

NATIONAL ALLIANCE ON MONITORING IMPLEMENTATION OF ESA-CSE

ADVANCING YOUNG PEOPLES' PARTICIPATION IN THE FUTURE.

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RESTLESS DEVELOPMENT
OF THE PEOPLE FOR THE PEOPLE



**KNOW YOUR REPRODUCTIVE
HEALTH RIGHTS TOOLKIT**

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YOUNG PEOPLE CAN.
YOUNG PEOPLE DO.

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KEY TO USING THIS TOOLKIT



BUBBLE

Contains dialogues by the characters



FACT BOX

Contains information about an issue.



STORY BOX

Narrates the story & shows progress.

FROM THE DIRECTOR

Joint Message from the Country Director, Restless Development and the National Alliance on Monitoring Implementation of ESA-CSE

In Zambia today, access to sexual and reproductive health information and services continues to be a problem amongst young people. Socio-cultural barriers prevent young Zambians from accessing guidance on avoiding pregnancy and making positive decisions about their sexual health. Though commendable strides have been made to this regard, teaching of sexuality education is selective, with some topics excluded as teachers respond to cultural and religious norms. For young people in rural communities the challenges highlighted above are even worse. This has contributed towards the escalating numbers in under-age or un-planned pregnancy, high STI & HIV prevalence rates, and a lack of opportunity for young people to claim their right to live full and productive lives in their communities.

Through this toolkit we are sharing, in a youth-friendly manner, information on the law and policy governing legal and safe abortion in Zambia; the parameters around its access, the provisions under it and any other information around it that is useful to young people.

We recognize that a critical point of our alliance is to ensure that every young person has access to SRHR information and provisions as envisioned and stipulated in the ESA commitment. Information on access to legal and safe abortion for young people is a very important factor under what is meant to be provided to young people under this commitment.

This toolkit is dedicated to young people in Zambia and all our partners in particular the CSOs who are part of the national alliance tracking the implementation of the ESA Commitment. Recognition is extended in particular to AmplifyChange for their support regarding this work.

Please enjoy your reading and it is our hope that you will find the information contained here useful,

Harriet Mwiinga (Mrs.)
Country Director

INTRODUCTION

In December of 2013, Zambia and nineteen other countries in the East and Southern Africa (ESA) region affirmed and endorsed their joint commitment to deliver Comprehensive Sexuality Education – CSE and services on Sexual Reproductive Health and Rights–SRHR for young people.

Restless Development with support from AmplifyChange is running Tikambe – Let's Talk, a project aimed at building momentum and inspiring action on youth priorities in national post-2015 frameworks and AIDS responses.

Through this work, we are addressing underlying causes of the challenges in the effective implementation of Comprehensive Sexuality Education (CSE); building an evidence base to understand gaps and weaknesses; challenging norms to open up Sexual and Reproductive Health and Rights (SRHR) discussions at local level; and strengthening civil society and youth capacity in accountability.

We recognize that a critical point of the Tikambe Project is to ensure that every young person has access to SRHR information and provisions as envisioned and stipulated in the ESA commitment. Information on access to legal and safe

abortion for young people is a very important factor under what is meant to be provided to young people under this commitment. Its importance is further strengthening by the ever escalating numbers of negative and fatal consequences experienced by young people as a result of accessing unsafe abortion services outside what has been provided for by Zambian law and the policies and strategies meant to guide its application. It is to this effect that we have produced this toolkit explaining in simple “youthful” language what is available under the law on legal and safe abortion. We believe that this toolkit will help in cementing governments wider efforts in making provisions under the ESA commitment a reality and help improve and safeguard the lives of young people.

The tool kit also focuses on the key duty bearers, including teachers and nurses and indeed others assigned with the responsibilities of directly implementing the provisions under the policies/acts and strategies. The toolkit includes information on other acts, policies and strategies which have an inclination towards young people's access to legal and safe abortion and or wider access to SRHR services as stipulated under the ESA commitment.

RELATIONSHIPS

THINKING AND TALKING ABOUT SEX AND RELATIONSHIPS AMONG TEENAGERS AND YOUTHS IS NORMAL.

Limpo shares with her close friends Manasse and Pezo that she has a boyfriend. They are young girls with a lot of questions about life, love and relationships.

Limpo,
Chikondi is
your
boyfriend?

Yes Manasse,
he says that
he loves me
very much.

Its better to wait
until the right time
to have a
relationship.

We have
discussed
sex.

YOUNG PEOPLE EXPERIMENT
WITH SEXUAL BEHAVIOUR AT
SOME STAGE IN THEIR LIVES..

Eh, abstain
from sex or
use a condom.

Hello
Limpo, Let's
go where
it's private.

CLEAR INFORMATION ON CONTRACEPTION, SAFE
SEX AND SEXUALLY TRANSMITTED INFECTIONS
(STIs) MUST BE SHARED WITH YOUTHS.

YOUNG PEOPLE NEED TO PROGRESSIVELY DEVELOP THE KNOWLEDGE, SKILLS AND RESILIENCE NEEDED FOR A HEALTHY, PRODUCTIVE AND FULFILLING LIFE.

PEER PRESSURE

PEOPLE ARE INFLUENCED BY PEERS BECAUSE THEY WANT TO FIT IN,

Chikondi wants to convince Limpo that he loves her. Limpo's friends are now also considering having boyfriends because Limpo their friend has a boyfriend.

Limpo, I want you all to myself. You know I love you...

We should wait until we are married Chikondi.

...There is no time to wait. Lets go to my place...

I also want a boyfriend. If Limpo has done it I will do it too.

PEER PRESSURE IS WHEN WE ARE INFLUENCED TO DO WHAT OTHERS ARE DOING, OR HAVE WHAT OTHERS HAVE.

I'm scared.

You don't have to have a boyfriend.

I hope you know what you are doing Chikondi.

Don't be such a coward. Everything will be just fine.

IT'S NOT ALWAYS EASY TO RESIST NEGATIVE PEER PRESSURE. BUT RESISTING PEER PRESSURE CAN MAKE US A POSITIVE INFLUENCE ON OUR PEERS.

RISKY BEHAVIOUR

Limpo trusts Chikondi and has allowed him to make all the decisions about sex in their relationship.

PEOPLE UNDER THE AGE OF 25 YEARS ARE AT INCREASED RISK OF CONTRACTING SEXUALLY TRANSMITTED INFECTIONS AND EARLY PREGNANCY.



TO REDUCE SEXUAL RISK BEHAVIORS AND RELATED HEALTH PROBLEMS AMONG YOUTH, PARENTS, GUARDIANS SCHOOLS AND OTHER YOUTH-SERVING ORGANIZATIONS CAN HELP YOUNG PEOPLE ADOPT LIFELONG ATTITUDES AND BEHAVIORS THAT SUPPORT THEIR HEALTH AND WELL-BEING.

OUTCOMES

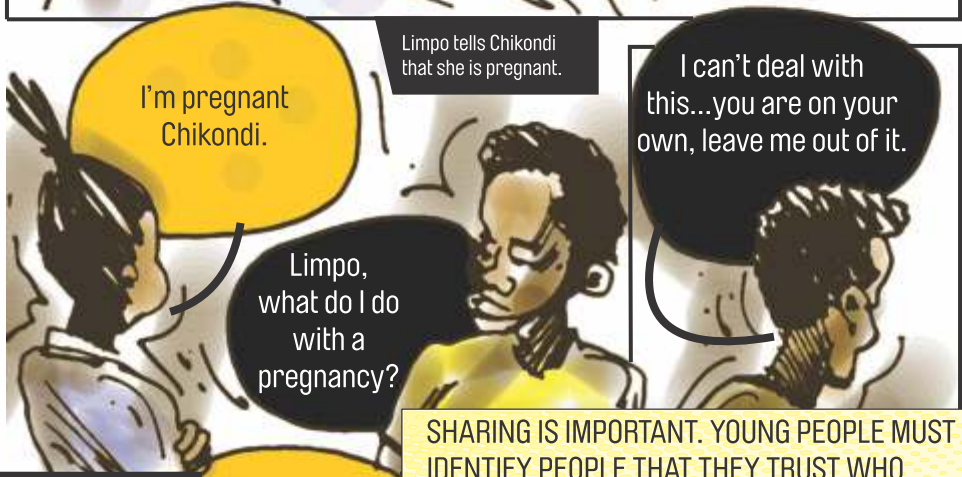
Limpo is now pregnant.

WHEN FACED WITH A PREGNANCY, DETERMINE THE AGE OF THE PREGNANT YOUTH AND WHETHER IT WAS CAUSED BY RAPE, INCEST AND IF IT WAS CAUSED BY AN ADULT.



What will I do? I'm too young to be pregnant, my parents will be disappointed with me...my schooling will be affected. People will laugh at me...What will my friends think?

Limpo tells Chikondi that she is pregnant.



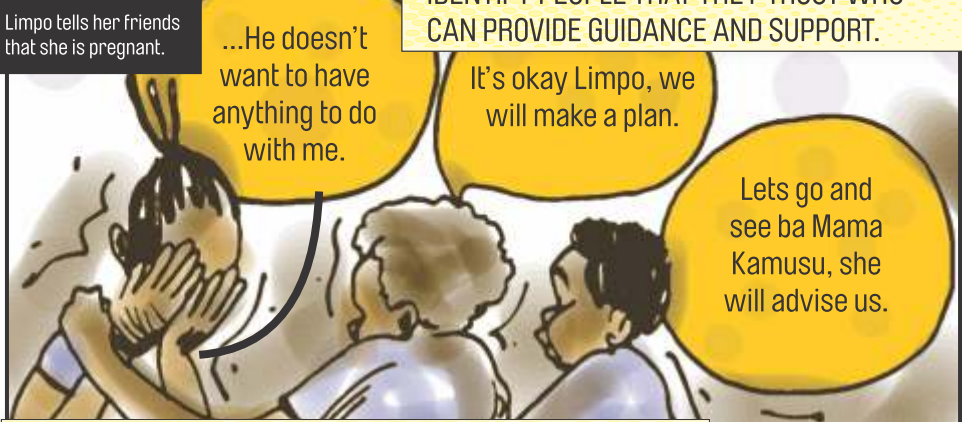
I'm pregnant Chikondi.

Limpo, what do I do with a pregnancy?

I can't deal with this...you are on your own, leave me out of it.

SHARING IS IMPORTANT. YOUNG PEOPLE MUST IDENTIFY PEOPLE THAT THEY TRUST WHO CAN PROVIDE GUIDANCE AND SUPPORT.

Limpo tells her friends that she is pregnant.



...He doesn't want to have anything to do with me.

It's okay Limpo, we will make a plan.

Lets go and see ba Mama Kamusu, she will advise us.

DON'T JUDGE, OFFER SUPPORT INSTEAD: A PREGNANT YOUTH WILL NEED THEIR FRIENDS TO BE SUPPORTIVE

UNSAFE ABORTION

Unsafe abortion is a procedure for terminating an unintended pregnancy either by a person lacking the necessary skills or in an environment lacking the minimal medical standards or both.

The three friends go to see Ba Mama Kamusu, a person in the community who they think can help with Limpo's situation.

I can help you with herbs and chemicals but you can die.

I need to know what you will do first.

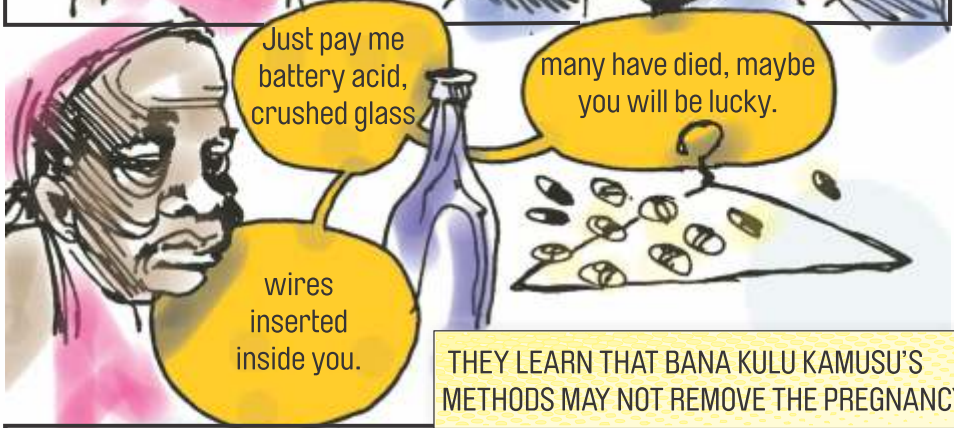
How dangerous is it?



Just pay me battery acid, crushed glass

many have died, maybe you will be lucky.

wires inserted inside you.



THEY LEARN THAT BANA KULU KAMUSU'S METHODS MAY NOT REMOVE THE PREGNANCY

Haaa...Nooo. I cannot go through with this.

Please take me to my parents. I will just tell them everything.

After learning about how risky and dangerous Ba Mama Kamusu's methods are, Limpo decides to let her parents know that she is pregnant.

METHODS OTHER THAN MEDICAL SAFE ABORTION CAN BE DANGEROUS. RESULTING IN INJURY, MEDICAL COMPLICATIONS AND DEATH.

WHERE TO GO FOR HELP

THERE ARE INSTITUTIONS WHICH ARE AVAILABLE TO PROVIDE COUNSELLING AND SUPPORT AND INFORMATION ON SEXUAL AND REPRODUCTIVE HEALTH ISSUES. YOU CAN VISIT ANY HEALTH FACILITY OR CONTACT THE FOLLOWING ORGANISATIONS : - MARIE STOPES 5600 :- CHAMP (U-REPORT) 878 TO REGISTER.



MOST WOMEN WANTING TO TERMINATE A PREGNANCY OPT FOR DANGEROUS ABORTION PROCEDURES. 30% OF MATERNAL DEATHS IN ZAMBIA ARE ATTRIBUTED TO UNSAFE ABORTIONS. ADOLESCENTS ACCOUNT FOR 75% OF TOTAL MATERNAL DEATHS CAUSED BY UNSAFE ABORTION.

THE LAW ON SAFE ABORTION

CHAPTER 304 OF THE LAWS OF ZAMBIA STATES THE CONDITIONS AND PROCEDURE UNDER WHICH PREGNANCY CAN BE TERMINATED.

You can be legally allowed a safe abortion if being pregnant or having a child is affecting (or will affect) your mental or physical health.



By law, doctors take into account your age and your environment (for example, who you live with, if you can afford to take care of a child) in confirming that it is affecting your mental or physical health.



LACK OF INFORMATION ON THE LEGALITY AND AVAILABILITY OF ABORTION SERVICES, CULTURE & RELIGION HAVE LEAD TO THE STIGMA ASSOCIATED WITH ABORTION CAUSING A CHALLENGE TO ACCESS TO SAFE ABORTION.

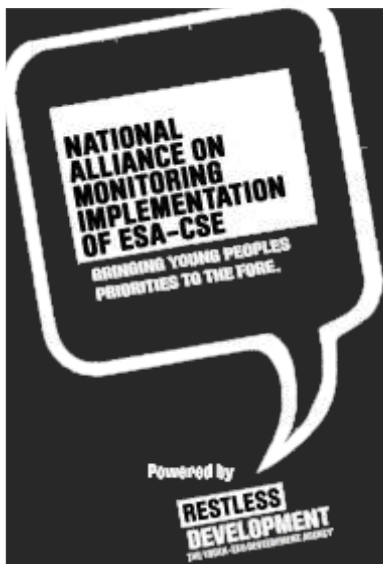
Safe abortion can be allowed if being pregnant or having a child puts your life at risk

and You are pregnant after being raped or defiled (if you had sex you didn't want or agree to)

Thank you for telling me about safe abortion, it can save lives to go to a hospital.



TO LEARN MORE ABOUT WHAT THE LAW SAYS ABOUT ABORTION, YOU CAN DOWNLOAD THE TERMINATION OF PREGNANCY ACT WHICH IS CONTAINED IN THE ZAMBIAN CONSTITUTION HERE:
<http://www.parliament.gov.zm/sites/default/files/documents/acts/Termination%20of%20Pregnancy%20Act.pdf>



NATIONAL ALLIANCE ON MONITORING THE IMPLEMENTATION OF ESA-CSE

The National Alliance on Monitoring the Implementation of ESA-CSE, is a national coalition of youth-focused civil society organisations supported by specific government ministries and departments which champion the rights of young people on SRHR and HIV with a gender component. Part of the work of the alliance

is to advocate, facilitate dialogue with decision makers and provide an amplified and coordinated voice regarding youth priorities specifically in the areas identified above.

Constituted as part of the key efforts under the Restless Developments Tikambe Project, the work of the alliance aims at generating evidence that is aimed at addressing the underlying causes of the challenges in the effective implementation of the Eastern and Southern Africa (ESA) Commitment; CSE and SRHR for young people; It seeks to improve access to SRHR information for young people and promotes genuine youth-led development through meaningfully consulting young people to bring their voices to policy-makers.

Our highest priority is to ensure that young people are able to have their voices heard on issues surrounding the implementation of provisions under the ESA commitment. Our ultimate goal is to contribute to the realization of a CSE implementation framework that is not only responsive to the needs and rights of young people but most importantly recognizes all stakeholders important to aiding the availability of these provisions.

The National Alliance on Monitoring the Implementation of ESA-CSE

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