



# family PLANNING

9JA GIRLS  
MTV SHUGA PROJECT

# HEALTH COME!!!

To **BUZZ** where our welcome is a health call

## WHO WE ARE

We are BUZZ, a publication of Society for Family Health. Society for Family Health (SFH) is a leading public health NGO in Nigeria, working in partnership with the government, local and international donors, and local & international partners in the delivery of health programmes aimed at malaria prevention and control, delivery of safe water systems, prevention and treatment of HIV&AIDs, improvement of maternal and child health, expansion of family planning access, TB prevention & treatment and MNCH provision.

SFH is providing comprehensive basic healthcare packages to disadvantaged youths and children within and outside healthcare facilities. We are institutionalising a youth and family health strategic framework across all our programmes and increasing adolescents access to youth-friendly services.

BUZZ is our youth-focused newsletter that brings to you updates on all our youth programmes and interventions, it is also aimed at informing donors and youth-led organisations of opportunities to partner

with SFH and will be providing general tips to living a healthy, youthful and productive lifestyle.

In this **second edition** of BUZZ, we aim to provide information on **Family Planning (FP)** interventions implemented by SFH.

### Did you know?

The risk of a woman living in a developing country dying from a maternal-related cause is about 33 times higher than that of a woman living in a developed country (WHO, 2015).



## FAMILY PLANNING

Family planning comprises of the methods through which couples can control the number of children they have, as well as the spacing between them.

While it is necessary for parents to teach their children about sex, it is uncommon in Nigeria. Because of the conservatism of our nation, parents avoid talking about sex with their children with the hopes that their children are going to abstain from sex until they are married. This practice is harmful for several reasons. Even if their children do not have premarital sex, they still need knowledge of family planning for when they eventually get married. It is especially necessary in the North, where girls get married at very young ages.

Additionally, there are many adolescents who do have premarital sex without their parents' knowledge. Their sex education is, thus, obtained from their peers. These adolescents often learn the wrong things or have incomplete knowledge about how to stay safe. This leads to unintended pregnancies, increased maternal/infant mortality and the contraction of Sexually Transmitted Infections (STIs). Because of the stigma against abortions, some girls practice unsafe methods to terminate their pregnancies, putting their lives in danger. Others are

forced to give birth even when they cannot afford to raise a child.

Because of all these issues, SFH is teaching young girls about family planning through these ongoing projects:

1. **ADOLESCENT 360 (A360) Project**
2. **Integrating Family Planning and Primary Health Care Services Expansion Community Pharmacies & Patent Proprietary Medicine Vendors (IntegratE) Project**
3. **MTV Shuga Project**

### Did you know?

Women living in Africa have the highest risk of dying from an unsafe abortion (WHO, 2018).



# Communicating with Youths in Safe Spaces

## ADOLESCENT 360 (A360) Project

Through our youth-focused health service project, Adolescent 360, we are addressing health care issues of young girls (15 -19-year-olds) such as pregnancy-related health risks, maternal/infant mortality rate, unsafe abortions, unintended pregnancies, HIV/AIDS and other STIs. A360 is aimed at empowering young girls with vocational skills and helping them make informed decisions about their sexual and reproductive health.

Without coercion, we mobilize girls from their different communities to facilities where young female mentors give comprehensive classes and walk-in sessions. Each class/session serves as a safe space in which girls can freely discuss topics that they feel uncomfortable discussing elsewhere. Classes cover topics such as family nutrition, personal hygiene, STI prevention, child spacing/family planning, decision making, negotiation skills, love, dating, health, managing relationships, conflict resolution, financial literacy and life mapping. Also, referrals to psychosocial, legal and health services are made for victims of Gender Based Violence (GBV). At the end of the session, girls are provided with a range of vocational skills trainings to empower them for life.

A360 also includes individual counselling sessions with trained youth-friendly healthcare providers during which free syndromic management of STIs and other reproductive health services are provided.

Mothers of the adolescent unmarried girls also participate in the "MUMS SESSION". It is a scheduled monthly meeting held by the healthcare providers to meet and discuss issues surrounding adolescent health and information on the skills taught by the A360 project with the mothers of the adolescent girls enrolled in the project. Mothers also learn how to support their daughters in achieving their life goals. MUMS SESSION takes place thrice in a month.

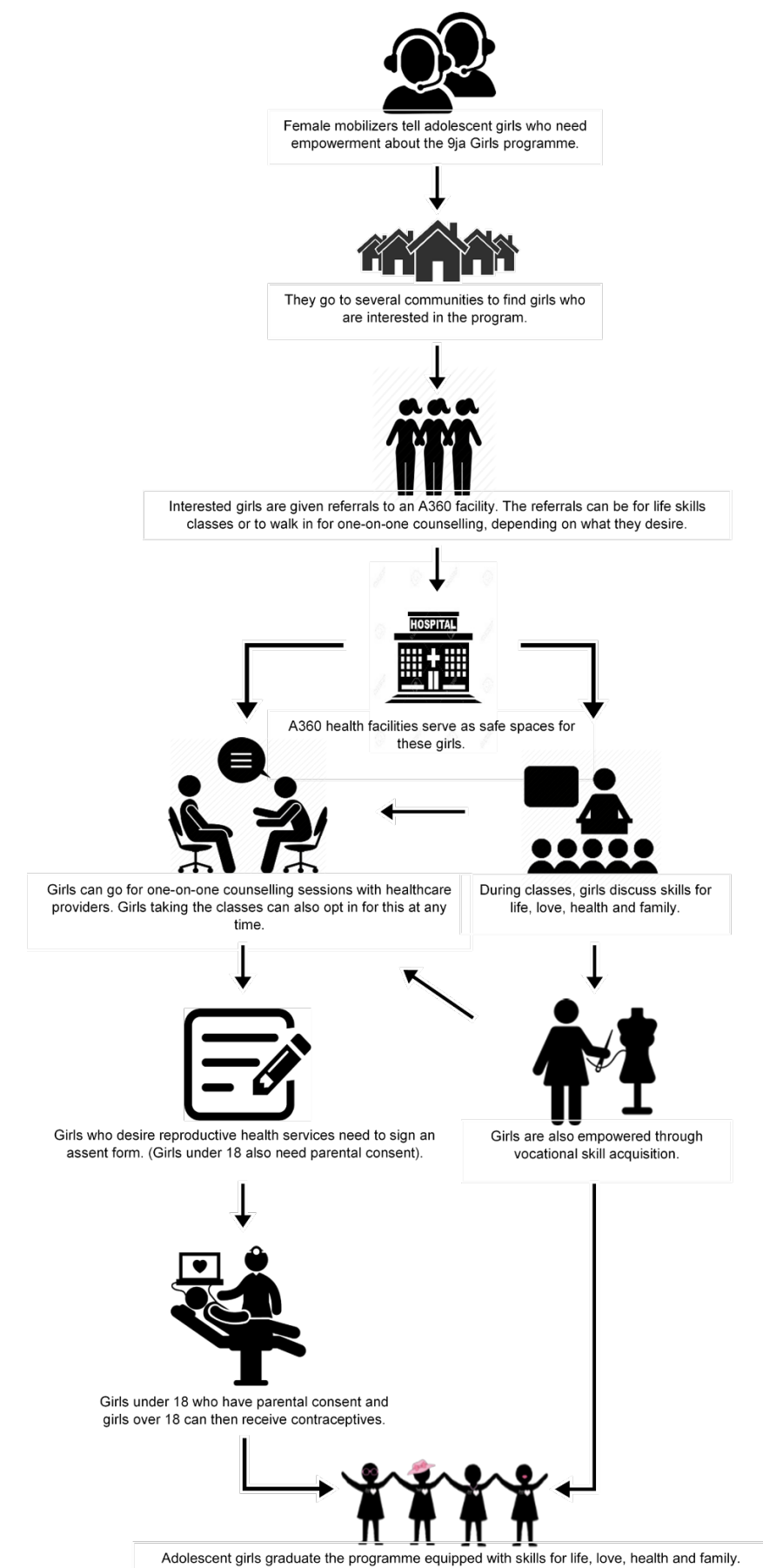
A360 project implements the 9ja Girls programme for unmarried girls in Southern Nigeria and Matasa Matan Arewa for married girls in Northern Nigeria.

### Health tip for the month

"Your body hears what your mind says"

-Naomi Judd

## 9Ja Girls Programme Flowchart





# Matasa Matan Arewa

## (MMA) Programme



MMA uses a near-peer mentorship model to increase social support for and access to contraceptive services and vocational training among married adolescent girls.

In the MMA programme, mentors (women aged 25 - 30) recruit married adolescent girls (15 -19 years old) from the community without coercion and enroll them into their classes. Girls in groups of 8-12 meet twice weekly for a two-week period in a health facility or the community chief's house.

In the first session, they discuss family nutrition, personal hygiene, and STI prevention. In the second session, the girls discuss child spacing, decision making, and negotiation skills. In the third session, they learn how to manage relations and resolve conflicts. The fourth and final session focuses on financial literacy and vocational training.



# 9ja Girls

**My life is mine to make.  
My heart may break, but I won't fake.  
My body is mine, no one can take.  
I'm a 9ja Girl. I'm awake.**



With this mantra, the girls acknowledge that they have control over their own lives and bodies.

It is sung during every 9ja Girls session. 9ja Girls teaches unmarried adolescent girls how to make informed life decisions. The goal of 9ja Girls is to improve the lives and health of the adolescent girls by creating safe spaces where girls can obtain vocational skills and sex education.

In 9ja Girls classes, girls are given the opportunity to ask questions about their bodies and sex without judgment. They can also receive reproductive health services if they need them. They are not coerced, but only discuss topics and receive services that they desire.



## Did you know?

22.6% of Nigerian married women have unmet family planning needs (PRB, 2019).



# Communicating with Youths through Social Media & their Peers

## IntegratE Project

Funded by the Bill and Melinda Gates Foundation and MSD for Mothers Foundation, IntegratE reaches communities with family planning and primary healthcare messages through Interpersonal Communication Agents (IPCAs). IPCAs are selected, trained, and deployed to engage youths in one-on-one or group discussions about family planning, personal hygiene and setting life goals. They also use social media (Facebook, Instagram, Twitter, and WhatsApp) to send regular messages to youths about healthy living.

The training focuses on key health issues contributing to maternal and infant mortality in Nigeria. Additionally, IPCAs are given an overview of the IntegratE project, their roles and responsibilities as IPCAs, child spacing methods, family planning myths and misconceptions, IPC sessions, strategic communication, adolescent mobilisation, and the MIS reporting template.

The trained IPCAs from the first quarter of 2019 have all commenced service. 74 IPCAs were engaged and trained by the project in Lagos and Kaduna in the quarter. 20 of the trained IPCAs were youth volunteers (15 - 24 years old). Young girls are also linked to SFH's "9galnow" interactive platform on Facebook where they can send private messages on sexual and reproductive issues and get prompt feedback from a trained counsellor. Also, those that require family planning services are referred to the appropriate facilities.



### Did you know?

Adolescent girls face the highest risk of complications and death during pregnancy (WHO, 2018).

# Communicating with Youths through Television Series

## MTV Shuga Project

MTV Shuga is a four-month intensive peer education intervention tailored for young people, especially females aged 15 to 24 in Lagos, Kano and Kaduna.

MTV Shuga Naija is a television drama series aired as part of the initiative of MTV Stay Alive Ignite. Relevant sexual and reproductive health issues affecting youths will be addressed in the series. MTV Shuga Naija is aimed at educating youths on friendships, relationships, HIV/AIDS, safe sex, gender based violence and teen pregnancy. It gives unique information on maternal and child health, family planning and women empowerment.

SFH will be facilitating peer education sessions from August to November 2019 in which youths will watch MTV Shuga Naija and then have discussions based on the contents of the series. The aim of this intervention is to promote adoption of healthy and positive behaviours by young people. Over the four months' period, it is expected that beneficiaries of the peer education sessions will develop knowledge, attitudes, beliefs and skills that will enable them to be responsible for and to protect their own health.



### Did you know?

In developing countries, 214 million sexually active women of reproductive age who do not want to get pregnant are not using a modern contraceptive method (WHO, 2019).

# Spotlight



## This month, our spotlight is on the just concluded Global Fund HIV New Funding Model (NFM)

It was Implemented from January 2018 to June 2019 across eight states: **Akwa Ibom, Anambra, Gombe, Imo, Kano, Lagos, Oyo** and **FCT**.

It was targeted at adolescent girls and young women (AGYW) to provide contraceptives and focused mobile HIV testing services (mHTS) in line with the then UNAIDS 90:90:90 target.

The project also addressed stigma and discrimination against key populations in healthcare settings.



**SFH Youth-Focused Newsletter**

## STAY IN TOUCH

Buzz would love to hear your thoughts, questions and contributions, send us an email at [buzz@sfnigeria.org](mailto:buzz@sfnigeria.org)

**Your comment or question might just be included in our next publication.**

For partnership and sponsorship as well as information on our interventions, products and services, contact:

**Dr. Jennifer Anyanti**  
DMD Programmes & Operations  
Society for Family Health  
[janyanti@sfnigeria.org](mailto:janyanti@sfnigeria.org)

**#SFHYouth**

<http://www.sfnigeria.org/youth-programming/>

**Cover photo credit @Parapaso**

Hospital Clipart: available from:  
<https://dumielauxepices.net/wallpaper-1701864>



...Creating Change, Enhancing Lives