

Integrated Rural Health Development Training Center
IRHDTC/Nepal

'I am a Child, not a Bride- Phase II' Campaign

Activity Report of Health Education Workshop
Orientation on Sexual and Reproductive Health and Rights

Introduction

Integrated Rural Health Development Training Center (IRHDTC) organized a two-day orientation on Sexual and Reproductive Health and Rights (SRHR) in Parsagadhi Municipality. The sessions took place at Shri Rastriya Secondary School, Manwa (on December 17th and 18th), and Shri Rastriya Secondary School, Barwa Chatauli (on December 21st and 22nd). The training involved 106 students selected from 11 different community schools, all part of the Vision Child Club in Parsagadhi Municipality.

During these two days, students got insights into their sexual and reproductive rights and discussed their bodily rights. Though initially shy, participants gradually opened up, sharing their thoughts on menstrual hygiene, safe sex practices, safe abortion options, and the importance of consent in relationships. A key finding was that many participants were unfamiliar with these topics, emphasizing the training's role in filling knowledge gaps.

Objectives

- To enhance participants' understanding of SRHR, covering menstrual hygiene, family planning, safe sex practices, safe abortion options, and the concept of consent.
- To raise awareness about gender equality by incorporating discussions on women's rights, contributing to a more inclusive community perspective.

Training Outcomes

The two-day training program yielded significant outcomes, notably enhancing participants' awareness of Sexual and Reproductive Health and Rights (SRHR). Participants demonstrated improved knowledge concerning importance of menstrual hygiene. The adolescent girls now are more aware about taking care of themselves during their periods. They learned that they had to

change their sanitary pads on time and how to dispose them properly. In times when pads are not available, they can use clean cotton clothes. These clothes can be washed with soap and dried in the sun for reuse. If they have a lot of pain during periods, they should go to the nearby health post and only use the medicine prescribed for them. Taking enough rest during periods is important, and they should also drink lots of fluids. The sessions successfully created an environment conducive to open communication, enabling the 106 students from 11 community schools, all members of the Vision Child Club, to overcome initial shyness and actively engage in discussions. They also gained knowledge about right time to get married, family planning, safe sex practices, understanding safe options for abortion, and the importance of consent in a relationship.

Moreover, the training extended its impact beyond SRHR, fostering a broader perspective on gender equality. Participants showed a heightened understanding of women's rights, reflecting an increased commitment to promoting inclusivity and equity within the community. The results show that the girls not only learned about important topics but also got better at talking about it and understanding more about health and treating everyone fairly.

Team Involved During Training

Yadusudan Kunwor: Facilitator

Dharma Raj Rimal: Facilitator

Ram Bhandari: Central Level Monitoring

Bhumika Nepal: Program Officer

Conclusion

In conclusion, the girls from Vision Child Club have been doing some great works. They organized a cleaning campaign, talked about menstrual hygiene in school, and are working to make their school more girls-friendly, with easy access to pads and good facilities. After the training, the girls now know better about taking care during their periods – changing pads on time, disposing of them properly, and even using clean cotton clothes when pads are not available. They also learned how to deal with period pain and the importance of rest and drinking lots of fluids. The training helped them talk openly and overcome shyness, and they also learned

about safe relationships, safe abortion options, and why getting consent is important. All this progress shows that the girls are making their community a better and more informed place, especially for the adolescent girls. Most importantly, due to the efforts of these 10 girls from Vision Child Club in each school, they are serving as positive role models for their fellow adolescent girls. They are sharing important information on managing menstruation and creating awareness about the risks of early marriage.

Annex



Adolescent Girls speaking about menstrual hygiene



Students reading awareness book on sexual and reproductive health, provided by IRHDTG.



Adolescent girls happily showing their gift hampers; Bottles and Notebooks



School cleaning campaign with the initiative of Vision Child Club