

Young People, Health, and the Planet: Empowering Youth Through Integrated Development

YouthPower Learning
Population Reference Bureau
June 6, 2019



Advancing solutions to transform the lives of young people

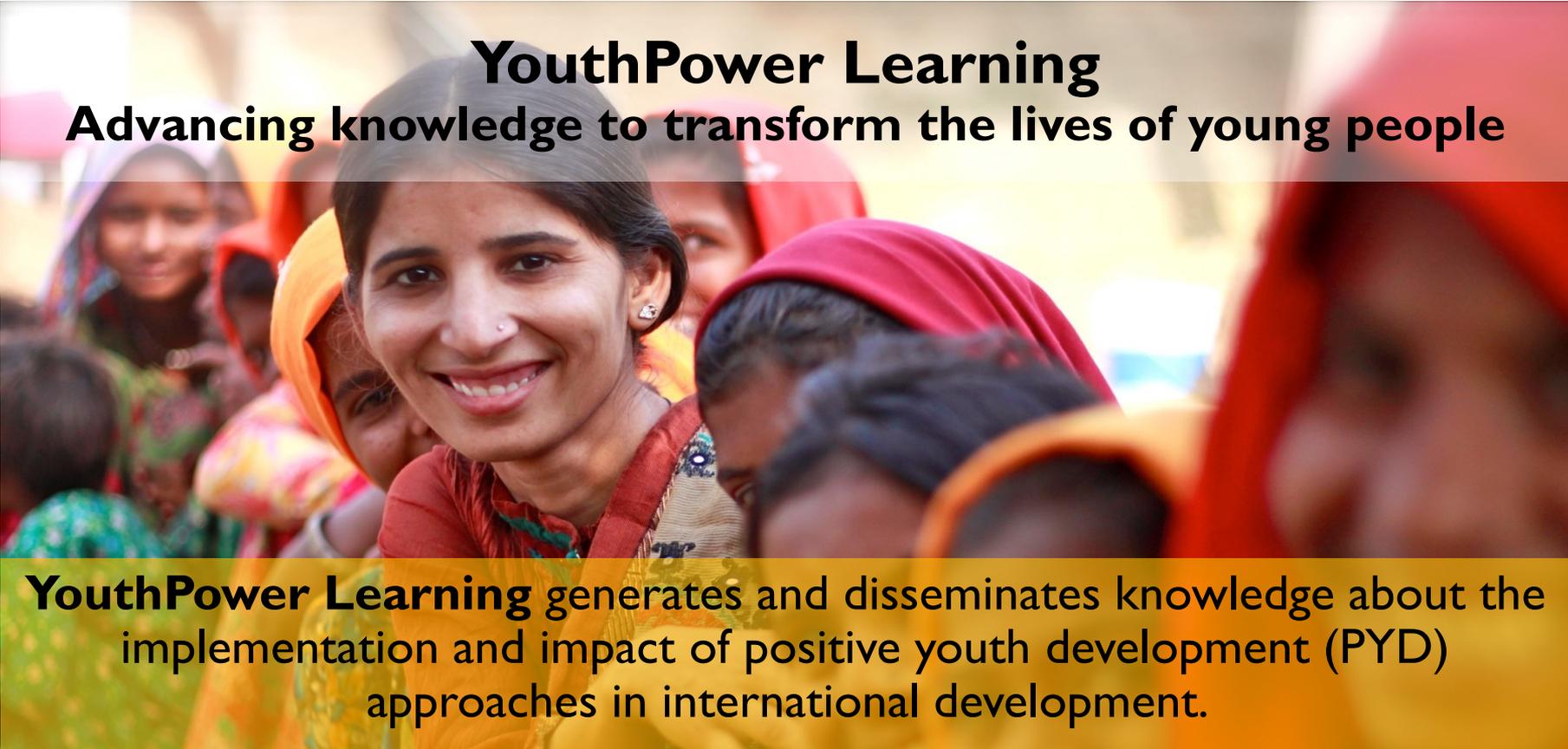


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YouthPower Learning

Advancing knowledge to transform the lives of young people

YouthPower Learning generates and disseminates knowledge about the implementation and impact of positive youth development (PYD) approaches in international development.



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A woman wearing a striped hijab and a patterned top is holding a notebook and looking towards a group of people. The background shows a rural setting with a thatched-roof building and other people sitting on the ground.

Policy, Advocacy, and Communication Enhanced for Population and Reproductive Health

Ensure that family planning, reproductive health, and population issues are recognized as key to sustainable and equitable economic growth and development.

Increase commitments for multisectoral approaches.

Today's Speakers



Smita Gaith
(Moderator),
Policy Advisor,
Population
Reference Bureau



**Cassandra
Jessee**
Director,
YouthPower
Learning, Making
Cents
International/ICRW



Modest Kinawa,
**Program
Officer,**
HoPE-LVB project



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What is Positive Youth Development?

Cassandra Jessee
Director, YouthPower Learning

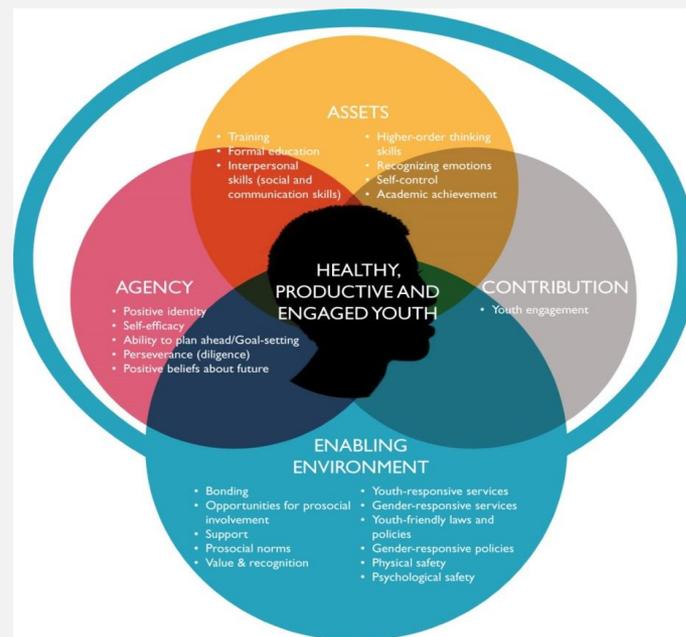


Why youth?



So what is PYD?

“Positive Youth Development (PYD) **engages** youth, along with their families, communities and/or governments, so that youth are **empowered** to reach their full potential. PYD approaches **build skills, assets and competencies; foster healthy relationships; strengthen the environment; and transform systems.**”



What do we know about PYD?

- Both a philosophy and an approach to programming
- A way of understanding young people that helps guide the design of policy, programs, supports and opportunities

-
- Focus on strengths
 - Focus on assets
 - Youth engagement
 - For all youth
 - Every sector plays a role
 - Long term commitment
 - Holistic - based on developmental stages and needs

PYD achieves multiple sector outcomes

Crime &
Violence
Prevention

Delay of Sexual
Activity

Increased
Academic/Soft
Skills

Increased
Community
Engagement

Substance
Abuse
Prevention

Improved
Relationships

Understanding PYD from the Literature

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A SYSTEMATIC REVIEW OF POSITIVE YOUTH DEVELOPMENT PROGRAMS IN LOW- AND MIDDLE-INCOME COUNTRIES

This report is made possible by the support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of YouthPower Learning and Evaluation Task Order 1 (YouthPower Learning) and Contract # AID-OAA-13-00034ND-OAA-13-00011. This report does not necessarily reflect the views of USAID or the United States Government.

April 2017

Systematic Review of Positive Youth Development (PYD) in Low- and Middle-Income Countries: Findings on Sexual and Reproductive Health (SRH) and HIV/AIDS

Systematic Review of Positive Youth Development in Low- and Middle-Income Countries: Findings on Democracy, Human Rights, and Governance (DHRG)

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YouthPower Learning Brief Systematic Review of Positive Youth Development in Low- and Middle-Income Countries: Findings on Workforce Readiness & Employability

REASONING A SYSTEMIC REVIEW TO BETTER DESIGN YOUTH INTERVENTIONS GLOBALLY

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A SYSTEMATIC REVIEW OF POSITIVE YOUTH DEVELOPMENT IN LOW- AND MIDDLE-INCOME COUNTRIES

Public Youth Development (PYD) emerges, pushes along with their families, communities, and/or governments in low- and middle-income countries

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What is Positive Youth Development?

Positive Youth Development (PYD) engages youth along with their families, communities and/or governments, so that youth are empowered to reach their full potential. PYD approaches build skills, assets and competencies, foster healthy relationships, strengthen the environment and transform systems.

Assets: Youth possess the necessary resources, competencies and skills to achieve their goals and overcome their challenges.

Agency: Youth possess and can employ their assets to make decisions and influence their lives.

Enabling Environment: Youth possess the necessary resources, competencies and skills to achieve their goals and overcome their challenges.

Community: Youth possess the necessary resources, competencies and skills to achieve their goals and overcome their challenges.

Key Findings

Systematic review of Positive Youth Development (PYD) in Low- and Middle-Income Countries (LMICs)

We identified 108 studies that reported on 97 PYD programs being implemented across 60 countries.

Here is some of what we learned.

- 1 Only one youth program included a control group.
- 100% of programs included a control group.
- 99% of programs addressed the core domains of PYD: sense of purpose, self-efficacy, and social skills.
- Less than half of programs included a control group.
- The majority of studies reported on outcomes in the health, educational, and economic domains.

Positive Youth Development programs...

- ...decrease incidence of current sex (as reported by adolescent girls).¹
- ...decrease HIV-related stigma.²
- ...increase use of sexual reproductive health services by youth.³
- ...reduce teenage pregnancy.⁴
- ...increase number of youth with high-quality and longer-term employment.⁵
- ...increase food security, income, and assets among girls and young women.⁶
- ...improve a sense of belonging and trust, as well as the health of teachers' care.⁷
- ...reduce the probability of child marriage.⁸
- ...reduce dropout rates for girls.⁹
- ...improve gender equality attitudes among youth.¹⁰
- ...improve psychosocial and social well-being, self-esteem and reduced substance use risk behaviors.¹¹
- ...increase positive parenting, confidence as an agent of domestic discipline, and lowers the probability of using psychological and verbal intimate-partner violence.¹²
- ...reduce conflict problems, internalization of symptoms and poor treatment across symptoms.¹³
- ...improve coping and prosocial behavior.¹⁴
- ...improve youth self-efficacy to use condoms with their partners.¹⁵
- ...decrease sexual risk behaviors including number of partners and incidence of unprotected sex.¹⁶
- ...increase knowledge of HIV risk and risk reduction strategies (PYD knowledge, condom use, knowledge).¹⁷

<http://www.youthpower.org/systematic-review-pyd-lmics>
<https://doi.org/10.1016/j.jadohealth.2019.01.024>

Positive Youth Development programs...



...improve socio-emotional, communication, and life skills.¹



...improve psychological and social well-being, self-esteem and reduced substance use risk behaviors.²



...increase positive parenting, confidence in use of nonviolent discipline skills, and lowers the probability of using psychological and verbal intimate-partner violence.³



...reduce conduct problems, internalization of symptoms and post-traumatic stress symptoms.⁴



...improve coping and prosocial behavior.⁵



...improve youth self-efficacy to use condoms with their partners.⁶



...decrease sexual risk behaviors including number of partners and incidences of unprotected sex.⁷



...decrease incidence of coerced sex (as reported by adolescent girls).⁸



...decrease HIV-related stigma.⁹



...increase knowledge of HIV risk and risk reduction strategies (HIV knowledge, condom use knowledge).¹⁰



...increase use of sexual reproductive health services by youth.¹¹



...reduce teenage pregnancy.¹²



...increase number of youth with high-quality and longer-lasting employment.¹³



...increase food security, income, and assets among girls and young women.¹⁴



...improve a sense of belonging and trust, as well as the belief that teachers care.¹⁵



...reduce the probability of child marriage.¹⁶



...reduce dropout rates for girls.¹⁷



...improve gender equitable attitudes among youth.¹⁸

Measuring PYD

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POSITIVE YOUTH DEVELOPMENT MEASUREMENT TOOLKIT

A PRACTICAL GUIDE FOR IMPLEMENTERS OF YOUTH PROGRAMS

December 2016

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Positive Youth Development Measurement Training

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APPROACH • WHAT WORKS • RESOURCES • COMMUNITIES • INNOVATIONS • PROJECTS • EVENTS • BLOGS • NEWS

YOUTH ENGAGEMENT MEASUREMENT GUIDE

Overview

Youth Engagement Measurement & Indicators

Youth Engagement in M&E

Resources & References



POSITIVE YOUTH DEVELOPMENT ILLUSTRATIVE INDICATORS

This handbook is a companion to the *Positive Youth Development Measurement Toolkit*. The *Positive Youth Development Measurement Toolkit* provides guidance and resources for implementers of youth programming in low- and middle-income countries (LMICs) to integrate positive youth development (PYD) principles in their monitoring and evaluation (M&E) systems and effectively measure PYD outputs and outcomes within their programs.

How to use this handbook: This handbook is best used in conjunction with the *Positive Youth Development Measurement Toolkit*, which is available at www.youthpower.org/publications/positive-youth-development-toolkit.

Most of the illustrative indicators in this handbook correspond to a specific tool or measurement source in the *Positive Youth Development Measurement Toolkit*; these tools and sources are detailed in annexes. You may select constructs and indicators of interest in this handbook; however, in order to review the underlying measurement of these indicators, you will need to refer to the reference sheets (Annex 2) provided in the *Positive Youth Development Measurement Toolkit*. These reference sheets contain a brief description of the measurement source, target age group for the tool, the relevant tool items that link to the illustrative indicators, and the citation for the source.

Purpose of the handbook: The purpose of this handbook (and associated toolkit) is to help program implementers, researchers, evaluators, and funders identify PYD indicators that can be used for youth programming across multiple sectors. Use of these indicators in LMICs can provide additional data on how PYD approaches and outcomes can be linked to sector-specific outcomes. Often, these PYD indicators serve as intermediate indicators, linking activities from a PYD program to long-term outcomes in specific sectors, such as health, workforce development, and democracy and governance.

When to use the indicators:

- During program design and M&E preparation to guide the situational/needs analysis to inform the theory of change.
- During the development of the M&E plan to identify sources of data to inform the development of project/program baseline and follow-up.
- During M&E implementation to monitor and evaluate progress towards achieving specific outcomes and outputs.

You can find additional information about PYD on www.YouthPower.org.



<http://www.youthpower.org/pyd-measurement-toolkit>

<https://www.youthpower.org/youth-engagement-guide>

...and i should care,
why?

- Strong evidence in high income countries that PYD strategies work
- Evidence from LMIC is sparse, but growing

**You can add to
that evidence!**

- High potential for PYD programs to improve the lives of young people all over the world

PYD LEARNING AGENDA THEMES AND QUESTIONS

<https://www.youthpower.org/pyd-learning-agenda>

THEME 1

UNDERSTANDING HOW PYD PROGRAMS ACHIEVE POSITIVE IMPACT IN LMIC

- ➔ Do PYD programs in LMICs achieve their longer-term/sectoral outcomes by effecting PYD outcomes?
- ➔ How can PYD programs that have proven to be effective be adapted to different contexts?

THEME 2

CROSS-SECTORAL IMPACT OF PYD PROGRAMS

- ➔ Do PYD programs have significant positive effects on outcomes in multiple sectors?
- ➔ What are the best ways to design and implement PYD programs with cross-sector outcomes in LMICs?

THEME 3

MEASUREMENT OF PYD CONSTRUCTS

- ➔ What processes or strategies are critical for adaptation of reliable and valid PYD tools to different contexts?
- ➔ How do we best measure the implementation of PYD approaches at the program, system or agency?

THEME 4

PYD FOR VULNERABLE OR MARGINALIZED POPULATIONS

- ➔ What are the barriers to and facilitators for including vulnerable or marginalized populations in universal PYD programs?
- ➔ How effective are tailored PYD programs at serving the needs of vulnerable or marginalized populations?

THEME 5

YOUTH ENGAGEMENT IN PYD PROGRAMS

- ➔ What strategies are effective in enabling meaningful youth engagement?
- ➔ What are the best ways to measure and evaluate the impact of various levels of youth engagement on intended PYD?

What is the Population, Health, and Environment Approach?

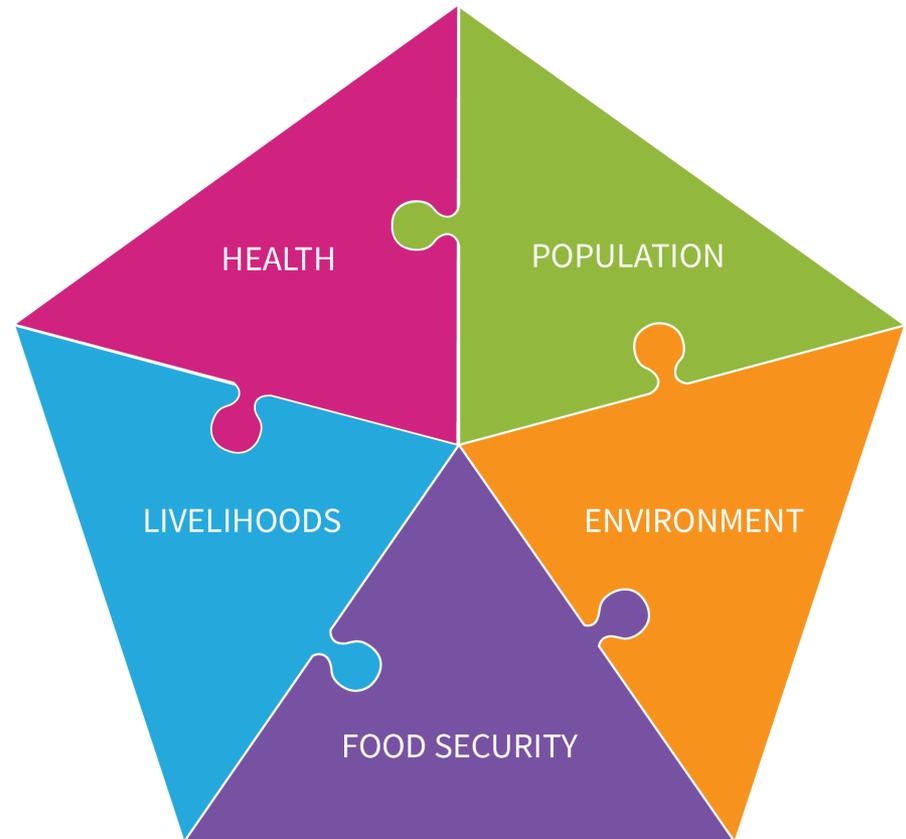
Smita Gaith

June 6, 2019



What is the Population, Health, and Environment approach?

- Community-driven approaches to integrate persistent challenges
- Recognize interrelated nature of challenges
- Reach rural communities



Why integrate population, health, and environment?



Transforms gender roles and norms



Cost-efficient for organizations



Time-efficient for communities



Responds to communities' priorities



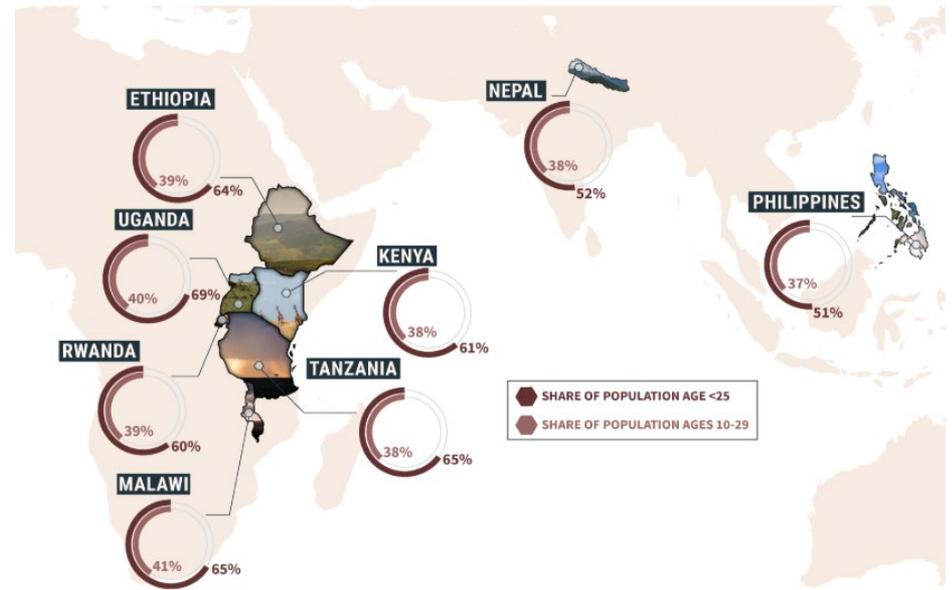
Improves equity by reaching rural communities



Packages multiple interventions for better uptake

Youth populations are high in many countries with PHE projects

- In some PHE countries, more than half the population is under 25.
- Environmental needs compound challenges faced by rural youth.



How do PHE projects benefit young people?

- May contribute to youth capacity across sectors.
- Support an environment for youth to innovate, lead, and make healthy decisions.
- Many PHE projects already engage youth, but without considering positive youth development.

Engaging youth can also benefit PHE projects

- Involving youth adds to the project's priorities and encourages sustainability
- Sectoral benefits
 - Health
 - Agriculture
 - Livelihoods / employment
 - Participation in governance
- Projects can do more to measure/evaluate youth benefits

What can policymakers, advocates, and PHE implementers do?

- Invest in and scale up multisectoral approaches.
- Be intentional about addressing PYD in PHE project design.
- Strengthen monitoring and evaluation, and share the impacts of PHE projects on youth.



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without fear or boundary

**Health of People and
Environment in the Lake
Victoria Basin (HoPE-LVB)
Project**
by
Modest Kinawa

BACKGROUND: ABOUT HOPE-LVB

- Builds on the strength of the community, in partnership with local government and NGOs.
- Emphasizes:
 - Balancing quality of life with maintaining biological diversity and forest and lake ecosystems.
 - Being more aware and able to take care of reproductive health needs and the environment.
 - Integrating reproductive health and family planning into resource management.



HOPE-LVB PROJECT SITES



- **Target Population:** Uganda & Kenya with advocacy impacts in 5 countries of Basin
- **Phase I (2011 –2014)**
- **Phase II (2015-2017)**
- **Phase III (2018-2019)**

Funders: USAID, and MacArthur, Packard, Barr, Winslow and Cargill Foundations



POPULATION, HEALTH, AND ENVIRONMENT CHALLENGES

- Teenage pregnancies
- High school dropout rates
- Maternal deaths
- Water-washed/water-related illnesses
- Open defecation sites
- Deforestation
- Illegal fishing practices
- Land ownership
- Dependency on Lake Victoria for income



Photo: Net fishing on Lake Victoria



DEMOGRAPHICS OF YOUNG PEOPLE AND THEIR NEEDS

- HoPE LVB sites have an ever-growing young population
- These youth have needs that cut across all spheres of life:
 - Livelihoods
 - Education
 - Ability to be recognized
 - Contributions to decision-making in their communities



HOPE-LVB INCORPORATED YOUTH INPUT AND NEEDS

- Worked with existing structures to implement activities
- Organized youth into functional groups with leadership structures
- Used games to engage youth and demonstrate PHE interconnectedness.
- Linked youth to government livelihood schemes



Photo: Community dialogues



YOUNG LEADERS CONTRIBUTE TO PROJECT ACTIVITIES

- Youth-led WASH campaigns led to:
 - closure of open defecation sites
 - fewer diarrheal cases in project-supported health facilities
- Young people participate in commercial tree nurseries
- Youth construct energy-saving stoves and contribute to forest conservation
- Young people in model households share PHE messages



Photo: Young people led WASH interventions



HOPE-LVB'S HEALTH AND ENVIRONMENT RESULTS

- Increased uptake of services at health facilities, including deliveries
- 60 by-laws that pertain to P, H, and E were adopted
- 44 fish breeding sites were established
- 680,000 trees were planted
- Improved WASH indicators
- Use of composting manure



Photo: A youth-managed tree nursery



HOPE-LVB'S CONTRIBUTIONS TO YOUTH LEADERSHIP AND DEVELOPMENT

- Table banking activity keeps young people together
- Young people are organized into saving groups
- Vegetable projects have improved household livelihoods, food security, and nutrition
- Jagusi Sub-County strengthened youth groups to access CDD money



Photo: Vegetable gardens for young mothers



HOPE-LVB CHANGED COMMUNITY GENDER AND YOUTH NORMS

- Increased male engagement and dialogue between spouses about family planning
- More men accompany their wives on ANC visits and HIV testing
- More women are involved in income-generating activities
- Young people held trainings and public talks and emerged as leaders
 - Particularly beneficial for young women



HOPE-LVB AND SUSTAINABILITY

- Incorporation of the PHE interventions into the district and sub county 5 year development plan
- Implemented together with all the structures on ground
- Involvement and sensitization of youth can contribute to continuity/sustainability





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HEAR FROM GERALD SEMUKANGA ON HOPE-LVB



Q&A



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How can we partner together?

- Connecting with other YouthPower activities
- Sharing Resources, Events, Information, and What Works: Learning Hub YouthPower.org
- Contributing to the [PYD Learning Agenda](#)
 - Identify [What Works](#)
 - [Measure PYD](#)
 - Send your youth-related resources to info@youthpower.org
- Engaging with [YouthLead.org](#)
 - Under 35? – Join the platform
 - Support youth networks or content? – Become a sponsor
- Joining/Engaging with the [Communities of Practice](#):
 - Youth in Peace and Security
 - Gender and PYD
 - Youth Engagement
 - Cross-Sectoral Skills for Youth



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Thank you!

Thank you for participating in this YouthPower Learning event.
The recording of today's event will be shared with all registrants.

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