

Resources

Community Youth Team

Yuva saathi ("Friends of Youth", peer facilitator, intervention clusters only)

- 30 yuva saathis aged 20-25 recruited from same village
- Able to speak Hindi and Ho
- Facilitate participatory learning and action (PLA) groups
- Liaise with PLA coordinators and supervisors regarding adolescent referrals
- Participate every 15 days in review meetings and training on PLA cycle content

Youth Leadership Facilitators (intervention clusters only)

- Facilitate youth leadership activities
- One per 6-7 clusters

Livelihood Promoters (intervention and control)

- One per 9-10 clusters to facilitate livelihood promotion activities

Support personnel

PLA Coordinators and Supervisors

- One coordinator and 1 supervisor per 15 yuva saathis
- Support yuva saathis to conduct PLA meetings
- Meet yuva saathis fortnightly to debrief, troubleshoot and rehearse future meetings
- Help to organise adolescent referrals to health and child protection services
- Participate in PLA training and observe ~20% PLA meetings

Health Care Providers

- Respond to referral requests and refer to primary/secondary facilities or other organisations as appropriate
- Participate in PLA meetings

Advisory Committee

- Comprising key stakeholders from local governmental and non-governmental adolescent organisations
- Advise PLA coordinators and supervisors and link with appropriate sectors

Community activities

Participatory adolescent groups , youth leadership training and livelihood promotion for adolescent girls and boys

(All in-school and out-of-school boys and girls aged 10-19 years are encouraged to participate)

Participatory adolescent groups

- One meeting per group per month
- During meetings yuva saathis share information through visual aids, games and stories
- For the first five meetings groups are mixed sex and involve parents and teachers; for subsequent meetings groups are single sex
- Groups work through 4 PLA cycles on education, health, nutrition and violence
- PLA cycles involve problem identification, deciding on strategies to address problems, implementing strategies and evaluating the process

Youth leadership training

- One youth leadership meeting every two months
- Involves cultural and sports activities to build self efficacy, communication skills, decision-making skills and problem-solving skills, and to promote adolescent health in the community

Livelihood promotion

- Activities every 3 months for adolescents and their parents
- Activities include farming, developing nutrition gardens and environmental management

Early effects (girls, boys, parents, teachers and health workers)

Adolescents (girls and boys)

Learning

- Adolescents are more informed about diet, menstruation and menstrual hygiene, mental health, and ways to promote emotional wellbeing
- Adolescents understand the importance of gender equity and how it relates to education, domestic work, eve-teasing and marriage
- Adolescents are more informed about health services
- Adolescents have increased knowledge about school and nutrition entitlements

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Motivation

- Marginalised adolescents feel included in groups
- Adolescents are able to prioritise their own health, nutrition and development needs

Action

- Adolescents build and strengthen their social networks
- Adolescents communicate about their needs and problems with parents and peers
- Adolescents build self efficacy, communication skills, decision-making skills and problem-solving skills

Parents, teachers and health workers

Learning

- Parents, teachers and health workers have a better understanding about adolescent diet, menstruation and menstrual hygiene, mental health, and ways to promote emotional wellbeing
- Parents, teachers and health workers understand the importance of gender equity and how it relates to education, domestic work, eve-teasing and marriage
- Parents and teachers learn that physical violence adversely affects adolescent development and wellbeing
- Parents learn about the availability of school and nutrition entitlements for adolescents and how to access them

Motivation

- Parents, teachers and health workers are supportive of adolescent group meetings and strategies
- Parents, teachers and health workers recognise adolescents as citizens with their own rights and entitlements

Action

- Parents and teachers find ways to communicate with adolescents about their needs and problems, and avoid resorting to violence
- Parents make fewer demands on adolescent girls for household or farming work
- Parents provide girls and boys with equal opportunities related to education, marriage and nutrition

Later effects (girls only) (* = secondary outcomes, # = tertiary outcomes)

Health and nutrition

- * Girls do not drink alcohol
- * Girls make decisions independently and with others about the food they eat including how much they eat and what types of food they eat
- # Girls take at least four iron and folic acid supplements each month
- # Girls (15-19 and married girls) have correct knowledge of contraceptives
- # Girls use sanitary napkins or clean cloths during their period
- # Girls (15-19 and married girls) know abortion is legal
- # Girls have increased access to take home rations
- # Girls are not underweight or stunted, and have healthy MUAC scores

Gender norms and equity

- * Girls make decisions independently and with others about friends, spending money and purchases
- * Girls have attitudes supportive of gender equity in relation to education, relationships and domestic work

Mental health and wellbeing

- * Girls have increased self efficacy and resilience
- * Girls experience less emotional and physical violence in the past 12 months
- * Girls intervene to reduce emotional and physical violence against their peers

Education

- * Girls access school-related entitlements (cash, bicycles, books, midday meal scheme)
- * Fewer girls are absent from school in the past two weeks

Primary outcomes (girls only)

- Increased number of adolescent girls with minimum dietary diversity in the previous 24 hours
- Reduced number of adolescent girls with mental health problems
- Increased number of adolescent girls attending school or college