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TOOLKIT TOPICS- PSYCHGsM

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ACRONYMS

SRH	Sexual and Reproductive Health.
STDs	Sexually Transmitted Diseases.
MHM	Guidelines.
UNICEF	The United Nations Children's Fund.
AIDS	Acquired Immunodeficiency Syndrome.
HIV	Human Immunodeficiency Virus.
LGBTI	Lesbian, Gay, Bisexual, Transgender and Inter-Sex.
MTCT	Mother to Child Transmission.
PLHIV	People Living with HIV.
SRHR-	Sexual and Reproductive Health and Rights.
SSDDIM	Stigma, Shame, Denial, Discrimination, Inaction and Misaction.
STI	Sexually Transmitted Infection UN- United Nations.
UNAIDS	United Nations Joint Programme on HIV/AIDS.
WHO	World Health Organization.
PMS	Pre-Menstrual Syndrome.
PMDD	Premenstrual dysphoric disorder.
STI	Sexually transmitted infections.
UNESCO	The United Nations Educational, Scientific and Cultural Organization.
WHO	World Health Organization.
MVA	Manual Vacuum Aspiration.
CMV-	Cytomegalovirus.
IUD-	Intra uterine device.
GBV	Gender-based violence.
LGBTQI	Lesbian, Gay, Bisexual, Transgender, Queer, Inter-Sex.

INTRODUCTION

This toolkit is being developed by L4L team, as a manual to help facilitators and various organizations to conduct workshop/trainings, for late-adolescents and youth. The toolkit can be adapted by the facilitator as per the participants and locations, keeping the sensitivities and sensibilities of the local community in mind. This toolkit is informative and not prescriptive in nature.

☞ **Note to facilitator-** Dear Facilitators, please explain to the children the definition and necessity of SRHR. The topics included in SRHR and how should one address it.

What is SRHR?

Sexual and Reproductive Health and Rights or SRHR is the concept of human rights applied to sexuality and reproduction. It is a combination of four fields. These four fields are sexual health, sexual rights, reproductive health and reproductive rights. In the concept of SRHR, these four fields are treated as separate but inherently intertwined.

THE WORLD HEALTH ORGANIZATION DEFINITIONS:

- **Sexual health:**

"Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence."

- **Reproductive health:**

Reproductive health implies that people can have a responsible, satisfying and safer sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so. One interpretation of this implies that men and women ought to be informed of and to have access to safe, effective, affordable and acceptable methods of birth control; also access to appropriate health care services of sexual, reproductive medicine and implementation of health education programs to stress the importance of women to go safely through pregnancy and childbirth could provide couples with the best chance of having a healthy infant.

- **Sexual Rights are as follows:**

1. *Right to Equality.*
2. *Right to Life, Liberty and Security.*
3. *Right to Autonomy and Bodily Integrity.*
4. *Right to Be Free from Torture.*
5. *Right to Privacy.*
6. *Right to The Highest Attainable Standard of Health.*
7. *Right to Information & Education.*
8. *Right to Access to Justice.*

- **Reproductive Rights:**

Reproductive rights rest on the recognition of the basic right of all couples and individuals to decide freely and responsibly the number, spacing and timing of their children and to have the information and means to do so, and the right to attain the highest standard of sexual and reproductive health. They also include the right of all to make decisions concerning reproduction free of discrimination, coercion and violence.

Topics falling under SRHR are Pubertal Health, Sexual Health, Youth Leadership, Child-Health, HIV, Genders & Maternal Health. Learn4life has come up with the unique acronym of 'PSYCHGsM' for easy remembrance of the topics. The whole toolkit will follow the above sequence henceforth.

What is Learn4Life?

Learn4Life is aimed at bringing greater awareness and implementation of Sexual & Reproductive Health Issues right out in the front. L4L includes life-skill educational topics such as: Gender, Youth leadership, Peer-education, Body image, Substance Abuse, Safe-sexual-practices (such as use of condoms) which will empower the young towards a healthy future.

Project Learn 4 Life is an information based educative project developed by a team of adolescent/youth, experts, doctors, counsellors, social worker and I4I team members who indulged their effort in bringing awareness on Sexual and Reproductive Health and Rights amongst teens, adolescents, young adults and the fellow youth so that they make informed choices in life. Learn4Life makes space for the existing information available to come up front and portray the importance of qualitative education which will serve as an agenda to reduce inequalities and discriminations that often occurs due to lack of knowledge.

Need for SRHR education in adolescent/youth:

- It provides young people with the skills they need for healthy decision-making in the sphere of sexuality.
- As young people grow up, they face important decisions about relationships, their own reproductive health, physical, sexual and psychological health and behavior. The decisions they make can impact their health and well-being.

Learn4life brings to adolescent/youth life-skill awareness based on their pubertal, sexual, reproductive, mental & psychological health. It is a comprehensive platform for seeking, receiving and imparting information on SRHR (Sexual & Reproductive Health & Rights) for respecting bodily integrity. Learn4life addresses the 7 topics of SRHR through '**PSYCHGsM**'

Pronunciation: 'sa-eeek-g-s-m'

PSYCHGsM

- ✓ P- Puberty
- ✓ S- Sexuality
- ✓ Y- Youth leadership
- ✓ C- Child Health
- ✓ H- HIV and infections
- ✓ G- Genders (His/Her/Other)
- ✓ M- Maternal Health

👉 **Note to the Facilitator:** L4L toolkit aims to empower facilitator by helping them to gain knowledge and to impart the knowledge to adolescent/youth. Please now start a warm-up game to break the ice amongst participants and they are comfortable to attend I4I session.

Knowing the participants

1. This training is meant for adolescent (16-18 years) and youth from 19 to 25+ years.
2. Adolescents below 18 will require parental/school/guardian permission/consent to attend the L4L workshop.

BEGINNING THE SESSION

Session objective: To welcome youth/adolescents to the training.

Session overview: A facilitator-led session where participants are welcomed by the trainer.

Welcome by the facilitator/trainer:

- Begin by welcoming participants to the training workshop and thanking them for being part of this training.
- We do a warm-up game as an introduction of the participants.
- You could use any game you know of, below here is sample for reference.

Session objective: For participants to interact with and get to know one another in a fun and creative way.
Session overview: This session involves an interactive game where a 'Signature Game' sheet will be handed out to workshop participants who will go around the room attempting to get other workshop participants' signatures on their hand out.
Materials needed: Signature Game' hand-outs and pens for all participants.

The warm-up/signature game:

Find three people who like to read? Sign here: 1. 2. 3	Find someone with a birthday in the next three months. Sign here:	Find someone of the same religion. Get him/her to Sign here:	Ask someone why she/he is attending the workshop. Sign here:
Link arms with two people. Sign here: 1. 2.	Tickle someone. Get him/her to Sign here:	Find someone with an earring. Sign here:	Shake hands with three people. Sign here: 1. 2. 3.

Swap sitting positions with someone. Get him/her to Sign here:	Find someone with brown eyes. Get him/her to Sign here:	Give three people a hug. Sign here: 1. 2. 3.	Find someone taller than you. Get him/her to Sign here:
Find someone who is prepared to take risks. Get him/her to sign here:	Find someone with black socks on. Get him/her to sign here:	Find someone younger than you. Get him/her to sign here:	Find someone who likes chocolates. Get him/her to sign here:

👉 **Dear Facilitator,**

1st, Explain to participants that they will engage in an exercise that will help them get to know one another better.

2nd, Distribute the Signature Game papers and pens to each participant.

3rd, Explain that each participant must go around the room and get people to sign on their piece of paper according to the categories listed.

4th, Explain that the game's goal is not to get as many signatures as possible (as in a competition); rather, it is about getting to know people in a fun and creative way.

5th, Give participants approximately ten minutes to complete the game. Give participants a warning when there is one-minute left.

6th, To round up this discussion: have a discussion on the answers, explain why it is important for everyone to get to know one another on a more personal level, as the work that follows requires that they work together and share experiences and challenges freely.

Lastly, thank everyone for their participation.

👉 **Dear facilitator, once you warm up the audience, briefly explain why this training is important, mentioning the following points:**

- The first step is an honest exploration of our own views on sexual and reproductive health and rights (SRHR) including puberty, sexual health, youth, child health, HIV, genders and maternal health.
- The training offers an opportunity to begin to break down barriers to talking about sexuality so that a more informed and compassionate dialogue can take place with adults and children.
- Issues of sex, sexuality, gender and reproductive health and rights have not been dealt with adequately from an educative perspective.
- Workshop participants are encouraged to be open to new learnings and to actively participate in all sessions.

☞ **Note to facilitator:** Now, distribute the pre-questionnaire among participants and emphasize on the following points:

- ☺ The information provided by you is completely confidential and it will not be shared beyond the project.
- ☺ We don't need your name so, whatever information you are providing, provide at ease and truthfully.
- ☺ We are taking this survey only to understand how much you know about SRHR at this point of time so that we will better understand the gaps and how we can fill these gaps.

☞ **Note to facilitator:** Dear Facilitator, please make a table as below with the alphabets PSYCHGsM and expanding each letter to its right meaning.

P	S	Y	C	H	Gs	M
Puberty	Sexual Health	Youth	Child Health	HIV	Gender(s)	Maternal Health

- ☞ Let the children openly share whatever they think can come under each topic and help them term the actual topic-of-education as under 'PSYCHGsM'.
- ☞ If the children are unable to give their views, we will give them a list of topics in the table on this page that they need to slot into the appropriate columns in the table.
- ☞ These table inputs from the participants gives us their view of the main topics on their mind.
- ☞ Once is complete with their and your topic inputs, ask the participants what they would like to hear from the table as below:

P	S	Y	C	H	Gs	M
Puberty	Sexual Health	Youth	Child Health	HIV	Gender(s)	Maternal Health
			Nutrition			
Pubertal Hygiene	Sexual Behaviors	Youth Identity	Immunization	Safe Practices	Gender Based Violence	Safe Delivery
	Sexual Diversity	Peer-Pressure		Stigma & Discrimination	Gender Equality	Teenage Pregnancy

☞ **Note to Facilitator:** Once you do the table, read out the below case study to the participants or ask one of the participants to read out the story. Help the children come up with as many topics they can. Please remember, this workshop should cover the topics assigned in the pre-post-questionnaire in the annexure. The topics of post questionnaire are marked in yellow highlight.

TOPICS	SUBTOPICS
a. Puberty	<ol style="list-style-type: none"> 1. Neither adult nor child. 2. Health and hygiene in puberty. 3. Menstruation / periods.
b. Sexual health	<ol style="list-style-type: none"> 1. What is sexuality. 2. Sexual norms with gender, sexual behaviors. 3. Physical and Mental aspect of sexuality.
c. Youth	<ol style="list-style-type: none"> 1. Communication in youth. 2. Peer-pressure. 3. Pornography addiction. 4. Substance misuse. 5. Youth leadership. 6. Youth Identity. 7. Body Image. 8. Youth and Mental health.
d. Child health	<ol style="list-style-type: none"> 1. New born care. 2. Breast-feeding. 3. Weaning. 4. Immunization.
e. HIV	<ol style="list-style-type: none"> 1. Understanding HIV/AIDS. 2. Understanding Stigma & discrimination related to HIV/AIDS. 3. Sexually Transmitted Infection (STI).
f. Genders	<ol style="list-style-type: none"> 1. Gender in context to males. 2. Gender in context to females. 3. The other/third gender. 4. Gender based violence.
g. Maternal health	<ol style="list-style-type: none"> 1. Understanding pregnancy. 2. Teenage pregnancy – consequences, care. 3. Abortion-safe, unsafe, legal. 4. Family planning.