Welcome to the Peace Corps’ Sexual and Reproductive Health (SRH) Toolkit.

Achieving universal access to reproductive health has been added to the Millennium Development Goal (MDG) 5 because world leaders recognized that increased attention to sexual and reproductive health is a prerequisite for achieving MDG 5 on improving maternal health, and also contributes significantly to reducing poverty and hunger (MDG 1), promoting gender equality and empowerment of women (MDG 3) and combating HIV and other diseases (MDG 6).

We welcome and encourage use of the toolkit by Peace Corps Volunteers and staff globally. We have designed this toolkit so we can share technical resources developed by expert organizations as well as Peace Corps developed materials across Peace Corps Posts. For resources published by Peace Corps and our health partners, choose from the navigation on the right side of the page:

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<th>Adolescent Reproductive Health</th>
<th>These resources provide guidance, including case studies on how to design programs for youth in community settings, reach young people with life skills and quality services, and assist youth to build peer networks.</th>
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<tr>
<td>Family Planning</td>
<td>These materials provide technical information on a wide variety of family planning (FP) methods and services. It also includes specific case studies and program experience.</td>
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<td>Men as Partners</td>
<td>These resources include guidance to increase male involvement programming within health and HIV/AIDS projects; particularly FP and RH. They include curriculums, manuals, reports, and a needs assessment.</td>
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We also invite you to contribute by suggesting resources to include and posting your comments through the feedback form.

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**What are K4Health Toolkits?**

K4Health Toolkits are electronic collections of carefully selected information resources on a particular topic for health policy makers, program managers, and service providers. They are based on a continuous publishing principle that allows them to evolve after publication to capture additional resources and to identify and fill remaining information gaps.

**Purpose and Audience of this Toolkit**

We have designed this toolkit so we can share Peace Corps developed resources both globally and regionally. Furthermore, we have selected, and will continue to expand our selection of resources from our partner agencies that we think are most appropriate for staff and Volunteers.

Improved reproductive behaviors and improved access to sexual education are high priority community needs in the majority of Volunteer communities, with significant health implications, particularly for women and children. The following resources in this toolkit are intended for all Volunteers engaged in reproductive and sexual education activities, a large proportion of whom may have other primary assignment activities, and whose reproductive and sexual education activities are part of their community service (?secondary?) activities.

**Types of Resources in This Toolkit**
This toolkit was created to provide guidance and tools to update, develop or expand reproductive and sexual behavior education and programming. It contains:

- Tools and resources to help implement a variety of reproductive and sexual behavior education activities
- A compilation of the most up-to-date knowledge and best practices on reproductive and sexual education
- Resources on the most up-to-date evidence from the World Health Organization and other international reproductive health organizations
- Case studies on reproductive and sexual behavior-related activities from several countries

**How to Use This Toolkit**

Expanding access to and use of water sanitation projects requires a holistic approach—including accurate information; up-to-date policies and guidelines; quality training, supervision, and services; effective communication and marketing; and proper logistics. This toolkit provides information on all these elements and contains tools and resources to help you implement a variety of reproductive and sexual behavior education-related activities.

To browse the contents of this toolkit, use the navigation on the right to view resources related to reproductive and sexual behavior education topics and programs. Each section includes a list of a number of high-quality resources selected by the Peace Corps Sector Health Specialists, further organized by source: Peace Corps or outside "technical" sources. Click on the title of the resource for more information about it, or click on the full-text link to get direct access to the full resource.

Some of the tools are readily available in an adaptable format (e.g., Microsoft PowerPoint presentations). We encourage you to alter and personalize these tools for your own use (please remember to credit the source). If you do use these tools or adapt them, we would love to hear from you.

**How can I make a comment or give feedback about this toolkit?**

We invite you to contribute to evolving and enhancing this toolkit. If you have developed or use quality resources that you think should be included in the toolkit, please use the feedback form to suggest them. The toolkit collaborators will review and consider your suggestions.

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Publishers of Resources Included in This Toolkit

Save the Children

Measure - DHS

CARE

EngenderHealth

Academy for Educational Development/ HIV project

Helen Keller International

UNICEF

Pan American Health Organization (PAHO)

World Health Organization (WHO)

Population Service International

FHI 360

American Colleges of Nurses Midwives

John Hopkins University Center for Communications

Food and Agriculture Organization (FAO)

Inter-Agency Standing Committee (IASC)

World Vision

Interaction

Population Council

Institute of Reproductive Health

International HIV/AIDS Alliance

Core Group

EPA

Partnership for Clean Indoor Air
Adolescent Reproductive Health

These materials, compiled from technical sources, are tools to help engage youth and
communities. It is essential for sustainability that young and old can learn and discuss current issues together in fresh ways. These resources provide suggestions and case studies for how to design programs for youth in community settings, reach young people with life skills and quality services, and assist youth build peer networks.

Peace Corps Health Illustrations Link

Have a suggested resource or comment about this section? Please visit our feedback form.

Resources:

- **My Changing Body**

  Human development, interpersonal relationships, personal skills, sexual behavior, sexual health, and sex in society and culture?—there are many topics to cover when teaching youth about fertility, sex, and development! *My Changing Body, 2nd Edition* goes into detail about several of these topics, including fertility awareness and body literacy, using participatory activities. It is not meant to be a comprehensive sexuality education manual.

- **Evidence-Based Guidelines for Youth Peer Education**

  Peer education is a popular and versatile approach for promoting reproductive health and HIV prevention among young people around the world. Well-designed and well-implemented programs can improve young people’s health-related knowledge, attitudes, and skills and their access to health services. However, the quality of peer education varies tremendously (Adamchak 2006, Svenson et al. 2008). Difficulty in recruiting and retaining peer educators, lack of community support, and poor training and supervision of peer educators can adversely affect a program’s impact. Evidence-Based Guidelines for Youth Peer Education can be used to overcome these and other challenges. Readers can follow the guidelines to develop new, high-quality peer education programs for young people ages 10 to 24 years or to improve existing programs. Although this publication focuses on peers working with young people to improve their sexual and reproductive health, these guidelines can be applied more broadly to other types of peer education programs as well.

  This publication includes: Peer Education Overview, Guidelines (including research and examples), Action Planning Tool and Annexes with a glossary and group exercises.

- **Community Based Family Planning Technical Update #7:**
Reaching Youth through Community Based Strategies

Strategies outlined in this document include steps for designing programs for youth in community settings, methods for reaching youth through community members, links with larger community mobilization efforts, and additional resources.

- **Adolescent Defined Quality, Making Decisions: A project with Adolescents and Youth**

  This report describes a project model with strategies and actions that facilitate youth access to information, counseling and quality of services.

- **Feel Think Act: A Guide to Interactive Drama for Sexual Reproductive Health with Young People**

  This is a toolkit that presents a variety of tools to allow young people and communities to learn together in different and fresh ways and helps to get an all around view of issues facing young people.

- **Integrating Innovative FP into ARSH Program in Malawi**

  This project report explains the five key strategies used to improve the reproductive health of young people aged 10-24 in the project. This included mobilizing youth as Community Based Distributors of FP; developing teen mother clubs; using male motivators to influence husbands; training TBAs in the use of Lactational Amenorrhea; and engaging providers to be youth-friendly.

- **Partnership Defined Quality for Youth: A Process Manual for Improving Reproductive Health Services through Youth-Provider Collaboration**

  This manual is an adaptation of PDQ for use with youth ages 15-24 and health providers to improve youth access to quality health services. It involves young people working with health workers and other stakeholders to overcome the inadequacies of health services for youth.
Young people are thus involved in defining, implementing and monitoring the quality improvement process.

- **Community Pathways to Improved Adolescent Sexual and Reproductive Health**

  The working paper presents a framework for changing community norms and practices, program examples and strategies, with the aim to enhance efforts to improve ASRH outcomes. It includes a focus on capacity building of community leadership and strategies to enhance capacity and community involvement.

- **Male Motivator Training Curriculum**

  A training curriculum on using male motivators to increase family planning use among young married couples. The curriculum provides a 5 day training for male motivators to work with men in the community and includes informational, motivational and skills building components.

- **Technical Resources**

  An Annotated Guide to technical resources for community involvement in Youth Reproductive Health and HIV/AIDS prevention programs. It includes Community Involvement frameworks and approaches, community involvement tools and methods, Guidelines, Lessons Learned and Recommendations, instructive studies, recommendations, and selected additional resources.

- **Engaging Communities in Youth Reproductive Health and HIV projects**

  A guide to participatory Assessment is intended for use at the community level for people with little or no experience using participatory learning and action tools and approaches. It aims to support users to lead a participatory process that enables facilitators and participants to learn by doing.

- **Ethical Approaches to Gathering Information from**
Children and Adolescent in International settings: Guidelines and Resources.

This publication was developed in response to a growing need for practical guidance on collecting information from and about young people. It provides guidance through a maze of ethical issues that require consideration when working with young people.

• My Changing Body, Fertility Awareness for Young People

Provides factual information about puberty in a objective and reassuring terms for young people to help them become more self confident, practice good health habits, and gain a positive self-image. Sessions include interactive activities, role plays, games and craft making that promote the mastery of new knowledge as well as stimulating the sharing of emotions and feelings.

• Tips for Teens

This is a poster containing 4 key messages for teen sexual health

• How Important is Your Sexual Health?

This is a quiz that enables teens to figure out where they are in terms of prioritizing their sexual health.

• Sewing a Healthy Future in Cambodia

Lessons learned on a Private Public partnership with garment Factories to reach youth employees with life skills, health training, and develop peer education networks, youth corners, libraries etc

Peace Corps Health Illustrations
Resources:

- **Women's Health and Reproductive System Illustrations and Text in Spanish**

  The book is intended to be used by community health workers (including counselors, teachers, health educators, nurses and/or doctors), those living in both rural and urban communities. Although the book can be used in permanent settings, such as clinics, hospitals, community centers and schools and etc., the book was designed as a tool for community health workers who travel from house-to-house or location-to-location. It is intended to be used for hard-to-reach areas of the community where community members might otherwise have a difficult time reaching basic health services or information that are important to them on a preventative health basis. The audiences who might benefit from this information include school children, heads of households and community health workers. There are sections of the manual that are appropriate to be used in rural areas and an also a small portion of the manual that is intended to be used for urban populations.

- **Pregnancy Health Illustrations and Text in Spanish**

  The book is intended to be used by community health workers (including counselors, teachers, health educators, nurses and/or doctors), those living in both rural and urban communities. Although the book can be used in permanent settings, such as clinics, hospitals, community centers and schools and etc., the book was designed as a tool for community health workers who travel from house-to-house or location-to-location. It is intended to be used for hard-to-reach areas of the community where community members might otherwise have a difficult time reaching basic health services or information that are important to them on a preventative health basis. The audiences who might benefit from this information include school children, heads of households and community health workers. There are sections of the manual that are appropriate to be used in rural areas and an also a small portion of the manual that is intended to be used for urban populations.

- **Family Planning Illustrations and Text in Spanish**

  The book is intended to be used by community health workers (including counselors, teachers, health educators, nurses and/or doctors), those living in both rural and urban communities.
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- **Diseases of the Reproductive Organs Illustrations**

  The book is intended to be used by community health workers (including counselors, teachers, health educators, nurses and/or doctors), those living in both rural and urban communities. Although the book can be used in permanent settings, such as clinics, hospitals, community centers and schools and etc., the book was designed as a tool for community health workers who travel from house-to-house or location-to-location. It is intended to be used for hard-to-reach areas of the community where community members might otherwise have a difficult time reaching basic health services or information that are important to them on a preventative health basis. The audiences who might benefit from this information include school children, heads of households and community health workers. There are sections of the manual that are appropriate to be used in rural areas and an also a small portion of the manual that is intended to be used for urban populations.

**Peace Corps Resources**

**Resources:**

- **Education Today for a Healthy Tomorrow, Teacher's Guide Lessons for Healthy Family Life Education Curriculum**

  The resource guide is intended for teachers who work with youth as a part of the Health and Family Life Education Programs in Primary Level Schools. It has been specifically designed for youth in Standard 4, 5, and 6 since it directly connects with, and complements, the Health and Family Life Education (HFLE) curriculum implemented by The Ministry of Education in Belize. Many of the exercises in the guide provide numerous opportunities to observe and practice analytical skills that will, in turn, help to identify situations and factors associated with
HIV infection and sexually transmitted infections. The following is a link to the curriculum developed with the support of UNICEF, and used in various Caribbean countries. http://www.edc.org

• Promising Practices of Youth Development in Peru Manual

The Promising Practices of Youth Development in Peru Manual is a compilation of innovative youth practices and approaches contributed by Youth Development Project Volunteers and other PCVs serving in Peace Corps Peru. The concept for creating a Promising Practices Manual was to document and share the wealth of successful and creative youth approaches, activities and programs being created and utilized by Volunteers in the field.

• Life Skills Manual

This manual provides a comprehensive approach to developing skills needed for life, such as communication, decision-making and relationship skills. It addresses development of the whole person, including empowering girls and guiding boys toward new values. It also includes 10 session plans that provide factual information on HIV/AIDS and STDs. Interactive approaches to engaging participants include: role play, games, group discussion, and many other teaching techniques from around the world. Also available in French, Les Practiques d’une Vie Saine [ICE No. M0066], Spanish, Manual de Destrezas para la Vida [ICE No. M0072] and Swahili, Mwongozo wa Stadi za Maisha [ICE No. M0065].

Family Planning
These resources provide information on a wide range of family planning (FP) contraceptives; from short to long term and permanent methods. Materials include technical guidance on integration, counseling and FP programming.

Have a suggested resource or comment about this section? Please visit our feedback form.

Resources:

- **Creating Healthy Families in Nepal: Sustaining FP among marginalized groups**

  This case study documents a model for social inclusion whereby women and couples from disadvantaged groups were helped so that they could increase their knowledge and interest in FP services, receive improved quality of services in selected facilities and communities, have increased community access to FP, and an improved social and policy environment for FP and reproductive health services and behavior.

- **Assessing Integration Methodology: A Handbook for Measuring and Assessing the Integration of FP and other RH services**

  The focus of this handbook is on AIM, and the instruments that can be used to collect data at health facilities offering or considering offering integration of FP in Antenatal Care, Post Natal Care, Post Abortion Care, and HIV/STI services. The handbook includes a facility inventory of
services, an observation guide for recording provider-client interactions, a standardized questionnaire for client exit interviews, and a questionnaire for interviews with providers.

- **Community Based FP Technical Report # 5: FP during the first year postpartum**

  This report emphasizes the importance of FP use by postpartum mothers. It highlights FP integration opportunities in Maternal, Newborn and Child health.

- **Community Based FP Technical Update #4: Improving Access to Injectable Contraceptives**

  This report describes use of injectible contraceptives by community based distributors

- **Standard Days Method (SDM)**

  Includes SDM Knowledge Improvement Kits in English, French and Spanish, Top 20 FAQs, and Posters, a job aid and guidance on integration.

- **Balance Counseling Strategy Algorithm**

  Step by step process for counseling of FP client including Pre-Choice of method by the client, during method choice, and post method choice.

- **Long Acting and Permenent Methods brief**

  A compilation of sources concerning family planning.

- **Birth Spacing: A Call To Action**

  Birth Spacing decreases neonatal, infant and child mortality, and increases infant, child and maternal health and nutritional status. Birth Spacing Programming provides counseling and
information on the subject, monitors data and trends related to optimal birth intervals, and ensures the availability of spacing methods.

- **Two Day Method of Family Planning**

  Draft

- **LAM Reference Manual**

  The Lactational Amenorrhea Method (LAM) is a highly effective, temporary family planning method for breastfeeding women. LAM provides natural protection against pregnancy for up to six months after birth and while the woman continues breastfeeding, as she desires encourages the timely transition to other modern methods of contraception.

**Men as Partners**

These technical resources address the gaps in male engagement programming, particularly within health and HIV programs. They include curriculums, manuals, reports, and M&E tools for increasing male involvement in family planning and reproductive health.

Have a suggested resource or comment about this section? Please visit our feedback form.

**Resources:**
Faire participer les garçons et les hommes à la transformation des rôles masculins et féminins : manuel d'éducation pour le travail en équipe

Ce manuel met en évidence l'importance du lien à établir entre les activités éducatives et l'action. Il présente le Modèle « écologique » des ateliers, permet aux participants de mettre en application les connaissances et compétences acquises lors de l'atelier pour opérer un véritable changement social. À l'issue de chaque activité, les participants pourront noter leurs suggestions visant à traiter les questions qu'ils ont soulevées.

Men As Partners (Spanish Version): Involucrar a Niños y Hombres en la Transformación de Género

SPANISH VERSION:
EngenderHealth's Men As Partners (MAP) program is a global initiative designed to work with men on reproductive health issues within a gender framework. This manual is designed to be used by PPASA MAP educators to lead workshops with groups of men and mixed-gender groups.

Worldwide, the behavior of many adult and adolescent men puts them and their partners at risk for HIV. On average, men have more sexual partners than women. HIV is more easily transmitted sexually from man to woman than from woman to man. An HIV-infected man is likely to infect more persons than an HIV-infected woman. Engaging men more extensively in HIV prevention has a tremendous potential to reduce women's risk for HIV.

In many other parts of the world, it is young and adult men who largely control when and under what circumstances sex will take place and whether a contraceptive method will be used. For many men worldwide, sexual experience is frequently associated with initiation into manhood. Men may experience peer pressure to be sexually active and have multiple partners in order to prove that they are manly, which increases their risk of exposure to HIV. Recent data indicate that new HIV infections in high-prevalence countries often occur as a result of concurrent or overlapping sexual partnerships. Research has shown that in both urban and rural areas, young men who choose to abstain may suffer ridicule from their peers. Accordingly, low levels of consistent condom use among sexually active men are associated with a variety of factors, including low self-risk perception, lack of, or limited access to, condoms, and the belief that unprotected sex is more pleasurable and that pregnancy is proof of masculinity and fertility.
This is a training manual for service providers working with men. The sessions in the manual teach participants to challenge the bias against engaging men in reproductive health and HIV services at the facility level. The sessions also identify ways to improve the quality of services for male clients and explore ways to market services to men. The activities are intended for use with all service providers, although some adjustments might be required, depending on the country and community context.

- **Engaging Men at the Service Delivery level**

Designed for trainers of health workers, this manual offers skills-building sessions on developing more “male-friendly” health services. Utilizing participatory and experiential activities, the manual examines attitudinal and structure barriers that inhibit men from seeking HIV and AIDS services (both from the client and providers perspectives), as well as strategies for overcoming such barriers. The manual is designed for all workers in a health care system, from frontline staff, clinicians, administrative, operational and outreach workers.

- **Engaging Men at the Community Level**

This interactive manual offers master trainers approaches for working with community-based health outreach workers and gender activists a means to mobilize community members to take action related to HIV, AIDS and gender. Following a brief section defining male gender norms linkage to negative health outcomes, the manual offers numerous strategies for community engagement for change, such as conducting a needs assessment, conducing marches and rallies, engaging theatre practitioners, among others. Utilizing an ecological model linked to the formation of ?community action teams? (CATs), the manual offers strategies to reach various community members for actual and sustain change specific to HIV, AIDS and men.

- **Needs Assessment Package**

Designed for use by individuals, organizations and donors interested in carrying out a needs assessment to identify gaps in male engagement programming related to HIV/AIDS prevention, care, and treatment in order to develop relevant and effective programs and/or policies for engaging men in HIV/AIDS. Questionnaires are provided to help identify factors influencing attitudes and behaviors, men?s access to information and services, and types of activities needed to address the gaps.

- **Engaging Boys and Men in GBV Prevention and**
Reproductive Health in Conflict and Emergency Response Settings

This module is designed to build the skills of participants working to engage boys and men in gender-based violence (GBV) prevention and reproductive health (RH) in conflict and other emergency-response settings.

- **Engaging Men and Boys in Gender Transformation**

This manual highlights the importance of linking educational activities to action. It introduces the Ecological Model workshops, allows the participants to take the knowledge and skills gained in the workshop and put them into action for social change. At the end of every activity, participants can make a record of their suggestions for addressing the issues they have raised.

- **A Training Curriculum on Using Male Motivators**

The curriculum is aimed at increasing family planning use among young married couples. The curriculum provides a 5 day training for male motivators to work with men in the community and includes informational, motivational and skills building components.

- **Technical update on Male Involvement**

Includes resources and tools, as well as examples of strategies and promising practices.

- **Men's Health Manual**

This manual presents the adult male perspective to educate adult males on HIV/AIDS, other STIs, and other issues unique to men. In addition, this manual presents field experiences that
have proven to be useful and effective for reaching the adult male population of Honduras. The manual includes 8 tools and a facilitator guide. Some words, expressions and photographs are frank and explicit; that is why this manual should be used as an educational tool and not as leisure reading.

- **Reaching Men to Improve Reproductive Health for all Implementation Guide**

Designed as a tool to inform care providers, trainers, communicators, program managers, researchers and donors on how to implement reproductive health programs that involve men while mainstreaming gender.

- **Men As Partners - A Program for Supplementing Training of Lifeskills Educators**

This manual is designed to be used by trained educators to lead workshops with groups of men and mixed-gender groups.

- **The Gender Guide**

Provides questions to identify and address gender issues to ensure that gender awareness is part of a program’s design, implementation and evaluation. The questions will promote a dialogue in communities that will lead to increased understanding of gender issues.

**Monitoring and Evaluation**
Monitoring and Evaluation are critical components of a successful project because they help implementers and stakeholders alike answer the important question: What difference is my work making? The majority of the resources you'll find here have been developed by individual Peace Corps posts. They include general guidance on Monitoring and Evaluation as well as tools such as questionnaires, surveys, and pre-post tests. The tools listed are used to monitor and evaluate specific Peace Corps projects and activities.

Have a suggested resource or comment about this section? Please visit our feedback form.

Resources:

- **Measuring Success Handbook**

  The purpose of this draft handbook is to assist Peace Corps Volunteers, their counterparts and members of their communities to better measure the results of their efforts (with a particular focus on malaria). It is based on a workshop carried out in Burkina Faso in 2007. This handbook contains training session ideas, a detailed facilitator's agenda as well as surveys (on malaria, HIV/AIDS, maternal care, and hygiene) and data collection tools designed and piloted by the participants of those workshops.

- **Participatory Diagnostic Assessment**

  This is a PowerPoint that describes participatory diagnostic assessment and charts the sustainable community development process. This PowerPoint also prepares the PCTs to prepare to present this information at IST or early reconnect training.

- **Baseline Data and Project Evaluation Fact Sheet**

  This fact sheet gives basic information about the importance of monitoring and evaluation and definitions about baseline data. It also gives suggestions on how to collect baseline data and to conduct a health survey.
Community Assessment Tool Power Point

Not specific to any sector, this PowerPoint provides information for Volunteers as to why baseline assessment is relevant to any project. Traditional practices of agro-forestry, the level of knowledge and actual use of agro-forestry technology.

• Community and Health Assessment

PCVs answer all questions the first three months. There are approx twelve topics. PCVs could do a topic a week, and if they really want to be fancy they could try to ask the questions in local language. During the IST, they make their presentation and turn in their written report. At that time they talk more about the framework and how they can collect baseline data and then practice using different tools (structured observations, interviews, focus groups, etc.).

• Life Skills Assessment Tool

A life skills assessment tool assesses communication, critical thinking, self-esteem and healthy practices. This assessment can be used with youth.

• YEDA Index - Youth Empowerment & Development Assessment

Originally developed by PC/Belize and based on the Search Institute’s 40 Developmental Assets, this structured observation instrument has been adapted by different Peace Corps posts to help Volunteers to rank youths’ assets in 7 different categories, including work readiness skills, positive values, and community and family support.

• Self-esteem Assessments

A self assessment for youth to determine their self-imagine and if they have a positive or negative opinion.

• Self Report HIV - HIV and Life Skills Training
A questionnaire that Volunteers can use following HIV/Life Skills trainings to assess how much participants learned or perceived that they learned during the training. This questionnaire is intended to be completed at minimum several months after the training.

- **Child Spacing**

  This is a standardized questionnaire to be used with young mothers/caretakers in community households. It includes key indicators in this area.

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**Source URL:** https://www.k4health.org/toolkits/pc-rsh