<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Day-to-day life and social interaction</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Family structures and forms of cohabitation, celebrations, red letter days and milestone ceremonies</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Equality and protection against discrimination</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Health, with a particular focus on sexual health and drug and alcohol abuse</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>The rights of children and the role of parents</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Violence in close relationship</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Harmful sexual behaviour</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Democracy and values</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Threats to democracy</td>
<td></td>
</tr>
</tbody>
</table>
The goal of this presentation is to provide information on what sexual health means. There will be a particular focus on reproductive health. Information will also be provided on the effects on health and the possible legal consequences of drug and alcohol abuse.
The health of the general population

- Everyone has a responsibility to take care of their own health.
- The health authorities give advice and guidance on how we can take care of our health, for example advice on exercise and diet and information on the harmful effects of alcohol and tobacco.
- The health authorities also put in place measures to prevent disease, for example vaccinations, tuberculosis examinations and the prevention of sexually transmitted infections.
- Preventive health care is regulated in, for example, the Public Health Act and the Act relating to the Control of Communicable Diseases.
Mandatory tuberculosis examination

- All asylum-seekers and refugees are required to undergo a mandatory tuberculosis examination.
- The purpose of the examination is to prevent the transmission of tuberculosis.
- Tuberculosis sufferers receive treatment.
Vaccination programme for children

- The recommendation of the health authorities is that all children should undergo a vaccination programme to protect them against serious illnesses.
- The vaccination programme includes vaccinations against:
  - Measles
  - Rubella
  - Mumps
  - Diphtheria
  - Polio
Health services for asylum-seekers

- Asylum-seekers, refugees and family reunification migrants have the same rights to health care as everyone else.
- Everyone living in a municipality has the right to a designated family doctor. Asylum seekers need a D number in order to be allocated a family doctor.
Sexual health

• Good sexual health involves a positive attitude to sexuality and sexual relations, free from compulsion, discrimination and violence.

• Everyone has the right to choose their sexual partner.

• Everyone over the age of sixteen, which is the age of consent in Norway, has the right decide whom they wish to have sex with, and when to do so (consent).
Reproductive health

- Reproductive health is an aspect of sexual health and includes:
  - Safe pregnancy and childbirth
  - Family planning and access to contraception
  - The prevention and treatment of sexually transmitted diseases
Pregnancy and prenatal check-ups

- Pregnant women are entitled to antenatal check-ups and monitoring, advice and guidance throughout the whole of their pregnancy.
- All expectant mothers are entitled to ultrasound examinations in weeks 17 to 19 of their pregnancy.
Prenatal care and follow-up at the health centre

- Most births in Norway take place in hospitals.
- When the mother and her child have returned home, the parents and newborn infant will be followed up by the local health centre.
- The health centre will follow up the child until he or she reaches the age of about 5.
Family planning and contraception

- Family planning means the right to decide whether or not to have children, how many children to have, and when to have them.
- Contraception is a means of preventing pregnancy.
The right to choose to have an abortion

- A woman has the right to choose if she wishes to have an abortion.
- If a woman wishes to have an abortion, the procedure must take place by the end of the 12th week of pregnancy.
- After the 12th week, strict rules govern whether or not an abortion will be permitted.
Sexually transmitted infections

- Sexually transmitted infections are infections that are passed from one person to another through sexual contact, for example:
  - Chlamydia
  - Herpes
  - Gonorrhoea
  - Syphilis
  - HIV

- Condoms are the only form of contraception that also provide protection against sexually transmitted infections.
HIV (human immunodeficiency virus)

- HIV is a virus that can develop into the infection known as AIDS.
- HIV is transmitted in three ways:
  - By unprotected sex
  - Via blood
  - From mother to child
- HIV is not spread through normal social interaction.
- Medicines are available that can keep the HIV infection in check and allow the infected person to live a normal life. Treatment is free of charge.
Smoking and smokeless tobacco or snus

- Smoking and using smokeless tobacco are health hazards.

- A number of measures have been put in place to limit the harmful effects on health of tobacco use:
  - Excise duties on all tobacco goods are high.
  - Advertising tobacco products is prohibited by law.
  - Smoking indoors is against the law, except in private homes. The ban also applies to public transport.

- Many of these measures are regulated in the Act on the Prevention of the Harmful Effects of Tobacco.

- There are rules on how much tobacco can be brought into Norway from abroad.
Alcohol

- Alcohol is a common and legal form of intoxicant that is often drunk in social gatherings and on festive occasions.
- The abuse of alcohol is both a health problem for the individual and a major social problem.
- There are a number of rules in place to limit the use of alcohol.

Discussion:
- Do you have any views on alcohol consumption?
Drugs

- Drugs are substances intended to induce intoxication.
- All use, possession and sale of illegal narcotic substances is prohibited.
- Drug abuse is a major social problem.

Discussion:
- Which intoxicants are legal and illegal in countries with which you are familiar?
Criminal penalties for using and selling drugs

- The use of drugs is punishable by fines or imprisonment for up to 6 months.
- Selling drugs is punishable by imprisonment for up to 10 years.
- Selling large quantities of drugs is punishable by imprisonment for up to 21 years.
- Smuggling narcotic substances is punishable by imprisonment for up to 21 years.