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Report of A
CONSULTATION
INTERNATIONAL PLANNED PARENTHOOD FEDERATION,
INSTITUTE OF CHILD HEALTH,
and
BRITISH FAMILY PLANNING ASSOCIATION

London, England
September 3 to 5, 1980

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Liaison Officer
AHEA-IFPP

American Home Economics Association
2010 Massachusetts Avenue, N.W.
Washington, D.C. 20036

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INTERNATIONAL PLANNED PARENTHOOD FEDERATION

PURPOSE:

A consultation with IPPF's headquarters was planned in order to:

1. Discuss future collaboration between AHEA and IPPF
2. Discuss issues related to youth fertility programs with IPPF specialists
3. Exchange information with IPPF area officers on current projects that might be of mutual interest
4. Review new publications and audio-visual resources on file at IPPF and the International Audio-Visual Resource Service (IAVRS) in preparation for workshop plans on youth fertility.

PERSONS CONSULTED:

Mrs. Joan Swingler, Executive Secretary
Mrs. Sue Perl, Assistant Director, Programme Strategy
Miss Rissa Stella, Program Advisor, Youth and Women Development
Mr. Ken Bale, Communication Training Officer
Mr. Torben Larsen, Assistant Director, Evaluation Department
Dr. Maria MacDonald, Area Liaison Officer, Western Hemisphere Region
Ms. Deborah Ainger, Area Liaison Officer, Africa
Mr. Graham Peck, Librarian

POSSIBLE COLLABORATION ON YOUTH FERTILITY PROGRAM:

On a "round table" discussion with Mrs. Swingler, Mrs. Perl and Ms. Stella, the PLO presented the issue of adolescent fertility, its importance, AHEA-IFPPs concern about the subject and now the focus on that issue for 1981 workplans. A seminar/workshop will be organized in the US in 1981 for home economists who are either studying in the USA or come as a representative for their country. The aim will be to discuss the necessities in the participants country and develop teaching materials based on in-country needs. It was proposed that IPPF collaborate in planning and assisting in some sessions of the workshop, based on its existing experience.

It was suggested that:

1. National associations have gradually realized that family planning is a concept unattractive to young people whose immediate need is to find employment and gain economic independence. One of the most useful vehicles many national associations have found to be effective in bringing in more young people to cooperate in the family planning work is via income generating skills training for the youth.
2. IPPF could play an important role by putting participants in touch with their local FPAs who may be able to assist them in testing approaches and materials.

3. Participants might include men as well as women, drawn from such areas as food technology, nutrition and agriculture extension.
4. Parent education might be considered as being addressed.
5. Mrs. Perl an IPPF staff member, will be visiting the US in January 1981 and could meet with the AHEA staff in Washington (Dr. Brabble) for further discussion.
6. The International Clearing House on Adolescent Fertility in Washington, could assist by providing information on existing projects.

The PLO was interested in IPPFs experience in providing skills training and generating activities to young people as a vehicle to introduce family education. She requested sample publications from IPPF.

"PARTNERS IN CHANGE" - Reprints:

The PLO raised the question of reprints of the kit "Partners in Change", since it is now quickly running out of print. She suggested that it might be useful to update it and translate it into Arabic. It was pointed out that IPPF no longer has the technical and financial resources to revise and/or reproduce the kit. The possibility of utilizing national/local resources for this purpose was discussed but it was felt that coordination would prove difficult. Following the 1981 workshop, it was suggested that a fresh approach to the production of orientation training material be considered with special emphasis on adolescent fertility. It was agreed that IPPF would check remaining stocks of "Partners in Change" in English, French and Spanish with a view to making some available to AHEA.

COMMUNICATION AND YOUTH FERTILITY:

In a discussion with Mr. Ken Bale, Communications Training Officer, he explained the importance of the communication content and its effects on the training programs. He had previously assisted on a WWV workshop in Sierra Leone and introduced new techniques. He also developed a "box kit" containing essential materials for the creation of low cost visual aids, in addition to writing a handbook "Producing Low Cost Visual Media." This handbook is considered a useful do-it-yourself guide for program personnel and fieldworkers to produce their own visual aids.

AREA LIAISON OFFICERS:

The PLO met separately with area Liaison Officers for Africa, the Western Hemisphere Region, and Mr. Larsen who is familiar with North Africa and the Middle East Region. Each person talked about how IPPF works in general through the FPAs of each region.

a. Africa Region

The region is focusing on ways and means of providing relevant family life education to young people in Africa. In March 1977, the Regional Officer held a "Consultation on Youth Program Development", in Kenya. There, FPA personnel and representatives from national youth organizations discussed action plans

to accelerate family planning and family life education, particularly for out-of-school young people. In 1976, a joint West African Workshop was held with the World Confederation of Organization of the of the Teaching Profession (WCOTP) in Ghana, where teachers, curriculum planners and FPA personnel discussed the concept of family life education in an African context and its delivery both in the classroom and through community channels. Most of the activities of the associations in Africa, such as Nigeria, Mauritues, Lesotho and Liberia are providing some kind of family life education for the in-school youths or to members of youth clubs.

b. Middle East and North Africa

The region is actively promoting the introduction of sex education into the schools curricula. A regional seminar was held in Lebanon in December 1974 to explore concepts and approaches relevant to the region. In 1975, a youth organization was set up with the I & E Committee of the Sudan FPA in order to promote the involvement of young people in field work and research. In Jordan, the association is providing family planning information and education activities for youth clubs. The Egyptian FPA provides resource personnel for youth groups on family life and sex education and has prepared a book for youths which contains a chapter on sex education. The Trunisian FPA has worked with the school system in providing extra curricular activities on family life which included child rearing, sex education and family planning.

The effort in the MENA region is mainly focused on working with the government in providing sex education in the schools.

c. Western Hemisphere Region

Several of the family planning associations are involved in working with government organizations on sex education in school. El Salvador FPA and ADS carries out valuable educational work among the countries young people. In 1972, the ADS established a program for training young multipliers in sex education and consisted of preparing young people to bring sex education to their respective communities. The ages range from 18-25 years. The Colombian FPA has been organizing "rap sessions" for adolescents in search of information on sex education and personal and social life. The APROFE of Ecuador, as part of its information and education services provides sex education and family planning information to students via seminars, film shows, meetings and talks. In Guatemala the association provides sex education as well as services to young people.

In the Caribbean, efforts are being made to provide contraceptive services and sex education to young people.

PUBLICATIONS AND AUDIO-VISUAL RESOURCES:

a. With Mr. Graham Peck, the librarian, the PLO was able to visit the IPPF Library and Audio Visual Center. The cataloging and retrieval system makes it possible to quickly identify resources of particular interest to our project and to audit or review them. There are records, film strips, films, flip books, games, play scripts, pamphlets and brochures produced by country family planning associations. Unfortunately, there was no time to preview the films but the

PLO was able to obtain a publication containing selected audio-visual aids for family life and sex education and family planning programs.

b. The PLO received from Ms. Stella the following publications:

- o Sex Education in Schools - Proceedings of an expert group meeting IPPF Middle East and North Africa Region, December 1974
- o Increasing Youth Programmes in Family Planning
- o Adolescent Sex - Its Difficulties and Dangers
- o Scouting and Family Life - Family Life Education
- o Working With Youth - Some out-of-school approaches to population, Family Life and Sex Education.

RECOMMENDATIONS:

1. IPPF seems to have experience in the Adolescent Fertility Program. Future collaboration with IPPF on the subject might be possible. Dr. Brabble could invite Mrs. Perl, who will be in the US in January, to meet her in Washington for further discussions.
2. Ms. Rissa Stella, Program Advisor for Youth and Women Development and Mr. Ken Bale, the Communications Training Officer, may be included in the planning committee of the youth summer workshop.
3. IPPF publications on youth fertility are interesting and will be reviewed by the planning committee.
4. The PLO should investigate FAO and WHO existing experiences in the field of youth fertility.

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INSTITUTE OF CHILD HEALTH
30 Guilford Street
London WC1

PURPOSE:

The provision of basic health services for the rural populations and deprived urban communities is a major challenge in all Third World countries today. Present estimates show that not more than 20 per cent of the population in rural areas enjoy regular health care and that the situation in inner city areas, slums and charity towns is similiar.

Developing countries and international agencies are dissatisfied with existing systems of health, usually inherited from a colonial past and are intent on evolving alternative approaches for extending health coverage. The majority develops systems of health care delivery through auxiliaries and village health workers.

Any new strategy must take into account the preponderance of children, who make up more than a third of the population in a developing country. With the women of child-bearing age they make up two-thirds of the population who will need to be cared for by the mother and Child Health services. The responsibilities of the coordinator of the innovative programs are likely to be heavy. Their performance will of course be as good as their professional training and herein lies the importance of training the trainers.

The Institute of Child Health has developed training courses for future teachers of Mother and Child Health for medical schools and auxiliary training institutions of Third World countries. The purpose of this consultation was to learn about their activities and exchange information.

PERSONS CONTACTED:

Dr. David Morley, Head of the Institute
Ms. Pat Harman, Community Health Nurse

ELIGIBILITY:

The course is essentially given to graduates of the Faculty of Medicine at the University of London. The preference is given to those who have been involved in teaching either medical students or auxiliaries.

Candidates without medical degree but who have the necessary qualifications for a higher degree are accepted. The students who participate in the course for the full three terms and pass the written examination are awarded

the Diploma in Mother and Child Health. After the third term, those students proceeding to the Medical School will travel abroad for 6-8 weeks conducting field studies in an approved program.

SHORT-TERM AIMS OF THE COURSE:

1. To develop proficiency in methods of assessing health needs of mothers, children and other vulnerable groups in the community. To study ways of meeting these needs through simple systems of delivery of health care within the context of the national program of social economic development.
2. To construct teaching curricula, define learning objectives and develop appropriate teaching strategies as well as methods of their evaluation.
3. To develop teaching skills by participation in a variety of teaching methods.
4. To make effective contribution to the planning, organization, management, and administration of district health programs utilising the contributions from other sectors like agriculture, education, community development, etc.
5. To identify and adapt innovations in the wider application of scientific knowledge with regard to nutrition, growth and development, control of infections, epidemiology, family planning, waste disposal, dehydration, etc., and methods of communication of innovations in traditional societies.
6. To develop the ability to establish a dialogue with the community in creating full participation by the people in the planning, implementation and evaluation of health programs.

LONG-TERM AIMS OF THE COURSE:

1. To develop and strengthen the teaching of mother and child health in order to train health personnel with knowledge and skills relevant to the needs of the country.
2. By doing so, to improve and extend the delivery of health care with the object of preventing morbidity and mortality and contributing to social economic development.

SOME ESSENTIAL SUBJECTS COVERED BY THE COURSE:

°The main determinants of the level of family health in developing countries, (e.g. the characteristic demographic pattern, rurality and lack of health resources, the drift to the cities and resultant slum settlements).

- ° High fertility rates and high mortalities, with the morbidity associated with the social cultural milieu of peasant societies.
- ° The lack of adequate coverage in rural and slum societies, and the urgent need to provide basic health services through personnel with limited training as the main issue in improving health.
- ° Planning at regional district and village levels, with community involvement and participation at all levels.
- ° The contribution and limitation of international agencies and other non-government organizations.

The Foundation Course includes the child bearing which covers subjects such as:

Women in the traditional society--Nutrition and growth of girls--maternal age at the time of birth of first child--Customs and tradition related to pregnancy and nutrition in pregnancy--Main health hazards during pregnancy--Antenatal care of pregnant women--The traditional birth attendant and her place in society and obstetric care--Normal and abnormal labour--Prenatal problems--The care of the post-partum woman--Role of breast milk in the survival and nurture of the baby--Artificial feeding--Spacing of birth--Family size--The birth interval--Family planning methods--Their suitability and acceptance in different societies--Other problems of reproduction--Infertility--Venereal diseases--Other areas covered are: Child rearing, Nutrition and feeding, Growth and development, Communicable diseases, Management and communication, Acute illnesses and emergencies, Epidemiology and statistics, Preventive and promotive programs, Social aspects of medicine.

The teaching methods used are seminars, group discussion, presentations, writing of projects and symposia.

VISIT OF THE INSTITUTE:

After discussion, sharing point of view, and briefing Dr. Morley and Ms. Harman on AHEA-IFPP Project, De Clercq handed out the PR booklet. She received the list of their publications, the Child-to-Child Program, and the Road to Health Chart.

RECOMMENDATIONS:

Clearly, The Institute of Child Health and AHEA-IFPP have broad common interests in the area of Mother and Child Health, spacing of birth, family size, family planning methods, nutrition, problems of reproduction, etc., that beside the communication methods used. If IFPP's program of work

and staffing were so directed, joint training programs between the two organizations are a possibility.

In addition, AHEA's International Family Planning Project should include ICH in the mailing list. It is highly desirable to exchange materials with them. It is possible that our Communications Training Module as well as WWV materials will be useful to them in their work.

BRITISH FAMILY PLANNING ASSOCIATION
27-35 Mortimer Street
London W1

PURPOSE:

The purpose of this consultation was to learn about their activities, review recent publications on adolescent fertility and get information about the Grapevine Community Project for young people.

PERSONS CONSULTED:

Ms. Ellen Bingham, Manager Central Inquiries
Ms. Toni Belfield, Medical Information Officer
Mrs. Helen Martins, Publication Editor

GENERAL INFORMATION:

An expanding program of work has been undertaken in the area of sex education through FPA Education Unit courses and workshops with groups of teachers, youth, community and social workers, those responsible for the care of the mentally and physically handicapped and also with parents. The regions work with a range of medical, health and community care professionals providing for them as well as for the public various courses, speakers, resources, exhibitions, information and literature. Some of the FPA regions also manage clinics or carry out research and development work and this can often form a large part of their activity.

FAMILY PLANNING INFORMATION SERVICE:

The FPIS, set up in January 1977, is a service run jointly by the Family Planning Association and the Health Education Council to provide information including leaflets, posters and publications and inquiry services to ensure that people know about and use the free National Health Family Planning facilities. The FPIS serves not only members of the public but also agencies and individuals, doctors, nurses, health visitors, midwives, social workers and others who also have a role to play in family planning.

GRAPEVINE PROJECT:

One of the most interesting activities undertaken by the British Family Planning Association is a community project for young people. It is based in Camden and Islington. It is mainly a sex education advice and information service for the under 25's.

They outreach young people through youth clubs, schools, colleges, and street festivals by setting up group discussions, showing films, visual aids in the form of contraceptive kits. They also use video, role playing games, and discuss fictional case histories. They have a center

where people can contact them in person or by phone. One-to-one counseling is an important part of Grapevine's work. Newsletters and leaflets are distributed.

AIMS AND OBJECTIVES OF THE PROJECT:

1. To maintain an open Grapevine center where young people are welcome to drop in or phone and can receive short-term counselling and accurate information about sex, relationships and general problems of day to day life.
2. To increase effective ways of reaching out to those young people who do not, on their own initiative, seek information or advice from established agencies, and to make health and sex education more available and acceptable to them.
3. To identify and coordinate ways of involving young volunteers in this work, and to provide a suitable training program and on-going support for volunteers.
4. To use an informal and friendly approach and to create a relaxed atmosphere in which young people will feel able to express their needs.
5. To supply accurate information and advice in order to destroy the many myths and misconceptions which still surround the subjects of sex and personal relationships.

THE FPA BOOK CENTER:

De Clercq visited the Book Center where books are sold to the public. The book shelves are divided into several sections grouping the books under the following subjects:

Sex and relationships - Sex education - Birth control, abortion - Child birth and child care - Specially for women - History, population, sociology - and medical, nursing or psychological approach.

SOME INTERESTING BOOKS FOR ADOLESCENT SEX EDUCATION:

1. How Human Life Begins - J.J. Head; An illustrated account of human reproduction, specially useful for teachers and parents, explaining the facts of life to children of all ages (24 pages, 1.50 Francs).
2. Learning to Live With Sex - FPA; An illustrated alphabetical handbook on sex education for teenagers which answers factually their most urgent questions (65 pages, 85p).
3. Sex Education in Perspective - This NMGC booklet is a symposium on work in progress in the field of sex education (145 pages, 2.25 Francs).

4. Adolescence and Stress - Faith Spicer; Help for teachers in understanding adolescents and their problems (97 pages, 2.25 Francs).
5. Adolescent Sex - Ed Ronald Kleinman; Its difficulties and dangers: An outline for clinic personnel, parents and teachers from the IPPF (28 pages, 75p).
6. Adolescence - John Conger; Generation under pressure, Fully illustrated (128 pages, 1.95 Francs)
7. Sex Education in School and Society - D.M. Dallas; Published by the National Foundation for Education Research in England and Wales. People, projects and problems in education (104 pages, 1.95 Francs).