

FPA INDIA - LEARNING AND SHARING FROM CHOICES AND OPPORTUNITIES PROJECT

CHALLENGES OF REACHING THIS AGE GROUP

- Communities often initially resist sexual reproductive health programs for young people and think it is inappropriate or unnecessary.
- Many adults (teachers, educators, parents, service providers) also feel uncomfortable or unable to provide information and services to this age group.
- Younger adolescents are not able to actively contribute in project planning.
- Getting permissions from school to complete the CSE curriculum is sometimes difficult.
- For some topics girls & boys need to be separated for CSE
- Young people particularly 10-14 years old lack mobility to access health services.

BACKGROUND

With support of the Government of the Netherlands, FPA India implemented the Choices and Opportunities Project which focused on young people, particularly the very young between 10-14 years in 3 Branch locations - Agra, Ahmedabad and Bangalore.

The four-year programme supported FPA India's strategic framework on young people and provided an opportunity to increase the capacity of the Association to promote young people's sexual and reproductive health and rights (SRHR), to identify and scale-up good practices in adolescent-friendly service provision, comprehensive sexuality education (CSE) and also to identify new strategies to reach young people and underserved groups. The Project was initiated at Agra, Ahmedabad and Bangalore and has this year been scaled up to include Madurai, Panchkula and Srinagar Branches.

A comprehensive, gender-sensitive, rights-based sexuality education curriculum 'Growing Up is Fun' was developed and is used for providing CSE. In the 4 years 33,905 young people both from the formal set up of schools and out-of-school completed CSE.

While working with the very young adolescents (10-14 years) the themes found most relevant to them were Gender, Puberty: My Body, My Self, Others body, Self-care, Development concerns Abuse/violence, Nutrition, Relationships-friends, siblings, family. Parents were encouraged to communicate with their adolescents on SRH issues and about gender, abuse, pubertal changes.

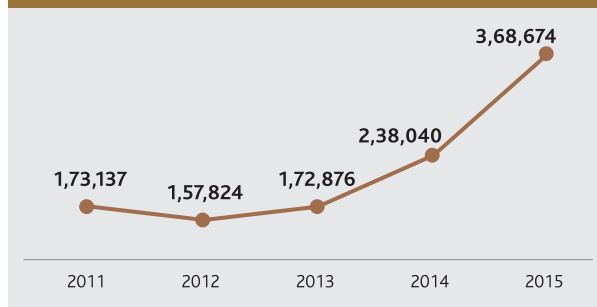
A number of strategies were used to ensure access to services for young people including outreach service sessions in schools and at the Youth Centres. During the Project duration a total of 11,10551 services were accessed by young people.

The experience of the Project has been integrated and now all FPA India Branches are strategizing and working with the very young adolescents. In 2015, 1,69,602 or 2% of the total SRH services of the Association were accessed by the very young adolescents.

SOME KEY LEARNINGS

- Programs need to be holistic including opportunities for self-development.
- A mix of interactive activities with fun and learning approaches is important.
- Involvement of parents and teachers is critical equipping them with skills to communicate on SRH issues.
- Before providing SRH services it is important to have entry level general health services which can be expanded gradually.
- SRH needs for information or services is not uniform with those living on the streets having different needs as compared to those living in protective environment of families.
- Capacity building of service providers is imperative, particularly skills in counselling.
- Services should be visible with trained and experienced service providers dealing with sensitivity assuring confidentiality to the young adolescent.
- Capacity building of government frontline workers is important.

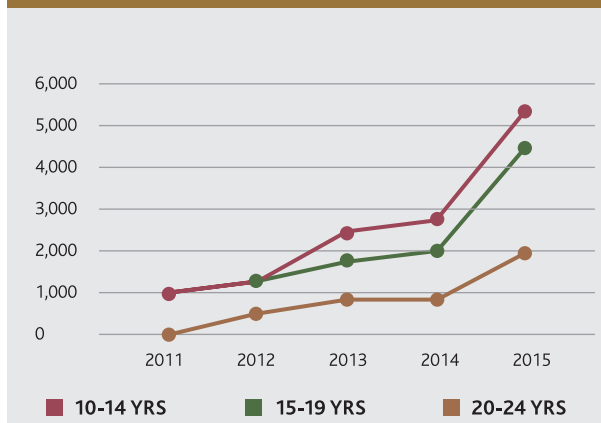
NUMBER OF CLINICAL SRH SERVICES FOR YOUNG PEOPLE (AGES 10 - 24, PROJECT SITES)



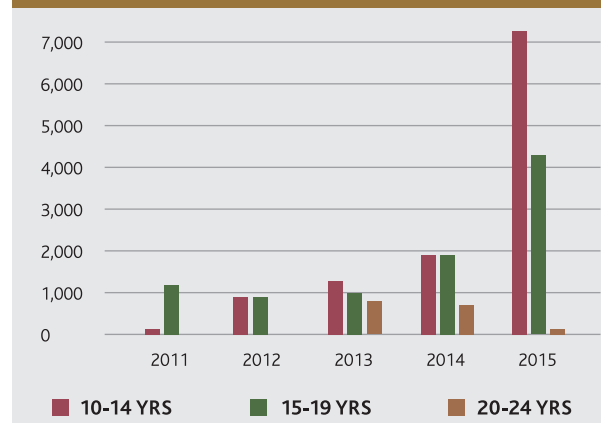
TOTAL SERVICES PROVIDED BY FPA INDIA (ALL BRANCHES)



COMPREHENSIVE SEXUALITY EDUCATION OUT OF SCHOOL



COMPREHENSIVE SEXUALITY EDUCATION IN SCHOOLS / COLLEGES



FAMILY PLANNING ASSOCIATION OF INDIA (FPA INDIA)

FPA India works in 18 states of India, helping people to achieve their Sexual and Reproductive Rights. FPA India is the founder member of the International Planned Parenthood Federation, United Kingdom. The Association provides comprehensive sexual and reproductive health information and services to over 30 million people, making sexual and reproductive health (SRH) care easily accessible to those who are in need, viz. socio-economically vulnerable men and women, young people, People Living HIV (PLHIV), people who use drugs, MSM (men who have sex with men), transgender, and sex workers. It has seen lives blooming and developing positively with simple interventions like access to contraceptive methods, fertility advice and counseling. With its Headquarters based in Mumbai, it works through its branches and projects in 18 states of India. For more details, please visit the website – www.fpaindia.org

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