

Fast facts



DSW's Youth-to-Youth Programme

Empowering young people to lead a healthy life

Why focus on young people?

Half of the world's population is under the age of 25. This includes the largest-ever generation of adolescents who are, or will soon be, of reproductive age, ready to establish their own families. At the same time, millions of young people are faced with the prospects of early marriage and childbearing, incomplete education, and the threat of HIV/AIDS.

- For both physiological and social reasons, girls aged 15 to 19 are twice as likely to die in childbirth as those in their twenties. Girls under age 15 are five times as likely to die as those in their twenties.
- Young people (increasingly young women) account for 40 per cent of the new cases of HIV infection world-wide.

Teaching young people how to stay healthy is one of the best investments that can be made. Not only does this benefit individuals, but by teaching today's young people how to lead a healthy life, we are instilling this behaviour for generations to come.

What is Youth-to-Youth?

In order to address the multi-faceted needs of young people, DSW has developed "Youth-to-Youth" (Y2Y), a comprehensive programme designed to improve the sexual and reproductive health of young people by young people. Unlike many other sexual education projects, Y2Y embodies the belief that young people themselves are key actors in their own development, not simply beneficiaries and, as such, can themselves help find solutions to their problems. Y2Y is thus built on principles of active participation, gender equity and respect of local cultural, traditional and religious values, utilising existing resources and flexibility.



DSW

DSW (Deutsche Stiftung Weltbevoelkerung) · Goettinger Chaussee 115 · 30459 Hannover · Germany

Tel: +49 511 9 43 73-0 · Fax: +49 511 9 43 73-73 · E-mail: info@dsw-hannover.org · Internet: www.dsw-online.org



DSW's Youth-to-Youth Programme

Empowering young people to lead a healthy life

How does Youth-to-Youth work?

The Y2Y programme encompasses a broad range of activities aimed at improving young people's sexual and reproductive health, self-esteem and social participation. Although the specific implementation of activities varies from country to country, the activities themselves are uniformly designed. They are:

- Establishing and strengthening youth clubs, or peer groups
- Providing intensive and mass information, education and communication (IEC) on sexual and reproductive health
- Sexual and reproductive health services.

Peer education – education of young people by young people – is the cornerstone of the Y2Y programme. A peer learning cascade developed by DSW serves to facilitate and control the quality of the peer learning process and achieve a greater impact.

What difference does it make?

The benefits of Y2Y reach beyond sexual information provision and include:

- Empowering young women not to be coerced into unwanted and unprotected sex
- Promoting community involvement through advocacy and desensitisation
- Developing leadership through club management and peer education trainings
- Empowering young people with income generating activities.

DSW's Y2Y programme is unique in that it is highly replicable, sustainable and adaptable, as well as dynamic. Since its launch in 1999, Y2Y has led to the formation and support of over 1,000 youth clubs, with over 30,000 members, reaching millions of young people in Ethiopia, Kenya, Uganda and Tanzania.

For more information, visit www.youth-to-youth.org.



DSW

DSW (Deutsche Stiftung Weltbevoelkerung) · Goettinger Chaussee 115 · 30459 Hannover · Germany

Tel: +49 511 9 43 73-0 · Fax: +49 511 9 43 73-73 · E-mail: info@dsw-hannover.org · Internet: www.dsw-online.org