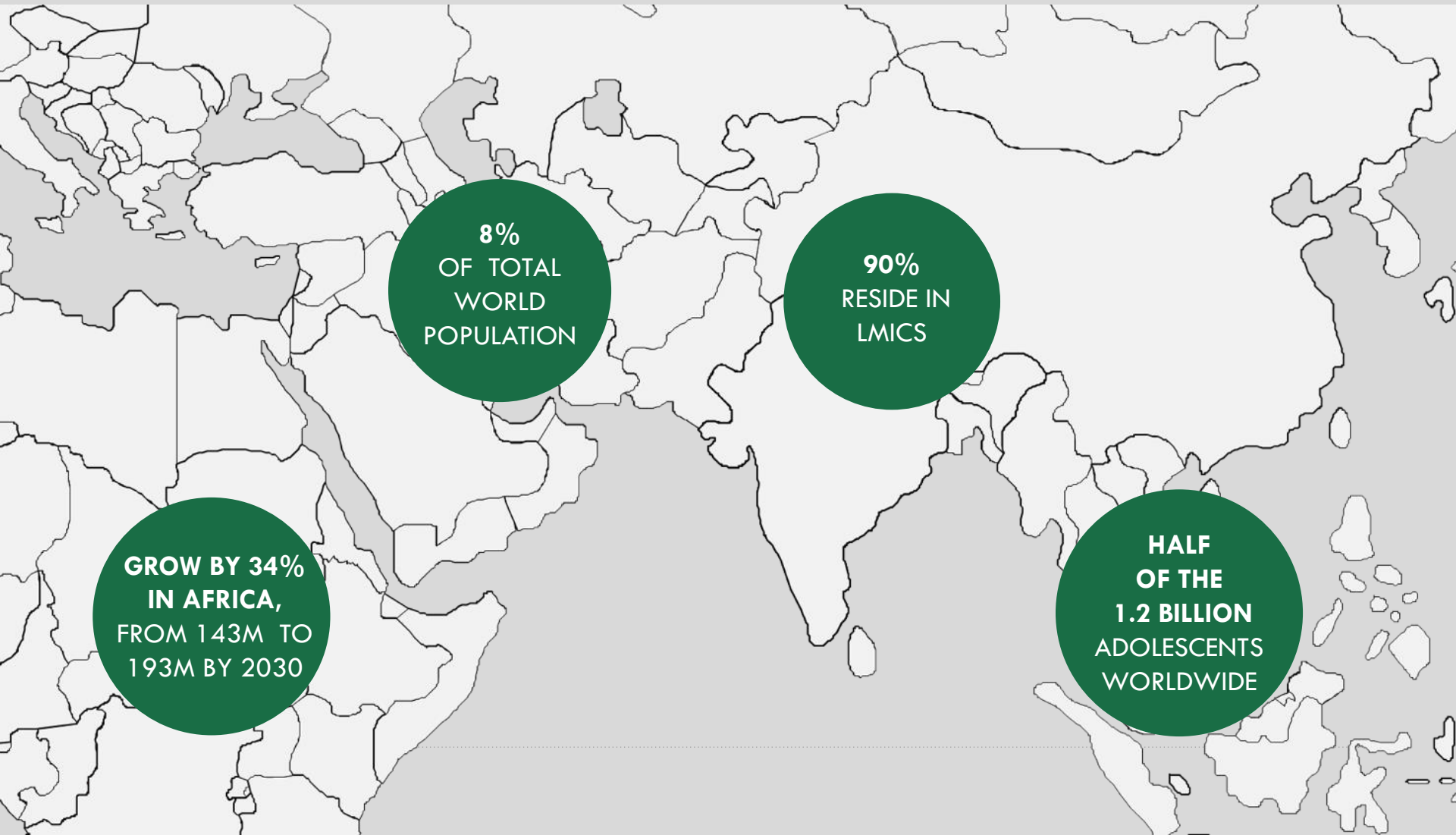


# The Bridge from Early Adolescence to Future Health and Well-being

REBECCA LUNDGREN, IRH

# WHY INVEST IN EARLY ADOLESCENTS?

# PUTTING EARLY ADOLESCENTS ON THE GLOBAL HEALTH AND DEVELOPMENT MAP:



8%  
OF TOTAL  
WORLD  
POPULATION

90%  
RESIDE IN  
LMICS

GROW BY 34%  
IN AFRICA,  
FROM 143M TO  
193M BY 2030

HALF  
OF THE  
1.2 BILLION  
ADOLESCENTS  
WORLDWIDE



# WHAT IS UNIQUE ABOUT EARLY ADOLESCENCE?

- ✓ Critical time of rapid physical, neurological, emotional and social development and transitions
- ✓ Period where lifelong attitudes and behaviors are formed
- ✓ Increased influence of gender inequities on health and educational, economic opportunities
- ✓ Limited access to quality information and services

# THE SEEDS OF FUTURE WELL-BEING ARE SOWN IN EARLY ADOLESCENCE

- ✓ Smoking, alcohol use and unhealthy diet
- ✓ School absenteeism and drop out
- ✓ Exposure to physical, emotional and sexual violence
- ✓ Sexual debut and risky sexual behaviors (HIV, pregnancy)
- ✓ Early marriage
- ✓ Mental health



# WHAT DOES REPRODUCTIVE HEALTH HAVE TO DO WITH 10-14 YEAR OLDS?

## BEFORE THE AGE OF 15, IN SOME COUNTRIES AS MANY AS...

- **One-third** of girls have had sex
- **One quarter** of girls are married

## GLOBALY....

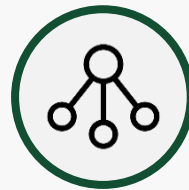
- **2 million** girls give birth every year
- **One-third** of births are unplanned
- **20%** reporting sexual violence said it first occurred in early adolescence
- **85%** of boys and girls report violent discipline in the previous month

# A BRIDGE FROM PUBERTY TO FUTURE REPRODUCTIVE HEALTH



## INTERNAL ASSETS

- ✓ Fertility awareness and body literacy
- ✓ Gender equitable attitudes and roles
- ✓ Health service seeking capacity
- ✓ Self-efficacy to advocate for themselves
- ✓ Capacity for critical reflection



## STRUCTURAL ASSETS

- ✓ Youth friendly health services
- ✓ Quality, safe education
- ✓ Economic opportunities
- ✓ Legal/policy protections
- ✓ Resources



## FAMILY & COMMUNITY ASSETS

- ✓ Safety
- ✓ Intergenerational dialogue
- ✓ Equitable gender norms
- ✓ Strong economic and social support networks

# ACHIEVING THE SDGS REQUIRES INVESTING IN THE YOUNG ADULTS OF 2030





# OUR JOURNEY THUS FAR

- NIKE FOUNDATION
- FORD FOUNDATION
- USAID
- BMGF

**IMPLEMENTATION  
SCIENCE**

**USA**  
**JAMACIA**  
**INDIA**  
My Changing Body  
*1<sup>st</sup> Edition*

**NEPAL**  
Evaluation of Choices

**GUATEMALA**  
**MADAGASCAR**  
**RWANDA**  
My Changing Body  
*2<sup>nd</sup> Edition*

**UGANDA**  
GREAT

**RWANDA**  
Grow Up Smart

**DRC**  
Growing Up Great!

**NEPAL**  
Evaluation of Choices, Voices and Promises

**YEAR**

2008      2009      2010      2011      2012      2013      2014      2015      2016      2017

**POLICY & ADVOCACY,  
CAPACITY BUILDING**

**USA**  
Technical Meeting:  
Curriculum-based approaches

**SENEGAL**  
Technical Meeting:  
Raise awareness of VYA and SRH

**GUATEMALA**  
**RWANDA**  
Technical Meetings:  
Investing in VYAs and SRH

**USA**  
Technical Meeting:  
Investing in VYAs and SRH

**ETHIOPIA**  
Technical Meeting:  
Raise awareness of VYA and SRH

**NIGERIA**  
Building Capacity for Action: VYAs in ASRH and HIV

**GLOBAL**  
VYA Task Team

**GLOBAL EVIDENCE  
& INITIATIVES  
ON EARLY ADOLESCENTS**

# GROWING EVIDENCE BASE

## 2013-2017

**Whose turn to do the dishes?  
Transforming gender attitudes and  
behaviours among very young  
adolescents in Nepal**

Rebecka Lundgren

Published: March 14, 2013

**Investing In Very Young Adolescents'  
Sexual and Reproductive Health**

Susan Igras

Published: May 2014

**Understanding Factors that Shape  
Gender Attitudes in Early  
Adolescence Globally: A Mixed-  
Methods Systematic Review**

Anna Kagesten

Published: June 24, 2016

**Investing When It Counts: Reviewing the evidence  
and charting a course of research and action for  
very young adolescents**

Population Council

Published: 2016

**The Global Early Adolescent Study An Exploration Of  
Factors That Shape Adolescence**

Published: October 2017

**The Sexual and Reproductive Health Needs of Very  
Young Adolescents Aged 10-14 in Developing  
Countries: What Does the Evidence Show?**

Guttmacher Institute

Published: May 2017

**Does it take a village? Fostering Gender Equity  
among early adolescents in Nepal**

Rebecka Lundgren

Published: June 2018



## Very Young Adolescent (VYA) Sexual and Reproductive Health Resource

Library

# VYA RESOURCE LIBRARY

[www.k4health.org/toolkits/very-young-adolescent-sexual-and-reproductive-health-clearinghouse](http://www.k4health.org/toolkits/very-young-adolescent-sexual-and-reproductive-health-clearinghouse)

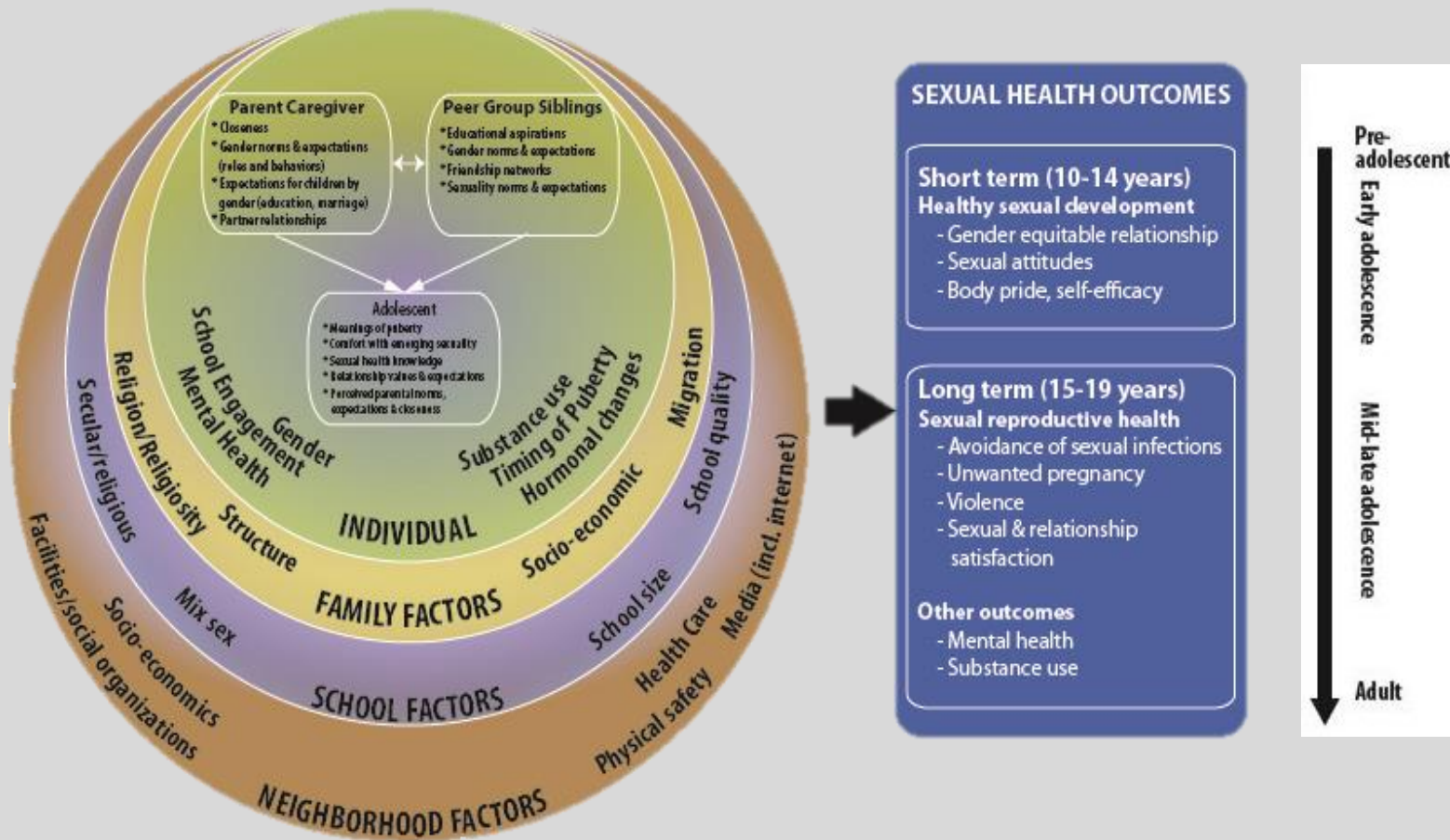
Toolkit Purpose: This toolkit is for program managers, educators, health workers, and others who are working to make a difference in the lives of very young adolescents (girls and boys between the ages of 10-14). The toolkit offers resources which

Very Young Adolescent (VYA) Sexual and Reproductive Health Resource Library

- Home
- About
- All Resources

# CONCEPTUAL FRAMEWORK FOR EARLY ADOLESCENCE

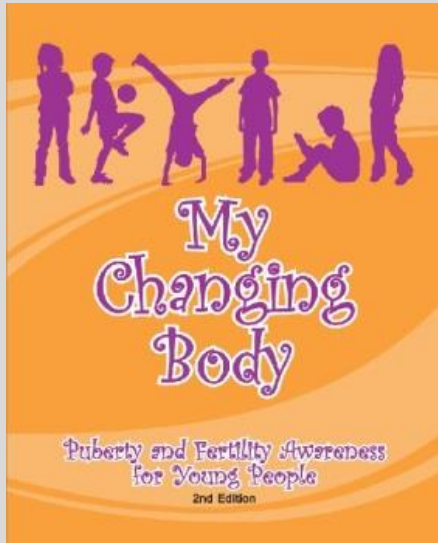
BLUM, 2012



# INDIVIDUAL & FAMILY



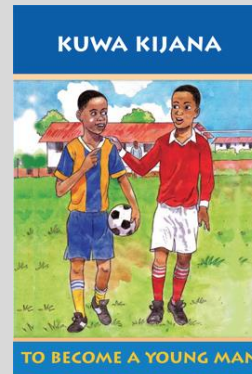
# PUBERTY PROGRAMS



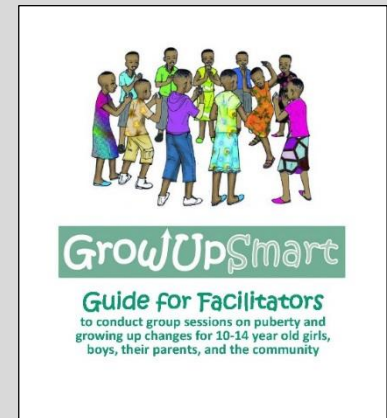
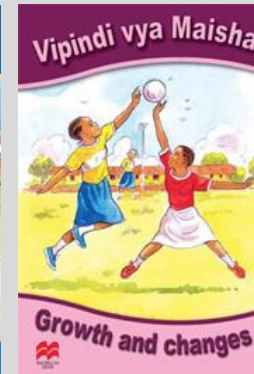
**FACILITATOR  
CURRICULUM**



**MULTI-COMPONENT  
INTERVENTION**



**GROWTH & CHANGES  
PUBERTY BOOKS**



**PUBERTY  
EDUCATION**



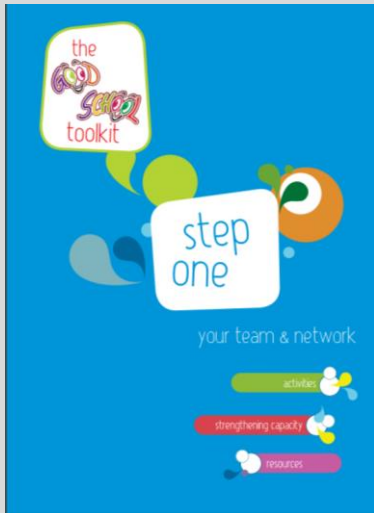
# PARENT PROGRAMS



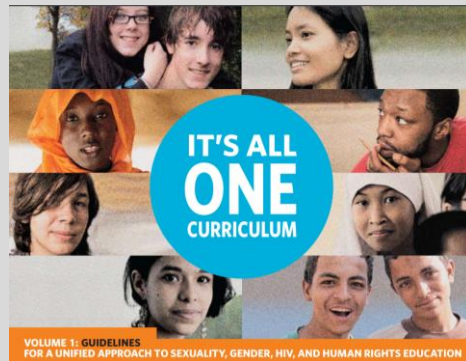
# SCHOOL



# SCHOOL-BASED PROGRAMS



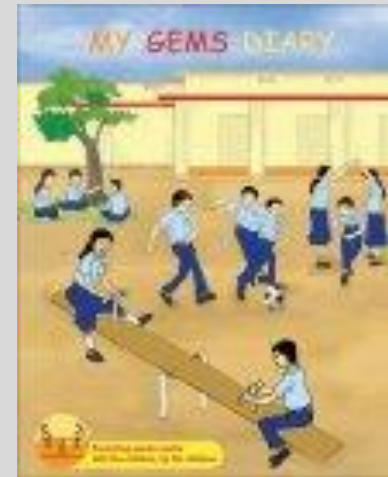
**GOOD  
SCHOOL  
TOOLKIT**



**IT'S ALL ONE**



**SEXUALITY  
EDUCATION**



**GENDER  
EQUALITY**

# STRUCTURAL INTERVENTIONS



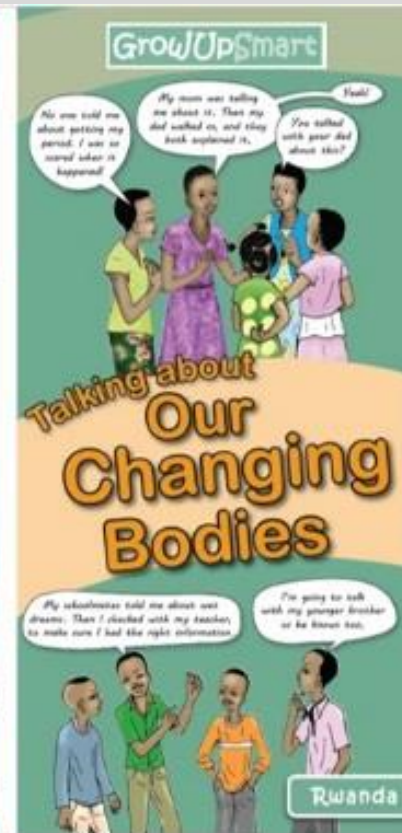
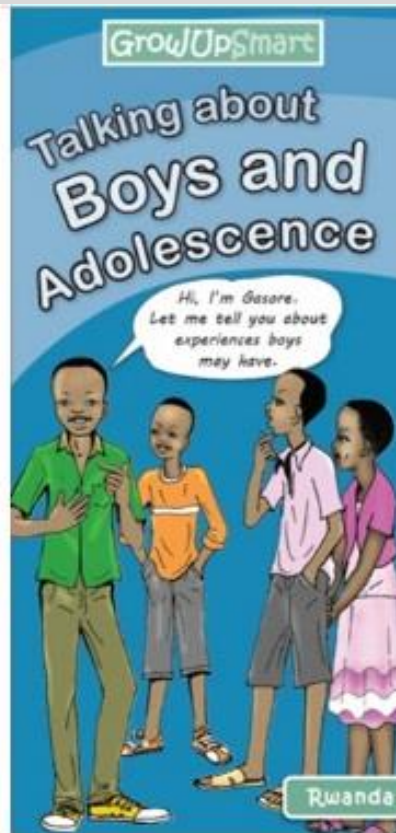
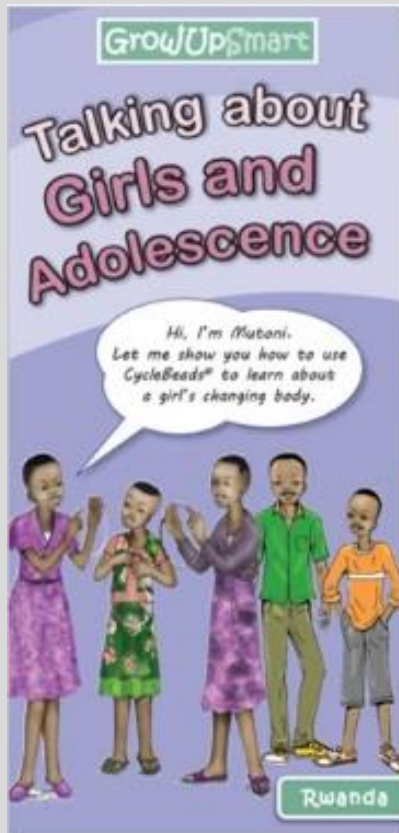
**CONDITIONAL CASH  
TRANSFER PROGRAM**

# MULTI-LEVEL PROGRAMS FOSTERING GENDER EQUITY



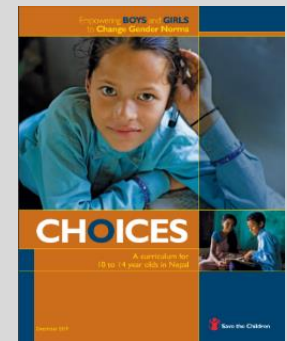
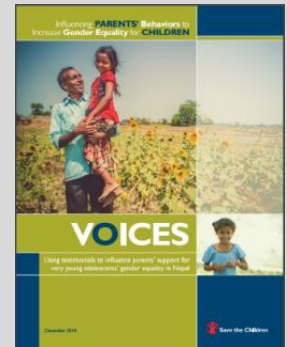
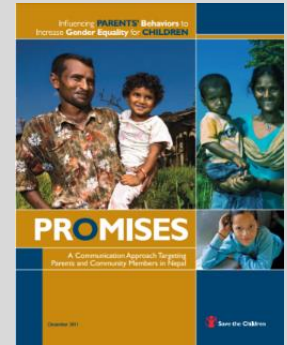
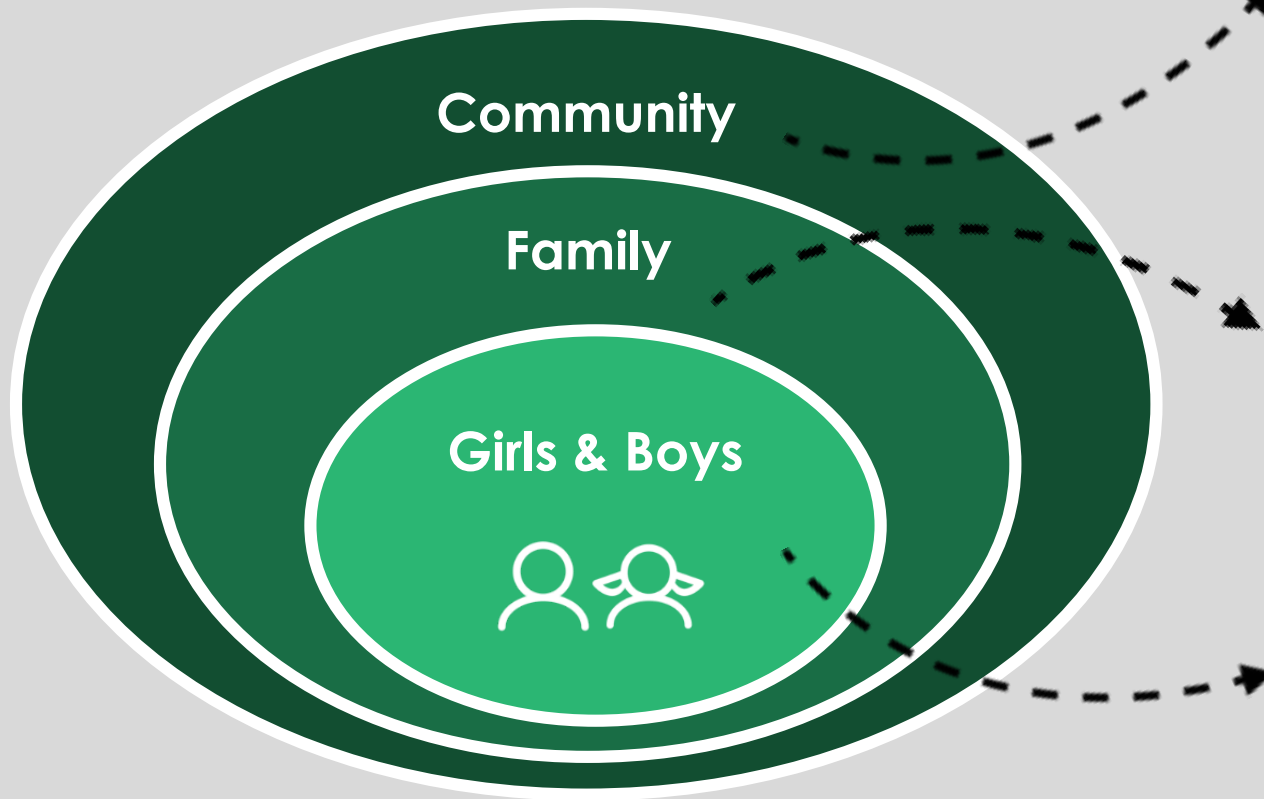
# GROWUP SMART:

## DEMYSTIFYING THE LINK BETWEEN MENSTRUATION, FERTILITY AND SEXUALITY



# CHOICES, VOICES, PROMISES:

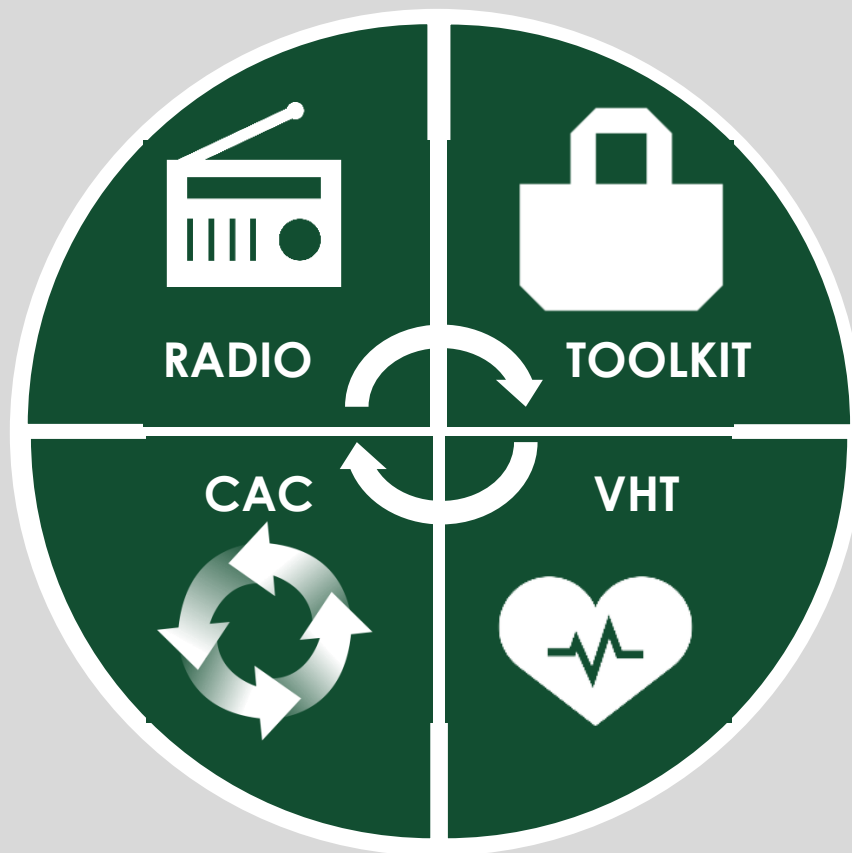
## ECOLOGICAL APPROACH TO TRANSFORMING GENDER NORMS



# GREAT:

## DESIGNED FOR REACH ACROSS THE LIFE COURSE AND SOCIAL SYSTEM

- ✓ Transitional characters by life stage, broad reach



- ✓ Tailored for use with men & women, different life stages and platforms

- ✓ Mobilizes community leaders, influencers

- ✓ Engages health services