



The **ippf/youth manifesto** highlights the actions young people see as important for meeting young people's needs for reproductive and sexual health, and ensuring their rights. The manifesto is not only young people's vision for the future, it has been adopted by IPPF at its highest decision making levels. IPPF and its member family planning associations are working hard to ensure that this vision becomes a reality.

The **ippf/youth manifesto** was written at the end of 1998 by 16 members of the IPPF Youth Committee – young people from all regions of the world – who are involved in sexual and reproductive health programmes. It was debated and approved by 43 young people from around the world at the IPPF Youth Parliament, and endorsed by the IPPF's Members Assembly.



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VOiCE! introduces **ippf/youth: manifesto** and gives people ideas on how it can work for them. The examples for each of the three goals are meant to be an inspiration for people to take action. They show how the manifesto is being put into practice in different countries using information and quotes from young people. The resources and the 'What to do next' section may help you to put your ideas into practice.

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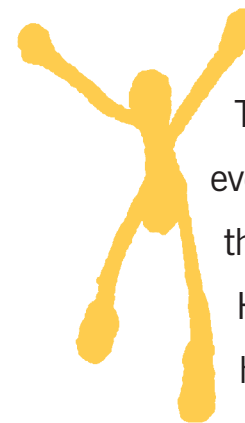
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Each of the goals of the **ippf/youth: manifesto** is introduced with examples of how it is being put into practice in different countries using information and quotes from young people.

VOiCE!

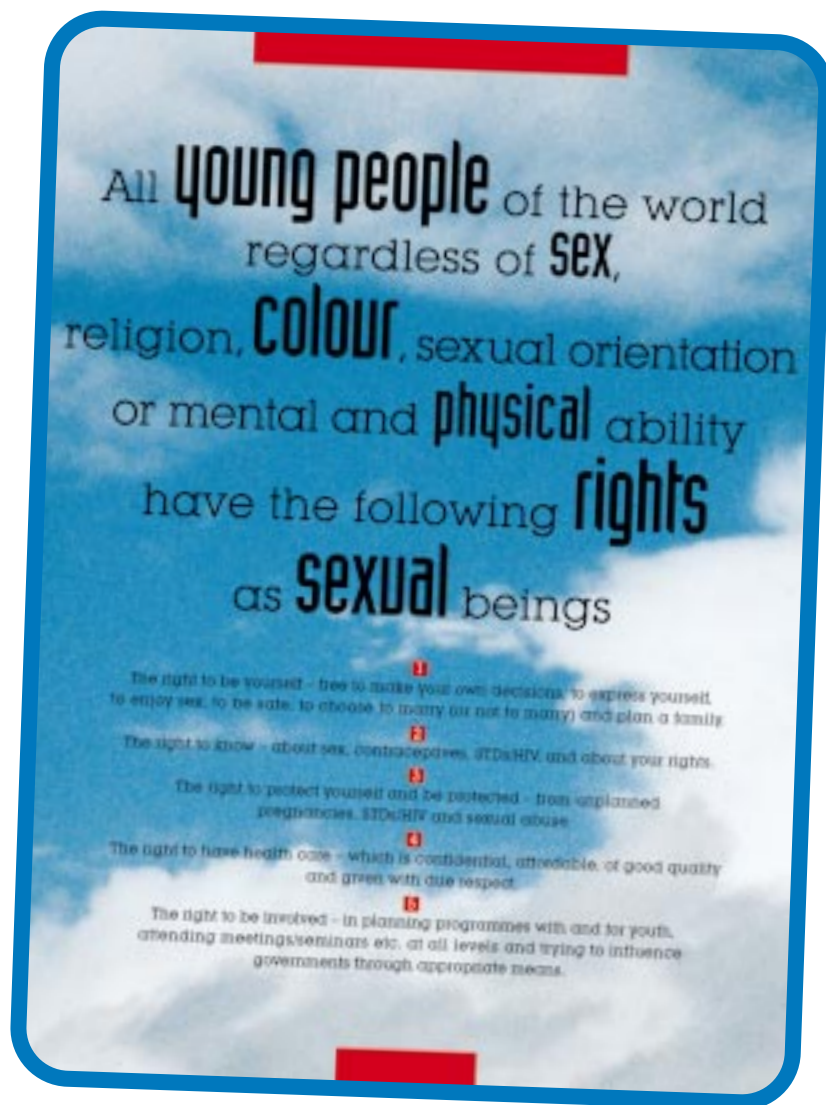
Introduction



The world has more young people in it than ever before, but what do we really know about the young people behind the numbers?

How often are their faces seen, or their voices heard in discussions on young people's sexual and reproductive health? IPPF strongly believes that it is young people themselves who really know about what matters to them and that they should be allowed space to express themselves.

Sexual and Reproductive Health Rights of Young People



These rights are based on recognised international human rights laws. For more information see the IPPF Charter on Sexual and Reproductive Rights.

What is the ippf/youth manifesto?

The **ippf/youth manifesto** reflects what young people around the world view as crucial to meeting young people's sexual and reproductive health needs and rights. The **ippf/youth manifesto** gives clear direction on young people's sexual and reproductive health. It is designed to inspire action and discussion among young people and those working with them.

The ippf/youth manifesto has been developed by young people from diverse cultures and backgrounds from all regions of the world. With us we have brought experiences, knowledge and a burning desire for change... The youth manifesto was developed out of the need for clear direction which would empower youth and youth programmes into the new millennium.

Pragya Shah, IPPF Youth Committee Member, Nepal

Core values



The **ippf/youth manifesto** goals are based on 10 core values. These values were identified by young people as fundamental to every aspect of young people's sexual and reproductive health. They serve as a foundation for the goals of the manifesto and are important to keep in mind as you read.

Respect for diversity

Young people are not a single group. Our age, whether we are male or female, where we come from, how other people see us, what we feel about ourselves – these all make a difference to what we need and want. Special efforts and approaches have to be developed to reach all young people.

Confidentiality

All people have the right to talk to someone without anyone else finding out what they have said. No one wants their private actions and thoughts to become public knowledge and this fear can easily stop young people from using services. Trust and respect for privacy applies to more than counselling and services, it is essential in all areas of working with young people.

Access to contraceptive services for all young people

Young people have the right to a full range of contraceptives and information about them. These services should be confidential, affordable, free from judgment and welcoming to all young people, whether married or unmarried.

Free from judgment

All young people need to be accepted and given support to live without fear and discrimination in every area of their lives. This means respecting our decisions, thoughts, actions and feelings. It also means allowing young people to try things out, having trust and confidence in our abilities, rather than looking for our limitations.

Informed choices

Young people want information which is positive and accurate. This should include support to help us make decisions, be in control of what we are doing and be confident about ourselves.

Partnership of young people and adults

This means sharing responsibilities and decisions with adults. Working as equals and respecting each other.

Innovative

Programmes and activities for young people should be creative and exciting and address the real needs of young people instead of the needs adults think young people have.

Sustainable

Programmes and activities for young people shouldn't be isolated events. To make sure they are ongoing we need adequate funding and a long-term commitment.

Freedom of sexual expression

It's important to recognise that sex and sexuality play a part in young people's lives. We need the freedom to talk about and express our sexuality and to share our ideas and views. This includes who we want to be with, whether they are of the same or opposite sex. People must respect us, we must respect ourselves, and respect other people. This means not pre-judging us. Freedom of sexual expression applies equally to all, male and female.

Sexual enjoyment

Sexual enjoyment is about more than just sex, it's about being confident and enjoying our bodies, having fun and not being forced into having sex when we don't want to. We need to have support and information so that we can enjoy sex when we feel the time is right. For some people this is only within marriage.

**We have been waiting
for this manifesto.
This is a call to unite.**

Singapore

Getting What We NEED

Young people must have information and education on sexuality and the best possible sexual and reproductive health services (including contraceptives).

- ✗ Sexual and reproductive health services for young people must be:
 - confidential
 - accessible
 - free from judgement
 - and offer a complete range of services
- ✗ Sexual and reproductive health education must be accurate, reliable and responsive to the physical and emotional needs of young people of all ages and sexual lifestyles.
- ✗ Service providers must make sure that they meet the different needs of all young people, married or unmarried, whatever their age, gender, ability, beliefs and sexual lifestyle.
- ✗ Service providers must make sure that they meet the additional needs of young people living with HIV/AIDS, survivors of sexual abuse and young sexual offenders.
- ✗ All young people must be able to choose from a full range of contraceptives including the latest advances in contraception.
- ✗ Young men must be encouraged to use sexual and reproductive health services which have been designed for them.
- ✗ Governments and policy makers must be urged to increase their commitment to sexual and reproductive health education and services for young people.



The Mauritius Family Planning Association has established clinics where young people can receive information and services at an affordable price.

Young people going to these services have access to counselling, medical services, referrals, information on

sexual and reproductive health, contraceptive services and emergency contraception. There is also a sexuality telephone hotline for young people to phone and ask any questions. Young doctors are on hand, making it less intimidating for young people. Letting young people know about the services is an important part of the project. *“When young people use the service they feel reassured and relieved, and they tell other young people about them.”* DJs at local discos have been trained in sexual and reproductive health matters and give young people at clubs and discos information about where to go for services and counselling.

Information and quotes from Vidya Charan, Doorgawantee Ram and Sanjeev Kumar Kisto

Young people in the Lebanon Family Planning Association are giving sexual and reproductive health information to peers in a creative way.

“Many young people have misconceptions about sexual health taken either from TV, the internet or their peers.”

Often topics related to sexual and reproductive health are considered taboo. *“Young people are not thought of as mature enough to deal with such issues – which can only be raised by married people or married men.”*

An awareness-raising programme for Lebanese students is being run by the youth committee of the Lebanese FPA. The programme aims to increase the knowledge of students aged 18-24 on sexual and reproductive health issues. Dania has been trained as a youth leader in this peer education programme. *“I participated in training courses, workshops and camps.”* The programme provides young people with information to help them make their own decisions. It addresses a wide range of topics that young people often get no information on including contraceptive methods, sexually transmitted infections and AIDS. *“Young people are more willing to listen through a youth to youth approach which makes discussions open and free from embarrassment.”*

Information and quotes from Dania El Amine

INPPARES, the IPPF member in Peru, works with street children to give them information, services and individual counselling on sexually transmitted infections, HIV and AIDS, contraceptives drugs, violence and rights.

Reliable sources of information on sex, contraceptives and relationships are hard to come by on the streets, and accessing sexual and reproductive health services can be difficult.



Street children are often victims of psychological, physical and sexual abuse. Many are drug users. So children on the street, already vulnerable to sexual exploitation, are at risk of unwanted pregnancies, STIs and HIV.

Counselling is a very important part of the INPPARES project *“not only in providing information, but also making street children feel that their situation is understood and they are not rejected. We work to improve their self-esteem and respect for themselves and for people around them.”* One of the strategies of the project was to raise the awareness of local institutions (town council, police, religious groups and health centres) and the community in general to gain their support for children living on the street. *“Forming a network of organisations working with street children has enabled us to combine and strengthen our actions.”*



“Many children who live and work on the street do not trust people and find it difficult to allow people to come near them let alone help them! All members of staff at the family planning association from the management to the administrative staff were trained to understand and assist street children.”

Information and quotes from Claudia Montalvo and Rolando Polleri

Young people should be informed about their sexuality.

Mauritius



The five year review of the International Conference on Population and Development (ICPD+5) held at the United Nations in New York, 1999, was a conference attended by governments from almost every country in the world. Young people from around the world were crucial in getting young people's sexual and reproductive health issues on the agenda.

"We began as a small group of individuals, networking by e-mail. Many of us got funding to attend the ICPD+5 meeting and the meetings leading up to it." The group was completely youth organised.

"We asked many other, more experienced people for advice and technical expertise, but

they were not part of our strategy meetings and they respected our space and decision-making processes."

The group aimed to have a independent voice. *"We collaborated with other NGOs and tried to bring a 'youth' perspective through our messages. We wanted to relate debates to our own realities. For instance, we held our own workshops, press conferences and published a daily bulletin which offered our comments on the meeting.*

We tried to talk about real life experiences, in the hope that government delegates would begin to understand the situations that many young people face, and that the best way to deal with these situations in a positive way was to address them, not to pretend they don't exist. Showing the people behind the words on a page of a document helps to change minds."

"You can't make huge changes at the international level, it's a slow process. But we did change some things. We did have an effect. Several governments brought youth representatives on their delegations."

"In the document that came out of ICPD+5 there are a lot of references to young people, to the participation of young people in the design and implementation of youth programmes and to increased funding for youth sexual and reproductive health programmes. There's no doubt in my mind that we played a part in all of that."

Information and quotes from Erin McGinn
For more information visit www.youthcoalition.org
Or write to: youth coalition, 430-1 Nicholas St,
Ottawa, Ontario, Canada K1N 7B7

Rutgers, the IPPF member in the Netherlands, is working with the Ministry of Justice on a sex education project for young sex offenders.

Young men under the age of 18 years old, who have

committed a sexual crime for the first time, with no history of violence can join a special sex education project as an alternative to imprisonment.

"There was a need to break the silence around the sexuality of boys and help young men seek a positive sexual identity and self image. The programme consists of 10-15 sessions of 2-3 hours each. We encourage parents to come to the introductory session. It is important for them to support the programme and keep in close contact. We use mainly one-to-one sessions to talk about lots of issues including the feelings of boys and girls, rules of sexuality and limits in sexual behaviour, violence and its consequences, the offence committed by the young man and the future." Here an 18 year old man following this special programme talks about his experiences:

"More than a year ago I committed a sexual crime. I could choose either to go to prison or be out on parole and follow this project.

"I had some sex education in school before, but this is different, this is more about me, what I feel and what I think when it comes to sex and relationships. Sometimes I feel it is like a huge confrontation with myself. Soon we will talk about what I have been doing in the past. That will be difficult. I am happy the educator is a man, so I'll feel less embarrassed about it. I know for sure I will never ever want to be in this situation again or do what I did before."

Information from Doortje Braeken, Senior Programme Advisor-Rutgers

Information and education can:

- Provide parents with knowledge and skills to educate their children
- Encourage open discussion on sexuality issues
- Help us understand sexual feelings, sexual rights, be in control and make informed choices

There are lots of ways of giving information. 'Voice' gives some examples but the list of what is happening is endless – remember, be creative – people learn in lots of ways.






- Train peer educators
- Hold workshops for community leaders including police, lawyers, teachers parents and social services
- Develop a detailed programme of sex

education which includes sexuality, sexual expression and sexual pleasure and involves young people in curriculum development – so this might sound hard, but see if you can get a network of people and organisations to help you, and start small, perhaps in a local school or centre and then work your way up.

- Work with local music, dance and theatre groups on sexual and reproductive rights issues. In India the 'Young Inspirers' are a group of young people that use theatre to discuss issues such as HIV/AIDS. These can be good ways of making comments on social attitudes without offending anyone.
- Use other innovative ways of getting messages across such as slogans on T-shirts, hats...

Taking Part

Young people must be able to be active citizens in their society.

-  Young People must have real decision making power in all work of IPPF and the family planning associations.
-  Young people must receive practical skills and knowledge so they can participate to the best of their ability in society.
-  The contribution of young people and the way that they present themselves must be valued and recognised by IPPF and family planning associations.
-  Youth groups must have direct access to funds and support.
-  Governments and policy makers must be urged to take action to support and promote youth participation in society.



All young people have an equal right to participate in society, but not all of them will have access to the same opportunities or support to do so. Involving young people needs thought, exchange of ideas, and commitment. Giving young people a more active role in society does not mean pushing adults aside. We need to work hand in hand with each other.

Young people can get involved in sexual and reproductive health work in lots of different ways – initiating ideas, proposals and projects, giving opinions, making decisions and running activities, to name a few. Different people will enjoy being involved in different types of work, the important thing is that we can be involved when we want to be.

The Planned Parenthood Association of South Africa (PPASA) has a long history of youth participation.

One of PPASA's strategies is to let young people be

involved in all decision making. *"The youth centres have youth committees and these allow young people to decide the types of activities that they would like to have. The youth committee, who are elected by young people, oversee the project together with the staff. The committee of young people represents our voice, and they consult us when it comes to making decisions."*

One of the main activities undertaken by PPASA is peer education. This is done through sexual reproductive health workshops that peer educators organise themselves; they also give public talks on sexual and reproductive health. *"At one Youth Centre a group of young men have come together and formed a singing group called 'The Sentimentals'. In another they offer lessons in public speaking."*

PPASA have difficulties in getting young women involved in sports and recreational activities, and in encouraging young men to access the clinical services. *"To overcome this the young people have introduced sporting activities, such as netball, that attract young girls and we are now looking at ways in which we can market clinical services to young men."*

"It's good to get young people involved from the initial stages of the project, because they know better what they want for themselves. Organisations need to let young people start their own activities, with a lot of support and supervision, this way young people develop a sense of ownership and responsibility for the project. It is important to find out from young people what it is that they want, do not assume anything about them. Speak to the young people, let them know what you are all about, because that way they learn to trust you. Make sure that the people who work with young people are young themselves and they serve as good role models, they are youth-friendly and cool."

Information and quotes from Keneilwe Mokuena, Joel Makitla, Vusi Nyembe and Folo Ntoele

Teams of peer educators from the Bulgarian Family Planning and Sexual Health Association (BFPA) have been providing health and sexuality education in schools. This is a peer education programme with a difference.

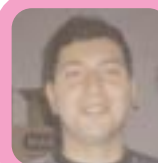
Young people with special needs take part in the project, including girls with a criminal record, deaf children and

children who are visually impaired. Recognising that people with disabilities need sexual and reproductive health information and services is an important part of respecting them as equal members of society.

Young people were trained to train others, provide sexual and reproductive health information and to plan their own sex education programmes. *"They were left to organise themselves and prepare their own presentations which improved their communication skills and ability to take responsibility, manage their time and provide support to those who need it."* All the young people trained were very enthusiastic about counselling their class mates. In 3 schools they even formed clubs which met on a regular basis. These clubs were an opportunity for the young people to give more advice to peers and distribute booklets, leaflets and newsletters from BFPA.

There was some opposition to the project in special needs schools from teachers who didn't feel that sex education for children with special needs was useful. *"A lot of careful and detailed explanations were made and teachers who supported the programme spoke to their colleagues about the direct benefits. Mixing young people from 'ordinary' schools with those from special needs schools was very successful. Young people learned how the world looks through different eyes,"* as well as gaining self-confidence, self esteem and respect for peers. *"Students with special needs could feel they were not alone or forgotten by society and other young people. Some close friends were made."*

Information and quotes from Rossen Georgiev



It is time for young people to manage the projects which deal with their own problems.

Timothée Edoh, Togo

In 1995 a 'young leaders' group was started by ADS, the IPPF member in El Salvador. This group is growing all the time.

"Many of us have links to the family planning association going back several years."

Young leaders are involved in:

- Talks on unwanted pregnancies, HIV/AIDS and STIs
- Reviewing education and training materials
- Developing guidelines for youth work
- Representing ADS at international events
- Sharing experiences with new peer educators on how to talk about different subjects, and with different groups of young people

"We also get asked to give talks and share our experiences with other organisations."

ADS supports the youth leaders by working closely with them. *"The training they have given us and the experience we have gained has made us more confident and sure of ourselves. We meet every fortnight to plan activities and receive technical assistance. We get lots of training from ADS and constant updates of sexual and reproductive health information."* There are a few things that are essential when working with young people. ***"It's really important to have staff in the family planning association who are friendly and welcoming to young people and who make us feel part of the organisation."***

Information and quotes from Edith Yanira Cruz

Young people from the Planned Parenthood Association of Thailand (PPAT) are involved in running all the activities at the counselling centre for adolescents.

The young people who run the centre lobbied the community to give them a space in an

existing community centre. They approached the local development committee and managed to get permission to share the space.

"We take it in turns to run different activities and to attend the centre according to our free time. Our centre welcomes all adolescents.

*We always discuss with them how to solve any problems in their own way. **The atmosphere at the centre is relaxed and comfortable to make young people feel at home.** Some of us act as counsellors, some prepare sexual and reproductive health exhibition boards and distribute contraceptives."* The project has been very successful in increasing awareness among parents and the wider community.

Information and quotes from Sureporn Kantima



Young people from the family planning association of Nepal held a 1 day seminar for population day 1999. The youth sub committee organised everything.

"We sent out invitations to schools and other organisations, policy makers and the media. We

visited schools to give the message to young people that this seminar was done by young people and for young people and that their presence was needed. We also briefed government representatives and policy level people about what FPAN youth sub-committee was all about and why the seminar was important."

The former prime minister of Nepal was there to open the seminar which attracted a lot of media attention and persuaded a lot of top level policy makers to attend.

The main issues discussed were

- The situation and role of young people in today's society
- Sexual and reproductive health for young people

More than 150 young people participated. They presented papers and chaired the discussions that followed.

The event got lots of media coverage. A television programme on family planning issues made a special feature on the seminar, and members of the youth sub-committee were interviewed. ***"The issues discussed were taken well by policy makers and the media. A clear message was sent out that young people are active members of society."***

Information and quotes from Anish Man Singh Shrestha

Taking part in decision making processes:

Some important things to consider when involving young people:

- Think about how youth representatives can be selected by youth volunteers
- If young people are going to be involved they need equal status and power in all the decision-making bodies
- Young people need to be supported with training and resources to help them in their roles

As young people we need:

- Ongoing technical assistance for youth groups and youth initiated programmes
- Support for youth publications developed by and for young people
- A youth friendly space for youth groups to hold regular meetings
- The use of office resources such as computers, fax, photocopiers
- Funds for innovative programmes initiated by young people

Youth advocacy movements






Groups run by and for young people are being formed in family planning associations across the globe. Called YAMs in the Caribbean where the movement originated, they are known as youth caravans in South Asia and youth advocacy movements in Africa. Their main role is to

increase the participation of young people in the family planning association's work. Youth advocacy movements are involved in all kinds of activities, for example, publishing sexual health materials, organising training and advocacy work about young people's rights and taking part in, and producing, TV and radio programmes.



Feeling Good

Young people must be able to have pleasure and confidence in relationships and all aspects of sexuality.

-  Young people must be encouraged to know their own sexual rights and to respect the rights of others.
-  Young people must be supported by laws that allow them to act freely in the way they choose to live their lives.
-  Obstacles that make young people uncomfortable about themselves, their bodies and their relationships must be removed.
-  Young people's sexuality should have a positive image in society.
-  Society must recognise the right of all young people to enjoy sex and to express their sexuality in the way that they choose.



It is hard to talk about sexual and reproductive health information education and services for young people without first coming to terms with young people as having sexual feelings, emotions and thoughts. This applies to all young people – those who are involved in sexual relationships as well as those who are not.

Yet often young people's sexuality is unacknowledged and ignored and this makes it hard to talk about. The examples here show that even in places where sex is not normally spoken about it is possible to promote a positive image of young people and open up discussions on sexuality.

In Rwanda young people from the 'Urugero club' have been talking with religious leaders and other grassroots decision makers to help them to understand the needs of young people and talk openly about sexual and reproductive health.

The 'Urugero club' was started by five young people who were trained in sexual and reproductive health issues by ARBEF, the IPPF member in Rwanda.

In Rwanda "sexuality is still a taboo subject. Many people did not understand how we could talk to young people about contraceptive methods. Some adults think we are transgressing the boundaries of tradition by daring to talk about sex." Discussions led by the 'Urugero Club' aim to change people's minds, particularly parents and religious leaders "to be in favour of guiding young people towards sexuality without the risk of unwanted pregnancy or a sexually transmitted infection, including AIDS. With religious leaders it is necessary to confront their religious principles with the rights of young people to be informed about sexual and reproductive health. We convince them through talking about education on anatomy and physical reproduction, we provide education on contraceptive methods and we explain what drove us as young people to form a club." This has led to

"understanding that our action is more educational than destructive. **The taboo which surrounds sexual health has been replaced by exchanges between young people and adults.**"

Information and quotes from Emmanuel Mukwaya, Jean Damascène Dusabe, Innocent Nkurunziza, Jean Rwamudanga



The Singapore Planned Parenthood Association (SPPA) is a member of a committee working to improve the rights and laws for people, including young people, with disabilities.

The working committee was set up by the national council of social services. "SPPA was

invited to participate in the process and spearheaded the discussions on Sexuality and Reproductive Health for people with disabilities."

The committee's work includes drawing up guidelines on sexual health education for mentally and physically disabled people and guidelines for heads of homes for people with disabilities and parents of children with disabilities. The guidelines address contraception, pregnancy, consent to sterilisation and termination of pregnancy.

"The campaign is targeting people who are involved in the decision making of programmes and activities for people with disabilities. No laws have been changed yet, but changing the law is a process! **We are still in the most exciting and crucial stage of this advocacy work: raising awareness and involving many sectors of Singapore society in sexual and reproductive health issues of people with disabilities, especially young people.** The documents still need comments from as many people as possible, not the least people with disabilities themselves, before they are made into law."

Information and quotes from Richardson Lau and Alice Tay

The issue of **sexual pleasure**, which goes hand in hand with **self esteem** still needs to be dealt with in **greater depth.**

Peru



A project run by the Jordan Association for Family Planning and Protection (JAFP), is promoting a positive image of youth sexual and reproductive health through media campaigns run by young people.

“We use drama, songs, sketches, videotapes, posters, pamphlets, youth festivals and workshops to tackle

sexual and reproductive health issues. We have also formed a group within our unit responsible for writing plays.

We conduct field visits to educational organisations, youth clubs and city mayors to let them know about our activities and try to involve them.” Convincing people of the importance of providing young people with sexual and reproductive health information has needed continuous effort and follow up.

Contacts with the local media, adverts on the TV, radio and in newspapers have also been useful. *“We have an agreement with a local newspaper to publish our issues in a page called ‘youth opinion’. We have also convinced another local newspaper to provide us with a column. We did many interviews on youth television and shows where we talked about young people’s problems and publicised our meetings and conferences.”*

Information and quotes from Mohammed Affan

Sexwise

The BBC World Service and IPPF work together on ‘Sexwise’, an innovative series of sex education radio programmes and books aimed primarily at young people.

Produced and written in 22 languages, listeners to the Sexwise radio programmes and internet users can find

accurate information about sexual health in their own languages. Topics such as foreplay and intimacy, masturbation, homosexuality, unsafe abortion, sexual coercion and prostitution are being covered alongside subjects such as HIV/AIDS and sexually transmitted infections, as well as contraceptive methods.

To find out more and get access to Sexwise resources visit the Sexwise website www.bbc.co.uk/worldservice/sexwise/ or contact Edith Simmons the IPPF Sexwise co-ordinator at the IPPF address.



We use a broad definition of pleasure, not solely sexual satisfaction.

Pleasure includes Self esteem, self confidence, knowledge and Comfort with one’s body.

Bronwyn Rhodes, IPPF Youth Committee Member, New Zealand

Talking about sexuality issues

Trying to talk about sexuality in relation to young people can be difficult, some people think that it encourages young people to have sex. But evidence shows that when young people are given complete information on sexuality it can help them to feel comfortable about themselves and in control of the decisions they make.

A survey carried out by WHO on sex education worldwide supports this. It shows that sex education can help protect young people from some of the potential risks of sexual activity. The study shows that giving a range of messages to young people is

important and that sex education needs to start early before a young person is sexually active.

Other research by UNAIDS backs this up: **‘Impact of HIV and sexual health education on the sexual behaviour of young people: a review update’** *UNAIDS Best Practice Collection Key Material 1997*

For a copy have a look at the website www.unaids.org

or contact UNAIDS directly:
Information Manager,
UNAIDS
20 avenue Appia
CH-1211 Geneva 27
Switzerland



What to do

next!

Making the goals of the IPPF/youth manifesto work for you

Here are some more suggestions of what to do and how to do it. You can probably think of loads more. It's up to you how you put them into action.

Lobbying and advocacy ideas

What is advocacy?

- Promoting an idea for change
- Convincing others
- Getting support and commitment for ideas and actions
- Fighting for an issue to be accepted

Some different ways of advocating:

- **Campaigning:** high profile activities to exert pressure for change
- **Lobbying:** behind the scenes, persuasive, can be one-to-one or to larger groups
- **Witness:** using stories and accounts from people, success stories to show how examples can work. Give people a platform to speak directly to policy makers and those in a position of power or pass their information on to such groups

Lobby to:

- Remove legal barriers to sexual and reproductive health services, including contraception for young people
- Get commitment to provide loans, grants and funds for programmes that include young people; and have special funds for youth initiated projects

- Make sure young people are involved in decision making processes

How?

- Be clear right from the start what you are advocating, and what you want to change or happen
- Get together a group of people and organisations who hold the same views as you. Find ways of sharing ideas and keeping in touch
- Use publications and laws that already exist such as:
 - The IPPF young people's rights poster (Page 2)
 - The document passed at the International Conference on Population and Development. If your country has signed up to it then they have made commitments to young people's sexual and reproductive health in your country and you can use it to support your work

"But young people haven't got enough experience..."

When advocating for the goals of the manifesto you may come across objections, some of the more common ones are:

"Young people haven't got enough experience to run their own activities or become involved in making important decisions"
"There's no real commitment there, young people are always moving on to other things"

Taking the time to consider some of the objections you may face can help you think of ways to persuade people. The examples here showing the different positive ways the

manifesto has been used around the world can also help you back up your arguments. Some things to bear in mind are:

- When introducing new topics try and start with things you have in common or can agree on, before moving on to more difficult areas
- Don't aim for confrontation or to shock, try and find an entry point that people can relate to and that they feel comfortable talking about
- Find other like-minded people and form a support group – you are not on your own

Research ideas

Research can be useful as a starting point in thinking about young people, their needs, their environment and community. Research comes in lots of forms; it can involve reading, asking for people's opinions or collecting data. The kind of research you do will depend on what you want to find out for example:

- Conduct research in partnership with young people to identify the needs of young people including sexual and reproductive health needs and concerns, taking into account the diversity of young people (gender, age, disability etc)
- Do a bit of research in your country to try and find out about human rights and sexual and reproductive rights, often there are organisations working on these issues who might be able to help you
- Research and distribute latest findings on:
 - contraceptives and their suitability for young people
 - youth programmes including successful projects
 - examples of youth participation
 - what young people would like from services



Networking and Partnership ideas

Media

You can work with and use the media to:

- Increase public support for sexual and reproductive health services for young people
- Promote a positive image of young people
- Show that young people are a diverse group
- Attract young people as volunteers

How?

- Contact television, radio, newspapers and magazines to talk about youth and sexuality issues
- Participate in radio and television debates to increase awareness of the sexual and reproductive rights of young people
- Send articles and letters in to newspapers, magazines and newsletters
- Publish your own newsletter (for those of us with money and time). Use simple language to get the message across and make sure young people have a voice
- Make friends with journalists they might give you a regular slot to talk about issues, see the Jordan example page 22

- Do your homework. Make sure that you know about the issues, this makes it easier if you are asked some tough questions
- Collect all the latest info on young people and sexual and reproductive health – don't forget to make it available to all young people and make it youth friendly

Youth groups and organisations

You can work with them to:

- Share experiences and exchange ideas
- Make cross cultural links
- Create a wider, stronger network of people working on similar issues

How?

- Find out about other youth organisations and get in touch with them to see how you can work together
- Start up exchange programmes to learn about each other's work
- Find out ways of getting your shared ideas across to local/national decision makers
- Develop a youth web-site with information that young people want. Get other young people involved in running it

We young people need to have more concrete tools enabling us to participate in everything laid out in the manifesto.

Claudia Montalvo & Roland Polleri, Peru

Parents have to be persuaded that times have changed, that today we are living in a world in which people can talk freely about the subject of sexuality with their children.

Edith Yanira Cruz, El Salvador

Training and support ideas

We all need training whether old or young! We are never too old to learn or change. Of course people will need different training depending on what they want to be involved in and the skills they already have.

For young people to participate, they need support and training to help them on the way. For example:

- Young people who are members of boards need to be supported; this means offering straightforward explanations of how things work and allowing the time to make people feel comfortable with the process
- For young people to be able to be fully involved in project development, (including proposal writing, implementation, evaluation, fund raising etc) they need information and advice
- Young people can be trained to be trainers, for young as well as older people in a range of issues

- Make sure that there are no hidden expenses i.e. make sure that there is money available to cover food, travel and other expenses

Older people too need information and training, so they can understand the needs of young people and how they can best be supported. For example, they may be trained in:

- How to make services youth friendly, with regular updates on the changing needs and concerns of young people
- How to plan for diversity and meet the different needs of young people
- Youth, sexual and reproductive health, broader youth issues and young people's rights

Fundraising

Many of the examples in 'Voice' show that we don't necessarily need a lot of money to make changes, just a lot of time, patience and support from other people. Sometimes groups and people give things such as space in a building, access to computers, or clothing and food to a project. This can be just as valuable as getting a huge amount of money. But let's face it sometimes to get things done we do need some funds.

Funding can come from lots of places, here are a few ideas:

- Try lobbying local organisations with your ideas, they may have been waiting for such a project to come along and be willing to put time, money and resources into it
- If you work within an organisation, persuade them to put aside funding for young people
- If you need money for a special activity you could do a sponsored event and get people to pledge some money
- If you have a specific idea for a project you could get together a group of people to write a project proposal. This can be tricky and you will need to get some guidelines from the funding organisation (they are all different). Make sure you know of a funder who might realistically fund the project. Work together and get support from people who have experience of proposal writing
- Do some research into what youth and/or sexual and reproductive health resources already exist and how you can use them – share these findings with other organisations and young people
- Private sector and for profit organisations can be a source of funding. Find out if they have an interest in the issues. Make sure you give information to any organisation you approach about your project and make clear any benefits for them



Taking difference into account

Not all projects, activities, or services are used by the same groups of people. We need to think about why this is and find ways to appeal to people of different sexes, ages, lifestyles, disabilities and backgrounds. We need to recognise that not all young people have the same opportunities or support. And we need to find ways for them to access services, participate and make decisions. Recognising the differences that exist should allow us to make sure that different groups of young people are given equal treatment, rights and responsibilities. Looking at, and recognising differences, can be very positive.

So what can we do to help put this into practice

Some ideas for sexual and reproductive health services:

- Ask different young people what kind of services they would like and make sure that they can access them
- Often services are seen to be for women only so boys, men and girls don't go to ask advice or to get access to contraceptives. Think of how the image of services can be changed to attract different people
- Give young people the choice to see male or female medical practitioners
- Make sure that services are open to young men, people with different sexual lifestyles and to couples who want to come to services together
- Train service providers to understand the different needs of boys and girls, their emotional needs, services they may need and accessing services

Some ideas for activities

- Make sure that activities are attractive to a wide range of young people
- Gender training for different groups (young people, community, teachers, service providers) can be really fun. It can explore

how we think of boys and girls differently and how this affects their lives. It's important that people who run the training have a real understanding of gender issues, and are able to relate this to young people

- If boys are more involved than girls look at why this may be, what image does your group have? Are there activities that attract boys more than girls? Think of activities that would be more appealing to both boys and girls (ask them). This applies to activities that attract more girls as well, look at why boys are not coming
- Lobby organisations, services and the community in general to take account of all young people's needs

Some ideas for participation

- Make a list of all the different young people in your community and see if they are given the space to speak, make decisions and have an active role. Think of how can this be changed?
- Make sure that equal numbers of young men and young women participate and that they have equal authority
- Create ways for young people to feed their views to other young people who are representing them

Resources

Here are a selection of the resources that are on offer at IPPF's Regional and International Offices.

Youth friendly services

- **Youth friendly checklist.** For young people and service providers to use – (IPPF Publications: English, French, Spanish)
- **Self Assessment Module: Sexual and Reproductive Health: Programmes for Youth** For programme implementers to use (Western Hemisphere Regional Office: English, Spanish)

Information and education

- **Guide for trainers in sexual health** (Western Hemisphere Regional Office: English, Spanish)
- **Source book for peer counsellors and peer educators** (Western Hemisphere Regional Office)

Lobbying and advocacy

- **IPPF Youth Rights Poster** (IPPF Publications: English, French, Spanish)
- **Poster for Health Professionals: How to Treat Us Young People** (IPPF Publications: English, French, Spanish)
- **Reproductive Rights 2000.** This poster outlines the main human rights conventions dealing with sexual and reproductive rights and charts the progress made in countries around the world (IPPF Publications: English)
- **Make it happen... make it now** Advocacy tool for young people (European Network Regional Office)
- **Advocacy Guide** A guidebook on how to develop advocacy strategies and programmes (IPPF Publications: English)
- **The Nordic Resolution on adolescent sexual health and rights** The Nordic Resolution was

written by five family planning associations in Denmark, Norway, Iceland, Finland, and Sweden in 1998. It calls on governments around the world to support the sexual health and rights of young people. The Resolution has now been adopted by the IPPF European Network. **To get a copy of the Nordic Resolution contact the Danish FPA fax: (45) 3393 1009, email: danish-fpa@sexogsamfund.dk www.sexogsamfund.dk http://www.sexogsamfund.dk**

Research

- **Activate: A Workbook for Young People on Sexual and Reproductive Health.** Gives lots of practical information to young people wanting to look at sexual and reproductive health issues in their communities (IPPF Publications: English)

Some general resources

- **Mezzo** A sexual and reproductive health magazine with information for young people (IPPF Publications: English, French, Spanish)
- **X-press** Sexual and reproductive health newsletter written by young people for young people produced twice a year – (IPPF Publications: English, French, Spanish)
- **Real lives** South Asia regional magazine published twice a year (South Asia Regional Office)
- **Invitation for Dialogue** Arab world region youth magazine (Arab World Regional Office: English and Arabic)
- **We can't live on illusions** Film on AIDS (Arab World Regional Office)

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Many more resources have been produced at the FPA level, for details of these please contact the Regional Offices.

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The International Planned Parenthood Federation (IPPF) is the world's largest voluntary organisation in the field of sexual and reproductive health and rights, including family planning. IPPF works through more than 150 family planning associations worldwide – in at least 180 countries – for the sexual and reproductive health, choices and rights of women, men and young people. It collaborates worldwide with governments and international, national and community organisations.

If you have any comments about this publication or anything related to the ippf/youth manifesto then please send them to:

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Sign up to support the ippf/youth manifesto at
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