96% participants agreed that training provided by Restless Development helps young people improve their economic situations

THE CHALLENGE:
The South African population largely consists of young people; almost 66% of the population is below the age of 35. 45.4% of males and 55% of females in the 15-24 year age group are unemployed and 2 million young people within this age group are neither employed nor in an educational institution. Health indicators pertaining to young people further compound the problem as HIV and AIDS are one of the biggest deterrents to development in South Africa and require immediate attention.

OUR RESPONSE:
Restless Development implemented the peer education programme at three community sites: Libode, Tsolo and Kwelerha. Peer educators or trained Restless Development volunteers, facilitated SRHR sessions, career and life skills workshops, livelihoods sessions and 1/1 sessions with the aim of improving livelihoods and sexual and reproductive health. Awareness raising exercises like career events to link young people with employers were also conducted and research on access to SRH services for young people in rural communities was undertaken.

This programme aims to contribute to the following GOAL AREAS: Sexual & Reproductive Health, Livelihood Development and Civic Participation.

Through DIRECT DELIVERY, SHAPING POLICY & PRACTICE AND GENERATION OF LEADERSHIP.

EVALUATION METHODOLOGY
- The study which was completed in January 2015 was evaluated using a multi faceted methodology.
- The approach included a comprehensive document review, focus group discussions, in-depth stakeholder interviews and a quantitative beneficiary survey.
- The survey was conducted among 129 young people in youth centre catchment areas of Kwelerha, Libode and Tsolo.
- In addition, four focus group discussions and 7 stakeholder interviews were conducted.

“Restless Development has been very helpful when it comes to entrepreneurial skills. After participating in their programme, I used my skills together with the business skills they taught me to start a business in my community. I am now able to support myself and my family a little bit. My economic situation is much better than it was before.”
- Focus Group participant, Libode.

IN NUMBERS:
Why are young people not using condoms?

For more on Restless Development’s goals and approaches see our Global Strategy 2011-2015, available at www.restlessdevelopment.org/resources
### KEY OUTCOMES & IMPACTS

**Livelihood and Employment Creation**
- 40% of the participants agreed that the training they received has helped them to get a job or set up a business.
- 96% of participants agreed that the training provided by Restless Development helps young people improve their economic situations.
- More than 70% of the participants confirmed that Restless Development has assisted them personally to enrol in tertiary education.
- Involvement in income generating projects has increased from 11 percent in 2008 to 22 percent in 2014.

**Sexual and Reproductive Health Awareness**
- 84% participating young people indicated that they have received information from Restless Development on how to prevent unplanned pregnancies and 95% said they received information on how to prevent HIV/AIDS and other sexually transmitted infections.
- Overall, 91% indicated that the information and training provided and disseminated by Restless Development is helpful with 57% indicating that the information has contributed to more youth practicing safe sex in their communities.
- There is an increase in awareness of HIV/AIDS, from 95% in 2007 to 98% in 2014. In addition, reported condom use during most recent sexual intercourse has increased from 48% in 2007 to 65% in 2014.

**Civic Participation**
- Responses related to civic participation were moderate with just over half of Kwelerha and Tsolo residents or 51% (mostly male participants) answering that their communities have been consulted by government departments and agencies including the South African Police Service (SAPS) and the Departments of Agriculture, Social Development and Health.
- Only 9% of research participants answered that they had personally been consulted by a government department or agency.

### RECOMMENDATIONS AND LESSONS LEARNT

- The youth peer education model has been effective, particularly as a means of increasing access to information and because of the commonalities in age and experience between YIS and peer educators in particular.
- The scope for impact evaluations is limited by a lack of data, however, findings of the evaluation confirm that programme beneficiaries have received a wide range of information and training from Restless Development.
- Focus on civic participation is limited and impact on Youth in School is greater than on Youth Out of School. Thus, emphasis should be laid on status of YOS and civic participation.
- Livelihoods information and programming has not necessarily led to increased economic participation. Consideration should be given to diversifying the scope and types of economic opportunities that programme participants are exposed to.
- Shortcomings identified by programme beneficiaries included: the need for more follow-up visits; development of exit, weaknesses in relation to community involvement and ownership in Restless Development programmes beyond just amongst direct beneficiaries.
- In terms of SRHR, Restless Development needs to consider how to transition from information provision to the development of a behaviour change-focused approach.
- In addition to the annual reporting, Restless Development should continue to undertake rapid evaluation assessments of key aspects of the programme.