



TEMNDENI NEWS

April – June 2023

Newsletter

"A Swazi society, whose Sexual Reproductive Health and Rights are respected, supported and protected"

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Family Life
Association of Eswatini



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Flas_Eswatini

FLAS – YOUTH EMPOWERMENT CENTRES



Figure 1: Young people attending FLAS Culture themed Health Talk session.

The Family Life Association of Eswatini is centred on developing an enabling environment for young people to exercise their Sexual Reproductive Health and Rights. The Organization ensures that this is met through accurate and comprehensive information available to Adolescents and the availability of Sexual and Reproductive Health services accessible to young people in a friendly and confidential manner.

FLAS through its youth centres offers empowerment and mentorship programs, where the Youth are empowered to exercise their Sexual Rights. These programs are important aspects that can make a significant difference in the lives of young people.

Empowerment involves providing young people with the resources, skills, and knowledge they need to succeed in life, while mentorship involves offering guidance and support to help them navigate the challenges they face.

One of the key ways to empower young people is by providing them with education and training. In this program, Adolescents are offered Comprehensive Sexuality Education (CSE) and these sessions are conducted by FLAS peer educators and mentors.



Figure 2: Discussions on Gender Equality.

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CSE sessions are conducted in a peer-to-peer sharing session approach, where peer sharing on Sexuality Education focusing on topics that include; Gender, Menstruation, Sexuality, Citizenship, Contraception, and Entrepreneurship skill. By giving young people the tools, they need to succeed, they can feel more confident and capable of achieving their goals.

These topics are important as they ensure that young people have the appropriate bases for their Sexual Rights and development.



Figure 3: FLAS Peer Educator leading a discussion on Gender-Based Violence.



Figure 4: Section of young people on peer-to-peer sharing a session.

The sessions also advocate for identity and ethnicity, promoting culture and heritage. It is a safe space for young people to learn how culture affects their understanding and uptake of contraceptive services.

Mentorship is also important because it provides young people with role models and guidance. A mentor can offer advice, support, and encouragement, as well as help young people navigate the challenges they face. By providing positive role models, young people can develop the skills and confidence they need to succeed in life.

Ultimately, the youth empowerment and mentorship program is essential for helping young people reach their full potential. By providing them with the resources and support they need to succeed in life and become confident, capable, and empowered members of society.



PREGNANCY PREVENTION AND MANAGEMENT POLICY LAUNCH AT MHUBHE HIGH SCHOOL



Figure 5: MoET Hon. Lady Howard Mabuza presenting the Pregnancy Prevention and Management Policy at Mhubhe High School.

The Family Life Association of Eswatini converged with the Minister of Education Hon. Lady Howard Mabuza, US Ambassador Hon. Earl Miller, UN Resident Coordinator Hon. George Wachira, EU Rep, Ministry of Education, SWANCEFA, and UNESCO in launching the Pregnancy Prevention and Management Policy at Mhubhe High School.

Teenage pregnancy is a pressing issue that affects numerous Adolescents worldwide. It refers to pregnancy occurring in girls between the ages of 13 and 19. The consequences of teenage pregnancy can be far-reaching, impacting both the individuals involved and society as a whole.

Hon. Lady Howard applauded the Ministry of Education's collaboration with SWANCEFA and UNESCO in preparing and producing the Prevention and Management of Learner Pregnancy Policy and Guidelines. She mentioned that she expects every school in the country to use the policy effectively.

This policy and guidelines are envisioned to help mitigate the issue of pregnancy in schools by ensuring that it is prevented by every means and managed in all schools.



Figure 6: MoET with UN Ambassador and UN Resident Coordinator, showcasing the Pregnancy Prevention and Management Policy.

PrEP Awareness Raising Campaign in Sithobela Community.



Figure 7: Young people receiving Comprehensive Sexuality Education at FLAS information desk

Adolescents still face societal prejudice that impedes them from accessing Sexual and Reproductive Health Services. These societal challenges have been the leading factors that have also prevented Adolescents from accessing Pre-Exposure Prophylaxis (PrEP) and Post- Exposure Prophylaxis (PEP).

In mitigating these challenges, the Family Life Association of Eswatini, in collaboration with Cabrini Ministry and CANGO, facilitated a PrEP awareness event to equip young people with the appropriate information about this prophylaxis.

The event targeted Adolescents from the Sithobela community, a relatively remote area of Eswatini.

The need to raise awareness in rural areas is backed by the concern that all modern medical preventive measures are focused on people in urban areas, thus creating an imbalance in the uptake of clinical services in rural communities.

The event promoted Sexual Health by empowering young people to take an active role in decision-making concerning their bodies. This was achieved by separating the young people present in the event into three different colours, these colours were codes signifying their knowledge of PrEP. The colour codes were; red, yellow, and green.

Red symbolized that they were not aware of PrEP. Yellow indicated that they were aware but were not using PrEP and Green were those who were knowledgeable and actively using the Prophylaxis.

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Figure 8: Green Team grouped together to promote their uptake of PrEP.

The use of these colours was to get insight from young people on what is stopping them from taking PrEP (Red), why they are not using PrEP even though they are aware of it (Yellow) and how they can be supported to maintain their knowledge of PrEP (Green).

These codes were significant as they were used to evaluate PrEP promotion measures for young people to ensure that service delivery is contextualized for the benefit of young people.



Figure 9: Red group being taught about PrEP



Figure 10: Yellow team being encouraged to utilize the information they have on PrEP

FLAS complemented the event by providing Comprehensive Sexuality Education (CSE) to young people and promoting dual protection. The aim was to educate young people on the contraceptive measures available and ease their concerns with accessing SRH services.



Figure 11: PrEP awareness campaign participants and partners.

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MANZINI HEALTH-DAY

“BE THE DIFFERENCE”



Figure 12: FLAS Information desk at the Manzini Health Day held at Jubilee Park.

The Family Life Association of Eswatini supported the Manzini Municipality, Ministry of Health and other Civil Society Organizations in offering free medical services during Manzini Health Day. This event was organized by the Ministry of Health under the theme “Be the Difference” promoting vaccination against the COVID-19 virus.

Manzini citizens converged at Somhlolo (Jubilee) Park, where they received free TB screening, Covid-19 vaccines and booster shots, blood pressure screening, Maternal Health and Contraception services.

It is within FLAS’s objectives to prioritize clinical services delivery to the marginalized in society, hence the need to join the Ministry of Health and provide free Sexual and Reproductive Health Services.

In this event, FLAS offered Family Planning services, STI screening, and treatment of minor ailments.

The event hosted Swazi citizens from remote areas of the country who normally would face difficulties in accessing clinical services within their communities.

This was a way for the Manzini Municipality to promote Clinical Service uptake and a healthy lifestyle.



Figure 13: Section of those who attended the Manzini Health Day, receiving FLAS Services

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6TH ANNUAL PRIDE CELEBRATION



Figure 14: FLAS Peer-Educator explaining FLAS services

June is pride month and the Family Life Association of Eswatini joined the Eswatini Gender Minorities and other Civil Society Organizations in celebrating the sixth annual pride day. The celebration was held at Exchange Lounge in Ngwane Park under the theme "Strength in Solidarity"

The Pride Month celebration is a month-long celebration consisting of various events, both virtual and in-person, which are centred around the ideology of inclusivity, acceptance, and love.

At this event, FLAS provided Sexual Reproductive Health Services and Comprehensive Sexuality Education sessions to those that came to the association booth. The LGBTQ community is among the marginalized groups in the Eswatini communities and lacks proper SRH services and care because of discrimination against their sexual orientation.

As a youth-centred organization, FLAS is gender-neutral and supports all individuals regardless of their Sexual Orientation. It is on those bases that the Organization supports and advocates for the rights of the LGBTQ+ community.



Figure 15 FLAS Peer-Educator with Pride allies

These celebrations not only provide opportunities for the LGBTQ+ community to come together to heal and remember their past but also to celebrate their significant triumphs. It is an opportunity to show the world and the LGBTQ+ youth how far the community has come in terms of acceptance, acknowledgement, and awareness.

PROMOTING CONDOM USE FOR IMPROVED SEXUAL REPRODUCTIVE HEALTH SERVICES UPTAKE



Figure 16: FLAS Peer educator explaining the advantages of using condoms and contraception during a condom distribution outing in Fairview Manzini.

Sexual Reproductive Health is an essential aspect of overall health and well-being. However, despite the availability of various sexual reproductive health services, uptake remains low. One effective way to promote Sexual Reproductive Health services uptake is by promoting Condom use.

Condoms are a simple and effective way to prevent sexually transmitted infections (STIs) and unwanted pregnancies. However, despite the benefits of condom use, many people still do not use them. To promote condom use and improve Sexual Reproductive Health services uptake, we need to address the barriers to condom use.

The most common barrier to condom use is the lack of access to condoms.

To address this, we need to ensure that condoms are readily available and accessible to everyone. This can be done by providing free or low-cost condoms in public places and community centres.

In promoting condom uptake, FLAS peer educators identify settlements within communities with a high population of young people, this population is the most vulnerable residents and susceptible to engaging in unprotected sexual activities.

After locating these hot spots then Adolescents are empowered with Comprehensive Sexuality Education and encouraged to practise safer sex then nearby facilities like shops and bottle stores are furnished with condoms and pamphlets on the proper use of Condoms and other contraceptives. This exercise promotes Condom usage and uptake of contraceptive services among Adolescents.



Figure 17: FLAS Peer Educator promoting Contraception uptake in Kwaluseni.



Figure 21: Condom promotion at St. Pauls Complex in Fairview.



Figure 18: Condom distribution in Mangwaneni Manzini.



Figure 22: Condom refill in Matsapha Bottle Store.



Figure 19: FLAS Peer Educator packing Condoms and preparing them for distribution around Mangwaneni Manzini.



Figure 23: Condom distribution to taxis along Kwaluseni - teni route.



Figure 20: Condom distribution around Teni Supermakert .



Figure 24: Condom distribution around Kwaluseni Super Market.

Clinic Services

01

Maternal Neonate Child Health

- Antenatal Care (ANC)
- Postnatal Care (PNC)
- Child Growth and Monitoring
- Immunization

02

Contraception and Family Planning

- Oral Pill
- 1-month Injectable
- 2 months Injectable
- 3 months injectable
- Implant Insertion
- Implant Removal
- Intra-Uterine Device Insertion
- Intra-Uterine Device Check-up
- Intra-Uterine Device Removal
- Emergency Contraceptive Pill
- Condoms

03

Screening Services

- Pregnancy Test
- Breast Examination
- VIA Cervical Cancer Screening
- Pap Smear Cervical Screening
- Blood Group testing
- Blood Sugar Test
- Prostate Cancer Screening
- Ultra -Sound Scan.

04

STI Screening

- Syphilis
- Gonorrhea
- Chlamydia

05

HIV Services

- HIV Testing and Counselling
- Antiretroviral Treatment Services
- PREP & PEP

