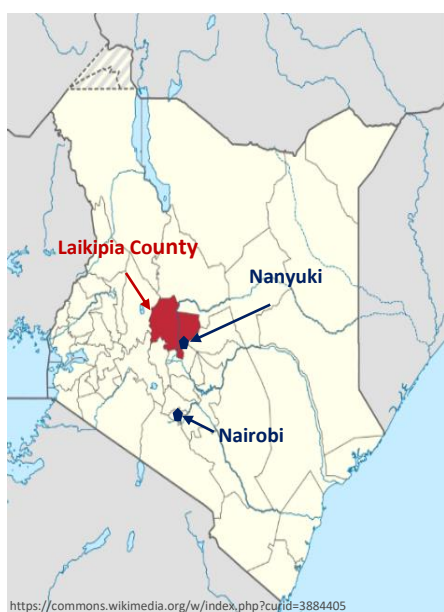


<b>Project location:</b>	<b>Laikipia County</b>
<b>Project title:</b>	<b>Scaling up Youth friendly service provision in Nanyuki Laikipia</b> – Provision of youth and gender-friendly SRHR services and access to information and communication technologies (ICT)
<b>Project budget:</b>	€ 36,900
<b>Project duration:</b>	24 months
<b>Period</b>	Two years: January 2019 – December 2020



The currently closed Youth Empowerment Centre in Nanyuki, Laikipia

## 1. Problem analysis

In Kenya, youth aged 15 to 24 years<sup>1</sup> form a quarter of the population. This presents great economic and social opportunities but also enormous challenges. Some of the most persistent challenges include early and unintended pregnancies, high HIV and sexually transmitted infection (STI) prevalence rates, drug and substance abuse, sexual and gender-based violence (SGBV) and youth unemployment.

According to the Kenya Demographic Health Survey 2014, 52 percent of sexually active women aged 15 to 24 years are not using any modern method of contraception and 42 percent have an unmet need for family planning. Knowledge of comprehensive HIV prevention, HIV testing and contraception including condom use remain low amongst youth at 65 percent. Pregnancy is the second most common reason for adolescent girls aged 15-19 years to drop out of secondary school.<sup>2</sup> Studies have shown that the creation of youth-friendly corners in hospitals and health centres dedicated to the needs of youth improves their access to sexual and reproductive health and rights (SRHR) services<sup>3</sup>. The youth-friendly corner provides a safe space where youth can have an open yet confidential conversation about their health, specifically about their SRHR, STIs and SGBV, and where they can access psychosocial support by trained and non-judgemental staff. Youth-friendly corners remove barriers to the utilisation of SRHR services, however, only 7 percent of all health facilities in Kenya are offering youth-friendly services. (Kenya Service Provision Assessment 2010)

<sup>1</sup> The UNFPA defines youth as persons aged 15-24 years. This paper adapts this definition of the youth.

<sup>2</sup> Approximately 13,000 girls are dropping out of school each year (Guttmacher 2012).

<sup>3</sup> Documenting good practices: scaling up the youth friendly health service model in Colombia

Kenya's youth unemployment has remained consistently high at 17 percent. Youth aged 18 to 24 years are twice more likely to be unemployed as their counterparts aged 26 to 35 years. The unemployment rate for women is significantly higher at 62 percent (UNDP 2017). There is an increased delivery of services both in the public and private sectors via the internet. This includes job advertisements, tenders, applications for licenses and other services that are of importance to youth. Whereas the growth of information and communications technologies (ICT) has contributed to the growth of Kenya's economy through faster and more efficient operations, a large number of the youth do not have access to ICT and are at risk of being left behind.

## 2. Youth safe space – Youth Empowerment Centre

Since 2006, DSW Kenya has worked closely with the Kenyan government to establish and run Youth Empowerment Centres (YECs) modelled as a one stop shop centre.<sup>4</sup> YECs provide youth and gender-friendly services to youth to address their diverse needs.<sup>5</sup> Through the provision of SRHR information, services and commodities, the centres provide a unique and tested response to youth challenges such as unintended pregnancies, drugs and substance abuse and STIs. YECs follow a peer-to-peer learning approach which reduces barriers in accessing youth and gender-friendly services, including for vulnerable and most at risk populations such as young girls, pregnant girls and adolescents living with HIV. Moreover, YECs promote life skills development and build the capacity of youth in leadership and entrepreneurship. The centres nurture youth talent and innovation and support youth's economic development by promoting career development and capacity building. Experience has shown that YECs provide a platform for youth to network with each other and with external stakeholders, enabling them to realise small business ideas. Access to ICT at the YECs has proven to be crucial in this regard. Besides offering access to services, knowledge and information, YECs are safe spaces for leisure, recreation and interaction. Even though medical supplies including contraception are provided free of charge by the health facilities in the catchment area, an assessment by DSW Kenya has shown that the YEC in Laikipia lacks equipment to ensure adequate service provision. There is further a need for capacity building of YEC members, particularly the peer educators and YEC leadership, and of organisational strengthening of the YEC structures including with regards to management and resource mobilisation to ensure that YECs become self-sustainable institutions.

The proposed project will target a youth empowerment centre in Nanyuki, Laikipia that was constructed by *Save the Children Canada* and currently closed due to lack of management structure from the county health department. We have had engagements with the director of health on the possibility of DSW taking over the management of the YEC and they are willing to handover it to us for management. The YEC has six rooms that include; an examination room, reception, boardroom, Consultation room and theatre room. There is a boardroom table and plastic chairs. We seek the funding to cater for refurbishments and equipping the YEC, provide transport reimbursements for peer educators, nurses and catering for monthly running costs.

## 3. Target group

The project will target 14,770 youth (55% female) in the YEC with youth and gender-friendly SRHR information, services and access to ICT services.<sup>6</sup> This is broken down into various services received within the two years<sup>7</sup>;

- 3,024 receiving HIV counselling and testing services;
- 2,520 receiving family planning services;
- 4,600 receiving general family planning counselling
- 10,016 receiving life skills and SRH information.

In addition to the direct beneficiaries, the initiative will benefit 19,496 indirectly<sup>8</sup> through the dissemination of information in outreach activities, radio talks and youth who will share the acquired skills and knowledge with other family and community members.

---

<sup>4</sup> A one stop shop is an institution where multiple services are offered; i.e., youth can get all they need in just "one stop".

<sup>5</sup> YECs consist of five rooms and each room has a different purpose including counselling, medical examination, entertainment and ICT. Each YEC is linked to a health facility within the catchment area that provides medical commodities and equipment. Nurses from the hospital work closely with the YECs in providing youth and gender-friendly services.

<sup>6</sup> The total population in the catchment area served by a YEC in Nanyuki is 59,080 (CIDP 2017). Since 25% of the target population are aged 14 to 24 years, The YEC reaches out to approximately 14,770 youth in total.

<sup>7</sup> Some of the target youth benefit from more than one of the services provided.

<sup>8</sup> The indirect beneficiaries we considered those who will benefit mainly from information given in outreaches, campaigns and through the radio we based the figures on those aged 24-49 years at 33% of the population. Meaning the YEC will approximately reach 19,496 indirect beneficiaries

#### 4. Project goal and key outcomes

- a) **Impact:** Improved health and socio-economic opportunities for youth in Laikipia county, Kenya.
- b) **Outcome:** Target youth utilise youth and gender-friendly SRHR and ICT services in Laikipia YEC.  
*Indicator: Per cent increase of young people disaggregated by sex, age and location utilizing youth-friendly and gender sensitive SRH services.*
- c) **Output 1:** Target youth have improved access to SRHR information and skills development.  
*Indicator 1: Number of young people reached with information on SRH (disaggregated by type of information, sex and age)*  
*Indicator 2: number of peer educators trained and conducting sessions*
- d) **Output 2:** Improved availability of comprehensive youth and gender-friendly SRHR and ICT services.  
*Indicator 1: Number of youth reached with SRHR services (disaggregated by type of service, sex and age).*  
*Indicator 2: Number of young people consuming ICT services (disaggregated by type of service and sex).*
- e) **Output 3:** Strengthened YEC leadership and management structures.  
*Indicator 1: The YEC structures established and maintained.*  
*Indicator 2: Number of youth leaders trained in leadership and management*

#### 5. Project activities

**O1:** Output 1 aims to empower young people through capacity building and knowledge sharing. Young women and men will be supported to gain the ability and confidence to take conscious and informed decisions about leading a healthy and self-determined life. Key activities include: peer education sessions, life skills and leadership trainings, provision of SRHR information and information, education and communication (IEC) materials.

**O2:** Output 2 seeks to improve the availability and accessibility of youth and gender-friendly SRHR and ICT services within the YEC. Key activities include: purchase of medical consumables (i.e. disposable gloves and water tanks), support provided by health workers and counsellors in the provision of SRHR services (i.e. HIV testing, counselling, contraception distribution, screening for breast cancer or cervical cancer and STIs, etc.), conducting of outreach activities in target communities, equipping the YEC with games, TVs, plastic chairs and tables, cabinets, tents, entertainment systems, computers, internet and printers.

**O3:** Output 3 aims to strengthen the YEC in a sustainable manner to ensure that it can provide adequate services to the youth in Laikipia after the project ends. Key activities include: training of peer educators and YEC staff on leadership and management, training of YEC leadership in resource mobilisation, conduction of regular advocacy meetings with key decision makers and entrepreneurship trainings.

#### 6. Sustainability

A recent evaluation of DSW's Youth-to-Youth (Y2Y) approach has revealed that the model achieves good results regarding sustainability due to the fact that the YECs strengthen local youth empowerment structures in the long-term. To ensure continued youth and gender-friendly services in the YECs, sustained resource mobilisation strategies will be put in place to ensure that the centres can start to raise their own funds. In addition, YECs will charge minimal fees for ICT services and hall hire. The YEC membership will further benefit from leadership and management training. Regular advocacy meetings with the county government will be conducted to promote community ownership of the YECs and to ensure government's responsibility to provide sufficient resources to the health sector, in particular related to SRHR. The County has already committed to hiring the nurse and counsellor to be permanently placed in the YEC after the project duration of two years as well as supporting other activities within the YEC. The YEC is piloted to be a model centre for the county. It is foreseen scale up the initiative in every sub-county after two years. Further, the YEC model has the potential to provide invaluable support to other ongoing government programmes, such as Uwezo Fund, AGPO, Huduma Centres among others. DSW will closely work with partner organisations (e.g. FHI 360) and the Department of Health and the Directorate of Youth to ensure continued provision of services and commodities within the YECs by signing Memoranda of Understanding (MOUs).