

Meeting the Sexual and Reproductive Health Needs of Young Married Women and First-time Parents Toolkit

In many countries and regions of the world, young people (ages 10-24) experience early marriage followed directly by pressure to bear children, making young married women (YMW) a cohort with particularly high fertility rates, high unmet need for contraception, and high rates of closely spaced pregnancies. Young married women and first-time parents (FTPs) face a unique set of challenges to living healthy sexual and reproductive lives—challenges that are different to those faced by unmarried adolescents, older married women or older parents.

To contribute to meeting the needs of YMW and FTPs, Pathfinder International, in collaboration with its Evidence to Action (E2A) project, developed this toolkit, which brings together tools and resources that support program development and implementation. The toolkit includes:

- Publications that supply evidence and programmatic experience, which can inform intervention design or be used in advocacy activities
- Curricula and guidance developed for health providers, community health workers, and small group leaders who are involved in programs targeting YMW and FTPs
- Behavior and social norm change tools, guidance for implementers, and service delivery tools.

The materials in the toolkit address a range of topics relevant to meeting the needs of FTPs and YMW, such as: contraception, healthy timing and spacing of pregnancy (HTSP), couples' communication and building healthy relationships, maternal and newborn health, gender equality, gender-based violence (GBV), HIV prevention, and lifeskills.

Some of the materials in the toolkit were designed for specific regions or countries (e.g., Uganda, francophone West Africa, Tanzania, Nigeria, Nepal, Malawi, India, and Madagascar), whereas others are global. All can be adapted to meet the needs of the user's specific context.

The materials included focus explicitly on young married women and/or first-time parents. Other relevant materials can be found in the HTSP Toolkit, the Youth Policy Toolkit, and in the K4Health topic page on Preventing Adolescent Pregnancy.

This toolkit was developed by Pathfinder International and the Evidence to Action Project. See the About page to learn more about how to use this toolkit.



What are K4Health Toolkits?

K4Health Toolkits are electronic collections of carefully selected information resources on a particular topic for health policy makers, program managers, program implementers, and service providers. They are based on a continuous publishing principle that allows them to evolve after publication to capture additional resources and to identify and fill remaining information gaps.

What is the purpose of this toolkit?

This toolkit seeks to share a collection of resources for working to meet the sexual and reproductive health needs of young married women (YMW) and first-time parents (FTPs) in low- and middle-income countries, recognizing that these groups have often been overlooked and underserved. The toolkit provides resources useful to a range of facility- and community-based interventions.

Who developed this toolkit?

This toolkit was developed under the Bill & Melinda Gates Foundation-funded Momentum project by Pathfinder International, in partnership with the Pathfinder-led, USAID-funded Evidence to Action (E2A) Project. Under the Momentum project, Pathfinder seeks to share the learning and evidence from programs targeting first-time parents and young married with a variety of stakeholders, particularly those working in countries that have large populations of married youth, in order to increase the uptake and use of evidence to effectively increase contraception use among married adolescents, and enable countries to meet their FP2020 goals. The toolkit contained resources published by more than 20 organizations.

What kinds of resources are included in the toolkit and who are they for?

This toolkit is not a comprehensive collection of all resources related to FTPs and YMW, but rather a carefully selected package of materials to aid in program design, implementation, and improvement, as well as in advocacy efforts. For ease of use, the resources are organized as follows:

- **Essential Knowledge & Evidence** contains materials that could inform the design of an intervention targeting YMW and FTPs, as well as for use in advocacy efforts related to YMW and FTPs (e.g., literature reviews, foundational peer-reviewed articles).

- **Implementation Experiences** offers case studies, lessons learned, and data from interventions targeting FTPs and YMW, which could be used in intervention design or advocacy efforts.
- **Training Resources** offers a range of teaching and training materials for different groups working with YMW and FTPs, such as community health workers, facility providers, and peer support groups. These are best used during implementation for essential capacity building and quality improvement.
- **Tools and Job Aids** contains practical materials that aid in program implementation and support quality service delivery. These range from discussion guides, to facility assessment tools, to workbooks for the target populations.

How do I use this toolkit?

The resources in the toolkit are organized in four categories, found in the blue right-hand navigation bar. You can browse through the materials in each category, narrowing your search by date or author. You can also search using keywords in the ?Search this Toolkit? search bar at the bottom of the blue right-hand navigation bar.

More about the toolkit developers

Pathfinder International is driven by the conviction that all people, regardless of where they live, have the right to decide whether and when to have children, to exist free from fear and stigma, and to lead the lives they choose. Since 1957, we have partnered with local governments, communities, and health systems to remove barriers to critical sexual and reproductive health services. Together, we expand access to contraception, promote healthy pregnancies, save women's lives, and stop the spread of new HIV infections, wherever the need is most urgent.

The Evidence to Action Project (E2A) is USAID's global flagship for strengthening family planning and reproductive health service delivery. The project aims to address the reproductive healthcare needs of girls, women, and underserved communities around the world by increasing support, building evidence, and facilitating the scale-up of best practices that improve family planning services. The project is led by Pathfinder International, in partnership with ExpandNet, IntraHealth International, Management Sciences for Health, and PATH. The project was awarded in September 2011 and will end in September 2019.



Essential Knowledge & Evidence



The resources in this section of the Meeting the SRH Needs of Young Married Women and First-time Parents Toolkit supply high-quality evidence and learning about young married women and first-time parents globally. These can be used to inform intervention design and to bolster advocacy efforts with solid evidence.

Resources:

- **WHO Recommendations on Adolescent Sexual and Reproductive Health and Rights**

This document provides an overview of sexual and reproductive health and rights issues that may be important for the human rights, health and well-being of adolescents (aged 10-19 years) and the relevant World Health Organization (WHO) guidelines on how to address them in an easily accessible, user-friendly format. The document serves as a gateway to the rich body of WHO guidelines, and as a handy resource to inform advocacy, policy and programme/project design and research. It aims to support the implementation of the Global Strategy for Women's, Children's and Adolescents' Health 2016-2030, and is aligned with the WHO Global Accelerated Action for the Health of Adolescents (AA-HA!) as well as the WHO Operational Framework on Sexual Health and Its Linkages to Reproductive Health.

- **MCSP Madagascar First-time Parents Study: Findings from formative research**

In Madagascar, USAID's global Maternal and Child Survival Program (MCSP) is developing

and testing an intervention to increase access to and use of essential ANC, MNC, and family planning (FP) services. This intervention will concurrently create enabling environments and strengthen youth assets to allow first-time mothers and fathers, as well as mothers- and fathers-to-be, to realize their sexual and reproductive health (SRH) choices and access services that are responsive to their needs. The first step involved formative research to identify factors at individual, family, and community levels, as well as within health services, that influence FTPs' access to and use of SRH services. The main research question was: What factors influence FTPs' intentions to seek and use ANC, MNC, and FP (including postpartum FP) services at relevant times in their reproductive life course? This brief provides an overview of the findings.

- **Meeting the Integrated Needs of First-time Parents: Technical Consultation Report**

To advance understanding of first-time parents (FTP), the Evidence to Action (E2A) project convened 30 health experts who work on a range of health and human rights issues for a two-day technical consultation focused on this historically underserved population. Participants discussed a range of opportunities and challenges related to identifying and addressing the integrated needs of FTPs. This report describes key points presented during the rich discussion that ensued. These include reflections on the importance of addressing the needs of FTPs; what the evidence says about FTPs and their needs; programmatic strategies to address the needs of FTPs; the diversity of FTPs; critical components of an FTP program; how to deliver information and services to FTPs; and opportunities for collaboration and next steps.

- **Community based reproductive health interventions for young married couples in resource-constrained settings: A systematic review**

This is a systematic review (published in the open access journal *BMC Public Health*) of different community-level initiatives in improving access to contraception, pregnancy care and safe abortion services by young married couples, where women were in the age-group of 15-24 years.

- **Literature Review: Reaching Young First-Time Parents for the Healthy Spacing of Second and Subsequent Pregnancies**

This literature review, focuses on one specific population of young people largely neglected by reproductive health programs to date: first-time parents. The Evidence to Action (E2A) project defines first-time parents as young married mothers under the age of 25 and their partners, who have one child. E2A's literature review looks at published and grey literature in an effort to describe both enabling and constraining demand- and supply-side factors that influence first-time parents' use of contraceptives for the purpose of spacing their second and subsequent pregnancies.

- **Summary of New Literature Review: A Focus on Pregnancy Spacing Among First-Time Parents**

This two-page brief describes a literature review by E2A that makes the argument for reproductive health programs to focus on how first-time parents space their second and subsequent pregnancies. In the literature review, E2A defines first-time parents as young married mothers under the age of 25 and their partners, who have one child. See the full literature review [here](#).

- **Married Adolescents: No Place of Safety**

The World Health Organization, the United Nations Population Fund and the Population Council convened a Technical Consultation on married adolescents in Geneva in December 2003 to address this gap in understanding and programming. The meeting looked at key messages from research and best practice from programs and at ways to draw this significant problem to the attention of policy makers and program planners. This document is one outcome of that meeting. This document looks at what we mean by early marriage, and how, although it is declining around the world, 100 million girls will marry before their 18th birthday over the next ten years. As a result of early marriage, many adolescent girls are having unsafe sex within marriage, with an older and sexually experienced man who may be infected with a sexually transmitted infection, or HIV. It notes how, in many countries, the time gap between getting married and having a first baby is declining. It outlines the risks of too early pregnancy and explores the reasons why families and communities feel under pressure to continue the practice of marrying off their daughters while they are still adolescents. This document explores how health services for married women and for adolescents fail to reach married adolescents, who are often almost invisible. The document also describes programs around the world that seek to reach married adolescents with health services, and programs that are designed to delay marriage.

Implementation Experiences



This section of the Meeting the SRH Needs of Young Married Women and First-time Parents Toolkit contains briefs and research documenting experience and learning from interventions targeting first-time parents and young married women. The resources cover a range of regions and countries, including Nepal, India, Uganda, Nigeria, Tanzania, Burkina Faso, and Bangladesh. The lessons learned can be used to inform the design of future interventions for young married women and first-time parents.

Resources:

- **Interventions to Reach Married Adolescents for Increased Contraceptive Use in Niger**

Niger has the highest rate of early marriage and among the highest rates of adolescent fertility in the world. In 2016, Pathfinder International began implementation of the Bill & Melinda Gates Foundation-funded Reaching Married Adolescents, which aims to increase contraceptive uptake among married adolescents in Niger and examine how three different interventions work in the Nigerien context. This technical brief explores the project's strategy, experience, and findings, and offers lessons learned from Niger's first cluster, randomized-controlled trial of interventions designed to increase contraceptive use among young, married adolescent girls.

- **Increasing Access to Contraceptive Information and Services for First-Time Mothers in Akwa Ibom, Nigeria**

This technical brief describes the the Evidence to Action (E2A) Project's interventions in Akwa Ibom state, Nigeria, for first-time mothers, which were part of a task-sharing program that trained Community Health Extension Workers to provide implants and injectables at health facilities. The interventions were implemented in collaboration with the Akwa Ibom State Ministry of Health (SMOH) from October 2015 to September 2016. The interventions in

Akwa Ibom drew on lessons learned from Pathfinder International's previous first-time parent programming in India, Uganda, and Burkina Faso, and were designed to intervene at all levels of the socioecological model: individual, community, and structural.

- **Increasing Access to Contraceptive Information and Services in Shinyanga District, Tanzania**

This technical brief describes the E2A Project's interventions for first-time mothers in Shinyanga District (of Shinyanga Region), Tanzania, from July 2015 to September 2016. The interventions, implemented as part of Pathfinder International's ongoing community-based family planning program in Shinyanga, drew on lessons learned from Pathfinder's previous interventions for first-time parents in India, Uganda, and Burkina Faso. The interventions were designed to intervene at all levels of the socio-ecological model: individual, community, and structural.

- **Reaching Young Married Women & First-Time Parents for Healthy Timing and Spacing of Pregnancies**

This technical brief discusses Pathfinder's experience in Burkina Faso, implementing a project to reach young married women, first-time parents, and their key influencers, for healthy timing and spacing of pregnancy through contraceptive use. Burkina Faso has a high total fertility rate and low contraceptive rates. Girls and young women tend to marry early, and most sexual activity occurs in the context of marriage. Despite a significant need for timely and accurate sexual and reproductive health information and services, there is a dearth of targeted sexual and reproductive health interventions for young married women and first-time parents. Between 2012 and 2015, Pathfinder worked with the Burkina Faso Ministry of Health and local partners to develop and implement a project that has supported increased contraceptive use among young married women and first-time parents for healthy timing and spacing of pregnancies. This technical brief discusses Pathfinder's implementation experience working, as well as how the project responded to an existing gap in evidence, about how to reach this hard-to-reach population, through intensive qualitative and monitoring documentation.

- **Reaching First-time Parents and Young Married Women for Healthy Timing and Spacing of Pregnancies in Burkina Faso**

Pathfinder International implements the "Addressing the Family Planning Needs of Young Married Women and First-Time Parents Project" in Burkina Faso, Guinea, and Niger. Key implementation-related findings from Burkina Faso are included in this report. The findings focus on how to tailor sexual and reproductive health services to meet the diverse needs of young married women and first-time parents. Evidence shared in this report was gathered through an intensive qualitative monitoring and documentation process designed and implemented by E2A and Pathfinder. The process was innovative in that it engaged frontline implementers who led small group sessions with young married women.

- **PRACHAR: Advancing Young People's Sexual and Reproductive Health and Rights in India**

Between July 2001 and August 2012, Pathfinder International implemented the Promoting Change in Reproductive Behavior of Adolescents (PRACHAR) project to improve the sexual and reproductive health status of adolescents and young couples in the state of Bihar in northern India. This technical brief summarizes the evolution of PRACHAR, describes the intervention model and key evaluation results that informed each phase, and highlights next steps for dissemination and advocacy based on 11 years of project learning.

- **Fact Sheet: GREAT Project**

This factsheet gives an overview of the Gender Roles, Equality, and Transformations (GREAT) Project approach, intervention, and research and evaluation so far in the life of the project. It also describes each of the GREAT intervention components, including the Community Action Cycle, SRH Service Linkages, Serial Radio Drama, and the elements of the Toolkit. The GREAT project targeted adolescents, including married and parenting adolescents in Uganda.

- **Reaching Young Married Couples in Bangladesh: An Underserved Population for Long-acting Methods of Contraception**

In Bangladesh, more than 70% of married adolescents become pregnant before their first anniversary, and the mean age at first pregnancy is 16.4. Young couples rarely use contraception before the birth of their first child. An 18-month project to provide young married couples with better information and services on family planning trained peers to be the main source of information for young men and women in the community and to serve as a

link between the community and a facility. An evaluation revealed a small increase in contraceptive use and a shift to more effective methods (the intrauterine device [IUD] and hormonal implants), as well as higher levels of communication about family planning between spouses.

- **Young Women's Support Groups: Empowering Young Women and Improving Maternal Health**

This brief draws on the results and lessons learned from the PRRINN-MNCH program in Nigeria and focuses on young women's support groups, and how they can empower young women and improve maternal health.

- **PRAGYA: Multisectoral, Gendered Approach to Improve Family Planning & Sexual and Reproductive Health for Young People**

PRAGYA, meaning "insight" in Sanskrit, is a mixed methods study commissioned by USAID and conducted by Pathfinder India to improve understanding of the effects of Phases I and II of the PRACHAR project on family planning and sexual and reproductive health outcomes and related gender norms, attitudes and practices. Completed in December 2011, the report summarizes findings and provides recommendations for programs and interventions, policy, and future research.

- **GREAT Project Review of Adolescent Gender & Sexual and Reproductive Health Projects: Findings & Recommendations**

The Gender Roles, Equality, and Transformations (GREAT) project aims to foster more equitable gender norms and improve sexual and reproductive health among adolescents ages 10-19. During the first phase of GREAT (2010-2011), the project partners conducted formative research that informed the development of an innovative, contextually relevant, and effective set of interventions to improve gender equality and sexual and reproductive health among adolescents, including married and/or parenting adolescents.

- **Mobilizing Married Youth in Nepal to Improve**

Reproductive Health: The Reproductive Health for Married Adolescent Couples Project, Nepal, 2005-2007

This study documents the experience and lessons learned from the Reproductive Health for Married Adolescent Couples Project (RHMACP) within the Parsa and Dhanusha districts of Nepal. Designed by ACQUIRE Project, in association with CARE Nepal and with funding from the U.S. Agency for International Development (USAID), RHMACP utilized an ecological model to improve health outcomes for married adolescents in target districts by increasing their access to and use of reproductive health information and services. Quantitative and qualitative RHMACP data indicate that the project interventions increased reproductive health knowledge among married adolescents, promoted positive change in reproductive health attitudes and practices, and expanded young people's access to youth-friendly health services. Experience from the intervention further suggests that the model would be applicable to health development and governance initiatives in diverse country settings.

- ## **Brief: Transforming Masculinities**

Transforming Masculinities is an evidence-based approach to promote gender equality and positive masculinities within faith communities. It is based upon the understanding that spiritual beliefs and faith leaders are part of the structure that shapes social and gender norms, and focuses on prevention and response to sexual and gender-based violence. Known locally as Masculinit , Famille, et Foi, the intervention adapts the Transforming Masculinities approach to include reflection on normative environments and the acceptability of family planning.

- ## **The Peer-Approach for Working with Young Married Couples**

This brief explains the rationale, programming, and results of a project in Bangladesh to reach young married couples with behavior change and communication messages on reproductive health and family planning. In the program, married young women were peers who acted as agents of change in their communities to increase the use of long-acting contraceptive methods.

Training Resources



This section of the Meeting the SRH Needs of Young Married Women and First-time Parents Toolkit contains training resources and curricula developed for a range of audiences working with first-time parents and young married women, including: health care providers, community health workers, mentors for young fathers and mothers, peers, small group facilitators, and married youth and first-time parents themselves. Some were designed for specific contexts (e.g., francophone West Africa, Tanzania, Nigeria, India, Nepal) and can be adapted to suit different contexts.

Resources:

- **Meeting the SRH Needs of First-time Parents & Young Married Women in Tanzania Training Package**

This Swahili translation and adaptation of materials originally developed by Pathfinder International for use in West Africa. The Swahili translation includes training PowerPoints and participant handouts to train Tanzanian community health workers (CHWs), health care providers, and peer small group facilitators in how to meet the sexual and reproductive health needs of young married women and first-time parents (FTPs). The trainings address topics including: health timing and spacing of pregnancy (Swahili HTSP poster included in Provider materials); contraception; negotiating power and gender norms; and understanding the many gatekeepers and influencers in the lives of YMW and FTPs. The original materials in English and French can be found [here](#).

- **Small Group Facilitation for Young Married Women and First-time Parents in West Africa: A Supplemental Training Module for Facilitators**

This 2-day training is intended for young married women and first-time parents who will facilitate small groups of their peers, where they can discuss sexual and reproductive health and contraception, as well as participate in activities (using the GREAT Activity Cards) that help them build problem-solving skills and better negotiate the pressures they face to have children. This module should supplement a broader training in adolescent and youth sexual and reproductive health. Alternatively, it could be integrated into a broader AYSRH training. The module covers topics including healthy timing and spacing of pregnancy, small group facilitation, and the particular challenges and pressures concerning childbearing faced by young married women and first-time parents. The training consists of trainer presentations (slides included) and numerous participatory small and large group activities.

- **Providing Reproductive Health Services to Young Married Women and First-time Parents in West Africa: A Supplemental Training Module for Community Workers Conducting Home Visits**

This 2-day training is intended for community health workers who have already received some training in adolescent and youth sexual and reproductive health (AYSRH). Alternatively, it could be integrated into a broader AYSRH training, and sections could be adapted to train community workers who are engaged in activities other than home visits. The module covers topics including healthy timing and spacing of pregnancy (HTSP), nonjudgmental counseling for young married women and FTPs, and the particular challenges and pressures concerning childbearing faced by young married women and FTPs. The training consists of trainer presentations (slides included) and numerous participatory small and large group activities.

- **Conducting Home Visits and Providing Counseling and Contraceptive Services to Young Women, Including First-Time Mothers in Akwa Ibom, Nigeria A Supplemental Training Module for Community Health Extension Workers**

This training aims to give community health workers conducting home visits to young married women and first-time parents (FTPs) the knowledge and skills needed to promote the sexual and reproductive health and rights of these groups. This training is designed for use in Nigeria, where a significant proportion of adolescent girls aged 15?19 and young women aged 20?24 are married or living in union, but it can easily be adapted for other settings.

- **Small Group Facilitation for Young First-Time Mothers in Akwa Ibom, Nigeria A Supplemental Training Module for Facilitators**

This training aims to impart the skills needed for peers to facilitate small groups of young married women and first-time parents (FTPs), which can reduce these young women?s social isolation and increase knowledge of sexual and reproductive health. This training is designed for use in Nigeria, where a significant proportion of adolescent girls aged 15?19 and young women aged 20?24 are married or living in union, but it can easily be adapted for other settings. This training is intended for young married women and first-time parents who will facilitate small groups of their peers, where they can discuss sexual and reproductive health and contraception, as well as participate in activities (using the GREAT Activity Cards) that help them build problem-solving skills and better negotiate the pressures they face to have children.

- **CHARM: Counseling Husbands to Achieve Reproductive Health and Marital Equity ? Training Manual**

The CHARM [Counseling Husbands to Achieve Reproductive Health and Marital Equity] intervention is a 3-session gender equity and family planning (GE+FP) intervention delivered by trained male health care providers to married men, both alone and with their wives, to improve contraceptive practices and reduce spousal violence in rural India. Sessions for men (sessions 1 and 2) and couples (session 3) are delivered in a private clinical setting, or if preferred, a private location near or in the participant?s home over a 3-month period; contraceptives are offered at each point of contact. The training and materials cover condoms, COCs, copper IUD, permanent methods, and natural methods. (If using these materials in settings with a broader contraceptive method mix available, the materials should be adapted to include additional methods.)

- **Malawi - Moyo ndi Mpamba Campaign Marriage Counseling for Newlyweds Training Manual**

This manual was designed to train counselors in Malawi who reach out to young married couples (who are pregnant or are planning to become pregnant) through counseling sessions, small-group church meetings, door-to-door visits, marriage outreach sessions, mock weddings, and sermons.

- **REAL Fathers Mentor Curriculum: Using Mentors to Increase Positive Fatherhood Practices and Non-violent Couple Communication with Newly Married Young Men**

This 5-day curriculum trains men to be a nonjudgmental, open and proactive mentors for young fathers. Mentors are trained in creating opportunities for young fathers to reflect on and practice positive communication and conflict-resolution skills, as well as provide specific ways to be supportive partners. The training package also includes a structured Mentor Visit Protocol for mentors to use in home visits and group meetings.

- **Working with Married Youth: A Curriculum for Peer Educators**

This participatory curriculum was designed to train peer educators to work in communities with married youth on issues of gender and reproductive health. The curriculum trains peer educators on ways to provide information, support, and services to young married men and women by understanding their reproductive health needs and the issues that influence their lives. This tool stresses the importance of working with influential adults in the lives of young couples to create an enabling environment that supports the young couples' reproductive health needs.

- **Youth Friendly Services for Married Youth: A Curriculum for Trainers**

This manual seeks to enhance health care providers' understanding of young married men and women's reproductive health needs and enable them to provide appropriate information, support, and services. Moreover, the manual encourages health care providers to reach out to community members and adults and help them create a supportive environment that meets the reproductive health needs of young married couples.

-

Being a Mentor: A Guide to Supporting Young Married Adolescent Women

This training guide was designed to help mentors reach young married women and girls ages 14-25 years in Kenya, with the aim of enhancing their knowledge about good health behaviors and improving couples communication and the overall health of the family. The guide facilitates mentors to host group dialogue sessions between mentors and young married girls to build knowledge and skills for addressing HIV, reproductive health, family planning, maternal health, and couple's communication along with malaria, TB, and child health.

- ## **Male Motivator Training Curriculum: Using Male Motivators to Increase Family Planning Use Among Young Married Couples**

This curriculum was developed as part of a randomized controlled trial conducted in Malawi to determine whether a male motivator peer education program could increase contraceptive uptake among couples. The curriculum includes a description of the study, a training agenda, and detailed facilitator instructions for a 5-day workshop for volunteer male motivators. The workshop, which is based on the Information-Motivation-Behavioral Skills (IBM) theoretical model, prepares participants to provide family planning information, motivation, and skills building for men in their community who have wives or cohabiting partners under the age of 25, during 5 visits over 6 months.

- ## **Providing Reproductive Health Services to Young Married Women and First-time Parents in West Africa: A Supplemental Training Module for Facility-based Health Care Providers**

This 1-day training is intended for facility-based health care providers (e.g., doctors, nurses, midwives) who have already received training in adolescent and youth sexual and reproductive health (AYSRH). Alternatively, it could be integrated into a broader AYSRH training. The module covers topics including healthy timing and spacing of pregnancy (HTSP), nonjudgmental counseling for young married women and FTPs, and the particular challenges and pressures concerning childbearing faced by young married women and FTPs. The training consists of trainer presentations (slides included) and participatory small and

large group activities.

Tools and Job Aids



The resources in this section of the Meeting the SRH Needs of Young Married Women and First-time Parents Toolkit are practical tools and job aids that health care providers, community health workers, and program implementers can use to guide their work with first-time parents and young married women.

Resources:

- **Factors impacting use of health services by first-time/young parents: A formative research toolkit**

Despite the fact that 13 million births occur to adolescents each year and that early pregnancy increases the risk of adverse health outcomes for mothers and their children, most programs that engage adolescents do not aim to meet the needs of those who have already begun childbearing. First-time/young parents (FT/YPs) are an under-served population with critical needs. This toolkit shares a study design and participatory tools for formative research exploring the factors influencing use (and non-use) of sexual and reproductive health services by FT/YPs and is intended to inform program design. Data collection tools use participatory methodologies and include in-depth interview and focus group discussion guides. These resources facilitate a socio-ecological approach to research design that includes the perspectives of both first-time mothers and fathers, their families and communities, and the health system.

-

Réflexions sur la planification familiale: Module complémentaire des Dialogues communautaires, dans le cadre du processus Transformer les masculinités

This reflection guide is a component of the Masculinité, Famille, et Foi intervention in the Democratic Republic of Congo (DRC), which is part of the Passages Project. It is designed to be used as a complement to the Community Dialogue tool to assist gender champions in facilitating a series of small group dialogues that take place over 8 weeks. The discussions and reflections cover: promoting respectful relationships and equitable communities, transforming masculinities, and family planning. The reflections are from a Christian, faith-based perspective. The tool is being tested in Kinshasa and revisions are expected in 2018.

- ## **Community dialogues: Promoting respectful relationships and equitable communities**

This tool is a guide for community dialogues that Gender Champions can use to facilitate a series of reflections and dialogues. Their ultimate aim is for individuals to be transformed. This tool will be most effective if used in the context of the Transforming Masculinities approach. The sessions are practical and action-oriented, so at the end of each one participants will be given personal and relational reflections to take home and think through during the week, with a view to sharing their thoughts in the following session. The sessions are composed of both scriptural reflections and other tools to facilitate honest dialogues at the community level. The idea is that holy texts, either from the Qur'an or the Bible, are used to help address misinterpretations that support and perpetuate harmful masculine ideologies, gender inequality, and sexual and gender-based violence (SGBV). This tool was designed for use in DRC and is being piloted in Kinshasa, with revisions expected in 2018.

- ## **My First Baby: Guide for Adolescent Girls**

This guide helps adolescent girls to understand pregnancy and childbirth by providing information around experiences from puberty, to marriage, pregnancy and motherhood, and contraception to delay subsequent pregnancies. The guide is divided up into chapters focusing on the changes in a pregnant girl's body before, during and after pregnancy. The chapters have a space for pregnant adolescents to write down their thoughts and feelings during this time in their life. This is also a workbook to keep and share with others. The tool was designed for use in Western Nepal and could be adapted for other settings. A brief on the My First Baby Guide is also available through the same link.

• **Adolescent Age and Life-Stage Assessment and Counselling Tools**

The resource consists of a set of tools and counseling cards for use by health providers and health workers who treat and counsel adolescent clients on a one-on-one basis at the health facility. It primarily aims to support health provider efforts to seize teachable moments while talking with adolescents and look holistically at their lives while being mindful of their sexual and reproductive health risks and protective factors. These tools help health providers understand the heterogeneity of adolescents and target their counseling based on the adolescent's age and life-stage in order to provide them with sound, practical and actionable advice. There are tools that are tailored for use with young married adolescents and first-time parents.

• **Thinking Outside the Separate Spaces: A decision-making tool for designing youth-friendly services**

This tool, developed for the international sexual and reproductive health community, seeks to advance services tailored to young people's needs by helping program designers to select and adapt appropriate youth-friendly service delivery models, considering: the country context, the target population, the desired behavioral and health outcomes, the services offered, and the needs and objectives for scalability and sustainability. The tool offers specific guidance for services tailored to young married couples and first-time parents.

Este método desarrollado por E2A y Pathfinder Internacional para la comunidad de la salud sexual y reproductiva internacional busca avanzar servicios personalizados a las necesidades de los jóvenes, por ayudando a los diseñadores del programa a seleccionar y adaptar modelos de prestación de servicios adecuados para los jóvenes. Esto considera: el contexto del país, la población objetivo, los resultados de comportamiento y salud, los servicios ofrecidos, y las necesidades y objetivos para escalabilidad y sostenibilidad.

Cet outil, destiné à la communauté internationale de la santé sexuelle et reproductive, vise à

renforcer les services adaptés aux jeunes en guidant les concepteurs des programmes dans leur choix et adaptation de modèles de prestation de services adaptés aux jeunes basés sur le contexte du pays, la population cible, les résultats souhaités tant comportementaux que sanitaires, les services offerts ainsi que les besoins et objectifs de mise à l'échelle et de pérennisation.

- ## Hadjo's Dreams

In Niger, 61% of adolescents (15-19 yrs) are married and almost a third of women currently 20-24 yrs were married before the age of 15. The high prevalence of child marriage is directly linked to Niger's high rates of adolescent pregnancy. 40.4% of adolescents (15-19) have already given birth and 25% of maternal deaths are among adolescents. This short film can be used as a tool for reflection and sparking discussion on issues related to child and early marriage.

- ## Shuga Comic Book

This comic book is based on the Season 3 story of the Shuga television series, which was aired in Nigeria. It tells the story of a young married couple, and covers topics such as sexual and gender-based violence, reproductive health, HIV testing, gender norms and roles. It is meant to accompany the TV series. It is tailored to the Nigerian context and includes information about Nigerian laws related to sexual and gender-based violence in marital relationships.

- ## Malawi - Moyo ndi Mpamba Radio Serial Drama

The Moyo ndi Mpamba radio serial drama inspired behavior change on priority health issues among adolescent and adult Malawians through interactive radio programming. Engaging drama camouflaged strategic health communication on malaria, MNCH, reproductive health, family planning, HIV and AIDS, WASH, and nutrition. SSDI-Communication collaborated with the Ministry of Health, Malawian radio producers and broadcasters, representatives from international NGOs, and representatives from SSDI-Systems and SSDI-Services to design the program.

- ## Malawi - Moyo ndi Mpamba Campaign Booklet for Newlyweds

The Takunyadirani (?We Celebrate You?) booklet contains messages on priority health topics especially relevant to couples who are about to be married or who are newly married, and are pregnant or planning to become pregnant: maternal and child health, nutrition, family planning, malaria in pregnancy, and HIV & AIDS. It was designed for use in Malawi.

- **REAL Fathers Initiative: Mentor Visit Protocol**

This structured Mentor Visit Protocol was designed for mentors who were trained in the REAL Fathers Mentor Curriculum. Mentors can use it in home visits and group meetings. The 5-day curriculum (found at the same link) trains men to be a nonjudgmental, open and proactive mentors for young fathers. Mentors are trained in creating opportunities for young fathers to reflect on and practice positive communication and conflict-resolution skills, as well as provide specific ways to be supportive partners.

- **GREAT Scalable Toolkit**

The GREAT (Gender Roles, Equality, and Transformation) Scalable Toolkit is a set of tools created to bring fun and engaging activities that transform gender and reproductive health outcomes through a three-stage process: review of relevant programs, extensive formative research with adolescents and the people who influence them, and a pretest of draft materials followed by revisions. The toolkit includes a set of activity cards designed for use with married and/or parenting adolescents. Each activity card is meant to be used on its own to stimulate a fun group activity that includes a discussion on gender equality, reproductive health, contraception, childrearing, health relationships, and safety from violence. The toolkit was originally designed for use in Uganda (available in Lango and Acholi), and since has been adapted for use in Mozambique, Burkina Faso, and Guinea (available in Portuguese and French).

- **A Guide for Developing Family Planning Messages for Women in the First Year Postpartum**

This guide was written to help program managers create postpartum family planning (PPFP) messages to be used in family planning, maternal, newborn, child and other health programs. The guide includes eight key PPFP behaviors for postpartum women, their families and communities to prevent unplanned pregnancies during the first year after a birth. The content is based on findings from PPFP research; discussions with PPFP experts, program managers and workers; and field experiences from country programs. The guide is designed to help to ensure that the content of messages is correct and consistent.

Source URL: <http://live-toolkits.pantheonsite.io/toolkits/meeting-ftp-needs>