

Fact Sheet: Ujana Wangu Nguvu Yangu

Building an enabling environment to realize adolescent's sexual and reproductive health and rights in Kigoma Region

Reaching the furthest behind

The Kigoma Region of Tanzania has been host to frequent and prolonged refugee crises since the early 1960s. As of 28 February 2019, 282,650¹ refugees, primarily from Burundi and the Democratic Republic of Congo, were hosted in three refugee camps in Kigoma Region: Nyarugusu, Nduta, and Mtendeli Camps. With the highest poverty rate in the country (49 per cent according to the National Bureau of Statistics) and a very youthful population - 67 per cent of the population is below 24 years of age² - Kigoma Region is in need of investment to build the resilience of local communities and to meet the sexual and reproductive health (SRH) needs of adolescents and young people, both in local communities and in refugee camps.



Reproductive health indicators⁴ - Kigoma Region



ADOLESCENT CONTRACEPTIVE PREVALENCE RATE (modern methods)

7 per cent
15 to 19-year-olds

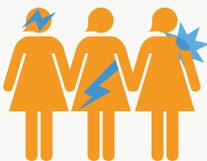
21 per cent
20 to 24-year-olds

ADOLESCENT PREGNANCY RATE (15 to 19 years)
32 per cent

ADOLESCENT FERTILITY RATE (15 to 19 years)
132 per 1,000 live births

GENDER-BASED VIOLENCE

Kigoma Region has the second highest rate of gender-based violence (GBV) in the country.⁵ Women and girls living in Kigoma's three refugee camps are particularly vulnerable to GBV as the risk of violence, exploitation and abuse is heightened in humanitarian settings.



23.1 per cent of women (15 to 49 years)
report they have experienced sexual violence.



42.6 per cent of women and girls (15 to 49 years)
report they have experienced some form of physical violence.

¹ Tanzania Refugee Statistical Report. UNHCR. 28 February 2019.

² Tanzania Demographic and Health Survey (TDHS) 2015/16.

³ Ibid.

⁴ TDHS 2015/16.

⁵ Ibid.

Meeting the sexual and reproductive health needs of adolescents and young people

Launched in July 2018, the Ujana Wangu Nguvu Yangu Project responds to the tremendous SRH needs and challenges faced by adolescents and young people, both in the community and in refugee camps, in Kigoma Region. UNFPA is implementing the four-year project, funded by Irish Aid, in partnership with the Ministry of Health, Community Development, Gender, Elderly and Children (MOHCGEC), the President's Office Regional and Local Government (PORALG), Regional Administrative Secretaries (RAS), Local Government Authorities (LGAs) and selected NGOs/Implementing Partners in Kigoma Region.

Project sites include Kasulu DC, Kasulu TC, Kibondo DC and Kakonko DC, all selected on the basis that they are geographically hard-to-reach with a significant vulnerable population, including a large number of adolescents, young people and refugees.

Project beneficiaries – Refugee and Local Community

PRIMARY BENEFICIARIES

24,049 adolescents and young people (10 to 24 years)
(Refugees 3,450, local community 20,599)

82,352 pregnant women
(Refugees 23,600, local community 58,752)

SECONDARY BENEFICIARIES

All women of reproductive age (15 to 49)
293,762

Nothing about youth without youth

UNFPA recognizes that when empowered to exercise their rights and matched with the right opportunities, adolescents and young people are effective drivers of change both in their communities and in support of Tanzania's overall development aspirations. The Ujana Wangu Nguvu Yangu Project strives to equip adolescents and young people with the skills, capacity, and resources to engage and participate in decisions that affect them and strengthen their ability to advance human rights and development issues such as gender equality, health, education and decent work.

The project leverages the dynamism and energy of adolescents and young people as active and important agents of positive change, who are able to drive the resilience of their communities, and seeks to empower adolescents and young people, particularly adolescent girls, to realize and exercise their sexual and reproductive health and rights (SRHR), influence and make a difference in the communities in Kigoma where they live.

Establishing safe spaces for adolescents and young people

In humanitarian settings the SRH needs of adolescents and young people, both in camps and the local community, are often unmet. Where education and health services are lacking, young people and adolescents are left without access to SRH information and services, and at the same time face higher reproductive health risks including sexually transmitted infections, HIV infection, unintended pregnancy, and unsafe abortion. To meet the SRH needs of adolescents and young people services must be accessible and culturally appropriate and support their physiological, emotional, and social transition into adulthood.

Adolescent and youth-friendly centres in Nyarugusu Camp

UNFPA, in collaboration with the International Rescue Committee (IRC) and other partners, has set up three adolescent and youth-friendly (AYFS) centres in Nyarugusu Camp for both Burundian and Congolese adolescents and young people. The centres provide a safe and enabling environment for vulnerable adolescents and young people to meet and to access a range of age-appropriate SRH services, including voluntary family planning, HIV voluntary counselling and testing, psychosocial counselling and information on menstrual hygiene management (MHM). Activities focus on building adolescents and young people's life skills and their knowledge about adolescent sexual and reproductive health (ASRH) so that they can make informed and healthy decisions. Adolescents and young people are also empowered to be leaders and mentors to support their peers in the camp and community.



Accessed
voluntary family
planning services

Accessed
HIV voluntary
counselling and
testing services

	Accessed voluntary family planning services	Accessed HIV voluntary counselling and testing services
Youth Centre I and II (Supporting Congolese adolescents and young people)	676	415
Youth Centre III (Supporting Burundian adolescents and young people)	459	154

Adolescents and young people are also encouraged to engage in recreational activities, including sport, which is used as a platform to raise awareness about ASRH and other issues that impact on their lives. Drama, music, dance and community meetings also provide a space for adolescents and young people to congregate and to discuss and learn about ASRH and life skills.



Reached with ASRH messages through friendly football matches

Reached with ASRH and life skills information through group discussions and dialogue

Youth Centre I and II (Supporting Congolese adolescents and young people)	1,228	416
Youth Centre III (Supporting Burundian adolescents and young people)	1,111	1,800

- **100 youth leaders** (34 females and 66 males) attended training to build their leadership and mentorship skills so that they can meaningfully engage in camp decision-making structures and support adolescents in their communities.
- A three-day campaign: “Break the silence, let’s talk about health”, sensitized communities about ASRH and HIV and AIDS prevention and support, building linkages with service provision at youth centres and health facilities. Organized by 23 peer educators (9 females and 14 males), over 800 adolescents (460 females and 376 males) attended.

The three youth centres in Nyarugusu Camp act as a central hub for training activities under the project, with activities also replicated in the community.

- **75 adolescents** (36 females and 39 males) from both Congolese and Burundian communities attended a five-day training to increase their knowledge about the availability of health services and how to access them.
- **75 adolescents** (51 females and 24 males) attended adolescent SRHR and GBV prevention and response training. They are now SRHR and GBV prevention “champions” facilitating tournaments and meetings in their communities.
- **352 participants** (156 females and 196 males) including influential leaders, youth leaders and participants from Kasula DC, Kasulu TC, Kibondo and Kakonjo LGAs attended a sensitization meeting on ASRH. The objective is to replicate camp activities in local communities, by establishing comprehensive ASRH services.

Supporting menstrual hygiene management

Maintaining health and hygiene during menstruation is important for women and adolescents’ health, well-being, mobility and dignity. Menstrual health management (MHM) can be particularly challenging in low resource settings, hindering the daily activities of women and girls and leading to stigma, discrimination and isolation. MHM awareness sessions are held at the youth centres in Nyarugusu Camp and 200 adolescent girls attended a three-day training. Recognizing boys and men have an essential role in effective MHM programmes, 160 men and adolescent boys have been sensitized about issues around MHM for women and girls in Nyarugusu Camp. Putting the “men” into MHM aims to create an environment in which adolescent boys and men become champions and advocates for MHM rights and understanding.

UNFPA is also procuring 5,720 Adolescent Dignity Kits, which are initially prioritized for adolescent girls in school in Nyarugusu Camp, but will be expanded to include adolescent girls in the local community. In humanitarian settings, adolescent girls are at increased levels of

vulnerability as a result of high stress levels in communities, a lack of privacy and a breakdown in social protection mechanisms. UNFPA's Dignity Kits have been adapted to the cultural practices and preferences of refugee women and adolescent girls in Tanzania and include kangas, soap, underwear, and sanitary pads to help women and girls manage their basic and menstrual hygiene. Maintaining basic hygiene helps women and girls retain their dignity in humanitarian settings.

Leaving no one behind

UNFPA, in collaboration with the Tanzania Midwives Association (TAMA), is working to address the unique needs of adolescent mothers across project sites. Adolescent mothers in Kigoma face considerable challenges. Inadequately supported by their families, lacking access to age-appropriate SRH services and confronted with stigma and discrimination, many of them feel isolated and left behind.

TAMA's activities, with a focus on adolescent mothers, aim to improve SRHR knowledge among adolescents; improve the leadership, participation, and empowerment of adolescents; and improve access to quality SRH and GBV services for adolescents.

Project activities in February and March 2019

- **46 influential gatekeepers**, community and religious leaders and parents attended a community awareness session to discuss attitudes towards adolescent mothers.
- **16 support groups have been formed** by adolescent mothers at health facilities and in the community. Once operational members will be trained as peer educators and share their knowledge on ASRH, breast feeding and nutrition and parental care with adolescent mothers in their communities.
- **31 healthcare providers** received training on ASRH and the psychosocial needs of adolescent mothers to ensure that health service provision is adolescent-friendly, appropriate and relevant.
- **24 adolescent mothers** (aged 15-19) attended sessions on parenting, breast feeding and nutrition, and voluntary family planning.



Next steps

Building on the experiences to date, activities will be expanded over the course of the project with a focus on:

- Creating a cadre of young mothers to be role models/peer educators for other young mothers in their respective communities.
- Providing life skills education for young mothers so that they are able to make healthy decisions about their sexual health and well-being.
- Scaling-up psychosocial support for young mothers.
- Ensuring that healthcare providers meet the needs of young mothers, and include breast feeding, nutrition, parental care and voluntary family planning in service provision.

Advocating for the rights of adolescents and young people

The Africa Youth and Adolescents Network on Population and Development (AfriYAN) East and Southern Africa, is a regional youth network for advocacy on SRHR and population and development in Africa. The network is a key platform for meaningful youth participation and advocacy in policy and decision-making processes at national, regional and global levels.

In response to the situation of young people and adolescents in Kigoma, through project support the Network is in the process of being established in the region to consolidate the efforts of different players, including government and civil society organizations, to expand access to SRH services among vulnerable populations including women, children, young people and adolescents.

- Once operational AfriYAN will engage with young mothers to build their entrepreneurial skills, so that they are economically empowered to take care of their children.