

# Training on Sexual and Reproductive Health and Rights

Report of the three days' training workshop on 'Sexual and Reproductive  
Health and Rights' for the field staff of Bedari  
Dates: 15th to 17th October 2021  
Venue: Bedri Office Islamabad  
Report Submitted by: Syed Imran Haider, Allama Iqbal Open University,  
Islamabad-Pakistan

*Workshop Report*

## **Acknowledgement**

The Consultant would like to thank Bedari for providing the opportunity of facilitating the SRHR training workshop for its staff members. I would also like to express special gratitude towards Ms. Saima Toor for her excellent coordination and support throughout the process. The role of Executive Director Bedari, Ms. Anbreen Ajaib remained very productive during the process of preparation and finalization of agenda as well as workshop materials.

The most deserving gratitude is for the workshop participants who made it a successful activity by active participation and interest.

*(Syed Imran Haider)*

## Rationale for Capacity Building Exercise

Bedari is a national level non-governmental voluntary development organization in Pakistan working with women and children for the promotion and protection of their human rights. Bedari is committed to addressing the issues that prevent young people from making healthy decisions and that contribute to their vulnerability to poor sexual and reproductive health outcomes, exposure to HIV, sexual violence and undesired or unsafe pregnancy including child marriages. Many young people are also denied of access to information and support that would enable them to protect their own sexual and reproductive health.

In order to build the capacity of staff, especially the field staff, to successfully address the above mentioned issues of young people, Bedari contracted the consultant for conducting Capacity building training on Sexual and Reproductive Health and Rights. The Training was facilitated by Syed Imran Haider, an academic and an SRHR expert.

## Proceedings

### Agenda

Timings	Topic	Brief Details
<b>Day-1</b>		
9:15 -10:00	Welcome Introduction Getting acquainted Ground rules Expectations and program	<ul style="list-style-type: none"><li>• Introduction of objectives of the training by Bedari Representative</li><li>• Participants Introduction and setting of the norms – Tone Setting Exercise</li></ul>
10:00 -10:45	SRHR situation in Pakistan	<ul style="list-style-type: none"><li>• Power Point Presentation</li></ul>
10:45-11:00	Tea Break	
11:00- 12:00	The Life Skills Approach	<ul style="list-style-type: none"><li>• Brief explanation</li><li>• Short buzz groups and Discussion</li></ul>
12:00 -1:00	Defining Sexuality and Sexuality Circles (What is sexuality and communicating Sexuality)	<ul style="list-style-type: none"><li>• Brainstorming and Discussion</li></ul>
1:00 - 2:00	Lunch Break	
2:00 - 3:30	Sexuality Circles Group Work, Presentations and Discussion	<ul style="list-style-type: none"><li>• Group Work and Presentations</li></ul>
3:30 - 3:45	Tea Break	
3:45 - 4:45	Value clarification	<ul style="list-style-type: none"><li>• Statements based activity</li></ul>

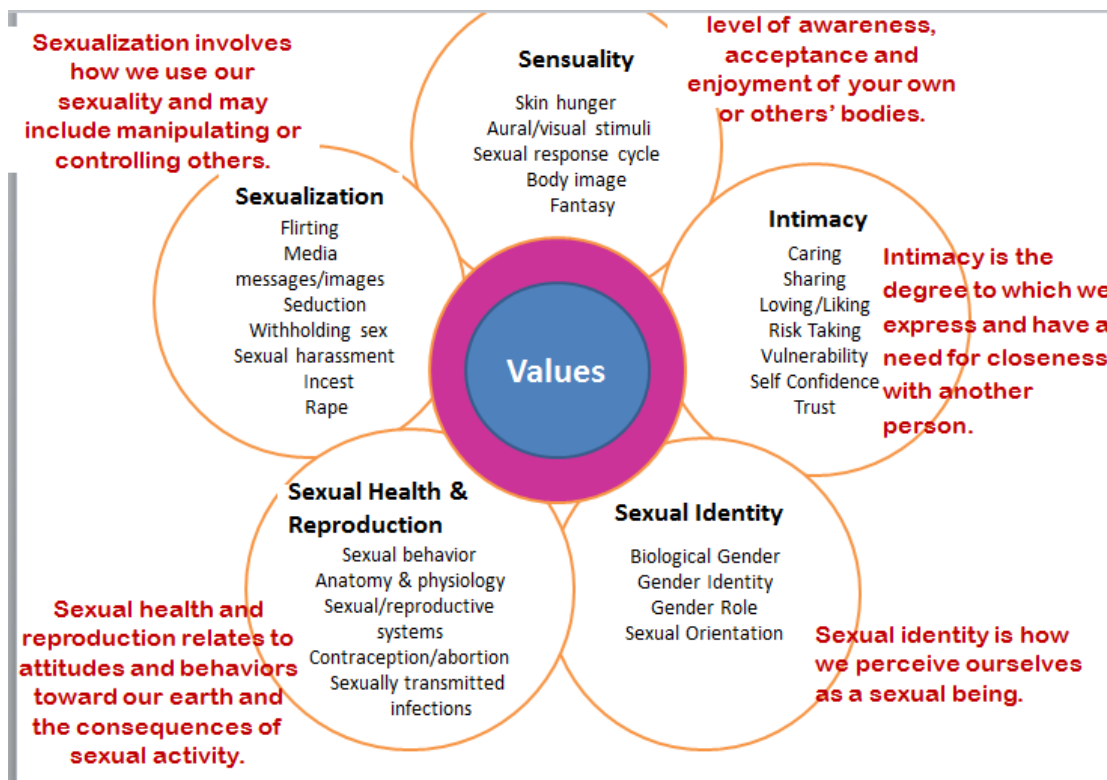
4:45 - 5:00	Day closing and feedback	<ul style="list-style-type: none"> <li>• Participants Activity</li> </ul>
<b>Day-2</b>		
9:00 - 9:30	Recap and Discussion on Feedback of day-1	<ul style="list-style-type: none"> <li>• Participants Activity</li> </ul>
9:30 – 10:30	Defining SRHR	<ul style="list-style-type: none"> <li>• Activity and Discussion</li> </ul>
10:30-11:00	SRHR Perspectives from health, human rights, social norm and law	<ul style="list-style-type: none"> <li>• Presentation and case studies</li> </ul>
11:00 - 11:15	Tea Break	
11:15 - 1:00	Needs of Young People CSE and YFHS Different Approaches	<ul style="list-style-type: none"> <li>• Brainstorming</li> <li>• Presentation and Discussions</li> </ul>
1:00 - 2:00	Lunch Break	
2:00 – 4:00 (Working Tea)	Child Marriages: Causes and consequences <ul style="list-style-type: none"> <li>- Defining Child Marriages (CM)</li> <li>- CM and Child rights</li> <li>- CM and reproductive health issues</li> </ul>	<ul style="list-style-type: none"> <li>• Presentation</li> <li>• Group work/ exercise/ role plays</li> </ul>
4:00 – 4:45	Ab Sakina parhay gi	<ul style="list-style-type: none"> <li>• Video drama and discussion</li> </ul>
4:45 - 5:00	Day closing and feedback	<ul style="list-style-type: none"> <li>• Participants Activity</li> </ul>
<b>Day-3</b>		
9:00 - 9:30	Recap and Discussion on Feedback of day-2	<ul style="list-style-type: none"> <li>• Participants</li> </ul>
9:30 -10:30	STIs/ HIV and the Cultural barriers	<ul style="list-style-type: none"> <li>• Presentation</li> <li>• Participatory discussion</li> </ul>
10:30-10:45	Tea Break	
10:45 -11.45	Self-Awareness	<ul style="list-style-type: none"> <li>• Presentation</li> <li>• Participatory discussion</li> </ul>
11:45 -1:00	Puberty and body changes	<ul style="list-style-type: none"> <li>• Explanation</li> <li>• Small group discussions- personal sharing</li> </ul>
1:00 - 2:00	Lunch Break	
2:00 - 2:30	Translating Understanding in to Project/s	<ul style="list-style-type: none"> <li>• Group activity</li> </ul>
2:30 -3:00	-Evaluation - Feedback -Closing	<ul style="list-style-type: none"> <li>• Evaluation proforma</li> <li>• Bedari</li> </ul>

## Brief Description

Day 1 focused on introduction of the basic concepts of sexuality, and presenting an overall situation of SRHR in Pakistan. It has been observed that sexuality is often perceived in limited perspective of reproductive health and functions, whereas sexuality is a much broader term encompassing many aspects of the human life. The session and exercise on sexuality circles helped the participants in understanding that sexuality is an integral part of who we are, what we believe, what we feel, and how we respond to others.

The group exercise on sexuality circles helped the participants in understanding different aspects of sexuality and how our different perceptions fit into different circles of sexuality.

*“I had never realized that sexuality could be that broad and encompassing. Being a doctor I had always thought about it in terms of reproduction and reproductive health” A participant from KPK*

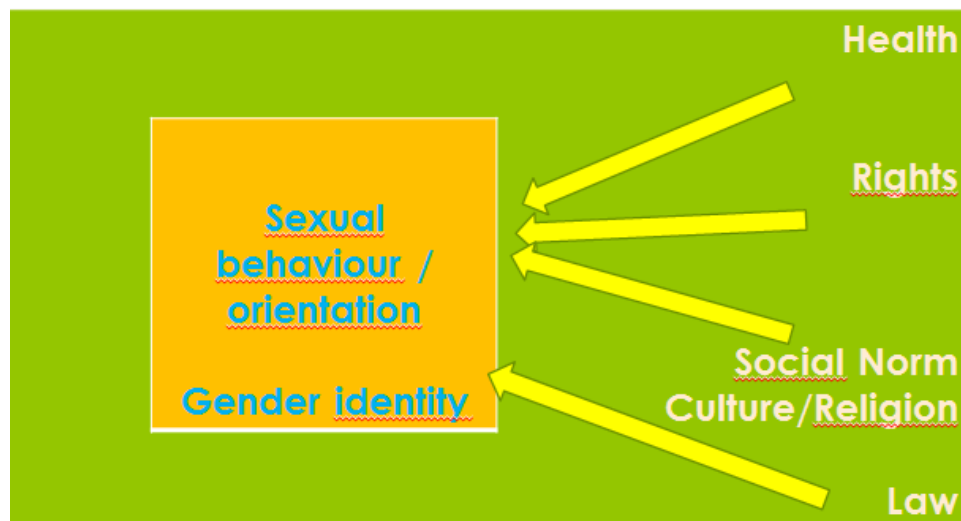


The session about the value clarification proved to be the most interesting and interactive session, where participants were given different statements and were asked to join groups agreeing and disagreeing to the statements. Once the participants joined the two groups, they were asked to give the reasons for agreeing or disagreeing with the particular statement. The ensuing discussions resulted in animated debates and provided the facilitators to clarify the values behind those statements. Some of the statements were:

- Comprehensive Sexuality Education can lead to early initiation of sex amongst young people
- If a newly pregnant married woman comes to a doctor and the doctor considers that her health situation does not allow her to carry the pregnancy. Rather it can be very harmful for her survival. But the woman insists on continuation of pregnancy and does not agree with the Doctor. Whether the doctor should force her to follow advice?

The discussion helped the participants evaluate their own perspective and question their paradigms. The facilitators examined the arguments through the questioning technique and ensured that participants could differentiate between their personal beliefs and their professional obligations. Though it was felt that for some of the participants it was quite difficult to accept the fact that they had to adopt the rights based approach keeping aside their personal beliefs and practices, yet majority of the participant showed sound understanding of the rationale behind the exercise.

Day 2 started with the session about SRHR focused on defining SRHR and explanation different areas and domains of SRHR. The participatory activity helped the participants to understand the broad as well complex nature of SRHR along with their linkages with basic human rights. Most of the participants displayed good understanding of the concept of the basic human rights and were able to link them with SRHR rights.



The next session of the day dealt with perspectives on SRHR. The discussion in this session was related to the discussion on value clarification, held previous day. While dealing with any situation which they might come across, the field workers as well as other service providers have to keep in mind different perspectives, which include: Health, rights, social norms and law. While dealing with SRHR, it is even more important to understand and apply these perspectives. Without understanding the perspectives, it would be difficult to fully respect and protect the sexual and reproductive rights of others.

After covering these very core and basic areas, the training sessions turned towards the focus area of the training. A session on needs of young people to understand the importance of Life Skills Based Education and youth friendly health services was held. Different educational approaches including Life skills based education, abstinence only education and comprehensive sexuality education were explained and discussed. Participants were of the view that for the Pakistani context a wise blend of Comprehensive Sexuality Education and Life Skills Based Education could be beneficial to protect the SRH rights of young people.

Afternoon session was on child marriages, its definition, situation and consequences. After a video drama on the issue a sensitivity level was developed so the focus remained on how to communicate about these issues in the community. The skills were further strengthened by Mock session and role plays on different situations.

Last day of the training covered some specific areas of SRHR information and education. A detailed activity based session was held on self-awareness and participants shared different situations they faced and how it is a very important area especially during adolescence and childhood. The second topic covered during the day was puberty and body changes with special reference to situation in Pakistan. Participants were given enough time to reflect back and think about their own experiences. It was followed by discussions in the small groups. The facilitator discussed all the raised issues in a plenary. The training ended with a very in depth session on Sexually Transmitted Infection in which HIV/AIDS and Hepatitis B&C were presented.

## **Lessons Learnt and Way Forward**

The Training provided a good starting point for developing staff capacity on issues related to SRHR. Though most of the participants were already having some knowledge of the issues, yet had limited knowledge of SRHR. The Bedari staff has to deal with community and different age groups especially young people for certain activities; therefore a need still exists to further develop their understanding on such issues. It was nice that almost all the participants have overcome most of their communication barriers. But still, the selection of words and adopting most persuasive approach in different situations needs to be focused more.

## **Specific Recommendations**

- Regular discussion of the staff on SRHR topics
- Advanced training of the selected staff members
- Review of the activities of different projects activities with the perspective of rights based approach and youth friendliness