Each outreach guide will focus on a particular theme. A theme can be described as a subject, topic or main idea.

Intro to Sexual and Reproductive Health and Rights (SRHR)

Fact Sheet, Radio Production Guide
Young people between 15-35 years constitute about one third (36.7%) of the total population of Zambia (CSO, 2010).

Some drivers of new HIV infections include: multiple and concurrent partnerships (MCP); low and inconsistent condom use; low medical male circumcision; migration and mobility; mother to child transmission; and marginalised and underserved populations (Zambia National AIDS Council, 2014).

The current Ministry of Health (MOH) policy allows adolescents, from the age of 16 years, to access HIV services without parental consent (Zambia National HIV Strategic Framework, 2019-2021).

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).

“In some countries, up to 48% of young women’s first sexual experiences were forced (IPPF).”

Your body is yours to control and yours alone.

You have a right to privacy: no one can force you to talk about your sexuality or sexual health.

You have the freedom to seek, receive and share information concerning sexual health and sexuality.

No one can ever own another person’s sexuality (RSFU Sweden).

Statistics on Teen Sexual Behavior:

In 2016, around 46,000 people became newly infected with HIV in Zambia (ZAMPHIA 2016).

Approximately there are 1.2 million people in Zambia living with HIV (UNAIDS, 2016).

The Zambia National HIV Strategic Framework, 2019-2021 provides the following statistics:

Adolescents from 10-19 years of age comprise 23 percent of the total Zambian population.

Although prevalence rates declined among adolescents aged 15-19 from 2007 to 2014, from 5.7% to 3.5% for girls and from 6.7% to 3.8% for boys, this prevalence data translates to around 28,000 girls and 16,000 boys living with HIV.

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.

Lusaka has the highest prevalence rate (16.1%), Western (16%) Copperbelt (14.2%), followed by Southern and Central (13.4%).

The number of people living with HIV (PLHIV) continues to grow from about 820,000 in 2005 to 1.2 million in 2016, in part due to successful scale up of the ART programme that improves the survival of PLHIV.

90% of new infections recorded as a result of not using a condom.

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Preparing for the show

Each young person develops sexually at their own pace.

Choosing an angle allows you to narrow your focus and leave your audience with a stronger message.

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

Different ways to talk about: The importance of sexual and reproductive rights for young people

What is usually assumed when young people explore their sexuality?
Why are sexual and reproductive health and rights important 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 do discrimination, stigma, violence and fear threaten people’s sexual rights?
What does a healthy relationship between youth look like?

Choose an angle

Different ways to talk about young people’s sexual and reproductive rights:
- What do people assume when they think about youth exploring sex and sexuality?
- Are young people in charge of their own bodies?
- What do young people need to feel supported in their sexual development?
- When youth have questions about sex, sexuality, and sexual health, who do they ask and why? (parents/guardians, peer advice, consulting nurses and doctors)?

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.

Bring out multiple points of view and stay out of the morality of this topic. You know you’re dealing with morality when you hear the words “good” or “bad” “shameful” or “disgusting”

Radio Production Guide

Outreach formats

Vox Pop
Vox Pop aim: To get many opinions on one topic.

Question: Have you ever heard of sexual and reproductive rights? What do you think it means?

Who do you talk to: Anybody from the community.

Audio commentary
Audio commentary aim: To get people’s opinion about a topic that they care deeply about.

Question: What are sexual rights? Why is it important to consider young people’s sexual rights?

Who do you talk to: A local health official or social worker who can talk about family planning.

Audio profile
Audio profile aim: To get a first person account of someone’s experience, passion and journey. Audio profiles often aim to inspire.

Question: How would you say to a young person who feels uncomfortable talking to their parents about sex?

Who do you talk to: A young person living or affected by HIV - OR - a nurse from the nearest clinic.

PSA
The aim of a PSA: to create a public awareness message.
Respecting all young people’s right to freely and safely fulfill their personal journey that includes sex and sexuality.

The outreach formats are the tools that you will use in the outreach activity. Remember outreach formats are 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!
Use your produced radio features, your research, and the suggested script and questions to write your own script.

Suggested questions for your interview with someone who knows about sexual and reproductive health and rights (activist, social worker, local doctors and nurses)

- 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 recognise 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?

Once you’ve finalised your script, your performance artists, your outreach outline and prepared all your formats, it’s time to start your live event!

Prepare to present your show
Everyone checks their assigned roles and gets started on their responsibilities.

Host 1: Let’s hear more about what people think about the sexual and reproductive rights of young people.

[PRESENT WHO IS BEING INTERVIEWED]
[PLAY THE INTERVIEW]

[OUTRO:]
Host 1: Today, we’ve learnt so much about the sexual and reproductive rights of young people.

Host 2: Yes, it’s been an eye-opener to learn that sex is a natural and healthy part of a young person’s life and we have the rights to make decisions about our own bodies. Deep!

Host 1: Next week on [DAY] at [TIME] we’ll be talking all about [NEXT WEEK’S SHOW TOPIC]. Until then, it’s bye from us!
A show 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 show activity. Below is an example of an event.

### Outreach outline

<table>
<thead>
<tr>
<th>General Intro</th>
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</thead>
<tbody>
<tr>
<td>Intro vox pop</td>
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<tr>
<td>vox pop</td>
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<tr>
<td>Outro vox pop</td>
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<tr>
<td>Music transition</td>
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<tr>
<td>Intro audio commentary</td>
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<tr>
<td>Audio commentary</td>
</tr>
<tr>
<td>Outro audio commentary</td>
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<tr>
<td>Music transition and jingle</td>
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<tr>
<td>Intro interview/audio profile</td>
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<tr>
<td>PSA</td>
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<tr>
<td>General outro</td>
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<tr>
<td>Music end</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.

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.