

## **'Know Your Body, Know Your Rights'**

*Enabling Youth Engagement in Comprehensive Sexuality Education through Public Awareness and Policy Dialogue*

### **Project Overview**

'Know Your Body, Know Your Rights' (KYBKRY) is a youth-led and -run national policy and peer education programme, founded in 2002 by The YP Foundation, that empowers young people to address their sexual and reproductive health and rights. The programme focuses on enabling young people's access to information on their gender, sexuality, health, rights and HIV and youth friendly health services.

Additionally, it empowers young people to advocate on behalf of their peers for the legalisation and effective implementation of Comprehensive Sexuality Education (CSE) by establishing and enabling dialogue between young people and national and state-level policy makers who ensure young people's health and rights. Over the past nine years, The YP Foundation has focused on capacity building, awareness raising and youth-led advocacy and has worked with over 300,000 young people and youth organisations in over 13 states in India.

The key focus of the KYBKRY programme is to build young people's technical capacities to access unbiased, evidence-based information on gender, sexuality, health and rights, enabling them to negotiate cultural and political barriers faced at both community and policy levels. KYBKRY strengthens platforms for young people to advocate with decision makers, engaging through dialogue and monitoring and evaluation processes at local, state and national level. This ensures that young people can effectively participate in policy processes and provide critical inputs that correspond with lived, community realities.

The programme was founded in 2002, using a bi-lingual peer-to-peer education model that primarily addressed an in-school population of urban youth, with a key focus on addressing women and girls and reducing gender-based violence and discrimination. In 2006, the programme expanded to begin working with young people from peri-urban and semi-rural areas, focusing on adolescents and young people living in at-risk contexts (street and slum children, young people living with HIV, young injecting drug users, children of female sex workers, young people living in BPL (below the poverty line) communities) through peer to peer education and policy consultative processes.

Ensuring the sexual and reproductive rights of young people is critical because it empowers young people to negotiate the vulnerabilities and challenges of violence, HIV, abuse, climate, gender inequality and poverty. It also enables a positive attitude towards relationships and improves the quality of health and life that most young people have access to. Our work with young people challenges the silences that exist in society around these issues.

### **Project Structure**

KYBKRY has four components to it, which are:

- **A Peer Education Programme** that trains 30 young people from on Comprehensive Sexuality Education and HIV Prevention, as well as conducts peer-to-peer workshops in communities with 1,500 – 3,000 young people annually. This is primarily based in two states, National Capital Region and Uttar Pradesh; with peer education programmes conducted with youth groups from different parts of India. Since 2002, the programme has trained 300 peer educators and served more than 6,000 young people.

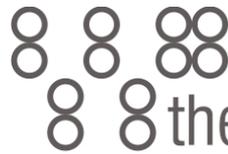
- **A National Capacity Building Training of Trainers (ToT) Programme** that trains 40 youth leaders, master trainers and community service providers per ToT, who are implementing CSE or Youth Friendly Health Services. The ToT focuses on sharing best practises, increasing access to and scaling the quality of implementation in youth led and run CSE and YFHS programmes. The programme was established in 2004 and has trained 120 youth leaders from 8 states in India.
  - In 2009, '**VIKALP: Searching for Alternatives**'- a Youth Forum on Social Change was held in New Delhi aimed at promoting youth led dialogue and action in India, by bringing together 32 young activists from across the country to share best practices and examine strategies on how they can build youth action in an inclusive and cohesive manner. Three 'Vikalp' small scale Grants were provided to youth leaders who were leading exceptional service delivery programmes in Bihar, Maharashtra and Tamil Nadu, with support from UNESCO and UNFPA.
- **National and State Level Advocacy Platforms:** TYPF engages young people with training them on how to advocate and building effective relationships with stakeholders as well as on specific laws, policies and local contexts that shape the policy work they are doing. The programme has reached out to over 1,500 young people across 5 states in India through its workshops and has also expanded nationally, to host The Project 19 Annual Festival (with the Center for Human Progress) that brought together over 600 rural and urban youth together in Delhi to lobby for and articulate their collective sexual reproductive rights and health with government and donor agencies.

In 2011, TYPF partnered with Plan India with technical support from UNESCO, to conduct youth-led consultations with adolescents and young people to obtain their inputs and recommendations on HIV Prevention, AIDS Education and Sexuality Education provided under the National AIDS Control Organization's guidance in schools. The consultations reached out to 287 young people across five states, (Delhi, Tamil Nadu, Andhra Pradesh, Maharashtra and Uttar Pradesh), encouraging the meaningful participation of adolescents and young people in NACP. These young people were from both in-school and Most-At-Risk contexts. Qualitative recommendations from the consultation were provided to NACO, providing critical input on the future direction of AIDS education programming for adolescents and young people.

- **A National Campaign for Comprehensive Sexuality Education**, one of India's first youth-led campaigns launched in 2010 with support from UNESCO and CREA ([www.knowyourbodyknowyourrights.com](http://www.knowyourbodyknowyourrights.com)). The campaign has already gathered 3,500 voices from young people across 4 states on the need for and the ability to access Comprehensive Sexuality Education in India. In 2011, the campaign is working in the two states of Uttar Pradesh and Maharashtra, engaging over 130 young people from 20 and 13 districts in each state respectively, to challenge the political climate and ground realities of lack of access to CSE and health services. The focus was to identify strategies for challenges faced with implementing CSE in both the states and how young people can take leadership in these areas.

Over 2012 – 2013, regional policy consultations will additionally be conducted, ascertaining youth-led technical recommendations that will be developed for policy workers at state and central level who are involved with implementing the Adolescence Education Programme (AEP).

The AEP is currently the foremost national curriculum addressing Life Skills and CSE with more than 33 million students across the country. It is currently banned in five states, including Uttar Pradesh and Maharashtra. The programme will also engage young people in monitoring programmes at district and community level, to assess the effectiveness of existing curriculums for health and policy bodies.



## **About The YP Foundation**

**The YP Foundation (TYPF)** is a youth-run and -led organization that supports and enables young people to create programmes and influence policies in the areas of gender, sexuality, health, education, the arts & governance. The organization promotes, protects and advances young people's human rights by building leadership, and strengthening youth led initiatives and movements. Founded in 2002, TYPF has worked directly with 5,000 young people to set up over 200 projects in India over the last 8 years, reaching out to 300,000 adolescents and young people between 3-28 years of age.

*Our Vision* is of a world where young people's human rights are realized, their leadership skills are enhanced and they are recognized as powerful change makers and equal stakeholders in society.

*Our Mission* is to promote, protect and advance young people's human rights by building leadership and strengthening youth led initiatives and movements.

*Our Goal* is to support and enable young people to create programmes and influence policies in the areas of gender, sexuality, health, education, the arts & governance.

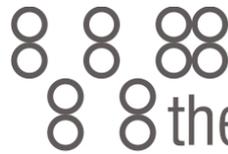
## ***Strategic Focus***

We believe in empowering young people's access to information, services and rights such that they can build collective platforms to challenge and develop their leadership potential. We empower young people by supporting their work through three key focus areas, namely:

- **Awareness and Advocacy:** Young people's work with Gender, Sexuality, Health & Rights, Peer Pressure and Mental Health, Life Skills and Education, Healthcare and Governance and Accountability (focussing on the implementation of The Right to Information Act in India).
- **Community Based Partnerships:** TYPF works primarily in the National Capital Region (NCR) and works with youth led groups with partnerships at national, regional and international levels. We have collaborated with youth groups and young activists from 13 states across India, including Punjab, Haryana, Tamil Nadu, Bengal, Karnataka, Andhra Pradesh, Madhya Pradesh, Maharashtra, Chhattisgarh, Kashmir, Nagaland, Gujarat and Bihar. TYPF has supported 250 slum and street children across two locations in New Delhi and partners with Today's Youth Asia in Kathmandu, Nepal.
- **Communication & Skills Development:** TYPF trains young people to develop their communication and technical skills, and skill to work with film, literature and to build and support platforms for independent music in India.

Through our 3 focus areas, TYPF **engages young people to develop programmes through 6 programmatic divisions** that work with:

1. Empowering Street Children (With Health & Hygiene Awareness, Life Skills & Education)
2. Addressing Mental Health Issues & Developing Life Skills with Adolescents
3. Awareness & Advocacy on HIV & AIDS, Gender, Sexuality, Health and Rights
4. The Right to Information Act, Governance & Citizenship
5. Promoting, Protecting and Sustaining Independent Music
6. Encouraging Human Rights through Film



### ***Development Youth-Led Governance, Management and Accountability***

TYPF's focus over the next two years is to increase young people's engagement with human rights work and to create stronger, more inclusive and practical social impact through our programmes. In 2010, the organization undertook its first 3-year strategic planning process, with inputs from our partners and donors. We are 14 staff members, both full-time and part-time, between 16-26 years of age. TYPF staff work with volunteers to develop institutional capacities to fundraise; monitor and evaluate institutional goals; coordinate partner relationships; conduct due diligence and oversee the development and execution of programmes.

### ***Our Supporters***

The YP Foundation's work with young people and youth communities in the field of Sexual Reproductive Health and Rights has been recognized and endorsed by The Ford Foundation, Population Fund of India, NACO, The Packard Foundation, The NAZ Foundation, HLPPT, IPPF, HIV/AIDS Alliance of India, UNESCO, UNICEF, UNDP UNAIDS and The International Women's Health Coalition (IWHC). We were chronicled by the WHO in their 2006 publication on Adolescent Sexual Reproductive Health and HIV/AIDS and by UNAIDS as a case study in their 2011 report 'Community Innovation: Achieving sexual and reproductive health and rights for women and girls through the HIV response'.

Our work has been recognized over the years at both national and international forums. We are the recipients of The SMILE Fellowship by the NGO Pravah (2006), The Student Citizen Karamveer Puruskaar – the National Award for Social Justice and Action (2007), The Seen and Heard International Award from British Telecom and the UK Youth Parliament (2008), Pepsi MTV Youth Icon of India Nominee 2008 and The Change Looms Award for Social Entrepreneurship (2008) from The Ashoka Foundation. Our founder is an Ashoka Fellow and the first Indian to receive the Young Achievers Award (2009) from the President of Nepal and Today's Youth Asia.

### **For information on 'Know Your Body, Know Your Rights' please contact:**

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