

Know Your Body, Know Your Rights

'Positive Approaches to implementing Comprehensive Sexuality Education with young people'
Capacity Building Workshop, 6th to 8th September 2010, New Delhi

CONTEXT

In India, where 315 million young people are between 10 and 24 years of age, their access to information and services regarding their sexuality, gender, health and rights is limited. Of the information and services that is available to young people, the inconsistency in information, as well as the lack of quality control mechanisms leaves young people with extremely limited avenues where they can clarify information or access comprehensive and youth friendly health services.

The recent Population Council Survey 'Youth in India; Situation and Needs (2006-2007)', a pan Indian study conducted in Rural and Urban states of Bihar, Rajasthan, Jharkhand, Maharashtra, Andhra Pradesh and Tamil Nadu shows that:

- Awareness about contraceptive use and HIV & AIDS is universal but in-depth knowledge remains limited.
- Of over 50,000 young people interviewed, only 15 % of young people have access to information from parents and teachers on any sort of sexuality education; however a large percentage of youth were in favour of providing such information.
- A large majority have some form of physical intimacy with partners before marriage, while gender differences in reporting pre-marital sex were high; with 47% men and 26% women reported having sex with their 'romantic' partner.
- Condom use was seen to be limited, with just 13% men and 3% women reporting consistent condom use.
- Disturbingly, 33% women and 6% men reported pre-marital sex as being non-consensual through force or persuasion.
- The study showed that even after marriage, vulnerability to sexual risk remains and condom use within marriage is also limited.

For many young people, concepts of the self, body and identity lie at the centre of much confusion, surmounted by the uncertainty of their position in society and the lack of knowledge they have of their rights on issues of sexuality, health and gender. Young people face increasing pressures regarding their bodies, sexuality and health that often result from conflicting norms and messages. Society often projects messages of sexuality as being negative, associated with fear guilt and disease, whilst these are also seen as positive or desirable by media and peer groups.¹

Taking into consideration the aforementioned, the recent ban in 7 Indian states of the Adolescent Education Programme (AEP); seen as one of the primary ways to reach a large number of young people and adolescents to equip them with the life skills they need to negotiate relationships and address vulnerabilities in their own lives, attains critical importance. The non-comprehensive framework, through which sexuality education of provided to a limited number of young people, does not provide them with accurate and complete information². This means that a tremendous number of Indian youth reach young adulthood, a time when they are expected to largely make their own decisions regarding their sexuality, health and rights, without of the requisite tools or information to do so.

¹ IPPF CSE Framework

² http://tarshi.net/downloads/review_of_sexuality_education_curriculum.pdf

ABOUT THE WORKSHOP

An approach to addressing sexuality that considers an abstinence-only or non-comprehensive approach to providing information to empower young people to address their health and rights is in an approach that no longer works to address the growing misconceptions on sexuality and health amongst young people, restricting access to youth friendly, confidential and safe health services. Based on this premise; the workshop aims to address the following issues:

- The workshop aims at providing young people with an overview of Comprehensive Sexuality Education (CSE) and Youth Friendly Health Services (YFHS), to empower young people working with initiatives that focus on young people's health and rights to access the skills, information and tools available.
- Advancing young people's right to access comprehensive services and information regarding their sexuality, health and rights, particularly addressing that their sexual rights are human rights.
- Realizing and investing in Human Rights as supporting choice, respect diversity, equality and justice that are often compromised on, and not seen as a part of young people's right to health.
- Addressing the lack of access to services and information in communities, that creates larger structural discrimination and stigma, impacting norms, behaviours and attitudes within communities. The resulting inequality in access to services leads to a decline in the quality of life and care, a lack of agency and informed decision-making amongst young people acts as a further deterrent to this process.

The workshop is being organised by The YP Foundation, and comprises of interactive sessions that will be conducted by peer educators from the organization as well as external professionals and partner organisations working in the fields of Gender, Sexuality, Health and Rights, with a particular emphasis on work with access to information and services, research and advocacy.

The workshop will cover a range of the following issues:

- Understanding young people's sexuality and rights.
- The Sexual and Reproductive Health and Rights of young people
- Components of Comprehensive Sexuality Education (CSE)-
 - Why is Comprehensive Sexuality Education important?
 - What is Comprehensive Sexuality Education?
 - Advocating for Comprehensive Sexuality Education: The international, national and local context.
- Youth Friendly Health Services
 - What are YFHS and how they address the rights of young people?
 - An overview of YFHS in India.
- What are the essential components of delivering 'youth friendly' health services and sexuality education?
- Strategies for implementation: CSE and YHFS
 - Sharing experiences
 - Sharing our strengths and addressing our challenges: Case Studies of successes and failures in India.

We would encourage all participants to read the details provided below regarding the training carefully before making an application for the same.



DEVELOPING POTENTIAL IN YOUNG PEOPLE

Participants

- All applicants must be between the ages of 18 and 26 years at the time of submitting their application.
- All applicants must have prior experience of working with YFHS or CSE for young people, either as full time or part time work or volunteer experience. Please note that this is a mandatory requirement for participation.
- Applicants are required to be able to clarify in their application form, how they will use what they learn at the workshop in your work and must have the time to participate in follow-up activities or outcomes from the workshop;
- The workshop will be in held both in English and Hindi. All participants must have a basic understanding of spoken and written English. We apologize for any inconvenience this may cause, as we cannot currently provide full translation services in either English or Hindi for participants.
- All participants must be committed to attend the entire workshop.
- Participants are entirely responsible for their own health needs during the 4-day workshop. If there is specific support you need, the organizers will try their best to arrange the same for you; however, this cannot be guaranteed and must be cleared prior to your attending the workshop, upon selection.

Cost

- Food and accommodation for the days of the workshop will be covered for all participants.
- All participants must agree to stay at the accommodation provided by the organizers.
- Train travel scholarships are available for 15 participants; the remaining 10 participants will have to cover their travel expenses themselves.
- All participants will be required to cover their local conveyance from their residence to the training and accommodation venues and back.
- Please apply for a full scholarship only if necessary. Please note that participants, who apply for a train travel scholarship to use the same as reimbursement towards the cost of a flight that they cover themselves, will not be considered. We would like to make the scholarships available to those who directly need the same.

About the Organizers

IPPF South Asia Regional Youth Network (SARYN) is a youth led network run by IPPF youth volunteers in South Asia and support by IPPF South Asia Regional Office and its 8 Member Associations. SARYN was launched in 2006 with youth volunteers from eight IPPF Members Associations in SAR. The main objectives of IPPF SARYN are to ensure meaningful youth participation within the IPPF governing system in South Asia, promoting youth-adult partnership among staff and volunteers of the IPPF MAs in SAR and ensuring meaningful involvement of young people at all levels of programmes and services in the MAs. IPPF SARYN shares the core values of IPPF and is committed to implementing the Sexual Rights Declaration of IPPF. IPPF SARYN elects its members without considering any religious, ethnic or geographical barriers in South Asia. For more information please log on to www.ippf.org.

The YP Foundation is a youth run and led organization that supports and enables young people to create programmes and influence policies in the areas of gender, sexuality, health, education, the arts & governance. The organization promotes, protects and advances young people's human rights by building leadership, and strengthening youth led initiatives and movements. Founded in 2002, we have worked over the last 8 years directly with 5,000 young people to set up over 200 projects in India, reaching out to 300,000 young people.

Know Your Body, Know Your Rights' is a multi year peer education programme run by The YP Foundation addressing young people's sexuality, gender, health and rights for the last 8 years in the NCR. We have



DEVELOPING POTENTIAL IN YOUNG PEOPLE

grown to work with youth organizations in over 10 states in India where we focus on building their technical capacity to execute youth led work in their own communities. The programme was established in 2003 as a peer education programme and hosted its first national capacity building festival in 2009, the Project 19 Festival in partnership with the Center for Human Progress.

The Know Your Body Know Your Rights Festival, a weeklong programme from September 1-8, 2010 brings together young people across India to build capacity and knowledge to interact and advocate for the need for Comprehensive Sexuality Education. The Festival is based on the premise that all young people have the right to access comprehensive services and information regarding their sexuality, health and rights. The festival will use a range of communication mediums, aimed at increasing public awareness and bringing together young people who are working with youth led or youth focussed initiatives that address sexuality, gender, health and rights and HIV, to advocate for Comprehensive Sexuality Education (CSE) with key stakeholders.

Completed applications must be submitted to divya@theypfoundation.org.
Deadline: All Applications should be submitted latest by August 20, 2010.