



# ENHANCING PEER-TEACHER ENGAGEMENT FOR THE PROMOTION OF AWARENESS ON FAMILY PLANNING, SEXUAL REPRODUCTIVE HEALTH AND RIGHTS, AND PRE-MARITAL COUNSELLING: A PROJECT ANALYSIS REPORT

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## INTRODUCTION & BACKGROUND

Pakistan, characterized by a substantial youth demographic comprising 64% of its population, presents a unique opportunity to address the pressing challenges associated with population growth, economic instability, and public health indicators. Nevertheless, 29% of this youth bulge is under the age of 30 and has limited access to Sexual and Reproductive Health and Rights (SRHR) and autonomy over their own bodies. The "Khud Ko Pehchaano" initiative, spearheaded by Greenstar and financially supported by the Punjab Population Innovation Fund, is currently being executed across 30 public and private educational institutions in Punjab. This program follows a cascade training approach, involving the training of 600 expert trainers who subsequently trickle 12,000 students on topics such as Pre-Marital Counselling, Family Planning, Sexual and Reproductive Health and Rights, modern contraceptive methods, and Gender-Based Violence (GBV).



## MATERIALS & METHODS

The training methodology employed in this project follows a cascade model. In the initial phase, 600 teachers across 30 institutions were trained to serve as Master trainers themselves. Subsequently, these teachers are responsible for training 12,000 young male and female beneficiaries within the same institutions.

The main themes were:

- \* Sexual & Reproductive Health & Rights
- \* Preparation and pre-screening before marriage
- \* Healthy Timing & Spacing- HTSP
- \* Family Planning Methods
- \* Gender & Sex
- \* Gender Based Violence and its Mitigation Strategies

The training content was rigorously vetted by the Punjab Population Innovation Fund. Knowledge enhancement was assessed through pre- and post-tests.

## RESEARCH OBJECTIVES / QUESTIONS

- ▶ Empower beneficiaries with knowledge about their Sexual and Reproductive Health and Rights.
- ▶ Sensitize them to concepts such as the distinction between sex and gender, gender expression, sexuality, gender-sensitive definitions, and social and gender norms.
- ▶ Equip them with the skills required to contribute to the Sustainable Development Goals (SDGs), specifically in the areas of AIDS prevention, maternal mortality reduction, Gender-Based Violence prevention, and safe sexual practices.
- ▶ Make reproductive health information and commodities accessible within the community.
- ▶ Foster decision-making ability among the target audience.
- ▶ Increase knowledge and awareness about contraception (including at least three modern methods), Family Planning, and Birth Spacing in the target population.
- ▶ Develop the skills to recognize Gender-Based Violence and implement strategies for its mitigation.
- ▶ Empower young individuals to challenge and dispel gender-based stereotypes, myths, and misconceptions.

## RECOMMENDATIONS

- ▶ Government must focus on comprehensive SRHR education curriculum, collaboratively developed with educators, health professionals, and NGOs, should be integrated into the national school system.
- ▶ This initiative would be complemented by the establishment of youth-friendly health clinics providing confidential and empathetic services, coupled with community-wide awareness campaigns involving influencers and community leaders. Ensuring accessible contraception services, legal reforms aligned with international standards, and youth peer education programs would collectively dispel misconceptions, break down societal barriers, and empower the youth with accurate information.
- ▶ The government should harness digital platforms for disseminating reliable SRHR information and invest in research to discern the unique needs of diverse regions.

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## RESULTS

Our project successfully completed the training of 600 teachers, resulting in a recorded knowledge enhancement of 26%. (pre test results)

To date, the project has trained over 10,000 students, achieving a knowledge enhancement rate of over 30%. (pre test results)

The knowledge enhancement was assessed based on the pre-and-post test scores, however the feedback received from the institutions was very forthcoming towards such initiatives

## CONCLUSION

young individuals prior to marriage, as it equips them with essential knowledge about family planning, modern contraceptives, and the optimal timing and spacing of pregnancies.

Evidence suggests that teacher-led training initiatives have been effective in disseminating such knowledge to the youth, as they are viewed as credible and respected figures. We recommend the institutionalization of such training programs within the mainstream curriculum of universities and schools.

This approach would enable the youth to access fundamental knowledge and awareness regarding SRHR and family planning, empowering them to make informed decisions that benefit both the nation's economy and their personal well-being