SESSION TWO
Adolescent Sexual and Reproductive Health in East and Southern Africa

LEARNING OBJECTIVES
By the end of this session, teachers will be able to:

1. Describe youth sexual and reproductive health trends in the region.

2. Articulate at least three sexual and reproductive health statistics related to young people in the country.

3. Describe at least three sexual and reproductive health challenges facing young people in their local community.

ACTIVITIES
Activity 1 Overview of Adolescent Sexual and Reproductive Health in East and Southern Africa
Activity 2 Overview of Adolescent Sexual and Reproductive Health in the Country
Activity 1: Overview of Adolescent Sexual and Reproductive Health in East and Southern Africa

**TOTAL TIME REQUIRED**
30 minutes

**MATERIALS NEEDED**
- Projector
- Laptop computer

**RESOURCES NEEDED**
- PowerPoint on Youth Sexual and Reproductive Health Snap Shot, East and Southern Africa

**INSTRUCTIONS**
1. Explain that you are going to start off by sharing an overview of adolescent sexual and reproductive health in the region so that teachers can get a sense of some of the main trends impacting adolescents’ lives as it relates to their sexual and reproductive health and rights.

2. Present the PowerPoint and facilitate discussion with teachers either as you go along or at the end of the presentation.

3. If possible, provide teachers with the indicated pages from the second resource.

**LEARNING OBJECTIVES**
By the end of this activity, teachers will be able to:

1. Describe youth sexual and reproductive health trends in the region.
Youth Sexual and Reproductive Health Snap Shot
East and Southern Africa Region

Youth Sexual and Reproductive Health Indicators

• 33 percent of the population in the region is aged 10-24
• Age of sexual debut varies—anywhere from before 15 to around 17-18
• Adolescent pregnancy rates are high: by age 17-20% of young women started child bearing in 6 of the 21 countries
• 34 percent of women aged 20-24 are married by age 18
• Sexual and gender based violence is a reality for many young people
HIV in the Region

- In 2011, there were an estimated 1.2 million new HIV infections compared to 1.7 million in 2001. Declining trends are attributed to:
  - Natural course of the HIV epidemic
  - Changes in sexual behaviour (especially among young people in most countries in the region)
  - Much wider access to ART
  - Progress in preventing new HIV infections among children
  - Levels of reported condom use have been increasing
  - Declines in the number of multiple sexual partners

HIV and Young People in the Region

- HIV prevalence among 15 to 24 year olds has decreased by more than a third between 2001 and 2010.
- However the number of new infections is still high
- 430,000 young people infected with HIV per year
  - 50 young people infected per hour
  - Young women up to 2.5 x more affected
- Young people’s knowledge levels on HIV remain low with less than 41% having sufficient knowledge on HIV prevention
New HIV Infections Among Young People, by Region

430,000
# of new infection per year among young people 15-24
60% among young females

UNAIDS 2012, ESA Report

Estimated HIV prevalence among young women and men (aged 15-24 years) in eastern and southern Africa, 2011
Source: UNAIDS
In Summary

While there is variation across countries, in the region there are:

• High levels of unintended pregnancy among adolescent girls and young women
• Early childbearing that puts adolescent girls and young women at risk of maternal mortality and morbidity
• High levels of sexually transmitted infections, including new HIV infections among youth, especially adolescent girls and young women
• Sexual and gender-based violence and persistent gender inequality

Sources

• Machawira, P. PowerPoint presentation entitled Comprehensive Sexuality Education in Eastern and Southern Africa Region, 2013.

Activity 2: Overview of Adolescent Sexual and Reproductive Health in the Country

**TOTAL TIME REQUIRED**
30 minutes

**INSTRUCTIONS**
1. Prior to this activity, invite a resource person with expertise in sexual and reproductive health to present country-based information on adolescents. If this is not possible, prepare a short true/false quiz using information from the country profiles in the resource noted here. List 5–10 statements and mix them up so that some are true and some are false. Be sure to include statements on sexual and reproductive health, behaviors, and services.

2. Explain that now that you have a basic understanding of adolescent sexual and reproductive health issues within the region, we will take a closer look at adolescent sexual and reproductive health at the country level.

3a. If you have a guest speaker, introduce them and indicate the purpose of their visit, which is to share information about sexual and reproductive health as it relates to adolescents in the country. Either as part of the visitor’s presentation or thereafter, facilitate a brief discussion asking teachers to share what sexual and reproductive health challenges they see young people facing in their communities. At the end of the visit, thank the speaker and if necessary, summarize the main points raised during the activity. Distribute any handouts that the guest speaker may have brought.

3b. If you do not have a guest speaker, introduce the quiz activity by indicating that teachers will be taking a true/false quiz in groups to better understand sexual and reproductive health among adolescents in the country.

   - Ask teachers to count off in order to form teams of five.
   - Distribute the quiz and ask the teams to take 15 minutes to discuss and complete the quiz.
   - Call time and ask for a volunteer group to share their answer to the first true/false statement. If the answer is wrong, ask if any other groups would like to share their answer if it was different. If no group has the correct answer, give the correct answer.

**MATERIALS NEEDED**
- Pens/pencils
- To be determined by guest speaker

**RESOURCES NEEDED**
- Pre-prepared quiz based on the country profile within the resource below.

**LEARNING OBJECTIVES**
By the end of this activity, teachers will be able to:

1. Articulate at least three sexual and reproductive health statistics related to young people in the country.
2. Describe at least three sexual and reproductive health challenges facing young people in their local community.
Activity 2: Overview of Adolescent Sexual and Reproductive Health in the Country

INSTRUCTIONS (CONTINUED)

• Continue this process until all of the statements have been reviewed, with the correct answer provided.

• Next, facilitate a discussion asking teachers to share what sexual and reproductive health challenges they see young people facing in their communities.

4. At the end of the activity, ask the following questions:

✔ What was it like to take this quiz and reflect on challenges facing young people in your community?

✔ What did you notice as your group was working to complete the quiz?

✔ What lessons can you draw from working on the quiz and from the discussion?

✔ What can teachers and schools do to address these needs of young people considering how much time they spend in school?

5. Conclude by noting some of the key findings identified in the true/false statements, with particular attention to any surprising information. Underscore that these challenges that adolescents are facing, such as unintended pregnancy, HIV, gender-based violence, and lack of information and services are what makes sexuality education all the more important and a responsibility that they can deliver on as teachers.

6. If possible, provide teachers with the resources noted above as handouts.