

EVALUATION REPORT OF SEXUAL AND REPRODUCTIVE HEALTH EDUCATION PROGRAM AT CLUB RAFIKI'S URBAN DANCE SCHOOL

December, 2017

1.0 Abbreviations

AIDS:	Acquired Immuno Deficiency Syndrome
FGD:	Focus Group Discussions
HIV:	Human Immuno- Deficiency Virus
KIIs:	Key Informant interviews
MYICT:	Ministry of Youth, information communication and Technology
SRH:	Sexual Reproductive Health
STI's:	Sexually Transmitted Infections
STDs:	Sexually Transmission Diseases
UDS:	Urban Dance School
YFC:	Youth Friendly Centre

2.0 Introduction

Club Rafiki is a not for profit organization operating in Rwanda. Club Rafiki join hands with Indigo Foundation and commenced Urban Dance School (UDS) in 2012 offering a program of dance classes for young people between 6 to 18 years. Club Rafiki has been operating a Youth Friendly Centre (YFC) providing sexual and reproductive health education programs and laboratory testing for pregnancy, HIV and STIs since 2010. Shortly, after commencement of the UDS, Club Rafiki decided to establish the links between YFC and the UDS. These links included the following:

- Regular (monthly) short sexual and reproductive health education briefings and the end of dance classes. The briefings are held at Nyamirambo, Mageragere and Kanyinya.

- Dancers are fully trained in several dance performances to attract members of the public so that they can teach them about Sexual and reproductive health education. Their audience talk and provide information on SRH like family planning with the help of Club Rafiki health professionals.
- Training of 30 dancers as peer educators on HIV awareness and prevention (my talents, my health)
- Training of 30 dancers (some of whom had previously been trained with partnership projects like, “My Talent My Health programme implemented in 2013” as educators to work with peers to reduce the likelihood of unwanted teenage pregnancies. The holding of small and large public events – dance competitions, dance parties and debates as occasions on which young dancers interact with their peers to inform them about the prevention of HIV and unwanted pregnancy.
- At some events, attendees particularly young people, are tested for HIV, pregnancy and STIs

3.0 Main objective of the study

The main objective of the study was to assess the effectiveness and impact of the sexual and reproductive health education on:

- all participant’s in Rafiki’s Urban Dance School
- the dancers who have been trained as educators of their peers and,
- other young people in the community who have been reached by those dancers trained at UDS as peer educators

The study also aimed to assess the content, method of delivery and frequency of sexual and reproductive health briefings provided to young dancers at the end of regular dance classes, assessing the effectiveness and impact of these regular briefings on the young dancers, the frequency of visits made to villages by dancers accompanying the Club Rafiki’s health professionals, the effectiveness and impact of dancers’ contribution to the briefings provided by the Club Rafiki professionals, the content and method of delivery of the initial training (and any training refreshers and updates) of young dancers to become peer educators, the effectiveness and impact of this training on dancers’ capacity to educate their peers on the prevention of HIV, prevention of unwanted pregnancies and prevention of STIs, the effectiveness and impact of education provided by young dancers to their peers both more formally, at events specifically organized by Club Rafiki and informally in their day to day interactions with their peers and the numbers of dancers trained as educators, how many of those originally trained, remained in the program, the reasons some have left the program and some assessments of the numbers of young people in the community who have been reached.

3.2 Target population

The target population was mostly in and out of school children (between 12 to 18 years), Club Rafiki members, teachers in targeted schools of Mageragere, Kanyinya and Nyamirambo, health professionals, teen mothers, and other stakeholders in the education sector.

3.3 Assessment methodology and limitation

Desk review (project documents, and other documents related to Urban Dance School by Club Rafiki) were used to get secondary data while focus group discussions (FGDs) and key informant interviews (KIIs) were used as the suitable method to gather additional data from the field. The study used participatory approach involving in and out of school children and dancers to capture lessons. Due to the nature of the project, operational costs and time constraints, the sample size was purposive as indicated on the table below:

3.4 Respondents:

Category	Target	Data collection method
Interview guide with school children	12 to 18 years	Survey
Interviews with peer educators and teacher representative	<ul style="list-style-type: none">- 1 peer educator per school- Community leaders	Interviews
Interview with health professionals	1 health professional per village	Interviews
Discussion with peers on HIV awareness and prevention	12 school children (12 to 18 years)	Focus group discussion
Discussion with peers on teenage pregnancy	12 school children (15 to 18 years)	1 FGD
Interviews with other children in the village about the contribution of urban dance	12 children per community (12 to 18 years)	Group discussions
Interview with Club Rafiki members	<ul style="list-style-type: none">- 1 Student's committee member per school- Club Rafiki members	interview

4.0 Description of findings from study

4.1 The content, method of delivery and frequency

The teenagers and peer educators reached (at schools) using FGD's and interviews indicated that Club Rafiki uses a peer friendly document to deliver the messages. From a focus group discussion with teenagers at Kanyinya they revealed that Rafiki has a peer friendly sexual and reproductive health content and a good content on HIV prevention and family planning education programs. They revealed that they have learnt several life and good behavioural skills related to self-respect, self-control, self-esteem, actualization and participation in decision making. They revealed that RAFIKI uses Hip Hop dance school as a method to motivate youngsters. They revealed that the content is delivered

using Hip Hop, Reggae, Funk, Rap etc. and such dance make children to enjoy, feel relaxed and improve their social, mental and physical development. They revealed that this activity is done twice a week or every month and at the end of every regular dance classes at school by help of peer educators and Club Rafiki members. A group of 36 students that participated in group discussions rated their satisfaction about the content, the method of delivery and the frequency of occurrence as on the table below:

Satisfaction	Very Good	Good	Fair	Needs improvement
Content	N=26 (72%)	N=6 (17%)	N=2 (5.5%)	N=2 (5.5%)
Method of delivery	N=24 (67%)	N=9 (24%)	N=1 (3%)	N=2 (6%)
Frequency	N=18 (50%)	N=11(31%)	N=0 (0)	N=7 (19%)

From the table above, the students appreciate the content and the method of delivery by Club Rafiki. However, they indicated that the frequency of delivering the method should be increased or improved (50% and 19% respectively).

4.2 The effectiveness of briefings and messages

The peers revealed that they are always given regular briefings and messages by young dancers on matters related to sexual and reproductive health both in and out of schools. The young people also learn valuable life skills such as working in teams, learn to commit to attend classes regularly and on time and build their self-esteem and confidence through participating in public dance performances. And coming along to the dance classes puts them in touch with the Club Rafiki other great programs. Several briefings on sexual reproductive health, teenage pregnancy, HIV prevention and prevention of STIs were provided using urban dance classes, youth Club Rafiki's, sports activities and briefings using health professionals at youth friendly and health centres

4.3 Importance of the above briefings on young dancers on sexual and reproductive health

The peers revealed that they learnt a lot from briefings and messages communicated by dancers. For example they learnt how to use of condoms, avoiding bad company's which can drive them into sexual abuse, rape girls, learnt how to abstain from sex, knew how girl's periods change, body changes during growth and development, how to say no to sexual abusers, knew girl's fertility periods, knowledge on aids and how to prevent it, how to control sexual transmitted infections (STIs), how to respect one another, to report sexual abuse cases, how to maintain cleanliness of private parts, how and when to go for counselling session, how to educate others about avoiding sexual behaviours and many others.

Club Rafiki contributed to several achievements/policies and supported the government of Rwanda to achieve partly its objectives related to sexual reproductive health education. The policy on adolescent sexual and reproductive health takes into consideration the scope of characteristics of adolescents and young adults as heterogeneous group. Thus, addressing the unique needs presented by diverse groups of adolescents and young adults requires programs to make informed and conscious decisions to ensure projects identify the demographic mix of youth in the community being targeted for services, including: young people-living with HIV, commercial sex workers; homeless and street adolescents/youth, adolescent couples and parents, young people living with disabilities, marginalized groups such as Gay-Lesbian-Transgender¹ (Ministry of Health, 2011-2015). There was a friendly and constant training with the youth. Club Rafiki has contributed to the realization of the government strategy to reach out to children especially youth in reducing early pregnancies, stopping the spread of HIV and reduction of STDs in areas where Club Rafiki operates. The community is made aware of the sexually STIs and voluntary counselling and testing for HIV.

4.4 The effectiveness and impact of Club Rafiki Activities

The peer educators helped much to reduce unwanted teenage pregnancies using Club Rafiki activities like dance, outreach campaigns, debates and sports. From the focus group discussion with students, it was indicated that the youth feel more attracted to Rafiki's activities because they are conducted by their peers who are always open and willing to share views with their peers. The facilitators easily share their messages and views to other Club Rafiki members and fellow peers at school. As a result peer educators reaching out to their fellow peers, girls feel free to come and participate in RAFIKI activities.

In a focus group discussion, Uwase Nadia, aged 18 years of ES Nyamirambo said, "We feel more comfortable to participate in Rafiki activities because their activities are more youth friendly. Girls for example are now open and feel free to come and see a healthy for any advice or for counselling. We are open and open to work with health workers hand in hand. By help of our peer educators and health staff, most of us (the youth) have gone for HIV testing and we know our status. Those who found problems of either being pregnant of infested with HIV have gone for counselling and life continues", said Uwase Nadia.

In schools and communities where the activities of Club Rafiki and Indigo foundation are implemented, teenage pregnancies and HIV infection has reduced tremendously. There are clear evidence to prove that teenage pregnancies were reduced. (According the Club Rafiki annual report of July 2015 to June 2016, **981** young people are tested; **607** of them are aged of **15-24** and **255** were pregnancy positive

¹ADOLESCENT SEXUAL REPRODUCTIVE HEALTH AND RIGHTS POLICY IN RWANDA, page 13

equivalent of **42%** and Club Rafiki Annual Report of July 2016 to June 2017, 803 youth are tested; **464** of them are aged of **15-24** and **111** were pregnancy positive equivalent of **23.9%**).

The teenage youth have improved knowledge regarding the spread and prevention of HIV as well as unwanted pregnancies. This has also been improved by the participation of girls in awareness raising campaigns, debates and discussions among teenage youth. One participant aged 13 years from Biryogo said,

“Before the introduction of Rafiki activities in our community and our school, there were many cases of teenage pregnancies and high spread of HIV infection. Currently, there were some pregnant cases in the Gitega sector and we hear our neighboring sectors always complaining of various teenage cases of unwanted pregnancies. There was a high turn up of girls in our school and community who visited the health staff for HIV, STIs and pregnancy counselling and testing. Both girls and boys freely came for counseling and testing for HIV and STIs”, said by Bizimana Sumaile.

The respondents indicated that the public events, dance competitions, parties and debates conducted by Club Rafiki members and peer educators contributed a lot to the prevention of HIV and unwanted pregnancies. Among the youth that were counselled and tested for HIV and pregnancy, some of them were affected by the above cases. Those that were positive (victimized) were helped and advised by health workers on how well to behave and not to give up their lives. Some girls that had become pregnant had dropped out of schools. However, the messages communicated in public events, outreach campaigns and discussions, made some of such girls come back to school. Such girls (victims of unwanted pregnancies) are now active members of UDS and peer educators. As a result, there was a significant reduction in unwanted pregnancies, back to school for some girls who had dropped out, speaking out in public by girls and increased number of youth participating in public campaigns and debates. One girl aged 15 years from Kimisgara School said,

“Now we know our rights. We have acquired the power to speak in public which we never did before. I am sure all girls here can say “NO” to sex workers, sugar Daddies and can choose not to indulge themselves in sex anyhow”, said by Dushimimana Tadfil of Kimisagara.

The participants, particularly young people (girls and boys) appreciate the work of Club Rafiki. They revealed that at all activities and events youth turned up in large numbers for RAFIKI'S activities like sports and dance competitions. Where Rafiki supported or offered social and communication services like internet, very many teenage youth access such services. Besides these, youths keep on visiting the Health workers every day to benefit on the services of counselling and testing. This implies that the content and methodology offered by Rafiki is appreciated. The services offered by Rafiki are not found anywhere i.e. it is not common to find youth trainers training and sensitizing their peers.

Club Rafiki is popular and very effective in the communities with regard to awareness raising on sexual reproductive health education. The local leaders interviewed revealed that Rafiki promotes sex education using fliers and booklets with sex education (SRH, HIV and STI's). They said that the messages are clear and written in a youth friendly way. Through community outreach campaigns, the community is sensitized in collaboration with local leaders especially on community work days (Umuganda). Rafiki's activities are also visible on events and celebration of special functions like Women's day, the day of the girl child, day of African child etc. In schools where UDS operate, Rafiki members share willingly with other Clubs at school like anti- SIDA, debating Club, never again etc. The local leaders also revealed that the messages acquired from Rafiki activities are also shared with family members by youth at home especially with their sisters and brothers.

4.5 The effectiveness of content and methodology of delivery

The content of sexual and reproductive health education delivered included among others a message on testing and counselling, community sanitization on sexual reproductive health, back to school sensitization messages, promotion of talents (talent's show), economic and financial saving groups (to avoid being tempted by sugar daddies) and sports activities to avoid bad companies. A sugar Daddy relationship is one between an attractive young woman and a generous older man. The content was delivered 3 times in a month.

Several visits were made to villages and other locations by dancers. There are 18 outreach campaigns done by Indigo foundation in a year but in partnership with other projects like "My talent my health". There were also 10 outreach campaigns with a message, "because we are the future" and many others which help in sensitizing youth and the community about sexual and reproductive health. Rafiki worked in collaboration with other partners like indigo foundation, Ministry of Youth, information, communication and technology (MYICT). Club Rafiki has mainstreamed gender in all of its programs including UDS Programme. We always make sure that in our report, the number of male and female reached is mentioned. It is important to develop and submit more proposals on adolescents² (CLUB RAFIKI, 2017).

4.6 The effectiveness of UDS on behavioural change

The dancers/peer educators contributed a lot to behavioural change among teenage youth (in general both in rural and urban areas). Dance and singing is a life of young people and if is done by the youth it transforms their behaviour towards sexual and reproductive health. The respondents testified that the Club Rafiki activities have helped them to change their behaviours, attitudes and values. One of the respondents said,

² CLUB RAFIKI First semester report, January 2017

“Through Club Rafiki events, discussions and hearing testimonies from Club Rafiki members, I have acquired knowledge about family planning techniques and HIV/AIDS prevention and sex education programs. These discussions and programs have increased my understanding about sexual health. In my opinion, using urban dance and sports is one of the best platforms to attract teenage youth and educate youth about sexual and reproductive health”, said Iradukunda Joselyne of Kanyina Urban Dance class.

It was revealed that young dancers have greatly contributed to the change in knowledge and behaviours, attitudes and values of their peers. As earlier said, the peers willingly participate and adhere to the activities and actions taken from Club Rafiki, events and community outreaches. They are motivated by seeing their peers conducting awareness raising education on sexual and reproductive health as well as holding public debates and discussions. Generally, the Club Rafiki trained 200 dancers/peer educators who transmit SRH messages to their peers. The first quarter narrative report, (October, 2017) indicates that the general attendance of students in RAFIKI activities is relatively good (33% for girls to 67% for boys)³

5. Challenges in implementing Club Rafiki activities

Although the youth appreciate the activities done by Club Rafiki, there were also challenges in implementing sexual and reproductive health education programmes. Below are the challenges as highlighted by the respondents:

- Not all teenage youth especially girls easily visit the health staff to tell that they are pregnant. This is also linked to the cultural beliefs and the traditional norms. Some parents do not talk to their children about sexual reproductive health.
- There are fewer health works for counselling and testing. Only those working with Rafiki are conducting outreach activities to raise awareness on SRH to community
- There are limited funds to buy contraceptives and other family planning services
- Parents have no time to discuss and listen to their children or listen for advice on regard to SRH, STIs and unwanted pregnancies.
- There is an increasing number of boys participating in UDS compared to their female counterparts. This limits awareness raising/creation meetings both in and out of school.
- In rural areas, there is high school dropout due to high pregnancies and sometimes difficult to do a follow up on them. There are in other words, fewer staff to follow up on girls dropping out of school and the reasons for their drop out.
- Some Sports activities done by Club Rafiki don't favour girls. In addition, there are fewer spaces for games and sports where the Club members can go to educate their peers on SRH.
- It is hard to mobilise people without an event like Umuganda, Heroes day etc. so as to teach them on SRH

³ CLUB RAFIKI first semester report.

- Short term limit by the project and limited coverage with limited funds. There are therefore, no constant trainings to the trainers/peer educators to keep them updated about SRH.
- The security for safeguarding the Club Rafiki's equipment during the dancing demonstrations especially during the rainy season was not good in some sectors like kanyinya and Mageragere. There was no room or conducive environments for dancers.

6. Lessons learnt

There are some lessons learnt from implementing the activities of Club Rafiki.

These include the following:

- Peer educators and health staff have become an eye opener that help teenage youth to sensitize their peers and stop prostitution, unwanted pregnancies, stop HIV and sexually transmitted infections.
- Young people look at Rafiki as an answer to their problems on SRH. They have seen most of their problems being answered by their peers compared to their family members.
- Youth like to be involved in activities like football, basketball, urban dance and training their fellow youth on SRH. They train their fellow youth without any assistance from the coach and at no payment.
- Sexual reproductive health education is a powerful tool that can be used to reach many young people (boys and girls) and can help them become aware of the growth and development of their sexual organs and sexual and reproductive health.
- Peer group members take serious sexual and reproductive health lessons when taught by their fellow peers compared to when it is done by a non-member

7. Recommendations

It was recommended that Club Rafiki should do the following to improve their work :

1. There is need to put more emphasis on training and supporting youth on self-sustenance or supporting them with funds for income generating economic skills linked to SRH education so as to keep Rafiki's activities sustainable. That is to say; the urban dancers need more funds to start small micro finance projects like keeping of smaller animals like rabbit rearing, poultry farming, goats keeping, piggery, shoe making, hair dressing, welding etc. which can help them raise money to buy some sanitary materials like soap, Vaseline, transport fees and to buy some scholastic materials.
2. There is need to support the youths with durable sensitization package like kits or supporting them to produce and edit their own sensitization films
3. There is need to increase the sensitization materials like condoms, pills, films to show sex education, training of parents and community leaders packages
4. There is need for more feminist activities to encourage girls to participate in peer education. Such activities include swimming, cinemas, hairdressing, cooking, sewing, cooking etc

5. There is need to increase savings among peer groups and Rafiki members so as to create a difference between other peers in regard to prevention of STDs and reduction of unwanted pregnancies.
6. There is need to create more awareness of local leaders and parents with regard to sensitization and provision of more trainings on SRH
7. The club dancers do not have sufficient equipment like instruments and cultural or traditional equipment to help them compete effectively in creating awareness on sexuality, unwanted pregnancies, HIV and other SRH issues
8. There is need to equip the club members with skills to promote their talents

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