



Contact: Disha-09873979957, Esha-9455392450, Ratna- 9919349510

Dated-26th August, 2013

Press Release

To : The Editor

State Level Dialogue - Know Your Body Know Your Rights / Shareer Apna, Adhikaar Apne

Lucknow, 26th August, 2013. Lucknow and Jhansi youth from diverse backgrounds along with representatives from the civil society organizations and Government officials from the education department, all gathered together on 26th August, 2013 in Jai Shanker Prasad hall, Qaiserbagh for the State Level Dialogue of the 'Shareer Apna, Adhikaar Apne' Campaign, **for the launch of a Youth-Led Report on Policy Recommendations to ensure Comprehensive Sexuality Education for Young People in Uttar Pradesh.**

The report shares the experiences and recommendations from a State-Level Consultation held in 2011. Through the two-day consultation, The YP Foundation and SAHAYOG engaged with 52 youth activists and leaders, from 19 districts across Uttar Pradesh, whose programmes are reaching out to 1,96,905 beneficiaries. Participants included peer educators, community leaders and activists from Hardoi, Farukhabad, Jaunpur, Ambedkar Nagar, Balrampur, Jhansi, Mirzapur, Chandoli, Lucknow, Saharanpur, Barabanki, Muzaffarnagar, Bareilly, Banda, Azamgarh, Orai, Mau, Gorakhpur and Varanasi.

The state level dialogue aimed to build a common platform for young people, government officials, policymakers and civil society organizations to share their experiences and challenges while advocating for sexual and reproductive health information and services with policy makers and government officials at state level in Uttar Pradesh.

Dr. Aruna Narayan, NRHM, expressed her support for the programme; highlighting the need to improve adolescents' access to information and services that address their health as well as joint support across the government; civil society organizations and the public to ensure the same.

Ms. Lalita Pradeep, Principal DIET, expressed her support for the programme; stating that adolescents have the right to receive correct information on sexual health and physical growth for a better future. She further added that the school curriculum should include issues related to biological, emotional growth as well as health issues.

Dr. Shankar Chowdhury from Plan, shared his experience working at national level and importance of comprehensive sexuality education for adolescents and young people and shared the renewed support at National Level to address the same in central-level adolescent health policies. **Mr. Shishir Srivastava from Sahayog** shared his experience and talked about the UP Youth Policy in Uttar Pradesh, he also spoke about the importance and need of youth participation at policy making.

The programme structure includes training of 20 youth leaders (10 from Lucknow and 10 from Jhansi). These youth leaders then adopted a peer-to-peer training model and spread awareness in their communities and conduct advocacy meetings around the issue of comprehensive sexuality education with the government officials of the concerned departments.

Rajni Kashyap, 20 years of age, is a Youth Leader with The YP Foundation in Lucknow, Uttar Pradesh. She shared that when she first joined the programme she had no knowledge on these issues and had little confidence in talking about them. Through the training sessions of the campaign and community meetings she conducts with her peers, she has been able to increase her own knowledge, self-confidence. She feels she is aware of her rights and today can make her own decisions, including being able to decide when she wants to have children and choose the age at which she gets married with her family, which she feels has happened as a result of the programme. Rajni wants to continue social work in her community to ensure

**KNOW YOUR BODY
KNOW YOUR RIGHTS**
शरीर अपना, अधिकार अपने



responsible citizenship among them and to ensure they have the skills and information to negotiate life challenges from the awareness they receive on HIV prevention and Safe Sex Methods.

Rani, 19 years old, a BA Second year student and youth leader with the campaign in Jhansi shared that being able to receive proper training on Comprehensive Sexuality Education and from conducting community meetings through the campaign in Jhansi made her realize the need to break the silence on the issue, as all young people says that they want to know information on sexuality but are afraid of being able to ask their parents and community members for the same.

Participants from across all regions of Uttar Pradesh highlighted a Call to Action from the Report that needs to be a starting point between young people, civil society, funders and government officials to work together to ensure young people's access to Comprehensive Sexuality Education and Sexual and Reproductive Health Services in the state.

The 'Shareer Apna, Adhikaar Apne Know Your Body Know Your Rights' programme was launched in 2009 run by The YP Foundation as a national and state level youth-led and -run campaign in response to the growing absence of young people's voices in policies that address their health and rights.

Disha, Ratna and Esha
(On Behalf of TYPF and SAHAYOG)

**KNOW YOUR BODY
KNOW YOUR RIGHTS**
शरीर अपना, अधिकार अपने