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PROMOTING LIFE SKILLS AMONG YOUTH

MESSAGE BY THE EXECUTIVE DIRECTOR AMAN HEALTH

Shazina Masud



As the newest member of Aman Health Care Services, I am excited to be a part of the Sukh Initiative as it explores the learnings of the five-year urban model. A lot of work has been done by Project Management Unit and partner organizations, keeping the woman with unmet family planning need at its center.

The outcome of the work that has been done promises to be thought-provoking, and I am hopeful that it will help in improving future program design on family planning, both nationally and internationally.

MESSAGE BY THE HEAD SUKH INITIATIVE

Dr. Haris Ahmed



Welcome to the second edition of Sukh Initiative quarterly newsletter! The project has demonstrated a successful model encompassing key elements of family planning both at policy and implementation level, through focused interventions, establishing networks and partnership with local stakeholders. A special thanks to all the three foundations and consortium partners for their commitment and support.

2018 will be another big year, I hope that all of us can learn more to give impetus to the project and ensure that we continue to be the agency of change and voice for family planning that the country needs, perhaps now more than ever in this make or break window of opportunity.

BUILDING CAPACITY OF YOUTH AND HEALTH CARE PROVIDERS & WORKERS Training for Youth on Social Action Projects

Sukh Initiative's implementation partner for Life Skills Based Education, Aahung, organized a training titled 'Social Action Project' from September 9 to 13, 2017. The training was held at the Youth Friendly Space (YFS) established under the project in Korangi, one of the catchment areas in Karachi. The goal was to develop knowledge and sense of ownership amongst youth on issues pertinent to Sexual and Reproductive Health and Rights (SRHR), such as puberty, early marriage, human rights, peer pressure and sexuality. Young girls and boys, 14 in number, were selected for training from a group of youth attending and participating in the sessions and activities of YFS. The trainees learned to raise awareness about these topics in their communities through various creative means. They were also trained on how to effectively communicate with important stakeholders in the community in order to maximize the impact of their social action projects. Building on the training received, the young participants held brainstorming sessions on SRHR issues of youth in their neighborhood.



The youth expressed commitment to remain in contact with the YFS counselors to implement their projects in a smooth and effective manner.

Capacity Building of Health Care Providers on Youth Friendly Services (YFS)

Health care providers and support staff were provided a capacity strengthening training at Youth Friendly Space (YFS) from October 30 to November 1, 2017. In this three-day training, five health care providers from five clinics took part, who were selected for training after a thorough screening criteria undertaken during August and September 2017.

This training by Aahung under Sukh Initiative aimed to explore the underlying reasons of various youth related issues and concerns. The strategies to address such issues were also part of the training. The training provided participants the opportunity to develop effective communication skills for interacting with youth and counseling them. It helped the participating health care providers to identify needs and requirements for setting up similar youth friendly spaces at their respective clinics and health facilities. Different interactive teaching tools, such as brainstorming, role playing, case studies, presentations and videos were put to use during the course of training. The training was successful in instilling the importance of YFS at health care facilities. The workshop was able to highlight youth's sexual and reproductive health and rights.



"I have been ignoring youth and their issues up till now. I realized how important it is to address youth related issues and their needs so that they don't experience similar challenges as I did."

– A participant.

Training of Health Workers on Family Counseling (FC) Module and its Implementation

Under Sukh Initiative, a five-day training on the implementation of the Family Counseling Module was held with 30 Community Health Workers, 10 Community Health Supervisors, 20 Lady Health Workers and 10 Lady Health Supervisors. The participants were trained in four batches during October and November 2017 and introduced to the 'five touch family counseling technique'. They were specifically familiarized with topics taken up with mothers and daughters. The importance of effective communication between mothers and daughters and the qualities of a good facilitator were also focused at during the training.

At the end of the training, the participants were asked to identify households in their respective catchment areas where they can implement the family counseling module. The implementation of the FC module will be carried out on a cyclical manner, with each cycle taking a five-week time. During this five-week cycle, the health workers will run five chapters of the module, each taking one week time. The participants will be implementing the FC module with approximately 1,400 households. This intervention will last till September 2018.



PROMOTING LIFE SKILLS EDUCATION IN SCHOOLS

Promoting life skills education among youth holds the value of a lynchpin in Sukh Initiative's strategy. Aahung, partner to Sukh Initiative for life skills education is making continuous efforts in this direction with focused approach. During October 2017, Aahung carried out three school-wide program activities in the catchment areas of Sukh Initiative. These youth centric activities were held for students, parents, teachers and staff of Nasra Secondary School Korangi (morning and afternoon shifts) and Government Boys High School, Landhi.

In the morning session activities at Nasra School, various sensitive topics, such as consequences of early marriage, peer pressure and sexual harassment, were highlighted through skits by students of grade 9. Later in the afternoon session, skits were presented on pubertal changes, gender roles and discrimination, and consequences of eating harmful substances, such as pan and gutka (betel nut and concoction of tobacco). In both of the sessions, the skits ended with emotional and inspirational speeches on women's rights. In the Government Boys High School Landhi, a skit was performed by students on self-protection from harmful behaviors. This session at the Boys High School was also attended by 8 officials of different government departments. These included, Mr. Shahid Kamal, the Principal Government Polytechnic Institute (Boys) Landhi, who lauded the efforts to promote life skills among youth. It was noted that these extra-curricular activities help increase confidence of students so that they are able to conveniently share their common concerns and build their capacity to perform necessary roles. Also, the skits increased overall knowledge and awareness of students on sexual and reproductive health and rights.



SENSITIZING PARENTS - AN IMPERATIVE

Sensitizing parents on youth issues is the need of the hour. Aahung under Sukh Initiative organized sensitization sessions for parents at Baldia Government Girls Secondary School and N.A. Abbasi Government Boys Secondary School, both located in Landhi. The first session was held on August 21, 2017 and 63 parents were sensitized about the importance of life skills development. The second session was organized on October 19, 2017 with 60 parents taking part in it. Both the meetings began with a welcome address by Aahung's field coordinator.



Parents were briefed on the importance of Life Skills Based Education (LSBE) in offering the best possible learning environment for the students, such as personal grooming, safe behaviors and good touch/bad touch, etc. They were sensitized about the importance of education, consequences of early marriage in a girl's life, negative effects of pan, gutka and chaalia (betel nut leaves, concoction of tobacco and betel nut), as well as impact of peer pressure.



YOUTH CENTRIC TRAINING FOR AMAN TELEHEALTH

A four-day training of master trainers belonging to Aman TeleHealth was held at Aahung's office from September 5 to 8, 2017. The training included sessions on value clarification, human sexuality and behaviors, myths and misconceptions on puberty, reproductive tract infections, family planning and sexual dysfunction. This capacity building activity helped enhance communication skills of the management and operators with an objective to improve the overall tele-health service. One of the focus areas was improving history-taking skills of the trainees regarding sexual and reproductive health.



The training was conducted using different participatory methods, including brainstorming exercises, group work, role playing, case studies, mock calls, etc. After sessions on sexuality and language exercises, the participants were able to talk more clearly and comfortably with clients about sexual and reproductive health related issues. They also gained knowledge on values clarification and attitude transformation (VCAT) and its application.

As a result of the training, there was a visible improvement in the confidence, skills and knowledge of the participants as witnessed during mock calls and teaching sessions.



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Sukh Initiative is a multi-donor funded family planning and reproductive health project of Aman Health Care Services, implemented through a consortium of local and international organizations in collaboration with provincial government departments. The project aims to increase modern contraceptive prevalence rate by 15 percentage points in the one million underserved peri-urban population of Karachi city, Sindh, Pakistan

Provincial Government Partners



Project Partners

