

**REPORT**  
**WORKSHOP ON**  
**“Sharing experiences of “Sexual and Reproductive Health Program with Adolescents (SRHA)”**



**Organized by: Stichting Batashi and PRA Promoters' Society- Bangladesh (PPS-BD)**

**Venue: Bangladesh Institute of Management (BIM), 4 Sobhan Bagh; Mirpur Road, Dhanmondi, Dhaka**

**Date: Friday, January 30, 2015**

## **Background:**

Sexual and Reproductive Health Program with Adolescents (SRHA) started its journey in 2007 on experimental basis in 1 school of Dhaka City Corporation by PRA Promoters' Society- Bangladesh (PPS-BD) with financial support from Stichting Batashi. Goal of this project was to establish improved health rights and hygiene practice among adolescents. The project set three specific objectives i.e. i) to make adolescent aware about the importance of improved health and hygiene practice; ii) to make adolescent aware about reproductive health practice and iii) to mobilize adolescents to act as catalyst and agent for social change focusing rights and gender to achieve the goal.

After successful completion of one year experiment the project has started piloting in 2008 with 4 schools (2 girls schools; 2 Co-educations) having 120 students. Currently it is working with 9 education institutions and counseling in 2 school hostels within and around Dhaka City Corporation. Among the institutions covered four are Co-education schools; two hostel based girl's school; one girl's school; one Madrasha (religious institution with general education) and one vocational institutions. The journey was started with 120 students in one school and now it has increased to 1,884 students in nine institutions.

Major activities of SRHA are awareness building among students and teachers on sexual and reproductive health through orientation, practical demonstration, story writing, drawing competition and debate. Detail training module was developed by the project covering six main components i.e. Health and Personal hygiene; Women and child trafficking; Drugs addiction; awareness on HIV/AIDS; Puberty (Reproductive health management) and Protect early marriage. In addition the project organize different events such as day observation, safe motherhood day, parent's meeting. Project staff also supported teachers in conducting session on reproductive health class for the students as per government curriculum.

SRHA has established a monitoring system to monitor and follow up the practice of learning by the teachers and students on health and hygiene issues. The project prepare three periodical reports on performance i.e. quarterly, half yearly and annual.

## **Objective:**

After completion of seven years successfully the project feels necessity to share experiences of students and teachers with different schools and NGOs working on the same issue. This has created scope for the teachers and students of different institutions to learn from each other as well as to gather knowledge and information from other NGOs working on the similar issue.

## **Date and Venue:**

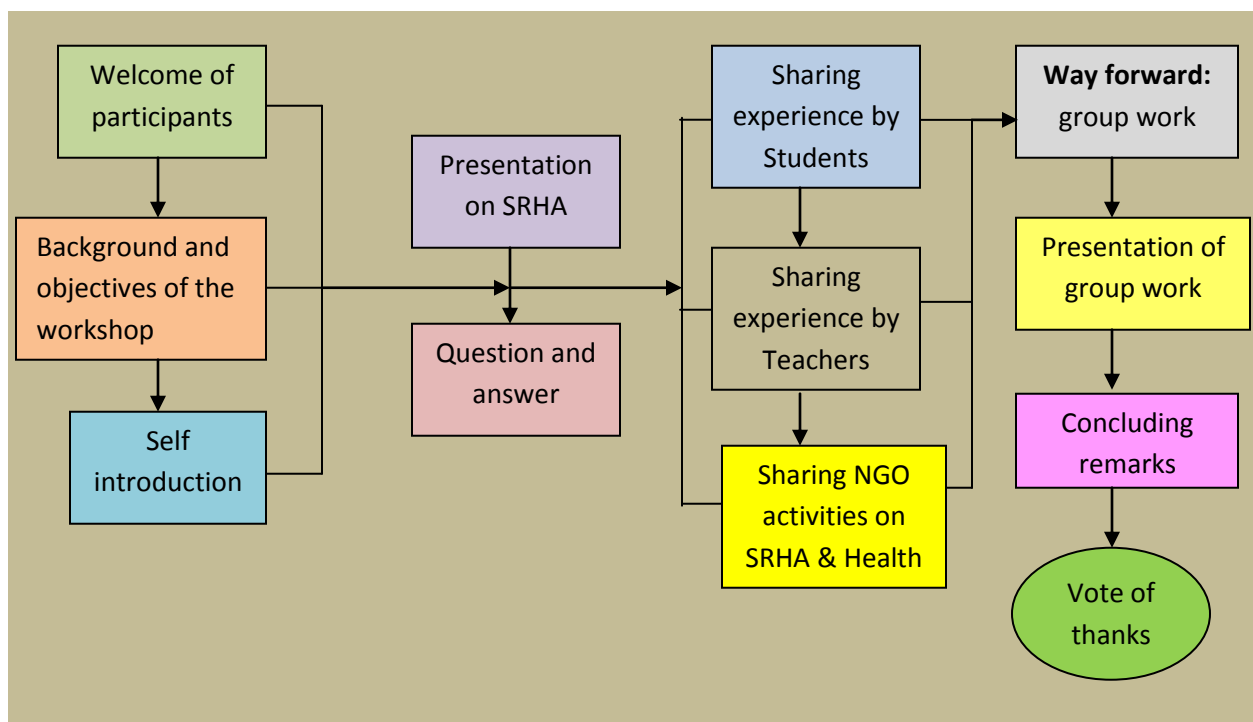
The workshop was organized on Friday 30 January 2015 at Bangladesh Institute of Management (BIM) at Dhaka. Detail schedule was developed for the workshop (Annex-1). In fact the workshop was planned for Sunday 1 February 2015 but considering the current political situation and risk of attending workshop by students and teachers from remote areas it was shifted to weekly holiday (Friday).

## **Participants:**

In total 29 persons participated from different organizations. Detail list of participants are in Annex-2. A total of 12 teachers and 7 students from eight different institutions and NGO personnel from two organizations attended the workshop.

## Process flow chart:

The following process was followed to conduct the workshop:



## Inaugural session:

All participants were provided writing pad, pen, name card and file bag before starting the workshop. They also signed in the attendance sheet. Ainun Nahar, Training Coordinator of the project facilitated the inaugural session.

Jebunness Lily, Chairperson of PRA Promoters' Society-Bangladesh welcomed the participants in the workshop. In her welcome speech she hoped that this workshop will help all to learn from each other and share experiences which will inspire all of us to work closely and support each other to establish rights of the adolescents to practice health properly. Adolescents will get scope to lead a healthy life and act as catalyst to multiply their learning among all adolescents of Bangladesh.



Figure 1 View of inaugural session

Catharien Terwisscha Van Scheltinga, Board Member, Stichting Batashi has presented the background and objective of the workshop in Bangla. All participants welcomed and enjoyed her speech in Bangla. In her speech she explained how the project was evolved, why schools were chosen for this project and what the objectives of this workshop are. In her speech Catharien also mentioned that this is a very small project with limited resources initiated with support of Sumita Choudhury. She hoped that with

the active participation of all concern and cooperation of other development organizations this project will be expanded to cover more schools and more adolescents within and outside Dhaka City.

## Business session

After the inaugural session Sumita Choudhury (Project Coordinator) facilitated the business session. She also explained some norms for participation in the workshop and facilities available including arrangement of food. All participants presented themselves through self introduction.

### Presentation on SRHA:

Ainun Nahar, Training Coordinator of SRHA project presented in detail about goal, objectives, activities monitoring and reporting system of the project using power point. After her presentation the floor was made open for the participants for asking questions and clarifications.

## Sharing experience:

### a) Sharing experience by students:

#### ***We have entered a new world of knowledge.....***

- One student said that, *“we study physical education as one subject. This subject contains one chapter on puberty and reproductive health. None of us have any idea about this topic and our teachers also avoid teaching this chapter. We were also feeling shy while discussing on the issue among us. We could not write any answer on questions in the exam from this chapter. Two madams of this project oriented us very clearly on puberty, reproductive health and what we should do in this age. Now we are very clear about our health practice. We do not feel shy anymore to discuss this issue with our classmates and friends because changes in human body are natural with the growth of body and age. We have entered a new world of our knowledge on our growth”.*
- Another boy said, *“I was fallen in to depression at the early age of puberty. I could not share my problems with anyone and tried to avoid friends and relatives. But after attending sessions organized by the project now I am clear that this change is natural and it is common for all men. Now I can share my experience with others without any hesitation”.*
- One boy said, *“Education department has introduced physical education in the high school (Class seven to ten) in 2013 that contains puberty and reproductive health care as one chapter. So far I know from my friends from different schools that teachers avoid teaching of this chapter as they feel shy to discuss with the students on this topic. Where as we have learned all about puberty, reproductive health and hygiene practice through this project since 2011. As a result now we are ahead from other students of other schools in writing answers of questions related to this topic in the exam and got very good scores”.*
- Two girls' (ex-students) shared their experiences in the plenary. One girl (name- Happy) once tried to share her problem of affairs with her mother but her mother refused to discuss, rather threat her. After joining in the orientation session she gained lots of knowledge about reproductive health,

menstrual hygiene practice, consequence of love affairs in early age. Explaining the benefit of counseling by the project staff she said that she is now clear and aware about love affairs which she should not do at this stage of her life. Another girl (Name- Jui) mentioned about her experience with a girl whom she demonstrated how to keep sanitary napkin clean, wash and dry in the sun light. Observing her demonstration hostel mother behaved badly with her and warned her not to discuss all these dirty things with the junior students. But she continued her counseling with the junior girl students. She also gives advice to the girls not to through used sanitary pad directly in the bin as it will pollute environment, rather to wrap it with old paper and then put it in the bin.

- Selina (student of class ten) of Ahsania Mission said, from this project we have learned how to manage menstruation and keep napkin hygienically safe.
- Another girl (ex student) mentioned that one day while she was demonstrating hand wash practice with the younger students then teacher came and shout at her. But she said to the teacher that *“you did not do this practice in your early age but we have already learned how to maintain hygienic life and we must help younger students to learn and practice”*.
- One boy student of Nurbagh high school (name Raihan of class eight) mentioned about his learning on drug, puberty, reproductive hygiene practice. He said that Young boys generally started smoking considering it as prestigious/ looks manly and girls will be attracted easily. Then he counseled the smoker boys and explained them about bad effect of smoking and taking drugs. Now he feels proud that those students have stopped smoking.
- Rakibul (student of class nine) from Lily International School said we are trying to follow and practice what we have learned from this project. We also learned about *“good touch and bad touch”* by other people.

#### **b) Sharing experience by teachers:**

##### ***We do not feel shy anymore to discuss.....***

- One Head teacher said, *“Government has introduced physical education as common for all students of class seven to ten. In that subject one chapter is about puberty and reproductive health. We always avoid that chapter and told students to read that chapter at home because we feel shy to discuss this issue with the students openly. After participating in the session organized by this project now we do not face any problem to discuss this issue with the students”*.
- Zakia, Teacher from Riyadul Muslimat Shishu Shikkhalaya stated that– *“Our school was highly disorganized as all students are from slums, fathers are day labour and mothers are house keeper. So students did not maintain personal hygiene. They did not know how to use toilet properly and keep it hygienic. As a result toilets always remain unhygienic and dirty bad for use by students. It was difficult for the teachers to make students aware because they did not do health and hygiene practice at home. Even it was difficult for the students to follow instruction of teachers. In 2010 when SRHA started working in our school then project staff gradually made students aware about personal hygiene, sexual and reproductive health. Through this project we got scope to learn about personal hygiene practice and sexual health through classroom discussion and practical demonstration”*.
- In reply to question of a NGO representative how teachers manage time for health and hygiene session teachers replied that they manage time in between two shifts i.e. from 12:00 to 1:00 pm. In other schools sessions were organized just after completion of school hour.

- Parvin and Nasrin both Teachers from Latifunnessa High School (at Sarulia, Demra) said, water of the school was not safe for drinking purposes. Students and teachers had to carry water from home. Toilet was unhygienic and extremely difficult to use. After completion of health and hygiene sessions with students and teachers they now can take initiatives to make the water point and toilet usable for students. Now teachers also feel confident to discuss on SRHA issue with the students freely.
- Parvin Akter from Latifunnessa High School said that she has two daughters and she never thought to discuss personal health and hygiene issue with them. After learning from the SRHA project she not only discussed with the students at school but also share her learning with the daughters to make them aware. Her daughters study in another school. She then tried to convince school authority of that school to discuss about personal health and hygiene issue but failed.
- One teacher Farhana from Nurbagh Hajee Mohammad Ideal School mentioned about the benefit of this project is that *“girl’s students can now discuss with the teachers freely and share experiences”*. She also learned how to handle derailed boy students while they tease girl students.
- Teacher of Ahsania Mohila Mission School said that *“earlier we were feeling shy and started sweating while discussing about menstrual hygiene with the girls and we tried to avoid the discussion and told the girls to read it at home. But I found that the girls do not feel shy to discuss about the issue after attending the session organized by the project staff. Earlier I knew that clear water is safe but after learning from the girls students I have placed one water filter in the girl’s hostel”*.
- Mahinur Begum, Head Teacher of Jamila Khatun High School said that education ministry has introduced reproductive health under physical education. Education department did not organize any orientation sessions for the teachers on teaching method on puberty and reproductive health care. As a result in most of the schools teachers avoid this chapter. Whereas this project already started session in 2011 and orient students and teachers on this sensitive issues. So, it has become easy for the students of our school to understand the topic taught in the school. Parents also did not see any problem for their children to learn the topic.
- Rashida Teacher of Salimullah Girl’s School said *“earlier we asked students to read reproductive health chapter at home as we always feel shy. But after attending the session I do not feel shy to teach this in the class”*.
- Matiar, teacher of Salimullah Girl’s School said that during my childhood I have faced lots of problems during puberty. I became introvert and feel shy to discuss with others on puberty issue. After receiving orientation from this project now I understand the problems of adolescent boys and girls. I share this with the students. Another example, I was engaged as private tutor of a student of class eight. The boy was behaving badly with his parent. Parent then complained me about his arrogant behaviour. I then discussed with the student separately realized that the boy attained puberty and he thought that he has become sick. That is why he was feeling uneasy to behave properly with parents or any other person. After my counseling the boy realized that this is a common change that everyone has to face during adolescent period. Later on he started behaving well with parent and others.
- Baki Billah, teacher of Lily International School said, *“As our school has co-education so we could not discuss reproductive health issue openly in the class. After participating in the session organized by*

*the project we have started teaching reproductive health in the class separately with the boys and girls. Still I believe that we need more orientation on this topic”.*

- Zakia, teacher from Riyadul Muslimat also said that earlier students did not react if anyone touches their body. After learning from the project about “Good touch”, “Bad touch” now all students are very careful about other’s touching their body. She also said that one father of a girls student asked her to purchase cigarette from shop but after attending orientation session she refuse to go shop for buying cigarette and requested her father not to smoke because it is injurious to health.

**c) Experience of project staff:**

- Sumita Choudhury, Project Coordinator and Ainun Nahar, Training Coordinator shared their experience and challenging situation at the beginning of the project. They said, for the project staff it was very difficult to conduct session at the beginning of the project because school gave time during off time of the class schedule. Teachers were also curious about the discussion topics in the sessions and they tried to find out from the students what the staff discussed. Participating students explained to the teachers how they participated in the session with fun and game. Some issues children stated that they have learned by participating in the session; such as “clear water does not mean safe water”; purpose of washing both hands with soap after using toilet; to be careful to talk with an unknown person or not to receive any food offered by them as the person may be child trafficker; If needed they will share with elder people. Hearing the reply of students, teachers became curious to know more about the issues discussed by the project staff. Project organized three days orientation sessions for the teachers in five schools based on their request.
- Now students attend school with shiny teeth and well brushed hair and slippers. One girl student mentioned that after learning from the session she now keep one piece of soap for toilets use
- Project organizes quarterly orientation sessions with the teachers. However, it was not possible to organize orientation session in 2 schools.

**Activities of participating NGOs:**

- NGO-PHULKI work with garments workers and offer health services. They also refer girl suffering from reproductive health problems to skilled service providers. They also work on HIV/AIDS.
- RHSTEP works with young people and school students (2014) to build capacity of the students and form peer learning group at community level. They do counseling and organize training program. They work extensively on SRHR. RHSTEP has three pillars i.e. education, service and capacity building.

**Group work on learning and way forward:**

Enamul Huda, Resource person from PRA Promoters’ Society- Bangladesh facilitated the group work. He presented a format with two basic information i) What you have learned from this project and ii) what else could be done for more better results in future.

Considering the number and category of participants three groups were formed i.e. two groups of teachers and one group of students.



**Figure 2 Group work in progress**

Participants from the NGOs were distributed in to three groups. They were given one hour time to do group work and present group work outcome in the plenary.

Outcome of the group work is presented below:

**Group: Students**

What we have learned from this project	What else could be done for more better results in future
<ul style="list-style-type: none"> <li>• Changing behavior of adolescent during puberty and what to do during puberty?</li> <li>• Personal hygiene care and cleanliness</li> <li>• Awareness on child and women trafficking and how to protect</li> <li>• Protect early marriage</li> <li>• Eradicate dowry system from the society</li> <li>• How to identify drug addicted persons and protest against drug users</li> <li>• HIV/AIDS- What it is and how it is spread? Awareness on HIV/AIDS</li> <li>• How to behave with AIDS affected person?</li> <li>• Menstruation management- How to keep girl health and mentally happy during menstruation period</li> <li>• How to eradicate eve teasing</li> <li>• Awareness on reproductive health care</li> <li>• Awareness on safe natural environment</li> <li>• Awareness on gender discrimination</li> <li>• Use safe water and hygienic latrine</li> <li>• Careful in selecting friends</li> <li>• Awareness on violence against women and protection</li> <li>• Protection of child labour</li> <li>• Proper use of mobile phone and internet for gaining knowledge and getting information</li> <li>• Knowledge on marriage law of Bangladesh</li> </ul>	<ul style="list-style-type: none"> <li>• Use multi-media in the discussion session</li> <li>• Develop website for SRH</li> <li>• Organize drama and cultural program as tools for knowledge and information dissemination on SRH</li> <li>• Develop posters and CD for publicity</li> <li>• Include more number of students in the program</li> <li>• Start SRHA program with working adolescents</li> <li>• Develop network of adolescents involving all ex-students of this program/ project</li> <li>• Include sexual and reproductive health activities in the annual plan of school</li> <li>• Organize discussion session on sexual and reproductive health at remote village level</li> <li>• More publicity in public place (tea stall and hotel) to make people aware about sexual reproductive health care</li> <li>• Discuss SRH issue in the SMC and PTA meeting</li> </ul>

**Group: Teacher (1)**

What we have learned from this project	What else could be done for more better results in future
<ul style="list-style-type: none"> <li>• Can discuss easily on SRH with the students (no more shyness)</li> <li>• Counseling by students/ peer learning are more effective and acceptable by the students</li> <li>• This project helps us in physical and mental development of students</li> </ul>	<ul style="list-style-type: none"> <li>• Organize more training for the teachers on SRH, personal hygiene practice and social issues</li> <li>• Organize meeting with the parents on different health and hygiene practice issues</li> <li>• Organize parent's conference in presence of resource person from PPS-BD</li> </ul>



What we have learned from this project	What else could be done for more better results in future
<ul style="list-style-type: none"> <li>• Gained proper knowledge on health and hygiene</li> <li>• This project acted as ice breaking among teachers and students to discuss on SRH issue</li> <li>• Students got proper and easy solution of their problems during puberty</li> <li>• This project contributed to eradicate eve teasing and use of drugs</li> <li>• We (teachers and students)gained knowledge and become aware about benefit of hand washing, personal hygiene practice, reproductive health care, bad effect of taking drugs, HIV/AIDS, uterus cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Expand this project in slums, villages and remote areas</li> <li>• Conduct classes in the school following government curriculum</li> <li>• Organize counseling session involving ex-students of this project</li> <li>• Observe hygiene management day</li> <li>• Provide more IEC materials on health, hygiene and SRH</li> <li>• Develop advocacy team involving teachers</li> </ul>

**Group: Teachers (2)**

What we have learned from this project	What else could be done for more better results in future
<ul style="list-style-type: none"> <li>• Gained clear knowledge and information on health, hygiene and SRH issue</li> <li>• A healthy environment has created among teachers and students to discuss on SRH issue</li> <li>• Gaps between teachers and students have reduced significantly. Now we can discuss openly on SRH issue freely in the class</li> <li>• Both students and teachers are now aware about health and hygiene practices</li> <li>• Skills of teachers in setting strategy for teaching on SRH has increased</li> <li>• Students are now more aware about personal hygiene</li> <li>• We are now more aware about different anti-social activities e.g. eve teasing, early marriage, drug addiction, child and women trafficking and protect those</li> <li>• We have learned that <i>“Clean water is not safe water”</i>.</li> <li>• We have learned about proper sanitation system and can apply our learning in the school and at home</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Increase publicity and organize youth fair</li> <li>• Establish information display board in the school premises</li> <li>• Publish youth magazine annually</li> <li>• Develop “Help line” for the adolescent on SRH</li> <li>• Use multi-media in the session</li> <li>• Organize teacher’s assembly quarterly/ half yearly and annually</li> <li>• Organize health campaign for the adolescents on reproductive health</li> </ul>

## **Concluding remarks:**

All participating teachers and students praised the organizer for organizing such a wonderful event. This has helped them to introduced with each other learn from them. Students mentioned that this is the first time they ever met with students of other schools in such a forum. They requested organizer to organized similar workshop more frequently involving more students and teachers from different schools.

NGO officials participated in the workshop also praised the organizer for organizing the workshop. This workshop gave them opportunity to explore more scope in the education to expand their program on health, hygiene and SRH issues. Education institutions are potential area to work on SRH issues. NGOs can think about coordination and cooperation with this project.

## Annex-1 Workshop schedule

### Sharing experience of “Sexual and Reproductive Health Program with Adolescents (SRHA)”

**Organized by:** Stichting Batashi and PRA Promoters’ Society- Bangladesh (PPS-BD)

**Date:** Friday, January 30, 2015

**Venue:** Bangladesh Institute of Management (BIM), 4 Sobhan bagh; Mirpur Road, Dhanmondi, Dhaka

Time	Event	Process
9:30	Registration	Jannatul Ferdous Eva will be responsible
9:45	Welcome	Jebunnessa Lily, Chairperson PPS- BD
9:50	Background of HAPA/SRHA and objectives of the workshop	Catharien Terwisscha Van Scheltinga Board Member, Stichting Batashi
10:00	Self introduction of participants	Sumita Choudhury
10:10	Presentation on Sexual and Reproductive Health Program with Adolescents (SRHA)	Presentation by: Ainun Nahar and Sumita Choudhury
10:30	HEALTH BREAK	
11:00	Open discussion on presentation	Questions and answers <b>Facilitator:</b> Enamul Huda
11:30	Sharing of experience by people participated in SRHA	Experience of students and teachers <b>Facilitator:</b> Enamul Huda
12:30	Open discussion on experience sharing by the students and teachers	Plenary; <b>Facilitator:</b> Enamul Huda
13:00	LUNCH BREAK	
14:00	<b>Way forward-</b> How SRHA can contribute more for the improvement of sexual and reproductive health practices by adolescents at school levels	<b>Group discussion:</b> (forming three groups by participants) <i>Groups will be facilitated by Huda, Sumita, Ainun Nahar.</i>
14:45	Presentation of group discussion findings	Plenary <b>Facilitator:</b> Enamul Huda
15:15	Recommendations for SRHA- Next step	Plenary <b>Facilitator:</b> Enamul Huda
15:30	Concluding remarks by participants and organizer (SRHA)	Plenary <b>Facilitator:</b> Enamul Huda
16:00	Vote of thanks	Jebunnessa Lily

## Annex-2 LIST OF PARTICIPANTS

Sl. No.	Name of participants	Position/ Designation & organization
1.	Dr. Shakira Reza Nova	Team Leader RFSU Project, RHSTEP (01715-786665)
2.	Runu Akter	Youth Officer UBR Project, RHSTEP. E-mail: <khadijaakter73@yahoo.com> Phone- 01727654707 <a href="mailto:khadijaakter73@yahoo.com">khadijaakter73@yahoo.com</a>
3.	Momotaz Pervin	Training Officer, PHULKI <a href="mailto:jolly394@yahoo.com">jolly394@yahoo.com</a>
4.	Meher Akhter	Consultant Insight Development, Dhaka
5.	Tania Chowdhury	Teacher Riyadul Muslimat shishu shikhhalay, Adabor,Dhaka
6.	Zakiaya Akter	Teacher Riyadul Muslimat shishu shikhhalay, Adabor,Dhaka
7.	Shahinur Akter	Student (class 10) Ahsania Mohila Mission school, Mirpur-1, Dhaka
8.	Salina Akter	Student (class -9) Ahsania Mohila Mission school, Mirpur-1, Dhaka
9.	Mahbub-un-Naher laila	Teacher Ahsania Mohila Mission school, Mirpur-1, Dhaka
10.	Salma Khatun	Teacher Ahsania Mohila Mission school, Mirpur-1, Dhaka
11.	Shahanaj Akter Happy	Student( class 11); (Ex.student 2009-2010 batch) Ahsania Mission Institute of Medical Technology, Mirpur -13, Dhaka
12.	Jui Alam	Student( class 11); (Ex. student 2009-2010 batch) Ahsania Mission Institute of Medical Technology, Mirpur -13, Dhaka
13.	Rasheda khatun	Teacher Salimullah School, Azimpur, Dhaka
14.	Motiar Rahman	Teacher Salimullah School, Azimpur, Dhaka
15.	Halima Akter	Teacher Nurbagh HM Ideal school, Kamrangirchar,Dhaka
16.	Farzana Begum	Teacher Nurbagh HM Ideal school, Kamrangirchar,Dhaka
17.	Rayhan Mia	Student (Class Nine) Nurbagh HM Ideal school, Kamrangirchar,Dhaka
18.	Md. Omar Faruq	Student (Class Six) Nurbagh HM Ideal school, Kamrangirchar,Dhaka
19.	Md. Bakibillah	Teacher Lily International school, Kamrangirchar,Dhaka
20.	Md. Rakib	Student (Class Nine) Lily International school, Kamrangirchar,Dhaka
21.	Parvin Akter	Teacher Latifunnesa High School, Sarulia, Dhaka

<b>Sl. No.</b>	<b>Name of participants</b>	<b>Position/ Designation &amp; organization</b>
22.	Mustana Nasrin	Teacher Latifunnesa high school, Sarulia, Dhaka
23.	Mahenur Begum	Head Teacher Jamila Khatun school, Lalbag, Dhaka
24.	Catharien Terwisscha Van Scheltinga	Board Member Stichting Batashi
25.	Jebunnessa Lily	Chairperson PRA Promoters' Society- Bangladesh
26.	Enamul Huda	General Secretary & Resource person PRA Promoters' Society- Bangladesh
27.	Sumita Choudhury	Project Coordinator Health Awareness Program for the Adolescents (HAPA)
28.	Ainun Nahar	Training Coordinator Health Awareness Program for the Adolescents (HAPA)
29.	Jannatul Ferdous Eva	Assistant Health Awareness Program for the Adolescents (HAPA)