

Using evidence to expand choice,  
empower women and  
involve communities



## October 2010

IRH is addressing gaps in adolescent-focused programming and related program evaluation. Between the ages of 10 and 14, girls and boys are going through puberty and beginning to solidify their identities, gain knowledge and experiences, and develop attitudes and skills that lay the foundation for future sexual and reproductive health (SRH) and social well-being. Yet, programs designed for the needs and developmental stage of 10-14 year olds, often known as very young adolescents (VYAs), are still rare.

IRH is leading an effort to renew program focus on VYAs through evidence-based, innovative program designs and partner collaboration. In June 2010, IRH hosted a Technical Consultation on "Advancing Program and Research/Evaluation Practices for Curriculum-based Programs Reaching Very Young Adolescents (VYAs)." The final meeting report is available for download below.

IRH is also contributing to new methodologies to evaluate VYA programs tailored to adolescents' intellectual development level. These methods use creative, participatory, game-based techniques that engage youth in SRH program evaluation, while also serving to operationalize and measure changes in gender attitudes and norms, self-esteem and other constructs that are not easily measured by standard methodologies. They were developed and tested during evaluations of VYA programs in Nepal, Rwanda and Guatemala conducted in collaboration with Save the Children, Catholic Relief Services and APROFAM. For more detailed information on the evaluation techniques, refer to IRH's presentation given at the USAID Mini University in October.

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## Follow IRH





## **New VYA Resources from IRH**

### [Reaching Very Young Adolescents \(VYAs\): Advancing Program, Research and Evaluation Practices](#)

Report from a Technical Consultation held in June 2010 that highlights key points and next steps

### [Advancing Promising Program and Research/Evaluation Practices for Evidence-Based Programs Reaching Very Young Adolescents: A Review of the Literature](#)

Literature review of promising program and evaluation practices for VYA programs

### [Leave those surveys behind! Key issues to consider in evaluating VYA programs](#)

Presentation given by IRH at the 2010 USAID Mini-University

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## **News & Events**

Curious about IRH's mHealth project, CycleTel™? The MobileActive.org Case Study, titled "[Family Planning through Mobile Phones, No Doctor Necessary!](#)", details the latest research findings for CycleTel, a mHealth application that is pioneering offering a FP method directly to mobile phones in India. For more information about CycleTel, please contact [mp447@georgetown.edu](mailto:mp447@georgetown.edu).

Great new video from Girl Effect on how the whole world benefits from supporting adolescent girls with safe environments in which they can thrive. [Watch it here.](#)

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## **Conferences**

IRH will be presenting at the following upcoming conferences. Look

for us here:

[APHA](#) November 6-10, 2010; Denver, CO

## IRH Sessions

- "When do you know if a new family planning service is really available? Challenges in tracking availability of a new service and new users during scale up from pilot to national level" (11/8, 8:30am)
- "Integration of family planning with health facility and community-based services: Multi-country data on the extent of Lactational Amenorrhea Method (LAM) counseling and postpartum family planning" (11/10, 10:30am)
- "Shifting Gender Norms in Nepal to Improve Health and Development of Very Young Adolescents" (11/10 12:30pm)
- "Strengthening VCT services by addressing stigma and discrimination" (11/8, 10:30am)

## Population Reproductive and Sexual Health (PRSH) Section

The PRSH Section invites attendees of APHA's annual meeting in Denver to celebrate their success, honor their friends, and plan how to effectively move forward in the quest for better sexual and reproductive health for women and men around the globe. for more information about scheduled events, [click here](#).

## [First Global Symposium on Health Systems Research](#)

November 15-19, 2010; Montreaux, Switzerland

- "A system-based strategy for measuring sustainable universal access: a 5-country family planning study"

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Sincerely,  
Your colleagues at IRH

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