

**Rutgers**

**For sexual and  
reproductive health  
and rights**



## **Youth participation in CSE**

*Silvia Jongeling, September 29th 2016*

---

# What am I going to talk about?

- Rutgers primary CSE program: My World & My Life
- Content and structure
- MYP in different stages: from *needs assessment* to *implementation*
- Sustainable Implementation: “*Whole School Approach*”
- Questions

# Rutgers international programs (I)

## **'The World Starts With Me' 'My World and My Life'**

- Targets young people in the age of 12-19
  - For in- and out-of-school settings
  - on CD Rom
  - Internet
  - printed format
- Targets young people in the age of 9-14.
  - For for in- and out-of-school settings
  - Available in printed format.

**Other programs:** You & Me (kindergarten), Ready Steady (VTC's )

## Rutgers international programs (II)

- Are comprehensive – not only focussing on (preventing) problems
  - Are correct
  - Have a positive approach
  - Have a human rights perspective
  - Are non-judgemental
  - Age appropriate and cultural sensitive
- 
- **Goal is to learn young people develop life skills which are important to make their own decisions about their sexuality and sexual life.**

# Content of the programs

The programs have a conscious build-up order:

- Respect for- and insight in one self
- Social environment (friends, relationships, gender issues, rights and responsibilities)
- Love, sex and sexuality
- Prevention of and coping with sexual health problems and looking for support
- Looking at the future (goals, plans and wishes – also in respect to others)

# Structure of the programs

- Each lesson starts plenary, followed by individual reading, group work or discussions and ends plenary. (*The program does the sensitive talking*)
- Peer educators are the core of each lesson
- Changing role for teacher: from teaching to facilitating

# Stages of development of MWML

- Needs assessment/ Situation analysis (NA/SA)
- Settings goals & objectives
- Curriculum adaptation
- Implementation
- Evaluation

## MYP in NA/ SA

- Motivate implementing partner to involve young people (could be a requirement)
  - *Interview young people*
  - *Involve and train young people to lead focus group with peers*



# Setting goals & objectives

- What do you want to achieve with MWML? What are your objectives?
  - *Form a working group (will be the same throughout the whole process)*
  - *Include young people in the group (age, sex)*
  - *First training on SRHR, mostly sensitization (make your training youth appropriate or design training that young people are there first few days).*
- Make sure there's a safe environment for young people!

# Curriculum adaptation

- Analysis of curriculum by working group
  - *Young people's involvement is essential in this stage (how's the content, the design, the language)*
  - *Young people give input*
  - *Young people teach adults, adults learn from students*

# Implementation

- Sensitization of school, teachers, parents and other students
  - *Young people become MWML peer educators (co-facilitating, giving information)*
  - *Young people are ambassadors of MWML (other school clubs, participate in debates)*
  - *Young people participate in teacher training.*
  - *Launch of the curriculum (organization event, speeches)*

# Evaluation

- Involve young people in your research (as reserachers)
  - *Interviewing*
  - *Focus- group discussions*
  - *Teacher- pupil partnerships*

# Whole School Approach

- Sustainable implementation of sexuality education
- Involve (sensitize) everybody (whole school) when implementing sexuality education
- Rutgers provides technical expertise to implementing agencies



# Useful links & information

Website: [rutgers.international.org](http://rutgers.international.org) → Comprehensive Sexuality Education

UNESCO International Technical Guidance on CSE