

Checklist: Youth Sexual and Reproductive Health Clubs

Comprehensive youth sexual and reproductive health (YSRH) programming supports young and adolescent men and women in gathering information, learning skills, and practicing behaviors around topics appropriate for their developmental stages, including gender norms, decision-making, goal setting, healthy relationships, HIV and STI prevention, and pregnancy prevention. YSRH camps or clubs should be implemented through a lens of positive youth development, including allowing youth to take a leadership role under the guidance of a skilled mentor as well as creating a participatory and safe space. They should integrate strategic and authentic parent and community engagement throughout both planning and implementation, including providing linkages to youth-friendly resources and services.

For more on founding and organizing a club, see “Checklist: Assessing Clubs.”

Italics indicate a required reporting quality standard that is found in the VRF under the GenEq/LGL CSPP.

Program focus

- The population that will truly benefit from the intervention is carefully and deliberately targeted.
 - Groups that may be hidden or forgotten (i.e.: in-school youth, out-of-school youth, etc.) are considered and included if appropriate.
 - Youth leaders are used for outreach if appropriate.
 - Needs assessment for the targeted group is conducted using PACA tools and boot camp tools.
 - Other positive adult influences in youth lives (see the Peace Corps 40 Assets for Youth materials), such as parents, teachers, clinic staff, or community leaders, are included in assessment.
 - Capable and motivated male and/or female adults (teachers and/or service providers) are engaged in providing accurate information and/or services related to one or more of the following YSRH topics: relationships, values, attitudes and skills, gender norms and gender-based violence, human development, sexual behavior, and sexual and reproductive health.*
 - Counterparts are chosen who are:
 - Young enough to relate to, but old enough to be good leaders.
 - Male and female.
 - From the local community.
 - Motivated and truly love what they are doing.
 - Trained in some way, particularly on YSRH content or life skills for healthy decision-making.
-

Program setting

- Meeting location is selected that youth will actually be able to reach easily, safely, and feel comfortable at.
- Meeting time is chosen that is practical and safe for youth (i.e.: not during school or work hours, not during chores and meal prep time, etc.).
- Participants feel complete ownership of meeting space through arrangement of furniture or perhaps a sign to hang up for the club for each meeting.
- An emotionally safe and freeing space is created for youth.
- Network of trusted friends and mentors that youth can rely on is established.

Program reach

- Lesson plan is developed to cover YSRH topics and lessons during at least 12 sessions.
- Programming covers a comprehensive set of topics related to YSRH, as well as critical life skills for girls and boys, women and men, to be able to successfully promote positive sexual and reproductive health outcomes.¹
- Participants are divided into groups of around the same age; with boys and girls separated.
- Parents, teachers, clinic staff, community leaders, and other important populations are reached to explain the program and possibly plan some joint activities in support of YSRH programming.
- Parents are engaged in order to help them build their capacity to address the physical and behavioral aspects of human sexuality with their children.*
- Adolescents who have completed a full set of lessons are used as educators for the next group.
- Any peer education is supervised by mentors.
- Age-appropriate lessons are developed.
- Youth are introduced to sexual and reproductive health topics in age- and sex-appropriate ways that consider what participants may already know, what kinds of developmental and emotional changes they are going through, and the decisions they are likely to be facing.*
- The main messages are repeated at least five times during a lesson, and revisited during subsequent lessons.
- The same group of youth is engaged consistently over time.*

¹ Comprehensive YSRH programming should include information around reproductive anatomy and physiology, sex and sexuality, sexually transmitted infections, HIV and AIDS, early pregnancy, condoms and contraception, puberty, risk behavior, delayed sex and abstinence, as well as communication, healthy relationships, decision making, goal setting, dealing with stress and emotions, leadership, self-esteem and self-confidence, and the role of gender norms and expectations in their lives.

- Interactive, participatory teaching methods are used to involve youth and to help them to internalize and integrate information.*

Reach methods

- Goals and objectives are planned for each lesson.
 - Success in reaching objectives is assessed as lesson progresses. If they are not being met, the lesson should be adjusted.
 - Students received interesting and scientifically accurate information.
 - Outside knowledgeable and reliable resources are used to answer participants' question, if necessary.
 - Plenty of time is allowed for questions during any training with mentors and other adults.
 - The information provided is simple, understandable, and always consistent.
 - Specific realistic examples of behaviors, strategies for prevention, and situations in which these may be tested are provided.
 - Youth skill-building is promoted in interpersonal relationships, including decision-making, assertiveness, communication, negotiation, and refusal.*
 - Students have opportunities to practice positive behaviors through skits and role plays.
 - The benefits of delaying sex are explained and emphasized, and youth are provided with the information they need about condoms and contraceptives and all of their local options.
 - Students reflect upon and carefully discuss some of the challenges they may face when applying what they have learned in relation to social or family values.
-