

Report
The Safe Abortion Advocacy Institute for Youth Champions



Mon 27th Feb -Thurs 2nd March 2016
Bangkok, Thailand



ASIA SAFE ABORTION PARTNERSHIP



Objectives:

1. To create a community of trained and sensitized **youth champions** who have an understanding of access to safe abortion as a gender and sexual and reproductive rights, as well as human rights issue.
2. To facilitate the utilization of **social media** and other community level networking and communication by the youth champions through capacity building and ongoing mentoring.
3. To support the **ongoing engagement** of the youth champions, within and outside their community to ensure implementation of the above strategies in order to advocate effectively for improved access to safe abortion services, including medical abortion.



We would like to acknowledge the contribution of these YCs to this report- Anwar Sadad, Aisha Lovely George, Chanoknan Ruamsap, Cassandra Moris, Choi Ka Lee, Hansika Hanthanapitiya, Heng Kimmuoy, Hina Mirza, Sabuj Miah, Sonam Lepcha, Sonam Ali, Shrishti Mainali and Thant Aung Phyo.

20 youth participants attended the 6th Youth Advocacy Institute from Bangladesh, Bhutan, Cambodia, Canada, Hong Kong, India, Indonesia, Myanmar, Nepal, Pakistan, Sri Lanka, Thailand and Vietnam. The participants were a mix of very dynamic youth activists from the region.

After a fun round of introductions, we started with the first session.

Day 1

Session 1: Understanding Gender and Patriarchy and its linkages with safe abortion issues- Manisha Gupte



Manisha started this session with asking the participants to share their **concepts around sex and gender**. The participants shared the various ways in which boys and girls are distinguished including the hospital wrapping them in different coloured cloth at birth, names, and rituals besides only having to look at the genitals. At puberty breasts develop in girls, they menstruate, hips grow, prepare for pregnancy. Boys grow facial hair and voice breaks. Underarm and pubic hair grows for both. However, girls have to be told about menses and how to manage it so at least someone speaks something to them but no one talks to boys about the body changes and they are expected to just figure it out.

Using the story of a pair of twins she helped unpack the various ways in which it is society that adds layers of gender roles to the existing biological body. Through this she helped the participants understand the difference between sex and gender as well as the social construct of gender.

At age 5 the gifts given to them start becoming very different and if we go to a shop the shopkeeper first asks boy or girl? And then shows options as follows:

Boy—cars, guns, cricket, lego set

Girls—princess, dolls, kitchen sets, make up and clips

As a result of this, the boy who gets the football has to go out and negotiate and socialize, play in teams, make more friends. The friend circle is much larger, much less parental supervision. Can you talk to a football? But the girl interacts with a doll and talks and looks after and become sensitive and engaged. The girls

end up focusing on the consumption of trivia like make up, shoes etc. while boys deal with the hardware.

But after a few days if the twins want to exchange toys then the girl will not be allowed to go so far from home and play with strangers. Women cannot 'loiter' If she gets raped the first question asked will be "Why was she out there? No one will ask, "Why was there no public lighting" and "Who will be responsible for the men who rape"??

We need to challenge binaries and not be put in any box. We are born with a biological sex and this is random in nature but not discriminatory. Society imposes the inequalities.

Gender is a social construct and it happens so early in life that it almost seems 'normal'. When social conditions are bad the gender roles become more rigid.

She also discussed briefly the historical approach to intersex babies and noted that while earlier it was the priest and lawyer who decided, now it is the surgeon, geneticist and endocrinologist. The intersex population is made invisible because we have to have binaries.

A participant shared that in Bangladesh transgenders are treated badly by society and they react badly back and could be violent. They are forced to beg and do sex work because they are not allowed opportunities for regular work. Children don't understand all this and hence just learn to hate.

Gender roles may change inside the house depending on individuals but what about the external patriarchies? If the man cooks and the woman has a job but she still carries the man's name?

Unsafe abortion is one of the major health problems in developing countries and a serious concern for women in their reproductive years, leading to a high number of deaths and complications. One of the key contributing factors is the stigma attached to it. Due to the control on women's sexuality and sexual behaviours, as well as the emphasis placed on motherhood in our countries, women seeking an abortion need to do it in secret and therefore often by unsafe methods.

Manisha asked the participants' share their own experiences related to sexual and reproductive health and rights (SRHR) issues which led to a stimulating discussion on the concept of power and how gender works as a system in perpetuating discrimination. Participants also discussed how different cultures discriminate males from females and transgender. This helped them to reflect upon the idea of social construct affecting the day-to-day activities of an individual simply owing to the sexuality. While discussing the real life scenarios, participants were able to reflect upon the causes of violation of SRHR and the role of patriarchy in promoting these inequalities by restricting economic power from the woman.

Session 2: Human Rights, Sexual and Reproductive Health- Manisha Gupte



The objective of this session was to help participants understand the definition of human rights, sexual and reproductive rights and their linkages. It also helped them understand the significance of the paradigm shift at the ICPD, from demographic goals to individual reproductive rights. The participants were also able to obtain clarity on the rights based perspective towards safe abortion.

Manisha explained in detail about the evolution of human rights, international covenants and committees like the UN Declaration of Human Rights and CEDAW, and helped them to recognize that Sexual and Reproductive Rights must be understood and discussed within the broader umbrella of human rights. She further elaborated the ethics based on law, autonomy and personhood and asserted that women should have full control over their bodies and the human rights laws should enable this freedom. Manisha further said that people have agency within themselves to liberate, no one from outside can do that for them. She highlighted the features of Human Rights as being universal, intrinsic, inalienable, interdependent, and non-hierarchical; and explained each one in detail. She also clarified the critical concepts of a needs based approach vs a rights based approach and emphasized that we must always support the rights based approach. She helped the participants to understand that the government is the duty bearer to promote, protect and fulfill the human rights of its citizens. She also spoke about internal and external patriarchies thus stressing that structural violence exists within structures that are created by and controlled by the State itself such as law, police etc

Session 3: Value Clarification and Case Studies- Suchitra Dalvie and Manisha Gupte

The session intended to help participants appreciate the impact social “value” can have on individual rights. It also helped them understand the nuances of

policy interpretation being enabling or disabling and counter statement made by anti-choice group

Dr. Suchitra started the discussion with “What is the meaning of Value”?

The answers from participants varied from calling it a conception or a belief, guiding a person for making certain choices or particular preferences. The participants were then shown statements and were asked to take a decision on whether they agreed or disagreed with them. There was discussion on why they agreed or disagreed and their thoughts and the beliefs on doing so.

The Value Statements were:

- A woman should stay with her husband even if he beats her, if he really loves her.
- A sex worker can't be raped.
- Women who have HIV/AIDs should not have babies.
- Choosing the right of one's child is reproductive health.



These statements made the participants think and made it difficult for them to choose the right thing. Their thinking and the idea of right and wrong was based on the social context and the policy of country they represented. It was a hard for the young people to make the choice of a right answer. It was an exercise to express their ideas, based on the legality of abortion and their experience in their country.

During the discussions on each statement, the facilitators gave some more insights guiding them to understand the complexity of the issue. Manisha encouraged them to think what a value means to them. How does that refer deeply to sexuality rights, human rights and affect the choices they want? How does abortion fit in all this?



The conclusion of this exercise was that it is important to start talking through some of the difficult issues associated with abortion. All of us grow with values and beliefs created by our religion, family, school, peers and others but we need to think them through and decide what we truly stand for since these values will shape our choices and decisions as advocates.

Day 2

Recap: The participants were asked to share one new thing they learnt on day one and here is a list of some of the topics shared:

- Concepts in HR and Rights
- Patriarchy and structures that affect our life
- Difference between needs based and rights based approach
- Six locations of patriarchal control
- Social restrictions on abortions
- The war crimes and comfort women
- Intersectionality and the different components impacting
- Difference between sex and gender
- Human Rights and hegemony
- Values Clarification and choosing sex of your child as a reproductive right

Session 5: Contraception and Safe Abortion- Dr. Suchitra Dalvie

The first session of the day covered the **technical details of menstruation, conception, contraception and abortion**. Participants were asked to sketch the male and female reproductive systems. They were then shown the accurate drawings and taken through the various hormonal processes involved. They learnt about the menstrual cycle – an egg is released from an ovary 14 days

before the first day of period and if it not fertilized, it will degrade along with the linings of the uterus as blood from the vagina and an indication that girl/woman is not pregnant. At the same time, participants had a good discussion around the birth control methods including pills which contain estrogen and progesterone which regulates the ovulation of the egg along with closing and opening of cervix with cervical mucus, and lining of the uterus (thinning or thickening) and others such as IUD and male/female sterilization.

Contraceptives such as condoms and pills need to be used/consumed consistently and correctly for effective results. Participants learnt it through a fun game called **fertility dance**.



The most important myth that was clarified around conception and contraception is that sex is for pleasure only. **Sex is also a means to prove power and violence in the society, especially by men to women.** Having sex for pleasure is a natural phenomenon but in some societies, religion, culture and traditional values discourage sex although this does not stop it! Also, most men worry that condoms as well as vasectomy leads to loss of erection and libido and that they could become impotent which are just misconceptions. When it comes to post-abortion, women has a misbelief that they will not conceive if they have sex which is yet another myth; a girl/woman can become pregnant again post-abortion as early as 11 days later.

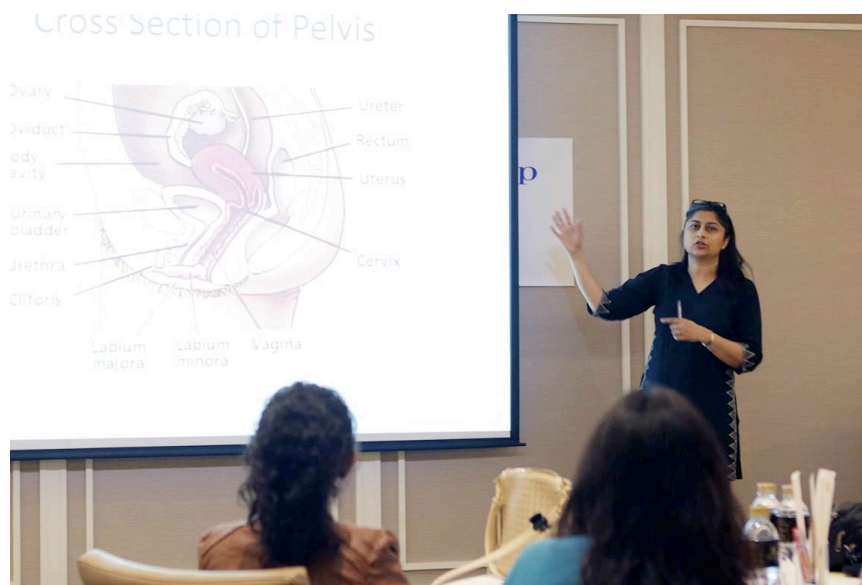


The very foremost reason that women need an abortion is because of unwanted pregnancy and to understand why the unwanted pregnancy occurs is equally crucial:

- Unsafe sex
- Contraception failure
- Rape
- Not ready to have a baby
- Sex of the fetus
- Economic/financial reasons
- Planned but now unwanted
- Too many children already

The consequences of being denied a safe abortion could lead to serious consequences such early marriage, suicide, “honor killing”.

When participants weighed every option, the best is definitely safe abortion. Also, it was conveyed that abortion-related data hardly get recorded because of the stigma attached to it and risks related to it in the sense that sources are usually questionable. This is why data (authentic) is very important and at least writing/collecting testimonies or stories is very safe and evidence based for future references as well.



Later, Dr. Dalvie went on to give us an **overview of methods of safe abortion, which includes Vacuum Aspiration, and medication (or medical) abortion in the first trimester.** Most of the participants had no knowledge about medical abortion, which is most prominent in many countries because it works with the consumption of pills to end the pregnancy. It was learnt that in some countries, an unmarried girl is not given anesthesia during abortion, as a way to punish her so that she won't have an unsafe sex ever again and get pregnant before marriage and this is absolutely insane.

Menstrual Regulation by medication is a very smart approach to meet the services of early abortion without so much of medical assistance and legal approval. After doing the papaya workshop (trying out MR on a papaya) by using a MVA (Manual vacuum aspirator), participants found out that there is not much of a hassle to get done with the abortion, which will mostly take 10 minutes of your time.

On the other hand, medical method of abortion involves the woman taking Mifepristone, which is anti-progesterone and helps to stop the pregnancy from growing and after 12-36 hours she is required to take Misoprostol to dilate the cervix of uterus and expel the uterine products. Dr. Dalvie also shared that WHO has included Misoprostol on its essential drug list in every country because it serves many medical purposes such as also in reducing post- partum bleeding/ hemorrhage – PPH, which is also a high cause of maternal deaths. Thus, if it is not easy to get hold of Mifepristone, it can be easier to find Misoprostol in the hospitals and markets.

Session 6: Abortion Laws in Asia- Dr. Shilpa Shroff

Dr. Shroff started the session by asking a few questions, which led to a discussion on why do we need a law? Should abortion be a part of population policy? Who is the creator of law and who is the guardian? Who is it meant to protect?



There was a discussion on why an abortion law was needed. It is the only medical procedure, which continues to be criminalized because many countries in **South and South East Asia inherit the Penal Code from the colonizers—** British, Spanish and Dutch-- that criminalize abortion. For eg. Sections 312 -316 of the Indian Penal Code (1860), miscarriage is a criminal offence. She then gave a brief idea about how laws exist in the different parts of the world.

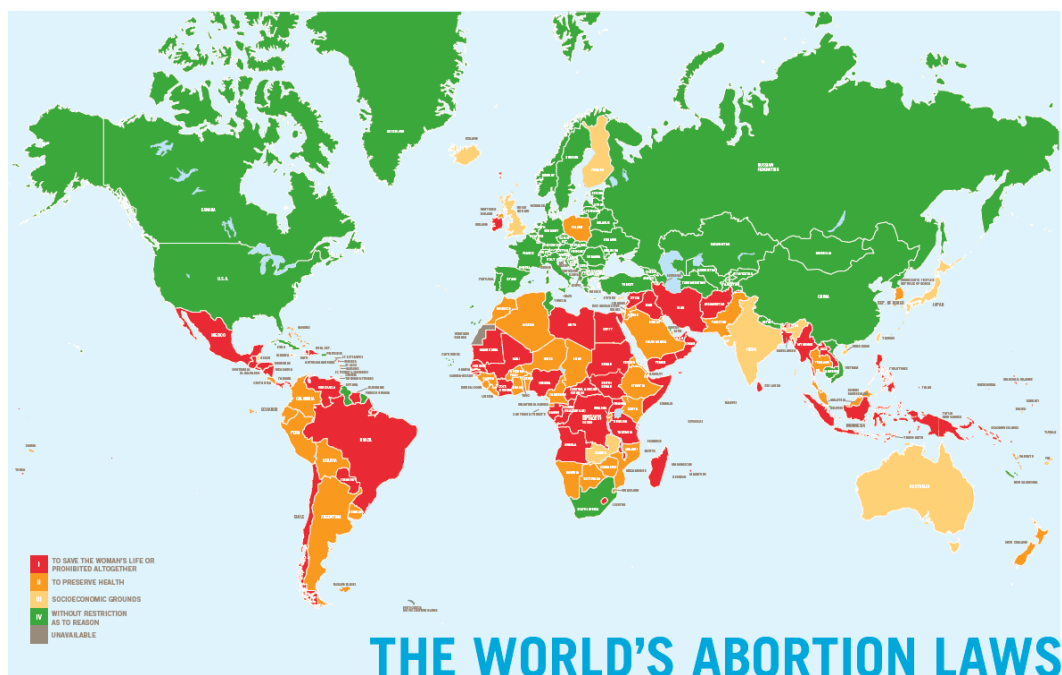


Abortion in China, Vietnam, and Nepal is legal and is a government service available on request for women, with gestational age limits varying. Nepal lawmakers replaced in 2002 what was one of the world's most restrictive abortion laws with one making early abortion available on request and have seen 50% drop in Maternal Mortality in last decade. Indonesia, Sri Lanka permit induced abortion only to save a woman's life.

In the Philippines the Reproductive Health Bill values the unborn child and the mother equally making abortion illegal. In Bangladesh, qualified physicians are permitted to offer menstrual regulation services.

In many countries in Asia abortion can be performed on comparatively broader grounds: fetal abnormalities, to save a woman's life or to preserve her physical and mental health, and in cases of rape, incest. However, despite these reasons, it is believed that clandestine abortions are quite common.

Dr. Shilpa explained that currently, **61% of the world's people live in countries where induced abortion is permitted either for a wide range of reasons or without restriction as to reason. In contrast, 26% of all people reside in countries where abortion is generally prohibited.**



Source:

CRR.

Link:

http://reproductiverights.org/sites/crr.civicactions.net/files/documents/pub_fac_abortionlaws2009_WEB.pdf

The law in India permits abortion for unwanted pregnancy caused by rape, to save the woman's life, for fetal abnormalities and even for failure of contraception (though only for a married woman).

Dr. Shilpa then facilitated an activity where participants were given real life scenarios in order to understand the impact of such laws on society and on abortion services. They were asked to weigh the importance of five real life scenarios on abortions and choose top 3 scenarios which need to be given abortion services right away. Even though abortion services should be given to all the five women, each group prioritized three women for abortion services after cautiously understanding the kind of circumstances these women were undergoing.

However, the conclusion of the activity was that we should always question the needs-based approach and instead use rights-based approach. All of these women have a right to abortion despite the kind of situation they were in; we should calculate the needs of the women wanting to have an abortion but bear in mind that regardless of the need for an abortion, her right to have an abortion should be fulfilled. And we are well aware that most of our laws on abortion create huge barrier to practices to safe abortion services.



In the end Dr. Shroff concluded that women should have the right to choose whether or not they want to continue with a pregnancy, as it is they who bear the burden of bearing and rearing a child. She explained that a good law is necessary but not sufficient and there will be challenges to it.

Session 7: What does it mean to be Pro-Choice- Dr. Suchitra Dalvie

The last session of the day 2 began with all the participants sharing the real reasons we were attending the YAI—to **be change agents**. Then, we moved to discuss the advocacy cycle which does not really stop because once we identify a problem, we need to gather information and evidence, make a decision, plan, take action and evaluate and this continues. We advocate for addressing certain burning issues and creating knowledge and an important part is to do with lobbying to the decision makers to bring about changes in the policy. We need to

advocate for **safe abortion as a choice and a right for women**. In some countries sex selection has become a serious problem affecting this advocacy.

The final take away from the day 2 was the **role of subversion** – the technique of using what is already there (like literature, popular films etc.) to bring forth some very important issues and deal with them. The role of subversion is strong to establish reverse socially constructed values and beliefs by contradicting them. It is a very smart tool to make people think, wonder about the society's principles and if that is right or not. We were shown a subversive re-telling of Red Riding Hood and The Princess and the Frog.



Other than these concepts, the participants also learnt that it is extremely important to get our facts and figures straight and right as an advocate otherwise we will never be able to convince others. Most importantly, we should work parallel to but never give in easily to authority and instead work hard for what is right. In continuation with this, some assorted clips were screened such as first part from an old movie called “If these walls could talk” which was a very devastating and emotional movie that moved all of us and also we were shown stand-up comedian George Carlin’s talk on pro- life in which he has portrayed himself as a pro-choice. The clips were such powerful way to share new ideas.

We ended our day 2 with a sweet movie treat from old times, Dirty Dancing. This movie had an unsafe abortion as one of the central issues. It could be seen merely as a romantic movie along with empowering dancing. However there were many other social issues that need dire attention; gender roles such as father being a dominating and controlling figure and stigma against the lower class as well as exploitation.

Session 8: Sharing Advocacy experiences

Tanzila Khan from **Pakistan** spoke very powerfully about her life living with physical disability. She explained that disability is a spectrum and such women also have desires and dreams about sex, love, marriage, and children. She urged everyone to ensure that they always include people living with disabilities within their work and programmes. She also spoke about the workshops they have conducted in Pakistan and the networks they have set up.



Riti, Nikita and Suyash from **India** spoke about their experience with the YAI, which changed their perspective on so many critical issues related to women's SRHR. They recognize that the way medicine is taught currently is only the biomedical model without much in the way of moral or ideological inputs. They shared how their task now is to be the agents of change and challenge the mindsets of others from their medical colleges and society in general.

Rola Yasmine from **Lebanon** spoke about the A project and what it has evolved into now. They discuss issues like porn, sexuality, and anthropology on CLIT Mondays. The A project works with refugees and migrants in Lebanon.

Day 3

Session 9: Politics of the Internet- Inna Hudaya

The session helped participants to understand how the Internet works and how we can use it for communicating our messages. This was combined session with the refresher institute participants.

The Internet can be defined as a medium to reach out to the target group in a diplomatic way. It is a kind of telecommunications network that uses telephone

lines, cables, satellites and wireless connections to connect computers and other devices to the World Wide Web.



The Internet is a space where people can express their opinions and ideology to the audience through the social media platform. But the online spaces reflect the offline politics and hence we should work within these patriarchal spaces for amplifying women's voice to reach to rest of world to reform women right and dignity.

Nowadays, most of the people read the newspaper on smart devices. Around 79 percent of the people worldwide use the Internet to stay in touch. It is very easy to reach out to audiences through the Internet. Government, non-Government, corporates, artists etc are using the virtual world for spread information, campaigns, and awareness and for promotional purpose.

Politicians from all over the globe are using social media platforms for mass communication purpose, such as raise supports, connect with voters and spread their agendas etc. Now Internet plays a vital role for campaigning during elections. For example, during the last Presidential election in USA in 2016, Donald Trump used all possible social media platforms to share his agenda among the American citizens.

Inna Hudaya said that in order to create awareness, Youth Champions can post more information or material on social media regarding women rights especially safe abortion rights. Through this medium we will able to influence the audience.

One of the Youth Champions from India shared a successful social media campaign in her country "*Save girl child, educate girl child*". It aims to generate awareness and improve the efficiency of welfare services meant for girls. A Youth Champion from Bangladesh said that the situation of her country was not

congenial to operate social media campaigns regarding on safe abortion. “Secular extremist will kill me if I say anything against Islam. So we should be operating campaign very diplomatic way.”

Session 10: Using Social Media for Advocacy – Inna Hudaya

The objective of this session was to orient the participants with what effective communication entails, how to produce content, curating and creating and how to create media forms used for the web, including blogs, videos, photos and audio slideshows.

Inna started by discussing the importance of Content and how it plays an important role in Social Media Strategy. It can be a text, a photo or audio. She then asked the participants which medium do they use for social media. Most of them said, Facebook, Instagram, Twitter, and Podcasts. She explained how important it is to know the audience and then post accordingly. The participants were asked, what kind of text do they like to share? Some said they like the text, which are to- the- point, personal stories, stories having credible sources and funny stories. It was concluded that when one tries to influence the target audience they need to use their perspectives and then share. One needs to know what will the audience like and would share it further.



Then three short videos were shown and the participants were asked to comment on them. One was related to how it is to [act like a girl](#), the other was related to [save the child campaign in Syria](#) and the last was related to the current situation of women globally.

Different points were brought up, like a few corporate companies have started coming up with ‘empowering’ ads to promote their brands and to gain sympathy from their customers, while a few do it for just to complete their corporate social responsibilities agenda. In most of the ads, women were shown as the victims. So, one needs to be careful while sharing the ads. One of the best ways would be using a caption while sharing it, so that your audience knows why you have shared it.

Then the session moved towards explaining how the content should be. Content should have proper objectives; they should be created with an intent. Every organization has its own different objectives and all the organizations want their audience to share and like the posted content. One should know the characteristics of a good online content.

Following are the characteristics,

- create original content
- create strong headlines
- have engaging and provoking content,
- add videos, photos
- have short and pointed content

Session 11: Interpersonal Communication- Dr. Shilpa Shroff

In this session Dr. Shilpa helped the participants to understand the **communication loop** and the importance of message and medium, recognize the importance of body language and other non- verbal cues and understand the importance of obtaining feedback.

Dr. Shroff conducted three activities- Chinese whispers, non- verbal game and feedback game, these games highlighted the importance of communication and getting the right message across. It also reminded that how there can be communication gaps and misinterpretations and its therefore important to wisely choose the words while formulating messages and give constructive feedback and comments for completing the communication loop.



Session 12: Creating Social Media Strategy- Anika Binte Habib

The session helped grasp how essential social media is in today's technological world and how “effectively” it can be used for advocacy. The whole session was led through discussion and group activity. Anika asked participants to share certain strategies of social media advocacy they have been using.



Anika highlighted how social media is the best source to approach youth in today's world and therefore it becomes essential that the strategy being used is monitored at regular intervals. She then asked the participants if they read newspapers and had Facebook, Twitter or Instagram accounts. This led to a discussion on how these platforms can be used as effective mediums of advocacy.

The discussion then moved to the creating and monitoring content. Anika said it's important to understand how to optimize the content using hashtags, promoting the cause on national or international days, social media campaigns etc. Content is a very powerful tool to capture maximum interest therefore it should be authentic, research proved and powerful.

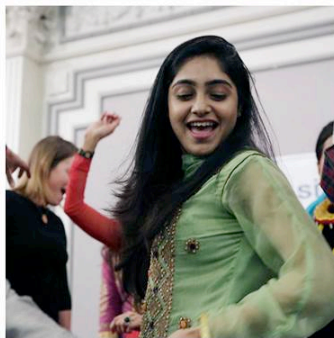
She also talked about social networking policies and how such software and websites are used to monitor our actions, content and also have tendency to manipulate or suspend our content from being shared. Such websites display certain terms and conditions in a tactful way that they are not easily understood by most of the users and hence they tend to accept whatever has been written over there. Moreover, these websites have prepared algorithms through which they can detect certain unwanted graphics or content we share or post and via these already made algorithms they can remove our posts. In this way our activity is being monitored constantly despite keeping a privacy lock or a tight security setting.

This led to a discussion on certain components that we should keep in mind while using any strategy to effectively advocate and disseminate the information to the public. Anika highlighted the **components of an effective advocacy strategy that includes; a mission, setting goals and objectives, planning out strategies and resources and evaluating our progress.** She also emphasized on optimizing content for social sharing by using hashtags, adding attention grabbing images and magnetizing article titles. Log framing to reach certain number and group of people we want to address is also an essential means to monitor our actions. Besides this, Anika also mentioned that we need to think of the most effective timings before we share or post anything, the language we use and add references wherever applicable.

The session was concluded with a group activity where each group was supposed to think of a topic they want to advocate for, set out mission, goals, objectives and think of any social media strategy they can use for transforming information to knowledge, and seek out ways to monitor the progress of the work. Each group presented their work and simultaneously feedback was provided to us to turn out things practically. Feedback included posting a single content per day, using buffer strategy to save for future posts, filtering out opposing views and amplifying our view by replying to the negative points in order hide negative comments to our posts.



Reception dinner



The participants bonded over Bollywood music at the Reception Dinner, we were fortunate to be joined by Prof. Kamheang Chaturachinda, Ms. Nongluk Boonthai and Ms. Tussnai Kantayaporn our local supporters from Bangkok.

Day 4

Recap: Participants found the sessions on day three very informative. These are some of the new ideas they learnt:

- Issues related to internet
- Privatization and monopolization
- Importance of content and advocacy strategy
- Using internet significance of occupying such spaces
- Creating effective content and amplifying reach through targeted and well informed strategies

Session 13: What is advocacy? Mapping networks for advocacy – Dr. Shilpa Shroff and Rola Yasmine

The session explained how Advocacy is the way of supporting the issue we work for by lobbying and creating awareness among the concerned authorities and stakeholders.

Dr. Shroff highlighted the various components of creating an advocacy strategy, which includes

- identifying the problem,
- ways of mitigating the problem through different groups,
- possible barriers during the advocacy and
- way of tackling those barriers.

She explained that advocacy is a long process, which needs to be done with the different groups through different mediums. In the urban areas using the internet and social media might be the effective way of advocacy whereas in rural areas mass media like radio and television can play the important role.

Before we set out on any type of advocacy, we first need to research, document, identify the gaps, build relationships with possible stakeholders through networking and communicate with the legislators. Campaigns can help to advocate in a great extent and choosing the appropriate national days can have a greater positive impact.

Facilitators then discussed about the “Networking chart” and the various online and offline ways of networking which ASAP has been actually effecting to advocate for safe abortion rights of women. At the end of the session, participants did group work to map the possible networks, which they could take back in their respective countries to work with as an ASAP Youth Champions.

Session 14: Creating Content- Garima Shrivastava and Anika Binte Habib

The objective of this session was to help participants understand how to create effective content, understand the various types of content and provide hands-on training on creating effective content.

Anika started by highlighting how before creating, we need to ask ourselves some questions such as the types of content, what impact we want to make and who is our target audience. Those questions can help us to shape and create our content clearly.

Effective content should translate information into knowledge to make people easily understand and feel interest about it. For example translate data or statistic into image so people do not need to read a research paper to understand the background of the issue. Then, we have to make sure our content is available and accessible for everyone like translate the information into English and your own language to ensure that everyone can read it and understand the message.

She then listed types of content like blogging, infographics, video, memes and live streaming. In creating content, we need to define our target audience. If you choose 15-25 years old young people, it is better for us to use graphics to give out information and avoid jargon to ensure the content is both attractive and easily comprehensible. It's also important to make the content look cool and good which will motivate the reader to share your message with more people.

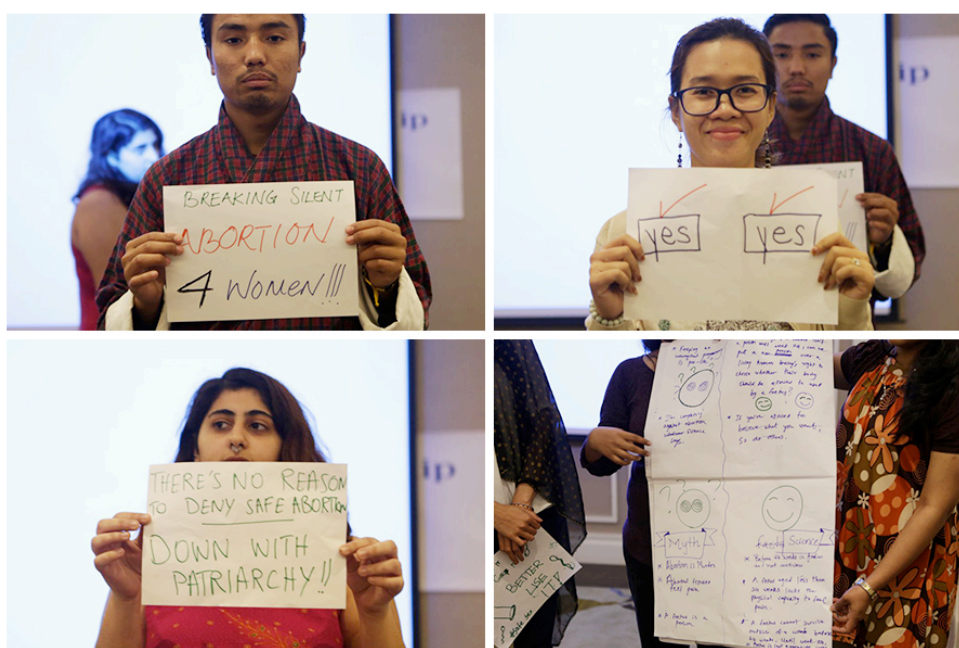
Besides, we need to have a clear purpose in creating content. It should be only one purpose in content, just write short and simple sentences. Otherwise, people will easily get confused or miss out on the message. It is always good to double check on the content before posting in order to avoid a mistake which may risk your credibility.

Facilitators then explained the different kinds of contents in detail:

1. **Listicle:** will make you understand the main message through the headline. It should be light and short. Make sure the target audiences feel relevant as they see the headline. For example: Six myths of taking the pill/contraceptive pill.
2. **Infographics:** must be look attractive and have a clear and short headline in order to catch audience eyes. Usually infographic include information like the data or statistic to show the basic information. For example, if we are showing number of women had unsafe abortion, we can make the front size of number look bigger to show the serious situation. It can help people to remember those information.
3. **Comic Book** includes graphics and words. It's important to keep message simple and use short sentences. Also, graphic can send out the emotions of the message and make it more lively.
4. **Memes:** is very popular these days. It can present your message in a more witty and humorous manner. The good thing is memes is light and only expressed in one or two line. But the hard thing is we need to aware

whether the message is relevant and triggered with facts.

5. **Live streaming:** is the latest method to send out message to audience. It provides space to let us to interact our target audience, sometime include people against us. We can use live streaming to understand our audience and make a immediate feedback to them. Its important to schedule live broadcast along with time zone which mean we need to know when the target audience will available to watch the live.
6. **Blogs:** there are five essential points in using blogs as our content; we need to make sure the headline is short, clear and precise. The lead is to bring out what subject we are convey. The body must be the related to the subject such as showing the background of the subject. At the end, it is better to quote the references that you used in order to make your blog more reliable.



The session concluded with group work where participants were divided into three works and were asked to create content based on their learning's from the session. The facilitators then reviewed the content created by each group and gave their feedback.

Session 14: Small Grants- Dr. Shilpa Shroff

Dr. Shilpa oriented the participants with previous small grants and projects carried out by youth champions. Participants were then given an opportunity to create their own project proposals. Some of the ideas shared were having advocacy training programs like in Afghanistan, **Dr. Katayon Sadat** conducted a two-day training programme for 15 obstetricians and gynecologists. When we cannot use the word safe abortion we orient in post abortion care and gender and rights issues. **Ignatia Alfa Gloria** from Indonesia conducted a series of workshops on introduction to sex and gender, gender based violence and media's portrayal of gender-based problem.

Few of YCs made films and infographics from the small grants that they received. Some of the films that were made were [Tamaba](#), by Sarah Jane and Lady, '[The Drop](#)' Anika Binte Habib, [Its her right](#) by Sarah Soysa. Alison has made a infographic on the statistics of Safe Abortion which she intends to use in upcoming APCRSHR conference.

Some of the YCs were supported for research studies like one YC from India, **Preet**, conducted research study to understand the **impact of the law against sex determination on women's access to safe abortion in Maharashtra, India**. The findings then get published in the journals.

Nikzad Zangeneh set up a **website** with the objective of making women aware of violence and reproductive health. The website is in Farsi and English talks about violence against women, unplanned pregnancies and abortions laws and regulations in the country (<http://iransac.com/>)

Rola Yasmine launched the '[A project](#)' in Lebanon with ASAP small grants for the purpose of seeking agency, alternatives and autonomy in sexuality, sexual health and gender. She expanded her work by quitting her job to community involvement workshops on Sexual and Reproductive Health Rights (SRHR) among marginalised communities such as refugees, displaced citizens, and migrants. As result of small grants the project received additional funding through SAAF

Our youth champions have legalized their network in Nepal -[YouthCANN](#) and In Sri Lanka as [YANSL](#). Since forming the network they have conducted local Youth Advocacy institute and meetings / seminars with stakeholders.

San Minh Hoàng and **Nguyen Thi Thao** from **Vietnam** initiated, **3S (Smart Sexy and Safe)-Valentine** a communication campaign to raise awareness among young people about sexual rights and safe sex. Yadanar developed a comic book to help reduce the harms of unsafe abortion in Myanmar <http://asap-asia.org/information/>.

ASAP Youth Champions have actively contributed to International Campaigns and Events. ASAP also nominate Youth Champion to attend various UN meetings and national forums. YCs have got a chance to participate in UNESCAP meetings and also in the Committee on Status of Women (CSW) with support from IWHC

Valedictory:

We were fortunate to have our supporter IWHC be represented at the YAI. Jessie Clyde spoke briefly to the participants about the impact of the new Trump presidency and the impact that the renewal of the Gag Rule will have on women's lives across the world.



Website: <http://asap-asia.org/>
Facebook: [@AsiaSafeAbortionPartnership](#)
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