



RYCULTURE HEALTH AND SOCIAL INNOVATION

SEXUAL REPRODUCTIVE HEALTH AND RIGHTS (SRHR) YOUTH CHAMPIONS NETWORK

Leveraging the power of youth networks to advance access to quality sexual and reproductive health information and services.

Reflections from Youth Leaders – 2021

Partner Organizations:



Youth Organizations:



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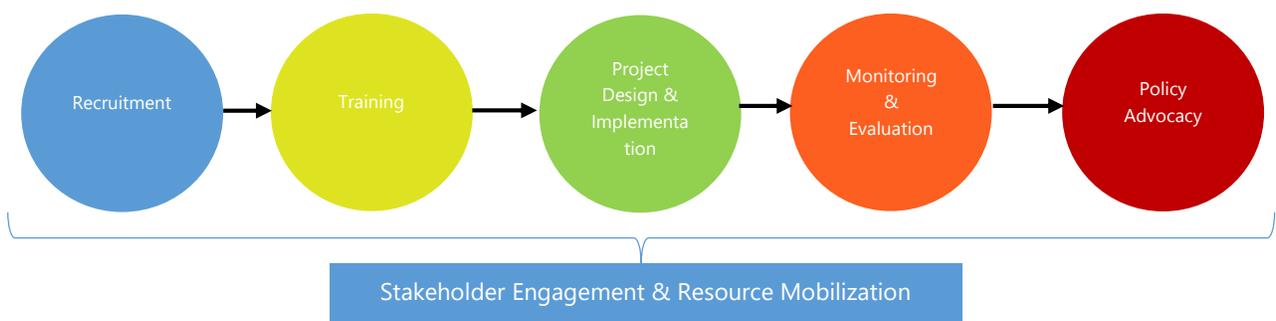
Background:

Ryculture Health and Social Innovation is a forward looking social enterprise committed to improving access to quality healthcare service and promoting human capital development through health research, health communication, health systems strengthening and human capacity development. In line with our mission to collaboratively work with stakeholders in the Kenyan healthcare space and amplify contributions of each partner for sustainable, impactful execution of global health projects as well as to inform policies to be responsive to industry needs, we developed the YouTH Voices Network (YVN) Programme, an initiative aimed at equipping young people with requisite skills, competencies and enabling them access resources & opportunities required in the realization of their goals & aspirations.

Sexual Reproductive Health and Rights (SRHR) Youth Champions Network program works with youth-led organizations and youth leaders with an inclination to advancing access to quality sexual and reproductive health services in their communities. We collaborate with like-minded organizations from non-governmental organizations, private sector players to public institutions to train, equip and amplify the impact of these youth led initiatives sustainably.

Operating Model

We engage youth-led organizations and youth leaders working on sexual reproductive health and rights related concerns in their communities with an established need, build capacity in them through trainings, collaboratively design interventions with them and other stakeholders for implementation in the communities, document, monitor and evaluate the outcomes of these interventions. Insights gained are collated and used in policy advocacy towards evidence-based, practice-driven policies for SRHR in the country.



Executive Summary

Sexual Reproductive Health and Rights (SRHR) Youth Champions Network program through the first phase as per our working model started its operations in August 2021 with recruitment of youth leaders and youth-led organizations working to advance access to sexual and reproductive health services across the country. The initial call attracted 398 applicants who were trimmed to 39 organizations/initiatives as per level of commitment assessed through their ability to fulfill recommended tasks i.e. reporting of organizational plan. The remaining organizations were enrolled into the training program which was to run for six (6) consecutive Saturdays in partnership with Marie-Stopes Kenya (MSK). Out of these, the number reduced to the final 12 organizations which were able to attend 75% of the training sessions and report on the learnings as documented herein. Upon completion of this initial phase, we had a deliberative discussion on the next steps with the network resolving to collaborative work on projects in the year 2022 with support from Ryculture Health and Social Innovation.

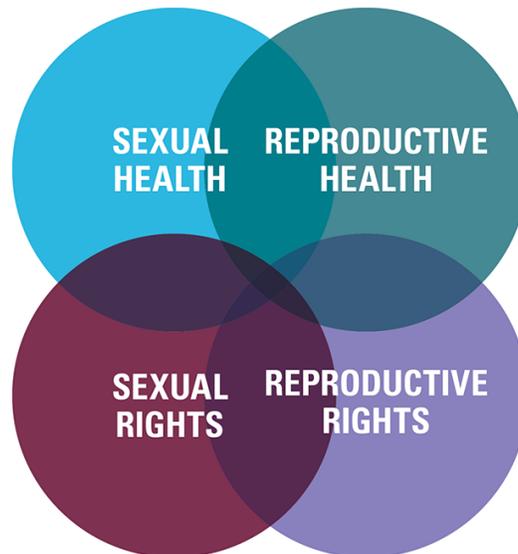
The topics covered through the training were:

1. Introduction to Sexual Reproductive Health & Rights
 - a. Definition
 - b. Components of SRHRs/examples of SRHRs
 - c. Why SRHR
 - d. Engaging men and Boys in SRHRs
 - e. Role of CSOs in SRHRs
 - f. Role of youth champions in enhancing SRHRs
2. Youth Programming in SRHR (Part 1)
 - a. Definition of youth and youth champion
 - b. Qualities of a good leader and Role of youths in leadership
 - c. Role of youth champions in SRHR interventions/Programs
 - d. Sexual and reproductive health needs of young people
 - e. Why young people require special attention to achieve positive sexual and reproductive health outcomes
 - f. Programmatic initiatives and approaches that improve the sexual and reproductive health of young people.
3. Youth Programming in SRHR (Part 2)
 - a. Ways in which gender norms affect the sexual and reproductive health outcomes of youth and learn how programs can address gender inequality
 - b. Designing, planning, implementing and evaluation of effective ASRH interventions
 - c. Referral and linkages for ASRH services
4. Youth Programming in SRHR (Part 3)
 - a. Laws/policies/treaties/Kenyan constitution guiding provision of ASRH services and products

- b. Coalition and partnership building for effective Implementation of ASRH interventions and advocacy
- 5. Social Marketing in Advancing Access to SRHR and services (Part 1)
 - a. Definition of social marketing
 - b. Product marketing
 - c. Service marketing
 - d. Effective communication and personal branding in social marketing
- 6. Social Marketing in Advancing Access to SRHR and services (Part 2)
 - a. Role of social media in social marketing and how youth champions can tap into its strengths to increase service and product uptake
 - b. Effective ways of using social media by youth champions to enhance access to SRH services and products to high impact clients
 - c. How can youth champions tap into MSK Social marketing to advance equity in access to ASRH services and products

In the subsequent phase of the program, we plan to design interventions and campaigns with members of the network and seek partnership from other organizations across the country with a common mission: to improve access to sexual and reproductive health services and advance sexual and reproductive health rights for all.

① Sexual and reproductive health and rights must encompass four distinct and intersecting components



Source: Guttmacher-Lancet Commission.

Reflections:

1. Winam Chanua Dada CBO (CHADALA)

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Session 1: INTRODUCTION TO SEXUAL REPRODUCTIVE HEALTH AND RIGHTS (SRHR)

Being the first session we were taken through the program and what it entailed. As a participant following the discussion it came to my attention that some marginalized communities like Lesbian, Bisexual and Queer Women (LBQ) and persons with disability had been left out of the discussion yet they are a part of the groups that lack access to proper SRHR services and products. With the support from Salima Mohammed (Programs Officer and Trainer from Marie-Stopes Kenya) CHADALA was able to set a virtual meeting to find out how best we can partner with Marie Stopes International and this would be through linkages and referrals. LBQ women continue to face stigma and discrimination while accessing health care facilities something that has led to a rise in STI and HIV infections in rural Nyanza. The need to have comprehensive sexuality education for all with boys/men being part of the journey was also factored in the conversation.

Session 2: YOUTH PROGRAMMING SRHR (Part 1)

We discussed leadership and role of the youth in advancing SRHR with a focus on adolescents. We were taken through the leadership skills a good leader needs which are strategic thinking, planning and delivery, people management, change management, communication, persuasion and influence. All these are key qualities of good leadership which we need to apply to advance our course in ASRH. Adolescents should be included in matters relating to SRHR and information about them should not be disclosed unless consent has been given.

Session 3: YOUTH PROGRAMMING IN SRHR (Part 2)

As an organization that champions for ASRH there is the need to know the laws, policies and rights put in place that guide the provision of ASRH services and provision. There is also the need to implement ASRH intervention and advocacy. The Kenyan Constitution is a guide to be used when defining the set ASRH policies as it defines the fundamental human rights of a Kenyan from the age of 18 years and above.

Session 4: YOUTH PROGRAMMING IN SRHR (Part 3)

Successful SRHR intervention comes through collaboration between Government, Civil Society Organizations and relevant stakeholders. To have successful SRH interventions, there is need to have well stocked health facilities which are run by competent staff members. There is also the need to have community sensitization on ASRH, this can be done through dialogue or focus group discussion putting in mind age and gender as a way of inclusion and equity. There is the need to have confidentiality and privacy for persons accessing private facilities more so for the marginalized communities who face a lot of stigma and discrimination. There is the need to have

supportive policies put in place for ASRH. In conclusion there is the need to have referral and linkages for ASRH services.

Session 5: SOCIAL MARKETING IN ADVANCING ACCESS TO SRHR SERVICES (Part 1)

This was the best session for me as a Marketer by profession. I learnt that Social Marketing in advancing access to SRHR services and products means using marketing principles and techniques to improve contraceptive access, choice and use. As an organization looking for effective social marketing, we need to utilize the four foundational elements of marketing that we learnt, the 4Ps which are Product, Price, Promotion and Place. There is also the need to develop policies that support the 4Ps. Social marketing makes S/ARHR products accessible and affordable through channels like chemists, shops, hotels, etc. while using a commercial approach to achieve an intended goal. Trade market activities are also important, such activities include In-bar activations, Boda Boda activations, Influencer Marketing and Social Marketing. Importance of effective communication is key. We need to communicate in a language and manner that is clear and simple, so it can be understood by all. The messages should be brief and straight to the point. There was also the need of targeting the youth for effective social marketing.

Session 6: SOCIAL MARKETING IN ADVANCING ACCESS TO SRHR SERVICES (Part 2)

With the help of our facilitator Ms. Mercy Munyao I was able to define Social Media and its do's and don'ts. It is very important to identify a social media marketing channel that has your right target audience i.e. Facebook, Instagram, TikTok, Twitter, Pinterest. There's no need of holding several social media accounts which are dormant. Be creative in your marketing by posting attractive and captivating content. Avoid abusive language or offensive uploads. For adolescents TikTok and Instagram would be the best social media marketing channels to advertise. There is an important need for our organization's brand to be visible on social media.

Recommendation:

The virtual training was fun and informative though in future you may want to look at us having physical meet ups to discuss, share, learn and unlearn from each other. We can agree on when, how and where to have the meetings. This will also help us get to know each other outside the virtual rooms, get to know what each organization does and how best we can work together through partnerships and collaborations.

Commitment:

As a certified human rights activist I pledge my loyalty in advocating for equality when accessing SRHR services and products. SRHR should be accessible to all regardless of one's sexual orientation and gender identity. It is a fundamental human right to have access to quality health care, and as a representative of sexual minority women I advocate for the inclusion of LBQ Women Health care provision, through policies which accommodate diverse communities more so the vulnerable and marginalized communities who are less empowered on their fundamental health rights.

Conclusion:

Thank you Ryculture for the wonderful, informative and resourceful information shared through the learning sessions. I have learnt a lot as a Programs Officer and I am looking forward to a mutually beneficial partnership(s) that will help us advance our SRHR cause.

Organization Profile

Name: Winam Chanua Dada CBO (CHADALA)

Organization Overview: Chanua Dada CBO (CHADALA) is an LBQ women-led organization that seeks to help improve the health and livelihood of indigenous young women and girls in the rural areas of Nyanza Kenya, through facilitation of Arts, Social Activities, Advocacy and Networking with focus on SRHR, SGBV, Mental Health and Substance Abuse among LBQ community.

Focus Area(s): SRHR, SGBV, Mental Health and Substance Abuse among LBQ

Location: Migosi, Kisumu County

Contacts:

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2. U-TENA Youth Organization

Project Officer: Ms. Muthoni Kamau

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Introduction:

For more than thirteen years, U-TENA has been empowering young people to navigate critical transitions in their lives. As a registered Community Based Organization, U-TENA focuses on providing education & mentorship programs by partnering with schools, community groups and development organization both locally and internationally. Through its various outreach programs, the organization fosters engagement and builds relationships with local youth to bring about positive change in their lives'.

U-TENA's key focus is on behavior change and mentorship of young people through improving knowledge, attitudes, skills, practice, behavior and positive culture among communities on health-related issues as well as enhancing young people's livelihood through mentorship.

Session 1: Introduction to Sexual Reproductive Health & Rights

The organizing organization Ryculture coming up with such training is crucial in our current era. As most of the cases it has been highlight the sexual reproductive health and rights without deeply understanding the key aspect of the concept. Mostly we create awareness about SRHR and our consumer not understanding perfectly well what are these sexual reproductive health and rights.

Having their session as the genesis helps us gain clear understanding of the rights. As the youth champions it's now our core duty and responsibility to take the message to the grassroots and let the intended beneficiaries of the content own it.

With the better understanding of the right being documented in the law of the land and the country being instructed by international bodies of health matters to ensure that access to quality health services at affordable rate will enable the adolescent to have confidence in seeking for the services.

Having a youth friendly service that is managed by U-TENA Youth Organization, this knowledge will have a great impact in ensuring the Adolescents youths get the services and support in a much better advanced way.

The following aspects learnt during session one (1) of the training will enhance access to youth friendly services at our locality.

Session 2: Youth Programming in Sexual Reproductive Health and Rights (SRHR) Part 1

The topic for week 2 training was to introduce and orientate youth champions on ASRH programming and their roles in enhancing access to ASRHR.

One of the key aspects dealing with Adolescents youth is to understand how adolescent are being classified (early, mid and late).this help in delivery of SRHR content that will suit their age group.

Having the statistics of youth globally and Kenyan in as much as SRHR matters are concerned gives us the idea on what has to be done to enhance delivery of quality SRHR services and mitigating the barriers that hinder access to services.

One way of mitigating challenges that arise from SRHR is understanding SRHR needs. This way we can come up with strategies to ensure the needs are being met by the seeking adolescents and youth.

For this to be achieved youth champions need to understand their roles in ASRH. And this comes after attaining or learning about the quality of a good leader.

Session 3: Youth Programming in Sexual Reproductive Health and Rights (SRHR) Part 2

To ensure that adolescents and youth fit in seeking SRHR services, the facility has to be youth friendly, accommodative and offer the services being sought without discrimination. As youth champions some services might require referrals. Having the knowledge on how to conduct a successful referral will enable the client to get the support and have a healthy life.

It's also crucial for youth champions to have knowledge on the linkage institutions on how they operate for the clients to get the intended services. Confidentiality is key. The client need to know the information that will be shared as services he/she is seeking is concerned.

In most instances, gender and sex have been confused which puts a negative connotation impeding access to and uptake of SRHR services thus a need for youth champions to gain clarity on these. Clear clarification on gender and sexual reproductive health and rights help in running programs that do not exploit nor discriminate and sets pace for sustainability of interventions.

Session 4: Youth Programming in Sexual Reproductive Health and Rights (SRHR) Part 3

Adolescents and youth around the world are deprived of access to health care and access to accurate information related to their sexual and reproductive rights, especially in informal settlements. Adolescents in Kenya are plagued by gender roles and expectations that restrict their health-seeking behavior and the ways in which males and females are expected to behave.

In our position as advocates, a clear comprehension of legal and policy framework will enable us to engage decision-makers in fully implementing and allocating funds for SRHR policy recommendations to provide the expected outcomes.

Lessons Learnt:

- Having a clear understanding of Act 26 Right to Life in the Kenyan constitution.
- It is essential that you understand Kenya's constitutional requirements for safe abortion.
- Being competent with any other written law in relation to health:
 - o Health Act 2017
 - o Sexual Offence Act (Act of parliament 2006)
 - o Regional law on Abortion – Maputo Protocol.

- Penal code.
- It is also important to understand the policy framework that work within the health system that operate within the country and globally e.g.
 - Standards and guidelines for the prevention of unsafe abortion in Kenya (IPAS et. al. 2012).
 - WHO safe abortion technical and policy guidance etc.
- In advocating for sexual reproductive health and rights, it is essential to go the extra mile and to cascade knowledge of legal policy frameworks.
- Additionally, there is a need to understand changes in funding processes. Major donors are reducing their contributions for family planning and SRHR programs. Advocacy has to be made to legislators to allocate more money to these sectors.

The key to achieving SRHR outcomes and service improvement is to network. This will help widen the advocacy on SRHR across the country. As a result, government will be more inclined to pay attention to and support SRHR outcomes.

Session 5: Social Marketing in Advancing Access to SRHR and Services Part 1

In relation to sexual reproductive health & rights (SRHR) advocacy, understanding of the legal framework, referral channels, products & services needed and media of reaching the targeted group is crucial.

With the increase of counterfeit products, having reliable supplier of quality assured products help safeguard consumers including young people from poor quality, substandard and fake products.

Being from an informal settlement use of community outreach like Boda Boda activation, in-bar activation and bus stops are the major marketing outreaches that can work within my locality.

Lessons Learnt:

Communication to Adolescents and Young People (AYPs) should be precise and use of a media that they are more conversant and engaging with mostly.

The best way to address SRHR matters among AYPs is looking at the gap not covered by the content displayed in the social media.

Us as advocates it is our responsibility to create a platform that our AYPs can access informative and accurate information in relation to SRHR.

In order to reach the targeted audience it is important to adhere to do's and don'ts of social media.

Approaching corporates like Safaricom for their Corporate Social Responsibility (CSR) activities with regards to SRHR messaging can help broaden reach to AYPs who don't have access to smartphones across the country.

Session 6: Social Marketing in Advancing Access to SRHR and Services Part 1

Social media is the most used tool by adolescents and young people to access information, research, to network and as a communication channel.

As institutions or organization using social media as a target channels, there are few tips to be considered i.e. align campaign messaging with organizations' mission, vision and strategic goal.

Clearly define what success look like i.e.

- Enquiries
- Number of views
- Number of likes

Key is to know your audience, make your communication/messaging human, personal and varied.

Lessons learnt:

- Choose the social media that your target audience mostly engage with.
- For adolescents and young youth use of visual content is the best since most don't have time to read through paragraphs of writings
- Have a clear call of action and quick response is crucial. Most young people use related search engines to look for the pages and sites that responds fast. Fast response leads to engagement and enhances brand awareness.
- When you are using social media it is better to choose two or three channels and post high quality, engaging content consistently rather than spreading yourself over more channels and posting low quality content.
- Consistency is key while engaging yourself in SRHR advocacy, you should have a target (to whom the information is mostly aiming to) and sometimes there might be opposition in your advocacy but your consistency is key

Organization Profile

Name: U-TENA Youth Group

Organization Overview: U-TENA Youth Group is a registered CBO providing education & mentorship programs by partnering with schools, community groups and development organization both locally and internationally. Through its various outreach programs, the organization fosters engagement and builds relationships with local youth to bring about positive change in their lives'.

Focus Area(s): Behavior change and mentorship for young people on health, education, livelihoods and social responsibility through life skills education.

Location: Viwandani Area, Nairobi

Contacts:

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3. Shakirina Youth for Development

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Introduction

On the personal level the training had a great impact especially as an advocate of sexual reproductive health and rights. As I was representing my organization I realized that in the SRHR space there are so many gaps that are brought by the cultural practices, social norms and religious issues. In this training all my expectations were met as the facilitators and the organizers delivered the SRHR topics perfectly.

Abstract

The training was offered by Ryculture Health and Social Innovation, an organization committed to improving access to quality health care services and promoting human capital development through health research, health communication, health system strengthening and human capacity development.

Sexual reproductive health and rights (SRHR) youth champions network is a project under the youth voices network aimed at equipping young people with skills, knowledge, attitude, behaviors and competencies which will enable them to access resources and opportunities required in the realization of their goals towards SRHR issues.

From this training I got to learn the differences between sexual health and reproductive health. Sexual health is a state of physical, emotional, mental and social wellbeing in relation to sexuality while reproductive health is a state of complete physical, mental and social wellbeing and not the absence of disease or infirmity.

Sexual reproductive health and rights is the exercise of control over ones sexual and reproductive health linked to human rights hence it includes right to reproductive health, right to make decisions regarding the timing, the number of kids, the spacing among others.

On the components of sexual reproductive health and rights as the trainer mentioned were divided into 4 parts that is the autonomy (the right for women to make decisions concerning their fertility), Equality and discrimination (no discrimination against women) right to life (provision of affordable quality health services that would prevent maternity mortality) and reproductive choices such as abortion and family planning (contraceptive), which law should not criminalize health services that only women need.

Our role as youth champions is to enhance the reach, relevance and effectiveness of these services. Our involvement as champions is to increase the legitimacy, acceptance and influence amongst the community members.

On the SRHR as safe abortion is among the components in the community level people don't have knowledge about safe abortion that is why there are young people and youths who are still

practicing unsafe abortion by going to the midwives in the process the end up dead. In my own opinion if these young people are given the whole information and knowledge about safe abortion according to the Health Act of 2017, they will be practicing safe abortion according to the policies and legal framework. Our young people need to be empowered so that they can make informed decision on matters of their sexuality and reproduction.

Youth friendly centers are there in our community but most of them do not have services to offer especially on SRHR. I will recommend in partnership with the Government that the youth friendly services are delivered to youth friendly centers in order to allow youths to access these services anywhere. Most youth friendly centers have limited services to provide which makes it a barrier for youths to come freely to the centers as they face stigmatization, judged by elderly just because they have decided to take charge of their reproductive health.

Social marketing is any digital tool that allows users to quickly create and share content with the public. There are different social media platform that as youth champions we can use such as Twitter for branding and Facebook and Instagram for selling. Through these platforms we are able to focus on the specific priority pertaining to our advocacy procedures on matters of SRHR.

Young people use social media a lot so when we share content through social media many young people can be reached as the information is made available to them in platforms they use. Young people use social media to boost their self-esteem which is a positive thing for SRHR advocacy.

Conclusion

I will forever be grateful for this opportunity to be a part of the training as I was equipped with knowledge and skills on how to progress as an advocate of SRHR. I feel lucky as I attended all sessions. The training was an eye opener for me, very educative and informative as our facilitators delivered on the topics and sessions. I commend our facilitators and organizers for the work well done and look forward to working with the team in future. God bless you a lot!!!

Organization Profile

Name: Shakirina Youth for Development

Organization Overview: Shakirina Youth for Development was founded to help spearhead community driven development initiatives and enable community groups participate in integrated activities to achieve quality livelihood and be self-sustainable. Shakirina works to empower the youth to positively contribute to their communities' development as equal partners

Focus Area(s): Life skills education, social behavior change communication and public sensitization programs.

Location: Old Town, Mombasa County

Contacts:

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4. Young Gents & Ladies Organization (YOGLADO) CBO

Project Officer: Ms. Rita Opondo

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The phase one of our training with Ryculture has been full of learning experience through interaction with various speakers. First and foremost, through the training I was able to get a proper understanding of the organization Ryculture, its mandate and scope of work as well as how they work.

The SRHR champions training aimed at equipping us with skills and knowledge to apply on our day to day work as champions and how to make our programming better as youth champions and advocates. Through this training I was able to understand the importance of SRHR programs in our communities and especially to the youths and also the importance of incorporating both males and females in such programs

I was also able to understand factors to consider while implementing SRHR programs to our target groups and how such factors affect our activities and programs. The training also equipped me with knowledge on the designing, planning and implementation of SRHR programs to the youths as well as evaluation of the effective SRHR interventions.

The training also equipped me with knowledge on social marketing of the SRHR programs that we implement as youth champions for the better uptake of services and commodity that we advocate for. I was able to gain knowledge on effective use of social media in enhancing access to SRHR services

In conclusion the phase one of the training was very informative to me as a youth champion. It opened my eyes to better ways of my advocacy work as a youth champion, other than that I was also able to be aware of other organizations within my area for future partnerships for the betterment of our programs.

Organization Profile

Name: Young Gents & Ladies Organization (YOGLADO) CBO

Organization Overview: YOGLADO is a Community Based Organization founded in 2017 with the aim of involving young people in participating in the discovery, transmission and preservation of morals and to stimulate the reproductive life, economic and social development of communities. YOGLADO was formed with the mandate to create/improve the enabling environment for development and implementation of sexual and reproductive health and rights policies and programs targeting adolescents and youths.

Focus Area(s): Teenage pregnancy & HIV prevalence through advocacy, sensitization and referrals.

Location: Siaya County

Contacts:

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5. Amazon Theatrix Ensemble

Project Officer: Edwin Koga

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The Youth Champions online Training Led by Ryculture in Collaboration with Marie-Stopes Kenya highlighting various Components of SRHR For youth Development at the community level carried out for six Saturdays from 16th October 2021 to 20th November 2021 emphasized on different topics ranging from Introduction to SRHR Champions Programme, Introduction to SRHR, Youth Programming and Social Marketing giving tips to the Youth Champions on SRHR Initiatives shading light on program implementation and working with youths at the community level.

As an Organization Amazon Theatrix Ensemble (A.T.E) this platform offered capacity building and learning experience which made us to gain knowledge and experience on SRHR in relation to youths and young people. This will enable us to continually enhance Awareness Creation and Advocacy by employing Performing Arts and Media in relation to SRHR Advocacy in Social Behavioral Change interventions in addressing uptake of contraceptives and Family Planning (FP) among the youth and young people, in addressing Teenage Pregnancies, Unsafe Abortion, School Dropouts, STIs and HIV Prevention.

Acting as a Trainer of Trainees (ToT) I will be in the position to impart the knowledge to my colleagues to aid in content creation for Theatre, Spoken Word, Short Film Productions, Radio Theatres and Podcast production to pass information and knowledge to youth in Kisumu County.

Organization Profile

Name: Amazon Theatrix Ensemble

Organization Overview: Amazon Theatrix Ensemble (A.T.E) is a youth Community Based Organization for Awareness creation and Advocacy to communities through Performing Arts and Media with Focus on Talent Cultivation and Development.

Focus Areas: Social behavior change in Sexual Reproductive Health and Rights (SRHR)

Location: Kisumu County

Contacts:

Facebook: <https://web.facebook.com/groups/264376210340601>

Twitter: <https://twitter.com/AmazonTheatrix>

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6. New Dawn CBO

Project Officer: Ms. Mary Maere Nyagol

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Theme and Objectives

- Introduction to Sexual Reproductive Health Rights
- To train, equip , support and amplify youth-led organizations to help them achieve their goals in SRHR

Activity Summary/Lessons Learnt

1. Understanding of the definition of Sexual Reproduction Health and Rights (SRHR)

Most people in the community do not understand what SRHR is and through this training we are able to go out and teach the youth and members of the community the meaning of SRHR and their rights too.

2. Clarity of knowledge on Adolescent Sexual Reproductive Health (ASRH)

This has been a very challenging topic to discuss in our communities but with the rise of teenage pregnancies , HIV infections and premature sexual acts, this training has equipped us with the knowledge that is needed to create awareness of services that our adolescents can get i.e. by visiting Youth Friendly Service Centers (YFSC) that are within their areas.

3. Leadership and the Role of Youth Leaders in Leadership

From this training we have learnt that leadership starts with us youth. One must hold good leadership qualities to be role models to others i.e. one must have a clear vision of their work, encourage others, be able to support each other and other in various ways and have integrity.

4. Strategies to Enhance Access to ASRH Services & Rights

When it comes to dealing with adolescent's one has to be very cautious and sensitive as their emotions are all over the place and they are still not fully aware of the challenges that they are going through. With the strategies put into place to enhance access to ASRH, it provides them confidence to use the services and get correct information and assistance from professional healthcare personnel

5. Social Marketing in Advancing Access to SRHR Services

This session was very educative and we learnt a lot about a few tips when it comes to social media i.e.

- How to choose social media marketing
- Select the right target groups for the services that you are offering
- Brand AWARENESS
- The advantages of using more images than words

6. Best Way to Secure Ones Account on Facebook

Most people do not know how to avoid fake accounts and through this training we have learnt how to secure our pages and keep fraudsters out, through acquiring the Blue Badge for your account

Key Areas to Create Awareness on in My Area:

- i. Adolescent Sexual Reproductive Health and Rights
- ii. Encourage the use of Youth Friendly Services (YFS)
- iii. Organize more SRHR awareness outreaches in our community and schools
- iv. Use social media marketing to improve access on SRHR services

Recommendations

Let us have more trainings and discussion sessions so that we can be able to share what each one of us is doing and the challenges one is going through, and later find solutions to them.

Ryiculture Health representatives should try and visit some of the organizations so as to see how they work on the ground and how best to assist plus it would also be good to meet in person.

Organization Profile

Name: New Dawn CBO

Organization Overview: New Dawn is a Community based organization that aims to look at the day to day challenges that our communities are going through with the view to restore back hope to our society. Our main goal is to restore the voice of the Girl child through empowering them with knowledge.

Focus Area(s): Teenage pregnancies, Child Abuse, Sexual and Gender based violence, Early childhood marriages, Girl child education discrimination and Reproductive Health

Location: Rabai (Mazeras), Kilifi County

Contacts:

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Email: newdawnco@gmail.com

7. I Am a Keeper Initiative

Project Officer: Ms. Eva Mbeyu

Email: evambeyu98@gmail.com

I was honored to be selected among the many applicants to participate in the SRHR Youth champion training that commenced on 16th October. The training was very educative and interesting as I continued to learn new things throughout the six sessions held.

Session one was introduction, where we were taught on the definition of SRHR and its components. We learnt that sexual reproductive health entails accessibility of sexual reproductive health services which entails contraception, HIV/AIDS prevention and safe abortion services among others.

The sessions were conducted by professionals in the field of SRHR including professional health practitioners. The network gave an opportunity to learn on how as youth champions we can use our positions in the community to spread awareness and information and also offer services to the people in need such as the adolescent.

It was key to note that, more on ASRH needs to be highlighted. One interesting statement I learnt on the policies was that, adolescent under 18 needed consent from parents/guardians to access RH services, something that in my opinion would be and is a challenge in ensuring that we reduce cases of teenage pregnancies, HIV transmission among the adolescent and unsafe abortions.

We were then taught on the products available in the market that are used in procuring safe abortion under the guidance of professionals. What was more interesting for me was the session on using social media spaces for marketing. I learnt that decision to choose a platform was based on the targeted audience and it was not necessary to be on all platforms for information to be spread.

All the six sessions were very educative, interactive and interesting. Looking forward for more trainings in the future.

Organization Profile

Name: I Am a Keeper Initiative

Organization Overview: I am a keeper initiative is an initiative that focuses on advocating for sexual reproductive health, mental health and menstrual health among adolescent girls and young teen mothers. It was formed when gaps were noticed in accessing sexual reproductive health among the adolescent and young teen mothers during COVID -19 era.

Focus Area(s): Sexual Reproductive Health, Mental Health and Menstrual Health among Adolescent girls & teen mothers

Location: Kilifi County

Contacts:

Facebook: <https://web.facebook.com/I-Am-A-Keeper-Initiative-101352151804496>

Email: iamakeeperinitiative@gmail.com

8. Kuza Livelihood Improvement Projects (KuLIP)

Project Officer: Ms. Eunice Monje

Email: eunnymon@gmail.com

Introduction

The training had a great impact to me personally and my organization. This is because my expectations were met and also the objective of the training is a thing which will improve the service delivery on our end as far as SRHR is concerned.

Narration

Access to SRHR in our communities has been a challenge for real, and this is because of gender inequality which we don't know that we practice. The male youths and boys are not involved or empowered on issues of contraceptive access, choice and use and for a long time they feel left out. From this training I learnt that as an organization we should be able to reach more girls and even boys from 15-24 years to ensure that they are part and parcel in their health and that of the girls. There is need to engage them in activities, capacity build them so as to play a role in safeguarding the sexual & reproductive health of women.

Being part of the community as Youth SRHR champions we are able to know the challenges the adolescents and fellow youths face in terms of reproductive health; and therefore Ryculture has given us a platform to come together to address them and leverage our strength on it so as to improve the access to sexual and reproductive health services as a whole.

With the skills and knowledge that we were equipped with from the training, I can confidently impact others. The leadership skills and qualities I have gained like people management, persuasion and influence will now be on mind as managing people has been a challenge. So finding the right people to work with who are goal driven towards achieving what they want and influencing them to make good informed decisions.

In the SRHR components, I didn't know that safe abortion would fall there. Thanks to the sessions because now I know and I am able to integrate it in my work. The issue on abortion is never discussed nor raised because of fear of breaking the law and stigma, whereas the mortality rate due to lack of knowledge and post abortion care is doubling each and every day. It's high time we make this a topic of discussion with our AGYWs for them to be on the know. I have come to understand the policies and legal framework on abortion, the Health Act and Maputo Protocol. It is clear that it's not comprehensive to the community members and that is where we come in to sensitize them.

As an organization sometimes we fail to get information and also assist in the choice of a contraceptive due to external forces from the society especially parents. It's my joy to have gotten an idea on the same as we will have dialogue with parents, religious leaders and community at large on access to SRHR. Their participation and involvement is a key step to better health decisions & outcomes for the youth.

In Youth Friendly centers, we need to identify needs and services as champions and provide support. There has been a tradition of just listing the centers and the services offered to the adolescents and young people for them to acquire services. Little be known that they can't mention exactly what they need to the service providers due to prejudice and shyness. Also I have come to learn of Adolescent Friendly services, referrals and linkages especially to the teen mother's.

In gendered programming, being gender blind has affected us because we focus on females alone, we need to strengthen health gender norms, attitude and behaviors in ASRHR.

Social Marketing in advancing access to SRHR services. This is a point taken home. A lot of young people are on social media and most of them may not know how or where to seek services or products on reproductive health; that can act as a marketing platform in which we can improve contraceptive access, choice and use because it reaches the youth effectively because they consistently use social media. We can also do this with other organizations which we partner with for the information to reach many.

Conclusion

It's my outmost appreciation to have been in the training and to attend the sessions because we were somehow failing in some areas but from this we will right our wrongs for efficiency and effectiveness in our work. The presentations were so clear and easy to understand not forgetting the facilitators for their commendable job. Thank you for this learning and partnering opportunity for it is an eye opener to us. We look forward to a great future working together.

Organization Profile

Name: Kuza Livelihood Improvement Projects (KuLIP)

Organization Overview: Kuza is a Swahili word meaning "to nurture" as an organization we are founded on the principal of being in existence towards bettering the potential of others towards a harmonious sustainable community.

Focus Area(s): Health and Environment, Human Rights, Rules of Law and Social Accountability, Information, Education and Community lastly is Livelihood and Sustainable Development.

Location: Mombasa County

Contacts:

Website: <https://www.kulip.org/>

Twitter: <https://twitter.com/KuzaSME>

Email: projects.kuza@gmail.com

9. Mwarakaya Youth Initiative

Project Officer: Tobias Mwarabu

Email: tobiasmwarabu@gmail.com | mwarakayayouthinitiative@gmail.com

Introduction:

This is a feedback report for the SRHR network training which was meant to achieve the following objectives as introduced:

- Ensure there is access to SRH services in our communities
- Address challenges facing adolescent boys and girls in accessing SRH services
- Train youth champions on SRH and partner with them in sound programs in policy formulation and implementation.

The sessions covered were:

- Youth advocacy to enhance access to sexual reproductive health (SRH) services
- Youth programming for Sexual Reproductive Health and Rights (SRHR)
- Lobbying policies and guidelines which guide SRH services
- Role of social media and social marketing in advancing access to SRH and services
- Role of Young people in enhancing access to SRHR

Introduction to SRHR

I was able to learn about Sexual and Reproductive Health as the state of physical, emotional, mental and social wellbeing in relation to sexuality and reproduction and not merely the absence of disease, dysfunction of infirmity.

I also learned about the components of SRHR which include:

- **Autonomy** - As the Rights to make decisions concerning fertility and sexuality. That men and women have equal Rights to Sexual and Reproductive Health including voluntary choice in marriage, family formation, determination of the number, timing and spacing of young ones, right to access information and means to exercise voluntary and informed choices.
- **Equality, Discrimination and Difference** - Equality and Equity for men and women to enable individuals to make free and informed choices in all spheres of life, free from discrimination based on gender and sexual and reproductive health security including freedom from sexual violence and coercion and Right to Privacy.
- **Right to Life** - that it's the government obligation under international Human Rights instruments to provide access to affordable health services that would prevent maternal mortality.

Session 2: Youth Programming in SRHR Part 1

- **Adolescent and Youth** - Adolescent are categorized as individuals between the ages of 10 -19 and youth between the ages of 15-35 depending on the organization you are working with. Adolescent and young people range between 10-35 yrs.

Adolescent are characterized to experience different changes ranging from Social, Mental, Physical, Emotional and moral which include the following but not limited to:

- Self-consciousness and consider friends and their peers more important than even their parents
- Control and coordinates their thoughts with their actions
- They think deeper
- Rapid increase in weight and height
- Primary sex characteristics where changes directly related to SRH like the growing and development of reproductive organs, ejaculation on boys and menstruation on girls
- More responsive to rewards and stress
- Boys become more sexually active and girls become self-conscious because of the changes that are happening to them that gives them a feeling of insecurity.
- They start analyzing themselves on their strengths and weaknesses and start distinguishing between rules that are negotiable and not.

Leadership and Role of Youth in Leadership

I learned that leadership is not about being in power or authority over people but about inspiration and motivation. A leader is someone who inspires others to follow them because they trust them not because of fear but friendship and mutual respect.

Skills Leaders Need

- **Strategic thinking** – develop a vision of where you and your group want to be
- **Planning and delivery** – plan how to achieve and dealing with challenges on the way
- **People Management** – find the right people to work with and motivating them to work towards your vision
- **Change Management** – Recognizing, responding and managing changes to your vision and plans
- **Communication** – working on the best way to communicate your vision to others and listening to others. Persuasion and Influence – Encouraging others to help you achieve your vision by demonstrating its advantages.

Qualities of a Good Leader

These include: Integrity, Clear goals, Good examples, Vision, Recognition, Focus on team interest, Clear communication, Expect the best, Support, Encouragement, Stipulating work, Inspiration.

4 Stages of Leadership

1. Realize there is need for Change by reflecting on old ways
2. Innovate – find new ways of getting into your vision through teamwork, mentorship and coaching
3. Grow - walk a new path to build a new culture
4. Lead – inspire others by living the change.

Roles of Youth Champions

Youth champions need to take a positive and leading roles in:

- Educating and demystifying myths and misconceptions on SRHR
- Providing health care services and access to SRH services
- Active participation and advocacy to allocation of resources in SRH programming
- Supporting adolescents in accessing justice and Rights regarding to SRH
- Agitate and advocate for adequate resources for young people and especially on SRH and programming on youth empowerment to curb the root causes of SRH needs

Sexual Reproductive Health Needs include:

- o Safe abortion care
- o Sexual gender based violence
- o Information about HIV and STIs
- o Counselling and psychosocial support
- o Contraception

Strategies to Enhance Access to ASRH

- Provide training on youth friendly services to address issues about provider bias and infection prevention
- Strengthening ASRH advocacy to agitate for allocation of resources
- Strengthen Comprehensive Sexual Education to develop young people to be responsible adults
- Parental involvement – parents will take lead and provide support environment to access SRH services including providing psychosocial services.
- Use of technology to provide SRH services
- Providing targeted in-reaches and outreaches through target mobilization
- Involve youth or peer as referral agents

Session 3: Youth Programming on SRHR Part 2

Designing, Planning, Implementing and Evaluating Effective ASRH Interventions

Appropriate ASRH interventions must be provided in a set up (facilities) which are well stocked and have competent staff which collaborates well with the community stakeholders and adolescents themselves.

We should understand that adolescents are the major stakeholders in ASRH programming since they are the primary beneficiaries and that they should be fully and effectively engaged.

There are 5 characteristics that qualifies the interventions on ASRH to be Effective and include:

1. **Adolescent Friendly.** ASRH services should be provided in a youth friendly centers that adhere to 5 principles which impacts adolescent decisions to seek or return back for ASRH services. The 5 principles include:
 - a. Acceptance – that ASRH services should be provided in a way that they are accepted by the adolescent themselves.
 - b. Accessibility – the services should be accessible by adolescent and starts from the cost of acquiring the services, information about the services, support by the community to community of age and gender.
 - c. Effective – that the services are effective which is brought about by having competent health providers of ASRH services, creating guidelines in service provision which increase confidence of service providers and the clients themselves.
 - d. Equitable – there should not be any restriction for provision of services to adolescents and that there should be treatment with equal care and respect regardless of age or sex etc.
 - e. Appropriate – be considerate of age and provide appropriate packages that makes sense to the age category that is being targeted.
2. **Training and capacity building.** It is very important for service providers as well as the community health workers and the youth champions to work together in creating a welcoming environment for adolescent to receive high quality, private and confidential care through training and capacity building.
3. **Facility Based Facility Service.** Communication between the service providers in the facility and the adolescent plays a major role and sets a precedent for further engagements or return for SRH services. There is need to encourage members and staff of facilities to be more welcoming, encouraging and more positive towards adolescents getting SRH services
4. **Community based services and Outreach.** We need Community based services and outreach that is engaging adolescent and youth at all times since they are the primary target and that they should be fully engaged. There's need for interventions that engage local and youth-led organizations to be part of the programing and issues to do with

mobilization. The services provided under this intervention must be beneficial to the community especially the adolescent and youth and lastly consider using technology.

5. **Multi Sectorial Linkages and Referral Pathway.** The interventions should focus on the whole person by providing multi-sectoral responses that are able to address all the needs that that adolescents and young people have.

Referrals and Linkages for SRHR

Services that require referral services include but not limited to:

- HIV testing, counselling and treatment
- STIs
- Prescribing appropriate medications and health products
- Pregnancy test
- Contraception, counselling and pregnancy prevention
- Maternal health services

Steps for Successful Referrals

1. Identify the need – identify/ access the problem or the need that needs attention
2. Identify which organization or agency can meet the specified need. That means as a youth champion you need to have a list of service providers with the type of services they provide as well as the cost and terms of service so that it will be easy for you to refer adolescent to the right service providers.
3. Contact the service provider organization or agency who can provide the requested service in advance to find out more about the services and eligibility criteria.
4. Properly sensitize the adolescent. Explain referral to the adolescent and provide information about the available services and explain the referral to the adolescent.
5. Document consent. Obtain consent from the adolescent before collecting any information you are going to share with the referral agency and explain the use of such information you will collect.
6. Make referral. When making referral remember to share contact information and any other relevant information about the agency to the adolescent as well as the information about the adolescent to the referral agency and if possible accompany the adolescent to the agency.
7. Follow up with the adolescent and the agency to see whether the need of the adolescent has been met and that the referral was successful.

Session 4: Youth Programming in SRHR Part 3

Policy and Legal Frameworks on Abortion in Kenya.

Overview

Only 5 countries in the world where abortion is completely banned

Rationale

- Unsafe abortion has almost doubled in the country, statistics indicating that 2002, cases of unsafe abortions were 300,000 while in 2012 the cases rose to 465,000

Legal Framework

- o **The Constitution of Kenya 2010 Article 26 (4) of the Constitution**

"Abortion is not permitted unless in the opinion of a trained health professional, there is need for emergency treatment or the life or health of the mother is in danger of if permitted by any other written law.

Other Laws

- o **Health Act 2017**

Definitions

Abortion – termination of pregnancy before the fetus is viable as an independent life outside the womb

Emergency treatment – immediate health care administered to prevent death or worsen situation.

Health – state and complete physical, mental or social wellbeing and not merely the absence of disease or infirmity.

Healthcare Professional – includes anyone who has acquired health professional qualifications and have license from the relevant governing body.

Article 6 (2) of the Health Act 2017- refers to professional as a doctor, nurse, clinical and midwives

Health Care Provider – a person who provide health services and include the healthcare professionals.

Article 7 (1) states that everyone has a right to access emergency medical treatment.

Article 9 (1) consent is mandatory in provision of services unless in case of emergency

- o **Sexual Offences Act 2006**

National guidance in the management of sexual violence in Kenya which states that it's a Right to access Termination of pregnancy and post abortion care in the event of pregnancy from rape.

Article 8(1) a person who commits an act which causes penetration with a child is guilty of an offense termed as defilement

Article 8 (2) anyone who commits an offense of defilement to a child aged 11yrs or less shall upon conviction be sentenced to life imprisonment.

Article 8 (3) anyone who commits an offense of defilement to a child aged between 12-15yrs shall upon conviction be sentenced to imprisonment for a term not less than 20yrs.

Article 8(4) anyone who commits an offense of defilement to a child aged between 16-18yrs shall upon conviction be sentenced to imprisonment for a term not less than 15yrs.

- **Maputo Protocol, 2005**

Kenya ratified the Maputo protocol on October 13th 2010.

Article 14 of the Maputo protocol guarantees women's rights to health, including reproductive health.

Article 14 (c) state parties are called upon to take all the appropriate measures to protect the reproductive rights of women by authorizing medical abortion in cases of sexual assault, rape, incest and where the continued pregnancy endangers the mental or physical health of the mother or the life of the mother and the fetus.

- **Penal Code.**

Sec 158: Attempt to Procure Abortion

Any person who with incest to procure miscarriage of a woman whether she is or not with child, unlawfully administer to her to take any poison or any other noxious thing or uses any other means whatever is guilty of a felony and is liable to imprisonment for 14yrs

Sec 159: Attempt to Procure Abortion by the Pregnant Woman

Any woman who being with child with intent to procure her own miscarriage, unlawfully administers to herself any poison or uses any force of any kind or uses any other means whatever or permits any such things or means to be administered or used to her, is guilty of a felony and is liable to imprisonment for 7yrs.

Sec 160: Supply Drugs or Instruments to Procure Abortion

Any person who unlawfully supplies to or procures for any person anything whatever knowing that it is intended to be unlawfully used to procure the miscarriage of a woman whether she is or not with a child is guilty of a felony and is liable for imprisonment for 3 yrs.

Sec 240: A Performance of a Surgical Operation with Care and Skill

A person is not criminally responsible for performing in good faith and with reasonable care and skill a surgical operation upon any person for his own benefit or upon an unborn baby for the preservation of mother's life, if the performance of the operation is reasonable, having regard to the patient's state at the time and to all the circumstances of the case

Session 5 & 6: Social Marketing in Advancing Access to SRHR Services

What is Social Media and Social Marketing?

Social media is any digital tool that allows users to quickly create and share content with the public while Social Marketing seeks to leverage marketing concepts to influence behaviors that promote individuals and communities for greater social good.

Social marketing uses behavior change theory, market research and consumer insight to inform the delivery of health information, products and services that are attuned to client's needs, values and preferences.

To do so, social marketing defines its program objectives and utilizes 4 elements of marketing dubbed as the 4Ps (Product, Price, Promotion and Place) to develop strategies to achieve the objectives. There is also a growing recognition of Policy as a 5th element to support the 4Ps.

The concept of social marketing advances access to SRHR by making contraceptives products accessible and affordable through private outlets such as pharmacies and shops while using commercial marketing techniques to achieve specific behavior change goals.

Social Media on the other hand gives you the ability to showcase your products and services improving the lives of your customers by using it to promote wide range of products and services, improving access by using large private sector networking and lastly reaching out to the underserved adolescent and youth population which is largely available in social media platforms.

Major Social Media Channels

Some key social media channels include: TikTok, Twitter, WhatsApp, Facebook, Instagram, YouTube, LinkedIn, Snapchat etc.

Advantages of Social Media Marketing

- Brand awareness – social media will be able to communicate the brand of your organization from the content you are posting
- More inbound traffic – more people you are targeting will be able to be reached and this will increase traffic on your page and people will start following you to learn more about your products and services
- Higher conversation rates – when people gets to learn about your products and services, you would have created a base of conversation and people will continue the conversation either through responding or questions and feedback
- Networking – people who follow you will be able to interact on the page and create a base for networking and partnership between individuals and stakeholders in SRHR.

Social Media Tips

- Align your campaign messaging with your organizational mission, vision and strategic goals
- Know your audience
- Use keywords across your marketing strategy
- Have a clear call to action
- Choose appropriate media
- Use more images than words
- Respond to questions quickly and accurately with facts
- If you have a company logo make sure it is visible.

Golden Rules in Communication

1. Communicate early and often
2. Tell them everything on the pictures or tell them something everyday
3. Empathize before you communicate. That means you need to do research on what are the needs before doing your post
4. Deliver on your commitments. That is if you promised anything like a token or a voucher make sure you deliver or they won't follow you.
5. Choose your media channel wisely to reach the target audience you are targeting or else you will be doing zero work.

How to Choose Social Media Channel.

Quality is better than quantity and that means it's better to choose two or three channels and post high quality, engaging content consistently rather than spreading yourself over more channels and posting low quality stuff.

You need to consider:

1. Quality – quality of the channel with the information you are posting
2. Target audience – number of people you are targeting, whether young or informed mature
3. Type of information – whether official or fun etc.

Why Target Youth on Social Media through Social Marketing?

Number of social media users increased in Kenya btw 2020 – 2021 alone and this shows how social media is trending and its use keeps on increasing by Kenyans including adolescent and youth and recognizing that adolescent and youth are the primary beneficiary to ASRH, we'll be able to reach them in large numbers through social media and be able to get their comments on the same.

Survey shows that 90% of teens aged 13-17 have used social media. 75% report having at least one social media account and 51% report visiting a social media site at least daily and this means access to social media by young adolescent and youth is high and by targeting the social media

there are high chances of reaching out to at least 50% of teens accessing social media accounts daily.

We recognize there are so many negative things that are going through in the social media and by sharing important information will of course be coming in to demystify some myths and misconception around SRHR and by doing so, we'll be impacting a positive change to youth on social media.

It was a pleasure being part of these wonderful and educative sessions.

Organization Profile

Name: Mwarakaya Youth Initiative

Organization Overview: MYGI registered in August 2020 is a youth led group initiative dedicated to proactively help youth realize their full potential through, Social and economic empowerment on sustainable development and Education as well as advocating for appropriate and friendly access to health services, Peace and counter-violence extremism (P-CVE)

Focus Area(s): Socio-economic empowerment, Education & Vocational training and Health & Drug Use Sensitization.

Location: Kilifi South Sub-County, Kilifi County

Contacts:

Facebook: <https://web.facebook.com/Mwarakaya-Youth-Initiative-119893749660044>

Twitter: <https://twitter.com/mwarakaya>

Email: mwarakayayouthinitiative@gmail.com

10. Bella Rafiki Organization (BERAFO)

Project Officer: Weda Hellen

Email: info@berafo.org | wedahellen@gmail.com

Introduction

Bella Rafiki Foundation is an organization that seeks to give hope to the community through engagements in education, mentorship and sensitization. It is for this purpose that the foundation partnered sought to join the Ryculture Sexual Reproductive Health Youth Champions Network in an effort to champion sexual reproductive health rights. The necessity within Bella Rafiki Foundation for such a partnership is due to the need for enhanced awareness on sexual reproductive health rights in rural areas such as Kabondo Kasipul.

The training conducted through 2021 virtually on Zoom were highly beneficial to us.

Lessons learnt

The lessons learnt during various engagements through 2021 were varied and covered a wide range of issues. The major highlights were;

Sexual reproductive health needs

The message received was that there are a wide range of needs present within our communities and stratified along age, sex, religion and other factors. There is substantial need for information and counselling on SRHR especially to marginalized groups that are the most affected. Additionally, the ravages of gender based violence were clearly stated out in a way that reflected the lived experience of persons in rural Homabay County where we operate. Infertility and cancers were among concerns highlighted that often are not given attention when looking at SRHR.

Role of youth in SRHR

The youth, it emerged, hold a huge part to play in championing the attainment of various goals within the SRHR circles. The youth have the ability to actively participate through;

- Mentorship.
- Community involvement
- Economic empowerment
- Active advocacy

Strategies to enhance access to reproductive and sexual rights and amenities.

The entire society plays a role in providing access to good sexual and reproductive services. The various groups that play an important role are women, youth, men, parents and the civil society. All these groups could heavily help promote better livelihoods by leveraging the use of technology, counselling, peer education and advocacy.

Leadership

We learnt that leadership plays a pivotal role in helping the advancement of SRHR. This then requires the youth to recognize the role they should play and seek to develop the capacity to become better leaders.

Conclusion

The sessions and engagements with Ryculture team through the period was of value to us at BERAFO and by extension to all the women and youth with whom we work.

Recommendations

The use of online platforms is a challenge to many persons. Subsequent meetings should have a way of assistance afforded to such individuals.

2022 being an electioneering period, it is important that the networks built in 2021 be optimized to help in achieving goals that will mitigate the bad effects of ethnic based politics.

Organization Profile

Name: Bella Rafiki Organization (BERAFO)

Organization Overview: Bella Rafiki Foundation is an organization that seeks to give hope to the community through engagements in education, mentorship and sensitization.

Focus Areas: Education, Women Empowerment, Mental Health Awareness and Sexual Reproductive Health & Rights.

Location: Kabondo Kasipul, Homabay County

Contacts:

Website: <https://www.berafo.org/>

Email: info@berafo.org

11. Box Girls Kenya

Project Officer: Enyobu Grace

Email: boxgirlskenya@gmail.com | enyobugrace@gmail.com

Sexual Reproductive Health Right

Sexual health – a state of physical, emotional, mental and social well-being in relation to sexuality.

Reproductive health – a state of complete physical, mental and social well-being, in all matters relating to reproductive system, its function and processes.

Sexual reproductive health and rights – the exercise of control over ones sexual and reproductive health linked to human rights.

Components of SRHR

- Autonomy – confidentiality, informed consent, dignity, privacy.
- Equality and non-discrimination
- Right to life
- Reproductive choice

Role of Youth Champions

- Able to voice their needs, reality and opinion
- Able to see their value.
- Flexibility
- Mentorship
- Community involvement
- Economic empowerment

Adolescent and Youths

Adolescent- Those aged between early 10-13 years, midl (14-15) and late (16-19)

Changes in Adolescents

- Social changes
- Mental/intellectual changes
- Physical changes
- Emotional changes
- Moral – spiritual changes

Sexual reproductive health needs

- Information and counselling
- Sexual and gender based violence support
- Family planning
- Safe motherhood, maternal and neonatal health

- Infertility
- Cancer of reproductive organs

Strategies to Enhance Access to ASRH

- Use of technology
- Establish health clubs in and out of schools
- Involve youths or peers as referral agents.

Policy and Legal Framework on Abortion in Kenya

Safe abortion: an abortion provided by a trained health professional in an environment that meets minimum medical standards.

Legal framework

- Constitution Kenya 2010
- Penal code
- Health Act 2017
- Maputo Protocol

Service Referrals

- HIV testing, counselling and treatment
- STIs testing and counseling
- Prescribing appropriate medications and health products
- Pregnancy testing
- Contraception counseling and provision
- Maternal health services

Steps for Successful Referrals

- Identify the problem
- Identify which organization or agency can meet the identified need
- Contact organizations in advance to find out more about their services.
- Explain to the adolescent about the referral.
- Document consent
- Make the referral
- Follow up with the adolescent

Social Marketing in Advancing Access to SRH Products and Services

Is an approach used to develop activities aimed at changing or maintaining people's behavior for the benefit of individuals and society as a whole.

Social media channels: Facebook, Instagram, Tiktok, WhatsApp, YouTube etc.

Advantages of Social Media Marketing

- Brand awareness
- More inbound traffic

Importance

- Gives you the ability to showcase your product or services.

Organization Profile

Name: Box Girls Kenya

Organization Overview: Box girls organization is a community based organization that uses boxing as a tool to tackle issues that affects young women and girls in marginalized communities.

Focus Areas: Menstrual hygiene, Sex and Sexualities and Body Image

Location: Nairobi County

Contacts:

Website: <https://www.boxgirlskenya.com/>

Email: boxgirlsfKenya@gmail.com

Training Posters



SEXUAL REPRODUCTIVE HEALTH & RIGHTS (SRHR) YOUTH CHAMPIONS NETWORK

TOPIC: INTRODUCTION TO THE SRHR CHAMPIONS PROGRAMME

LIVE WEBINAR 

SPEAKERS
Dr. Odhiambo David
Pharmacist and Co-founder Ryculture Health & Social Innovation
Salima Mohammed
Programmes Manager-Youth Gender and Inclusion - Marie Stopes

TOPIC: INTRODUCTION TO SEXUAL REPRODUCTIVE HEALTH & RIGHTS

LIVE WEBINAR 

SPEAKERS
Josiah Mwandaza
Clinical Trainer/Supervisor - Marie Stopes
Letty Aghan
Youth service provider and clinical trainer - Marie Stopes

MODERATORS
Michelle Mayuba
Project Associate - Ryculture Health & Social Innovation
Austine Otieno
Project Associate - Ryculture Health & Social Innovation.

CERTIFICATES WILL BE AWARDED

October 16th
Saturday
9:00am - 11:00pm

Kindly register at:
<https://bit.ly/3n0x77A>

#YOUTHSRHR2021





SEXUAL REPRODUCTIVE HEALTH & RIGHTS (SRHR) YOUTH CHAMPIONS NETWORK

TOPIC: YOUTH PROGRAMMING IN SRHR (PART 1)

LIVE WEBINAR 

CERTIFICATES WILL BE AWARDED

SPEAKERS
Desmond Mwanja
Programmes Officer - Marie Stopes
Salima Mohammed
Programmes Manager-Youth Gender and Inclusion - Marie Stopes

MODERATORS
Michelle Mayuba
Project Associate - Ryculture Health & Social Innovation
Austine Otieno
Project Associate - Ryculture Health & Social Innovation.

October 23rd
Saturday
9:00am - 11:00pm

Kindly register at:
<https://bit.ly/3n0x77A>

#YOUTHSRHR2021





SEXUAL REPRODUCTIVE HEALTH & RIGHTS (SRHR) YOUTH CHAMPIONS NETWORK

TOPIC: YOUTH PROGRAMMING IN SRHR (PART 2)



SPEAKERS

Salima Mohammed
Programmes Manager-Youth Gender and Inclusion - Marie Stopes
Paul Musumba
Senior Officer Community Mobilization - Marie Stopes

MODERATORS

Michelle Mayuba
Project Associate - Rycculture Health & Social Innovation
Austine Otieno
Project Associate - Rycculture Health & Social Innovation.

CERTIFICATES WILL BE AWARDED

🕒 **October 30th**
Saturday
9:00am - 11:00pm

Kindly register at:
<https://bit.ly/3n0x77A>

#YOUTHSRHR2021



SEXUAL REPRODUCTIVE HEALTH & RIGHTS (SRHR) YOUTH CHAMPIONS NETWORK

TOPIC: YOUTH PROGRAMMING IN SRHR (PART 3)



SPEAKERS

Festus Kisamwa
External Relation's Advisor - Marie Stopes
Paul Musumba
Senior Officer Community Mobilization - Marie Stopes

MODERATORS

Michelle Mayuba
Project Associate - Rycculture Health & Social Innovation
Austine Otieno
Project Associate - Rycculture Health & Social Innovation.

CERTIFICATES WILL BE AWARDED

🕒 **November 6th**
Saturday
9:00am - 11:00pm

Kindly register at:
<https://bit.ly/3n0x77A>

#YOUTHSRHR2021





SEXUAL REPRODUCTIVE HEALTH & RIGHTS (SRHR) YOUTH CHAMPIONS NETWORK

TOPIC: SOCIAL MARKETING IN ADVANCING ACCESS TO SRHR AND SERVICES (PART 1)



SPEAKERS

Andrew Nzioki
Trade Marketing Executive - Marie Stopes
Margaret Wanjiru
Call center Coordinator - Marie Stopes

MODERATORS

Michelle Mayuba
Project Associate - Ryculture Health & Social Innovation
Austine Otieno
Project Associate - Ryculture Health & Social Innovation.

CERTIFICATES WILL BE AWARDED

🕒 November 13th
Saturday
9:00am - 11:00pm

Kindly register at:
<https://bit.ly/3n0x77A>

#YOUTHSRHR2021



SEXUAL REPRODUCTIVE HEALTH & RIGHTS (SRHR) YOUTH CHAMPIONS NETWORK

TOPIC: SOCIAL MARKETING IN ADVANCING ACCESS TO SRHR AND SERVICES (PART 2)



SPEAKERS

Mercy Munyao
Social Media Agent - Marie Stopes

MODERATORS

Michelle Mayuba
Project Associate - Ryculture Health & Social Innovation
Austine Otieno
Project Associate - Ryculture Health & Social Innovation.

CERTIFICATES WILL BE AWARDED

🕒 November 20th
Saturday
9:00am - 11:00pm

Kindly register at:
<https://bit.ly/3n0x77A>

#YOUTHSRHR2021



Ryculture Health and Social Innovation

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Website: <https://ryculture.org/>

Twitter: @RycultureHealth