



JOIN US FOR A:

**Designing and Programming for
Adolescents Self-Care During Strained ASRH Services Webinar**

A Learning summary...

Webinar hosted by the HCD
Exchange Community of Practice

6th April 2020



So many factors determine **how** and **whether** adolescents access much needed SRHR information, counseling, and products. On one end, the availability of age-appropriate and culturally sensitive SRHR information is needed. On the other hand, issues like disease outbreaks and pandemics, floods and natural disasters, emergency and humanitarian situations, poverty, displacements, may strain health care and cause movement challenges.

In this webinar, HCDExchange brings together the community of HCD and ASRH practitioners from around the world, to explore timely yet pertinent question:

“How might we, as implementers, funders, advocates, youth and designers better support self-care interventions to improve adolescent’s sexual reproductive health outcomes for now and in the future?”





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WEBINAR QUESTION



How might we, as programmers, designers, advocacy practitioners, and youth better support self-care interventions to improve adolescent's SRH outcomes now and in future?

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CONVERSATION



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MaqC Eric Gitau – HCD Exchange Director

Moderating on *Designing and programming for adolescent's self-care during strained ASRH services*



"Access to ASRH services is a pertinent concern. Currently, there are certain prevalent issues which adversely affect the access to ASRH services.

- ❑ While availability of age appropriate and culturally sensitive SRHR information is needed, issues like disease outbreaks, pandemics, floods and natural disasters, emergencies and humanitarian situations, poverty, displacements, may strain health service provision for adolescents.
- ❑ Self-care for adolescents SRHR needs to be thought through in the context of **policy restrictions around access**. How might policy makers frame self-care as a complementary approach to healthcare and not a stand alone advocacy issue ...?
- ❑ It's integral for adolescents to receive **support** for their self care. In order to supplement the existing efforts towards self-care, it is essential for parents, teachers, religious leaders and media to aid in this.

"Designing and programming for adolescent's self-care during strained ASRH services.."

Meghan Christofield – Technical Advisor, Family Planning and Self-Care

..ON Powering a ubiquitous and resilient **SELF-CARE REVOLUTION** for adolescent sexual and reproductive health..



“Self-care should be seen as both the **foundation** and the **multiplier** of adolescent health. It’s what we do day-in and day-out. But on the side, it’s also how we optimize the outcomes of more traditional, organized health care.

- ❑ The one ***pitfall for self-care*** is the focus on “self” as the sole stakeholder. Other system stakeholders are also important to augment resilient and ubiquitous self care for adolescents.
- ❑ Our design challenge as stakeholders is to ***unlock mutual gain*** for adolescents as well as other health system actors to realize greater gain in adolescent’s self-care.
- ❑ Ultimately, **EMPATHY** is the core element of our approach to self care. We know that until we understand our stakeholders, their contexts, their concerns, and their values, our design solutions will only fall flat. Without empathy, those solutions will *never scale*, and they will certainly not be *resilient*.

“Designing and programming for adolescent’s self-care during strained ASRH services..”



“The current COVID-19 pandemic situation has changed how adolescents socialize. How might we help adolescents receive essential SRH services and information in this situation...?”

- ❑ We should consider **where we can find adolescents** in this current situation, and then explore which channels will reach the most vulnerable and most at need.
- ❑ At the same time, explore what are the **interest of adolescents** and young people at this time, and how we can adapt to their interest to better respond in terms of their SRH needs.
- ❑ In attempting to respond to the needs of adolescents and young people, we should be keen to focus on **longer term strategies**. We should consider whether, the solutions we have on self-care are responsive beyond the pandemic, or just reactive only to serve adolescents as a result of the ramification of the pandemic.

“Designing and programming for adolescent’s self-care during strained ASRH services..”

Dominic Oliver Cort – Project Lead

..on “ Progress on early prototypes on Self-Care design sprint by IDEO.org and HCDEXchange



“In responding to the needs to facilitate adolescent self-care in a disrupted and physically distant world, we are exploring in a design sprint to recreate the feeling of **connection** with peers...”

- ❑ Current prototypes being developed are ways of **ensuring continuity** of access of SRH products in the current state
- ❑ As we prototype, it is critical to ensure that the prototypes are **responsive** even in the **post pandemic season** for the most vulnerable and in need adolescents.
- ❑ As we prototype, solutions should always adapt to **prioritized needs** such as awareness on SRH needs, something that can spark dialogue around SRHR issues that may be se-prioritized during the current pandemic.

“Designing and programming for adolescent’s self-care during strained ASRH services..”

Dr. Rebecca Hope – Executive Director

..On the use of technology for ASRH self-care Opportunities and Challenges



“COVID-19 presents a grave challenge to the delivery of ASRHR programming. Even with conservative estimates, we are looking at 48 million women with an unmet need for contraception. An additional 3.3 million unsafe abortions over one year, resulting in an estimated 1,000 maternal deaths. Without steps to assure Access to essential services, contraception, and STI/HIV testing, we are facing a global sexual and reproductive health crisis, especially for young people in low and middle-income countries..”

- ❑ During this period, we should embrace **versatility in delivery** for offline and online delivery as well as confidentiality concerns.
- ❑ For digital self- care, the solution needs to be **driven by young people** for young people.
- ❑ Our learning regarding digital self-care are that: content is queen, **design for equity and accessibility**, prioritize compliance with national and international guidance and ensure that solutions are driven by young people for young people.

“Designing and programming for adolescent’s self-care during strained ASRH services..”

Sandra Mwarania – Advocacy and Programs Manager

..On Adolescent Self-Care advocacy - considerations for ASRH in Strained Contexts



“Self-care is an essential need for adolescents its advocacy invites all stakeholders to deliberate on how we can build a sustainable self-care movement.

- ❑ Building a self-care movement for adolescents **requires a collective effort**, with adequate issue salience across all the movement stakeholders.
- ❑ The self-care movement should also advance a comprehensive package of SRHR self care alongside enhancing self care literacy and demand within the community.
- ❑ As we build the movement, we need to ensure that we activate adolescent agency, realizing and observing their rights, while engaging them in their diversity. The process should engage the youth agency meaningful.

“Designing and programming for adolescent’s self-care during strained ASRH services..”

Next steps...

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Next Steps...



The goal of these monthly webinars on #HCD/ASRHR is to spark **catalytic partnerships** and **conversations** with the global community on the value of HCD in ASRH programming #SRHR, towards addressing the most critical challenges affecting adolescents.

Send your questions and thoughts through info@hcdexchange.org

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