

Reproductive Health Education Needs in Uganda

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1. Introduction

Adolescent pregnancy and motherhood have remained significant health and social concerns in Uganda. For many women, pregnancy is desired and planned, but for adolescents, it is often unintended. Although context-based information and needs of the target population are valuable inputs for the development of appropriate interventions, this type of information has not been available in many rural areas. A needs assessment and situational analysis were conducted with **Shanti Uganda, a non-governmental organization working to improve maternal and infant health** in the Luweero district, Uganda.

2. Methods

Survey

-Young Women (N=55)
Young women aged 14 to 26 in the community

- Workshop Participants (N=32)
Girls aged 14 to 22, who participated in the Teen Girls Workshop

Semi-structured Interviews

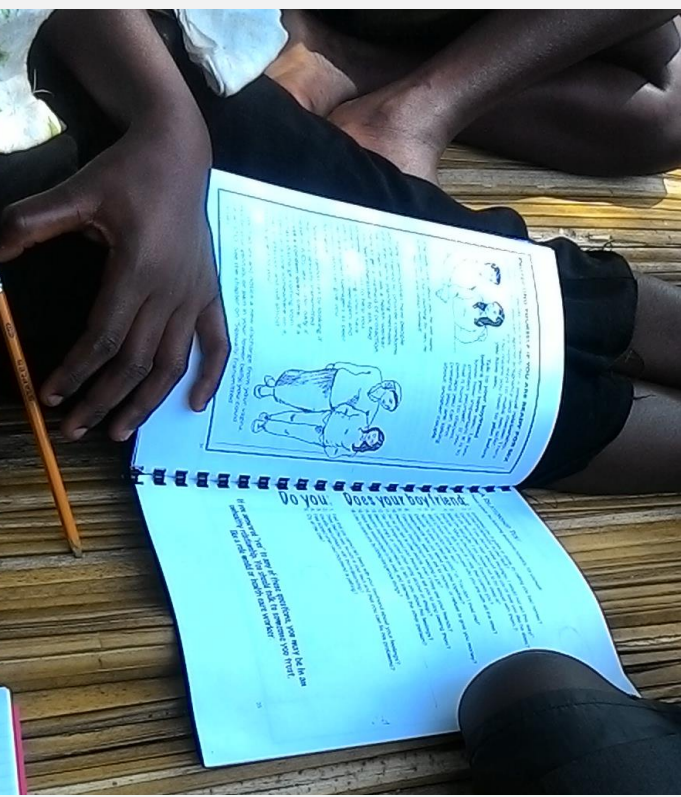
- Main Stakeholders (N=31)
- School teachers
- Staff of organizations
- Community leaders
- Government officials
- Health workers

- Girls (N=11)

Observation / Secondary-Data

- Reproductive health education & services

- Health facilities



* Workshop Handbook



* Field Practicum Location



* Teen Girls Workshop, 1-3 June, 2016, Shanti Uganda

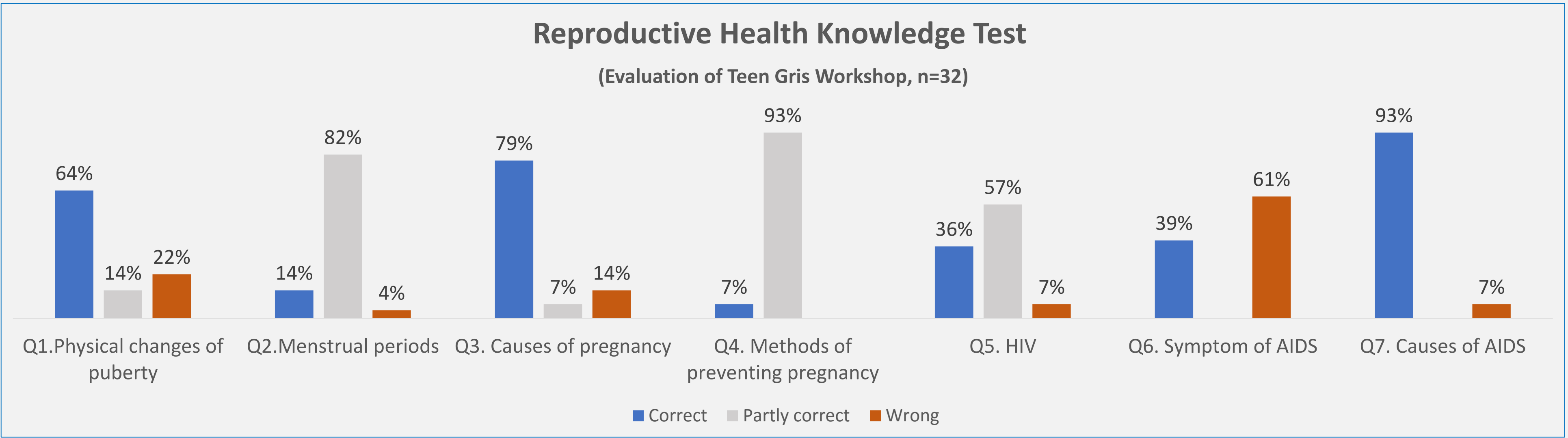
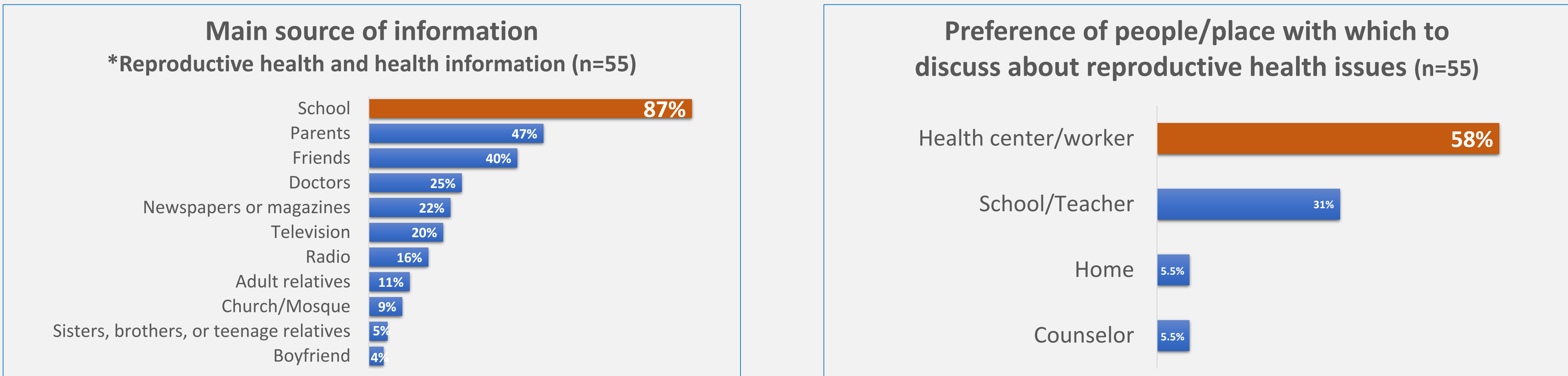
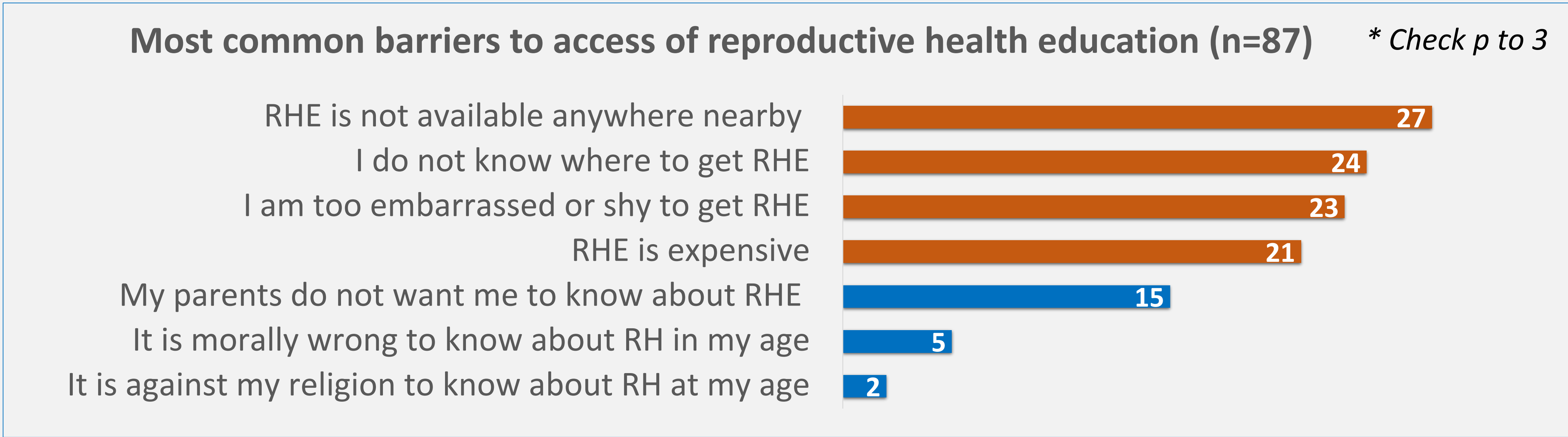


* Workshop: Pad making session

3. Objectives

- 1) Identify primary sources of reproductive health information and services for adolescent girls
- 2) Identify priority unmet needs, barriers, and constraints limiting reproductive health services for adolescent girls
- 3) Determine the promising options to meet the unmet needs identified during the field practicum

4. Results



“School is an important place to convey key messages and information to youth” -Teacher

“School is a good agency for **change**”
- Government official

“Girls **do not want** to talk to their **parents** about RH due to **fear**” - Health Worker

“We need more **health centers** in our community and **guidance counseling** to young girls like me”
- Teen girl

5. Conclusions

- Young girls face tremendous risks related to reproductive health.
- The primary source of information for adolescents is school.
- Lack of sex education and limited educational resources are still significant obstacles to getting proper RH information
- Many girls have incomplete knowledge of the menstrual cycle, STDs and methods for preventing pregnancy.
- There are also cultural, social and traditional constraints preventing young women from getting this information either at home or even in school (Fear and Shame).
- Reproductive health programs, even when carried out over a relatively short period, have positive impacts on crucial aspects among adolescent youth.

6. Recommendations

To improve existing teen girls programs of Shanti Uganda:

- Improve planning and promotion
- Increase participation of interns and other knowledgeable women who can share their knowledge and experiences
- Create safe places for young women to speak freely (Youth-friendly Spaces)
- Upgrade curriculum and manuals

To incorporate reproductive health education into schools:

- Train programs for teachers
- Produce and disseminate low-cost educational materials on important concepts

7. Acknowledgements

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