

FOCUS on Young Adults

End of Program Conference



Training for Young Adult Sexual and Reproductive Health

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The training strategy assumes that:

- ❖ Youth are different from adults and therefore have differing needs, requiring different approaches.
- ❖ Staff, volunteers and others benefit from a better understanding of these needs.
- ❖ Personal values and beliefs related to adolescent sexuality influence how policies and programs are designed and implemented.



The training strategy is designed to:

- ❖ Respond to the needs of missions, CAs, and others.
- ❖ Meet the needs of diverse groups of people who work with youth.
- ❖ Provide an orientation to YARH issues, including HIV/AIDS, sexual behavior & decision making, and contraceptive use.
- ❖ Increase institutional & individual capacity.
- ❖ Orient or train professionals to apply FOCUS tools.

Training activities have targeted:



- ❖ Policy makers
- ❖ Program managers
- ❖ Service providers
- ❖ Youth
- ❖ USAID
- ❖ Donors
- ❖ Public sector
- ❖ Private sector
- ❖ NGOs
- ❖ Government



Types of training and professional exchanges:

- ❖ State of the Art (SOTA) training courses
- ❖ Skills building courses in Monitoring and Evaluation, Youth Friendly Services and Advocacy
- ❖ Working groups
- ❖ Partner dialogues
- ❖ Technical Assistance



Training materials developed:

- ❖ Reproductive Health of Young Adults: Contraception, Pregnancy and Sexually Transmitted Diseases (with FHI)
- ❖ Improving Interpersonal Skills for Counseling Adolescents on Sexual and Reproductive Health (Latin America)
- ❖ Assessing and Planning for Youth-Friendly Services training manual



Training materials developed:

- ❖ Monitoring and Evaluating Adolescent Reproductive Health Programs manual
- ❖ Youth to Youth Peer Education Training of Trainers (TOT) Manual (with CAFS)
- ❖ Reproductive Health: A Practical Pocket Guide for Providers (with Pathfinder Mozambique)



Training materials developed:

- ❖ Self-directed Learning Program Guide (with INTRAH)
- ❖ Developmentally-based Interventions and Strategies: Promoting Reproductive Health and Reducing Risk among Adolescents
- ❖ Annotated Bibliography of Training Curricula for YARH Programs



Lesson learned:

- ❖ There is a tremendous need for training in areas related to YARH, especially among NGOs and GOs.
- ❖ Training alone is not sufficient. Organizational commitment and supports are also needed.
- ❖ More follow-up and technical assistance is needed after training is conducted to assist in applying newly acquired knowledge.



Lessons learned:

- ❖ Training efforts and information exchanges must be culturally specific and take into account the resources and limitations within which people are working.
- ❖ The attitudes of service providers greatly impact service provision. Accurate information and training can help change attitudes and improve interactions with adolescent clients.



Lessons learned:

- ❖ Fostering partnerships is an important way to integrate YARH and broaden our reach.
- ❖ The capacity that lies within developing countries is an underutilized resource.
- ❖ Creative ways of sustaining training efforts should be employed. For example, technical assistance, mentoring, and list serves.
- ❖ There is a need to clarify terms and test assumptions.



Lessons learned:

- ❖ Site visits, the involvement of youth, and other hands-on, participatory training techniques help maximize participant learning.



Future direction:

- ❖ Training materials need to be developed in different languages
- ❖ Training needs to be available not only to intermediary organizations but to various levels of direct service providers as well.