

// MAIDEN EDITION //

#SFHYouth

SFH YOUTH-FOCUSED NEWSLETTER



HEALTH PROGRAMMING FOR THE **future** GENERATION

SUCCESS STORIES || CREATING A HEALTHY CULTURE

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.

This edition would broaden your knowledge of SFH youth-led programmes implemented over the years. It will include major achievements in 2018, challenges experienced, and testimonies as told by our intervention beneficiaries.



CREATING A HEALTHY CULTURE

We are creating a healthy future adult population through our youth-focused interventions. Some ongoing projects include:

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

3. **Global Fund HIV**

4. **Adolescent and Young Persons (AYP) Programme**

5. **AIDSFONDS Enhancing Access of Children to HIV Services Using Existing Community Mechanisms (EACHEM) project**

ADOLESCENT 360

Project

The A360 project is developing new and innovative approaches for designing programmes to improve the sexual and reproductive health of adolescent girls aged 15 – 19 years.

One of these approaches is the creation of safe spaces for the empowerment of girls with health, life, and vocational skills. Within these safe spaces, A360 programme facilitators' initiate and direct discussions on love, health, relationships, and family. Within and through these forums, young

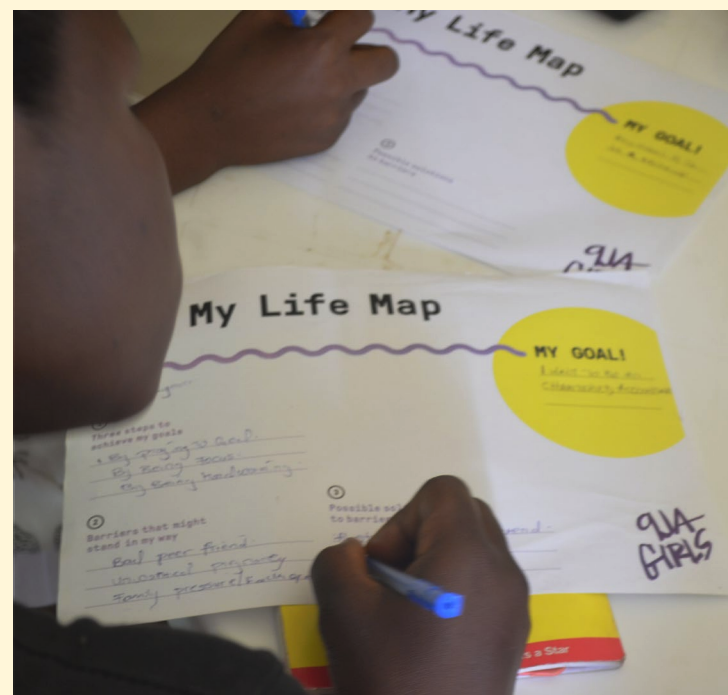
girls are able to ask questions about issues that they are normally unable to discuss elsewhere. Girls discuss their life maps, future and importantly have access to sexually transmitted infection (STI) and contraceptive services which they may require.

A360 project implements the 9ja Girls programmes for unmarried girls in the South of Nigeria and Matasa Matan Arewa [MMA] for married girls in Northern Nigeria.

Achievements

In 2018, SFH operated 34 health facilities across 10 states including Nassarawa, Kaduna, Niger, Lagos, Osun, Ogun, Oyo, Edo and Delta and the FCT where girls could easily get access to contraceptive services and obtain the social and economic skills they require. We successfully interacted with a total of 47,057 girls within the year and served 26,682 girls with various contraceptive services of their choices

9,915 girls accessed Injectable;
5,957 implants; 5,844 condoms;
4,535 pills; 402 intrauterine
contraceptive device IUCD and 29
emergency contraceptives (ECs).
48.2% adolescent beneficiaries were
within the lowest socio-economic
quintile.



Beneficiary from the 9ja girls programme writing down her goals and life plans

Success stories

Below are some of the testimonies from adolescent girls, who acquired life, love and health skills from 9ja Girls programme.

"I learned about how to observe proper hygiene during menstruation and the use of contraceptive like a condom to prevent unintended pregnancies and STI".

- Adolescent girl from Lagos

"My self-esteem before attending Life Love and Health was low among my friends, but after LLH, I feel confident to talk and move with friends easily.

-17 years old girl from Delta

"I intend to be a lawyer, at 9ja girls I have learned possible barriers and ways to achieve my goals and also learned about effective communication and negotiation in a relationship"

- Adolescent girl from Lagos.



Hands on skill acquisition training for beneficiaries of the 9ja girls programme



Our A360 programme facilitator moderating a session during an interactive session for Matasa Matan Arewa at our safe space in Kaduna

IntegratE Project

The IntegratE project which is funded by the Bill and Melinda Gates Foundation and MSD for mothers foundation is focused on improving the quality of family planning and primary healthcare services offered by Patent and Proprietary Medicine Vendors (PPMVs) and Community Pharmacists (CPs) in Lagos and Kaduna states, with an emphasis on adolescents and women in the lowest socio-economic quintile in selected

communities. The project intends to reach 1.7 million women of reproductive age out of which 60% of this number are youths and adolescents within the ages of 15 to 24, by the project completion in September 2021. The project works with the pharmacist council of Nigeria, Ministries of Health of Lagos and Kaduna States as well as a range of consortium partners.

Achievements

In 2018, the project improved the capacity of Patent Proprietary Medicine Vendors (PPMVs) and Community Pharmacists (CPs) services to youth in Lagos and ICD station. A total number of 16 trainings were conducted for 396 health providers. All providers were taught to provide a basket of family planning interventions to youths and adolescents in a youth-friendly fashion. All providers engaged in values clarification training exercises.



A training session for community pharmacists

Success stories

A participant in one of the training modules on value clarifications had this to say:

.....
“I now know the values that inform the way my son behaves, and I now understand how to deal with him in a friendly manner. For the first time in a long time, my son prostrated and acknowledged his wrongdoings. If I have learned this a long time ago, I wouldn’t have lost him to evil vices”.



Project staff mentoring of PPMVs

HEALTH TIP FOR THE MONTH



“The only way to keep your health is to eat what you do not want, drink what you do not like, and do what you would rather not”

-Mark Twain

Global Fund HIV

AYP Module

SFH is also implementing an HIV prevention module directed at adolescents and young people (AYP).

This innovative action research has helped in identifying and mitigating several vulnerabilities of AYPs to HIV in seven states including Akwa-Ibom, Cross-River, Kano, Kaduna, Rivers, Sokoto, and Taraba.

The target group for these interventions are adolescent girls and young women (AGYW) aged 15 - 24 years.



A change influencer (CI) Session at Bwari and Abuja municipal area councils

Achievements

During the first year of intervention, the module achieved the following:

- 84,588 AGYW were reached with different forms of behaviour change communication (BCC) messages;
- 329,348 male condoms and 19,843 female condoms were distributed to the same target population;
- 41,568 AGYW were tested for HIV from those who received BCC messages;

- 1000 AGYW were found newly positive for HIV;
- 936 were completely referred to a health facility;
- A total of 732 are currently on treatment.

Our skills to health program under the GF-HIV strategy has reached over 600 high and higher risk AGYW with skills such as soap making, baking, antiseptic production, cosmetic application, production of bead jewellery, interior decoration, amongst others.



A change influencer Session during Skills to Health training

Success story

During the GF-HIV Adolescent Girls and Young Women (AGYW), Behavioural Communication Change (BCC) Session on HIV modes of transmission, STIs and understanding risks, the AGYW were equipped with substantial knowledge on the importance of accessing HIV testing services, self-management of HIV and how to live positively on HIV treatment. One of our beneficiaries Felicia shares her story:

"I learned new skills that will help me feed myself and my family and also how to live a healthy HIV positive life"

AIDSFONDS

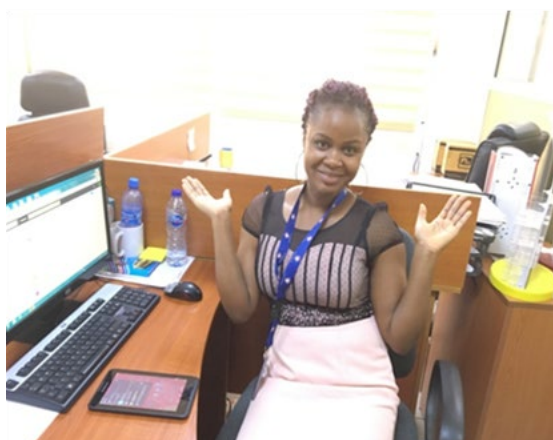
More recently and with funding support from a new donor AIDSFONDS, SFH is implementing an intervention in Taraba State that aims to minimize new cases of HIV infection while finding HIV-positive

children that are 15 years old and below and linking them to appropriate treatment services. The project will be implemented in eight (8) local government areas in Taraba State beginning in Q1 2019.

Spotlight

This month we are STRIKING THE
#BALANCEFORBETTER POSE in celebration of
International Women's Day #IWD2019.

At SFH we believe the BETTER THE BALANCE, THE
BETTER THE WORKPLACE AND ULTIMATELY THE
WORLD.



SFH Youth-Focused Newsletter

STAY IN TOUCH

Buzz would love to hear your thoughts, questions and contributions, send us an email at buzz@sfhnigeria.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:

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

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...Creating Change, Enhancing Lives