



# Designing for Adolescents Self Care During Strained ASRH Services

Early Learnings and Insights from a  
Live Collaborative Design Sprint on  
ASRH Self-Care during COVID-19 and  
Beyond

# The Design Sprint



**HMW help adolescents get the essential SRH information and services they need while physically distancing?**

# The Process and Tools

week 1

week 2

week 3



## Ideation and Prototyping

Kick off with the partners and introductions.  
Background information on the design question  
Brainstorming and idea prioritisation

## Testing and Iterating

Creation of prototypes  
Recruitment of key audiences for prototyping  
Full-team feedback

## Refinement

Refinement from the user feedback  
Creation of final solution  
Implementation

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**So what are we already  
learning?**

# To think about/challenges

01

Diversity in teams/collaboration

02

Quick reaction and ideation

03

Need to think about the self-care products and channels.

Offline versus online

Are we really reaching everybody?

Consent

How do we get consent from young people for the research and prototyping?

# ...the youth mind

- **Youth Interests** – What are the current interest (both SRH and Overlapping) interest that youth may have and how can we best address them with SRH focus as the entry point
  - ❑ Quarantined “bae” - GF who’s comes through for you, just because **le bae** is not available to meet my sexual needs
  - ❑ Quarantined Hang outs (Offline and Online) – what is that pool factor on this parties that we can adapt to this process to ensure we are captivating their attention
- **Tech** – what are the different technology platforms that we are testing with and how do they align with the spaces young people are currently invested in. What are the most effective channels of communication and engagement?
- **Commodities** – what specific SRHR (self-care) commodities are we providing to the adolescents and young people? Needs vs wants.
- **Longevity** - how does what we design work beyond this COVID19 pandemic? If it is to be implemented by a youth organization, what works best?

**THANK YOU**

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