

Health Awareness Programme and Hygiene for Adolescents

The development of an extra curricular education initiative in Bangladesh

Evaluation report 2010



Ainun Nahar

Sumita Choudhury

Implemented under the umbrella of  PRA Promoters' Society –
Bangladesh

(A forum of PRA/Participation promoters in Bangladesh)

Supported by Stichting Batashi, the Netherlands, www.batashi.nl

Preface

This report highlights the development of a scale education initiative for teenage girls. In Bangladesh, adolescent girls do not have access to information on health and hygiene related issues, nor do they feel free to talk it. Ainun Nahar personally addressed this issue, and together with Sumita Choudhury, she developed training for girls. They identified schools where girls (and some boys) from poorer people attend, and communicated with them about their education programme.

The 'Health Awareness Program for the Adolescents' as it is sometimes called, started in 2007, doing some ground work in a school at Damra, a peri-urban area close to Dhaka. In 2008, under the umbrella of PPS, primarily personal initiative and letter with small-scale financial support from Stichting Batashi, it was continued as a pilot at four schools. Since then, the programme reaches every year over 200 adolescents.

The programme is successful, as the adolescent girls' share many personal hygiene issues with their trainers, schoolteachers are interested and provided with information, and every year new head masters approach Sumita and Ainun. Besides, the schools where the program runs, ask the trainers every year at the end of the year to come back next year, for a new batch of students: 'This is knowledge they cannot get somewhere else, which will serve them lifelong'.

Now, we are in 2011. The Health and Hygiene initiative is running at eight schools this year. Intentionally, it is still small: in this way, it is able to keep itself with all the charm of a small-scale initiative. Sumita Choudhury and Ainun Nahar are always very modest about their initiative, though they have much they can be proud of!

Now they developed this document, to share the approach. We feel this is a very valuable effort, and in sharing the approach, others who want to know more, may get insight or might even wish to replicate it. We encourage that, as many girls would benefit.

As for ourselves, we are impressed with their work and feel grateful that we are involved in their efforts. Based on Sumita and Ainun's efforts, the girls who attended the lessons can make better-informed decisions about their own health and hygiene!

We wish the initiative will continue and that many more girls may be reached.

**Ms. Jebunnessa Lily
Tinga**

Chairperson of PPS-BD

Catharien Terwisscha Van Schel

Secretary/treasurer

Stichting Batashi

Table of contents

Title

- 1. Introduction***
 - 2. Purpose and Objectives***
 - 3. Timeline and Progress***
 - 4. Participating Institution Coverage***
 - 5. Partnership and Participation***
 - 6. Diversity of institutions***
 - 7. Activities performed and Achievement***
 - 8. Overview of the module for the Health Awareness Program for Adolescents***
 - 9. Health Awareness and Hygiene Practices***
 - 10. Counseling activities***
 - 11. Results/out come***
 - 12. Constraints and limitations***
 - 13. Support to others***
 - 14. Major achievements***
 - 15. Printing and publication***
 - 16. Recommendations***
 - 17. Conclusion***
- Annex***

1. Introduction

In the context of Bangladesh and within the Bangladeshi culture, the majority of the adolescents, especially girls, have almost no scope to share their problems related to health, and especially reproductive and sexual health care before or even after marriage. Sexual and reproductive health is still a taboo issue in Bangladesh. Her mother, elder sister or sisters in law are in general the only persons with whom girls can share their problems or seek support. However, not all of the information provided is scientifically correct and healthy. Further, anyone who consults a doctor, to know more about reproductive health, may be considered sick. Besides, it may be too costly. Adolescents' girls from rural areas working in the industrial sectors, like garments and other factories, are the most vulnerable. Often, they are not living with their family and can seek support of others due to social barriers nor can consult doctors for related problems due to financial and other constraints. It is difficult to reach them.

Those that can be reached, are the ones still in the school. Adolescent girls and boys are probably the most difficult to reach, and most disadvantaged segment of the population of Bangladesh in terms of health care and hygiene practices. Among these, adolescents of poor communities e.g. slum dwellers and marginal income groups are most vulnerable, as they have limited access to general education institutions. General education curriculums also do not discuss much about adolescent health care and hygienic practices. In the congested and thickly populated slums, adolescent girls have almost no privacy to practice reproductive and menstrual hygiene. Very few NGOs are working for the poor adolescents on health, reproductive health and hygiene practices. The adolescents level of knowledge on social awareness issues is also negligible.

Education about reproductive and sexual health is important in our country where a quarter of the population is in adolescents age of 10-18 (third of the population is younger than 15). Until date, child marriage is a common phenomenon. However, the legal age for marriage is 18 for girls and 21 for boys. Nevertheless, half of girls are married by the age of 15 and have their first child by the age of 18. Early marriage and childbirth are often obstacles for the girls' development. This leads to school drop out, early pregnancies, birth complications, gender violence etc.

Adolescence is an important period in a person's life as it is a period of cognitive, emotional, and attitudinal change. Reproductive and sexual health and hygiene is a very sensitive subject that is hardly being taught at school at Bangladesh. Teachers are not trained /have no skill to teach the subjects in classroom. Moreover, teachers in generally feel hesitant to discuss the subject in classroom. In secondary school level, number of female teachers is still low which does not contribute to an environment where girls feel free to discuss the issue.

PRA Promoters' Society- Bangladesh (PPS-BD) provided an umbrella for this small scale initiative to develop a one year training programme, and explore the interest to participate of some education institutions of the poorer communities like orphanage based schools and madrasas (schools for Islamic education). These schools were included in this initiative, addressing knowledge, attitude and practices related to health and hygiene for adolescents. The title of the initiative is 'Health and Social

Awareness Program for Adolescents' and it is funded through personal contributions collected by Stichting Batashi in the Netherlands.

2. Purpose and Objectives

Purpose of the initiative is to improve reproductive and sexual health and hygiene practices and develop social awareness among the adolescents.



Latifunessa School : Students at class room.

The main objective of the program is to make adolescent boys and girls aware about their health and hygiene care as well as increase knowledge on social issues. Sub-objectives of the program are to raise awareness on:

- ***Health and Personal hygiene (for example the importance of hand washing)***
- ***Child and women trafficking***
- ***Drugs***
- ***HIV/AIDS***
- ***Reproductive health and menstrual hygiene (including to the menstrual hygiene and management, sexual harassments (eve teaching), good touch-bad touch, reproductive health and hygiene.***
- ***Early marriage***

From 2010 program started counseling activities as a pilot basis in one madrasa and one hostel where orphan girl are staying. Now under the 'Health Awareness Program for the Adolescents' has two types of activities:

- 1. Training session: Health Awareness Program for the Adolescents and***
- 2. Counseling activities***

In certain cases, the students from the regular session (training) were also joining in the counseling session. The counseling session is open for all students in a particular institution.

3. Timeline and Progress

'Health Awareness Program for the Adolescents' followed a process to actively interact with the targeted institutions over the period of four years. The following timeline will give a brief idea on the process of intervention, and the jointly undertaken activities:

YEAEVENTS

R

2007 Preparatory activities/ Ground work

- Selection of area and education institutions
- Development of training module and materials
- Searching different types of materials from different NGOs
- Contact with School Management Committees (SMC) and rapport building
- School visit and situation analysis/under the prevailing environment (attitude of the teachers, students and SMC members) of the institutions
- Orient SMC members on the purpose and objectives of program
- Obtain final approval from **4 education institutions** to start program
- Organize series of meetings with the schools to develop program schedule

2008

- Introductory meeting with the Teachers and SMC members on program contents
- Introductory session with the students
- Identify potential participants among the students of different classes to attend in the sessions
- Conduct sessions (2 sessions per month with 4-5 days duration per issue) on the following health and social issues:
 1. *Health and Personal hygiene (for example the importance of hand washing)*
 2. *Child and women trafficking*
 3. *Drugs*
 4. *HIV/AIDS*
 5. *Reproductive health and menstrual hygiene (including to the menstrual hygiene and management, sexual harassments (eve teaching), good touch-bad touch, reproductive health and hygiene.*
 6. *Early marriage*
- Teacher's meeting on the issues and progress of the program (quarterly)
- Annual performance review by the students, teachers and SMC members
- Partnership with Company (ACI) to supply soaps as gifts for the participating students
- Year ending (Closing session)

2009	<ul style="list-style-type: none"> Follow a first year's programme (4 schools), Continue with the 1st batch students in a second year programme, with the following issues: <ol style="list-style-type: none"> <i>Traditional beliefs and practices on women</i> <i>Early marriage</i> <i>Polygamy</i> <i>Divorce</i> <i>Gender and women's rights</i> <i>Cancer in the uterus</i> <i>To stop Violence Against Woman and role of the man and women</i> Include 2 Madrashas (schools for Islamic education) in addition to the previous institutions
2010	<ul style="list-style-type: none"> Continue first and second batches with issues set earlier Recruit third batch students from the same school and Madrashas (<i>1 Madrasa dropped out because the madrasa could not continue in the building as a result of changed ownership</i>) and a woman's club was newly included Pilot on counseling on social issues to the inmates of the orphanage and schools, based on needs identified by the adolescent girls themselves

4. Participating Institution Coverage

Two trainers, both members of PPS-BD, took the initiative to implement the 'Health Awareness Program for the Adolescents' independently. A senior member of PPS-BD provided necessary technical support and advice to the program. The trainers initially identified some areas with high concentration of poor and marginal income communities for feasibility study. Institutions that are disadvantaged and deprived from health and social awareness program of government and NGOs were given first priority to be covered under this 'Health Awareness Program for the Adolescents'.



Thus, focus was given on orphanages and institutions for disadvantaged children with boarding facilities. After these initial examinations with the criteria as mentioned above, four institutions were selected from different locations within Dhaka and peri-urban area of city.

Table-1: Locations of institutions under 'Health Awareness Program for the Adolescents'

Name of the institutions	Area	City	Type of students enrolled	Year of inclusion
Al Nahian High School	Mirpur	Dhaka	Most of the students living in hostel and from outside many students also attended	2008
Dhaka Ahsania Mohila Mission School	Mirpur	do	Most of the students living in hostel and from outside many students also attended	2008
Ahsania Mohila Mission home (for counseling)	Mirpur	do	Students living in the hostel	2010
Sir Salimullah Muslim Junior Orphanage High School	Azimpur	do	All students are living in hostel	2008
Latifunnessa High School	Demra	do	All students are coming from outside	2008
Riadul Muslimat Madrasha*	Lalmatia		All students are living in hostel	2009
Riadul Muslimat Madrasha	Adaboor, Mohammuadpur	do	All students are coming from out side	2009
Azad Muslim Mohila Parishad	Lalbugh	do	Women engaged in income generating activities and keen to gain knowledge on health and hygiene practice and social awareness issues	2010

** Two branches of same Madrasha located in different places. Out of these two branches, the one in Lalmatia closed in end 2010 due to changed ownership (the new owner started the construction of a multi storied residential building at the place of the madrasha).*

5. Partnership and Participation

In total 445 students participated in the 'Health Awareness Program for the Adolescents' of whom 404 were girls and 41 were boys. In addition, 32 women participated in the discussion sessions on health and social issues. Very few students were selected from each class to participate considering the limited resources and time

available for the sessions. Details of the participation by institutions are presented below.

Table-2: Participation of students from different institutions by gender and year

Name of the institutions	Participation of girls by year				Participation of boys by year				GRAND TOTAL
	2008	2009	2010	TOTAL	2008	2009	2010	TOTAL	
Al Nahian High School	25	24	28	77		6	2	8	85
Dhaka Ahsania Mohila Mission School	25	22	34	81		8		8	89
Sir Salimullah Muslim Junior High School (Orphanage)	25	30	30	85				0	85
Latifunnessa High School	19	19	21	59	6	11	8	25	84
Riadul Muslimat Madrasha*			30	30				0	30
Riadul Muslimat Madrasha*		25	22	47				0	47
Dhaka Ahsania Mohila Mission Home (for counseling)			25	25				0	25
Sub-total:	94	120	190	404	6	25	10	41	445
Azad Muslim Mohila Parishad (Women)			32	32					32
GRAND TOTAL:	94	120	222	436	6	25	10	41	477

After completion of the first year, interest was growing among the other students to participate in the session as they found it interesting and a scope to learn many unknown new things. As a result, it becomes easy for the trainers team to organize the sessions for the next batches. Demand had been created to continue the program in the same institutions with more coverage of students. Teachers also became enthusiastic and cooperative to the team.

6. Diversity of institutions

Co-education school, schools for the orphanages, orphaned base school but where students attend for out side also, madrasha (Islamic religion based school), a club where adolescents and women attended for training like cutting, stitching, embroidery, block and batik, cooking and adult education.



7. Activities performed and Achievement

The big challenge...

Initially, it was a big challenge for the trainers to convince the Management Committee of a school to be a partner of the 'Health Awareness Program for the Adolescents' and allow the members to implement the program as per plan. It took a good amount of time to make the school authority understand the importance of the program. Initially the authorities were suspicious about the program. Some institutions were very much conservative and they never allow outsider in their institution to interact with the students. Teachers also were reluctant about the program, apprehending that the program implementation process will be same traditional teaching techniques followed by them. However, later on, observing the facilitation techniques, use of learning materials and practical demonstration by the trainers they became convinced and interested to continue the program.



Sulimullaha Muslim Orphanage : Students at the closing session

8. Overview of the module for the Health Awareness Program for Adolescents

To run the activities smoothly the program developed an education programme, consisting of six issue-based modules. An overview of the modules is as follows.

Table 3: Overview of the modules of the Health Awareness Program for Adolescents

Chapter 1	Health and personal	Lesson 1. To make them aware about their personal hygiene, necessity of it, the way of maintenance and
--------------	------------------------	---

	hygiene.	<p>good practices of it.</p> <p>Lesson 2. To make them aware about the causes of diseases and sources of safe water.</p> <p>Lesson 3. To make them aware about relation between latrine and diseases. Sanitary latrine it conservation of food and household waste management.</p>
Chapter 2	Women and child trafficking.	<p>Lesson 1. To make them aware about</p> <p>The trafficking and who are the targets and who are the traffickers?</p> <p>Lesson 2. To make them aware about</p> <p>Why women child are being trafficked? Consequence of the trafficked women and child, punishment of the trafficker.</p> <p>Lesson 3. Awareness rising against trafficking. Responsibilities after rescue.</p>
Chapter 3	HIV & AIDS.	<p>Lesson 1. To make them aware about HIV & AIDS, how this disease is spread and what is the syndrome of HIV & AIDS?</p> <p>Lesson 2. Remedy of AIDS. Our responsibilities for the AIDS affected people.</p> <p>Lesson 3. Availability of the treatment center.</p>
Chapter 4	Drug & its bad effects.	<p>Lesson 1. To make them aware about Drug. Causes of drug addiction, effect of the drug addiction.</p> <p>Lesson 2. How we identify the drug addicted? Physical syndrome of addiction, effect of the addicted person and society.</p>
Chapter 5	Reproductive health.	<p>Lesson 1. To make them aware about reproductive organ. Different parts, name and function of the male female reproductive organ.</p> <p>Lesson 2. To make them aware about puberty. Duration of puberty. What kind of the mental & physical change is occurring at the stage of the Adolescent boys and girls and effect of the change?</p> <p>Lesson 3. Hormones of the human bodies, grownup the Adolescents.</p> <p>Lesson 4. To make them aware about sexual harassment. Type of sexual harassment, how the Adolescents get rid from it? Traditional conception of the real fact about sexual harassment.</p>
Chapter 6	Early Marriage	<p>Lesson 1: What is early marriage? What are the reasons of early marriage?</p> <p>Lesson 2: Legal age of marriage. Impotency of</p>

		marriage registration. How we can come out from early marriage?
--	--	---

Note: It requires 3 to 4 sessions to cover one lesson. One session is 45-60 minutes.

9. Health Awareness and Hygiene Practices

For the general sessions on health awareness and hygiene practices, at least 21 different sessions, 17 general and six review sessions, were conducted under the 6 major topics of health and hygiene. Each topic continued for 3/4 days depending on the understanding capacity and interests of the students. Each session begins with the participation of the students. The facilitator sometime uses different games and energizers to attract the students attention and create a learning environment.



Teachers at the closing session

The students focus the learning environment created in the sessions on sharing experiences. The facilitator encourages the students to discuss on problems they face in the family, at community and school level, related to the subject of the session. Many untold stories come out spontaneously from the students of which some are extremely painful and some more motivating. The fact that the students are sharing these experiences is a sign of trust in the learning environment, created by the trainers.

In the process, the facilitator assists to initiate the discussion on the topic. Facilitator use different training and learning materials to explain the topic understandable to the students. Each step of the topic is explained clearly citing different live examples by the facilitator. Presentation of the topic is made through posters, drawing, flash cards prepared for the topic. The facilitator interacts with the students and opens scope for question and answers in every step of discussion. The facilitator and the students to make the session lively introduce some games and funs. After completion of discussion, the floor is open for the students to continue peer group discussion. Peer

group discussions are organized for better learning and students are encouraged to share their own life experience and innovative ideas.

The facilitator does a short review session to revitalize learning. Participating students get further scope to explain how they will apply the information in the lessons taught in their interaction with different people e.g. their classmates, family members, community people, relatives, friends and others. Besides, teachers' meetings are organized quarterly to inform and update them about the progress. Per school, we listed the detailed activities per module dealt with in 2010 in Annex 1.

10. Counseling activities

From 2010, we started counseling activities on a pilot basis in one hostel where orphans are staying and at one madrasa. The idea for the pilot was based on the observation that in the different orphan based schools, many students are often depressed.



Azad Muslim Club : Participants at the session

In addition, the head teachers and some assistant teachers informed the trainers that their students are not sufficiently obedient, they are not attentive to their studies, their results are not up to the marks and no punishment seems to affect them. Consequently, head teachers requested the trainers to discuss these kinds of issues with the students and provide a clear idea why they are doing those. This was asked to the trainers, as their impression about the work of the trainers so far was, that the students are regularly attending the 'health and hygiene' sessions and seem very happy in the sessions. Therefore the pilot started, based on the teachers' request to the trainers, to talk with the students.

When trainers then talked with the students, they followed interview techniques to find out what the actual problems were. The trainers identified as the main issues that most of them miss their families' members and want to live with them. Moreover, the behavior of some staff of the institution hurts them and they feel inferior themselves. Students of higher classes/college feel depressed about their future prospects, like marriage and jobs.

For that, the trainers felt there is a need for an extra session, outside the year-long training programme. The main reasons for this were:

- The lessons only are not sufficient in providing information;
- More sensitive issues can be better discussed outside the school setting;
- Outside school sessions can be a form of recreation for the students;
- The girls seem to want someone to encourage them about their education, future and others activities

The idea for a counseling session came into this way. The trainers discussed the counseling idea in a meeting with the school committees and the home mothers of the orphanages. These meetings resulted to start counseling sessions at two places, Ahsania Mohila Mission (hostel), Riyadul Muslimat Shisu Shikkaaloy and Madrasha.

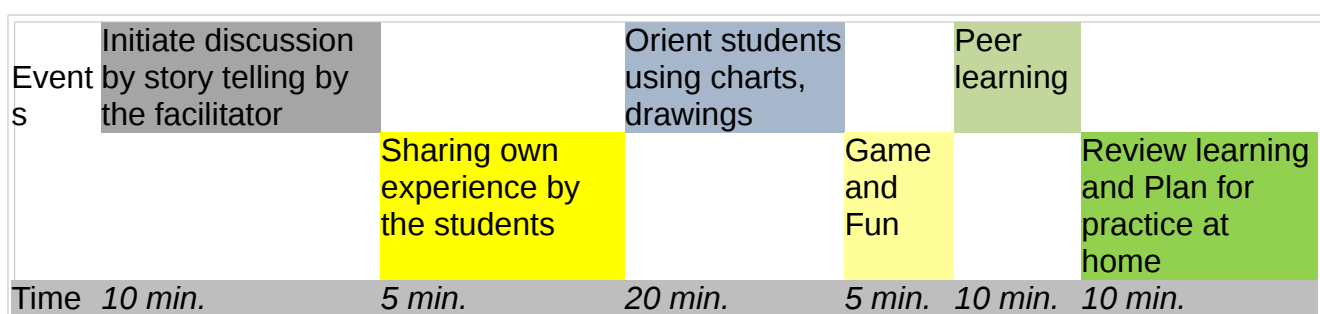
The counseling sessions take place in the orphanage, outside the school setting. It is not mandatory to participate, the adolescents are free to come and go.

The sessions take place twice a month in a group of around 20-25 adolescents. There is no prescribed lesson, manual or program and the trainers do not take notes during the session. The sessions take place without any interference from the home mothers or the school committee. Keywords to describe the sessions are chatting, sharing, easy going and informal.

The trainers create a friendly atmosphere and encourage the sharing of information and experiences. Sometimes the trainer introduces a subject to the group but most of the time the input and questions come from the adolescents. The subjects are diverse and examples are issues around marriage registration, gender differences in addition, dowry, eve teaching, cancer, menstrual hygiene, reproductive and sexual health, TV drama, cinema, song, drawing, etc. The main objective is information providing and information sharing. Besides that the trainers also give advice. The trainers do not wish to give one solution to a problem, but preferably discuss several ways to go about a problem. The adolescents also have their own solutions to problems, which are then also discussed. In the end, the idea is that the adolescents have an opportunity to reflect on their own situation and can choose by themselves which way to take. So far, the sessions are considered successful by both the trainers and the adolescents.

The trainers are not official counselors. In Bangladesh, it is not easy to go to a counselor, especially for the adolescents. It has a negative connotation. Nevertheless, the trainers are planning to enhance their activities in this counseling. For this, they look for information on the internet and share their experiences on the activities with other NGOs.

Diagram-2: Process flow chart of a 60 minutes session (example)



Details of the counseling activities (school wise) in 2010 are included in the Annex 2.

11. Results/out come

After completion of the 2010 session, we can notice the awareness and change in the attitude/mentality among the authorities and students. We summarized them below, while the full summary per school can be found in Annex 3.

12. Constraints and limitations

'Health Awareness Program for the Adolescents' has faced some constraints and limitations during implementation of the program. The facilitators took the challenge to overcome most of the challenges. Some major constraints and limitations are stated below:

Table-3: Constraints and limitations with solutions

Constraints	Limitations	Solutions
<ul style="list-style-type: none"> • Difficult to match with time availability of different schools and Madrashas • Initial negative attitude of SMC [write in full] members and teachers to allow students to participate • Some teachers look for financial gain or benefit from the program 	<ul style="list-style-type: none"> • Limited resources hinder participation of more students in each batch • Target institutions are not close to each other: needs time for traveling • Some students shifted to another school • Drop out due to early marriage of some girl students 	<ul style="list-style-type: none"> • Gifts (soap) provided by a cosmetic company provided a welcome incentive. It attracted many students to participate (next year) • The small snacks provided (as the lesson takes place after school time and students are hungry at that time) is an attraction for the students • Innovative teaching and facilitation techniques, like inclusion of energizers, drama, drawing, etc. attracts students to participate

13. Support to others

Based on the experience gained, the trainers tried to share their information, and participated in discussions. For instance, Oxfam Novib organized a series of consultation workshops on Sexual and Reproductive Health and Rights (SRHR) and education in 2010. It was held in BRAC INN, Dhaka, Ainun Nahar and Sumita Choudhury participated in those workshops.

Support was received at the national level as well. ACI, a multinational company, gave support for the program the last three years. For instance, one-year antiseptic cream and another year soap was provided to distribute among the students.

Further, the training program's activities are supported by a financial contribution from Stichting Batashi in the Netherlands. Without the contribution of Batashi it was not possible to continue the program activities.

14. Major achievements

Our activities created significant positive impacts for our students/participants, teachers, hostel mothers and related persons. Some significant results are summarized below:

- Every school authorities willing request us to continue the program in next year 2011.
- Students are alert about hand washing before taking foods and after defecation.
- They are also alert about child trafficking.
- Now students are feeling free with trainers and when they meet with students their appearance becoming a bright, impressive and joyful
- Others students those are not in under program, they also very free with trainers and charming meet with them.
- Committee members/hostel mothers request the trainers to cover their whole students those are living in hostel.
- When we want feedback from students they mention, before our session they never can share/want to know about 'reproductive health and hygiene'.
- Now program personal can share and exchange their views and comments within the teachers freely which are not directed related with program but important for teachers and students.
- From 2010, program, start-counseling session as a pilot base in one orphan based hostel and a madressa.
- From 2010 project start its program in a women club named 'Azad Muslim Mohila Parishad' which is a welfare trust in old part of the Dhaka city. Specialty of this club is, many young girl and women (age rang 16-45) came here to receive vocational training on cutting, switching, block-batiks, adult education etc. Program can share/disseminate information here comparatively openly and participants also too much free to know any information about sexual and reproductive health, menstrual hygiene, sexual harassments, women rights, discrimination among women and man and other gender related issues.
- Many students willing come to trainers to express their willingness to join the session. But program have a target in every session will start 25-30 students.

So trainers gave them assurance next year then can join our session through their teacher.

- Now many NGOs know about our activities and some of them show their interest to know more.
- Program personal joined a series of workshop on 'Sexual and Reproductive Health and Rights' arranged by Oxfam Novib.

15. Printing and publication

- A 4-page size summary leave let was printed in 2010 on program activities.

16. Recommendations

- In the future, we want to include 'Teachers training/workshop' in program activities.
- We want to include two new schools.
- To run program activities smoothly we need a new staff. If a staff member can be trained on the job that also provides more continuity to the programme.

17. Conclusion

Program activities were completed in 2010 smoothly, although there are some gaps and constraints, as identified above. The trainers are experienced, and can implement the programme confidently. They are able to identify the strength, weaknesses and limitations. During the last three years, we were able to develop good relationships with the institutions we work with. From 2010 program, we also started a counseling program as a pilot base in two institutions, and the response was very satisfactory, so we will continue it. Many schools, teachers and some NGOs are showing their interest in our training program. We hope this report contributes to expanding the coverage of health and hygiene education for adolescents and are available to advice anybody who wishes to replicate our model.

Annex 1: Training details per session and per school in 2010

As per module, the following subjects and sessions were conduct with the students/participants

a) School: 1. Training/ sessions with adolescent (Latifunnessa high school)

Date/ time	Aim of sessions	Number of participants	Train er	Remark
13/01/10 at 1.15-2.00 pm	Introductory session with the students	28	2	-
20/01/10at 1:20-2.15 pm	<i>Chapter:1</i> Lesson 1. To make them aware about their personal hygiene, necessity of it, the way of maintenance and good practices of it.	28	do	-
06/02/10 at 1.30-2.15 pm	Lesson 2. To make them aware about the causes of diseases and sources of safe water.	25	do	-
11/02/10 at 11.15-12.20 pm	Lesson 3. To make them aware about relation between latrine and diseases. Sanitary latrine it conservation of food and house hold waste management.	25	do	-
04/03/10 at 12.10-1.30 pm	Review of the previous lesson	25	do	-
25/03/10 at 11.30-12.30 pm	<i>Chapter-2 (Women and child trafficking)</i> Lesson 1. To make them aware about The trafficking and who are the targets and who are the traffickers?	25	do	-
01/04/10 at 12- 1.20	Lesson 2. To make them aware about Why women child are being trafficked? Consequence of	25	do	-

	the trafficked women and child, punishment of the trafficker.			
06/04/10 at 1.15-2.00 pm	Lesson 3. Awareness rising against trafficking. Responsibilities after rescue.	25	do	
06/05/10 12-1.30 pm	<i>Chapter 3(HIV/AIDS)</i> Lesson 1. To make them aware about HIV & AIDS, how this disease is spread and what is the syndrome of HIV & AIDS?	22	do	
10/05/10 at 1.30-2.30 pm	Lesson 2. Remedy of AIDS. Our responsibilities for the AIDS affected people.	22	do	
31/03/10 at	Teachers Meeting	9 teachers	do	
18/05/10 10am-12 pm	Teachers Meeting	14 teachers (morning and day shift teachers)	do	we arrange the meeting before schedule times due to head master left the school for higher education in abroad
07/06/10 1:30-2:30	Chapter: 4 Lesson: 1 To aware them about what is drug? What is drug addiction? Causes of drug addiction, Effect of the drug addiction	21	do	
24/06/10 at 1.15-2.15 pm	Chapter: 4 Lesson 2. How we identify the drug addicted? Physical syndrome of addiction, effect of the addicted person and society.	21	do	
1/07/10 at 12.10-1.30. pm	Students' friends/ peer group exercise	18 + 6 peer group	do	
14/07/10 at 1.30- 2.30. pm	Early marriage: What is early marriage? What are the reasons of early marriage? Besides of the early marriage? How we can come out from early marriage.	18	do	
5/08/10 at	Chapter 5: Lesson 1. To make	22	do	

12.30-1.25 pm	them aware about reproductive organ. Different parts, name and function of the male female reproductive organ			
11/08/10 at 1.30 -2.30 pm	Chapter 5 2. To make them aware about puberty. Duration of puberty. What kind of the mental & physical change is occurring at the stage of the Adolescent boys and girls and effect of the change	22	do	
21/10/10 12:30- 1:30pm	Chapter 5 -3:Hormones of the human bodies, grownup the Adolescents	18	do	
27/10/10 1:30-2:30pm	Chapter 5: Lesson4. To make them aware about sexual harassment. Type of sexual harassment, how the Adolescents get rid from it? Traditional conception of the real fact about sexual harassment	18	do	
25/11/10 12:30- 1:30pm	Preparatory session for closing session	21	do	
28/11/10 at 12-1:30pm	Closing session	21	do	
14/12/10 10 am -12 pm	Teachers meeting	12	do	

b) School:2. Training/sessions with adolescent. (Sir Solimullah junior orphanage girl's high school)

Date/ time	Aim of sessions	Number of participants	Trainer	Remarks
10/01/10 at 1.15-2.00 pm	Introductory session with the students	31	2 trainer	-
23/01/10	<i>Chapter:1</i>	31	1trainer, 1 co-	-

at 1.15-2.00 pm	Lesson 1. To make them aware about their personal hygiene, necessity of it, the way of maintenance and good practices of it.		trainer	
09/02/10 at 1.15-2.00 pm	Lesson 2. To make them aware about the causes of diseases and sources of safe water.	27	do	-
22/02/10 at 1.15-2.00 pm	Lesson 3. To make them aware about relation between latrine and diseases. Sanitary latrine it conservation of food and house hold waste management.	27	do	-
15/03/10 at 1.15-2.00 pm	Review of the previous lesson	33	do	-
21/03/10 at 1.15-2.00 pm	<i>Chapter-2 (Women and child trafficking)</i> Lesson 1. To make them aware about The trafficking and who are the targets and who are the traffickers?	33	do	-
30/03/10 at 1.00-1.35 pm	<i>Teachers Meeting</i>	8 teachers	do	
04/04/10 at 1.15-2.00 pm	Lesson 2. To make them aware about Why women child are being trafficked? Consequence of the trafficked women and child, punishment of the trafficker.	29	do	-
11/04/10 at 1.15-2.00 pm	Lesson 3. Awareness rising against trafficking. Responsibilities after rescue.	29	do	
09/05/10 at 1.15-2.00 pm	<i>Chapter 3(HIV/AIDS)</i> Lesson 1. To make them aware about HIV & AIDS, how this disease is spread and what is the syndrome of HIV & AIDS?	31	do	
11/05/10	Lesson 2. Remedy of AIDS. Our responsibilities for the AIDS affected	31	do	

at 1.15-2.00 pm	people.			
03/06/101:30-2:30pm	<i>Teachers meeting</i>	15	do	
22/06/101:30-2:30pm	Chapter: 4 Lesson: 1 To aware them about what is drug? What is drug addiction? Causes of drug addiction, Effect of the drug addiction	31	do	
29/06/101:30-2:30pm	<i>peer group</i>	31 + peer group 7=38	do	
6/07/10 1:30-2:30pm	Chapter: 4 Lesson 2. How we identify the drug addicted? Physical syndrome of addiction, effect of the addicted person and society.	33	do	
13/07/101:30-2:30pm	Early marriage: What is early marriage? What are the reasons of early marriage? Bedside of the early marriage? How we can come out from early marriage.	33	do	
20/07/101:30-2:30pm	Chapter 5: Lesson 1. To make them aware about reproductive organ. Different parts, name and function of the male female reproductive organ	33	do	
09/08/101:30-2:30pm	Continuation the previous lesson and What is Good touch & Bad touch?	28	do	
14/8/10 1:30-2:30pm	Chapter 5 2. To make them aware about puberty. Duration of puberty. What kind of the mental & physical change is occurring at the stage of the Adolescent boys and girls and effect of the change	28	do	
27/9/10 1:30-2pm	Teachers meeting	08	do	
29/09/101:30-2:30pm	Chapter 5 -3: Hormones of the human bodies, grownup the Adolescents	27	do	
05/10/101:30-2:30pm	Chapter 5 Lesson-4: To make them aware about sexual harassment. Type of sexual harassment, how the Adolescents get rid from it? Traditional conception of the real fact about sexual harassment.	29	do	
10/10/101:30-	Review of the previous lesson	29	do	

2:30pm				
02/11/101:30-2:30pm	issue based group discussion & group work.	30	do	
06/11/101:30-2:30pm	preparatory class	30	do	
07/11/101:30-2:30pm	closing session	34	do	
12/12/10 12 pm-1.3-pm	Teachers meeting	11	do	

c) School: 3. Training/sessions with adolescent (Ahasania Mohila mission girls school)

Date/ time	Aim of sessions	Number of participants	Trainer	Remark
11/01/10	Introductory session with the students	33	2 trainer	-
14/01/10 at 11.15- 12.00 pm	<i>Chapter:1 (Personal Health and Hygiene)</i> Lesson 1. To make them aware about their personal hygiene, necessity of it, the way of maintenance and good practices of it.	33	do	-
28/01/10 at 11.15-12.00 pm	Lesson 2. To make them aware about the causes of diseases and sources of safe water.	32	do	-
01/02/10 at 1.15-2.00 pm	Lesson 3. To make them aware about relation between latrine and diseases. Sanitary latrine it conservation of food and household waste management.	33	do	-
28/02/10 at 1.15-2.00 pm	Review of the previous lesson	33	do	-
14/03/10 at 1.15-2.10 pm	<i>Chapter-2 (Women and child trafficking)</i> Lesson 1. To make them aware about The trafficking and who are the	32	do	-

	targets and who are the traffickers?			
22/03/10 at 1.10-2.00 pm	Lesson 2. To make them aware about Why women child are being trafficked? Consequence of the trafficked women and child, punishment of the trafficker.	32	do	-
27/03/10	Teachers meeting	10+3 (teachers and management committee, house mothers)	do	
07/04/10 at 1.15-2.00 pm	Lesson 3. Awareness rising against trafficking. Responsibilities after rescue.	33	do	
12/04/10 at 1.15-2.00 pm	<i>Chapter 3(HIV/AIDS)</i> Lesson 1. To make them aware about HIV & AIDS, how this disease is spread and what is the syndrome of HIV & AIDS?	33	do	
12/05/10 at 1.15-2.15 pm	Lesson 2. Remedy of AIDS. Our responsibilities for the AIDS affected people.	23	do	
17/05/10 at 1.30-2.30 pm	Chapter-4: Lesson: 1 To aware them about what is drug? What is drug addiction? Causes of drug addiction, Effect of the drug addiction	27	do	
09/06/10 1.20-2.20 pm	Chapter-4: Lesson 2. How we identify the drug addicted? Physical syndrome of addiction, effect of the addicted person and society.	21	do	
20/06/10 1.30-2.30 pm	Issue based group discussion.	21	do	
07/07/10 1:20-2:30pm	Early marriage: What is early marriage? What are the reasons of early marriage? Bedside of the early marriage? How we can come out from early marriage.	28	do	
07/07/10 1:20-2:30pm	Students' friends/ peer group exercise	22+13	do	

17/07/101:20-2:30pm	Chapter 5: Lesson 1. To make them aware about reproductive organ. Different parts, name and function of the male female reproductive organ	22	do	
21/07/101:20-2:30pm	Continuation the previous lesson and What is Good touch & Bad touch?		do	
10/08/101:20-2:30pm	Group discussion & group work	22	do	
16/08/101:20-2:30pm	Chapter 5 2. To make them aware about puberty. Duration of puberty. What kind of the mental & physical change is occurring at the stage of the Adolescent boys and girls and effect of the change	28	do	
22/09/101:20-2:30pm	Chapter-5: Lesson 3: Hormones of the human bodies, grownup the Adolescents	28	do	
28/09/101:20-2:30pm	Chapter 5: Lesson-4. To make them aware about sexual harassment. Type of sexual harassment, how the Adolescents get rid from it? Traditional conception of the real fact about sexual harassment	18	do	
23/10/101:20-2:30pm	Review of the previous lesson	30	do	
26/10/101:20-2:30pm	Teachers meeting	10	do	
31/10/10 at 1:20-2:20	Drawing/painting class.	21	do	
11/11/101:20-2:30pm	preparatory class	28	do	
13/11/10 at 1:20-2:30 pm	closing session	28	do	
11/12/10 12.30-1.30 pm	Teacher meeting	9	do	
25/12/10	Meeting with committee members	5	do	

d) School: 4.) Training/sessions with adolescent (Al nahian high school, Mirpur)

<i>Date/ time</i>	<i>Aim of sessions</i>	<i>Number of participants</i>	<i>Trainer</i>	<i>Remark</i>
12/01/10 at 1.30-2.00 pm	Introductory session with the students	28	2 trainer	-
16/01/10 at 1.30-2.30 pm	<i>Chapter:1</i> Lesson 1. To make them aware about their personal hygiene, necessity of it, the way of maintenance and good practices of it.	29	do	-
18/02/10 at 11.30-12.40 pm	Lesson 2. To make them aware about the causes of diseases and sources of safe water.	25	do	-
25/02/10 at 11.30-12.30 pm	Lesson 3. To make them aware about relation between latrine and diseases. Sanitary latrine it conservation of food and house hold waste management.	22	do	-
11/03/10 at 11.30-12.30 pm	Review of the previous lesson	29	do	-
18/03/10 at 11.30-12.30 pm	<i>Chapter-2 (Women and child trafficking)</i> Lesson 1. To make them aware about The trafficking and who are the targets and who are the traffickers?	29	do	-
08/04/10 at 11.30-12.30 pm	Lesson 2. To make them aware about Why women child are being trafficked? Consequence of the trafficked women and child, punishment of the trafficker.	30	do	-
18/04/10 at 1.30-2.15 pm	Lesson 3. Awareness rising against trafficking. Responsibilities after rescue.	30	do	
13/05/10 at 11.30-12.30	<i>Chapter 3(HIV/AIDS)</i> Lesson 1. To make them aware about HIV & AIDS, how this disease is spread and what is the syndrome of HIV & AIDS?	25	do	
20/05/10 at 11.30-12.30	Lesson 2. Remedy of AIDS. Our responsibilities for the AIDS affected people.	25	do	
15/04/10 at	Teachers Meeting	12	do	

11.30-12.15 pm				
10/06/10	Chapter-4: Lesson: 1 To aware them about what is drug? What is drug addiction? Causes of drug addiction, Effect of the drug addiction	19	do	
11.30-12.15 pm				
17/06/10	Teachers Meeting	14	do	
11.30-12.15 pm				
19/06/10	Chapter-4: Lesson 2. How we identify the drug addicted? Physical syndrome of addiction, effect of the addicted person and society	29	do	
11.30-12.15 pm				
08/07/10	Early marriage: What is early marriage? What are the reasons of early marriage? Besides of the early marriage? How we can come out from early marriage	27	do	
11.30-12.15 pm				
15/07/10	Chapter 5: Lesson 1. To make them aware about reproductive organ. Different parts, name and function of the male female reproductive organ	27	do	
11.30-12.15 pm				
08/08/10	Continuation the previous lesson and What is Good touch & Bad touch?	27	do	
11.30-12.15 pm				
12/08/10	Chapter 5 2. To make them aware about puberty. Duration of puberty. What kind of the mental & physical change is occurring at the stage of the Adolescent boys and girls and effect of the change	27	do	
11.30-12.15 pm				
30/09/10	Chapter-5: Lesson 3: Hormones of the human bodies, grownup the Adolescents	17	do	
11.30-12.30pm				
14/10/10	Chapter 5: Lesson-4. To make them aware about sexual harassment. Type of sexual harassment, how the Adolescents get rid from it? Traditional conception of the real fact about sexual harassment	19	do	
11.30-12.30pm				
28/10/10	Review of the previous lesson	19	do	
11.30-12.30pm				
04/11/10	Issue based group discussion.	24	do	
11.30-12.30pm				
09/11/10	preparatory class	24	do	
11.30-12.30pm				
11/11/10	closing session	24	do	
12pm-1pm				

26/12/10	Teachers meeting	13	do	
11.30 am-12.30 pm				

e) School: 5.) Training/sessions with adolescent (Adabor Madrasa)

<i>Date/ time</i>	<i>Aim of sessions</i>	<i>Number of participants</i>	<i>Trainer</i>	<i>Remark</i>
17/01/10 at 4-5 pm	Introductory session with the students		2 train er	-
30/01/10 at 4-5 pm	<i>Chapter:1</i> Lesson 1. To make them aware about their personal hygiene, necessity of it, the way of maintenance and good practices of it.	29	do	-
13/02/10 at 4-5 pm	Lesson 2. To make them aware about the causes of diseases and sources of safe water.	29	do	-
20/02/10 at 4-5 pm	Lesson 3. To make them aware about relation between latrine and diseases. Sanitary latrine it conservation of food and house hold waste management.	27	do	-
13/03/10 at 4-5 pm	Review of the previous lesson	27	do	-
20/03/10 at 4-5 pm	<i>Chapter-2 (Women and child trafficking)</i> Lesson 1. To make them aware about The trafficking and who are the targets and who are the traffickers?	28	do	-
10/04/10 at 4-5 pm	Lesson 2. To make them aware about Why women child are being trafficked? Consequence of the trafficked women and child, punishment of the trafficker.	28	do	-
17/04/10 at 4-5 pm	Lesson 3. Awareness rising against trafficking. Responsibilities after rescue.	23	do	
15/05/10 at 4-5 pm	<i>Chapter 3(HIV/AIDS)</i> Lesson 1. To make them aware about HIV & AIDS, how this disease is spread and what is the syndrome of HIV & AIDS?	20	do	

22/05/10 at 4-5 pm	Lesson 2. Remedy of AIDS. Our responsibilities for the AIDS affected people.	21	do	
05/06/10 4-5 pm	Chapter-4: Lesson: 1 To aware them about what is drug? What is drug addiction? Causes of drug addiction, Effect of the drug addiction	19	do	
12/06/10 4-5 pm	Chapter-4: Lesson 2.How we identify the drug addicted? Physical syndrome of addiction, effect of the addicted person and society	19	do	
04/07/10 4-5 pm	Early marriage: What is early marriage? What are the reasons of early marriage? Besides of the early marriage? How we can come out from early marriage	21	do	
11/07/10 4-5 pm	Chapter 5: Lesson 1. To make them aware about reproductive organ. Different parts, name and function of the male female reproductive organ	21	do	
04/08/10 4-5 pm	Continuation the previous lesson and What is Good touch & Bad touch?	21	do	
08/08/10 4-5 pm	Chapter 5 2. To make them aware about puberty. Duration of puberty. What kind of the mental & physical change is occurring at the stage of the Adolescent boys and girls and effect of the change	21	do	
30/09/10 4-5 pm	Chapter-5: Lesson 3: Hormones of the human bodies, grownup the Adolescents	17	do	
19/10/104-5 pm	Chapter 5: Lesson-4. To make them aware about sexual harassment. Type of sexual harassment, how the Adolescents get rid from it? Traditional conception of the real fact about sexual harassment	19	do	
30/10/104-5 pm	Review of the previous lesson	19	do	
02/11/10 4-5 pm	Issue based group discussion.	12	do	
15/11/10 4-5 pm	preparatory class	16	do	
21/12/10 3-4 pm	closing session	22	do	

***f) Vocational training institution: 6. Training/sessions with adolescent/ Women
(Azad Muslim Mohila Parisad Lalbag, Dhaka)***

Date/ time	Aim of sessions	Number of participants	Trainer	Remark
05/01/10 at 4-5 pm	Introductory session with the students	15	2 trainee	-
24/01/10 at 4-5 pm	<i>Chapter:1</i> Lesson 1. To make them aware about their personal hygiene, necessity of it, the way of maintenance and good practices of it.	28	do	-
08/02/10 at 4-5 pm	Lesson 2. To make them aware about the causes of diseases and sources of safe water.	33	do	-
24/02/10 at 4-5 pm	Lesson 3. To make them aware about relation between latrine and diseases. Sanitary latrine it conservation of food and house hold waste management.	34	do	-
09/03/10 at 4-5 pm	Review of the previous lesson	18	do	-
16/03/10at 4-5 pm	<i>Chapter-2 (Women and child trafficking)</i> Lesson 1. To make them aware about The trafficking and who are the targets and who are the traffickers?	19	do	-
05/04/10 at 4-5 pm	Lesson 2. To make them aware about Why women child are being trafficked? Consequence of the trafficked women and child, punishment of the trafficker.	26	do	-
	Lesson 3. Awareness rising against trafficking. Responsibilities after rescue.	26	do	
29/04/10 at 4-5 pm	<i>Chapter 3(HIV/AIDS)</i> Lesson 1. To make them aware about HIV & AIDS, how this disease is spread and what is the syndrome of HIV & AIDS?	29	do	
17/05/10 at 4-5 pm	Lesson 2. Remedy of AIDS. Our responsibilities for the AIDS affected people.	31	do	

25/05/10 at 4-5 pm	Menstrual Hygiene and Reproductive Health	30	do	
23/03/10 at 4-5 pm	Teachers Meeting	05	do	
15/06/10 4-5pm	Chapter-4: Lesson: 1 To aware them about what is drug? What is drug addiction? Causes of drug addiction, Effect of the drug addiction	19	do	
21/06/10 4-5 pm	Chapter-4: Lesson 2.How we identify the drug addicted? Physical syndrome of addiction, effect of the addicted person and society	30	do	
30/06/10 4-5 pm	<i>Teachers Meeting</i>	06	do	
12/07/104-5 pm	Early marriage: What is early marriage? What are the reasons of early marriage? Besides of the early marriage? How we can come out from early marriage	30	do	
19/07/104-5 pm	Chapter 5: Lesson 1. To make them aware about reproductive organ. Different parts, name and function of the male female reproductive organ	26	do	
01/08/104-5 pm	Continuation the previous lesson and What is Good touch & Bad touch?	16	do	
07/08/104-5 pm	Chapter 5 2. To make them aware about puberty. Duration of puberty. What kind of the mental & physical change is occurring at the stage of the Adolescent boys and girls and effect of the change	16	do	
04/10/104-5 pm	Chapter-5: Lesson 3: Hormones of the human bodies, grownup the Adolescents	17	do	
11/10/104-5 pm	Chapter 5: Lesson-4. To make them aware about sexual harassment. Type of sexual harassment, how the Adolescents get rid from it? Traditional conception of the real fact about sexual harassment	17	do	
13/10/104-5 pm	Teachers Meeting	08	do	
03/11/104-5 pm	issue based group work.	22	do	
08/11/104-5 pm	preparatory class	23	do	

10/11/104-5 pm	closing session	30	do	
13/12/10 4-5 pm	Teachers meeting	6	do	

Annex 2: Counselling activities

a) Training/Counseling session with adolescent (Riadul Muslimat Madrasa: home, Lalmatia)

<i>Date/ time</i>	<i>Aim of sessions</i>	<i>Number of participants</i>	<i>Train er</i>	<i>Remark</i>
18/01/10 at 4.00-5.00 pm	Introductory session with the students	12	2 train er	-
31/01/10 at 4.00-5.00 pm	<i>What is counseling, why should an adolescent girl need to come under counseling program?</i>	12	do	-
02/02/10 at 4.00-5.00 pm	<i>Emotion of the adolescents girls</i> <ul style="list-style-type: none"> Physical and mental change of the adolescents; Impact of the change on a adolescent; 	19	do	-
15/02/10 at 4.00-5.00 pm	<i>Emotion of the adolescents girls</i> <ul style="list-style-type: none"> Behaviors of the parents, house mothers and teachers are not satisfactory with the students; Some times parents, house mothers and teachers can not trust them. 	19	do	-
10/03/10 at 4.30-5.30 pm	<i>Family bondage and the adolescents</i> <ul style="list-style-type: none"> What is family? What is the role of the parents in a family? What is the role of the other 	16	do	-

	<p>members of the families?</p> <ul style="list-style-type: none"> How a parent can spend their leisure times with the children? 			
28/03/10 at 4.30-5.30 pm	<p><i>Adolescents don't feel interest in their lesson</i></p> <ul style="list-style-type: none"> What are the duties of the students? Why parents send the children in a home/school? How an adolescent can spend their leisure. 	16	do	-
20/04/10 at 5.00-6.00 pm	<p><i>Suicidal trend among the adolescents girls</i></p> <ul style="list-style-type: none"> What should be an adolescent can do when they feel helpless? Share the pain with dear one, parents, guardian, teachers, house super, friends or with any one you. 	10	do	-
24/04/10 at 5.00-6.00 pm	<p><i>Eve teasing</i></p> <ul style="list-style-type: none"> We want revenge when a man/young boy teasing us on the way'. What should an adolescent can do at that situation? How and where they will share their immediate reaction/feeling? Initiate of the families, societies and govt. to stop eve teasing. 	10	do	
16/05/10 at 5.00-6.00 pm	<p><i>Eve teasing</i></p> <ul style="list-style-type: none"> We want to support from guardians, teachers, police and others law enforcements agencies. 	20	do	
23/05/10	<i>Early marriage</i>	20	do	

at 5.00-6.00 pm	<ul style="list-style-type: none"> • Legal age of marriage; • punishment of early marriage; • early marriage and adolescent health; • bad effect of the early marriage on a young mother and on her kids; 			
27/04/10 at 5.00-6.00 pm	Teachers Meeting	5 teachers	do	
06/06/10 5-6 pm	As per students demand trainers discuss about natural disasters (like earth quark, water logging, aila-sedor (storm). Specially after watching TV they want to know about aila-sidor.	21	do	
14/06/10 5-6 pm	They have no importance in their families so they feel in inferior	23	do	
28/06/10 5-6 pm	Teachers Meeting	04	do	
26/07/10 5-6 pm	Painting	17	do	
29/07/10 5-6 pm	eve teasing	17	do	with in short time trainer have taken 2 session due to they have organized a handicap exhibition from 7/ 8/10
09/08/10 5-6 pm	Students share their personal problems like about their families, staffs of institutions,	16	do	
17/08/10 5-6 pm	Do	16	do	
23/09/10 2-3 pm	Discuss on menstrual hygiene and health	14	do	
26/09/10 2-3 pm	Discuss and show the a apron on reproductive health	14	do	
24/10/10 4-5 pm	Gossiping on different subject and how they will be attentive about their school lessons.	15	do	
04/11/10 4-5 pm	Gossiping on different subject just for joy	10	do	

14/11/10 4-5 pm	preparatory class	11	do	
08/12/10 3-4pm	closing session	19	do	

b) Counseling session with adolescent (Dhaka Ahasania Mohila Mission, Home)

<i>Date/ time</i>	<i>Aim of sessions</i>	<i>Number of participants</i>	<i>Train er</i>	<i>Remar k</i>
28/02/10 at 3-4 pm	<i>What is counseling, why should an adolescent girl need to come under counseling program?</i>	18	2 train er	-
27/03/10 at 3-4 pm	<i>Emotion of the adolescents girls</i> <ul style="list-style-type: none"> Physical and mental change of the adolescents; Impact of the change on a adolescent; 	18	do	-
03/04/10 at 3-4 pm	<i>What is Menstruation? Period time what they will and how?</i> <ul style="list-style-type: none"> Adolescent and reproductive health What is menstruation? Pain and problems in the menstruation period; Management and cleanness in the period; Diet in the period (nutritious food) 	22	do	-
13/04/10 at 3-4 pm	<i>Suicidal trend among the adolescents' girls.</i> <ul style="list-style-type: none"> What should an adolescent can do when they feel helpless? Share the pain with dear one, parents, guardian, teachers, house super, friends or with any one you. 	23		
05/05/10 at 3-4 pm	<i>Cancer</i> <ul style="list-style-type: none"> What is cancer? What is breast cancer? 	17	do	

	<ul style="list-style-type: none"> • What is uterus cancer? • How girl/women can take precaution to avoid cancer? 			
19/05/10 at 3-4 pm	<i>Cancer</i> <ul style="list-style-type: none"> • Bad habit and cancer; • Tobacco and cancer; • Nutritious food; • Treatment of the cancer; 	22	do	
25/05/10 at 11:30 to 1pm	<i>Eve teasing</i> <ul style="list-style-type: none"> • We want revenge when a man/young boy teasing us on the way’. • What should an adolescent can do at that situation? • How and where they will share their immediate reaction/feeling? <p>Initiate of the families, societies and govt. to stop eve teasing.</p>	23	do	
02/06/10 3-4 pm	Sexual health and reproductive health	23	do	
16/06/10 3-4 pm	Do	20	do	
03/07/10 3-4 pm	What is boy? What is girl?	19	do	
17/07/10 3-4 pm	Do	21	do	
10/08/10 3-4 pm	Do	18	do	
16/08/10 3-4 pm	How gender discrimination occurred unrest situation with in man and women	18	do	
21/09/10 3-4 pm	do	18	do	
20/10/10 3-4 pm	How and why girls and women becoming victim of violence	16	do	
25/10/10 3-4 pm	Do	14	do	
29/11/10 3-4 pm	Preparatory work for closing	24	do	
09/12/10 3-4 pm	Closing session	24	do	

Annex 3: Assessment per school of awareness & change

In total, the assessment was made for eight schools/madrasha's/women's clubs, all part of the 2010 programme. In the assessment distinction is made for the school programme (training), the counseling and at the end some specific comments are included.

Training programme

a) School: 1. Latifunnessa high school

Authority

- From last meeting with the teachers, we come to know that this program is very helpful for their students. Because in their school no other extra curriculum activities. Head mistress gave thanks to us due to from long distance we want their school.
- One teacher willing told us why not we expend our program activities in other schools at Narayangong. She wants at least we can stat this program in a school where her girl child are study.
- Before we propose for our next year program, request comes from teacher to continue the program. This thing happened in every school, madrasa and from club.
- Teachers are happy due to their students learn new things which is they cannot share before.
- Husband of some teaches also know about our activities and when they suffer some crisis their husband told the teacher (wife), 'why not you discuss/talk with Sumita didi and Ainun apa. '
- When they arrange any special program for the students like picnic, study tours, annual school program and then teachers always invite us cordially to join with them.
- Teachers request then we can arrange orientation session/meeting for the parents.

Students

- Student's comments that they enjoyed the classes and they learn lots issue which is important of their life.
- They start share the issues within their friends, family and neighbored.
- Students are happy in our sessions.
- From this year, we can discuss more openly/friendly about HIV/AIDS, menstrual and sexual hygiene, reproductive health.

Limitation

- Few students shift the school.
- Some girl drop out by marriage
- For economic crisis, some boys bound to engaged in works.

- This year new education system (for class five and eight level) a bit hampers program activities.

b) School: 2. Sir Solimullah junior orphanage girl's high school

Authority

- Supernatant of the school said us; then we will orientate the schoolteachers about counseling issues.
- Supernatant want a report of our program and want to include our activities in their brochure.
- Head mistress (now in retirement) told us, firstly supernatant was not clear/happy with our activities, but head mistress convince him about our activities and impotency for orphanages.
- Teachers have trust on us, so they are not worried about their students when they spend more times with us.
- When they arrange any program teachers always invite us cordially.

Students

- Students are very attentive and regular in our session. If we do late to give reminder about our session, students willing talk to their teachers that today they have the session on health awareness program.
- After seeing us not only student of our session, other students look very happy and they come to us.
- After looking that when teachers face any problems and can not control the students then teaches request us to manage the students about the particular issues/problems. Like they are not attentive their lesson, some of them going to emotionally involve with boys which are not good for them in this stage, some times they go out side of the campus without any permission, they are not sufficient organize within there rooms and dress etc.
- Last year students (2009) still saying us,

Teaches at the closing session

- students of 1st year (2008 batch) attach with health awareness program for two years but they are not. They also want to continue 2nd year session.
- After session, some students personally communicate with the trainers about their menstrual/other problems.
- From this year, we can discuss more openly about HIV/AIDS, menstrual and sexual hygiene, reproductive health.
- After our session, most of the students want that we can stay more times with them. For that we able to discuss more openly/friendly and extra issues (HIV/AIDS, menstrual and sexual hygiene, reproductive health, gender gap and discrimination. Although some of those are not for this session)
- Students also invite us at their classroom parties.

c) School: 3) Ahasania Mohila mission girls school
Authority

- Head master of the school appreciates the counseling program for the home students.
- In closing session, head master gave emphasis on menstrual hygiene and reproductive health. He discuss openly about its impotency for the girl.
- Some times head teacher told us that students of the upper class are not sufficient attentive to their lesson and they have more interest about the boys. They want our support. In that case, we suggested the authority to arrange games and other extra curriculum activities for the students side-by-side motivation/counseling session also need for them.
- One teacher mentions that same session also important for the boys but why we are not doing that.
- Member of the management committee shows their interest about the counseling program and willing told us to continue the program.

Students

- After seeing us not only student of our session, other students look very happy and they come to us.
- After looking that when teachers felt, any problems and can not control the students then teaches request us to manage the student about the particular issues/problems.
- After session, some students personally communicate with the trainers about their menstrual, personal and others problems.
- From this year, we can discuss more openly/friendly about HIV/AIDS, menstrual and sexual health and hygiene, reproductive health.
- After our session, most of the students want that we can stay more times with them. For that we able to discuss extra issues (HIV/AIDS, menstrual and sexual hygiene, reproductive health, gender gap and discrimination. Although some of those are not for this session)

d) School: 4. Training/sessions with adolescent (Al Nahian high school, Mirpur)

Authority

- Head and others teachers and supernatant always want we continue the program and never say `no' in our activities.
- We feel some teachers realize the impotency of the program but they do not want to give us time when we arrange teachers meeting.
- Now school teachers more aware about our activities like eve teaching due to RAB (special force) form a committee in school to protect girls from eve teaching.
- Authority willing told us to continue the program.
- Last teacher meeting all teachers shows their great interest about our next year program and they gave assurance they will be more responsible.

Students

- After seeing us, some students are very happy.

- After session, some students personally communicate with the trainers about their menstrual, personal and others problems. (Like what will they do when any boys take picture on their cell phone, menstrual related problems).
- From this year, we can discuss more openly/friendly about HIV/AIDS, menstrual and sexual health and hygiene, reproductive health.

Limitation

- When we start the session on menstrual and reproductive health then we cannot continue our session with the boys.
- We cannot arrange any orientation/meeting with the hostel mother. This is a gap from our side.
- Time is a problem for the session.
- Some times we miss our session due to overlapping the school program, although our date is previously fix but authority do not inform us about their new/suddenly arrange program.

e) School (Madrasa): 5. Training/sessions with adolescent (Adabor Madrasa)

Authority

- Teachers are happy about our activities and always try to help us. (It's madrasa base school)
- Authority also cordial and always want we continue our program with their students and they think we are doing a very good jobs for the students.
- Female teacher of the institution are very happy about our issues, which we disseminate with the students. In one session, she was present with the students and surprise to see the apron on '*Reproductive Health*'. Teachers express her reaction she never sees this kind of think and it is very important for every one to know. She also said her students; they should need to attentive and regular in our session. This issues they never can learn anywhere. Now see had a trust on us. One of her boy child (student of a madrasa) was upset and she comes to us with her children to talk to us. We would like to mention, this teachers was a students of a madrasa and very religious minded.

Students

- Most of the students of this school are slum dwellers and age rages are very similar so we feel comfort to conduct the session.
- Student are comparatively aware about drug and child-women trafficking which help us to conduct the session.
- They are very attentive and feel interest in our session.
- They also like our snacks, which is a big think to attend at the session.
- All students are very free and friendly with us.

Limitation

- Institution has not any permanent house, which hamper our sessions.
- There are no road to go to the institution, which is another problem for students and us.

f) Club: 6. Training/sessions with adolescent/Women (Azad Muslim Mohila Parisad Lalbag, Dhaka)

Manager/Trainers

- Some times manager and trainers also attend our sessions, they are very happy about the subject, and they said all the issues are very important for all. They also said, previously they never pay attention to/think issues which we discuss.
- Manager said us personally she want to continue the session in next year. Others trainers opinion is same. Manager also mentions that if authority will want to know about our activities she will give her opinion about our program.
- She also said, they are very happy about our snacks, which we gave the participants.
- Authority also said, they could not able gather many participants in their other program, but in our session, participants willing join with us.
- She also said, snacks are a matter to gather more participants in our session.

Participants

- When first time (January '10) we start the program some participants were very less interest and unhappy on authority and us due to they came here for only three hours, so they think it's a waste of times. But after 2/3 sessions all are coming regularly and unhappy participants were more vocal in session. They can realize it is a different program and before that they never get any scope like it.
- We cannot close our session timely due to participant want to know more.
- In this club, we cannot continue our sessions as per module due to all participants were adult and their quires/demands were different. Every session they want to know many things those are related in their daily life. Like, why husbands are cruel with them, why husbands have no faith on them. Some of them want to know about their diseases and where they can go for proper treatment; those have no children they want to know which doctor is good for them. Some want to know how they manage their young girls/boys from drug. We bound to conduct several session on menstrual hygiene, reproductive and sexual health and hygiene. They like our snacks; with many women, they have the kids so they were happy about snacks.

Counseling (Social awareness)

a) Institution: 1. Training/Counseling session with adolescent (Riadul Muslimat Madrasa, Lalmatia (home))

Authorities

- Member of the management committee show their interest about the counseling program and they want we could continue our program for next year.
- Mentally they depend on us
- They are very happy about our snakes (in session) and gift (provide by ACI) which we provide in opining and closing session. If we have extra gift, those

also distributed within the other students who are living in the hostel and slum area.

- This year member of management committee told us now their students wash their hands before intake foods and after defecation.
- Students can use toilet properly, which they cannot do previously, now they can able to change their habit to use toilet properly.

Students

- Students feel interest in the counseling session.
- Most of the times students choose the subject to discuss.
- Now they are alert what will they do when any one teasing them.
- They also alert about child-women trafficking.

b) Institution: 2. Counseling session with adolescent (Dhaka Ahasania Mohila Mission, hostel)

- Member of the management committee show their interest about the counseling program for their student.
- Home/hostel mothers also happy about our counseling program. When they face any problems about their students then they share with us and request us to discuss the matter in our session.
- Head master of the school has appreciated the counseling program for the home students.
- Some times supervisor of the home complains to us about their students then we try to convince her that adolescents' students will be a bit restless and emotional. So they should realize it. Hard rules always not good and emotion to the adolescents' girls always separated from others. Therefore, authorities need to show their tolerance to control the girls.

Students

- Students feel interest in the counseling session.
- From SQUARE a multi-national company arranges a session for the students on menstrual hygiene. However, students said us the doctors cannot explain details about the ministration and their presentation was not clear to them. Moreover, when students told them, that they know the matter through our session they school authority feel proud.
- Most of the times students choose the subject to discuss.
- Girls feel insult when any body teasing them on the way to college and when go to out side of the hostel.
- Some students personally discuss their problems/pain with us. Like, some are not happy with their parents why they sent them in orphanage. Some are complain to us behaviors of the mothers/supervisor/teachers are very rude to them.
- Teachers do not take proper action when boys write-up bad comments and picture at the school toilet.
- Students want to stay more times with us but some times students are busy with their lunch and private coaching.

- We try to bring out the students problems by group discussion but students said us group discussion was not good for them due to through this process their confidentiality come out in front of others students which is harmful for them. According to their opinion, we try to find out their problems by giving pieces of paper where they write their problems. After find out the problems, we discuss with the teachers in teachers meeting, some times with the mother/supervisor. But we never mention the name of the students.
- Eve teaching, menstrual hygiene, reproductive and sexual health and hygiene, traditional taboos, cancer, uterus cancer, gender discrimination and violence are discussed in counseling sessions. Most of the times students choose the subjects.

Special comments

- For counseling session, time is a problem. When we start the session that times students are busy with their lunch and private coaching.
- Gradually students are come to us with their personal/individual problem; few are saying their menstruation time suffering abdomen pain and leucorrhoea, Amenorrhea etc.
- Sumita said to housemother if they allowed to us with in our process then I will try to give free of cost medicine to the girl.
- Upper class students like college students still are not attending our session, some of them said others students they feel shy in front of others to discuss their personal issues.
- Last session we told the students, now they know many thing and they should share those with others when they will go to village in winter vacation. When they come back, we will want to know what they do. Students also give us assurance they will do it