
ADOLESCENTS AND YOUTH SEXUAL AND REPRODUCTIVE HEALTH

Topic 1: Youth-Friendly Health Services

- ✓ Define Youth Friendly Health Services
 - Able to effectively attract adolescents and youth, responsively meet their needs, and succeed in retaining these young clients for continuing care.
 - Offer a wide range of sexual and reproductive health services relevant to adolescents and youth' needs.
- ✓ Discuss the complexities of young people's reproductive
 - Young people's reproductive health is more complex than those of adults. This period of transition from childhood to adulthood requires special attention and protection.
 - There is a common misconception that young people do not have reproductive needs. Meanwhile, young people go through different maturity stages and this could affect their emotional, physical and mental abilities.
- ✓ Mention characteristics of young people
 - Adolescents and youth are not a homogeneous group, they are different. Despite those differences, they have same rights. But the needs towards the realization of those rights may differ from a group to another.
 - The challenges related to a young person who has been to school may not be the same as those of a young person who has not been to school, employed Vs unemployed, urban Vs rural, married Vs unmarried, etc.

Topic 2: Obstacles to Young People's Utilization of SRH Services

- ✓ Explain that young people face obstacles to access SRHR services, including contraceptives or family planning at different levels.
- ✓ Ask what they think are some of the obstacles
- ✓ Mention obstacles at different levels: It is important to take into account young people's pathways to seeking services; and the specific barriers they face before getting to the services, while receiving services, and after leaving the service delivery sites.
 1. Structural
 - Laws and policies
 - Distance, Inconvenient opening hours, costs, lack of insurance, stock out, long waiting time, lack of privacy and confidentiality, etc.
 2. Social
 - Stigma, negative attitudes, restrictive norms, ethnicity

- Providers attitudes and bias
- Lack of confidentiality & privacy
- 3. Individual
 - Legal illiteracy,
 - Limited & incorrect knowledge on SRHR, about SDP
 - Fear of stigma
- ✓ Paying attention to the perceptions and needs of young people is essential, along with development of policies, services, and programs that address those needs, particularly the youth-friendly approach to service delivery.

Topic 3: Characteristics of Adolescents and Youth Friendly Health Services (AYFHS)

- ✓ Mention the characteristics of AYFHS- Adolescent and Youth-friendly health care addresses five purviews; accessibility, acceptability, equitable, appropriateness and effectiveness.
- ✓ Generate views from participants on the five (5) characteristics of AYFHS
 - **Accessible:** young people are able to obtain the services that are available.
 - **Acceptable:** Health services are provided in ways that meet the expectations of young people.
 - **Equitable:** All young people, not just certain groups, are able to obtain the health services they need.
 - **Appropriate:** The health services that young people need are provided to them.
 - **Effective:** The right health services are provided in the right way and make a positive contribution to the health of young people.

Topic 4: Quality Standards for Adolescent and Youth-Friendly Services

- ✓ Define quality standards
 - A standard is a statement of desired quality. Standards are critical in terms of adolescent and youth friendly services as they specify clear performance goals and make explicit the definition of quality required for a service.
 - The national quality standards for provision of AYFHS in Nigeria provides a platform for the optimal health and development of young people.
- ✓ Mention and explain the nine (9) quality standard for AYFS
 - **Gatekeepers' Support:** An enabling environment exists in the community for health care workers to provide quality services to young people, and for young people to appropriately utilize health services
 - **Accessibility of Services:** Young people in the catchment area of the health facility are aware of the services it provides, find the health facility easy to reach and obtain services from it
 - **Acceptable Services:** Young people find the environment, setting, and procedures of health facilities appealing and acceptable

- **Equitable & Rights-Based Services:** All young people who visit health service delivery facilities are treated with respect, dignity and in equitable manner irrespective of their health, socio-demographic or political status.
- **Appropriate & Effective Services:** The services provided by health facilities to young people are effective and in line with the nationally defined package.
- **Privacy and Confidentiality:** Service providers are sensitive to the needs of young people, and maintain their privacy and confidentiality in service provision.
- **Motivation of Health Workers:** Service providers are motivated to provide health services to young people in adolescent/youth-friendly manner.
- **Quality Assurance &Improvement:** Management systems are in place to improve/sustain the quality of health services provided to young people by the health service delivery facilities.
- **Young People’s Involvement:** Young people are actively involved in the design, the provision and monitoring of services at the adolescent and youth-friendly health services

TOPIC 5: Counselling Adolescents and Youth

- ✓ Define counselling
 - Counselling is an interpersonal communication between two or more people in which one person (the counsellor) helps another person (the counsellee) make an informed decision.
- ✓ Types of counselling
 - **Directive counselling**, the counsellor tells the client what to do. This type of counselling weakens the adolescents’ capacity to deal with problems.
 - **Non-directive counselling**, the counsellor helps the adolescent to explore and clarify his/ her feelings and make his/ her own informed decisions.
- ✓ To be effective, the counsellor must:
 - Accept the client as an individual.
 - Encourage clients to talk freely about themselves.
 - Help clients to explore their feelings.
 - Demonstrate respect and willingness to listen.
 - Believe that the client can be helped to help himself/herself.
 - Help clients believe that they have some control over their own lives i.e. they can make their decisions and act on them. They can also evaluate the consequences of these decisions and the actions that follow.
 - Assist the client to make informed choices.
 - Adhere strictly to the concept of confidentiality, which must be made clear

to the client and understood by the client.

- Provide conducive environment and proper sitting arrangement.
- Ensure adequate record keeping of counselling sessions.