



# For Youth By Youth

NEWSLETTER



young people at My Age Zimbabwe

**DID YOU KNOW?**

My Age Zimbabwe Trust is a youth-led organization that champions youth leadership, participation, gender equality, and the health and rights of adolescence and young people. We harness evidence and unite diverse voices to spark a commitment to youth-related issues.

Anchored in sexual and reproductive health, we advocate for the rights of young people across every aspect of their lives. The organization is committed to the promotion of young people's access to Sexual and Reproductive Health and Rights (SRHR). We subscribe to the notion that SRHR education, information, and services should be accessible to everyone in the human rights framework including adolescents and young sex workers, LGBTIQ+, and young people with disabilities.

My Age's efforts are centered on concerted advocacy on strategic and policy issues, increase in resources for health, facilitating social accountability, Comprehensive Sexuality Education, Gender Equality, linking young people to SGBV, SRHR, HIV and AIDS services, and facilitating meaningful and inclusive youth participation in civic processes across the board.

We do this through an innovative combination of programs and interventions which include digital conversations, production of documentaries and stories of change, theatre for development, organizational capacity strengthening for youth-led organizations, skills strengthening initiatives, dialogue with duty bearers, exchange programs including linking young people with opportunities that they need to advance their health, rights, and young people at community, sub-national, national and international level.

My Age has contributed in advocacy and awareness around the School Health Policy 2018, Child Marriage Act of 2022, Education Amendment Act of 2019, and Gender Sensitive Schools and Communities through contributing to the development of curriculums, models, and learning resources.

My Age plays a pivotal role to shape conversation on youth engagement and helps increase the visibility of young people in spaces that matter by identifying national, regional and global platforms to contribute equally to the conversation and share his expertise and experiences.

# Standing strong against Cervical cancer!



My Age Zimbabwe joined together with the rest of the world to raise awareness of cervical cancer to emphasize the importance of early cervical cancer diagnosis, treatment, and preventive recommendations, under the theme “Learn Prevent Screen” emphasizing the necessity of educating people with knowledge about minimizing cervical cancer risks and the life-saving importance of regular screenings.

Cervical cancer is a condition where there is an abnormal growth or proliferation of the cells lining the cervix (the part that connects the uterus and the vagina) or the lower portion of the uterus. The infection with the human papillomavirus (HPV) is the most common cause (about 90%) of cervical cancer.

The month-long awareness campaign for cervical cancer serves as a reminder of the significance of early identification and prevention.

Frequent screenings, such as Pap tests and HPV tests, can identify high-risk HPV strains and abnormal cells, enabling prompt action. There are vaccines available to guard against specific HPV strains. The incidences of cervical cancer can be lowered significantly and improve women's health by increasing knowledge of and advocating for these preventive actions.

Cervical cancer is one of the few cancers that can be prevented and Prevention is the key aspect of cervical cancer awareness month.

Vaccines, such as Gardasil and Cervarix, can protect against certain types of HPV that are known to cause cervical cancer.

These vaccines are most effective when administered before exposure to the virus, which is why they are recommended for preteens and young adults.

By promoting vaccination and educating individuals about the benefits of prevention, proactive steps towards reducing the burden of cervical cancer are insured.

## Measures for the prevention of cervical cancer:

- TAKING VACCINATION AGAINST HPV
- SCREENING, EARLY DIAGNOSIS AND TREATMENT OF PREMALIGNANT LESIONS
- ABSTAINING FROM SMOKING
- HAVING SAFE SEXUAL ACTIVITIES
- MINIMAL EXPOSURE TO HPV AS IT SPREADS THROUGH SKIN-TO-SKIN CONTACT



## OUR NEW PARTNERSHIP WITH DAWA WITH SUPPORT FROM ViiV

# Connecting adolescent girls and women for HIV prevention.

In recent years, Zimbabwe has made great strides in HIV combination prevention, resulting in a 45% reduction in new infections from 2015 to 2021. However, in areas with high rates of HIV, only 40% of treatments aimed at adolescent girls and young women (AGYW) were accessible.

To address this issue, the Development Agenda for Girls and Women in Africa Network (DAWA) and My Age Zimbabwe have come together to implement the ViiV project known as 'Connecting Adolescent Girls and Women for HIV Prevention.'

My Age Zimbabwe Trust is a youth-led organization that prioritizes the participation of young people in developmental processes, including addressing HIV and AIDS and promoting sexual and reproductive health and rights (SRHR) in Zimbabwe.

Over the past 5 years, My Age has successfully implemented the Girls Choose project, which focuses on improving access to SRHR, HIV, and gender-based violence (GBV) information and services in Masvingo Province.

On the other hand, DAWA is a feminist network founded and led by girls and young women in Zimbabwe. They have a strong track record of creating spaces for advocacy on various issues, including access to comprehensive SRHR and HIV information and services, as well as promoting reproductive justice.

Through the ViiV project, both organizations aim to reduce new HIV infections among AGYW in Masvingo Urban and Mwenezi, as well as promote health-seeking behavior among these girls and young women.

This will be achieved through innovative methods of information sharing, generating demand, and mobilizing the community to improve access, utilization, and retention of HIV combination prevention methods.

This project will ultimately contribute to a decrease in new HIV infections and increased knowledge on HIV and AIDS among AGYW.

The project aims to improve access, utilization, and retention of HIV prevention methods through innovative approaches to information sharing, demand generation, and community mobilization.

This project will complement existing efforts to revitalize HIV prevention for adolescent girls and young women (AGYW) at the national level.

Its aim is to showcase the feasibility of inclusive and comprehensive projects that are led by AGYW and focused on accelerating HIV prevention efforts.

This project will harmonize with various ongoing initiatives, such as the Community-led Monitoring Program by UNAIDS, the DREAMS project, and the AGYW Prevention Self-Assessment tool by the South-to-South Learning Network, in support of the localized Global HIV Prevention roadmap.

With a primary objective of scaling up into districts with high HIV incidence among AGYW in Zimbabwe, the project will then proceed to engage with community-based, youth, and women-led organizations to foster collaborations and pool resources.

Its ultimate goal is to expand the impact of its innovations, particularly the mobile application, to a wider group of AGYW.

Additionally, the project will work closely with UNAIDS and the Ministry of Health in Zimbabwe to enhance access to accurate HIV prevention information and services for AGYW.

## My Age, DAWA join hands towards HIV prevention!



My Age Zimbabwe in collaboration with Development Agenda for Girls and Women in Africa Network (DAWA) through the support from ViiV Healthcare have joined hands to implement a project known as ‘Connecting Adolescent Girls and Women for HIV Prevention’.

The two organisations have kick-started the training of Adolescent Girls and Women for HIV Prevention in Mwenezi and Masvingo jointly.

Through the ViiV project, the two organizations are focusing on reducing the number of new HIV infections among adolescent girls and young women in Masvingo Urban and Mwenezi districts, as well as promoting health-seeking behavior among girls and young women.

Mwenezi District Development Coordinator (DDC) Innocent Mutambara welcomed the initiative in Mwenezi and said it was very important considering the number of HIV infections among young people and said HIV prevention will help protect the future.

“HIV prevention is the way to go as this is a good platform to protect the future. We welcome this initiative in the district as it will help reduce HIV infections in our communities and we will be supportive throughout the project to have a good outcome,” said Mutambara.

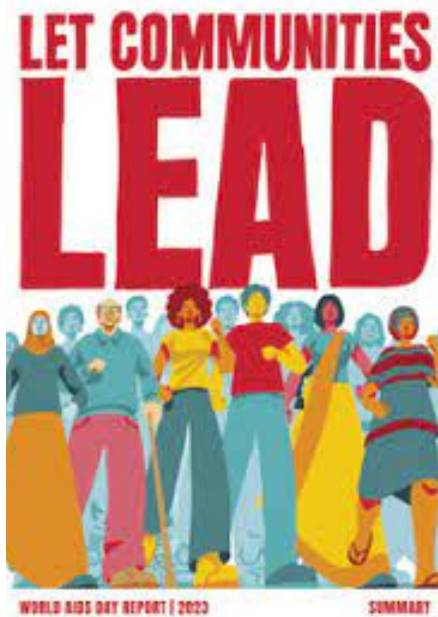
Mwenezi District Medical Officer (DMO) Doctor Matibhiri said the project was vital in Mwenezi, has full support and is looking forward to great outcomes with increased HIV and Aids knowledge among adolescent girls and young women.

Mwenezi District Ministry of Women’s Affairs representative Abdiel Mboweni said the project will enhance advocacy on gender equality as gender inequalities contribute to the spread of HIV.

“As the Ministry of Women’s Affairs we welcome this project as we continue to advocate for gender equality since gender inequalities contribute to the spread of HIV,” Mboweni said.

With a primary objective of scaling up into districts with high HIV incidence among AGYW in Zimbabwe, the project will then proceed to engage with community-based, youth-led, and women-led organizations to foster collaborations and pool resources.





## COMMUNITY LED MONITORING (CLM)- HOW WE ARE ROLLING

“The CLM project will capacitate local champions drawn from different sectors in local communities that will work with local clinics in the targeted 6 Districts of Masvingo Province to contact Community-led monitoring and gather crucial information and observations regarding HIV service delivery from and about key and vulnerable populations and other underserved groups.”

“The data will also be used for research and informing HIV programming that is aimed at improving service delivery.

“The data collected complement local and national monitoring and provide key information to fill critical decision-making gaps that lead to evidence-informed action to improve services. The project will be implemented using the following cycle including data collection, analysis and translation, engagement and dissemination, advocacy, and monitoring. "said Mazenge

The collected data will not only support research efforts but will also play a crucial role in shaping HIV programming to enhance service delivery. By complementing local and national monitoring efforts, this data fills significant decision-making gaps, enabling evidence-informed actions to improve services for those in need.

The project will follow a structured cycle, starting with data collection, followed by analysis and translation, engagement and dissemination of findings, advocacy for necessary changes, and ongoing monitoring to ensure the effectiveness of interventions.

Through these coordinated efforts, the CLM project aims to make a meaningful impact on improving HIV services and support within the communities of Masvingo Province.



Coordination Meeting for CLM in Masvingo District

In continuous with the spirit of letting communities lead, My Age Zimbabwe has kickstarted the CLM Project with an inception meeting to sensitize key stakeholders concerning the Access initiative project in Masvingo and Gutu district, to sensitize key stakeholders about the community-led monitoring project, to the project with stakeholders.

Obedience Mazenge CLM Project Officer said that The project focuses on getting input from recipients of HIV services in a routine and systematic manner that will translate into action and change.

“The partners will build the capacity of People Living with HIV, Key Populations (LGBTQI, Sex workers, PWUIDs) Young people including Adolescent Girls and young women, People with Disabilities, Women networks, Faith networks, High-risk men and boys and people living with HIV (PLHIV) in 6 Districts of Masvingo Province (Chiredzi, Zaka, Gutu, Mwenezi, Masvingo, Chivi) under PEPFAR to increase their technical capacity to gather, analyze, secure, use and own data.” He said.

# WOMEN AT THE CENTRE to advocate for their rights through concerted advocacy.

My Age Zimbabwe, through the women-led project, has taken a significant step forward by providing training to 10 feminist-led organizations on fundraising and gender equality processes.

This initiative aims to enhance the capacity of women and girls, empowering them to lead movements advocating for sexual and reproductive health and rights, as well as gender equality.

The Women Lead Project equips passionate young advocates for gender equality with knowledge and skills and connects them to the platforms, people, and resources to amplify their influence on a larger scale.

Inclusion and funding for Women-Led and feminist organizations in processes that aim to improve their health, rights and wellbeing

The project's ultimate goal is to cultivate a vibrant community of girls and women-led organizations, leveraging their diverse expertise, unique perspectives, and personal experiences to drive progress in sexual and reproductive health and rights, and gender equality. Through a combination of capacity-building initiatives and collaborative learning programs, the project seeks to foster a culture of empowerment and knowledge-sharing among advocates and activists.

The Women Lead Project is dedicated to nurturing the next generation of passionate advocates for gender equality, equipping them with the necessary skills, knowledge, and connections to amplify their impact on a broader scale.

By prioritizing inclusivity and providing funding opportunities for women-led and feminist organizations, the project aims to support initiatives that enhance the health, rights, and overall well-being of women and girls.

The 7th RHNK AYSRHR Scientific Conference is now accepting ABSTRACTS.

The conference theme for this year is "Priorities for Advancing AYSRHR in Africa."

If you're passionate about adolescent and youth sexual and reproductive health, be a part of the conversation by sharing your insights and help shape strategies for improved AYSRHR.

Submit your abstract here:

<https://docs.google.com/forms/d/e/1FAIpQLSciZRHeAe0snWnVENN8XTz9yiWxzawQEx4PtLwxJe6cXmr6Bw/closedform>

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**7<sup>th</sup> RHNK ADOLESCENT AND YOUTH SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS SCIENTIFIC CONFERENCE**  
THEME: PRIORITIES FOR ADVANCING AYSRHR IN AFRICA

Co-convenor  
CENTER OF REPRODUCTIVE RIGHTS

## CALL FOR ABSTRACTS

**THEME:**  
PRIORITIES FOR ADVANCING AYSRHR IN AFRICA

**TIMELINE**

- SUN 31<sup>ST</sup> MARCH: Abstract submission deadline
- WED 17<sup>TH</sup> APRIL: Notification of abstract submission status deadline
- SUN 05<sup>TH</sup> MAY: Submission of corrected abstracts deadline

[www.rhnkconference.org](http://www.rhnkconference.org)  
#RhnkConference2024

**7<sup>th</sup> RHNK ADOLESCENT AND YOUTH SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS SCIENTIFIC CONFERENCE**  
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CENTER OF REPRODUCTIVE RIGHTS

## Priorities for Advancing AYSRHR in Africa

18<sup>TH</sup> JUNE - 21<sup>ST</sup> JUNE 2024

**SUB-THEMES:**

- Emerging issues affecting AYSRHR
- Gender equity and social inclusion in AYSRHR
- Innovative digital health solutions for advancing AYSRHR
- Alternative funding models and mechanisms for advancing AYSRHR
- Policy advocacy and legal reforms for promoting AYSRHR in UHC agenda
- Community norms shifting and narrative change interventions for advancing AYSRHR
- Best practices/innovations in service delivery to advance AYSRHR as part of the development agenda

#RHNKCONFERENCE2024 [www.rhnkconference.org](http://www.rhnkconference.org)

# YES to CSE.

By uniting youth-led Civil Society Organizations (CSOs) and engaging policymakers, we aspire to advocate for the implementation of CSE-friendly policies, such as the School Health Policy, to ensure that young people aged 10-24 have the necessary resources to make informed decisions about their Sexual and Reproductive Health and Rights.



Our journey with the YES project has already commenced by actively engaging with CSOs to identify existing challenges and determine the support needed for effective implementation.

My Age Zimbabwe is dedicated to expanding our network to collaborate with organizations that can contribute to strengthening the understanding and implementation of CSE in Zimbabwe.

My Age Zimbabwe with support from Amplify Change will be implementing the Youth Education on Sexuality (YES) project designed to have young people be part of a movement with the common goal of improving young people's access to sexual and reproductive health information and services including CSE.

My Age Zimbabwe is working on broadening reach to other organizations with capacity to help strengthen implementation and understanding of the CSE Overview in Zimbabwe. Recognizing the creativity of young individuals, the project encourages the development of innovative CSE information packages tailored to various demographics within the youth population.



My Age Zimbabwe | YES Project



# THE NEWLY GAZETTED **AGE OF CONSENT.**

## WHAT ABOUT ACCESS TO SEXUAL AND REPRODUCTIVE HEALTH SERVICES ? ARE THERE GAPS IN OUR LAW AND POLICY?



Veeslee Mhepo

The age of consent is still a hotly debated topic in Zimbabwe, where it was recently noted that legislation raising the legal age of consent to 18 years old will help reduce the country's persistent problem of child and adolescent sexual abuse. Age of consent concerns are important, but it is impossible to separate access to sexual and reproductive health services from having sex with minors

Sexual violence on children has a significant impact on girls and boys who experience it. The effect is both physical as well as psychological. It can impact education, create mental disorders, and jeopardize a healthy sexual life at a later age. Sexual violence can lead to an early pregnancy when the girl is not mentally and physically ready to give birth or take care of a baby.

Early pregnancies often lead to child marriage and school dropouts, disallowing girls from developing their full potential.

While the age of consent for sexual relations was set in statute law at 16, this was raised to 18 as a result of the Constitutional Court confirming that the minimum age for marriage set at 18 in the Constitution also logically applied to the age of consent.

It is the consequences and effects of the age of consent that have continuously triggered the ongoing discussion, ranging from the incessant child marriages, to the disturbingly high levels of child sexual abuse. Access to health services, particularly sexual and reproductive health services, is yet another.

Are there gaps in our law and policy? Are there perhaps gaps in the implementation of the existing legal framework? Do our law and practice conform to the international law standards to which our country subscribes? What does our law say concerning age of consent and protection of children from sexual abuse? What are the implications of such laws? The questions are numerous. It is to these issues that this discussion is devoted.

**WHAT DO  
YOU THINK**





# “Don't be silly ,wrap your willie. as we celebrate International condom day



Veeslee Mhepo speaking at a radion session on ICD

My Age Zimbabwe joined the rest of the world in commemoration of the International Condom Day , an annual event observed on February 13th. It aims to promote safe and responsible sexual practices by raising awareness about the importance of using condoms.

The day serves as a reminder for individuals to prioritize their sexual health and take necessary precautions to prevent sexually transmitted infections (STIs) and unintended pregnancies.

My Age Zimbabwe utilized the commemorations of the radio day to educate people about the correct usage of condoms, debunk myths surrounding their effectiveness, and encourage open conversations about sexual health.

Speaking at the radio session Veeslee Mhepo said that Condoms are one of the most effective methods of contraception and play a crucial role in preventing the spread of STIs.

“They create a barrier that prevents direct contact between bodily fluids, reducing the risk of transmission. Additionally, condoms are easily accessible, affordable, and have minimal side effects, making them a popular choice among individuals seeking protection during sexual activity.”she said

By promoting the use of condoms, My Age Zimbabwe strives to empower individuals to make informed decisions about their sexual well-being and contribute to the prevention of HIV, STIs and unplanned pregnancies. International Condom Day is celebrated worldwide through various activities and campaigns.

International Condom Day serves as a global reminder of the importance of safe and responsible sexual practices. By promoting the use of condoms, STIs and the number of unintended pregnancies worldwide are reduced.

# “In Commemorations of the International Women's Day

My Age Zimbabwe, in the month of March joined the rest of the world in recognizing and honoring the contributions of women towards global developmental processes throughout history.



On the commemorations of the women's day on the 8th of March ,My Age Zimbabwe conducted an open house with Religious leaders and women from different communities to raise awareness on the reality of SRHR stigma and the dangers of unsafe abortions through theater for development performances and poetry, and to discuss best ways to reduce stigma and how some different religious beliefs and traditional norms negatively impact the sexual and reproductive health of women.

By fostering an open dialogue and encouraging mutual respect and understanding, the event paved the way for collaborative efforts to support women's health and well-being.

Sexual and Reproductive Health (SRHR) stigma is largely common , caused by a number of factors and has been the major reason why women are driven into the shadows ,whilst in most communities SRHR (Sexual Reproductive Health Rights) conversations are taboo because of myths and beliefs .

Speaking at the open house Apostle Mutume said that religious leaders should be able to create safe spaces for young people and women as far as their sexual and reproductive health is concerned.

“As religious leaders it is high time we create safe spaces for SRHR conversations ,times are changing ,and we should be able to strategically use structures we already have like the boys and girls fellowship to be safe spaces for SRHR conversations within the church, this will help our women and young people to be safe and make informed decisions.”He said.



# Proud to be IPPFs' new Collaborative Partner !



In the month of March My Age Zimbabwe was thrilled to welcome the International Planned Parenthood Federation (IPPF) visit

The visit marked the beginning of a promising partnership that is set to make a meaningful difference in the lives of the community members.

With a shared vision of empowering individuals and promoting sexual and reproductive health, this collaboration is poised to bring about positive changes and create a lasting impact.

Through joint efforts and innovative initiatives, My Age Zimbabwe and IPPF are working hand in hand to enhance awareness, provide support, and advocate for important issues.

## IPPF NOTE:

IPPF Africa Region is proud to welcome a new collaborative partner in Zimbabwe - My Age Zimbabwe !

This innovative, youth-led organization stands out from our usual partners as it does not directly provide services. Instead, it harnesses evidence and unites diverse voices to spark commitment to youth issues, especially sexual and reproductive health and rights.

Founded in 2011 as an edutainment theater group, My Age Zimbabwe now advocates for youth leadership, participation, gender equality, and the well-being of adolescents and young people in all their diversity.

We're excited to join forces with this pioneering organization to promote universal access to comprehensive sexual and reproductive health education, information, and services for youth, including marginalized groups.

# Facilitating better and easy access to SRHR services !

In order to strengthen access to SRHR Information and Services My Age Zimbabwe hosted a Stakeholder Engagement with young people, media and service providers , together with partners to map best strategies to improve easy access to Srrh services for young people.

Barriers to accessing sexual and reproductive health and rights (SRHR) services pose significant challenges globally.

Factors such as stigma and discrimination often deter individuals from seeking necessary care, limited availability of services, especially in rural areas, further exacerbates the issue, leaving many without access to essential SRHR services.

Additionally, cultural taboos and restrictive policies can hinder individuals, particularly women and marginalized groups, from obtaining the care they need.

Speaking at the meeting Herbet Chikosi from Zimbabwe National Family Planning Council said that there is need to ensure that our SRH services are context specific and address the issues affecting young people he said that ,it's high time we move from paper to action in order to improve easy access to Srrh services for young people

“ We have to talk in action and move from paper ,education plays a crucial role in addressing barriers to SRHR services,lack of awareness about available services and their importance can prevent individuals from seeking help.

“Comprehensive sexuality education can empower individuals to make informed decisions about their health and well-being. By promoting awareness and understanding of SRHR issues, education can help break down barriers and improve access to vital services for all.”said Chikosi.

Works Gezani from Hevoi FM said that the media is a powerful tool to increase access to SRHR knowledge and access to services ,he said that their door is open to help disseminate correct information on SRHR .

“ The media has influence and let us use it as it is an important platform to promote access to SRHR services and to disseminate correct information on SRHR to young people. We can work towards a future where all individuals have equal access to the sexual and reproductive health care they need and deserve.”He said



## CHECK OUT OUR RECENTLY LAUNCHED WEBSITE!!!

My Age Zimbabwe is excited to announce the launch of their new Website! “Our team has been working around the clock for the last couple of months to deliver an excellent website, so you can enjoy the best possible user experience.”

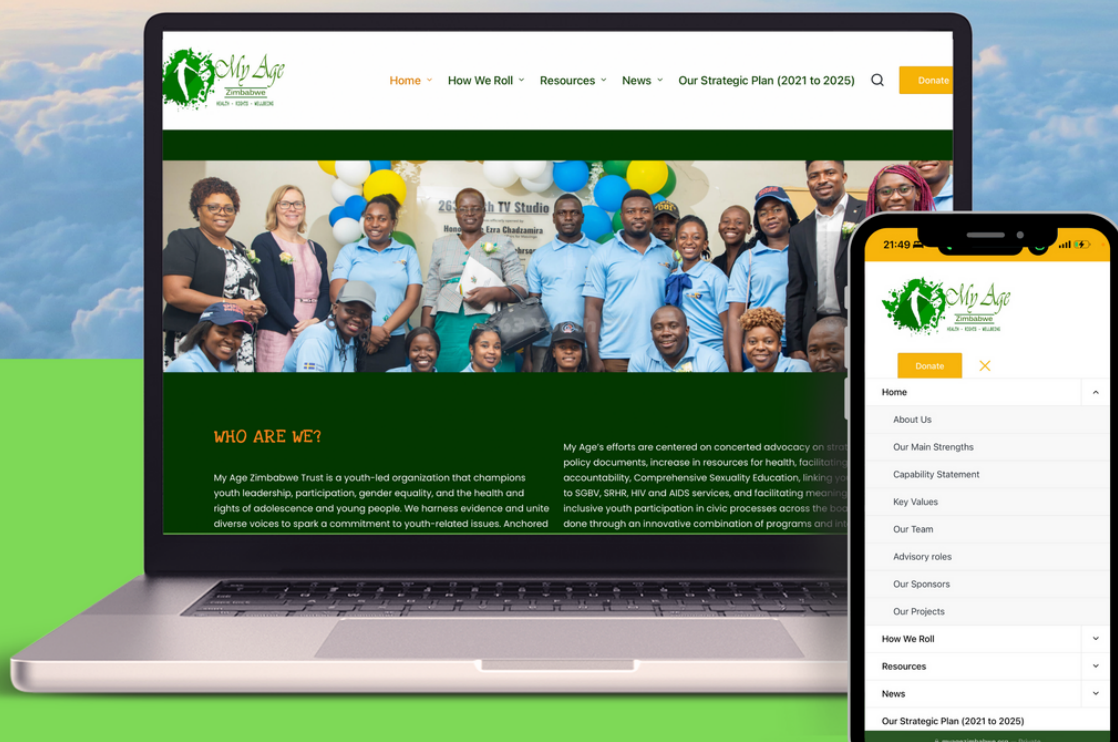
We are thrilled to provide our community with a fresh online platform that will serve as a hub for information, inspiration, and connection.

Our goal is to create a user-friendly space where you can easily access resources, engage in meaningful discussions, and stay updated on all things related to My Age Zimbabwe. Whether you are a long-time supporter or just discovering us for the first time, we welcome you to explore our new website and make yourself at home. Join us on this exciting journey as we continue to empower and uplift young people across Zimbabwe.

VISIT OUR NEW WEBSITE



[www.myagezimbabwe.org](http://www.myagezimbabwe.org)



# Enhancing effective advocacy strategies for HIV prevention !

My Age Zimbabwe through the CLM Project has taken the initiative to build the capacities of young Community health advocates to enhance the knowledge and understanding of data collection tools such as COMCARE and effective advocacy strategies , for better access to healthcare services, and ultimately, improved overall well-being within the community.

Engaging communities in monitoring projects is crucial for ensuring transparency, accountability, and sustainability.

Obedience Mazenge ,CLM project officer in Masvingo said that Community-led monitoring projects empower young people to actively participate in decision-making processes that affect their lives and environment.



“By involving young people as active participants in data collection and analysis, these projects not only generate valuable insights but also foster a sense of ownership and responsibility within the community.

This bottom-up approach ensures that the needs and priorities of young people are accurately represented in project outcomes.

When young people are empowered to monitor their own progress and advocate for their needs, they become active agents of change in shaping a better future for all.”said Mazenge.

Community-led monitoring projects play a vital role in promoting meaningful youth engagement, fostering accountability, and driving positive change at the grassroots level.



## In an effort to increase access to SRHR services !

### Know your SERVICE!

My Age Zimbabwe in continuation with the Know Your Service Campaigns has taken the initiative of the ZITCOSA national games held in Masvingo as a platform to advocate for sexual and reproductive health and increase access to services targeting thousands of young people that gathered for the games ,through disseminating SRHR information and distributing services such as condoms, voluntary HIV testing,STI screening and other contraception options in collaboration with Population Services Zimbabwe and several major players in the SRHR field and stakeholders



Through the "Know Your Service Campaign," individuals are encouraged to familiarize themselves with the range of SRHR services available in their communities, by understanding where and how they can access these services, young people can take control of their sexual health and seek help when needed.

Ultimately, this campaign seeks to break down barriers that prevent people from accessing essential SRHR services through promoting education, awareness, and advocacy, a society where everyone has the information and resources they need to prioritize their sexual health can be created.

Stay tuned for more updates on how you can get involved in the "Know Your Service Campaign" and support better access to SRHR services for all!



## My Age Zimbabwe commemorates the World Poetry Day!



Young people performing at the Friday Night Live

My Age Zimbabwe joins the rest of the world in celebrating World Poetry Day and hosted the world Poetry day commemorations jointly with the Friday Night Live at the Charles Austin Theatre together with young people from different communities.

The World Poetry Day celebrations hold special significance as they mark the evolution of My Age Zimbabwe from a theater group to the organization it is today.

One of the most inspiring aspects of poetry is witnessing young people embrace poetry as a means of self-expression and creativity as young poets share their unique perspectives on life, love, and the world around them, and amazing talent was witnessed on the day from young people from different communities in Masvingo shown live on the 263 Youth TV page.

Poetry has a timeless quality that transcends boundaries and connects people across cultures and generations. It serves as a medium for storytelling, reflection, and social commentary, offering a glimpse into the hearts and minds of poets who dare to put their emotions into words.

My Age Zimbabwe continues to embrace the power of poetry and theater for development to advocate for Sexual and Reproductive Health Rights and create safe spaces for young people and art, fostering meaningful engagement and starting difficult conversations.

In a world where open communication is crucial, initiatives like this play a vital role in nurturing empathy, awareness, and ultimately, a brighter future for all.

# Meet our Girls Choose Champions

The Girls Choose Program innovates access to SRHR and HIV prevention and management among young people (10-24) in Zimbabwe through advocacy and provision of stigma-free and youth-friendly access to comprehensive sexual and reproductive health information and services—including modern contraception. The project aims To increase access to sexual health and rights information and comprehensive sexuality education among 20000 young people in Masvingo Province of Zimbabwe by December 2023 and To facilitate easier access to SRHR services in Masvingo province through mobilizing and supporting the setting up of structures for SRHRs and HIV and Aids, to come closer to the communities that are commonly not sufficiently reached.



## Landila Tefula

My name is Landila Tefula .I am 19 years old. I live in Dangamvura Mutare .I am a girl . I feel proud to be a champion because I have been taught about rights and responsibility by Girls Choose and I will be able to teach others in our community.

Motto: KNOW YOUR SERVICES



## Joseph Moyo

Age : 26

Was invited by a friend to My Age Youth Hub held at Hippo Creek lodge. From that day, after receiving SRHR information-I chose to be the referral point for all young people in search of SRHR information.

-I have been in the Health sector and with the information I have acquired felt that I have a part to play.

As a Champion was distributing condoms to young people, referring them for SRH service being the intermediary between the community and the service providers at large. Since day one of a being a Girls Choose Champion, I have impacted many young Adolescents, young people to make informed decisions that they will be proud of tomorrow thus creating a resilient personality in these young people

Knowledge is power and without knowledge you end up making decisions that will hurt your future.As young people, let's thrive to pursue knowledge, Clinics are meant for us to visit. Lets be friends with clinics

## Motto:

My Health, my right and a safer community

## TERRENCE

I'm Terrence Headman aged 26.

In January 2021 i was told by a friend about the project called Girls Choose Champion that was been conduct by My Age Zimbabwe and i said to myself this is one of my dreams i want to be part of this then asked him more on what was it all about and when was the training been held this is how i became a girls choose Champions.

I Terrance i feel like i have made it in life as a girl choose Champion because it taught me to be confident in me and also how to socialize with the people of My Age if they know their services. Above all I feel so excited that moment we meet with other organizations or youths meetings sharing the knowledge we have on SRHR. Being a Girls Choose Champion feel incredibly rewarding it's a chance to make a real difference in lives of young girls and to help them reach their full potential it can also be a very humbling experience as you come to understand the challenges and difficulties that many girls face in their daily lives at times it can be frustrating to see the obstacles that stand in the way of girls making the choices they want to make but it can also be inspiring to see the resilience and strength that so many girls possess. overall its an experience that can be both challenging and fulfilling"

Motto :switching up the dynamic.



## HOW CAN WE IMPROVE MENTAL HEALTH IN THE WORKSPACE?

### “THE ART OF BEING EACH OTHERS SAFE SPACE”

Since most adults spend the most of their adult life at work, mental health is crucial there. The term "mental health in the workplace" describes one's emotional, psychological, and social well-being while working. According to statistics from Gettysburg College, we spend "one third of our lives at work," hence it is imperative that workplace mental health receive the utmost attention from any organization.

The majority of full-time employees spend more of their waking hours with their coworkers than with their wives and families. Building strong working relationships is essential to promoting pleasure at work.

Because of this, it's critical to give workers the chance to form meaningful bonds with their coworkers. This can be achieved by promoting employee engagement and setting up unofficial get-togethers outside of the workplace. Small business owners that support and encourage positive relationships in the workplace stand to gain a lot.

Changes and responsibilities that come with becoming an adult can leave many adults feeling mentally overwhelmed. Additionally, because the workplace is made up of individuals from all backgrounds and cultures, mental health issues should be addressed seriously.

In the workplace, mental health should be prioritized together with other health issues. It all comes down to relationships and the skill of providing each other with a safe space since mental health is essential for learning, reasoning, emotion regulation, communication, resilience, and self-worth.

Coworkers will feel more confidence to voice their opinions, brainstorm, and accept new ideas if they are more at ease with one another.

Building positive relationships at work can benefit individuals' mental health, especially considering how much time they spend with one another. While working together, coworkers get to know one another and look forward to spending time with one other. These workers may find their jobs more enjoyable as a result, which would enhance their mental health in addition to creating a happier work environment. On the other hand, a formal and unwelcoming workplace will have the opposite effect.

All of these components come together to produce contented workers who are inherently more productive. In general, a content and well-adjusted staff is a productive one, notwithstanding the possibility that you will have some problems with employees getting too friendly and spending too much time together.

#### Guard your Mental Health ! Mental health tips

##### Top tips for staying mentally healthy at work

- Reclaim your lunch break
- Stop multitasking
- Prioritize rest and self care
- Focus on relationships
- Whistle while you work
- Try breathing exercises.
- Create clear boundaries between work and home
- Start a To-Do list

# LET'S TALK IT OUT

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263 YOUTH TV



Bringing  
**ONSITE &**  
ONLINE  
EDUTAINMENT

## OUR PROGRAMS

- 1 POETRY
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