



# Family Planning, HIV/AIDS & STIs, and Gender Matrix

A Tool for Youth Reproductive  
Health Programming

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*Planning for LIFE*

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The International Youth Foundation (IYF) invests in the extraordinary potential of young people. Founded in 1990, IYF builds and maintains a worldwide community of businesses, governments, and civil-society organizations committed to empowering youth to be healthy, productive, and engaged citizens. IYF programs are catalysts of change that help young people obtain a quality education, gain employability skills, make healthy choices, and improve their communities. To learn more, visit [www.iyfn.net](http://www.iyfn.net)

## INTRODUCTION

*Planning for Life* aims to improve the health of young men and women ages 10-24 by addressing their reproductive health needs and by promoting the integration of reproductive health (RH) and family planning (FP) as critical components of youth development programming. The purpose of the matrix is to provide youth-serving organizations with a guide of topics on family planning, HIV/AIDS, sexually transmitted infections (STIs) and gender; segmenting them by age and marital status.

The matrix can assist technical experts, program managers, health providers, peer educators and others to determine what topics and interventions best fit into their own respective programs while taking cultural paradigms into consideration. The depth of each topic should be viewed within the context of a continuous process, wherein a young person's knowledge base continues to evolve as they pass through each progressive age group. Although the topics may be the same, the information provided will differ by age. The tool can be applied in any setting or program serving youth such as schools, outreach and peer education programs, community-based youth services or youth-friendly clinics.

Special attention should be given to vulnerable groups, such as working youth, street children, refugees, and migrant workers, who may need more information on risk reduction and preventive behaviors at earlier ages. Additionally, certain topics such as post-abortion care, child marriage and female genital mutilation (FGM) should be introduced in a manner that is mindful of both country relevance and cultural appropriateness.

The matrix was developed by IYF in consultation with partner organizations and YRH experts from around the world, and field tested in workshops in Tanzania, India and the Philippines.

## ACRONYMS

ABC	Abstinence, Being Faithful, Condoms
AIDS	Acquired Immune Deficiency Syndrome
CBD	Community-Based Distribution
CSW	Commercial Sex Worker
FGM	Female Genital Mutilation
FP	Family Planning
GBV	Gender-based Violence
HIV	Human Immunodeficiency Virus
IDU	Injecting Drug User
LGBT	Lesbian, Gay, Bi-sexual and Transgendered
MSM	Men who have Sex with Men
PLWHA	Person Living with HIV/AIDS
PMCT	Preventing Mother to Child Transmission
RH	Reproductive Health
STI	Sexually Transmitted Infection
VCT	Voluntary Counseling and Testing
YFS	Youth Friendly Services
YRH	Youth Reproductive Health

AGE GROUP	FAMILY PLANNING	HIV/AIDS & STIs	GENDER
10 – 14	<ul style="list-style-type: none"> <li>• Puberty: physical and emotional changes in boys and girls</li> <li>• Female and male reproductive system (anatomy, physiology, menstruation; erection and wet dreams)</li> <li>• Hygiene</li> <li>• Fertilization and pregnancy</li> <li>• Masturbation</li> <li>• How to make good decisions regarding your health (delaying sexual onset, healthy nutrition, no substance abuse, peer pressure, etc)</li> <li>• Risk factors of early pregnancy for mothers and newborns</li> </ul>	<ul style="list-style-type: none"> <li>• What are sexually transmitted infections (STIs)? Common symptoms</li> <li>• What is HIV/AIDS? Ways of HIV/AIDS transmission. Myths and facts about HIV/AIDS.</li> <li>• How to protect yourself from STIs and HIV/AIDS: developing negotiating, decision-making, communication skills, abstinence, condom use)</li> <li>• People living with HIV/AIDS (PLWHA): rights, needs, support and care</li> <li>• Prevention of substance abuse and other risky behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Child rights</li> <li>• Child marriage</li> <li>• Gender and sex roles; stereotypes</li> <li>• Introduction to sexuality</li> <li>• Values</li> <li>• Personal safety</li> <li>• Life-skills: communication and interpersonal skills, coping and self-managing skills*</li> <li>• Relationship with friends of the opposite gender</li> <li>• Female Genital Mutilation (FGM)</li> </ul>
15 – 19 unmarried	<ul style="list-style-type: none"> <li>• Female and male reproductive system (anatomy, physiology, fertilization)</li> <li>• Building decision-making skills; coping with peer pressure</li> <li>• Love, sex and abstinence (love versus sex, love and abstinence)</li> <li>• Early marriage and health outcomes</li> <li>• Prevention of unwanted pregnancy (contraception, dual protection, FP counseling, benefits of FP)</li> <li>• Pregnancy (physiology of pregnancy, childbirth, risks of early pregnancy)</li> <li>• Parenting (what makes a good parent)</li> <li>• FP for birth spacing</li> <li>• Post-abortion care</li> <li>• Infertility (male and female infertility, and causes)</li> <li>• Access to and quality of RH/FP services (clients' rights, informed choice, ranges of services and where to seek them)</li> <li>• Youth friendly RH/FP services (concept and availability)</li> <li>• Community-based Distribution (CBD) of FP methods</li> </ul>	<ul style="list-style-type: none"> <li>• Knowledge of STIs and where to seek services</li> <li>• Knowledge on HIV/AIDS transmission, dispelling myths</li> <li>• Life skills: communication, negotiation, decision-making</li> <li>• HIV/AIDS prevention methods, dual protection, abstinence, be faithful, condom use</li> <li>• PLWHA: rights, needs, support and care</li> <li>• Positive prevention</li> <li>• VCT, treatment and care</li> <li>• HIV/AIDS stigma and discrimination</li> <li>• Condom distribution</li> <li>• Youth friendly services (YFS)</li> <li>• Prevention of substance abuse and other risky behaviors</li> <li>• Addressing needs of vulnerable groups: men who have sex with men (MSM), commercial sex workers (CSW), injecting drug users, (IDU), lesbian, gay, bisexual and transgendered (LGBT)</li> </ul>	<ul style="list-style-type: none"> <li>• Gender concepts and challenging stereotypes</li> <li>• Sexuality (female and male sexuality, homosexuality and heterosexuality, transgender, stereotypes, myths and realities)</li> <li>• Introduction to sexual and reproductive rights</li> <li>• Women's rights; decision-making power balance between males and females</li> <li>• Life-skills: communication and interpersonal skills, coping and self-managing skills</li> <li>• Negotiating contraceptive use and decisions regarding family planning</li> <li>• Cross-generational and transactional sex</li> <li>• Gender-based violence (GBV), domestic violence, existing national laws to address GBV</li> <li>• Sexual abuse</li> <li>• Risk reduction behavior, services available for sexually abused young people</li> <li>• Male involvement in RH/FP</li> <li>• Trafficking</li> <li>• FGM</li> </ul>

\*Communication and interpersonal skills: interpersonal communication skills; negotiation/refusal skills; empathy building; cooperation and teamwork; advocacy skills  
Coping and self-management skills: skills to increase self-esteem and self confidence; abilities to assume control, take responsibility, make a difference; skills to manage feelings; skills to manage stress

AGE GROUP	FAMILY PLANNING	HIV/AIDS & STIs	GENDER
15 – 19 married <sup>1</sup>	<ul style="list-style-type: none"> <li>• Female and male reproductive system (anatomy, physiology, fertilization)</li> <li>• Making decisions regarding family planning, reproductive rights</li> <li>• Contraception (traditional and modern contraceptives, dual protection, FP counseling, benefits of FP: health, economics, resources, education)</li> <li>• Pregnancy (physiology of pregnancy, risks of early pregnancy, childbirth, encouraging institutional deliveries)</li> <li>• Parenting (what makes a good parent)</li> <li>• Perinatal care (antenatal care, nutrition, warning signs during a pregnancy, post-natal care, post-partum contraception)</li> <li>• Birth spacing (impact on mother and child health, contraceptives)</li> <li>• Newborn care, immunization and vaccination plans for newborns, breastfeeding, preventing incidence of water borne diseases, malaria</li> <li>• Post-abortion care including post-abortion contraception</li> <li>• Infertility (male and female infertility, and causes)</li> <li>• Access to and quality of RH/FP services (clients' rights, informed choice, ranges of services and where to seek them)</li> <li>• Youth friendly RH/FP services (concept and availability)</li> <li>• CBD of FP methods</li> </ul>	<ul style="list-style-type: none"> <li>• Knowledge of STIs, prevention methods, and where to seek services</li> <li>• Knowledge on HIV/AIDS transmission, dispelling myths</li> <li>• Life skills: communication, negotiation, decision-making</li> <li>• HIV/AIDS prevention methods, dual protection, condom use, being faithful to one partner</li> <li>• PLWHA: rights, needs, support and care</li> <li>• Positive prevention</li> <li>• VCT, treatment and care</li> <li>• Care for discordant couples</li> <li>• Preventing mother to child transmission (PMCT)</li> <li>• HIV/AIDS stigma and discrimination</li> <li>• Condom distribution</li> <li>• Youth friendly services</li> <li>• Prevention of substance abuse and other risky behaviors</li> <li>• Addressing needs of vulnerable groups: MSM, CSWs, IDUs, LGBT</li> </ul>	<ul style="list-style-type: none"> <li>• Gender concepts and challenging stereotypes</li> <li>• Sexuality (female and male sexuality, homosexuality and heterosexuality, transgender, stereotypes, myths and realities)</li> <li>• Sexual and reproductive rights</li> <li>• Women's rights; decision-making power balance between males and females</li> <li>• Life-skills: communication and interpersonal skills, coping and self-managing skills</li> <li>• Negotiating contraceptive use and decisions regarding family planning</li> <li>• Cross-generational and transactional sex</li> <li>• GBV, domestic violence, coercive sex; existing national laws to address GBV</li> <li>• Risk reduction behavior, services available for sexually abused young people</li> <li>• Male involvement in RH/FP</li> <li>• Human Trafficking</li> <li>• FGM</li> </ul>

<sup>1</sup>Married youth includes those who are officially married and those who are living together

AGE GROUP	FAMILY PLANNING	HIV/AIDS & STIs	GENDER
20 – 25 unmarried	<ul style="list-style-type: none"> <li>• Female and male reproductive system (anatomy, physiology, fertilization)</li> <li>• Making decisions regarding family planning, reproductive rights</li> <li>• Contraception (traditional and modern contraceptives, dual protection, FP counseling, benefits of FP)</li> <li>• Pregnancy (physiology of pregnancy, risks of early pregnancy, childbirth, encourage deliveries with a trained birth attendant)</li> <li>• Parenting (what makes a good parent)</li> <li>• Perinatal care (antenatal care, nutrition, warning signs during a pregnancy, post-natal care, post-partum contraception)</li> <li>• Birth spacing (impact on mother and child health, contraceptives)</li> <li>• Newborn care, immunization and vaccination plans for newborns, breast-feeding, preventing incidence of water borne diseases, malaria</li> <li>• Post-abortion care including post-abortion contraception</li> <li>• Infertility (male and female infertility, and causes)</li> <li>• Access to and quality of RH/FP services (clients' rights, informed choice, ranges of services and where to seek them)</li> <li>• Youth friendly RH/FP services (concept, and availability)</li> <li>• CBD of FP methods</li> </ul>	<ul style="list-style-type: none"> <li>• Knowledge of STIs, prevention methods, and where to seek services</li> <li>• Knowledge on HIV/AIDS transmission, dispelling myths</li> <li>• Life skills: communication, negotiation, decision-making</li> <li>• HIV/AIDS prevention methods, dual protection, condom use, being faithful to one partner</li> <li>• PLWHA: rights, needs, support and care</li> <li>• Positive prevention</li> <li>• VCT, treatment and care</li> <li>• Care for discordant couples</li> <li>• PMCT</li> <li>• HIV/AIDS stigma and discrimination</li> <li>• Condom distribution</li> <li>• Youth friendly services</li> <li>• Prevention of substance abuse and other risky behaviors</li> <li>• Addressing needs of vulnerable groups: MSM, CSWs, IDUs, LGBT</li> </ul>	<ul style="list-style-type: none"> <li>• Gender concepts and challenging stereotypes</li> <li>• Sexuality (female and male sexuality, homosexuality and heterosexuality, transgender, stereotypes, myths and realities)</li> <li>• Sexual and reproductive rights</li> <li>• Women's rights; decision-making power balance between males and females</li> <li>• Life-skills: communication and interpersonal skills, coping and self-managing skills</li> <li>• Negotiating contraceptive use and decisions regarding family planning</li> <li>• Cross-generational and transactional sex</li> <li>• GBV, domestic violence, coercive sex; existing national laws to address GBV</li> <li>• Risk reduction behavior, services available for sexually abused young people</li> <li>• Male involvement in RH/FP</li> <li>• Trafficking</li> <li>• FGM</li> </ul>

AGE GROUP	FAMILY PLANNING	HIV/AIDS & STIs	GENDER
20 – 25 married	<ul style="list-style-type: none"> <li>Female and male reproductive system (anatomy, physiology, fertilization)</li> <li>Making decisions regarding family planning, reproductive rights</li> <li>Contraception (traditional and modern contraceptives, dual protection, FP counseling, benefits of FP)</li> <li>Pregnancy (physiology of pregnancy, risks of early pregnancy, childbirth, encourage deliveries with a trained birth attendant)</li> <li>Parenting (what makes a good parent)</li> <li>Perinatal care (antenatal care, nutrition, warning signs during a pregnancy, post-natal care, post-partum contraception)</li> <li>Birth spacing (impact on mother and child health, contraceptives)</li> <li>Newborn care, immunization and vaccination plans for newborns, breast-feeding, preventing incidence of water borne diseases, malaria</li> <li>Post-abortion care including post-abortion contraception</li> <li>Infertility (male and female infertility, and causes)</li> <li>Access to and quality of RH/FP services (clients' rights, informed choice, ranges of services and where to seek services)</li> <li>Youth friendly RH/FP services (concept and availability)</li> <li>CBD of FP methods</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge of STIs, prevention methods, and where to seek services</li> <li>Knowledge on HIV/AIDS transmission, dispelling myths</li> <li>Life skills: communication, negotiation, decision-making</li> <li>HIV/AIDS prevention methods, dual protection, condom use, being faithful to one partner</li> <li>PLWHA: rights, needs, support and care</li> <li>Positive prevention</li> <li>VCT, treatment and care</li> <li>Care for discordant couples</li> <li>PMCT</li> <li>HIV/AIDS stigma and discrimination</li> <li>Condom distribution</li> <li>Youth friendly services</li> <li>Prevention of substance abuse and other risky behaviors</li> <li>Addressing needs of vulnerable groups: MSM, CSWs, IDUs, LGBT</li> </ul>	<ul style="list-style-type: none"> <li>Gender concepts and challenging stereotypes</li> <li>Sexuality (female and male sexuality, homosexuality and heterosexuality, transgender, stereotypes, myths and realities)</li> <li>Sexual and reproductive rights</li> <li>Women's rights; decision-making power balance between males and females</li> <li>Life-skills: communication and interpersonal skills, coping and self-managing skills</li> <li>Negotiating contraceptive use and decisions regarding family planning</li> <li>Cross-generational and transactional sex</li> <li>GBV, domestic violence, coercive sex; existing national laws to address GBV</li> <li>Risk reduction behavior, services available for sexually abused young people</li> <li>Male involvement in RH/FP</li> <li>Trafficking</li> <li>FGM</li> </ul>
Parents and other influential adults	<ul style="list-style-type: none"> <li>Child marriage and health outcomes</li> <li>Enabling discussion between youth and adults on "ABC", cross-generational sex, deferring sexual debut and first pregnancy</li> <li>Involving parents and communities in youth program design and implementation</li> </ul>	<ul style="list-style-type: none"> <li>Enabling discussion between youth and adults on HIV/AIDS transmission, prevention, and stigma reduction</li> <li>Involving HIV positive youth and adults in decision making processes related to HIV/AIDS reduction</li> </ul>	<ul style="list-style-type: none"> <li>Children's rights and child marriage</li> <li>Enabling discussions with communities on gender norms, gender-based violence, issues such as cross-generational sex, and promoting greater gender equity</li> <li>Sensitize and educate communities and parents on sexuality of young people</li> <li>Enable communities and parents to address sexual abuse and violence among young people</li> </ul>



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