

“SCALING UP IMPACTS ON ADOLESCENT SEXUAL AND REPRODUCTIVE HEALTH THROUGH YOUTH HEALTH CHAMPIONS”.

Civic Social Protection (CSP) in collaboration with the USAID Afya yangu Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCAH) team in the Manyara region is implementing the USAID Afya yangu RMNCAH project in Mbulu DC.

One of the intervention approaches is the use of Youth in creating awareness of Adolescent sexual and reproductive health (ASRH) issues, identifying ASRH needs among youth and adolescents, empowering girls to know and understand their capabilities so their voices can be heard and furthestmost change society’s attitude, norms and behavior around Gender-based violence.

Hence, to attain that, one of the planned activities was to select and empower Girls’ Mentors (GMs) and Youth Health Champions (YHCs) aged between 18 to 23 years old from three selected wards namely Dongobesh, Hydom, and Masqaroda who are out-of-schools. The empowered youth will become peer educators who will be responsible for creating adolescent sexual reproductive health needs (ASRH) as well as enabling a positive health-seeking attitude and behavioral change among adolescents, youth, and the community at large. Therefore from 25th to 27th January 2023 CSP staff in collaboration with the Council Youth Focal person were involved in the selection of the YHCs and GMs through an arranged interview in the 3 wards, the selection process aimed at getting a total of 24 (18 girls (GMs) and 6 boys (YHCs)) who will become peer educators.

After the selection process, 24 selected GMs and YHCs were subjected to 9 days of training on the ASRH package from 30th January - 04th February 2023 then followed by Power to Girls' Methodology (PtG) training that started on 5th – 8th February 2023. **Youth got ToT package on the following aspects:**

- Youth and Sexual Reproductive health.
- Changes during the Adolescence period.
- Communication and Life skills.
- Youth Nutritional health.
- Behavior, norms, and beliefs affecting Youth Sexual and Reproductive Health.
- Sexually transmitted Diseases and HIV/AIDS.
- Youth Networking and Referrals.
- Power to girls’ and SASA methodologies.



A picture on the left was taken before the selection process showing the GMs and YHCs vacancy applicants outside the Dongobesh WEO's office, and a picture on the right was taken during the interview conducted in the Dongobesh ward.



A picture above was taken during training showing the ASRH national level facilitator surrounded by the GMs and YHCs when they were discussing a sub-topic of Gender-based violence and its implications to society.



Group work sessions where GMs and YHCs were preparing an effective action plan from what they had learned with the mentorship from ASRH Regional Technical Officer.

QUOTE one: Many adolescents and youth are encountering different challenges such as early pregnancies, early marriage, and drug abuse something which prevents them from fulfilling their dreams, this is due to a lack of appropriate ASRH information, This project is very reliable because this training will change these peer educators mindsets on Reproductive Health issues and through them, the rest of the peers will get appropriate information, this will then reduce the number of challenges they are continuously facing -**The Acting DMO Mbulu DC.**



Guest of honor during the opening.

QUOTE two: I had passed through different challenges as an adolescent due to a lack of information on sexual education. As a 20 years old girl I am a mother of two children and if I had been given appropriate knowledge on reproductive education things would have turned out differently, so as a peer educator I will use the knowledge I got to save my fellow peers from what I had gone through so that they can achieve their dreams. **Lindaely GM from Hydom.**

QUOTE three: *Before this training, I believed that FGM was a necessary norm as it is widely practiced in my society, elder women and men tend to force young girls to undergo FGM believing that after they undergo it young girls will become fully matured women and men become more attracted to them making easier for them to get married. Through the knowledge I have gained, I will be the pioneer of change in my society by strongly fighting against FGM. Paskali YHC from Masqaroda.*



Cheers to a more communicative youth on ASRH issues!!!

