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GIRLS & BOYS ON THE MOVE

BACKGROUND TO THE PROGRAMME

Young men and young women encounter challenges every day. In addition to the “ordinary” challenges in their communities, like struggles over limited resources including water, housing or jobs, girls and boys face discrimination due to their race and gender. This includes physical and sexual violence, being kept out of school, greater vulnerability to HIV infection and lack of access to property and other rights.

According to the United Nation Children’s Fund, “While it is estimated that women perform two-thirds of the world’s work, they only earn one tenth of the income, and own less than one percent of the world’s property.” In addition, young women make up 62% of people between the ages of 15 and 24 living with HIV worldwide. In the sub-Saharan Africa, that figure soars to an alarming 76%.

It is right to be shocked and frightened by these statistics. However, we also know that girls and young women around the world have the collective power to change their lives, their communities and the world we live in. Just as they face daily challenges, girls and young women are continually coming up with creative and effective ways to improve their lives. Boys are also contributors to these statistics and this information is relevant to all.

INTRODUCTION TO THE PROGRAMME

Understanding this need for learning opportunities, LifeLine Johannesburg, with support from the Ford Foundation, has developed the “Girls and Boys on the Move” programme for the 12-18 year olds in schools within Alexandra and broader Soweto.

The objective of this programme is to provide young girls and boys within Alexandra and Soweto with information about gender, sexuality and HIV/AIDS, and access to services and resources that will help them to make healthy choices.

The programme includes:

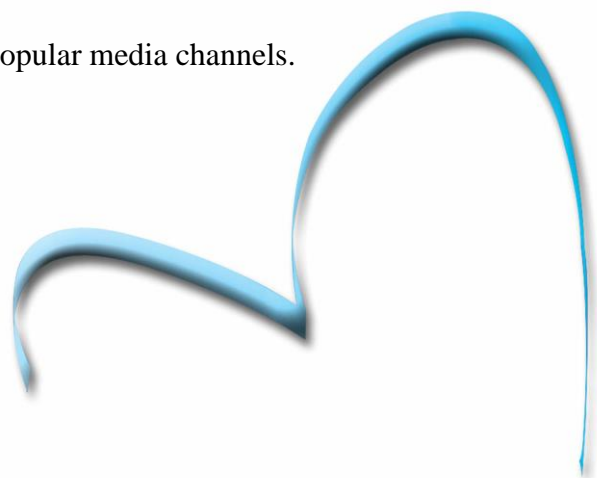
- A 12-week **school based training programme (during school hours)**, which looks at gender awareness and rights, sexuality and HIV education. This includes:
 - Increasing knowledge and understanding;
 - Explaining and clarifying feelings, values and attitudes;
 - Developing and/or strengthening interpersonal and decision-making skills; and
 - Encouraging behaviour that reduces risks.

The modules are as follows:

Module 1: Why Am I Here?	<ul style="list-style-type: none">▪ To understand the purpose of the programme▪ To talk about my expectations and any fears I might have about the programme▪ To fill out the baseline assessment questionnaire▪ To participate in setting the ground rules for our sessions (to establish trust)
Module 2: Beliefs and Values	<ul style="list-style-type: none">▪ To look at my beliefs and values about gender, sexuality, and sexual health▪ To understand what values are and where they come from▪ To understand how beliefs and values impact on behaviour
Module 3: Gender, Sex and Sexuality	<ul style="list-style-type: none">▪ To understand the concepts of gender, sex and sexuality and how they relate to each other▪ To understand how gender roles can cause harm
Module 4: Adolescence and Puberty	<ul style="list-style-type: none">▪ To understand what adolescence is▪ To understand the physical and emotional changes that happen during adolescence▪ To understand that sexual feelings are normal
Module 5: Male and Female Reproductive Systems	<ul style="list-style-type: none">▪ To understand the main organs in the male and female reproductive systems▪ To understand the steps to pregnancy▪ To explore myths related to sex and pregnancy
Module 6: Making an Egg Baby	<ul style="list-style-type: none">▪ To begin the journey of understanding what it means to be a parent
Module 7: Parenthood (Reflecting on the Egg Baby)	<ul style="list-style-type: none">▪ To reflect on the responsibilities associated with being a parent▪ To understand the ways in which parenthood can affect a person's life▪ To understand the reasons to delay pregnancy and parenthood▪ To understand what options are available when facing an unwanted pregnancy

Module 8: HIV and AIDS and Other Common STIs	<ul style="list-style-type: none"> ▪ To understand what HIV and AIDS are ▪ To understand how HIV is transmitted ▪ To understand how the transmission of HIV can be prevented ▪ To understand what the other most common sexually transmitted infections (STIs) are ▪ To understand the typical signs and symptoms of STIs
Module 9: Mother-to-Child-Transmission	<ul style="list-style-type: none"> ▪ To understand what mother-to-child-transmission is ▪ To understand how to reduce the risk of mother-to-child-transmission during pregnancy, childbirth and breastfeeding
Module 10: Contraception and STI Prevention	<ul style="list-style-type: none"> ▪ To understand what contraception is ▪ To understand the common methods of contraception and STI prevention ▪ To understand how to use a condom correctly
Module 11: Sexual Decision Making	<ul style="list-style-type: none"> ▪ To understand that everyone has the right to say “no” to having sex ▪ To understand the reasons for saying “no” to sex and the reasons for saying “yes” to sex ▪ To understand that saying “no” to sex is the only certain way to prevent HIV transmission and unwanted pregnancy
Module 12: Now What? – Realising My Power	<ul style="list-style-type: none"> ▪ To reflect on my power to make healthy life choices ▪ To fill out the post assessment questionnaire

- **Follow-up information and support** through regular cell phone messaging to the girl learners and access to the LifeLine 24-hour telephone service, face to face counselling services and centres in Johannesburg, Soweto and Alexandra.
- Opportunities for the girls and boys and their parents/guardians/caregivers to talk about gender, sexuality and HIV/AIDS, so that these relationships can be strengthened and guardians can support their children as they grow. (This part of the programme will come after the school-based training programme.) We call this phase, **dialogues**.
- Spreading positive messages using FaceBook and other popular media channels.



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