



A Young Volunteer Can Do Anything!
EXERCISE PACK

Acknowledgements:

This document is the result of a process initiated by the Regional Office of the European Network, followed by a four day consultative international meeting in Brussels in June 2008. This meeting involved staff and young volunteers from the Regional Office and the Member Associations of Spain (Federación de Planificación Familiar de España), Estonia (Estonian Sexual Health Association), Kyrgyzstan (Reproductive Health Alliance of Kyrgyzstan) and the former Yugoslav Republic of Macedonia (Health Education and Research Association). IPPF Central Office supported the initiative by co-facilitating the meeting and preparing of the document.

EN Regional Office would like to acknowledge the expertise, enthusiasm and valuable assistance of all those who contributed to the development of the document.

MODULE 1 EXERCISES:

A Young Volunteer Can Do Anything!

Session delivering Youth Adult partnership: case studies exercise 1

Case 1 – Adult coordinator and youth volunteers

The MA holds a meeting with their youth members and adult coordinator. The coordinator is concerned that not all youth live up to the standards of quality of the programme: some do not stay involved long enough; others stay longer than they should considering age limit.

The team has to decide how to develop a system and a procedure of supervision and monitoring of the peer educators but they do not know where to start. The young people have an idea for training new volunteers but the board of the MA does not want to make huge changes in the programme.

- What are the challenges the young volunteers and the coordinator face?
- What can be done to address these challenges?

Case 2 – Doing a campaign on SRHR for Young People

The MA organisation wants to have a campaign and condom distribution on a big concert in the capital city. They gather the materials promoting their mission and services, they buy 10 000 condoms with a sponsorship from a condom company and they invite young people to distribute them.

The organization does not have a group of volunteers but manages to contact some young people who had proposed to work there long before. They bring some friends and a group of 30 volunteers is organised two weeks before the concert. One day training is developed by the younger staff on outreach and basic SRHR.

All through the distribution, the staff member realizes how young people ask so many questions on the information content of the materials and the service's conditions provided by the organization. He also hears a comment that a specific drawing on a leaflet seems a bit ridiculous and they all laugh at it.

- What are the challenges the young volunteers and the staff member face?
- What can be done to address these challenges?

Case 3 – Board of Adult and Young Volunteers

Recently the board of your organization (7 people) has included 2 young people. The board meets every month on Monday evenings. After a while the young people do not show up regularly. When you ask them why, they say they feel frustrated with the timing of the meetings, the complex procedures, and that they do not understand their functions there and as a result at times find the meetings boring.

- What are the main problems?
- What can young/adult volunteers do to make the board function well for all?

Case study 4 - Peer educator

You are a new member of an advisory committee to plan a big event on World AIDS Day. You attend the first meeting and realize that everyone in the room is much older than you are. You seem to be recognized as a 'new' voice. However all your ideas are being dismissed as unrealistic by the other young volunteers educators, or something they have already tried but didn't work.

- What are your dilemmas?
- What can you do to make your voice heard?

MODULE 2 EXERCISES: ABC of Sexual Health

Exercise Sheet 1: Sexuality Situations

SITUATION 1.

A young woman abstaining completely from sex.

- How/when would this be healthy?
- How/when would this be unhealthy?
- If healthy/unhealthy are not appropriate terms, explain why.

SITUATION 2.

A 16 year old boy and girl have casual sex (a one night stand).

- How/when would this be healthy?
- How/when would this be unhealthy?
- If healthy/unhealthy are not appropriate terms, explain why.

SITUATION 3.

A group of 15 year old boys watching pornographic videos.

- How/when would this be healthy?
- How/when would this be unhealthy?
- If healthy/unhealthy are not appropriate terms, explain why.

SITUATION 4.

A young man who is HIV+ having sex with his male partner.

- How/when would this be healthy?
- How/when would this be unhealthy?
- If healthy/unhealthy are not appropriate terms, explain why.

SITUATION 5.

A 35 year old man is having sex with a 15 year old girl.

- How/when would this be healthy?
- How/when would this be unhealthy?
- If healthy/unhealthy are not appropriate terms, explain why.

SITUATION 6.

Two 15 year old virgins who have been dating for a year starting to have sex with each other.

- How/when would this be healthy?
- How/when would this be unhealthy?
- If healthy/unhealthy are not appropriate terms, explain why.

SITUATION 7.

A 13 year old boy masturbating daily.

- How/when would this be healthy?
- How/when would this be unhealthy?
- If healthy/unhealthy are not appropriate terms, explain why.

Exercise Sheet 2: Example of Stories

1. When I was 20 years old, I became a victim of sexual assault at the hands of two strangers who attacked me on my way home at night. I never knew who the men were that assaulted me, but I have felt the effects of that experience for life. On the one hand, my self-esteem declined fatally and I felt dirty and of little value. On the other hand, I felt guilty for what happened. This attitude of not valuing myself led me to be willing to share desire with someone even though it placed my own health at risk. I had sexual relations with my boyfriend without having any form of protection from pregnancy much less sexually transmitted infections.
2. I am 16 years old, living in a small village. I drop out of school last year because my parents didn't have enough money to pay for my education. Some friends introduced me a guy who help young women living my situation. He helped to find "clients" looking for sex experiences. It is not easy but at the moment I don't have many choices.

Exercise Sheet 3: Q&A on Sexual risk

Please classify these activities into the following groups:

- No risks
- Low/unlikely risk
- Some risk
- High risk

1. Vaginal sex with a stranger without protection	
2. Dry kissing	
3. French kissing	
4. Body to body rubbing with clothes on	
5. Body to body rubbing with clothes off	
6. Erotic massage	
7. Sex with several partners without protection	
8. Oral sex with an acquaintance using a condom	
9. Anal sex using a condom	
10. Mutual masturbation to the point of orgasm (on me, not in me)	
11. Anal sex without a condom	
12. Vaginal sex using spermicide	
13. Hugging	
14. Introducing an injured finger into the anus or vagina	
15. Sharing a hot bath with a partner	
16. Rubbing penis between the thighs of partner	
17. Solo masturbation	
18. Masturbating partner and making contact with semen and/or vaginal fluid	
19. Telephone sex	
20. Occasional sexual intercourse with an acquaintance using a condom	
21. Sexual relations using oral contraceptives	
22. Sharing sexual toys without cleaning them	
23. Having oral sex without a latex barrier	

Exercise Sheet 4: Abortion value exercise

Please tick the appropriate column in the chart below to reflect your views...

	Agree	Not sure	Disagree
If people always used contraception, there would be no need for abortion			
Safe, legal abortion should be available to every woman who needs it			
It should be the woman who decides if she wants to continue with her pregnancy or not			
I feel that it is difficult to talk to people about unwanted pregnancies and abortion			

Exercise Sheet 5: Do you know the law questionnaire?

In my country abortion is permitted...

	YES	NO	NOT SURE
To save the life of the woman			
To preserve physical health			
To preserve mental health			
Rape or incest			
Foetal impairment			
Economic or social reasons			
Available on request			

You can hand out the answers to each country from <http://www.pregnantpause.org/lex/world02.jsp>

http://www.un.org/esa/population/publications/2007_Abortion_Policies_Chart/2007_WallChart.xls

MODULE 3 EXERCISES:

Sexual Rights

Exercise 1: Everyone is different

Do you know somebody who:	Count your answers in this column
1. Grew up with a grandparent instead of a parent	
2. Speaks another language at home	
3. Doesn't celebrate Christmas	
4. Dresses according to religious traditions	
5. Uses a wheelchair	
6. Is gay, lesbian or bisexual	
7. Is married, but does not have children	
8. Has a family member who is mentally disabled	
9. Is a recovering alcoholic or drug addict	
10. Grew up in a poor neighbourhood	
11. Has been discriminated against racial/ethnic background	
12. Was adopted	

Exercise 2: Personal Dilemma's with Young People's sexual rights (case studies)

Case study 1:

A young woman who is living with HIV is very much in love with her boyfriend. She wants to marry him, but she is told by family and friends that she should not have sex and should not get pregnant.

Case study 2:

A man is thinking about committing suicide because he is in love with his best male friend. He cannot talk to anyone, including family or friends, about this.

Case study 3:

A 18 year old girl feels lonely and isolated because she is married to an older man against her will. She knows that he has other sex partners, but he refuses to use a condom when having sex with her because he wants her to have a child.

Case study 4:

A young boy of 15 years old has been sexually harassed by his uncle, who regularly visits their home. The family is economically dependent on the uncle. He doesn't want to tell his mother because of the consequences for the family.

Case study 5:

A 17 years old young woman has been secretly sexually active in the past, but now will marry a man, who does not know about her past. According to the culture and religious beliefs a woman should be a virgin at her marriage. She wants her hymen to be restored as otherwise she might be rejected by her future husband, her family, and her in-laws when they find out she is no longer a virgin.

Case study 6:

After mandatory HIV/AIDS testing at Company X, a man is fired because of his diagnosis.

Case study 8:

A 20 year old woman from an immigrant family is forced to move back to her parent's home country and marry a man she does not know

Questions for each case study:

1. How do you feel about this?
2. Which rights are violated in this situation?
3. What would you do if this were your friend?
4. What should the MA do to address this issue?

MODULE 4 EXERCISES:

Communication with a Passion

Exercise 1: Become a change maker

Why are you reading this?

What motivates you to act? Why do you want to Act Now? Who inspires you? Who do you admire and why?

What pisses you off?

Have a think about what pisses you off in your world. Think as local or global as you like. For example, you could get angry about how difficult it is for young people to get hold of condoms in your community and that too many teenagers become parents. Looks like you've got a real passion for young people and their access to condoms and contraception methods. You think that young people need to have better knowledge and access to condoms and use them more consistently.

There's no point in being angry but doing nothing about it. Turn your vision into action. You're sick and tired of this. Make this your vision: increased access to condoms for young people. Your action will be to do something about increasing access to condoms and youth friendly services.

Can't get enough of something?

What do you want to see more of? Example

What's stopping you?

What things stop you from doing something about these issues? How will you overcome or deal with these?

- Give the volunteers 15 minutes to start answer the questions. Encourage them to write down whatever they think of. Explain that they don't have to commit to anything now and that they can think more about the questions at home. Let them sit in small groups and share their thoughts, clarify that it's ok not to share anything if you don't want. Let the groups feedback in plenary.
- Give positive feedback and encouragement to anyone who shares ideas. End the session with giving some examples of how youth volunteers have been involved previously.

Exercise 2: messages of the opposition

Giving young people SRHR information will just confuse them. They are too young to make decisions about what is best for them.
Comprehensive sexuality education encourages young people to have sex.
Comprehensive sexuality education attempts to do away with traditional values.
Abstinence is the only contraceptive method that is 100% effective.
Abstinence is the only appropriate course of action for young people.
Don't condoms fail? Won't telling teens they should use condoms give them a false sense of protection?
What good is reproductive health education to youth with no job or home?
Minors should have their parents' consent before having an abortion.
You promote abortion even though you know it endangers young women's health.
There should be a law that requires the young man's permission before a young woman can get an abortion
Why do you spend your time working on abortion? There are so many other important issues: why don't you work to feed the hungry, house the homeless, care for those sick and dying of AIDS?
Emergency contraception leads to promiscuity
You should not promote emergency contraception because it is the same as abortion

