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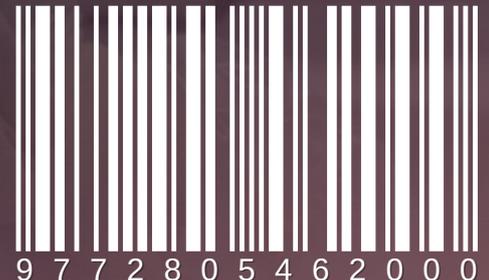
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Menyerlahkan Potensi
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"LEADERSHIP TRAINING FOR TRAINERS" SEXUAL REPRODUCTIVE HEALTH EDUCATION

By: Dr. Hayatul Najaa Miptah, Dr. Nafiza Mat Nasir &
Dr. Aiza Nur Izdihar Zainal Abidin

As highlighted by the World Health Organisation (WHO), sexual health education (SHE) provides young people accurate, age-appropriate information about sexuality and their sexual and reproductive health, which is critical for their health and survival.



Realizing the importance of this, the Adolescent team from the Department of Primary Care Medicine, Faculty of Medicine UiTM with Persatuan HealX (Reproductive Cluster), organized a 2-day Training for Trainers (ToT) workshop. This was a collaboration with Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN).

The training was conducted on the weekends of 17th and 18th February 2024. The day rolled out with an interactive ice-breaking session among 30 undergraduate medical students from UiTM. This ensued into the training module, which was delivered by a team of invited facilitators and speakers from LPPKN. The module 'Modul Cakna Diri' used during the session was formally introduced by LPPKN in 2020 and, since then has been actively delivered

throughout the country.

This module comprises lectures and practical sessions allowing the participants to enhance their knowledge and skills in delivering SHE to the targeted teens.

On day 1, topics covered under the 'Modul Cakna Diri' include:

- **'Sayangi Tubuh Kita, Sayangi Diri Kita'** – participants experienced a simulation of activity on how to conduct and teach about the anatomy of human reproductive system.
- **'Kesihatan Reproductive'** – participants learned about the definition of sexuality and gender and sex.
- **'Penyakit Jangkitan Seksual dan Seks Selamat'** – participants learned about sexually transmitted diseases and also about safe sex.
- **'Tingkah laku berisiko yang mengundang HIV'**
- **'Tanggungjawab seksual'**



On day 2 of the training, participants discussed the consequences of high risk behaviour. There were hands-on sessions and group activities on avoiding risky situations and 'SAY NO'. They covered the topics on:

- **'Pengguguran, Pembuangan bayi & Rogol'**
- **'Sudahkah saya bersedia'**
- **'Menghindari situasi berisiko tinggi'**
- **'Kemahiran teknik penolakan'**



Output and Conclusion:

This training has provided the participants with the much-needed skills in delivering SHE to adolescents particularly on effective communication. Through this program, participants will be able to apply the knowledge on SHE and eventually be able to plan on how to handle programs in creating awareness on the importance of sexual and reproductive health to adolescents.