



REPRODUCTIVE HEALTH AND RELATIONSHIPS PROGRAM (RHRP) SECONDARY AND PRIMARY TEACHERS TRAINING REPORT 18th – 21st September 2018 (SAME DISTRICT)

Overview

The Reproductive Health and Relationships Program was designed by Empower Tanzania in coordination with the Tanzanian government to provide comprehensive reproductive health and relationships education to all Tanzania students starting with Same District as a pilot area.

Goals of the Reproductive Health and Relationships Program (RHRP):

- Reduce the rate of teen pregnancy (Same District has a higher rate of teen pregnancy compared to other districts in Kilimanjaro Region.)
- Delay the age of onset for sexual activity.
- Reduce the rate of sexually transmitted diseases in teenagers.

Objectives

- Educate young people about healthy relationships.
- Allow young people to ask questions about their bodies, their experiences, and sex in general.
- Educate young people about consent (permission).
- Empower young people to say no to unwanted sex.
- Empower young people to make good choices and be respectful of themselves and others.
- Reduce the risk of sexual assault in young people.
- Empower young people to take control of their own sexual health, including contraception.
- Inform young people about where to seek help if necessary.

The Reproductive Health and Relationships Program (RHRP) will be using teachers to provide education to students and their fellow teachers who didn't participate in the training by using pico projectors with videos focusing on puberty, menstrual periods, reproductive health and relationships as well as printed curricula and lesson plans all prepared specifically for this program by Empower Tanzania in coordination with other stakeholders. The program involves both primary and secondary school students.

Same District has **36** government and **15** private secondary schools and **87** government and **7** private primary schools for a total of **21,424** primary students and **57,852** secondary students. Nineteen schools will participate in the first year of the program, of which **10** are government primary schools, and **9** secondary schools. Of the secondary schools, **6** are government schools and **3** are Roman Catholic schools. The program will educate **11,172** students during the first year (January 2019 – December 2019). The program trained 38 teachers, two teachers from each school, who will then do training of trainers for their fellow teachers from October to December 2018. Both will provide education to the students during the 2019 school year.

The program will be implemented during January 2019 for all 19 schools starting with pre-tests to assess baseline understanding of the topics. The same test will be repeated at the end of the program in December 2019 to assess change in knowledge and attitudes.

Training topics:

- Lesson 1: Relationships- Family, Friendship
- Lesson 2: Relationships- Friendship, Love and Romantic Relationships
- Lesson 3: Peer Influence and Decision-making
- Lesson 4: Body Image, Self-worth and Consent
- Lesson 5: Refusal, Negotiation and Finding Help
- Lesson 6: Tolerance, Inclusion and Respect
- Lesson 7: Human Rights, Gender Equality, Stereotypes and Bias
- Lesson 8: Gender-based Violence and other Violence
- Lesson 9: Self-defense
- Lesson 10: Puberty
- Lesson 11: Periods
- Lesson 12: Pregnancy and Pregnancy Prevention
- Lesson 13: Sexual Life Cycle and Behavior
- Lesson 14: Understanding and Reducing the Risks of STDs, including HIV
- Lesson 15: HIV and AIDS Stigma, Treatment, Care and Support
- Lesson 16: Reproductive Health and Relationships Summary

In addition to the topics listed above, teachers given guidance on how to approach various topics, student engagement, confidentiality, and how to engage police gender desk or program counseling services if the program elicits past or present sexual trauma issues

The participating primary schools include Same, Njoro Makanya, Sabasaba, Mwembe, Majevo, Majengo, Kiwanja, Kisima and Hedaru. Secondary schools include Kibacha, Mkombozi, Kwakoko, Kasempombe, Kisiwani and Makanuya government schools and St. Joachim, Mother Teresia and Joyland Roman Catholic schools, each school represented by two teachers.

Participating government officials included Same District Commissioner Rosemary Senyamule, District Medical Officer Dr. Andrew Geoffrey, Primary Education Officer Marietha Shayo, a representative for Secondary Education Officer Happiness Laizer, Same District Reproductive/Child Health (RCH) Nurses Judith Gao RN and Lucy Kavuye RN, and Same Police Gender Desk Officer Leah Jonathan. Other participants included masters-level counselor Pastor Nahana, gender-based violence expert Janeth Malimbwi, masters-level Jessica Haworth, a masters level RN who has specialty training in GBV and sex education, and Jeffrey Carithers, MD.

The teachers were attentive, interested and highly motivated to learn the material and they said it was appropriate for the student age groups that are targeted. The expressed good understanding of program concepts, activities and goals. Government, religious and NGO leadership expressed support the program during the training as well.



Training

Day One -18th September

Introduction

The training was conducted from September 18 through September 21, 2017 with the total of 38 teachers participating. Dr. Andrew Geoffrey Same District Medical Officer opened the training on 18th 09:00 AM and invited all the participants to listen carefully and with enthusiasm for their community and children/students. He also gave an overview of the teen pregnancy problem in Same District with the highest rate in Kilimanjaro Region and how Empower Tanzania developed this program to provide education about Reproductive Health and Relationships to primary and secondary school students.

Furthermore, ETI Country Director Elibariki Kisimbo gave an overview of the Empower Tanzania organization, Dr. Jeffrey Carithers and Jessica Haworth gave background information about the Reproductive Health and Relationship Program and how this program will help the students. Efrancia

Nzota, Yoeza Mnzava, Joseph Kimbweleza gave an overview of the programs they supervise (health, education, economic strengthening and water programs)

Topics Covered

- **Relationships – Family, friendship**, the teachers were guided on how to teach the students about relationships- family, friendship by Yoeza Mnzava. During this session Yoeza introduced the program to the teachers and discussed relationship concepts such as different types of families that exist in societies and the needs and roles of family members. Teachers were reinforced to make sure that the students understand the concept of relationships and the variety of relationship that exist in society. Teachers were also told it's important for the students to make a list of their trusted adults to refer to in case of need.
- **Relationships – Friendship, Love and Romantic Relationship**, the teachers were guided on how to teach the students about friendship, love and romantic relationships by Efrancia Nzota. Teachers were encouraged to ensure that the students understand well the difference between friendship, love and romantic relationship, and were told about the key components of healthy or good friendships such as trust, sharing, respect, support, empathy, solidarity. The students need to know that there's good or healthy relationships and bad or unhealthy relationships. Together teachers and children need to discuss the benefits of friendship and love. Also teachers were told to discuss with the children how families can promote gender equality.
- **Peer Influence and Decision-making**. Teachers were guided on these topics by Catherine Wales during which they discussed peer influence, examples of good and bad peer influence and how peers can influence positive and negative behaviors for students/children. Also we discussed that everyone has a right to make decisions and every decision has an outcome or consequence whether it is a good or bad decision. It was pointed out that parents and family members can influence and affect the decisions of the young people in the family. We also discussed the steps to follow in decision-making which include Identify the problem, gather information, identify alternatives, weigh evidence, choose, take action, review. Decision-making is a skill that can be learned.
- **Body Image and Self-worth**. Teachers were guided on this discussion with Pastor Nahana Mjema, who discussed factors that determine how people look the way they look such as parent's genetics, what they eat, exercise, gender, etc. Teachers were told to emphasize to students that all bodies are special and unique and people should feel good about their bodies.

Day Two -19th September.

- **Tolerance, inclusion and respect guided by Pastor Nahana and Jessica Haworth**. Teachers were guided by Pastor Nahana and Jessica on how to teach the students about tolerance, inclusion and respect, every person is unique and everyone has his/her own behavior and because of that everyone differs from one another so that is why it's important to tolerate, include and respect each other regardless of their health, physical, economic and environmental situations. Teachers were told to reinforce this to children and make sure they understand that

everyone is unique and because of that they need know it's important to tolerate include and respect each other whether their poor, rich, disable or have health problems.

- **How to report cases to the police, represented by Gender Desk Police Officer, Leah Jonathan.** Officer Leah Jonathan shared with teachers how to report the violence cases to the police, especially to the gender desk. She also talked about the rate of teen pregnancy in Same District. The Gender Desk currently has 30 teen pregnancy cases, 27 from secondary schools and 3 from primary schools and only 5 men have been arrested. Most of the violence cases are difficult to prosecute because of corruption and cultural challenges.
- **Consent, Touch and Personal Space.** These topics were presented by Jessica Haworth and Efrancia Nzota who guided the teachers on the discussion of consent, touch and personal space, the importance of students understanding about good, bad and unwanted touches and they gave examples of good, bad and unwanted touches. They emphasized to make sure that the children have to give consent if someone seeks to touch them and teachers they need to tell the students that everyone has the right to decide who can touch their body, where, and in what way (body rights).
- **Human Rights, Gender Equality, Stereotypes and Bias.** Gender-based violence expert Janeth Malimbwi presented these topics the teachers. When asked about the definition of human rights most of the teachers said human right are rights inherent to all human beings, regardless of race, sex, nationality, ethnicity, language, religion, or any other status. Human rights include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education. Also teachers discussed the definitions of sex versus gender and what makes people to be treated unequally/unfairly due to their gender. Also there was a discussion about stereotypes and bias related to gender. Stereotypes are oversimplified beliefs about a particular category of people.
- **Stigma, discrimination, Bullying and Harassment.** Jessica Haworth, RN, guided teachers in a discussion of what is stigma, discrimination, bullying and harassment, and that stigma can lead to harassment or violence, and all these forms of violence can be done by students themselves, by a teacher or even parents and trusted adults. Children can be stigmatized, discriminated against, bullied or even harassed due to different reasons such as gender, economic, physical, health, emotional, psychological or environment.
- **Gender-based Violence and other Violence** discussion was guided by Pastor Nahana including a definition of gender-based violence. They discussed other forms of violence such as psychological violence. Teachers were alsotold to connect the students with Pastor Nahana for counseling when they need counselling or any help.
- **Self defense Introduction.** Dr. Jeff introduced the teachers to different techniques that children or students can use to defend themselves from attackers, such as maintaining eye contact, strong body language, yelling loudly and other techniques for self-defense including how to break free of various body holds and striking the weak parts of the body including the eyes, nose, throat and groin.





Day Three -20th September.

- **Self defense.** This session involved further training and practice of specific self defense techniques with indications and precautions on their use.
- **Puberty video and discussion, guided by Judith Gao.** All teachers had the chance to see a puberty video and had a discussion regarding the topic, they talked about the definition of puberty, the age when puberty starts for girls and boys, and what changes in the body during puberty. Also teachers were told to discuss with the students about the reproductive anatomy of woman and man and the functions of these body parts. The students should be able to name each part correctly such as vagina, penis, fallopian tubes and cervix.
- **Periods video and discussion.** Judith Gao, RN led the primary and secondary teachers in a discussion about periods including an emphasis that it is necessary for both girls and boys to learn about periods, so that boys can know what girls go through during periods. Also teachers were told to explain to the students (boys and girls) that all females will start having menstrual periods during puberty. This means that their bodies are getting ready to have babies, but does not necessarily mean they are emotionally ready for a baby. Periods are not unclean or embarrassing, and are completely normal. They can be messy, but periods are not dirty. Everybody's body is unique and variations exist in size, shape, functioning and characteristics of their bodies and it is normal for children to be curious and have questions about their bodies and sexual functions.
- **Program Research Assessment.** Dr. Jeff explained the collaboration of Empower Tanzania staff and volunteers with researchers at Georgia Southern University to do research to assess the knowledge, attitude and behavior changes in secondary students that may result from the RHRP. The importance of consent, assent, confidentiality and following prescribed research protocol in the assessment process was discussed and emphasized with the teachers, who expressed an understanding of the approach and goals.
- **Equipment distribution and training guided by Efrancia Nzota.** Projection equipment was distributed to teachers including one pico projector and speaker per school and white fabric to serve as a projection screen. The teachers were to learn and practice on how to operate the equipment as they will be using them for teaching. The equipment will be school property and used by all teachers who do RHRP training at the school.



Day Four -21st September.

- **Reproductive Health and Relationships video.** The teachers had a chance to see this video and following it they had the following discussion guided by Reproductive/Child Health nurses Judith Gao, RN and Lucy Kavuye, RN.
- **Pregnancy and Pregnancy Prevention.** Teachers were instructed to discuss with the students how a pregnancy can happen and they were told to tell the students openly that pregnancy can occur as a result of sexual intercourse during which a penis ejaculates into the vagina and that pregnancy can occur any time there is sexual intercourse without contraception or a condom, but every episode of sexual intercourse does not always lead to pregnancy. Also both nurses discussed that the most effective way to prevent pregnancy is to not have sex. This is called **abstinence**. But also there are other ways such as the use of contraception such as condoms, pills, implants, injections, IUD. All of these contraceptives are available in the government hospital for free with someone even if they are less than the age of 18 according to the law of Tanzania. Teachers were told to emphasize to students that condoms (male or female) reduce the risk of pregnancy and STDs with sex, other forms of contraception ONLY prevent pregnancy and do not protect against STDs.

- **Sexual Life Cycle and Behavior.** The teachers, RCH nurses and Dr. Jeff discussed these topics and they emphasized the importance of telling the students that physical enjoyment and excitement are natural human feelings, and this can involve physical closeness to other people and that there are many words to describe sex and relationships. Some of these words are appropriate and some language is inappropriate because it is negative, derogatory or gender discriminatory. The use of negative language should be avoided. Also students have to know that during puberty boys and girls become more aware of their responses to sexual attraction and stimulation.
- **Understanding and Reducing the Risks of STDs, including HIV.** Judy, Lucy and Dr. Jeff talked with the teachers about the common sexual transmitted diseases (STDs) including HIV/AIDS, HPV, herpes, chlamydia, gonorrhoea and their symptoms. They also discussed how these diseases can be transmitted such as unprotected sexual intercourse or other skin-to-skin contact in the genital area. Students have to know that HIV/AIDS cannot be transmitted through casual contact (e.g. shaking hands, hugging, drinking from the same glass). Teachers were told to reinforce to children that most people acquire or transmit HIV through unprotected penetrative sexual intercourse with someone who is living with HIV, but HIV/AIDS can also be transmitted during birth, breastfeeding or blood but these are not as common as transmission through sexual intercourse.

Teachers were told to reinforce the ways to reduce the risk of acquiring or transmitting HIV, before exposure (i.e. using a condom and where available, voluntary medical male circumcision (VMMC) or Pre-Exposure Prophylaxis (PrEP) in combination with condoms) and after exposure to the virus (i.e. Post-Exposure Prophylaxis (PEP) where available).

- **HIV and AIDS Stigma, Treatment, Care and Support.** Teachers were told to emphasize to the students that people living with HIV have equal rights and live productive lives, with the right care, treatment and support and that people living with HIV have the right to equal love, respect, care and support (and timely treatment) as everyone. Also teachers were told to emphasize to the students that there are effective medical treatments that can help people living with HIV such as bone density, ARV (anti-retroviral) drug resistance), that all these medical treatments are free through government healthcare facilities. Teachers were told to reinforce that HIV is not a barrier for relationships, family or having a sexual life, because people with different HIV statuses can live together and be sexual partners without risk of acquiring HIV, and have children free of HIV if they use precautions.



Closing ceremonies: The training was officially closed at 05:00 PM by Rosemary Staki Senyamule, Same District Commissioner, who wished well all the teachers in their new responsibility of providing reproductive health and relationship education to the students for a main goal of reducing the teen pregnancy rate in Same District. She also she said Empower Tanzania is the first organization in Same District to come up with this kind of program to help reducing the rate of teen pregnancy and using modern equipments to support the teaching (pico projectors). The district commssioner promised to provide full support to Empower Tanzania and teachers in the implementation of this program.



Several Media Representatives from ITV in Dar es Salaam and Radio Sauti ya Injili in Moshi attended the final day of the training and interviewed various trainers and participants on their opinions of the program and how it will help reduce the rate of teen pregnancy and other impacts. District Commissioner Rosemary Staki Senyamule, Country Director Elibariki Kisimbo and Catherine Wales, were among the people interviewed and the information and news was published in three magazines, The Guardian, Mwananchi and Habari Leo as well as broadcast on the national Tanzania television channel ITV.

Program Slogan: ***“Kijana jitambue, jiheshimu, jitunze, soma kwanza”***

Recommendations

To scale up the programs to others schools of Same district and other parts of Tanzania. The Same District Commissioner and District Medical Officer both suggested that the training needed to be scaled up to all schools of Same District so all students could benefit from this program and get this necessary education which can help to change their lives and eliminate myths and incorrect information they get about puberty, periods and reproductive health.

Training new teachers from other schools. There is a need to train additional teachers to help to reach larger numbers of students with scale-up efforts.

Prepared by:

Catherine Wales

Reproductive Health and Relationships Program Manager

Empower Tanzania

Catherinewales17@gmail.com

Jeff Carithers, MD

Reproductive Health and Relationships Program Director

Empower Tanzania

springhousefarms@gmail.com

October 5, 2018