

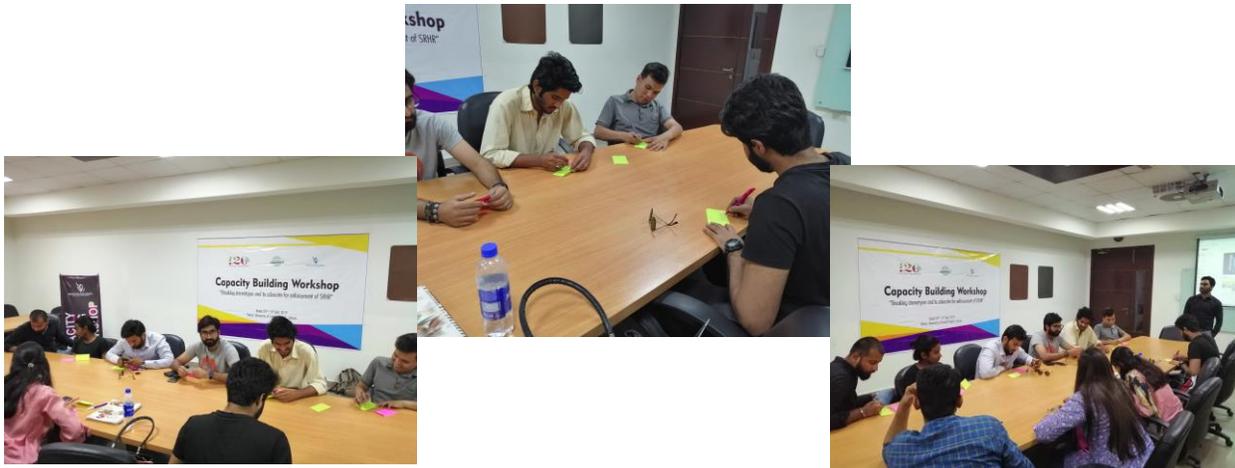
Youth Capacity Building Workshop's Report

Youth Advocacy Network Pakistan – YANP and Institute for Social and Youth Development - ISYD conducted a two days Youth Capacity Building workshop on 9th – 10th April, 2019 with the support of Asia Safe Abortion (ASAP) under the project entitled “Breaking stereotypes and to advocate for enforcement of SRHR”. This training workshop was held at University of Central Punjab – UCP, Lahore, Pakistan.

This two days training workshop was organized for theater team to discuss the key issues we are having in our society; lack of facilities, challenges and to build their capacity on Sexual and reproductive health and rights (SRHR), Family Planning and Safe Abortion to strengthen them to perform theater performances more actively with having proper knowledge on what they are doing and to keep the quality knowledge with them too. This theater group will be performing a community theater performance on above mentioned themes as well. A group of 14 theater performers joined the training workshop.

Day 1

Day 1 of the training was started off with the Participants' Introduction & Welcome and setting ground rules. Joshua Dilawar (Project Coordinator) provided the Introduction of Asia Safe Abortion Partnership (ASAP), YANP, ISYD, 120 Under 40 and about the Project to all the participants for better understanding. Then participants were asked to write down their expectations and fear regarding the workshop. This activity helped the participants to realize the importance of their participation and to gouge out the fears the have.



After this activity, a session was conducted on concept of SRHR and Family Planning. Few short documentaries were showed to the participants to clear their understanding on SRHR.

- 1) <https://www.youtube.com/watch?v=MJyL-v8ZpfA&fbclid=IwAR3aY6Rq2k8EBC1dmymqbEYZOf-iSBAd7viUeh4R-OhUOexJEBWgRyYJRIQ>
- 2) https://www.youtube.com/watch?v=Q7BmM8d4jV&fbclid=IwAR2hWBLPne5kgxptoDS_dUJ6f1veEijKLiCLwvjU0LVaYLaeU2kNdLovUho
- 3) <https://www.youtube.com/watch?v=4L06aEkRvY0&fbclid=IwAR3eXrXw->

- 4) https://www.youtube.com/watch?v=9RAI_XC_LBw&fbclid=IwAR0aYzG82mvToxIU9IGrrbqFgxy0tXWNpXPzU3DGJ1wNtrz5mk_b0jgErHs

Discussion was generated after watching each of the video. Participants were asked to share the views on each video and what they observed through these videos. Participants shared that

- We learned that SRHR is not only the need of married people, but also for us – young generation
- If 1 of 3 girls is married under the age of 18, then it is a very critical situation and important to work actively on SRHR
- Family Planning education should be disseminated among the young people because of the population situation of Pakistan and to achieve sustainable development.
- Access to SRHR, Family Planning and Safe Abortion is important for youth particularly for young girls and women.
- It matters to everyone

Following this activity, participants were divided into two groups to Identify Issues and barriers we are facing in our society regards to SRHR, Family Planning and Safe Abortion. Along with discussing the concept of gender and norms. In this session, basic concept of gender was discussed and the norms we have in our society that influencing the roles of males and females badly in our society. Participants worked in teams and presented their team work. This activity actually helped them to think and realize the issues we have in our society around us. Even if we are living in one of the developed city (Lahore) as compared to other cities but still youth are facing many issues at every sphere of their life.



After this session, participants were asked to prepare a role play on SRHR and Family Planning. They performed a role play highlighting the issues and conclusion in regards to early age marriages, gender-based violence, importance of girls' education and Family Planning.



Following the role play, a session was conducted on SDGs, particularly on Goal #3 to disseminate the awareness regarding 2030 agenda among the theater performers. This session was aiming to discuss the global commitment we (Pakistan) is committed to and we should work actively on, to achieve sustainable development in Pakistan.



The first day was ended by taking the feedback from the participants. Participants appreciated the sessions and said that the play role we performed today after sessions and watching the videos on SRHR was quite effective and amazing. We realized that we were performing without proper information and from now onwards we will be focusing on getting more knowledge on SRHR, Family Planning and Safe abortion to work more properly and productively in Pakistan.

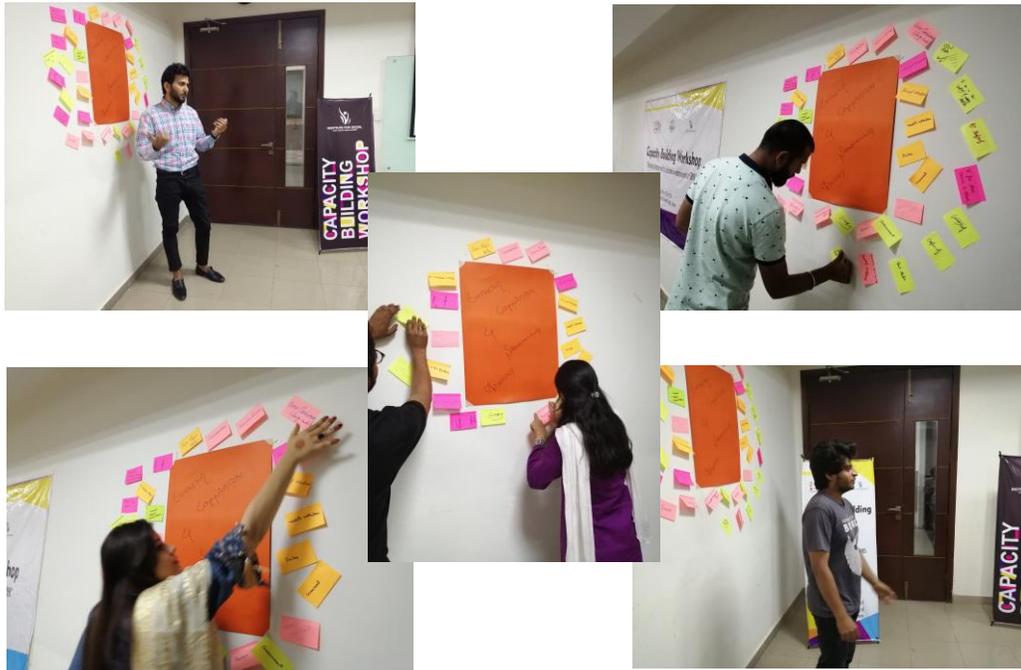
Day 2

Day 2 was started off with the recap of first day and after that Joshua Dilawar conducted a session on Communication skills to promote quality education and awareness on health based education.

This session focused on enhancing Communication and Strengthening Advocacy for SRHR, Family Planning and Safe-Abortion. In this session, Joshua explained what is Advocacy, what is the importance of advocacy in bringing positive change in our society and to spread quality education. Participants were also asked to make a circle of advocacy, where they wrote the best advocacy tools and strategies we required. Afterwards, Joshua shared the advocacy tools, mediums and kits with participants to be used for their work



in future to be proper health advocates.



Following this session, a group activity was conducted on how young people can become Health Advocates? Participants wrote that young people can become health advocates if:

- We are having proper platforms to build our capacities on health based issues
- We are having meaningful engagement opportunities
- We are having opportunities from Government and civil society
- We are having proper spaces, recognition and seats in decision making processes

Joshua shared information regarding FP2020 and recently passed COSTED IMPLEMENTATION PLAN (CIP) on Family Planning by Punjab Population Welfare Department – Pakistan. He shared that young people



are the main drivers of change to achieve FP2020 goals and beyond FP2020. FP2020 document was shared with the participants to learn more about the goals and objectives for working on Family Planning and its importance.

Next session was on Youth and Family Planning; to explain the importance of family planning education among the young people. Family Planning education is not only for married couples, every young people should have proper knowledge and experience of family planning education and access to UHC. This session was particularly focusing on demand generation for and access to health information, youth- friendly health services and UHC, particularly for sexual and reproductive health services and Family Planning.

After this session a group activity was conducted; Identifying solutions and approaches to advocate for enforcement of SRHR & Family Planning in our society. Participants were divided into 2 groups to do this group activity. They collectively discussed, mentioned and presented solutions and creative approaches that can be used for enforcement of SRHR & Family Planning in Pakistan.

Following this session, few theatrical activities were conducted based on acting, stage management, character adopting, voice management and facial expressions. Activities were includes;

Management of limited resources, props management, Mirror imaging, copying characters etc



At the end participants were asked to share their feedback highlighting the fears and expectations they mentioned in the beginning of the training.

- “Learned a lot of new things through this workshop, role play actually helped us to understand the videos and the concept of SRHR and Family Planning more clearly, said Usama Javed”
- “This workshop fulfilled my expectations which were before the workshop; Learning proper knowledge and awareness on STDs, SRHR, Family Planning and Safe Abortion. It helped us understanding of real purpose and motive of SRHR and role of youth, said Azka Latif”.
- “I was expecting that it would be a cold workshop, but it wasn’t cold at all. There was much interactive and involvement of participants throughout the workshop, said Zakariya Hashmi”.
- “It wasn’t new for me but still learned many news things through this workshop regarding the terminologies and detailed knowledge on health based issues of young people. I loved the friendly environment of the workshop, said Azmat Majeed”.
- “In the beginning, I thought this workshop is going to be a typical workshop with boredom. But it was a very good and interesting. I’ve learned a lot of new things, especially I learned that we must have specific and authentic knowledge about our rights, laws and issues etc. So that we can easily and effectively handle them, said Asad Rasheed”.

At the end, Joshua thanked everyone for participating on the behalf of ASAP, YANP and ISYD and presented certificates to all the participants.