



Jordan Country Office



# Shobbak Sehatna

(the Window to Our Health)





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## Statement by the Higher Council for Youth



Population research and studies showed a number of health issues for women, youth and children that should be addressed such as the need for providing quality health care for young mothers and children whether at the individual level or the community level; raising community awareness of the health and psycho-social needs of youth; promotion of healthy life styles among young people; producing IEC and media messages to address the needs of young people in reproductive health and their future family roles; increasing participation of young people in reproductive health programmes/projects and decisions related to their reproductive health; and support of youth led initiatives.

Building on the findings of such studies, this programme aims to increase the health awareness among young people; emphasizing the importance of healthy diets and eating habits; train youth on healthy life styles and practices; enhance the communication between youth and their parents; provide simple and practical answers to questions raised by youth in relation to reproductive health and puberty; in addition to enhancing the role of the Ministry of Health and the Higher Council for Youth in providing youth friendly health services.

We hope that this programme and its objective outlined in this booklet find the attention of youth workers. We would also like to extend our thanks and appreciation to the United Nations Population Fund for their fruitful and continuous cooperation to serve the Jordanian Youth who are the hope and priority of His Majesty King Abdullah II Bin Al-Hussein.



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### Statement by the United Nations Population Fund (UNFPA)

More than 1,700,000 Jordanians are between the ages of 10 and 24 making up more than 33% of our population. Working with and for youth in Jordan has been a priority among so many national and international partners including UNFPA. Today, given the demographic transition the country is witnessing, investing in young men and women, their health and well-being becomes even more important, to ensure that this large and important segment of the Jordanian society is empowered to contribute fully and responsibly to the country's national development.

UNFPA, the United Nations Population Fund promotes and protects the rights of young people. It envisions a world in which girls and boys have optimal opportunities to develop their full potential, to freely express themselves and have their views respected, and to live free of poverty, discrimination and violence. UNFPA works with national and international partners to achieve this vision in Jordan, and ensure that youth are empowered with the right knowledge and skills especially as it relates to their health and well-being.

Given our shared vision, UNFPA is proud of its partnership with the Higher Council for Youth as part of its seventh programme of cooperation with the Jordanian Government for the years 2008-2012. Through a series of innovative and participatory approaches we hope to work together with the Higher Council for Youth, to touch the lives of Jordanian youth, promote and protect their rights and help them in living a healthy and responsible life.





## The Higher Council for Youth

The Higher Council for Youth, the legal body for working with youth in Jordan, performs its task in accordance with the Higher Council for Youth law no. 13 for the year 2005. The Council is the official entity that draws national youth policies in coordination with governmental and non-governmental organizations.

### The objectives of the Council

1. Ensure the upbringing of responsible youth adhering to their faith, belonging to their country and nation, aware of the nation's cultural heritage and values.
2. Ensure youth's patriotism to our homeland and loyalty to the Hashemite leadership, respect for the constitution, the sovereignty of law and human rights and freedom.
3. Organize the youth capabilities and enhance team work and voluntarism values in a manner that best achieves their active participation in sustainable human development.
4. Encourage youth to engage in recreational sports for physical fitness and self-discipline purposes.
5. Provide a balanced human development process and opportunities to youth in order to develop their talents and capacities.



## The United Nations Population Fund

### UNFPA Mission Statement

UNFPA, the United Nations Population Fund, is an international development agency that promotes the right of every woman, man and child to enjoy a life of health and equal opportunity. UNFPA supports countries in using population data for policies and programmes to reduce poverty and to ensure that every pregnancy is wanted, every birth is safe, every young person is free of HIV/AIDS, and every girl and woman is treated with dignity and respect.

The United Nations Population Fund, because everyone counts

### UNFPA in Jordan

UNFPA started its work in Jordan in 1976, with five-year plans developed between the Government of Jordan and UNFPA. Both parties are working now to achieve the Seventh Country Programme of Cooperation (2008-2012).

### The Framework

The Government of Jordan and UNFPA Jordan will build on their mutual agreement and cooperation for the realization of the Millennium Development Goals (MDGs) and the United Nations Conventions and Summits related to UNFPA's three focus areas to which the Government of Jordan and UNFPA are committed to, these three focus areas are:

- Population and Development
- Reproductive Health and Rights
- Gender Equality

### The overall objective of the agreement signed between the Higher Council for Youth and the United Nations Population Fund is:

To enhance the role of the Higher Council for Youth to create an enabling and supportive environment to assist young people especially in the age group 15-24 to adopt healthy life styles; increase their knowledge in reproductive health concepts; and increase their demand for quality, youth friendly health services.



## Reproductive Health

### Definition of the Reproductive Health

*(as per the International Conference on Population and Development - Plan of Action paragraph 7.2)*

“Reproductive health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes.”

### Definition of Reproductive Health Care

*(as per the International Conference on Population and Development - Plan of Action paragraph 7.2)* “The constellation of methods, techniques and services that contribute to reproductive health and well being by preventing and solving reproductive health problems”

### Elements of the Reproductive Health

#### Family Planning Services and Counseling

Family planning aims to provide every couple and family with appropriate counseling in order to enable them to make an informed decision on the number and spacing of their children.

#### Safe Motherhood

Safe motherhood includes education and services for prenatal care, safe delivery, post-natal care, breast feeding in addition to infant and women’s health care.

#### Prevention and Treatment of Infertility

Infertility is usually defined as the inability on the part of a couple to conceive despite their regular attempts without using contraception over a period of at least two years. In many countries sexually transmitted diseases can be one of the major causes of infertility.

#### Prevention and Treatment of Sexually Transmitted Diseases

This component presents the prevention and treatment of sexually transmitted



diseases including HIV/AIDS. Most common sexually transmitted diseases are Gonorrhoea, Syphilis, and Chlamydia etc...

### **Raising Awareness and Educating People on Reproductive Health**

This includes educating individuals on parenthood and the human life cycle. It also includes raising awareness to help prevent breast and reproductive system cancers and educating people on menopause in addition to ensuring good health for women.

### **Prevention and Protection from Gender-based Violence**

This is one of the most complex and inextricable issues that leaves deep effects on women and girls. Women and girls exposed to violence tend to neglect their health including their reproductive health which affects all stages of their life cycle negatively.

### **Males' Involvement in Reproductive Health Issues**

Reproductive health is not related to women only. Men are equally affected and mutual decisions need to be made by couples.





## The UNFPA supported Projects in the Higher Council For Youth.

Each project addresses these elements of reproductive health for young people using different approaches.

### “The Youth Knowledge Box” Project

#### The Goal

To provide practical and simple answers to the questions raised by youth regarding their reproductive health and puberty.

#### Objectives

- To identify the knowledge gaps concerning adolescent sexual and reproductive health topics and their differences at the governorates level.
- To present information and answers on sexual and reproductive health topics in an accurate, reliable, culturally-sensitive manner that appeals to young people, taking into consideration the nature and specificity of each stage.
- To direct young people towards healthy practices in an innovative and creative way.

#### Phases of Implementation

Phase 1: Gather 10,000 questions from youth in all governorates, this phase includes the following activities:

- Train more than 100 young males and females from all parts of the Kingdom on methods of collecting the questions from young people.
- Appoint a team of supervisors working with youth to supervise the campaign.
- Prepare sealed boxes that can be only opened by the supervisors.
- Request young people to write down their questions in a confidential manner on special formats and place them in the boxes.
- Deliver the boxes to the focal points in the youth directorates, who in turn will collect all questions in central boxes.



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Phase 2: Categorize, classify and analyze answers

- Provide the questions to an initial committee for categorization purposes.
- Deliver the questions to a specialized multi-disciplinary team to answer the questions.
- Answer the question by the specialized team.

Phase 3: Answering the questions through innovative games

Design a board game reflecting the questions and answers on adolescent sexual and reproductive health. The board game can be played individually or by groups in youth centers.

Phase 4: Disseminate the board game to youth centers for use among youth.

Phase 5: Publish the analysis of questions raised, to assist in developing national programmes related in the young people's health.

### Expected Outcomes

- To limit the incorrect information that youth can get from different sources i.e. internet, peers, etc...
- To develop creative methods to provide information to youth taking into consideration the specificity of their life stages and age groups.
- To shed light on the information needs of youth in the age group 10-29.

## The "Healthy Camp" Project

### The Goal

To provide a healthy comprehensive environment to Jordanian youth allowing them to practice basic life skills and healthy life styles under the supervision of a qualified cadre (benefiting from the findings of the " Knowledge Box" Project)

### Objectives

- To increase the awareness of youth on the broad and comprehensive



concept of health including reproductive health.

- To provide high standard youth camps that meet the expectations of young people.

### **Phases of Implementation**

- Develop a manual on how to prepare for and manage a “Comprehensive Healthy Camp”.
- Train a specialized supervisory team on the concept of “Comprehensive Healthy Camp”.
- Conduct a series of “Healthy Camps” in the different regions of the Kingdom.
- Document the exercise of the “Comprehensive Healthy Camp”.

### **Expected Outcomes**

- To present a Jordanian model on how to manage “Healthy Camps” that can be replicated at the regional level.
- To increase the demand of youth for such camps.
- To increase the knowledge among youth of healthy practices.

## **Manual for young people “A Bundle of situations” to promote a positive relation between parents and youth**

### **The Goal**

To increase the awareness of youth of the “different life stages” and the responsibilities their parents face; enhance young people’s skills to communicate with their parents; and prepare them in the process for their future roles as fathers and mothers.

### **Objectives**

- To enhance the respect, appreciation and understanding of youth to their parents’ roles and the psycho-social they face during their life cycle.
- To expand the horizons of young people about the family concept and prepare them for their future roles (as fathers and mothers) in the family.



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### Phases of Implementation:

- Identify a group of 25 male and female young people based on specific criteria from different regions and diverse settings.
- Train this group on how to document the different life situations they will face with their parent in a time span of seven months.
- Analyze these life situations by experts using the life cycle approach as an analytical framework.
- Prepare a manual “A Bundle of Situations” on how youth can deal with their parents targeting both youth and their parents.
- Train youth workers on the use of this manual.
- Support the use of this manual through interactive dialogue sessions with young people and parents in youth camps and other activities.
- Prepare IEC (Information, education and communication) material targeting parents and youth.

### Expected Outcomes

- To enhance the dialogue and understanding between parents and their sons and daughters.
- To increase young people’s understanding to their future roles and responsibilities as fathers and mothers.
- To increase the awareness of youth and parents of the different life cycle stages.

## The “Healthy Kitchen” Project

### The Goal

To increase the awareness of young people, especially the age group 15 -24, of healthy nutritious diets; prevent diseases related to unhealthy diets and eating habits among young people; in addition to increase young people’s awareness of health and gender concepts through using creative and innovative methods.

### Objectives

- To increase young people’s awareness of the importance of healthy and



nutritious meals.

- To change the unhealthy eating habits and practices among young people.
- To assist young people to identify different low-cost healthy food alternatives and highlight the positive effect it has on their health generally and their reproductive health specifically.

### **Phases of Implementation:**

- Prepare a booklet of meals and their effect on young people's current and future health.
- Provide the youth centers with required equipment to conduct the activities related to the "Healthy Kitchen" Project.
- Demonstrate the use of the booklet in youth centers and camps.
- Appoint chefs and nutrient specialists to train youth, youth workers and local communities on preparing healthy nutritious meals on one hand and focus on the benefits related to the health aspect on the other hand.
- Integrate the "Healthy Kitchen" project in all youth camps.

### **Expected Outcomes**

- To enhance the healthy life styles and practices among young people.
- To help prevent illnesses related to nutrition such as obesity and anemia among youth, especially young females
- To increase the knowledge of youth on available local low-cost healthy food alternatives.

## **The "Twinning between Youth Centers and Health Centers"**

### **The Goal**

To enhance the role of the Ministry of Health and the Higher Council for Youth in providing youth friendly health services directed to young people at the local community level.



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### Objectives

- To increase the demand of youth for youth friendly health services available in the health centers.
- To enhance youth participation in determining the nature of services directed to youth in the health centers.

### Phases of Implementation

- Review the relationship between the Higher Council for Youth and the Ministry of Health within the youth and health pillar (in the national youth strategy).
- Develop a memorandum of understanding for cooperation between the Youth and Health Directorates in selected governorates.
- Prepare a joint action plan between the Youth Directorates at the Higher Council for Youth and the Health Centers in selected governorates.
- Support joint action plans between the Health and Youth centers in selected governorates.

### Expected Outcomes

- To provide young people's perspective of the available health services.
- To promote the importance of Health Centers and healthy life styles among youth.
- To support youth initiatives, at the community level, in the field of health.