

A woman with dark hair, wearing a blue top, is speaking into a silver microphone. She is gesturing with her hands. In the background, another woman with dark hair, wearing a dark blue top, is smiling. The background is a dark blue gradient.

"Many girls need to receive education on comprehensive sexuality education to acquire basic knowledge of sexual and reproductive health so as to reduce unintended pregnancies."

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Anita Mutula  
1st Lady, Makueni County

"‘Girls, after getting pregnant, you’re not done,’ First Lady tells teen mothers.

Many adolescent girls engage in sexual activities, but they may not be fully aware of contraception, pregnancy, and sexually transmitted infections. This lack of awareness has led Makueni First Lady, Anita Mutula, to champion the use of birth control and barrier protection among young mothers to decrease the likelihood of recurring pregnancies in schools.

In one of her powerful messages at World Contraceptive Day celebrations at Tawa Sub-County Hospital, Mbooni, Anita emphasized the importance of access to contraceptives and comprehensive sexual and reproductive health education.

"There are over 6 million women in Kenya with unmet needs for family planning, according to statistics. Therefore, Community Health Promoters should be empowered so that they can provide short-term methods of family planning like condoms and injectables," Anita said in her address.

The First Lady, who has been at the forefront of maternal and child health matters, has also maintained that preying on school girls has no place in the current society.

"Preying on school girls and impregnating them is wrong. If by any chance we have a pregnant teen, then we should show compassion towards them, even at the family level," said Anita.

Although the pregnancy rate in adolescents has been declining steadily over the years, it remains a major public health problem with lasting repercussions for the teenage mothers, their infants, families, and society as a whole."

"Among the successful strategies to prevent adolescent pregnancy that Anita advocates are: community programs to improve social development, responsible sexual behavior education, and improved contraceptive counseling. Many of these strategies need to be implemented at the family and community levels.

"It is a woman's fundamental right to contraceptive information, and healthcare workers should proactively provide it," she added.

She challenged the County Health Management Team to reach out to male stakeholders and urged parents to educate their sons on the consequences of impregnating young girls.



"Many girls need to receive education on comprehensive sexuality education so that they can have a basic knowledge of sexual and reproductive health, leading to a reduction in unintended pregnancies," she addressed regarding sex education.

She called on the Government and development partners to revamp family planning financing as a way of reducing over-reliance on donors."

