How to use an outreach guide

Sexual and Reproductive Health and Rights Series 1

Each outreach guide will focus on a particular theme. A theme can be described as a subject, topic or main idea.
Outreach is a powerful means to unpack and discover more about issues in real time and face to face. There are few youth-led forums in communities but they are a potent force to be driving conversations. Outreach activities create opportunities for dialogue, debates and conversations that may not otherwise happen given the lack of space and investment in dialogue as a productive way to influence behaviour change. This outreach guide will help you put together an outreach activity, taking you through each step.

**Aims of this chapter**

Outreach Guide

**Fact sheet box**

- Zambian law protects the rights of children and youth to live freely, equally and with the same dignity as adults (Preamble of the Amended Zambian Constitution Act 2016)
- Sexual rights are universal human rights (Sexual Rights IPPF Declaration)
- “Everyone is entitled to human rights simply for being human” (Exclaim! IPPF)
- “Human rights cannot be taken away from anyone regardless of age, gender, ethnicity, race, religion, nationality, sexual orientation, socio-economic status, disability, HIV-status or health status” (Exclaim! IPPF)
- “Everyone has the right to live and be free from harm” (Exclaim! IPPF)
- Your body is yours to control and yours alone
- You have the freedom to seek, receive and share information concerning sexual health and sexuality

**Statistics on Teen Sexual Behaviour**

- Adolescents girls, aged 15-19, continue to be disproportionately affected by HIV due to behavioural, cultural and biological vulnerabilities to HIV infection (National HIV strategic framework, 2017-2021)
- Although prevalence rates declined among adolescents aged 15-19 from 2007 to 2014, from 5.7% to 3.5% for girls and from 3.6% to 1.8% for boys. The data translates to around 28,000 girls and 16,000 boys living with HIV (NHSF 2017-2021)
- In 2013-14, 7.2% of sexually active adolescent girls reported having had sexual intercourse with a man who was 10 or more years older than them (Zambia National HIV Strategic Framework, 2019-2021)
- LoveLife officials state that peer pressure, low self-esteem, coercion, sex for money, lack of communication with parents and pessimism play a big part in decisions to have sex at a young age

**Definitions**

- Sexuality: sexual habits and desires of a person
- Coercion: to make (someone) do something by using force, threats or pressure
- Pessimism: a feeling that bad things will happen in the future; a feeling or belief that what you hope for will not happen
- Consent: to agree to do or allow something; to give permission for something to happen or be done (Merriam-Webster Learner’s Dictionary)

**Facts are detailed pieces of information that are proven to be true. Facts are collected from reputable sources and help inform your thinking and discussion about a theme.**

**Did you know...?**

- Zambian law protects the rights of children and youth to live freely, equally and with the same dignity as adults (Preamble of the Amended Zambian Constitution Act 2016)
- Sexual rights are universal human rights (Sexual Rights IPPF Declaration)
- “Everyone is entitled to human rights simply for being human” (Exclaim! IPPF)
- “Human rights cannot be taken away from anyone regardless of age, gender, ethnicity, race, religion, nationality, sexual orientation, socio-economic status, disability, HIV-status or health status” (Exclaim! IPPF)
- “Everyone has the right to live and be free from harm” (Exclaim! IPPF)
- Your body is yours to control and yours alone
- You have the freedom to seek, receive and share information concerning sexual health and sexuality

**Statistics on Teen Sexual Behaviour**

- Adolescents girls, aged 15-19, continue to be disproportionately affected by HIV due to behavioural, cultural and biological vulnerabilities to HIV infection (National HIV strategic framework, 2017-2021)
- Although prevalence rates declined among adolescents aged 15-19 from 2007 to 2014, from 5.7% to 3.5% for girls and from 3.6% to 1.8% for boys. The data translates to around 28,000 girls and 16,000 boys living with HIV (NHSF 2017-2021)
- In 2013-14, 7.2% of sexually active adolescent girls reported having had sexual intercourse with a man who was 10 or more years older than them (Zambia National HIV Strategic Framework, 2019-2021)
- LoveLife officials state that peer pressure, low self-esteem, coercion, sex for money, lack of communication with parents and pessimism play a big part in decisions to have sex at a young age

**A definition is an accepted statement that describes or gives clarity about the meaning of a term.**
Preparing for the show
Different ways to talk about young people’s sexual and reproductive rights:

- What is usually assumed when young people explore their sexuality?
- The importance of sexual and reproductive health and rights for young people.
- Are young people’s sexual and reproductive rights being respected?
- Do boys and girls have equal say in exercising their sexual rights?
- How does discrimination, stigma, violence and fear threaten young people’s sexual rights?
- Protecting sexual rights for all young people.
- What does a healthy relationship between youth look like?

When you begin to consider the different ways to talk about a topic it helps to put yourself in someone else’s shoes and think about the kind of interests that they would have about the topic. When you are able to do this, you can begin to see different perspectives. These different perspectives are the many ways you can talk about a topic. Now that you have an idea of all the different angles, you need to choose just one.

Choose an angle

The importance of sexual and reproductive health and rights for young people

Impact statement

Young people are sexual beings and should have their rights respected!

The outreach formats are the tools that you will use in the outreach activity. Remember outreach formats are the tools that help you explore perspectives and information about your theme. Your outreach activity should have a mix of outreach formats and entertainment, such as live performance.

If any incorrect information comes up in any of your formats, like the quiz, role play or panel discussion, you must correct it! Don’t let your audience leave with myths!

Outreach Guide

Quiz

Quiz aim: To test knowledge of the audience through a competition with prizes for the winner(s)

Quiz question examples:
- True or false: Sexual rights are not the same as human rights
- True or false: If you do it standing up you can’t get pregnant
- True or false: If someone is asleep it is ok to have sex with them

Role play game

Role play aim: To provide a scenario that allows the audience to “act out” a point about the impact statement

Example of scenarios:
- Kupa confronts her boyfriend Themba. She says she knows he is sleeping with other girls. She tells him that she would like him to start using a condom...
- Chisha is concerned that his girlfriend wants to break up with him. Whenever they fool around he always stops it before they go too far. But she is always bringing up sex. He doesn’t feel ready yet, but doesn’t want to break up either...

Panel discussion

Panel discussion aim: To provide an opportunity for youth engagement, discussion and education on a topic.

Who is on the panel: health care professionals, community nurses, counsellors, youth, gender activists, parents, young parents.

Outreach Guide

Outreach Guide

Outreach Guide
Remember to use your outreach formats to write your own scripts. Below we have given you an example of a detailed script up to a certain point in the outreach. You can add the middle detail to your own script. This is a suggestion of how to start.

**Suggested Questions for interview**

- Can you explain what sexual and reproductive rights are? Why do they exist?
- Why is it important to consider the sexual and reproductive rights of young people in particular?
- What does our Constitution and laws say about sexual and reproductive rights for children and youth?
- What happens to young people when adults don’t recognize their sexual rights?
- Do you think it’s normal for young people to be curious about sex?
- Can you give some examples of the challenges that youth face when seeking information and resources on sex and sexuality?
- What advice would you give a young person who is uncomfortable asking their parents/guardians or doctors for support and information about sex and sexuality?

**How to present your outreach activity**

- **NRTO:**
  
  Host 1: Hello, mwaiseni and welcome everyone! Thank you all for being here at the [NAME OF VENUE] today. My name is [NAME OF HOST 1] and I am a [TITLE OF HOST] from [NAME OF ORGANISATION]. Today we will be taking a journey of listening, talking and sharing. But I won’t be flying this plane alone! Next to me is my co-pilot, would you like to introduce yourself?
  
  Host 2: Roger that! Mwaiseni and welcome everyone, it’s so exciting to see you all here! How is everyone feeling today? That’s great, that makes me feel good!

- **OUTRO:**
  
  Host 1: I must say I haven’t thought about my own sexuality in that way before. I never realised that being a sexual being comes with its own set of challenges and rights.
  
  Host 2: Yes, it’s been so liberating to learn that sex and sexuality are a natural part of life and that youth can make choices about their own bodies and health!

- **PLAY IMPACT JINGLE**

- **My name is [NAME OF HOST 2] and I am a [TITLE OF HOST] from [NAME OF ORGANISATION]. And today we are here to discuss all things youth, health and sexual rights. It’s going to be an explosive show. re you all ready?**

- **PLAY IMPACT JINGLE**

- **Host 1:** They sound ready! Today’s topic is all about sexual and reproductive health and the importance of knowing your health rights and that they are related to multiple human rights. As young people growing up and being exposed to all kinds of influences, it’s important for us to understand the facts.

- **Host 2:** That’s right! It’s also important to understand that different factors influence how we talk about sexual and reproductive health. Today we want to hear from you!

- **Host 1:** I’d like to ask you, the audience, what you understand by “sexual and reproductive health rights”? What do they mean to you?

- **Host 2:** [PRESENT ROLE PLAY GAME]

- **PLAY IMPACT JINGLE**

- **Host 2:** Wow! So much diversity in one room! Everyone, don’t forget that there is strength in diversity and we welcome all your perspectives. Let’s all keep an open mind and heart and do our best to listen and learn from each other today. Now let’s test your knowledge with Quiz Time! This is how it works [EXPLAINS QUIZ RULES]

- **DO THE KNOWLEDGE QUIZ**

- **PLAY IMPACT JINGLE**

- **Here create your own script according to the outreach outline**

- **PLAY IMPACT JINGLE**

- **Host 1:** I’ve been so excited to see you all here! How is everyone feeling today? That’s great, that makes me feel good!

- My name is [NAME OF HOST 2] and I am a [TITLE OF HOST] from [NAME OF ORGANISATION]. And today we are here to discuss all things youth, health and sexual rights. It’s going to be an explosive show. Are you all ready?

- **PLAY IMPACT JINGLE**

- **Host 1:** They sound ready! Today’s topic is all about sexual and reproductive health and the importance of knowing your health rights and that they are related to multiple human rights. As young people growing up and being exposed to all kinds of influences, it’s important for us to understand the facts.

- **Host 2:** That’s right! It’s also important to understand that different factors influence how we talk about sexual and reproductive health. Today we want to hear from you!

- **Host 1:** I’d like to ask you, the audience, what you understand by “sexual and reproductive health rights”? What do they mean to you?

- **Host 2:** [PRESENT ROLE PLAY GAME]

- **ROLE PLAY GAME**

- **Host 2:** Wow! So much diversity in one room! Everyone, don’t forget that there is strength in diversity and we welcome all your perspectives. Let’s all keep an open mind and heart and do our best to listen and learn from each other today. Now let’s test your knowledge with Quiz Time! This is how it works [EXPLAINS QUIZ RULES]

- **DO THE KNOWLEDGE QUIZ**

- **PLAY IMPACT JINGLE**

- **Here create your own script according to the outreach outline**

- **PLAY IMPACT JINGLE**

- **Host 1:** I’ve been so excited to see you all here! How is everyone feeling today? That’s great, that makes me feel good!

- **PLAY IMPACT JINGLE**

- **Host 1:** I must say I haven’t thought about my own sexuality in that way before. I never realised that being a sexual being comes with its own set of challenges and rights.

- **Host 2:** Yes, it’s been so liberating to learn that sex and sexuality are a natural part of life and that youth can make choices about their own bodies and health!

- **Host 1:** Don’t forget to catch us next month on [DAY] at [TIME] and [VENUE]. We’ll be talking all about [TOPIC FOR NEXT SHOW]. Until then, thank you for joining us and we hope to see you next time!

- **PLAY IMPACT JINGLE**
An outreach outline is a map to help you stay on track during your event. It is a list of the items and in which order they will happen in the outreach activity. Below is an example of an outreach event that is one hour long.

**Outreach outline**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time allocated:</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Intro: Music, Hosts introduce impact statement</td>
<td>2 min</td>
</tr>
<tr>
<td>Impact Jingle</td>
<td>30 secs</td>
</tr>
<tr>
<td>Icebreaker</td>
<td>2 min</td>
</tr>
<tr>
<td>Role play game</td>
<td>5 min</td>
</tr>
<tr>
<td>Impact jingle</td>
<td>30 secs</td>
</tr>
<tr>
<td>Music performer</td>
<td>10 mins</td>
</tr>
<tr>
<td>Panel discussion</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Icebreaker</td>
<td>2 min</td>
</tr>
<tr>
<td>Impact jingle</td>
<td>30 secs</td>
</tr>
<tr>
<td>Quiz</td>
<td>6 mins</td>
</tr>
<tr>
<td>Music performer</td>
<td>10 min</td>
</tr>
<tr>
<td>Outro and thanks</td>
<td>7 mins</td>
</tr>
<tr>
<td>Music</td>
<td>1 min</td>
</tr>
<tr>
<td><strong>TOTAL TIME</strong></td>
<td><strong>60 mins</strong></td>
</tr>
</tbody>
</table>

**Ethics and Consent**

This may be a sensitive topic for some, so make sure you inform your audience to respect those who share personal stories in the space.

When you create your outreach outline, be aware of the flow and the energy that certain activities generate. You don’t want to start with a bang and end on a whisper.

**Ethics** are rules that govern us on what is right and wrong. They are rules of conduct or standards of behaviour. **Consent** is permission for something to happen; in other words it is the agreement by someone or yourself to do something.