

Integrating Reproductive Health into Youth Development Programs Toolkit

Welcome to the Integrating Reproductive Health into Youth Development eToolkit.

This toolkit was developed as part of the International Youth Foundation (IYF)'s *Planning for Life* program. IYF invests in the extraordinary potential of young people. Founded in 1990, IYF builds and maintains a worldwide community of businesses, governments, and civil-society organizations committed to empowering youth to be healthy, productive, and engaged citizens. IYF programs are catalysts of change that help young people obtain a quality education, gain employability skills, make healthy choices, and improve their communities.

The Planning for Life program was launched in 2007 with support from USAID and World Learning with the objective to improve the health of young men and women ages 10-24 by addressing their reproductive health needs and by promoting the integration of reproductive health (RH) and family planning (FP) as critical components of youth development programming.

Young people, like adults, require motivation to make healthy decisions about their reproductive behavior. Evidence demonstrates that positive youth reproductive health outcomes are closely linked with educational and economic opportunities. Comprehensive youth-focused programs support young people to develop skills and talents that lead to better educational and employment opportunities. When combined with reproductive health information and services, these programs can motivate youth to postpone sexual activity or practice safer sexual behavior by helping them understand the long-term impact of their decisions and the importance of planning their futures.

In response to the growing global need to improve the reproductive health of young people, IYF believes that youth should have access to age-appropriate and relevant reproductive health and family planning information and services. IYF hopes this toolkit can serve as a resource for both strengthening existing youth programs and developing new programs for youth that incorporate reproductive and sexual health education and empowerment. The toolkit is organized into five categories: Strategic Framework, Project Development & Design, Curricula and Lessons Learned.

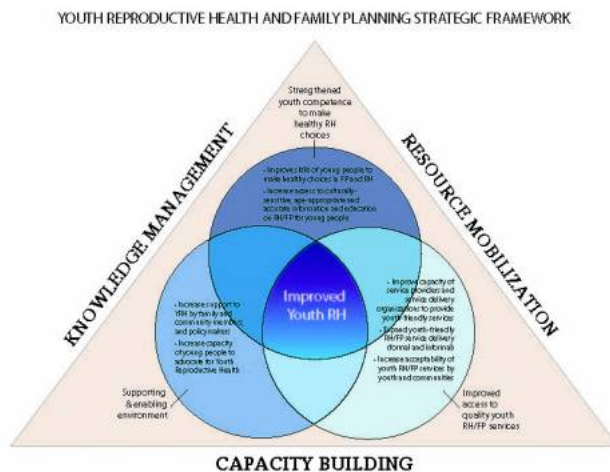
For more information about the Planning for Life program, please contact Angie Venza, Program Director at a.venza@iyfnet.org

*This toolkit was developed by the International Youth Foundation in order to provide resources

for program managers, educators, youth leaders and advocates to incorporate Reproductive Health into programs targeting youth. The toolkit includes a framework, curricula and practical strategies for integrating reproductive health into youth development programming. *



Strategic Framework



Successful integration of reproductive health into youth programs requires understanding why reproductive health is important in the context of youth development, theoretical and practical principles regarding integration, programmatic solutions to integration and strategies for measuring outcomes. Tools included in this section of the toolkit aim to provide youth practitioners with the knowledge and ability to promote effective integration of YRH into youth development programs.

Resources:

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Framework for Comprehensive Sexuality Education

International Planned Parenthood Federation (IPPF)'s framework provides principles of good practice for comprehensive sexuality education and youth friendly service delivery. The framework focuses on seven content areas considered integral to comprehensive sex education: gender, sexual and reproductive health and HIV, sexual rights and sexual citizenship, pleasure, violence, diversity and relationships. It is designed to be used by Planned Parenthood Member Associations to both complement existing and inform the design of new comprehensive sex education policies and programs.

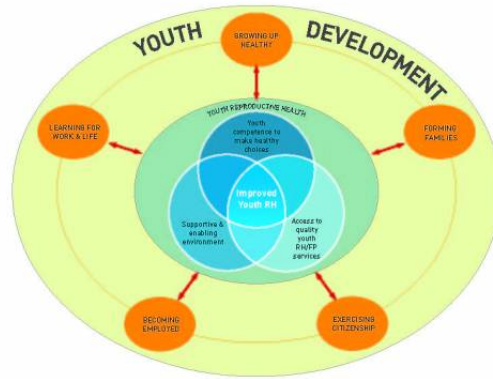
- **A Framework for Integrating Reproductive Health and Family Planning into Youth Development Programs**

This resource provides a strategic framework for youth reproductive health (YRH) and family planning (FP) and its integration into youth development programs. This strategic framework was developed based on existing best practices in youth reproductive health and family planning, will assist youth practitioners and others to integrate YRH and FP into ongoing or new programs targeting youth.

- **Reproductive Health for Young Adults Training Module**

Developed by Family Health International, this Web-based training module is designed to increase the awareness and understanding of the reproductive health needs of young adults among policy-makers, program directors, program planners, and health care providers. It contains four content areas focused on the following: reproductive health issues for young adults, how to reach young adults, contraceptive options for young adults and STI/HIV prevention and treatment as a priority area for young adults. The training module has two navigable options, one for an individual learner and one for a presenter/trainer.

Project Design & Development



This section of the toolkit contains resources aimed to assist in the development of youth reproductive health (YRH) initiatives that can either be integrated into existing programs or created as stand-alone projects. Resources included here are intended to provide guidance on identifying program needs, designing projects to meet youth's needs and appropriate for various target groups and how to secure funding for YRH programs. In addition, in designing YRH programs it is critical to consider particular life stages and cultural settings of the youth that the program intends to serve. The following tools may assist in identifying the needs of the youth in designing YRH programs.

Resources:

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Project Design and Proposal Writing Guide

Included here is a guide for project design and proposal writing. The guide is not focused on ?how to? integrate youth reproductive health into other programs but rather provides information about steps in developing YRH focused project and guidelines for writing a project proposal. Although focused on YRH, the guide can be adapted for use in other youth development areas. The guide is comprised of two parts: project development and proposal writing. The project development section describes the project design cycle, integration cycle and explains each step in the project development process with an illustrative example. The proposal writing section of the guide provides guidelines on how to formulate project goals, objective and strategies and suggests layouts and monitoring and evaluation and budget plans.

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Family Planning, HIV/AIDs, STI?s and Gender Matrix-A Tool for Youth Reproductive Health Programming

The purpose of the matrix is to provide youth-serving organizations with a guide of topics on

family planning, HIV/AIDS, sexually transmitted infections (STIs) and gender; segmenting them by age and marital status. The matrix can assist technical experts, program managers, health providers, peer educators and others to determine what topics and interventions best fit into their own respective programs while taking cultural paradigms into consideration. The matrix was developed by IYF in consultation with partner organizations and youth reproductive health experts from around the world, and field tested in workshops in Tanzania, India and the Philippines.

- **Ethical Approaches to Gathering Information from Children and Adolescents in International Settings: Guidelines and Resources**

Developed by Horizon Population Council and IMPACT Family Health International, this publication aims to provide practical guidance to help program managers and researchers understand and uphold ethical standards when planning and implementing information gathering activities among children and adolescents. It explains basic ethical principles, raises ethical questions and practical guidelines to address them and makes recommendations in order to strengthen a youth-centered program's ethical foundation and ensure ethical practices.

Curricula

Organized curricula and lesson plans are the foundation of educating youth about reproductive health. This section contains various curricula focused on youth and reproductive health. Below you will find several curricula for training youth in reproductive health, family planning, and HIV/AIDS.

Resources:

- **Reproductive Health Lessons: A Supplemental Curriculum for Young People-Adapted for Tanzania**

The purpose of this supplemental reproductive health curriculum is to provide life skills-based youth development organizations with a minimal set of reproductive health and family

planning lessons for inclusion in their programs. The supplemental lessons are best suited for young people ages 14 or higher and can be used with both in-school and out-of-school youth. Lessons can be presented by teachers, instructors, youth leaders or peer educators.

The following ten topics have been selected for inclusion in this publication:

- Personal values
- Puberty
- Reproduction Review
- Teen Pregnancy
- Contraception
- Sexually Transmitted Diseases (STIs)
- HIV/AIDS
- Substance Abuse
- Gender Roles & Stereotypes
- Gender-based and Sexual Violence

These carefully selected topics are designed to be used with any life skills curriculum and represent the minimum content necessary to provide information and raise awareness among young people on reproductive health and family planning. The supplement should be used in its entirety and should follow previously presented life skills lessons. The curriculum also includes a Leader's Guide which provides an outline for each lesson, ground rules, and tips for the leader.

As partners in IYF's *Planning for Life* project, Camfed, Vocational Education Training Authority (VETA) and Kiota for Women's Health and Development (*KIWOHEDE*) adapted the curriculum to meet the needs and socio-cultural context of Tanzanian youth. The adapted curriculum was piloted tested the curriculum with a group of youth ages 15- 24 and successfully integrated the Planning for Life into its life skills programs. The curriculum is available in English and Kiswahili.

• **Reproductive Health Lessons: A Supplemental Curriculum for Young People-Adapted for Senegal**

The purpose of this supplemental reproductive health curriculum is to provide life skills-based

youth development organizations with a minimal set of reproductive health and family planning lessons for inclusion in their programs. The supplemental lessons are best suited for young people ages 14 or higher and can be used with both in-school and out-of-school youth. Lessons can be presented by teachers, instructors, youth leaders or peer educators.

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As a partner in IYF's *Planning for Life* project, the Synapse Center adapted the curriculum to meet the needs and socio-cultural context of Senegalese youth. The adapted curriculum was piloted tested the curriculum with a group of youth ages 15- 24 and successfully integrated the Planning for Life into its life skills programs. The curriculum is available in French.

Reproductive Health Lessons: A Supplemental Curriculum for Young People-Adapted for Dominican Republic

The purpose of this supplemental reproductive health curriculum is to provide life skills-based youth development organizations with a minimal set of reproductive health and family planning lessons for inclusion in their programs. The supplemental lessons are best suited for young people ages 14 or higher and can be used with both in-school and out-of-school youth. Lessons can be presented by teachers, instructors, youth leaders or peer educators.

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As a partner in IYF's *Planning for Life* project, Sur Futuro Foundation in Santo Domingo adapted the curriculum to meet the needs and socio-cultural context of Dominican Republic youth. The adapted curriculum was piloted tested the curriculum with a group of youth ages 17- 30 and successfully integrated the Planning for Life into its life skills programs. The curriculum is available in Spanish.

It's All One Curriculum: Guidelines and Activities for a Unified Approach to Sexuality, Gender, HIV, and Human Rights Education

This toolkit contains both guidelines and activities to inform the development of sexual and reproductive health programs that prioritize integration of gender equality. It is based on a set of global principles but can be tailored to any individual context. The Guidelines component contains seven content units, a project-based unit that incorporates advocacy and lessons learned as well as 22 factsheets to serve as technical references. The Activities component contains 54 student activities, effective teaching methods and additional resources. The toolkit is aimed to serve as a resource for curriculum developers, schoolteachers and community educators to aid

in the design of sexual and reproductive health education programs. Book 1: GUIDELINES - Curriculum content that places gender issues and human rights at the heart of sex and HIV education. Book 2: ACTIVITIES ? This curriculum contains 54 activities that engage young people and foster critical thinking skills

Reproductive Health Lessons: A Supplemental Curriculum for Young People-Adapted for St. Lucia

The purpose of this supplemental reproductive health curriculum is to provide life skills-based youth development organizations with a minimal set of reproductive health and family planning lessons for inclusion in their programs. The supplemental lessons are best suited for young people ages 14 or higher and can be used with both in-school and out-of-school youth. Lessons can be presented by teachers, instructors, youth leaders or peer educators.

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The National Skills Development Centre (NCDC) in St. Lucia in consultation with the Curriculum and Development Unit of the Ministry of Education, the Ministry of Youth and Sports and local Non-Governmental Organizations adapted the curriculum to align with the St. Lucian cultural context and tested with a group of St. Lucian youth, ages 17-25 who were involved in job training and life skills programs.

Reproductive Health Lessons: A Supplemental Curriculum for Young People-Adapted for Kenya

The purpose of this supplemental reproductive health curriculum is to provide life skills-based youth development organizations with a minimal set of reproductive health and family planning lessons for inclusion in their programs. The supplemental lessons are best suited for young people ages 14 or higher and can be used with both in-school and out-of-school youth. Lessons can be presented by teachers, instructors, youth leaders or peer educators. The following ten topics have been selected for inclusion in this publication:

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|-----------------|--------------------------------------|-------------------------|----------------|
| Personal values | Puberty | Reproduction Review | Teen Pregnancy |
| Contraception | Sexually Transmitted Diseases (STIs) | HIV/AIDS | |
| Substance Abuse | Gender Roles & Stereotypes | Gender-based and Sexual | |

Violence These carefully selected topics are designed to be used with any life skills curriculum and represent the minimum content necessary to provide information and raise awareness among young people on reproductive health and family planning. The supplement should be used in its entirety and should follow previously presented life skills lessons. The curriculum also includes a Leader's Guide which provides an outline for each lesson, ground rules, and tips for the leader. The African Centre for Women and Information Communication Technology (ACWICT) in Nairobi adapted this curriculum to align with the Kenyan Culture. The curriculum has been successfully tested with a group of young Kenyan women ages 18-35 who were involved in job training programs. The Kenya version of the curriculum is available in Kiswahili.

Reproductive Health Lessons: A Supplemental Curriculum for Young People-Adapted for India

The purpose of this supplemental reproductive health curriculum is to provide life skills-based youth development organizations with a minimal set of reproductive health and family planning lessons for inclusion in their programs. The supplemental lessons are best suited for young people ages 14 or higher and can be used with both in-school and out-of-school youth. Lessons can be presented by teachers, instructors, youth leaders or peer educators. The following ten topics have been selected for inclusion in this publication:

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- Reproduction Review
- Teen Pregnancy
- Contraception
- Sexually Transmitted Diseases (STIs)
- HIV/AIDS

- Substance Abuse
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- Gender-based and Sexual Violence

These carefully selected topics are designed to be used with any life skills curriculum and represent the minimum content necessary to provide information and raise awareness among young people on reproductive health and family planning. The supplement should be used in its entirety and should follow previously presented life skills lessons. The curriculum also includes a Leader's Guide which provides an outline for each lesson, ground rules, and tips for the leader. As partners in IYF's *Planning for Life* project, the Society for Awareness, Harmony, and Equal Rights (SAHER) adapted the curriculum to meet the needs and socio-cultural context of Indian youth. The adapted curriculum was piloted tested the curriculum with a group of youth ages 17- 24 and successfully integrated the Planning for Life into its life skills programs. The curriculum is available in English and Hindi.

• **Reproductive Health Lessons: A Supplemental Curriculum for Young People-Adapted for Sri Lanka**

The purpose of this supplemental reproductive health curriculum is to provide life skills-based youth development organizations with a minimal set of reproductive health and family planning lessons for inclusion in their programs. The supplemental lessons are best suited for young people ages 14 or higher and can be used with both in-school and out-of-school youth. Lessons can be presented by teachers, instructors, youth leaders or peer educators. The following ten topics have been selected for inclusion in this publication:

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| Personal values | Puberty | Reproduction Review | Teen Pregnancy |
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These carefully selected topics are designed to be used with any life skills curriculum and represent the minimum content necessary to provide information and raise awareness among young people on reproductive health and family planning. The supplement should be used in its entirety and should follow previously presented life skills lessons. The curriculum also includes a Leader's Guide which provides an outline for each lesson, ground rules, and tips for the leader. EMERGE Lanka adapted the curriculum to align with the Sri Lankan cultural context and was tested with a group of Sri Lankan young females, ages 10-18 who were involved in EMERGE's income generation and life skills programs. The Sri Lanka version of the curriculum is also available in English, Sinhala and Tamil.

• **Reproductive Health Lessons: A Supplemental Curriculum for Young People-Adapted for Jordan**

The purpose of this supplemental reproductive health curriculum is to provide life skills-based youth development organizations with a minimal set of reproductive health and family planning lessons for inclusion in their programs. The supplemental lessons are best suited for young people ages 14 or higher and can be used with both in-school and out-of-school youth. Lessons can be presented by teachers, instructors, youth leaders or peer educators.

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As a partner in IYF's *Planning for Life* project, The Jordan River Foundation adapted the curriculum to align with the cultural context of Jordan. The curriculum was tested with a group of Jordanian youth, ages 15-24.

Curriculum coming soon.

A Supplemental Reproductive Health Curriculum for Young People

This curriculum is designed to supplement any life skills-based curriculum with Reproductive Health (RH) lessons. It is based on certain assumptions, such as:

- Young people have received training in life skills prior to the RH Lessons

- Leaders feel comfortable to deliver messages on reproductive health to youth
- The RH Lessons are part of a life skills education program.

Developed under the International Youth Foundation's Planning for Life program, the purpose of this supplemental reproductive health curriculum is to provide life skills-based youth development organizations with a minimal set of reproductive health and family planning lessons for inclusion in their programs. The supplemental lessons are best suited for young people ages 14 or higher and can be used with both in-school and out-of-school youth. Lessons can be presented by teachers, instructors, youth leaders or peer educators.

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These carefully selected topics are designed to be used with any life skills curriculum and represent the minimum content necessary to provide information and raise awareness among young people on reproductive health and family planning. The supplement should be used in its entirety and should follow previously presented life skills lessons. The curriculum also includes a Leader's Guide which provides an outline for each lesson, ground rules, and tips for the leader.

The lessons have been generalized for global use and should be adjusted to align with country and cultural contexts. Users of the supplement may wish to adapt the role plays and case studies or to add and localize other relevant content, such as child marriage, transactional or cross generational sex or multiple concurrent partnerships. Special attention should be given to vulnerable groups, such as working youth, street children, refugees, and migrant workers, who may require additional information on risk reduction and preventive behaviors at earlier ages.

• **Engaging Men and Boys in Gender Equality and Health**

This toolkit presents conceptual and practical information on engaging men and boys in promoting gender equality and health. It provides an overview of why male engagement is

critical in achieving better health outcomes as well as specific units on sexual and reproductive health; maternal, newborn and child health; fatherhood; HIV and AIDS prevention, care and support; and prevention of gender-based violence. It is intended to serve as a resource for program managers, advocates, peer educators and health providers. In addition to the background information and curricula tools, the toolkit also includes resources on needs assessments, advocacy, and monitoring and evaluation.

- **Maisha Bora (Healthy Lives) Curriculum**

The curriculum; ?Mashia Bora? (meaning ?Healthy Lives? in Kiswahili) provides comprehensive life skills-based HIV prevention education for young people. The curriculum was developed in Tanzania but has also been adapted for use in Zambia. This manual was designed as a guide for peer educators in promoting sexual and reproductive health knowledge and positive healthy behaviors, but it can also serve as a resource for any individual who works with young people.

- **Learning for Life: Classroom Activities for HIV and AIDS Education**

This book provides activities to help students prevent new HIV infections and gain skills related to coping with all aspects of HIV and AIDS. The manual presents lessons that are designed for three different age groups: those under the age of 10 years, youth aged 10 to 14 years and youth 15 years and older. It is intended to serve as a resource for educators to teach about HIV and sexual and reproductive health from a life-skills based perspective.

- **Reproductive Health Services for Adolescents: Comprehensive Reproductive Health and Family Planning Training Curriculum**

This training curriculum for youth-friendly services includes sections to sensitize providers to the needs of adolescents and to prepare them to offer reproductive health services for this special group. It is intended to serve as a resource for those who will be training physicians, nurses, midwives and clinical trainers. Included in the module are case studies, role plays, simulations, checklists and other resources to enable effective training of providers to deliver quality reproductive health care to adolescents.

Lessons Learned

Successful integration of reproductive health into youth programs requires understanding why reproductive health is important in the context of youth development, theoretical and practical principles regarding integration, programmatic solutions to integration and strategies for measuring outcomes. Organizations wishing to implement effective integration of reproductive health into youth programs can utilize lessons learned in the field by IYF and its partner organizations. This section of the toolkit provides practical strategies; case studies and lessons learned that aim to provide youth practitioners with the knowledge and ability to promote effective integration of YRH into youth development programs.

Resources:

- **Integrating Reproductive Health into Youth Development Programs: Lessons for the Future**

This publication provides advice on integrating reproductive health into youth development programs by presenting experiences, lessons learned and practical recommendations to national policy makers and local practitioners alike as they seek to promote a more inclusive approach to integrating reproductive health issues into broader youth development initiatives worldwide.

- **Integrating Youth Reproductive Health and Family Planning into HIV/AIDS Education**

This resource focuses on Integrating Youth Reproductive Health and Family Planning into HIV/AIDS Education and presents experiences and lessons learned in Tanzania, where IYF's Planning for Life Program integrated youth reproductive health education and family planning services into its HIV/AIDS preventions activities and trained local youth service providers to offer youth-friendly reproductive health services.

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Planning for Life Phase I Final Evaluation

The Planning for Life project is a USAID/World Learning-funded initiative that sought to increase knowledge and skills around integrating Youth Reproductive Health (YRH) and Family Planning (FP) in youth development programs on three levels: among IYF staff, IYF's Global Partner Network, and through pilot projects. Education and awareness activities were conducted at the IYF staff and partner levels to promote YRH/FP integration. The four pilot projects in Tanzania, India and the Philippines intended to integrate YRH and Family Planning into youth livelihood, education, and HIV prevention programs. The objectives of the final evaluation was to assess if PFL has contributed to: increased family planning (FP), HIV, and reproductive health (RH) knowledge and skills of young people in the three pilot countries; increased capacity for pilot project organizational partners to implement integrated YRH/FP programs; strengthened organizational capacity of IYF Headquarters to integrate YRH/FP into youth development programs; and an increased level of YRH/FP integration knowledge among IYF's global partners (including those in pilot countries).

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Peer Educator Retention Strategies

This Field Note publication focuses on Peer Education Retention Strategies, and highlights some of the innovative ways that the IYF and its partner organizations around the world are using to not only recruit peer educators but also to keep them actively committed to their important work.

Source URL: <https://www.k4health.org/toolkits/rh-youth>