

Providing Sexual and Reproductive Health Through Youth-Friendly Services

Why use this approach?

Adolescent and youth-friendly services (AYFS) must be offered in an environment where the adolescents and young people feel free to access them without being judged or condemned by those who work in the health facility or the entire society. This approach provides a guide on how to provide services with an understanding of what young people in a particular society want.



STEP 1: Conduct a facility assessment

Using IPPF's Provide or WHO SEARO's Supervisory/Self-Assessment Checklist for Adolescent Friendly Health Services, assess the status of the characteristics of the health facility, the service providers and the program to evaluate how youth-friendly the services are currently. As part of the assessment, engage adolescents and youth in focus groups to ensure the assessment and identified criteria is appropriate.



STEP 2: Develop a training program

Develop and deliver a training program based on the facility assessment results. Work with the reproductive health focal person and facility in-charges to identify topics that meet staff's learning needs and interests in adolescent and youth sexual and reproductive health (AYSRH). The training can be done through on-the-job or whole site orientation. Ensure staff participation in continuous professional education in adolescent health care.



STEP 3: Conduct coaching and mentorship

Identify AYSRH/family planning trainers who can act as mentors. Conduct coaching and mentorship on a regular basis to increase the number of competent skilled service providers within the facility who are able to offer family planning services and ensure quality assurance.



STEP 4: Communicate services

Provide systems to inform adolescents and young people on how to access and obtain AYSRH health services, for example, through signage advertising available services and operating hours.



STEP 5: Monitor standard of care

Monitor and evaluate the standard of care delivered to adolescents at service delivery points. The monitoring framework should make it possible to measure short- and medium-term progress including feedback from recipients of AYSRH services.



STEP 6: Build partnerships

Partner with the Reproductive Health Management teams to conduct assessments and certifications of eligible providers who receive positive feedback as being AYFS providers.