

The Matrix:
QUESTIONS TO GUIDE YOU WHEN ADOPTING A RIGHTS BASED APPROACH TO ADOLESCENT SEXUAL AND REPRODUCTIVE HEALTH PROGRAMMING

The IPPF-GTZ Course on *Young People: Implementing a Sexual and Reproductive Rights Based Approach* developed a Matrix which identifies three cross cutting principles for youth programming; **participation, gender and rights**. Over a period of 3 years, 50 participants, from all parts of the world, formulated questions on various issues including diversity, youth friendly services, sexuality education, abortion, HIV/AIDS which they felt were vital for the development of youth programmes and activities. The Matrix is also intended to support the development of indicators, crucial for a successful and comprehensive adolescent sexual and reproductive health programme.

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| | Participation | Gender | Rights |
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| Diversity | <ul style="list-style-type: none"> - How do we ensure that the young people from diverse backgrounds can integrate into existing programmes and decision making bodies and work with other young people? - Are there systems in place to facilitate consultations with these diverse groups of young people? - How do we ensure that there are a variety of ways for young people with different interests and capabilities to get involved in our work? - Do we have a system to allow young people who are HIV+ to become peer educators? - What do we do to reach young homosexuals (etc) and encourage them to participate in our programmes? - What do we do to ensure that we include young people with physical and mental disabilities in our work? | <ul style="list-style-type: none"> - Is there an institutional commitment to meeting the needs and rights of both young men and women? - How do we ensure that there are equal opportunities for both boys and girls? - Do we provide information for gays and lesbians? - Does the programme look at male and female sex workers? | <ul style="list-style-type: none"> - Does the programme have an explicit commitment to providing comprehensive information and services to all young people regardless of their gender, HIV, socio-economic or marital status, mental or physical ability or sexual orientation? - Has staff been trained to work with these different groups of young people? (skills and attitude) - Do we provide confidential non-judgemental services? - Are special efforts made to reach the most underserved young people? |
| Diversity includes: age, gender, religion, socio- economic background, marital and HIV status, sexual orientation, mental and physical ability, etc | | | |

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| Sexuality | <ul style="list-style-type: none"> - How do we ensure that our programmes are informed by the realities of the lives of the young people we serve? - Is there a structure/system in place to maintain young people's participation in the programmes? | <ul style="list-style-type: none"> - In our programmes are the specific and different needs of young men and women taken into consideration? - How does the design and implementation of your programmes on sexuality challenge existing gender stereotypes and discriminatory practices? - Does the programme address young men in a positive way as friends, lovers and fathers? - Do the programmes adopt a holistic approach, which addresses the overall development of young men and young women? (decision making and negotiation skills, dealing with risky situations, making healthy choices) | <ul style="list-style-type: none"> - Is the staff oriented on adopting a positive and non judgemental view on young people and sexuality? - Is the staff trained to ensure that young people are empowered to make informed SRH choices? - How do we ensure confidentiality, non discrimination and respect? - Do we have a strong referral network which enables young people access information and services which we can not provide? - How do we ensure that young people know about their rights to non-discrimination and comprehensive youth friendly information and services? - How do we ensure community support for comprehensive SRH information and services for young people? - How do we address the fact that young people do not have much autonomy or choice over their sexual and reproductive lives? |
| | Participation | Gender | Rights |
| Violence | - Are peer educators trained to | - Do the programmes address | - Is there an institutional policy |

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| e | <p>discuss sexual violence in their sessions?</p> <ul style="list-style-type: none"> - Are young people involved right from the start (needs assessments etc) on programmes on violence? If yes, how? - Are ground rules/principles of respect put into place within the programme itself? - How do we find out which young people are most vulnerable and what they need and want in a programme on violence? - How do we involve young survivors in planning and implementing programmes on violence? - Are there activities conducted by youth volunteers in the mass media to promote non-violence? | <p>violence against both young men and women taking into account their specific vulnerabilities?</p> <ul style="list-style-type: none"> - Do we have male and female doctors/service providers to handle cases of violence? - Are the service providers trained to address violence against young men and women? - How do I ensure that young women who are victims of sexual violence have access to services especially in a society where sexual violence against women is widely accepted and tolerated? - How do I include young men in discussions and programmes on sexual violence? - Does the programme look at young men not only as aggressors? - Do we understand/address the needs of the offenders (when they are young people)? - Do we work in collaboration with women's or men's groups to challenge norms and laws that condone sexual abuse and other forms of violence? | <p>against violence/harassment (child protection)?</p> <ul style="list-style-type: none"> - Is addressing violence integrated into our information and service provision activities? - Do all those who work with us understand that sexual violence is a gross violation of fundamental human rights and do we explain it this way? - Are the service providers fully equipped to recognise and address cases of sexual violence? - Does the programme network with other agencies to provide support and counselling, shelter, legal support etc to victims of sexual violence? - How do we ensure privacy and confidentiality? - Do we utilize the legal system as best as we can, in our work to protect the rights of the victims of sexual violence? - How do we make sure young people know when their right to be free from violence and abuse is being violated? - What steps are taken to inform them of the services available? - Do we work with communities to discuss and prevent all forms of sexual violence? Is this based on an understanding of rights and responsibilities? |
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| HIV | <ul style="list-style-type: none"> - How do we ensure that our safer sex programmes appropriately respond to the needs and realities of young people's lives? - Do young people participate in the design and implementation of HIV programmes and in the development of IEC? - How do we enable HIV positive youth to become advocates and part of the programme? - How do I ensure that HIV positive groups are represented in decision making bodies without being stigmatised? How do I orient the others to accept them and work together with them? - How do we mobilise young people and communities to demand judgement free health services? | <ul style="list-style-type: none"> - Do I work with both young men and women to develop negotiation skills for condom use? - Are condoms/safer sex promoted among both young men and women? - Do we address boys and girls when talking about responsible behaviour? - How do we structure our programmes to reach the hard-to-reach young people with information on HIV? - What do we do to de-stigmatise young women carrying condoms? - Do we address diversity (sex workers, homosexuals, those with learning disabilities) in HIV and condom programming? - Do we explore gender- power relations in HIV prevention programmes? - Do we address the wider SRH needs and concerns of young men and young women in our HIV initiatives? (concerns over sexual coercion, safer sexual practices, child bearing etc) - Do we address dual protection in HIV programmes? - Do we advocate against social norms/practices which increase young people's vulnerability to | <ul style="list-style-type: none"> - Have we built the capacity of the service providers and project staff on positive attitudes towards condom use among young people and HIV positive people? - Do we provide pre and post test counselling? - Is confidentiality ensured in VCT services? - How do we make sure that information and services are accessible to HIV positive young people? - Do we have referral systems for providing support to those young people who test positive? - Are we speaking to a specific group (sex workers, homosexuals) of young people with regards to HIV and if so are we blaming them? - How do we ensure that HIV positive young people do not feel they have to stop being sexual? - What mechanisms do we have to meet the overall needs and rights (work, food, housing) of young people living with HIV? - What do we do to ensure access to ARV for young people living with HIV? - Does the programme address the rights issues of YPLWHA especially in relation to preventing stigma and discrimination within the community and at service delivery points? |

| | | HIV – early marriage, sex work, sexual abuse etc) | |
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| Youth Friendly Services | <ul style="list-style-type: none"> - Is there an opportunity for young people to participate in service delivery – peer educators/counsellors? - If yes, do they get comprehensive training on providing high quality services? - Is it possible for young people to be involved in the design, implementation and evaluation of the services? - Are young people involved in identifying creative means of promoting contraception and SRH services? - Are the facilities tested by young people to ensure that they are youth friendly? - How do you decide on what services to provide in youth friendly clinics? | <ul style="list-style-type: none"> - Do we have information and services which are relevant to both young men’s and women’s needs? - What consideration is given to providing separate services (times, location) to young men and young women? - Are the needs of young married women and young sex workers etc taken into consideration when deciding on the location and opening hours of service delivery points? - Do we have male and female staff? - What do we do to enable young men to access SRH services and become actively involved in SRH decisions? - Do we offer a choice of contraceptives to young men and women, taking into account the realities of their lives (gender roles, sexual activity etc) - Do we try to involve the partner of the young person in decisions about their SRH? - Do we also understand that often it is best that they receive information and services on an individual basis? | <ul style="list-style-type: none"> - Is there an explicit commitment within the organisation/programme to the provision of high quality youth friendly services to all young people? - Do providers understand and respect the rights of the client? Are they trained on youth friendliness? - Do we provide non-judgemental and comprehensive information in order to help young people make informed choices about their SRH? - What are we doing to enable young people to come easily (time, location, affordability) and confidently to the service? - If young people are unable to come to the service, are we able to take the service to them? - How do we sensitise the community about the right of young people to access quality SRH services? - How do we inform young people about existing services? - How do we ensure that all young people know of their rights as clients? - Is there a system which allows clients to freely express their opinions/complaints about the service (hold the service accountable) and also allows providers to respond to them? |

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| | | | <ul style="list-style-type: none">- Have we taken practical steps to ensure privacy, comfort etc?- Do the providers know about the national policies relating to contraceptives etc and young people? If the policies are not supportive of young people's rights do we intend to challenge them through advocacy initiatives?- How do we monitor the quality of the service delivery?- What mechanisms are in place to assess whether our services reach the most underserved young people?- Are the services accessible to ALL young people regardless of their physical or mental ability, HIV or marital status, sexual orientation or socio-economic background?- What do we do to challenge the myths around contraception and general SRH services for young people?- Do we partner with other providers to ensure comprehensive services?- Do we offer Emergency Contraception and make sure that young people know about it and how they can access it? If not are we campaigning to ensure its wider availability? |
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| Abortion | <ul style="list-style-type: none"> - How do young people participate in the design and implementation of safe abortion initiatives? - Are young people involved in promoting a pro-choice language? - Are young peer educators trained to include safe abortion discussions in their programmes? - Are young people involved in advocacy campaigns relating to the right to choose? - Is there a support system to protect young advocates of safe abortion? | <ul style="list-style-type: none"> - How do we address the needs of a young man when his partner wishes/does not wish to terminate her pregnancy? Are we able to support him? - Do we discuss abortion, the consequences of unsafe abortion and the fact that young women should make the final decision, with young men? - What steps are taken to encourage young men and women to decide together about taking up abortion services? - Do we have young male volunteers supporting our safe abortion initiatives? | <ul style="list-style-type: none"> - If abortion is legal is there an institutional commitment to ensuring that young people have access to all abortion related information and services? - If it is illegal do we have a system to address the needs of a young woman who presents herself with an unwanted pregnancy or abortion complications? - Are service providers given training and continuous support for providing high quality non judgemental services? - Are we equipped to address the needs of a young woman who comes to us with an unintended pregnancy? - Do providers do "all they can?" do they know the legal status of abortion – what is and is not permitted? - Do we emphasize the importance of young people who think they might be pregnant, seeking help as soon as possible? - What do we do to raise awareness among communities on the consequences of unsafe abortion and the right to choose in order to ensure access to safe abortion services to all young women who need it? - Are providers trained and supported to uphold their professional |

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| | | | <p>responsibilities over their personal beliefs?</p> <ul style="list-style-type: none">- Do providers know what they can and can not do in terms of legal abortion services? (age and consent requirements etc)- Do young women know what they are entitled to? Are they supported to make informed choices?- What do we do to challenge unjustifiable restrictions (restrictions not provided by national law- eg; traditions, partner consent) on a young woman's access to safe abortion information and services?- What are we doing to ensure that young women who think they might be pregnant identify your service as a useful place to go? |
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| Sexuality Education | <ul style="list-style-type: none"> - Do we consult/work with young people when deciding on the content and methodology of sexuality education initiatives? - Do they participate in its implementation? (participatory methodology) - How do we assess and understand the factors that influence the sexual behaviour of young people when designing sexuality education programmes? | <ul style="list-style-type: none"> - Are we gender sensitive in the recruitment of peer educators? - Do we address issues of masculinity and femininity in our programmes and challenge negative stereotypes and gender based power imbalances? - Do we ensure that the language we use is not only about risk, negative, judgemental, discriminatory or homophobic? - Do we discuss sexuality issues which are relevant for both boys and girls and go beyond the reproductive system? - Do we provide for combined or separate education sessions for boys and girls when necessary? | <ul style="list-style-type: none"> - Is there an explicit commitment in the organisation/programme to providing comprehensive, non judgemental, youth friendly SRH information to all young people? - Are educators trained and fully committed to respecting protecting and fulfilling young people's right to sexuality education? - Does the programme reach very young people with appropriate information? - Do we inform young people about their own rights and entitlements? - Do we promote their right to make informed choices in relation to their sexual lifestyle? - Do we make provision for information and education for those with learning disabilities? - How do we create a safe environment for young people to discuss sexuality? Can they not discuss certain issues if they do not want to? - How do we involve parents in sex education programmes? - How do we build community support for sexuality education programmes (especially the inclusion of controversial topics – abortion) and help them understand that |

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| | | | <p>knowledge does not lead to promiscuity but to safety and health?</p> <ul style="list-style-type: none"> - How do we provide sexuality education to those young people not in school? - How do we overcome socio-cultural barriers to providing comprehensive sexuality education? |
| IEC | <ul style="list-style-type: none"> - Are young people involved in the development of IEC materials? - If the materials are targeted at a specific group of young people are they involved in its development? | <ul style="list-style-type: none"> - How do IEC materials address the separate needs of young men and women? - Do the materials challenge negative gender stereotypes? | <ul style="list-style-type: none"> - Are there IEC materials for those with mental or physical disability? - Do the materials adopt a positive approach to young people's sexuality and give out messages which promote choice, non discrimination and respect? |
| Advocacy | <ul style="list-style-type: none"> - How do young people inform/influence which issues we advocate for? - Do we partner with other youth organisations in advocacy initiatives? - How do we ensure that a diverse group of young people participate in advocacy campaigns? - Do we have suitable/youth friendly tools and resources to train and support young people in advocacy programmes? | <ul style="list-style-type: none"> - Do we work with organisations dealing with women's rights issues in our advocacy programmes? - Do we ensure that we advocate for both young men's and women's needs? - Are the advocacy messages gender sensitive? | <ul style="list-style-type: none"> - Do human rights and especially the sexual and reproductive rights of young people form the basis of our advocacy? - Do we translate the rhetoric of rights in our advocacy work but still keep its spirit? - How do we ensure that the campaign is culturally sensitive and respectful of the diversity of the target population? - Do we make the links between our SRH rights agenda and overall development goals? - Are we aware of possible competing rights or priorities when working with a target population and if so are we able to justify our selection and actions? |



| | PARTICIPATION | RIGHTS | GENDER |
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| HIV/AIDS | <ul style="list-style-type: none"> - How will you ensure the effective participation of young people (especially those living with HIV) in decision making, implementation and evaluation? | <ul style="list-style-type: none"> - Does your programme address the rights issues of YPLWHA especially in relation to preventing stigma and discrimination at service delivery points? - How do you ensure that information and services are provided to those who are infected and affected by HIV/AIDS? - How do you design programmes to eliminate/minimize discrimination against YPLWHA? | <ul style="list-style-type: none"> - Do young men and young women have equal access to HIV prevention and care? If not how do you plan to address that? - How do you overcome negative gender stereotyping regarding sexual behaviour? |