



Centre for  
Catalyzing  
Change

EveryGirl EveryWoman EveryWhere

Centre for Catalyzing Change (C3)

# SANGWARI

Increasing awareness on sexual and reproductive health among adolescents

Period: 2018 Project area: Bilaspur and Surguja district, Chhattisgarh

Supported by:



**Adolescents** are the citizens and working force of tomorrow, but face a range of health challenges, including a lack of knowledge on sexual and reproductive health (SRH), gender based violence and so on. They are overlooked in most health programs. Currently, adolescents in Chhattisgarh stand at 21.47% of the state population, and NFHS data shows a common prevalence of early marriage and pregnancy among girls, a lack of contraception and a lack of knowledge of HIV/AIDS and other SRH issues. Hence, there is a grave need to address the concerns of these adolescents and work towards ensuring that their sexual and reproductive health is enhanced, so they can have a brighter future.



## Project Objectives

Our objective is to improve adolescent sexual and reproductive health outcomes in the state by improving access to SRH-related information (among younger adolescents), services and supplies (among older adolescents) and to bolster access to youth-friendly sexual and reproductive health services by supporting the state's RKSK program.



## Our reach

Schools: **427**

Adolescents: **43657**  
(both boys and girls), between ages 11 to 19

Peer Educators: **534**

Anganwadi Workers  
and Mitanins: **2,272**

School Principals: **342**

Health Ambassadors: **683**

### Key facts

**Only 26.5%**

women in Chattisgarh have 10 or more years of schooling

**21.3%**

of women between 20-24 years were married before the age of 18

**4.8%**

women in the age 15-19 years were already mothers or pregnant.

**Only 20.7%**

women have comprehensive knowledge of HIV/AIDS

Total unmet need of contraceptives accounts to

**12.9 %**



### Case Study

A health check-up was organized during Adolescent Health Day.

Two girls who were unaware of the complexities of a delayed menstrual cycle were diagnosed with 'primary amenorrhea' after an ultrasound. One girl was diagnosed with a micro uterus and no ovaries. She then received a referral for further check-up, and also underwent counselling about the impact of this diagnosis and its impact on her marital life, especially with reference to sexual and reproductive health, so that she can take informed decisions in future accordingly.

### Outcomes

- C3 signed an MoU with National Health Mission to provide support for implementation of the Rashtra Kishor Swasthya Karayakram (RKSK) and School Health Program in Bilaspur and Surguja districts of Chhattisgarh.
- Baseline data collection has been completed.
- An assessment of Adolescent Friendly Health Clinics was completed and the report was shared with Government of Chhattisgarh.

### How does it work

- The Rashtriya Kishore Swasthya Karyakram (RKSK) is the Government's flagship adolescent health program, and by working in tandem with it in schools and community centres (like Anganwadis), C3 equips adolescents with information and skills around sexual and reproductive health, including increased awareness around healthy timing and spacing of pregnancies.
- C3 mentors peer educators for facilitating sessions on reproductive health, nutrition, mental health, injuries and violence, substance misuse and Non-Communicable Diseases; and helps them access services at Adolescent Friendly Health Clinics.
- C3 also facilitates linkages with referral units for counselling and adolescent health services, as well as building capacities of community based frontline workers and health functionaries.



We are C3. Centre for Catalyzing Change. We are for EveryGirl. EveryWoman. EveryWhere.

We are a committed organization working in India to make sure no woman or girl is denied her basic rights. We design and implement interventions that work with the existing systems to deliver solutions at scale

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