

WE ARE RESTLESS

Annual Report 2022





AT THE HEART OF EVERYTHING WE DO IS YOUTH POWER.

More than ever the world needs young people's power and leadership to solve its greatest challenges.

We support the collective power of young leaders to create a better world. In 2022 we trained, mentored, nurtured and connected thousands of young people to use their youth power and lead change.

“

Given the right opportunity, we can raise our voice for our leaders to hear us. We demand to be consulted on issues affecting us.

”

Thokozile Banda, Restless Development Zambia

Our work in 2022.

13 programmes
across 31 districts.

200 volunteers
trained to lead change.

7600 young people
supported by volunteers to
multiply change in their
communities.

10,868 people in communities
supported by our volunteers
and changemakers.

27 organisations

signed up to the Youth
Collective digital
platform.

23 new partners

including governments and
youth-led organisations, with
a shared mission to scale
youth leadership.



Our reach.

We work with young people between ages 10–28 years old directly and with all youth up to age 35 in collaboration with our partners across the country. Our way of working allows us to operate anywhere, always in partnership with local young people.

Our reach differs depending on whether we are working on direct implementation with communities, through community-based organisations or local authorities, or to advocate toward and influence power holders.

We continue to diversify our reach both by activating new opportunities for youth-led change and leveraging ongoing efforts of our organisation and our partners.

Currently, we operate in 51 districts (71% of all districts) across six provinces; Central, Copperbelt, Eastern, Lusaka, Northern and Southern Provinces. This reach is a snapshot in time and will change based on the needs and opportunities of young people and the projects through which we work.



Spotlight on Accountability

Young volunteers on the Tikambe 'Let's Talk' project hosted a National Youth Dialogue on SRHR under the theme "Engagement of Adolescents and Young People in the Development and Implementation of the Adolescent SRHR programming"

The event brought together policy makers, young people and experts to reflect on the progress and challenges young people face when accessing SRHR services.

The event saw partners recommit to advancing the implementation of adolescents and youth-friendly SRHR across the health and social services systems in Zambia.

During the panel discussion, youth activists working on SRHR and representatives from the Ministries of Health and Education, considered the actions which can be taken at the policy level, at service level and at the societal level, to address barriers to young people's access to SRHR services. This included multi-sectoral and youth-friendly services, Comprehensive Sexuality Education, as well as increased awareness on young people's sexual reproductive rights.

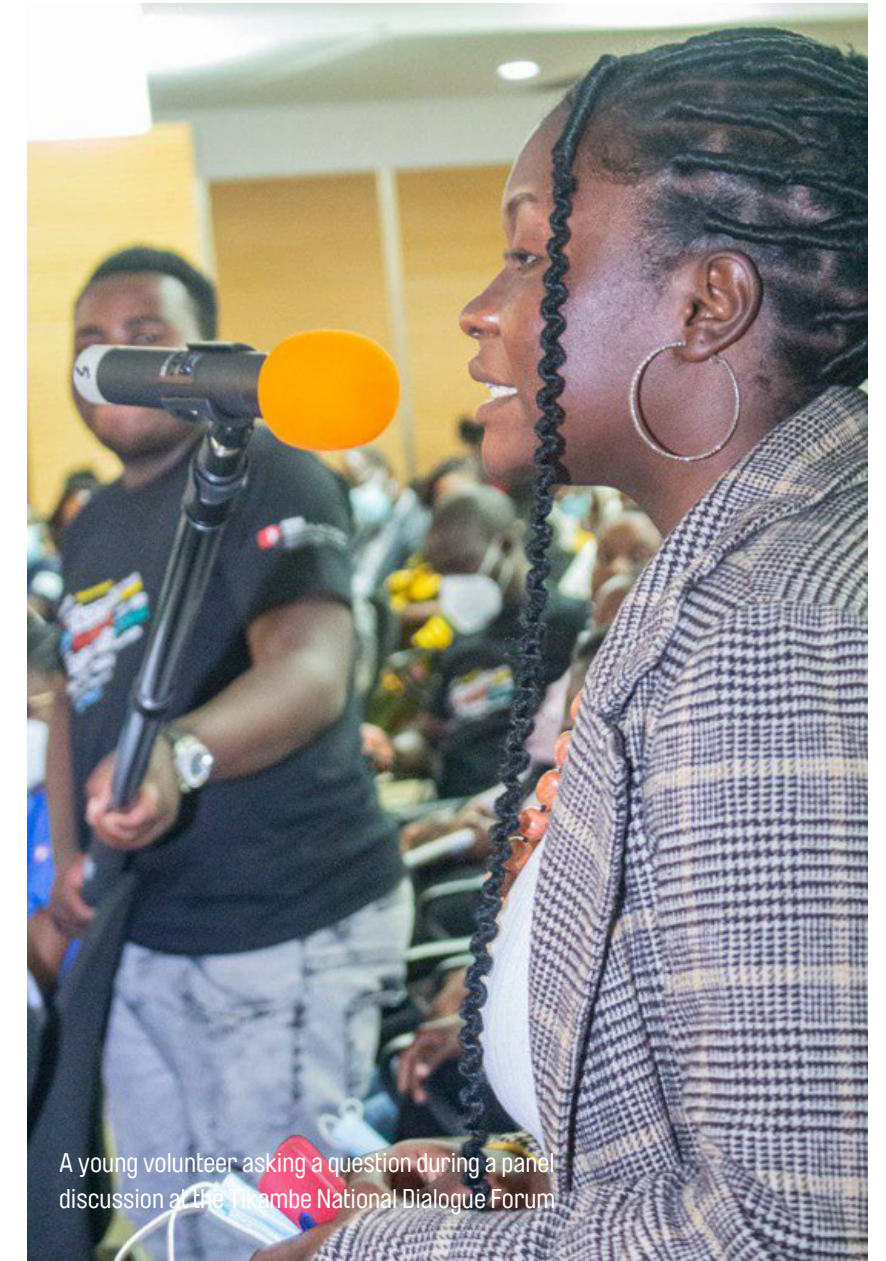
Minister of Health, Silvia Masebo who graced the dialogue spoke of the centrality of SRHR for the health of young people.

"We need to be more practical than talkers; because we have the youngest population in the world. We cannot allow girls to become mothers, as well as allow boys be fathers at their tender age. Let us not shy away from the adolescent health challenges we are facing as a country"

Adolescent representatives comprised of both girls and boys from primary, secondary schools, and out of school young people who discussed issues that affect adolescents and they came up with a position that shared their needs and recommendations to different influencers and policy makers.

The dialogue serves as a national platform to foster meaningful youth participation and provide a space and voice for young people and youth organisations to set and drive their own development agenda and promote the involvement of young people as key partners in the implementation of key youth policies and the SRHR Agenda for Zambia as well the UN Agenda 2030.

The 2022 edition of the Dialogue focuses on Enhancing Access to Sexual and Reproductive Health and Rights (SRHR) services for young people and improve the delivery of Comprehensive Sexuality Education.



A young volunteer asking a question during a panel discussion at the Tikambe National Dialogue Forum



Minister of Health, Hon. Silvia Masebo speaking during the Tikambe National Dialogue Forum



Young people interacting with, Hon. Silvia Masebo during the Tikambe National Dialogue Forum

Spotlight on Accountability

In 2022, Restless Development embarked on a consultation to understand young people's expectations from the government post-2021 general elections in Zambia.

Prior to the elections, Restless Development working in a consortium with other NGOs with other youth-focused organizations developed a Youth Manifesto which reflected the collective voice of the young people of Zambia. The Youth Manifesto presented and outlined the pressing needs and priorities that the young aspired to be addressed by those that were seeking political leadership.

Following the election results, Restless Development embarked on a consultation to understand young people's short term and long term expectations. The consultation revealed major findings that have been utilised in the advancement of meaningful youth engagement, showing the effectiveness of engaging young people regarding their specific needs and feeding into national processes.

The research used a mixed methods research design which combined elements of qualitative and quantitative research approaches for the broad purposes of breadth and depth of understanding and corroboration. A questionnaire was used to interact with 3,131 young people across the five of the ten provinces of Zambia.

Young people's overall expectations from the new government:

We gave young people a list of ten themes to select their key expectations from the new government.

The findings indicate employment or job creation as a key expectation as indicated by 91% (2,848) of the respondents, this is followed by 80% (2,507) that mentioned lower food prices. 74% of the respondents indicated fight against corruption, 73% mentioned entrepreneurship support, another 73% mentioned Provisions of free and quality education, 72% indicated quality and affordable health care for all with another 72% indicating participation of young people in governance and decision making, 67% mentioned end to political violence, 51% explained they expect transparent governance, 46% indicated environmental protection with 39% mentioning that they expect to see technological development from the new government.

Young people interacted during the consultation expressed that the success or failure of the new government is based on their fulfillment of their manifesto. Young people were able to mention key aspects of the promises during the campaigns that will be a basis for measuring success or failure.

“Success will be when we see Provision of Employment and quality and affordable health care, road networks rehabilitation, Lower food prices and quality and affordable health care”.



Spotlight on

SHE SOARS

Sexual and reproductive Health and Economic empowerment Supporting Out-of-school Adolescent girls' Rights and Skills

In partnership with CARE Zambia, we launched a project called Sexual and Reproductive Health & Economic Empowerment Supporting Out-of-School Adolescent Girls' Rights and Skills (SHE-SOARS).

The SHE SOARS delivers inclusive, holistic Adolescent Sexual Reproductive Health and Rights (ASRHR), life skills, and financial literacy programming for out-of-school adolescent girls in Kasenengwa, Mambwe and Chadiza districts of Eastern Province, Zambia and directly supports 19000 adolescents from the three districts .

Speaking at the Launch of the SHE-SOARS which was attended by His Royal Highnesses Chief Madzimawe and Chief Zingalume in Chipata, Care Country Director Chikwe Mbweeda, said the project advances the Adolescent Sexual and Reproductive Health and Rights (ASRHR)

"SHE SOARS will directly support over 15,000 adolescent girls and over 4,000 adolescent boys in Zambia and indirectly reach over 34,000 men, women, boys and girls in the three districts. The project is also being implemented in Uganda and Kenya for impact maximization."

The SHE SOARS works to increase enjoyment of health-related human rights by the most marginalized and vulnerable women and girls' rights holders, particularly out of school adolescent girls in The project also works to provide evidence-based sexual and reproductive health information, address

root causes of gender-based inequalities, improve health services, and work with young people particularly girls, to promote decision-making about their lives and bodies.

During the launch, varying views were heard from young people on how they will meaningfully participate in the implementation of the project.

Jemimah Chiponya, 14, grade 9 pupil at Chadiza Day Secondary School emphasised about the need to consult young people on projects designed for them.

"Every year, there are so many girls who fall pregnant and never return back to school. Most of them either get married or completely forget about school. With the coming of the SHE SOARS, early marriages and teenage pregnancies will be reduced."

Since inception, the SHE SOARS has achieved the following:

- Established 53 girls' groups with 1105 receiving a full ASRHR girls' curriculum.
- Established 51 role model boys' groups with 1054 receiving the full Role Model Boy ASRHR curriculum.

- Trained 222 young people in community score card approach who have implemented 11 community score cards rounds in 11 communities bringing together girls, boys, women, men, service providers and duty bearers to address challenges their communities face in provision of SRHR services for adolescents.
- Trained 181 young people in social analysis and action to challenge gender and social norms in the 3 project districts.
- Reached 404 men, women, girls and boys with gender and social norms transformative activities.



Jemimah Chiponya, 14, speaking during the launch of the SHE SOARS project in Chipata district

Spotlight on CSE Education

In the transit town of Serenje, a peri-urban district in Central Province, the rates of teen pregnancies, STIs and HIV infections among adolescents and young people is high. This is because many young people were failing to access SRH services because they had little knowledge on their sexual reproductive rights.

However, this is changing, thanks to the O3 project implemented by Restless Development and the Malcom Moffat College of Education with support from UNESCO.

The O3 project focuses on strengthening teachers' capacity to deliver sexuality education that equips children and young people with the knowledge and skills to make responsible choices about their sexual and reproductive health.

Silungwe Harvey, District Education Board Secretary (DEBS) of Serenje District explains that the situation is now changing following the Comprehensive Sexuality Education lessons (CSE) lessons which are equipping young people with different information on how they can avoid getting engaged in negative peer pressure.

“Comprehensive Sexuality education is very important to our learners in both primary and secondary education in the way that it gives the right information which the learners can use in their lives and what we have seen is that the number of girls that are dropping out because of pregnancies has significantly been reduced.”

“Since the beginning of the O3 there has been a rise in the uptake of sexual reproductive health services. Many young people are accessing sexual reproductive health services because they were given the right information. The way young people are attending to youth friendly health service clinics is another indicator that there is a rise in the service uptake behavior by young people.”

Shimpo Mwanza, a teacher at Chibwe Secondary School says that since the beginning of the Comprehensive Sexuality Education, many learners are now freely accessing sexual health services at health facilities.

“The information the learners are getting is empowering them to make right decisions with their sexual lives. For instance, previously many learners believed that a girl that was just starting to develop breasts needed to have boys touching the breasts so that they could fully grow. There was another misinformation that indicated that an HIV positive young person got cleansed if he had intercourse with a person with albinism. But all this is changing, CSE is helping to debunk the myths and misconceptions.”

Peter Chibwe, a parent to one of the learners says ;

During class lessons, our children are taught on how they can effectively use different forms of contraceptive methods



A teacher making a presentation on the importance of CSE during a teacher training in Serenje

including condoms which help them practice safer sex. As a parent I'm happy that my child is equipped with sexuality education which is helping accessing health services from the clinic and this has protected her from contracting unplanned pregnancy as well as STIs."

The O3 project is funded by the Swedish International Development Cooperation Agency (SIDA) through UNESCO aimed at strengthening the implementation of comprehensive sexuality education (CSE).

Implemented by the Malcom Moffat College of Education and Restless Development, the O3 project executes CSE through the development of well trained teachers in Central Province.

Restless Development has committed to providing technical support to trained teachers in CSE through CSE school based training, role model sessions with parents to promote parent-child communication in CSE and SRHR, orientation of traditional leaders, campaigns on early unintended pregnancies (EUP) and running school community health awareness events.

The project also looks to improve sexual reproductive health, gender, and education outcomes for adolescents and young people in Zambia thereby reducing new HIV and other sexually transmitted infections, unplanned pregnancies as well as curbing gender-based violence.

OUR IMPACT STORIES

AGNES'S STORY

I FACILITATE FOOTBALL DRILLS LESSONS IN COMMUNITY FOOTBALL TEAMS TO SHARE SEXUAL HEALTH INFORMATION WITH YOUNG PEOPLE. ”

Agnes Malunga, 22, is a football player who plays for a youth football team in Katuba, a rural community in Mkushi District, Central Province, Zambia.

Growing up, Agnes always played football – a male-dominated game in her village. Often, she got discouraged from playing as she was expected to be at home helping out with house chores.

“My interest in football started when I was in primary school, in fifth grade. During lunch breaks, I used to play football on the soccer field. It was very entertaining and I felt happy each time I played.”

Now at the age of 22 and a single parent, Agnes is using football to train other young people and share sexual health information on contraception, Sexually transmitted infections (STIs) including HIV testing.

In Agnes's community, teenage pregnancy and early marriage are problems facing many girls. The vast majority of girls are enrolled in primary school. Once they reach secondary school, many are forced to drop out and are married off to support their families financially.

“There are few options for young people to lead fulfilling lives here. Due to this, many young people are forced to partake in illegal behaviors like drug use and unprotected sex.”

In 2021, right after entering the 10th grade, the third year of secondary school, Agnes became pregnant.

On discovering Agnes's pregnancy, her mother had little choice but to push her to quit school and get married. Agnes' mother, a small-scale farmer, would then receive five cows as a gift in exchange.

In Zambia, young girls that fall pregnant face stigma which forces them to drop out of school. Eventually, they are married off in exchange for cattle, a practice most prevalent in very poor families.

“All my dreams were shattered. The thought of getting married at an early age left me broken.”

Many girls in her community tell a similar story: living in vulnerable households, becoming pregnant, which ends their regular schooling immediately. Very few girls return to school after giving birth in rural Zambia as getting pregnant means a start to marriage for many.

This changed when football drills were introduced in Agnes's neighbourhood by Restless Development and Tackle Africa. Girls like Agnes, who had dropped out of school after becoming pregnant, were enlisted to play football and were given training on how to use football drills to improve sexual health education.

“The impact on young people has been great. They are able to access contraception such as condoms while playing football.”

In addition to encouraging teamwork among the players, the football drills also include information on how to obtain contraceptives like condoms and HIV testing.

“My vision is for every young person to have access to contraception in order to prevent early marriage and pregnancy.”

Before becoming Captain of the football team, Agnes received football drills training and support from Christine, a Restless Development volunteer.

“Our sessions don't just provide young people with knowledge. We also work to develop resilience and the confidence to have safe sex or refuse sex altogether. For young women especially, that can be a difficult conversation in a male-dominated society, and it's often not something girls even think is an option.”



Agness displays a soccer ball and condom during a football match in Serenje

MUBANGA'S STORY

Mubanga is one of the youngest business owners in Katondo, Kabwe, employing four other young people. Together they do carpentry, bricklaying and painting each day, providing a good living for themselves and their families.

Things were not always this way for Mubanga and still aren't for many young people who face huge challenges when it comes to making a living.

Before setting up his business, Mubanga's livelihood depended on subsistence work like gardening, which provided him with a small income.

All this changed when Mubanga received financial literacy training and support from Karen, a Restless Development volunteer on the Tusunge Lubono "Let's Grow Our Wealth" project.

Karen's financial literacy training and the community savings groups are organised through Restless Development's "Tusunge Lubono" (Let's Grow our Wealth) project. It aims to recruit young leaders in communities who train other young people so that they can support each other to make a decent living.

The trainings also include Business Development Service which supports young people to understand everything they need to run a sustainable and profitable business, from book-keeping to marketing.

This training enabled Mubanga to kickstart his vision for a successful business of carpentry, bricklaying and painting.

At the end of the trainings, Mubanga opened his own business. He has faced many challenges:

As his business grew, Mubanga's monthly income increased. He started making a profit of 1000 Kwacha per month, which he used to buy more equipment to aid his business.

Now, his business is thriving and he has ambitions to buy more equipment to secure business further afield and serve other communities.

He would also like to expand his business so that he can employ and train other young people in how to run successful businesses.

Mubanga's work and spirit is not only driving his local economy, but opening doors for more young people to change their communities in other ways.

The Tusunge Lubono project is funded by the Swedish International Development Cooperation Agency (SIDA) and is run in partnership with the Financial Sector Deepening Zambia (FSDZ).



Financial Inclusion for Young Couples

In Zambia's Central Province, Kabwe district, Mary and her husband, Mr. Ngoma are celebrated for their hard work, passion, and enterprise in their community – Nakoli.

Trained by Restless Development Zambia on the Couple's Savings Group model, Mary and her husband have not only benefited from the knowledge but also uplifted many women's lives by sharing their knowledge.

Before Restless Development introduced the Couple's Savings Group model, Mary and her husbands just like many vulnerable couples, struggled to meet daily needs for their household.

"Life was not as easy as it is now, in the past we used to face many challenges", she testifies. "We could not afford to have three meals a day, and the most painful thing was failing to support our children with their school needs."

When Restless Development introduced the Couples' Savings Group model in 2022 in Nakoli, Mary and her husband were reluctant to join but little did they know of what benefit the model was going to bring to their family.

"I did not believe in the couples' savings group at first; all I wanted was to be given money and I thought they only wanted to take away our little hard-earned money in the name of savings", says Mary.

However, after noticing improved livelihoods among couples that joined earlier, Mary and her husband admired and developed an interest to join one. And while Restless Development was still conducting its Couples' Savings trainings, Mary and her husband expressed interest in being trained so that they too could benefit from the savings group model to improve the well-being of their family.

"It's one of the best decisions about managing our finances I ever learnt. Saving with my husband has helped us better plan our finances. From our sales every week, we agree together how much we should take to the saving group. Our financial goal this cycle is K3,500 for iron sheets so that we roof the house we are building. Saving together has helped improve transparency around finances in our home."

Mr Ngoma adds "Saving with my wife means that I will no longer have surprises at that end of the cycle of outstanding loan balances as was the case when she saving alone in an all women saving group. We have borrowed to capitalize our business and also keep our children in school. We plan all credit we contract together, and plan our loan repayments together."

Restless Development's Couples' Savings Group model advances gender equity and addresses traditional power imbalances among couples.

Hence the idea to develop a model of savings group where a young couple, newly married, can join as a unit, learning together how to grow the household finances. Before traditional norms can set in and husbands are used to keeping all the control, a young couple joining the savings group would learn about saving money together, making money together, investing money together – for the benefit of the whole family. This prevents cases of domestic violence as husbands are as engaged as their wives in the process.

This also averts wives depending on their husband's authorisation to be able to join a savings group. It would avoid one spouse having to use their share-out to provide for the household while the other keeps his/her savings – or one spouse making all the decisions on household finances.

Through this young couple's savings group model, Restless Development addresses the root cause of

financial exclusion for women—low access and control to assets. A total of seven couples saving groups have been formed in this pilot phase. In this model, 10–15 couples save on a joint account in the saving group. They contribute to a social fund, to cover each other against emergencies like sickness, funeral etc. They lend each other money, with couples borrowing as one. The young couples are influenced to set financial goals (short term, medium term and long-term goals) to save towards within the group.

These goals are taken note of by the group and each couple is supported to work towards their goals. To support the process of young couples arriving at their goals, they go through a training in household budgeting. Critical to the budgeting process is learning to split all household income for these low income households into household spending (60%), Investment (30%) and Emergencies (10%). Couples are taught that with an increase in income, the percentages would change leading to a reduction in the percentage for household expenditure.

To address the root causes of gender inequality in financial inclusion, participatory tools are administered the group to unveil unequal power relations. They include the 24-hour clock – to discuss time use, Household Activity profile – to discuss sharing of chores and the Access and Control Profile – to discuss asset ownership between men and women.

The observed results of this couple's model so far are that young men and women are demonstrating;

1. improved equal access to household resources and decision-making leading to more gender equitable households
2. Young couples demonstrate a desire for increased access to financial inclusion services on the market.
3. The process of forming couples saving group takes a community-led model that is replicable and scalable.

This model is currently being piloted in Kabwe and is continuously generating insights from the young women and men to inform the adaptive design of the model as a bigger component of financial inclusion for women.



Mr. and Mrs. Ngoma at their plot in Nakoli, Kabwe



Mr. and Mrs Ngoma take stock of groceries in their shop in Nakoli

PELINA'S STORY

SUPPORTING YOUNG PEOPLE WITH DISABILITIES TO ADVOCATE FOR THEIR RIGHTS.

Pelina is a 18-year-old young leader and youth accountability advocate from Kapiri Mposhi, Central Province, Zambia.

Since joining the Restless Chimwemwe Teens Project, Pelina has been passionate about working with young people to ensure their meaningful participation in community-led change.

Together with her peers, Pelina works to ensure young people's voices are heard especially those living with disabilities.

“It was difficult for me to access school because of my condition. Even when I managed to get an education...it was difficult to get a job. Everyone said I couldn't handle any job because of my condition.”

Pelina has always advocated for the inclusion of people living with disabilities.

“I wanted to get more knowledge in disability inclusion and learn how I can help people living with disabilities access equal opportunities and social services like non-disabled youths. And I wanted to change society's mindset towards people living with disability.”

Then, in 2021, Pelina was recruited on the Chimwemwe Teens – a Restless Development Project that aims to improve the follow up, care and services targeting vulnerable adolescents, in particular girls towards an efficient case management system for vulnerable adolescent girls and young women, as well

as to improve resilience and health outcomes among vulnerable adolescents. has acquired advocacy skills and supports young people with disabilities to advocate for their rights.

“I saw how motivated Restless Development's young leaders in Mkushi as they were mobilizing other young people, and how they learnt to tackle community challenges together through their workshops. This made me want to become one of them.

Pelina is now a young volunteer on the Chimwemwe Teens Project and combines what she learns from Restless Development with her passion to promote disability inclusion.

“On the Chimwemwe Teens Project, I learned about how to advocate for the rights of people living with disabilities. I became assertive and confident about engaging with people at different levels.”

During workshops, Pelina uses her skills to communicate with young people and helps them learn about their rights and how they can advocate for them.

To multiply her impact, she educates her community about prioritising the rights of young people with disabilities.



Pelina, a young volunteer on the Chimwemwe Teens project

OUR YOUTH COLLECTIVE

The aim of the Youth Collective is to build and strengthen Youth Civil Society, supporting the sector to thrive.

In 2022, we trained and supported 15 community-based youth-led and youth-focused organisations in accountability.

This is part of our Aim Youth Power project that supports youth-led accountability of duty-bearers articulated around the capacity-strengthening of a network of youth-led organizations that are already active in youth-led accountability.

The trainings focused on advocacy, a rights-based approach to development, stakeholder mapping and analysis, budget tracking, project cycle management, gender and social inclusion, and monitoring and evaluation (M&E). The community-based organisations on the Aim Youth Power project are drawn from the Copperbelt, Central, Lusaka, Luapula and Southern Provinces.

Lucy Chintu, from Ubuchengo, a community-based organisation in Ndola, Copperbelt province has been attending trainings organised under the Aim Youth Power project

"I learnt new things such as meaningful youth engagement, inclusion and safeguarding. My organization is now well equipped to advocate for policies that will influence change."

The trainings ensure that the capacity of youth-led organizations is strengthened and increased to deliver for their peers and communities in a sustainable way. With this increased capacity, the youth-led organisations will be able to inform and influence state actors on service provision issues pertaining to young people and will take action for dialogue between state actors and young people.

"I will be going back to my organization with a lot of new learning and ideas. This knowledge will definitely help my organization move forward and strengthen its activities toward promotion of community voice, and accountability."



Partnerships.

We work with our partners to achieve youth-led change on a bigger scale. We collaborate with individuals, businesses and organisations from a diverse range of industries and backgrounds that align with our values and vision.

AAAZ Partnership

We signed a partnership agreement with the Alliance for Accountability Advocates Zambia (AAAZ) to jointly implement projects in the area of youth development with a focus on democracy, governance and accountability.

Our collaboration saw us strengthen the capacity of young people, the media and duty bearers to create a network of advocacy for youth priorities in various areas of their development.

We are also working to develop a National Governance Strategy in collaboration with other Youth-Led and Youth-Focused organisations.

In the pictures AAAZ Country Director Mr. Luchembe Chilufya and Restless Development Program Manger (Voice) – Lombe Tembo sign partnership agreement at Restless Development Offices in Lusaka.



BBC Media Action



Together with our partners BBC Media Action, we launched the Tikambe Natulande TV show which focusses on Sexual Reproductive Health communication for adolescents.

The Tikambe TV show is part of our initiatives on the Tikambe Let's Talk Project – a joint BBC Media Action and Restless Development project in Zambia that uses an integrated communication approach to get young people openly talking about sex, sexually transmitted infections (STIs), and how to prevent HIV and AIDS.

The project combines a weekly radio show, a television talk show, policy engagement events, outreach activities, and peer-led education and training in life skills. The programme seeks to help young people look after their sexual health and improve their knowledge of their reproductive rights, and also empower youth to claim their rights to access youth friendly sexual and reproductive health (SRH) services and be able to effectively interrogate and engage local and national authorities on key sexual and reproductive health and rights (SRHR) issues.

Marie Stopes

We entered a new partnership with Marie Stopes to implement the Youth for Health (Y4H), an initiative that works to expand access to life-changing adolescent sexual and reproductive healthcare and rights (ASRHR), with a focus on reaching the poorest and most marginalised adolescent girls, including those with disabilities.

In doing so, we are in a Y4H consortium with several partners, each bringing a wealth of experience working with and for adolescents, including in youth-friendly services; youth-led accountability and participation in governance; youth leadership, especially of young women; youth mobilisation; community engagement; as well as long-standing media and communication experience.

Chimwemwe Teens

As part of the Empowered Children Adolescent Programme (ECAP II) ECAP II consortium, we implemented the Chimwemwe Teens Project which aims to improve the follow up, care and services targeting vulnerable adolescents, in particular girls towards an efficient case management system for vulnerable Adolescent girls and young women, as well as to Improve resilience and health outcomes among vulnerable adolescents by complementing the ECAP II consortium's intention to strengthen a comprehensive case management pathway.

With support from Project Concern Zambia, we committed to improve Follow Up, Service delivery and Accountability to respond to the young people's sexual and reproductive health needs. To deliver on this commitment, the project identified and recruited 20 adolescent girls and young women in 2 communities of Kapiri Mposhi namely; Mutaba and Matilyo to support the delivery of the planned project activities. The trained adolescents' agents of change are responsible for designing, implementation and monitoring of the project's set pillars. The project has also committed to strengthening the capacity of the Empowered Children Adolescent Programme (ECAP II) partners in the area of Meaningful Youth Engagement.

Launched: Restless Development Zambia's Strategic Plan

In 2022, we launched a new strategic plan (2022–2030) which sets out our vision and plan to support youth power to create better communities across Zambia.

The strategy titled "Unlocking the Potential of Youth-led Development through Youth Leadership" prioritises education and livelihoods, voice and governance, sexual reproductive health and rights, and climate justice programmes to impact young people and their communities. The new strategy also integrates mental health, digital innovation and youth leadership across all the programmes.

Inspired by our 18-year journey of multiplying leaders in different communities, Restless Development will achieve this through leveraging our networks, local partnerships and expertise to fundraise over the eight years –2022–2030.

Officiating at the launch, Director of Youth in the Ministry of Youth, Art and Sports Mr. Bright Hansinga stated that young people are integral development partners and a huge resource from which the country of Zambia can enhance economic and social development.

"To develop in all sectors, it is important to involve and consult with young people in all levels of decision making especially on matters affect them."

Chanda Chisenga, Restless Development Zambia Hub Director led the leadership team and staff at the launch in Lusaka. She underlined that young people were at the center of the new strategy.

"The way to this strategy mapped out both the highly participatory, youth-led and consultative approach to inform our new strategy including what young people told us about their priorities, what needs to change in the world and what Restless Development's role should be"





Power Shifting.

In developing our new strategy we wanted to ensure that we are taking a transformative approach in both how we work and what we work on.

We were keen to set a vision that brought together our ambition and targets from a range of approaches under one vision, including Restless for Racial Justice, our Gender Transformation, and our Community and Youth-led approaches.

Restless Development now takes a Power Shifting approach. By this we mean that we recognise that we have a responsibility to restore power and resources to people and communities who have been oppressed through systems such as colonialism, racism, sexism and classism.

In our new strategy we have created a Power Shifting Checklist to guide all our work, and form the foundations of our new agency model. One example of our Power Shifting commitments is to increase the resources we redistribute to youth civil society organisations as flexible income.

We have also seen significant changes to the Restless Leadership Team, which is now majority people of colour and spread across seven countries, with less than a third in the global north. Our International Team has also changed – tipping the balance – from the majority being in the UK, to the majority being in Africa and Asia.

Addressing inequalities, especially historic and hidden, remains a huge priority for us. Power Shifting will continue to be a focus of our work and we're keen to learn from others and continue to shape the sector to shift power. Hence we will be bringing in a new Power Shifting lead to drive this agenda forward in the next financial year.

POWER SHIFTING CHECKLIST

We've created the Power Shifting Checklist to guide the work that we do and to help others that want to ensure all young people have the power to lead.

1. PRIORITISE YOUTH LEADERSHIP

- ✓ Trust young people to lead from the outset.
- ✓ Support youth-led organising.

2. PRIORITISE SAFETY & HAPPINESS

- ✓ Protect the health and safety of young people.
- ✓ Support youth happiness and wellbeing.

3. TRAIN, SUPPORT & RESOURCE YOUNG LEADERS

- ✓ Plan Ahead. Provide and resource tailored inclusive training and support to all young leaders.
- ✓ Compensate fairly. Ensure no young person is doing unpaid work, or is out of pocket due to their commitment.
- ✓ Fund locally led youth groups and organisations.

4. BE OPEN, DYNAMIC AND ACCOUNTABLE

- ✓ Learn. Invest in monitoring and evaluation and build a culture of learning.
- ✓ Ensure Dynamic Accountability. Let young people participate fully, be transparent and provide a continuous feedback loop.

5. INTENTIONALLY SHIFT POWER

- ✓ Recognise Intersectionality. Acknowledge that everyone has a unique experience of discrimination – and be intentional about removing barriers for every young person.
- ✓ Let communities lead their own development.
- ✓ Let young people be holistic leaders, to inform, influence and deliver their own futures.

6. BE RESTLESS: FLEX, INNOVATE & CREATE

- ✓ Youth Power is not bound by existing systems or the status quo. Give young people the space to flex, innovate and create new ways to have impact.



A message from the Hub Director.



In 2022, our ambition was not just about working with young people, it was about building new leaders and shifting power to the communities we work with. In doing so, we delivered programmes that are gender transformative, inclusive and holistic.

We worked and delivered inclusive, holistic Adolescent Sexual Reproductive Health and Rights (ASRHR), life skills, and financial literacy programming for the most vulnerable young girls who are victims of sexual gender-based violence and young people living with disabilities.

As part of our accountability and governance programming, we trained young people to conduct research, and document their experiences in order to effectively influence decisionmakers, shaping both government policy and community attitudes.

We organised policy engagement events and dialogue meetings and provided opportunities for young people to engage in person with government ministers, health care providers, parents, and teachers about their SRHR.

The policy engagement events involved debates with decision-makers around key issues that affect young people like youth friendly service provision in communities. Policies that affect youth were identified and reviewed and key issues identified that require change. This led to an increase the number of institutions formally consulting with young people in their strategies, plans, and budgets.

We worked with 15 community-based youth-led and youth-focused organisations to amplify youth voices regarding youth-led accountability. We trained the community-based organisations in advocacy, rights-based approaches to development, stakeholder mapping and analysis, budget tracking, project cycle management, gender and social inclusion, and monitoring and evaluation (M&E).

For the year ahead, we want to reach more young people with direct interventions, our youth collective and have been strengthened and mobilised around youth-led change.

Chanda Chisenga Nkhoma

Hub Director, Restless Development Zambia

A message from a young volunteer.



Thank you for the opportunity to share my reflections with you in this year's annual report. I am proud to be part of the peak youth generation of young people who are pulling their own weight tackling sexual reproductive health rights and HIV issues affecting young people.

Working alongside other young advocates through Restless Development was a challenging but also very productive experience. I have received more than I have given to the community.

As a young leader in my community, It is encouraging to know that my efforts contributed towards behaviour change of other young people. Restless Development made me enjoy working with hyoung people and I will continue to do this beyond my volunteering journey.

I led my peers in organising Sexual Rights sessions and awareness campaigns, community dialogues, and sessions on Internal Savings And Lending directly reaching out to in and out of school youth. From this I acquired skills including how to lead and work with teams, facilitation skills, budgeting, community engagement and mobilisation skills, how to communicate effectively and how to engage key community stakeholders.

Above all I acquired excellent leadership skills that will come in handy in my career. Through my experience, I learnt how we have the power, potential and energy to tackle some of the biggest challenges facing our communities, country and planet.

I plan to work closely with young people with disabilities. With sign language skills I shall be able to communicate better with deaf young people in my community, deepening access to sexual rights information and services to diverse young people.. I want to acknowledge and applaud Restless Development for the great opportunities they have given thousands of young people and I, over the last year, to become Leaders and agents of positive change.

Grace Banda

Young Volunteer, Restless Development Zambia

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