

Improving life skills education for Adolescents Navoi Oblast, Uzbekistan

Fondation PH Suisse –About Us

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Building local capacity to strengthen life skills for Adolescents in the Navoi Oblast, Uzbekistan



Adolescence is a time of tremendous opportunity and change. It also is a time of heightened vulnerabilities, reflected in rapidly increasing numbers of pregnancies and abortions in girls under 18. Adolescents often do not seek reproductive health services, because they are afraid it might become known that they are sexually active and because of the way they are treated by the health providers. With over 36% of the Uzbek population under 15 years old, adolescent reproductive health is an increasingly important issue for the health care system. Young women face a risk of dying during pregnancy and birth that is two to five times higher than in women from 18 to 25. As a result, the development of life skills is crucial to the future of this age group. Reproductive health risks faced by adolescents include:

- Too-early pregnancy and childbearing, with elevated risks of illness, and death for mother and infant;
- Unintended pregnancy, often leading to unsafe abortion and its complications;
- Sexually transmitted infections (STIs) including HIV infections;
- Sexual violence and coercion, including rape, sexual abuse.

Programme Partners

Project HOPE Uzbekistan, Navoi Office
National Institute of Reproductive Health
Navoi Center for Reproductive Health
National and Oblast Ministry of Health
National and Oblast Ministry of Education

The Project

The project reduces mortality and morbidity of adolescents and teen mothers by fostering positive, healthy behaviours and reducing unplanned pregnancies, unwanted sex, STIs, premature childbearing and unsafe abortions.



"Since my teacher has started to talk openly about sexual and reproductive life, I began to comfortably share my sexual experiences with my friends; I understood that we all have the same problems and the same willingness to talk about it... after what I have learned in school I changed my way of behaving with my peers and my way of communicating with my parents..."
17 year old schoolboy, Karmana secondary school



Training courses and meetings of Makhalla activists and parents have increased the acknowledgment of the need for discussions on the topic in the community and adolescents are now feeling more free to talk about their reproductive and sexual life with their peers and their family members. The distribution of an ARH brochure specifically for parents has helped the more conservative communities recognise the positive implications of the school ARH educational activities, and a network of ARH promoters is being developed to support the school education and the health services for adolescents.

How You Can Help

Funding for this project has ended. However, demand for replication and expansion of such activities is high in Uzbekistan, Tajikistan and Kyrgyzstan.

Cost

CHF 90'000 yearly per project

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Results

- Development and distribution of **training manuals** for ARH promoters, peer-to-peer educators, Makhalla leaders and adolescents
- **131** adolescents trained as **ARH peer educators**
- **248 school teachers and medical providers** trained as **ARH promoters**
- **356 community** leaders (**Makhalla leaders**) trained as **ARH community promoters**
- **129** secondary/vocational **schools** have offered the project-developed ARH education program
- **31'700 adolescents** were **reached** with ARH school education and educational materials
- **970 adolescents** directly trained on ARH
- **15** health providers trained as youth **friendly health providers** in 4 rural health centres
- **5 adolescent-friendly reproductive health clinics** established in Navoi City and four towns in rural areas, daily providing ARH education, contraceptive counselling and medical services daily
- Establishment of a **network of ARH promoters** and Makhalla activists that increase awareness and support ARH services at the local health facilities and in the schools
- Establishment of **ARH working group** at oblast level
- Development and distribution of **ARH brochure** in Uzbek and in Russian
 - ◆ for adolescents: 36'000 copies
 - ◆ for parents: 20'000 copies of ARH brochures
- **800 copies of ARH posters** (on HIV/AIDS transmission and on STIs prevention)
- **490 t-shirts** advertising the AFRH clinic of Navoi
- Distribution of **contraceptive kits** (with a total of 15 thousand condoms, 141 pills and 141 IUDs) for educational activities
- **Telephone hot lines** now available in the five youth-friendly centres