

## Background

UNFPA – United Nations Population Fund is an international social development agency that promotes the rights of every woman, man and child to enjoy a life of health and equal opportunity. Among its many goals, one of the goals is to support adolescents and youth worldwide. UNFPA's 'four keys' to opening up opportunities for young people include incorporating youth issues into national development and poverty reduction strategies; expanding access to gender-sensitive, life skills-based sexual and reproductive health education; promoting a core package of health services and commodities for young people; and encouraging young people's leadership and participation.

## The Need

In order to address issues related to the reproductive and sexual health concerns of adolescents by empowering them through life skills, UNFPA India in two years trained two nodal teachers from over 3500 schools across the country to impart life skills education to adolescents through the co-curricular approach. The training of these nodal teachers was undertaken as part of UNFPA's collaboration with the Ministry of Human Resource Development under the Adolescence Education Programme (AEP). UNFPA, at the time of this intervention was envisaging reaching four nodal teachers from another 2500 selected schools in the country. In this regard, UNFPA India wanted to identify agencies/institutions that could conduct such trainings in schools.

## UNFPA - NIS Sparta Association

UNFPA engaged NIS Sparta to conduct the Adolescent Education Programme in total 8 cities of Rajasthan, Gujarat, MP, and Chhatisgarh states. The content for the program was developed by UNFPA along with NCERT and NACO. NIS Sparta was engaged to manage the training successfully.

Participants included teachers and principals of central board schools. The teachers' training was held for 3 days and last day (fourth) day was held as Principals Advocacy day.

Tools used during the trainings included:

- Power Point Presentations
- Role Plays
- Audio/Visual
- Question cards (Visual Cards)
- Case studies
- Group discussion and group work
- Group presentation
- Pre and post training questionnaire
- Session-based feedback

The areas in which training was imparted included:

- Adolescent health and growing up
- Concept of life skills education
- Self esteem
- Value system
- Positive strokes and creating zone for happiness
- Johari window
- Understanding gender

- Sexual abuse - awareness and sensitisation
- Practicing abstinence
- Influence of advertising media on alcohol & smoking
- Handling peer pressure and coping with stress
- Anger management
- Facilitation skills for teachers

## **Results of the Association**

Approximately 360 teaches and 150 principals were trained from 150 schools. Further follow-ups and programme monitoring were to be done by UNFPA and NCERT.