



*Kuwa
Mjanja*

Parent Clinic Day

GUIDE





This handbook contains everything you'll need to know to run a Parent Clinic Day. Parents meeting is a hands-on experience that aims to build support and understanding amongst parents for Kuwa Mjanja and the positive role it can play in supporting girls to thrive!

Our aim is turn parents into advocates for their daughters and girls in their community—to support girls in making positive decisions that impact their health and wellbeing. We want parents to get involved, we want their permission, and we want them to inspire other parents to join the Kuwa Mjanja movement.

LET'S GET
started



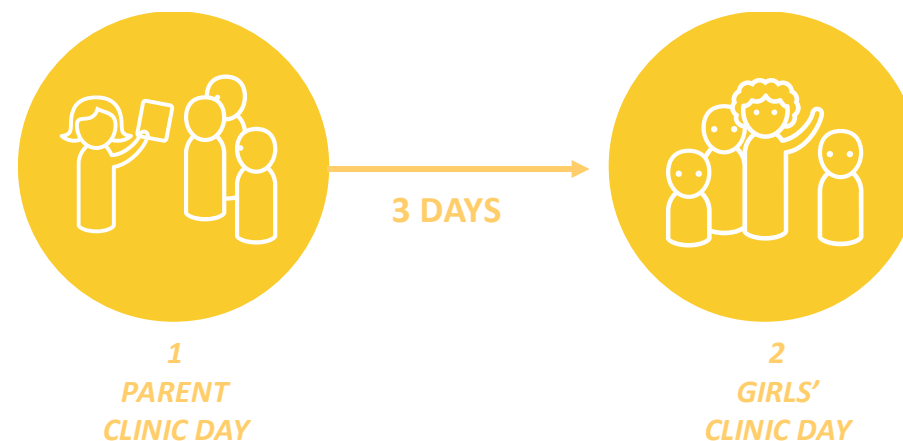
Why have separate Parent from Girl Clinic Days?

We've seen that when parents are supportive of girls accessing family planning information and services, girls are more open and comfortable. Learning about your body and sexual health can be a little intimidating for a young person. Knowing there is parental support means girls don't need to worry that they are doing anything wrong.

Parents have questions and concerns that need to be addressed. Often parents haven't been given accurate information from a trusted source. When we can address parents concerns, remind them of what it's like to be young, and connect family planning to the positive role it can play in a young person's life, we're not just getting parent support—we're shifting mindsets for long run.

Parents help us connect with girls. Mobilizing young people can take a tremendous amount of effort. By reaching girls through parents we're able to do two things at once—make sure we have parental support *and* get referrals.

We need to keep the momentum going. We always follow a Parent Clinic Day by hosting a Girl Clinic Day 3 days before. Before parents return to their busy lives, we want to build off of the excitement we've created. By hosting a Girl Clinic Day soon after the Parent Clinic Day we'll be in a better position to get a good turn out.



Every Parent Clinic Day should be 90 minutes long and is made up of 5 key parts:

1

OPENING & EMPATHY

XX MINS

3

DISCUSSION AND

XX MINS

4

DISCUSSION

XX MINS

5

ACTION

XX MINS

OPENING SESSION AND BUILDING EMPATHY



Karibu Kuwa Mjanja!

ACTIVITY: Welcome Note

Habari jina langu naitwa Natokea kituo cha ... mimi ni muelimishaji wa huduma za afya. Ningependa kuzungumza nawe kuhusu Kuwa Mjanja. Kuwa Mjanja ni fursa ya mabinti kukutana kwa pamoja kuzungumza juu ya malengo yao katika maisha, mabadiliko ya mwili na elimu ya afya ya uzazi kwa vijana. Kwa nini Kuwa Mjanja?

ACTIVITY: Kutambua Tatizo

Tumeshawahi kusikia kuhusu wasichana ambao hawakumaliza shule kwa sababu ya kupata ujauzito wakiwa masomoni?"

Athari gani nyingine zinawapata wasichana kutokana na kuingia katika mahusiano wakiwa katika umri mdogo?

Say: Je hili ni tatizo?

Ikiwa unafahamu tatizo la takwimu za mkoa/wilaya husika kuhusiana na mimba za utotoni mnaweza kuzungumzia. Uliza wazazi waseme kwa uelewa wao wanaonaje hali ya tatizo kama hili katika Jamii?

FINDING THE SOLUTION: Kuwa Mjanja

Introduce Kuwa Mjanja

Say: "katika kujitahidi kutatua changamoto hizi tumeunda brand ya kuwa Mjanja inayolenga kuwafikia vijana hasa mabinti kwa kuanzisha mazungumzo na vijana kutambua ndoto zao na namna ya kuzifikia kwa kuwapatia pia urahisi wa upatikanaji wa huduma za afya ya uzazi ili kulinda ndoto hizo!

Leo pia Ningependa kukuonyesha miongozo ya kufundishia pamoja na vitu ambavyo Binti atajifunza katika matukio yetu.

ACTIVITY: Remembering our youth?

This is the opportunity to connect parents to the problem at hand, 'Teen Pregnancy' and thus cultivate empathy for girls.

Say: "There is an exercise I want us to do! I want you to close your eyes and imagine the time when you were 17 Y.O. What is it that you see? What sorts of clothes are you wearing? Are you with someone? What's her name? What songs are you dancing to? What do you feel when you hear music?"

DISCUSSION & CALL TO ACTION



What girls learn

ACTIVITY: So what do girls learn from Kuwa Mjanja?

Say: "When we meet with girls, we talk to them about their personal journeys through puberty, we chronicle the challenges they face and we offer them tips for navigating those difficult moments."

Tell them we will be talking about:

Knowing Their Bodies, Menses, Pregnancy and Contraception.

Explain each part in greater detail.

ACTIVITY: More from the provider:

Ask the provider to talk more about each aspect, particularly on the topic of contraception.

The provider can also ask parents if they agree to their daughters receiving this information as well as services!

If the answer is YES, go to the next activity. Otherwise, carry on convincing parents.

Provider - Say: *"Do we all agree that our daughters should be given access to contraceptive information and services if and when they need it?..."*

ACTIVITY: Anything else to add, dear parents?

When parents are in agreement, discuss the girl's clinic day curriculum with them.

Ask them what they think their daughters should learn from us!

Say: "Lets divide in 3 groups and discuss together for 5 minutes on what we think is vital for our daughters to learn about when they come to Kuwa Mjanja"

Give parents the opportunity to ask questions about contraception, and allow the provider to answer them swiftly and efficiently.