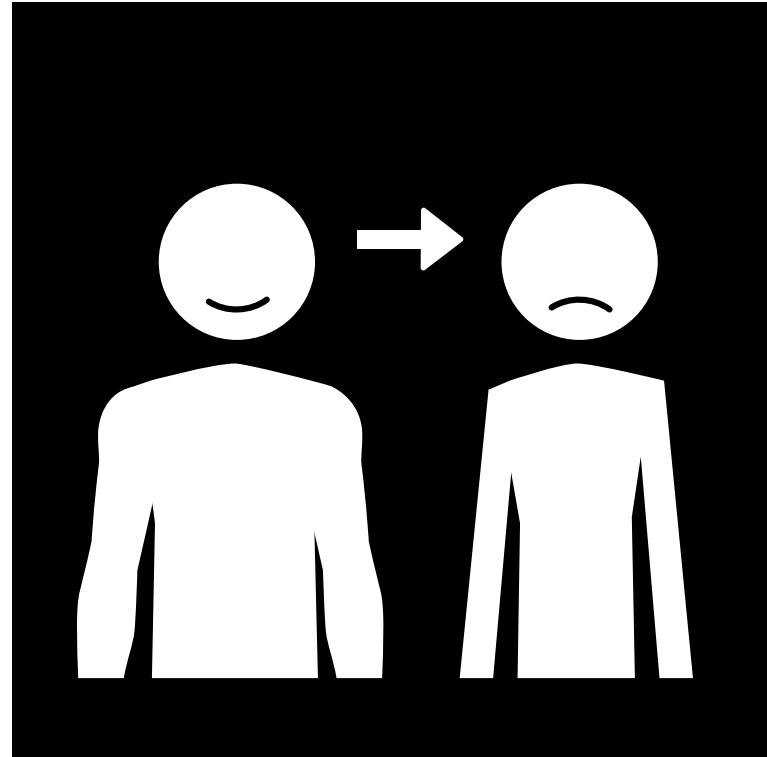
Mood Changes



Palpitations



Joint stiffness



reduced muscle mass

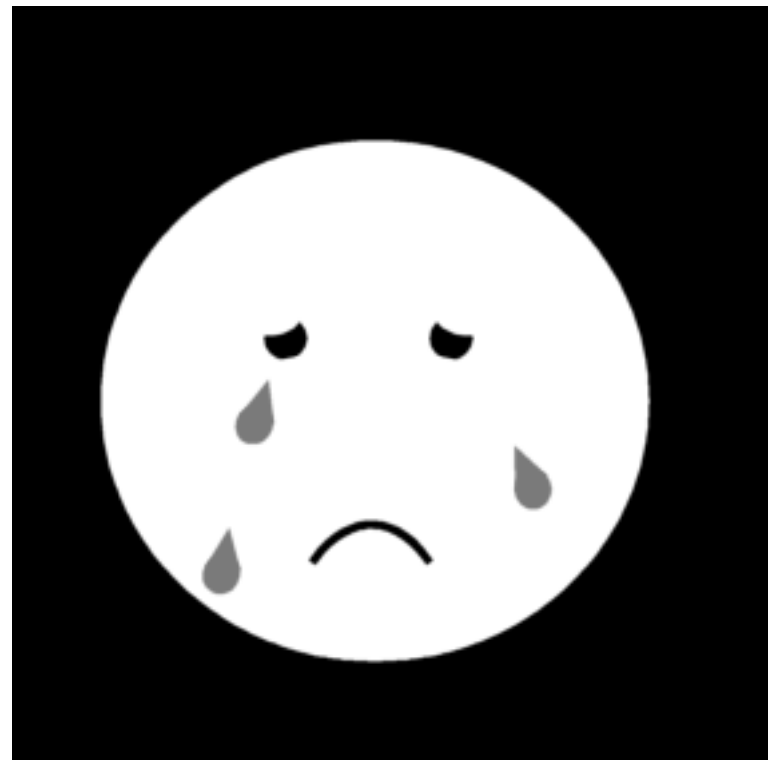


recurrent urinary tract infections (UTIs)

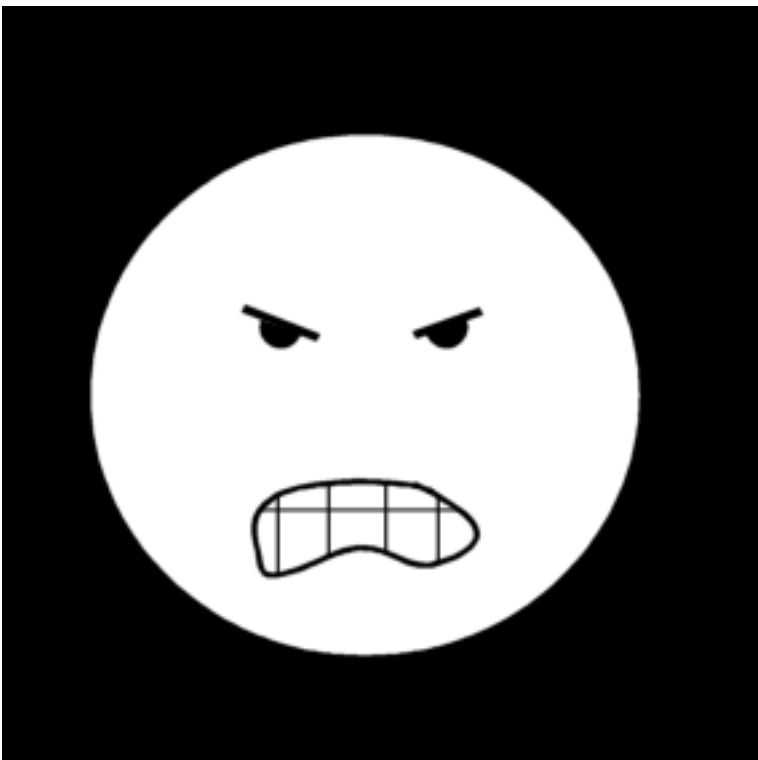
Emotions



Happy



Sad



Angry



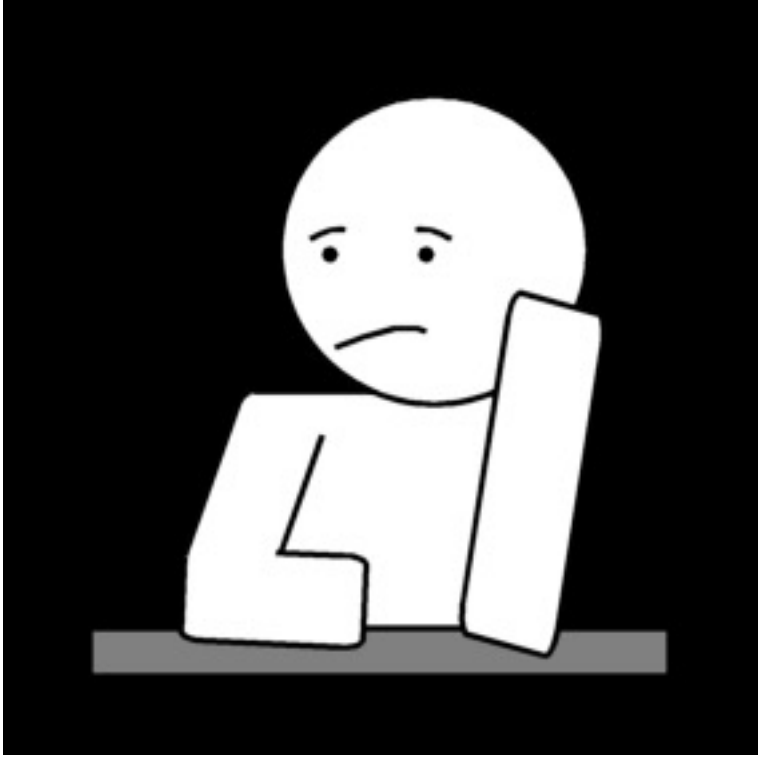
Shy



Afraid



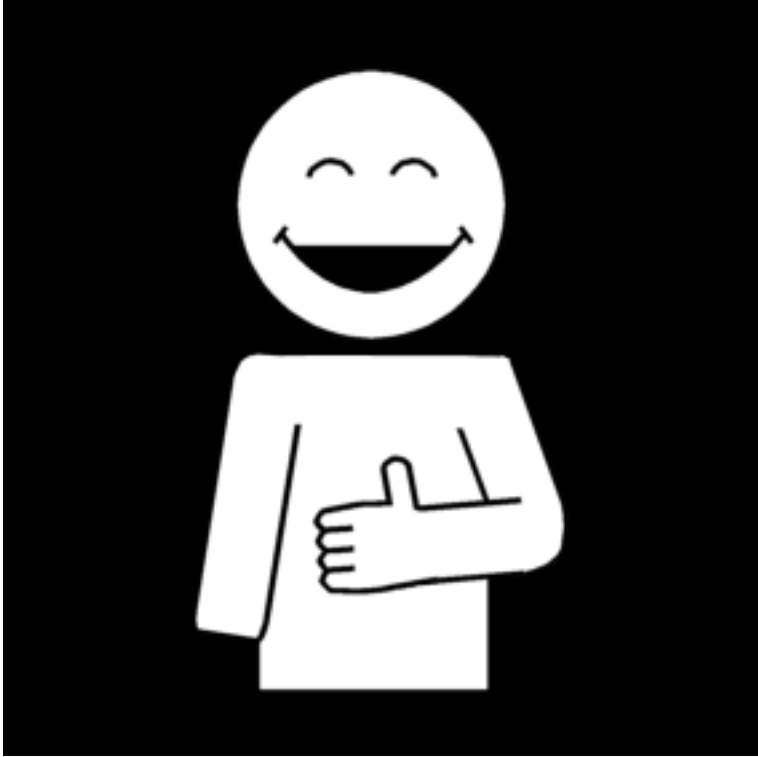
Proud



Bored



Loved

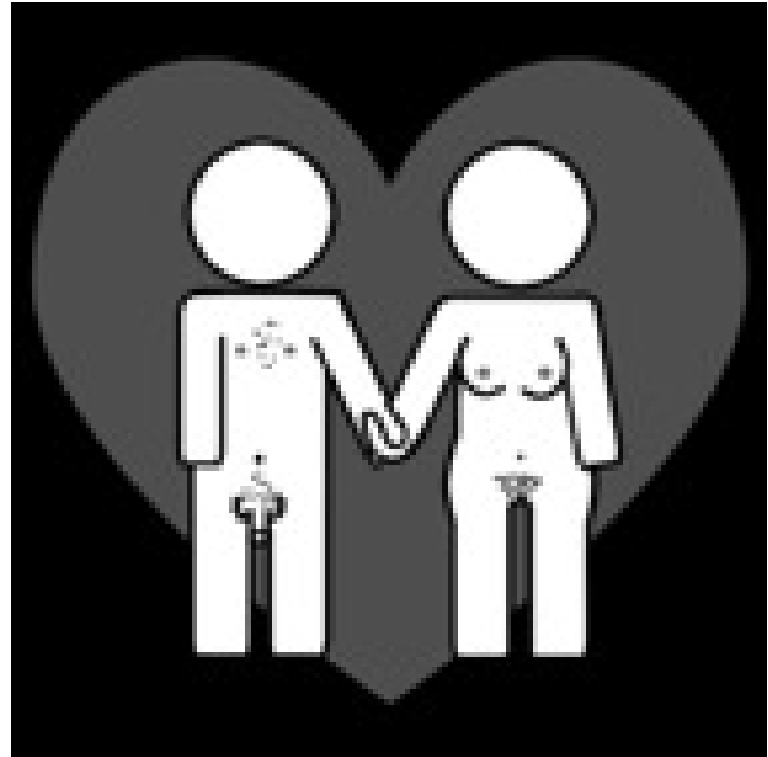


Enthusiast

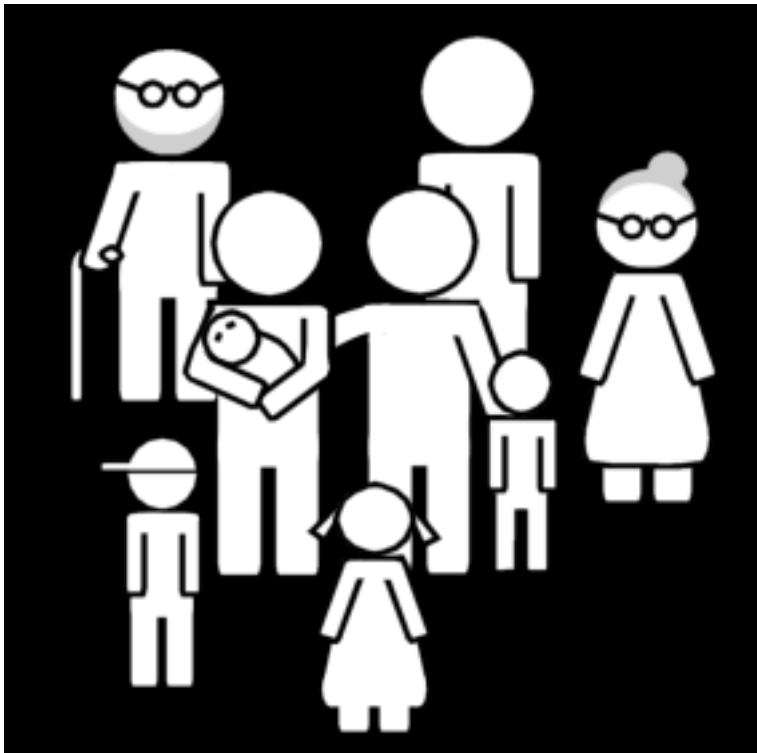
Friends and Family



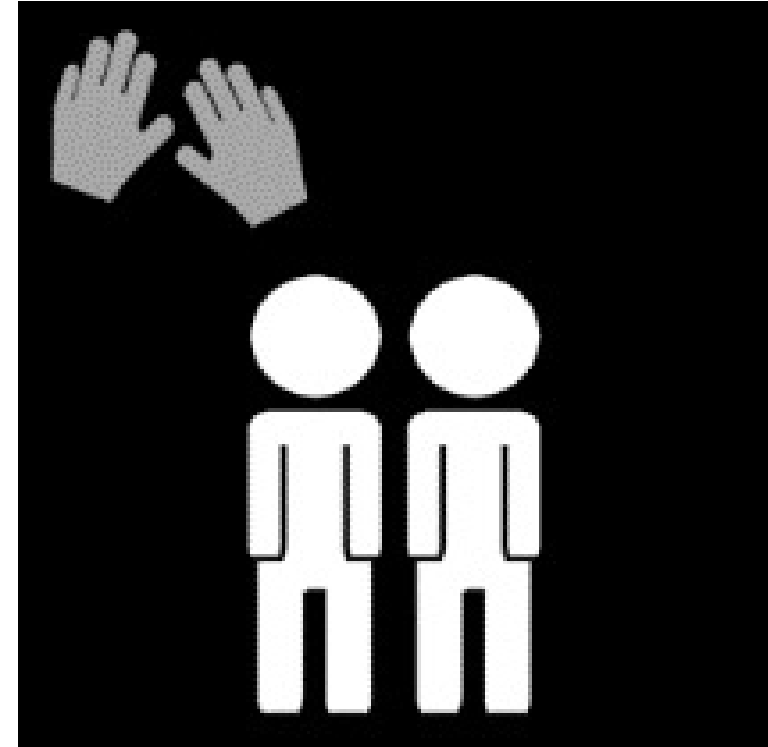
Me



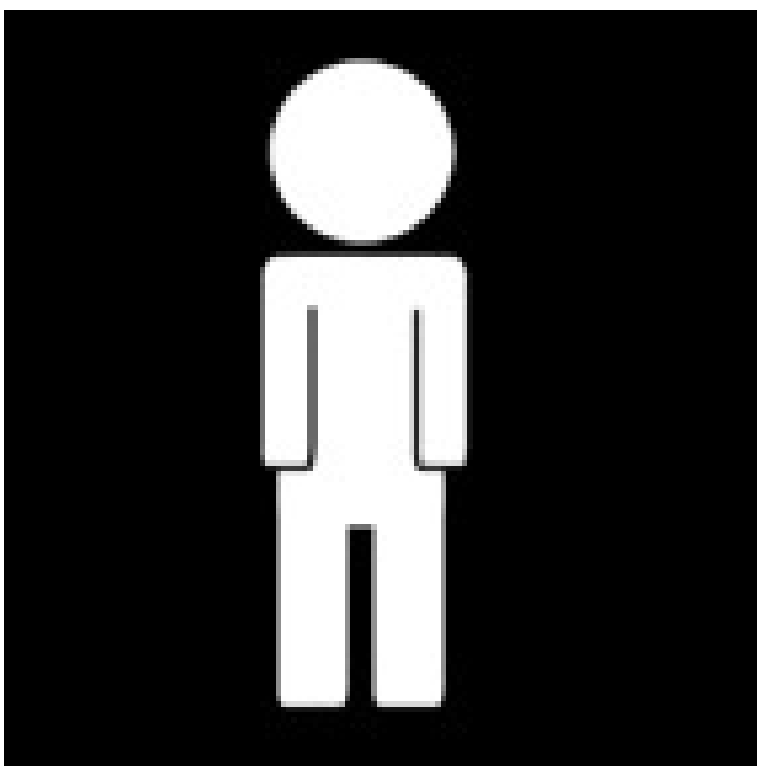
Intimate relation



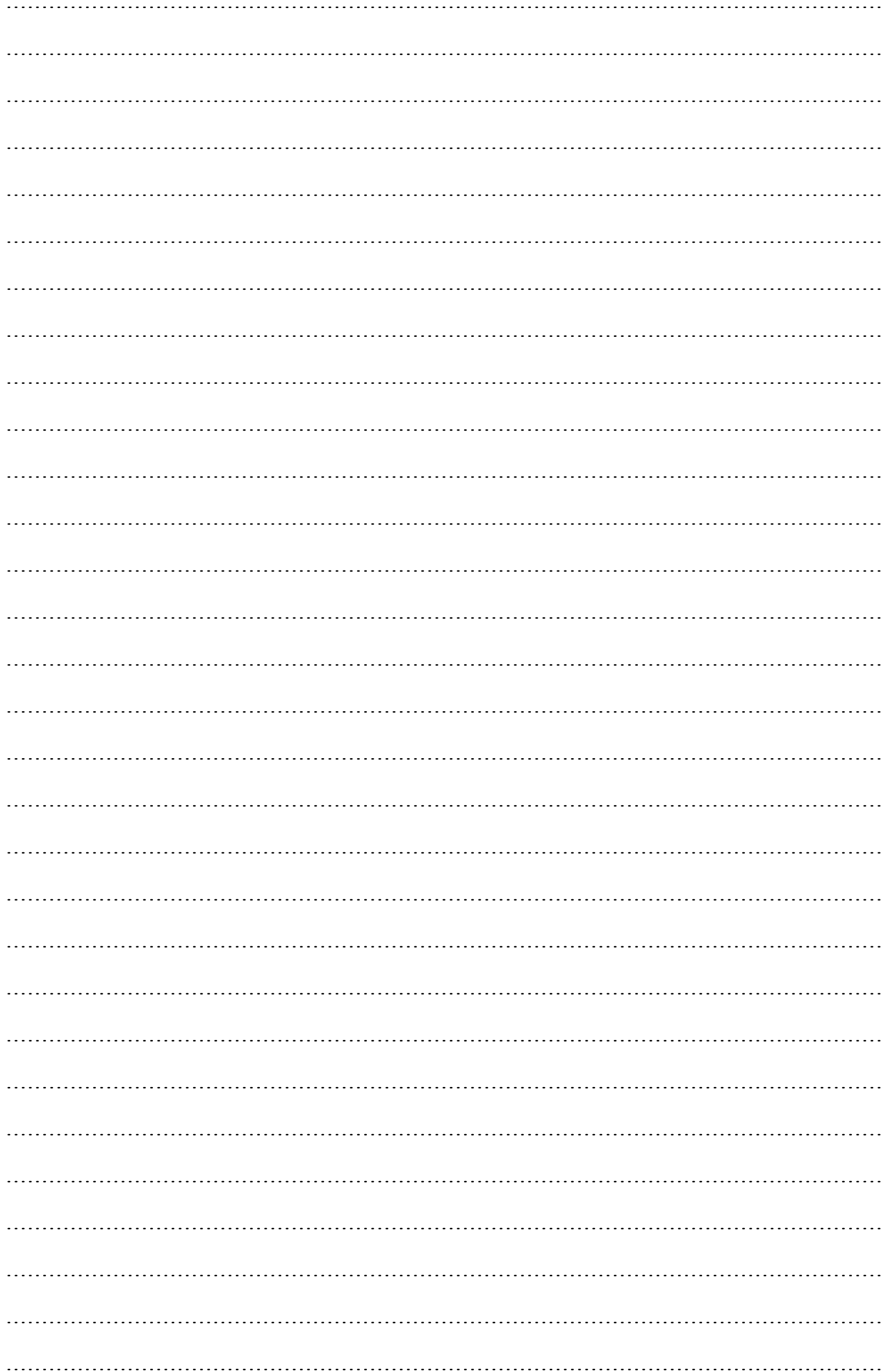
Family



Personal supporter



Stranger



PICTOGRAM BOOKLET

WE CARE

Strengthening Sexual and Reproductive
Health services provided by health care
workers at the local level in Bangladesh



Sources:

www.sclera.be
RedOrange Communications, Bangladesh