



# **ZVATINODA!**

*(What We Want!)*

Health knowledge, needs  
and commitments  
of young people (18-24 years)



**Zvatinoda! (what we want)** for health pilot project was implemented with young people (18-24 years) in Chitungwiza, Zimbabwe

Zvatinoda! wanted to increase uptake and availability of high-quality, youth-friendly health services

Young people identified health topics that were important to them. Topics were discussed within safe, anonymous and confidential mobile chat groups facilitated by trained peers from the Zvatinoda Youth Advisory Panel (YAP).

The information in this booklet reflects what young people want the health system stakeholders and programmers to know about their lived realities and health needs and preferences – Zvatinoda! 'what we want' for health.



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*This work was supported by the Medical Research Council UK Research and Innovation Public Health Intervention Development (PHIND) grant [MR/T003200/1]*



## ZVATINODA! What We Want!

## GENDER BASED VIOLENCE

What matters to  
young people (YP)?



**Gender-Based violence**  
refers to harmful acts  
directed at an individual  
based on their gender. It is  
rooted in gender inequality,  
the abuse of power and  
harmful norms. It can  
include economic, emotional,  
physical and sexual violence.

### ZVATINODA (WHAT WE WANT!)

- Community outreach and support for GBV, educating on steps for reporting systems and consequences of violence on males and females
- GBV prevention efforts: GBV should not be accepted in the community
- Community and family support to report sexual abuse even if the sexual abuse or assault involves a family member
- Free counselling services and safe homes for the victims in the communities
- Laws to be strict in providing justice in cases of sexual abuse and assault
- Zvatinoda blog on sexual abuse and assault
- Youth only testing centres or hubs in accessible places for youth to report abuse and receive health services
- Open and free environment at facilities for medical treatment in cases of GBV

Sexual and gender-based violence leads to suicidal thoughts where you get to see that dying is the only option...you lose your self-esteem ...you lose confidence upon yourself...violence leads to hatred



I think both sides are being affected by GBV, the fact that males are stronger than females they bury their secrets being afraid of humiliation



I think one can help themselves by reporting the case to the police as soon as they get sexually abused and assault so that it won't continue. Because if one keeps quiet, the cases will continue and continue, and by the time you get to report it might be too late



Yeah at school there was our male teacher who used to call me at his office telling me...how beautiful I am...how he liked my legs...and how he sees me and him in bed making love...truly it was very disturbing



### YP UNDERSTANDING OF GENDER BASED VIOLENCE



Harmful acts done to humans based on their gender. It is when their rights are being taken away from them.



Young women are most affected by GBV but young men are also affected



YP believe sexual assault is common in their community and may be verbal (offensive comments about body parts) or physical (beating or touching or sex without consent)



YP believe both sexual assault and abuse can happen even in a marriage institution when there is no agreement to having sex and one is forced

### CAUSES OF GBV



Societal norms in which men need to be seen to dominate women and need for superiority cause some men to abuse their spouses



Participants discussed that financial instability, poverty, desperation, and some religious norms / culture exposes females to sexual abuse and assault.



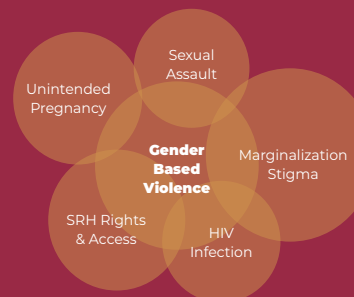
Some young people were not supported by their parents, who knew about sexual abuse, but didn't do anything as the abuser was 'paying fees'.

### YP EXPERIENCES OF GBV

- Many YP can tell stories about experiencing or witnessing acts of GBV, with friends and family described as having experienced abuse daily, everywhere in communities including schools, workplaces and churches.
- Many YP shared personal experiences of sexual abuse and assault where their close relatives, guardians, strangers, teachers were the abusers.
- Girls and women are sexually abused to get water in some communities
- On the street young women are verbally/harassed and called names because of their body structures which makes them feel uncomfortable

### EFFECTS OF GBV ON YP

- GBV has many consequences on young people: reproductive health (unintended pregnancy, HIV), family conflict and separation, mental health problems, physical injury and even death. GBV victims suffer sexual and reproductive health consequences including unwanted pregnancies
- YP knew that they can report abuse to their nearest police station, victim friendly unit. However, YP believe most sexual assaults go unreported for social and cultural reasons



### YP SPEAK TO KNOW: SEXUAL ABUSE AND ASSAULT

- **Mutumba asekurur:** (words used to describe a woman with big breasts, hips and bum in Chitungwiza communities)
- **Pombi:** sexually assaulting words used to describe beautiful well-structured woman in the streets

### YOUNG PEOPLE'S COMMITMENTS

- We commit to encourage each other to report sexual abuse and assault early no matter who the perpetrator is.
- We commit to seeking information on the laws on sexual abuse and assault and share among us in Zimbabwe.

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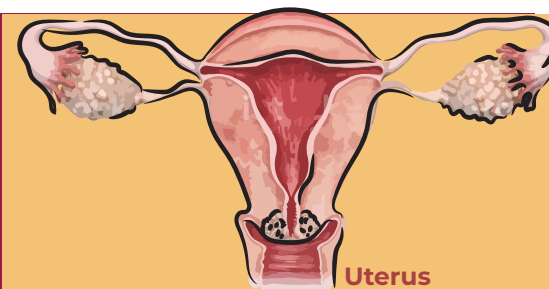




## ZVATINODA! What We Want!

## CERVICAL CANCER SCREENING

What matters to  
young people (YP)?



### YP SPEAK TO KNOW: CERVICAL CANCER SCREENING

**Maguchu:** traditional herbs which are inserted in the vagina to tighten it by woman

### YP UNDERSTANDING OF CERVICAL CANCER



A type of cancer that occurs in the cells of the cervix (the lower part of the uterus that connects to the vagina)



Can be spread through sex and signs of infection include bleeding and abdominal pains



Can spread quickly and take one's life if it's not quickly discovered and treated

### CAUSES OF CERVICAL CANCER

- Human papilloma virus was mentioned as the main cause of cervical cancer
- Known signs of cervical cancer infection include bleeding after menopause and increased vaginal discharge

### IMPORTANCE OF CERVICAL CANCER SCREENING

- Helps women to be aware of female sexual reproductive health and stay healthy
- Prevents complications should tumour develop

### Human Papilloma Virus (HPV):

sexually transmitted and can lead to cervical cancer. Young women can receive a vaccine to prevent HPV infection.

### Cervical Cancer and HIV:

Women living with HIV are more likely to develop cervical cancer and should be screened every year

### LOCATION TO ACCESS CERVICAL CANCER SCREENING SERVICES



Locations mentioned include hospitals and clinics



Health information on cervical cancer accessed through social media

### MYTHS ON CAUSES OF CERVICAL CANCER

- Young people believed that cervical cancer is caused by smoking, and using abortion pills that are not approved by the national health association
- YP believe that cervical cancer is caused by inserting guchu (herbs) in the vagina to tighten vagina

## ZVATINODA (WHAT WE WANT!)

- Young people want community outreach for cervical cancer screening
- Health education and screening services in schools
- Community campaigns and mobilisations
- Free cervical cancer screening services
- Girl child/female programs in schools and communities



## YOUNG PEOPLE'S COMMITMENTS

- We commit to get screened and scanned for Cervical cancer
- We commit to share information and advice our peers to get screened for cervical cancer



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## ZVATINODA! What We Want!

## COVID-19 What matters to young people (YP)?



“As a student, COVID has disturbed my learning time as schools have been closed for so long. Although now schools are open, I won't be able to finish my syllabuses on time”

## ZVATINODA! (WHAT WE WANT!)



### Online education

Digitalisation of teaching materials on electronic gadgets and free wifi to continue with the school syllabus online during school closures



### Community Youth health days and outreach with health services

to avoid crowding at facilities so that YP can access family planning, HIV and other services, and to improve knowledge on COVID-19



**Prevention of COVID-19:** Provision of free sanitisers and masks

### YP UNDERSTANDING OF COVID-19

YP identified COVID-19 as a virus first discovered in China with flu-like symptoms, including headaches, fever and difficulty in breathing

It can affect everyone from infants to the elderly, and all races

### IMPACTS OF COVID-19 ON YP

YP indicated that schools were disrupted, and it is difficult to catch up on the syllabus

Lack of internet and access to electronic gadgets meant that online learning was impossible for most YP

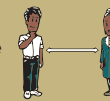
There are unwanted pregnancies as youth were more sexually active as they had little else to do

Negative effects of lockdowns on YP's ability to socialise

While some traditional foods and herbs can help strengthen the immune system, the only way to prevent and treat COVID 19 are: **Infographic on COVID-19 Prevention & Treatment (i.e., symptom management, isolation)**

### PREVENTION AND TREATMENT OF COVID-19

Social distancing (maintain a distance of 1m between yourself and others)



Stay at home



Encouraged uptake of vaccination



Wash your hands frequently with soap for 20 seconds each time



Wear a cloth mask



“The health department can book me [during lockdowns], and they can come at home and give me the services to avoid crowding at facilities”

## MYTHS ON PREVENTION AND TREATMENT FOR COVID-19

YP have also used traditional herbs like zumbani and lemons to prevent getting infected. Some have been steaming as well.

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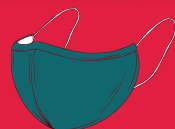


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## YOUNG PEOPLE'S COMMITMENTS

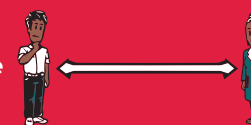
YP commit to leading by example and always masking up.



YP commit to sharing information regarding COVID 19 and encourage one another to go for COVID 19 vaccination.



YP commit to maintain social distancing no matter the place and occasion even with their loved ones.



## YP SPEAK TO KNOW: COVID 19

**Zumbani:** traditional plant/tea leaves found in Zimbabwe



## ZVATINODA! What We Want!

## SUBSTANCE ABUSE AND MENTAL HEALTH

What matters to  
young people (YP)?



Normally people take  
drugs just to run away  
from their situations e.g.  
stress...pressure. In other  
words, to run away from  
their problems...they will  
be scared to face reality

## ZVATINODA (WHAT WE WANT!)

- 1** **Creation of opportunities for YP**  
including employment, job creation  
schemes, and development projects.
- 2** **Entertainment:** Engagement with YP  
in youth hubs through sports and  
edutainment
- 3** **Community awareness campaigns**  
on the effects of substance abuse "no  
to drugs campaigns"
- 4** **Restrictions on drug smuggling,**  
punishment to drug Cartels in the  
communities

### Broncleer:

Broncleer is a prescription cough syrup that  
contains a combination of alcohol and  
codeine. Misuse of the medication can  
quickly lead to addiction and affect mental  
and physical health.



### YP understanding of substance abuse

- YP defined as uncontrollable misuse of drugs and sometimes intentionally overdosing of the drug
- It is the illegal use of drugs and alcohol for purposes other than those they are meant for



### Substance abuse by YP in the community

- Young people in communities use Broncleer, marijuana, mutoriro, inhaling of solvents, as well as crystal meth and cocaine
- Some YP use pampers (disposable diapers) to create drugs.



### Effects of substance abuse

- Include lack of concentration, lack of sleep, violent behaviour, seeing illusions, loss of appetite, changes in personality, depression, paranoia, panic disorders, and weight loss
- Other impacts of addiction in their community are crime, stealing, or even rape



### Causes of substance abuse

- Lack of jobs and unemployment, lack of entertainment/recreational activities, and poverty. Peer pressure and social media sometimes drive young people to abuse drugs
- Some abuse substances to escape from reality of family and financial problems



### Sources of support for substance abuse

YP described support from  
clinics, hospitals, and churches



We can create jobs for  
our youths by starting  
some projects  
because mostly this  
drug addiction comes  
when u don't have  
things to do

Young people facing mental  
health issues can get support  
through the Friendship  
Bench. Friendship Bench has  
'youth buddies' that provide  
confidential counselling and  
support. If there isn't a  
Friendship Bench in your  
community, YP can access  
mental health support from  
Youth Buddies through the  
free Openline platform.

### YP Speak to know: Substance Abuse and Mental health

#### Wastika:

inability to sleep and being  
hyperactive

#### Mutoriro:

a vernacular name given to  
strong drugs such as crystal  
methamphetamine



Talk with one of our trained  
**YOUTH BENCH BUDDIES**

FREE, ANONYMOUS, CONFIDENTIAL  
**MENTAL HEALTH SUPPORT**

8am - 4pm // Monday to Friday  
9am - 12pm // Weekends (Pre-Booked)



**+263 784 845 294**

## YOUNG PEOPLE'S COMMITMENTS

- We commit to educate each other about the dangers of drug and substance abuse
- We commit to seek help for rehabilitation of victims of drug abuse and join and form mental health support groups

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## ZVATINODA! What We Want!

**TEENAGE PREGNANCIES**  
What matters to young people (YP)?



“I think we can prevent early pregnancy by giving teenagers family planning pills or they can be injected with injections like jadelle. I think that will really help a lot.”



Female 21yrs

## ZVATINODA (WHAT WE WANT!)



Family support in case of teenage pregnancies, including normalised discussions (as many girls feared parental disappointment).



Promotion of laws that prevent girls from dropping out of school, being married off at a young age, and gender equality in case of teen pregnancies.



Edutainment and curriculum on teenage pregnancy and family planning in schools and colleges, including at a younger age.



Availability of condoms and other methods of contraception at convenient youth hangout places.



Online blog where YP can access essential health information on different SRH topics.

### YP FACE MANY PRESSURES WHICH LEAD TO TEENAGE PREGNANCIES

- YP believe that the driving forces behind teenage pregnancies are: financial vulnerability (dating sugar daddies/Blessers); peer and media pressure; family and religious pressures (shamed if accessing contraceptives); lack of knowledge on and availability of contraceptives.



### TEEN PREGNANCIES VS ABORTION

- YP are in a dilemma when faced with teen pregnancies. Abortion is an option they consider.
- YP asked questions around the legality of abortion in Zimbabwe, and where to access abortion services freely.

### PREVENTING TEEN PREGNANCIES IN THE COMMUNITY

- Participants agreed that encouraging abstinence would prevent pregnancies, but that this wasn't realistic for all young people.
- YP believe that health education would prevent teen pregnancies, for example, through outreach programs targeting young girls with information and contraception services.

In Zimbabwe 22% of 15-19 year olds have begun childbearing. 70% of young women in Zimbabwe have given birth by 24 years of age.



A key objective of Zimbabwe's National Adolescent and Youth Sexual and Reproductive Health (ASRH) Strategy (2016-2020) was to increase uptake of quality and youth friendly integrated SRH and HIV services, including access of young people to family planning.

### YP SPEAK TO KNOW: ON TEENAGE PREGNANCY

**Condom bholato:**  
Condom use is OKAY!!

### SAFETY NETS FOR YOUNG MOTHERS

- YP lack information on the safety nets which are there for the teenagers who become pregnancy and for young mothers.

### NEGATIVE EFFECTS OF TEENAGE PREGNANCIES ON YOUNG WOMEN (BUT NOT YOUNG MEN!)

- Girls who are pregnant can be forced to drop out of school (although boys are not).
- Some are stigmatised by their family and community and face stress and responsibility, affecting their mental health
- Health risks include exposure to STIs, including HIV, and unsafe abortions.

## YOUNG PEOPLE'S COMMITMENTS

- YP commit to encourage each other to concentrate on their studies and avoid having unprotected sex to avoid teenage pregnancies.
- YP commit to use family planning methods if sexually active.





# ZVATINODA! What We Want!

## SEXUALLY TRANSMITTED INFECTIONS

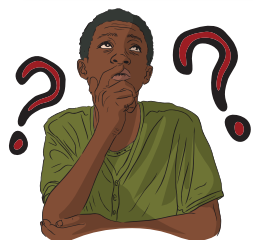
What matters to  
young people (YP)?



I am afraid of being  
judged, afraid of our  
information being  
disclosed



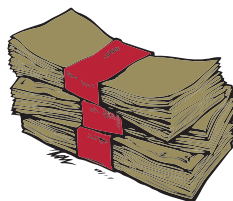
### ACCESSING STI SCREENING AND TREATMENT SERVICES



YP expressed mixed feelings on where to access STI screening and treatment services due to perceived judgement by health care workers



YP reported feeling shy or ashamed to go for STI screening at health facilities and unsure of where to go to access services once at the health facility



The cost of STI services and treatments act as a barrier to accessing STI screening and treatment by YP



YP use both informal and formal pathways to access STI screening services from medical facilities and from traditional healers and herbalists



YP noted that some churches forbid treatment from traditional healers or doctors and believe in prayers as a form of treatment

## ZVATINODA! (WHAT WE WANT!)

- Health providers that are of a similar age who will understand YP lives
- To receive services that are not for the general public, but are just for YP where they can feel free (i.e. AYP clinic days)
- Youth friendly STI screening services at all health facilities that are clearly marked
- Availability of HIV self-test kits and booths at clinics and youth hangout places for free

### MISCONCEPTIONS ABOUT IDENTIFYING AND PREVENTING STIS

- Urinating after sex, washing hands before sexual contact and rinsing off after sexual contact are some of the myths the YP raised
- YP need more information on the risks and benefits of the use of herbs (maguchu as the YP termed them) in treating STIs, versus medical treatment at facilities

### SIGNS AND SYMPTOMS OF STIS

- YP lack knowledge on STI symptoms and services to know when and where they or their sexual partners should seek help

### WHAT YP KNOW ABOUT STIS

- YP have heard the names of STIs (HPV, gonorrhoea, chlamydia, syphilis, genital herpes/ warts), and know they are transmitted through unprotected sex
- YP believe the most common STI among young people is HIV

### YP SPEAK TO KNOW: SRH

**Maguchu:**  
traditional herbs used to  
treat STIs and other ailments

### PREVENTION OF STIS

Ways of preventing STIs mentioned by YP included safe and protected sex with a condom and male circumcision



**CIRCUMCISION**

## YOUNG PEOPLE'S COMMITMENTS

- YP commit to go for STI screening if they have had unprotected sex/ think they have been exposed to HIV or other STIs
- YP agreed to seek medical treatment for STIs before approaching the herbalist and using maguchu- herbs.



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## ZVATINODA! What We Want!

## SEXUAL AND REPRODUCTIVE HEALTH (SRH)

What matters to young people (YP)?



When discussing family planning and SRH with young people, it is important to understand 'what they know' about the subject to identify and correct any myths or misconceptions. Young people should be empowered with accurate information about all the options available to them.

### YP VALUE THEIR SEXUAL HEALTH



YP know about a variety of family planning products including depo, pills, loop, patches, jadelle, and IUD and condoms



Condoms are most used and are favoured by YP because they prevent pregnancies and prevent STIs



YP report some of their peers use the morning after pill as a FP method



Access to SRH services is a way of protecting their education, health, future and to enjoy a healthy sex life – and reducing poverty through birth control

### NEED FOR POSITIVE YOUTH EXPERIENCES AT SRH SERVICES:



YP want to access SRH services they can trust – many share negative experiences of feeling judged at health facilities



YP described not knowing where to go at health sites to access condoms/family planning/STI screening and feeling too shy to ask for SRH services or wait in the same queue as other adults from their community



YP sharing positive experiences with one another will help to increase demand

## ZVATINODA (WHAT WE WANT!)

- **More information and awareness** on family planning, where they can access SRH services and young people discussion forums including through mobile apps/Zvatinoda blog
- **Community and parental acceptance and support:** accept that YP are sexually active & support access to SRH services and family planning methods so YP 'don't have to hide'
- **Peer-based FP services:** health providers that are other young people, with services offered during youth clinic days that are clearly marked
- **Youth friendly SRH services:** free with a welcoming friendly environment and open, knowledgeable and non-judgemental health care providers who can answer their questions.
- **Removal of FP user fees:** HIV free but some family planning services have fees
- **Condoms:** Community based distribution by other YP and making them easier to access at the clinic
- **Free HIV self-test kits:** and booths at clinics and youth hangout places

### YP FACE MANY BARRIERS TO ACCESSING SRH SERVICES:

Need for parental consent

Perceived stigma and judgement from older health care workers

Some methods of family planning are less available and have fees

Traditional methods and herbs available from traditional healers, herbalists and elders are used due to cost of services and fear of judgement at health facilities

Some churches forbid treatment from traditional healers or doctors and believe in prayers as a form of treatment for medical conditions

Girls who are pregnant can be forced to drop out of school, are stigmatised, and face stress and responsibility which affects their mental health and may lead to seeking unsafe abortions.

### MYTHS AND MISCONCEPTIONS ABOUT FAMILY PLANNING METHODS

Some YP think that oil in condoms causes infertility

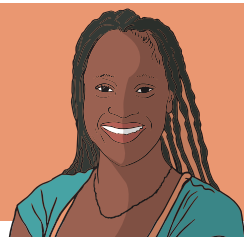
Many YP believe injectables and long acting methods are FP methods only for married couples.

YP fear that once oral contraceptives or stopped or implants are removed when they want to start a family, they will be infertile

### YP SPEAK TO KNOW: SRH

**Maguchu:** traditional herbs used to treat STIs and other ailments  
**Kudiyira sweet mupepa:** Using a condom during sex

"We want a free to young people environment, somewhere we can go without being afraid to acquire help plus the people who work at those facilities should be friendly"



"I think health facilities must also employ people who are below 25 so that we can feel comfortable when we visit the health facilities, we need to be open to someone who understands our problems and who knows what we are facing. Older people tend to be too quick to judge"



## YOUNG PEOPLE'S COMMITMENTS

- We commit to practice safe sex to safeguard our health and futures.
- We commit to seek out information on FP methods available at health centers and access the FP methods.
- YP commit to share reliable information on FP and dispel the myths and misconceptions held by other young people in their community.

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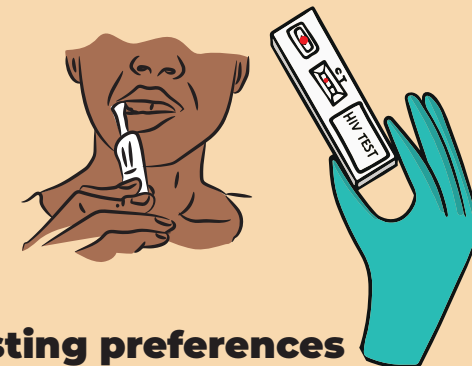
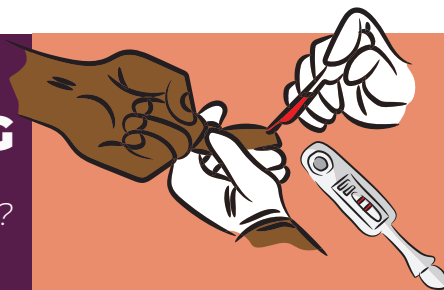


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## ZVATINODA! What We Want!

**HIV TESTING**  
What matters  
to young people (YP)?



## ZVATINODA (WHAT WE WANT!)

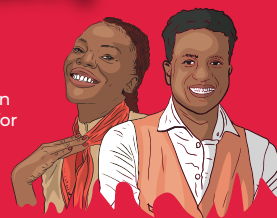
Healthcare workers to be more kind and understanding and less judgemental about young people being sexually active.



Provision of free self-testing kits delivered at the community level by other young people for privacy



Youth-only testing centres/days or community hubs in accessible places for youth.



## HIV testing preferences

Young people have diverse preferences for HIV testing, with some preferring blood tests at clinics or hospitals because of perceived accuracy and accessibility, and others preferring self-testing because of privacy.

## Barriers to HIV testing

YP barriers to HIV testing include the fear of a positive result, stigma as demonstrating that they were sexually active, negative treatment by some healthcare professionals, and cost of self-testing kits

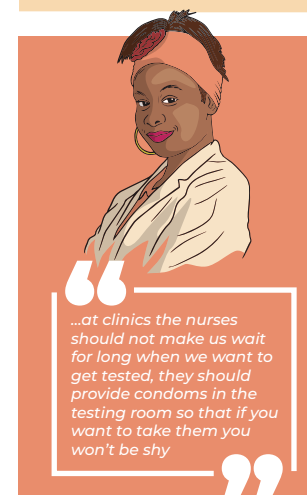
## Facilitators to HIV testing

Facilitators included counselling from nurses making them feel comfortable, free HIV testing services, community-based testing services, privacy and confidentiality.

## Knowledge and information on HIV

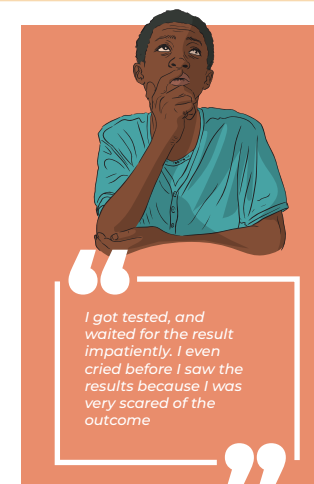
- Most young people understand the modes of HIV transmission ie through unprotected sex and mother-to-child transmission
- A few young people were unsure on whether HIV can be transmitted through touching objects or kissing.

HIV-	HIV +
<b>Consistent and correct use of condoms:</b> to prevent HIV infection	<b>Consistent and correct use of condoms:</b> to prevent transmitting HIV
<b>Test for STIs:</b> testing and treatment for STIs reduces risk of HIV infection	<b>Test for STIs:</b> testing and treatment for STIs reduces risk of HIV transmission
<b>PrEP:</b> Daily use of Pre-exposure Prophylaxis prevents HIV infection among those who feel they are at risk or engaging in high-risk sex	<b>ART:</b> Adhering to antiretroviral treatment will improve health and quality of life and prevent HIV transmission
<b>PEP:</b> Post-exposure prophylaxis within 72 hours of exposure to HIV through high-risk sex can prevent HIV infection	<b>HIV Care and Treatment for Life:</b> Regular HIV treatment monitoring and staying on ART is important for living a long a healthy life and preventing HIV transmission
<b>Healthy lifestyle:</b> seek out healthy behaviours and relationships where possible, avoid substance misuse and high-risk sex	



## YP Speak to know: HIV Testing

**Raw sex:**  
unprotected sex



## If HIV negative use an HIV prevention method that works for them:

- Condoms

- PrEP

## YOUNG PEOPLE'S COMMITMENTS

- We commit to getting tested for HIV.
- We commit to seek knowledge about HIV testing from the health services providers.



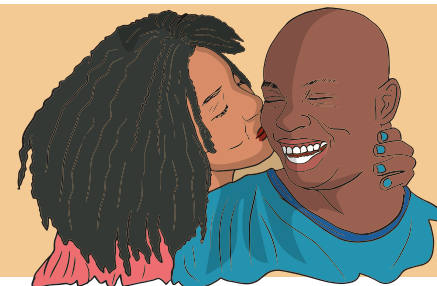
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## ZVATINODA! What We Want!

## YOUNG PEOPLE'S RELATIONSHIPS

What matters to young  
people (YP)?



### YP SPEAK TO KNOW: YP RELATIONSHIPS

**Blessers:** older men/sugar daddies that have relationships with younger women in exchange for money or gifts

**Ben 10:** younger men that are in a relationship with older women/sugar mama in exchange for money and gifts

**Sex buddies:** people who meet only for sex regardless of age and marital status- no strings/feelings are attached

### TYPES OF YP RELATIONSHIPS IN URBAN SETTINGS

- YP are aware of and involved in complex relationship circles in urban settings which include sexual relationships with older people such as young women with older men/sugar daddies (Blessers) and young men with older women/sugar mamas (Ben 10)
- YP to YP relationships: this involves young people being sexual partners in a committed relationship.
- Sex buddies: This kind of a relationship is a 'no strings attached' casual one.

## ZVATINODA! (WHAT WE WANT!)

- HIV testing** for YP in a relationship and their sexual partners
- Open and free space for relationship discussion and guidance** including counselling on how to negotiate for safer sex and HIV testing with partners, particularly Ben10s and Blessers
- Safe sex discussions** with parents, HCWs and community
- Sustainable relationships:** long lasting, loving relationships with dedicated partners

### CHALLENGES OF RELATIONSHIPS IN YOUTH

- Sugar daddies/sugar mama demand unprotected sex exposing YP to HIV, STIs, unintended pregnancies, and no long-term potential
- Urban reality that many relationships are not sustainable and do not lead to marriage and making a family
- YP may be in multiple types of sexual relationships at the same time i.e. dating a blesser/sugar mama and dating a YP of his/her age for marriage
- YP lack negotiation skills for safe sex in a relationship where the partner is older than the YP

“  
Well most common relationships are... some young girls are dating older men who are almost their father's age in search of money.... because of peer pressure, poverty and desperation.  
”

### FACTORS INFLUENCING YP RELATIONSHIPS



Poverty. Need for financial and material gain



Social media, google, internet and TV programs (increasingly)



Peer pressure from fellow YP to be in a sexual relationship



It is considered backwards in the urban setting not to be in a relationship between 18-24y.



Parents (although decreasing influence).

### What is a healthy relationship?

You know you are in a healthy relationship when:

- your partner loves you for who you are
- your partner treats you with love and respect
- you communicate openly and honestly with each other
- you feel that special caring connection and you only want the best for each other
- You are kind and loving towards each other.

Signs of an unhealthy relationship

You may be in an unhealthy relationship if:

- you feel you can't be yourself
- your partner lies to you or manipulates you
- your partner uses physical or emotional abuse or is violent towards you
- you are being pressured to do things you're not comfortable with.

Source: **CHIIEDZA Wellness Guide**

## YOUNG PEOPLE'S COMMITMENTS

- We commit to engage in healthy relationships.
- We commit to encourage each other not to be involved in harmful relationships.



This work was supported by the Medical Research Council UK Research and Innovation Public Health Intervention Development (PHIND) grant [MR/T003200/1]







## ZVATINODA! What We Want!

## PERSONAL HYGIENE What matters to young people (YP)?

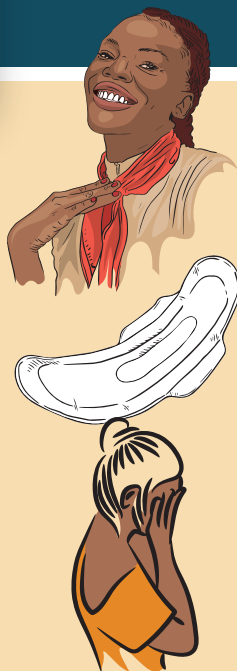


A study in Masvingo Province found 41% of schools reported girls missing school because of menstruation. The main reasons for missing school were untreated period pains, embarrassment and stigmatisation due to lack of suitable menstrual hygiene products (Ndlovu & Bhala, 2016)

### ACCESS TO HYGIENE PRODUCTS, ESPECIALLY SANITARY PADS FOR FEMALE YP

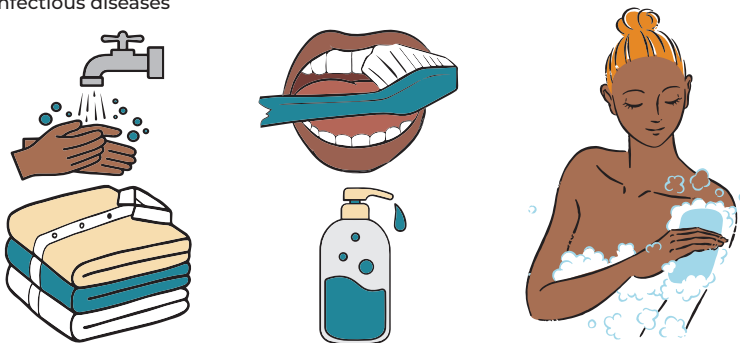
YP believe that access to free sanitary pads for girls is important for personal hygiene

Due to unavailability of sanitary pads, young females often use cloth, which produces odour and can result in yeast infections.. Female YP avoid going to school during their periods.



### UNDERSTANDING AND EXPERIENCES OF PERSONAL HYGIENE

- Young people place a strong importance on personal hygiene for health - the importance of cleaning the body every day, wearing and ironing clean clothes, washing hands, living in a clean environment, and brushing your teeth- for both young women and young men.
- YP indicated that maintaining good personal hygiene gives one a good appearance and improves mental health by boosting self-esteem and confidence, as well as improving social health through improving social interactions
- Personal hygiene was also seen to keep one healthy and to prevent the spread of infectious diseases



“  
Yes, even producing more of those reusable sanitary wear so that those that cannot afford to buy every month can use them  
”



“  
Because if you don't brush, it results in bad smell coming from your mouth and with time it will lead to teeth decay  
”

### YP SPEAK TO KNOW: PERSONAL HYGIENE

**Mascene bho:** private parts of the body need to be clean

### CLEANING YOUR VULVA

Clean your vulva with your hand or wash cloth and warm water

### CLEANING YOUR PENIS

#### Circumcised penis

1. Hold the base of your penis
2. Clean with wash cloth and water
3. Pat dry with towel

#### Uncircumcised penis

1. Gently pull back foreskin
2. Clean with wash cloth and water
3. Pat dry with towel

## ZVATINODA (WHAT WE WANT!)

Community awareness programs that teach YP on cleanliness and menstrual hygiene



Clean environments: rubbish collection and access to water



Free distribution of hygiene products at youth hotspots: soap, toothpaste, sanitary wear



## YOUNG PEOPLE'S COMMITMENTS

- YP commit to maintain cleanliness always
- YP commits to seek help in form of capacity building in making re-usable sanitary wear.

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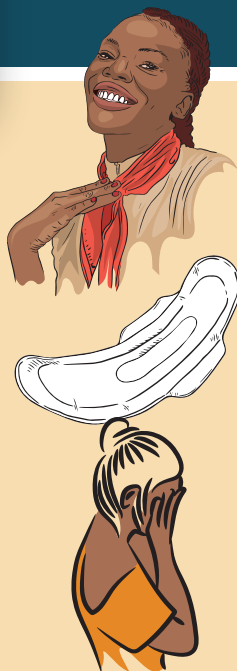


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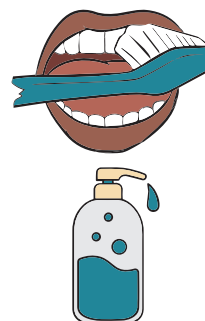
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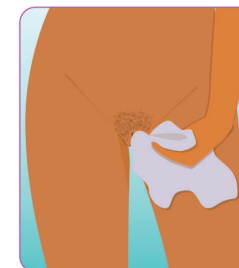
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### PENIS HEALTHCARE CHECKLIST

- 1 GROOMING AND CLEANING**  
Trim or shave carefully, clean with warm water and mild unscented soap  ☐
- 2 SELF-EXAMINATION**  
Examine carefully 2x a month post shower, look out for any hard lumps or nodules  ☐
- 3 STI RED FLAGS**  
Flu-like symptoms, pain, skin irritation, odour, discharge  ☐

### Remember to clean your vulva



Clean your vulva with your hand or wash cloth and warm water

<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/Cleaning-your-vulva-F.pdf>

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