

MY AGE ZIMBABWE

NEWSLETTER

January 2023



myage-zim.org My Age Zimbabwe

2022 Big Wins!!!



263 Youth TV launch



GirlsChose champion training



Stakeholder Meeting



SRHR Tuck-shops Launch



SRHR Tuck-shops Launch



CCCF Visit



Launch of the A guide to your rights and law handbook



Theatre for Development

A LOOK INTO 2023!

The Women Deliver of tomorrow is one in which feminists and feminist movements from around the world, and people with marginalized and vulnerable identities, see themselves and play a leading role in demanding the full suite of SRHR for all girls and women, everywhere.

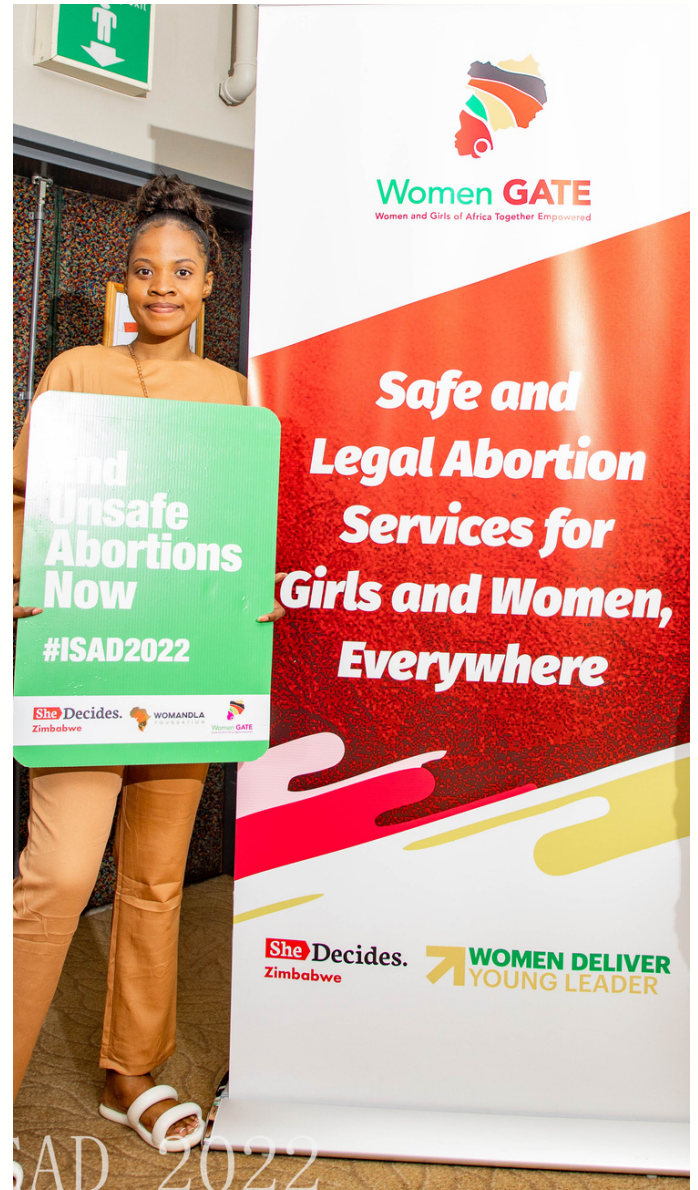
Moving forward, we will continue to create space for collective action through coalitions, ensure that young people, and particularly adolescent girls, are in the driver's seat of our advocacy, and serve as a convener that brings partners together to challenge and change the norms, laws, and policies that perpetuate injustice.

We will continue to build the evidence base, in partnership with organisations from around the world, to present those in power with the data and evidence they need to make gender equality the priority.

While we made significant progress in 2021 toward reframing who leads, both within our organisation.

Across our programming, more needs to be done. Crucially, our business model no longer aligns with our aspirations. To live and breathe what an NGO of the 21st century should look like and how it should operate, we're working to decentralize our operations, including by hiring staff from around the world, and particularly from LMICs.

Thank you for joining us on this journey. Thank you for joining us in changing what we cannot accept. Your belief in and support for Women Deliver is what makes pushing back against the anti-rights movements that threaten us all, and particularly girls and women, possible.



Key Highlight !

According to international human rights law, everyone has the right to control and make their own decisions regarding their sexuality. They also have the right to live their sexual lives without fear of violence, coercion, or intimidation. They also have the right to access sexual and reproductive health care information, education, and services.

GIRLSCHOOSE PROJECT 2023 :COLLABORATION AND NETWORKING THE WAY TO GO!!!!

My Age Zimbabwe successfully hosted a stakeholders meeting for the GirlsChoose project 2023 to map out the SRHR difficulties, reflect on the strategies for the project in 2022, and create a plan for the future.

The GirlsChoose project's overall objective is to create a conducive environment for adolescents and young people in their diversity with specific emphasis to girls and young women in Zimbabwe, to access Sexual and Reproductive Health and Rights Services (SRHRs) and HIV related information freely and safely.



My Age Zimbabwe's project officer Obedience Mazenge said that in 2023, the project will focus more on strengthening collaborative action to ensure that the future of young people, especially in marginalized communities, is not harmed by a lack of appropriate sexual and reproductive health services, praising 2022 accomplishments.

“The project's objectives 2023 is to increase networking and to continue facilitating and naturalizing a model for HIV and generally Sexual Reproductive Health Rights and Services (SRHRs) access to local grassroots communities beginning with Masvingo in an effort to close apparent gaps and secure the future of many young people, especially girls and young women.”

“The GirlsChoose project in 2022 "introduced the SRHR tuck-shops which includes barber shops ,saloons as well as market stalls and the 263YouthTV which were big wins and also trained new SRHR champions among many of our interventions and this led to reduction of STIs infections statistics in Masvingo." he said.



In addition to praising the work done by the GirlsChoose initiative in 2022, Masvingo urban District Aids Coordinator Claudia Chimusoro emphasizes the necessity for increased networking to strengthen the project in 2023.

"The Girls Choose project has produced positive results over the past year, and to keep up the good work and take it to higher levels, there should be increased networking between the SRHR champions and service providers, nurses, creation of youth-friendly corners and facilities, increased engagement with community gatekeepers, schools, religious leaders, and more engagement meetings," she said.

District Aids Coordinator for Masvingo rural Munyaradzi Mapwashike applauded the Girls Choose project's work done in 2022 supporting the idea of increasing networking and engagements, he urged everyone to make a difference in their communities to fill in information gaps on SRHR.

"We thank the GirlsChoose project for excellent work, but more needs to be done to fill in information gaps on SRHR among young people, so let's balance it with the boy to avoid empowerment limitations, there should also be low cost training services for teachers and nurses on SRHR and how to network with the young people in order to create youth friendly environments,"said Mapwashire.

LETS TALK ABOUT IT

Have you ever been caught off guard by a menstrual flow because you weren't expecting it and weren't in the best place to handle it. What came to mind immediately when that happened? Was it the moment you stood up and felt awkward? Did you hold off until everyone else left the room? the nervous, sweaty feeling with a hint of apprehension. Did your confidence cause you to back off? When did you turn that age? Can you identify?

Let me describe a little of what it's like if you're a guy or a female who isn't yet menstruating. We were raised in a society where having a period was completely private. It is improper to try and have a talk about one's blood; it is something that cannot even be brought up among respectable people. Because the lads are so afraid of it, laughing is usually the best course of action. It's as though everyone can see your secret. Along with the self-imposed shame, it also brings with it a sense of trauma and emotional torment. Because of something you can't control or yell back at, you socially lose face.

Did you know!!!

One sanitary pad could take 500 to 800 years to decompose as the plastic used is non-biodegradable and leads to health and environmental hazards

- Menstrual cups: Menstrual cups are significantly better for the environment than other period products
- Period underwear is a recommendation you're ready to switch your period products, period underwear is a must-try.
- Reusable menstrual pads, menstrual disc and organic tampons are environment friendly

Whether you can afford it or not, menstruation is a complete experience. No matter if you currently, plan to, or do not menstruate, you are undoubtedly related to someone who does. So, whether directly or indirectly, whatever impacts a person who menstruates also impacts you. "Don't tell anyone, but you are now a woman." Unfortunately for many, silence has led us to even worse positions than where we are now. The truth is that this abhorred procedure is crucial to the continuation of human existence. Help a girl out there by raising awareness of the issue and giving a friend, sister, mother, wife, or daughter a sanitary products kit.

Period poverty is real, the inaccessibility or inability to afford menstrual products and inadequate distribution of comprehensive information on menstruation. Women menstruate in every state, town, and family, that's why menstrual health management is necessary everywhere.

The more young girls who miss five days of school each week, three months of each term, and roughly 45 days of their academic year, our efforts to live up to whatever potential we still possess on a global scale are becoming more and more hollow.

Consider this: There will always be a lady out there who felt the same way you did at the beginning of this talk as long as there are individuals who live below the minimum wage, hand to mouth, fighting to get by, so much that they have to pick the basic necessity of food over sanitary apparel. She decides that it would be better to hide from everyone, even if it means missing school, sitting on a cardboard box, putting tissues inside, or putting her health at danger by using soiled clothing. She is required to stay away each month for the duration of her menstruation. This time period coincides with an unavoidable biological event. It pays little attention to anything.



Ignorance is beyond our payroll !!!

Opinion Article



Tarisai Maregere

Whether conducted in- or out-of-school, comprehensive sexuality education (CSE) is a gender- and rights-based approach to sexuality education. I think it should be used more often because it is curriculum-based, age-appropriate, culturally relevant, and scientifically accurate.

It exists to offer unbiased information about relationships, safe sexual behaviors, and influences better decisions on sexual and reproductive health (SRH). Improved understanding, increased condom use, fewer multiple partners, increased self-efficacy for HIV protection, and delayed sexual initiation are all results of CSE.

Chlamydia, condoms, abstinence, HIV, body count, safe sex and multiple partner relationships. Whether we talk about them or not, whether we acknowledge their existence or we don't it is all taking place out there. The best way out is to talk and teach about it, everyone needs sex education. For the young people to make the right decisions, they need to be informed. Unplanned pregnancies, derailed careers, mental health challenges, unsafe abortion, and unreported STIs misinformed youths are suffering the consequences of actions whose implications they really never knew.

CSE allows the target audience to acquire accurate information about sexuality and SRHR, to realize their health, well-being and dignity.

This plays a pivotal role in helping them develop respectful social and sexual relationships. With the intention that exposure to the right information will delay sexual debut, CSE also puts emphasis on adolescents and youth to abstain. It gives one more control over their body and what they do with it sexually. However, in the case that there is sexual debut, it teaches about contraception, condom use, sexually transmitted infections (STIs) and HIV.

It takes an empowered adolescent or young person to make solid and wise sexual decisions, one cannot report any abuse if they do not know that their rights have been violated in the first place. The future depends on the sexual decisions we make today.

Sex is a central part of our existence in this generation. It has to be done right. With the strong national battle against early child marriages and teenage pregnancies, coupled with the drug and substance abuse pandemic, CSE is critical

At the end of the day CSE is effective in decreasing HIV risk factors, SRH knowledge and service uptake thereby creating a basis for empowerment, related human rights awareness and improved approach to any real life related sexual knowledge amongst adolescents and youth.

There are a few crucial details to bear in mind. You should never assume that someone is completely clean, you shouldn't judge a book by its cover. You can't unsee diseases, even the good lads and girls you see can contract them. Always use a condom when having sex to ensure safety. Choose from a variety of contraceptives to prevent the unplanned. You can decide which procedure, including implants, levoplant, IUCD, and depo provera, is best for you as a woman. You won't be protected from STIs or HIV by the morning after pill, so proceed with caution.

***The talkshow that
addresses SRHR Themes***

YOUNG N' HEALTHY

SRH TALK SHOW

**EVERY WEDNESDAY
10:00 AM**



Live on



263 YOUTH TV



263 YOUTH TV



263 YOUTH TV