

2012

Final Program Report



Youth and Children with Health Options Involving
Community engagement Strategies Project in
Nchelenge District



NIDYLSIG ZAMBIA



Nchelenge Inter-denominational Youth Learning and Sharing Initiative Group

Youth and Children with Health Options Involving Community engagement Strategies Project in Nchelenge District



Final Program Report

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Project Information

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LIST OF ACRONYMS

AIDS	=	Acquired Immune Deficiency Syndrome
AMEC	=	African Methodist Episcopal Church
ARV	=	Anti-Retrovirus Virus
ART	=	Anti-Retrovirus Therapy
BCC	=	Behaviour Change Communication
CBO	=	Community Based Organisation
CSO	=	Central Statistics Office
CHAZ	=	Churches Health Association of Zambia
CTC	=	Counselling Testing and Care
DATF	=	District HIV/AIDS Task Force
DDCC	=	District Development Coordinating Committee
DHMT	=	District Health Management Team
DHS	=	Demography Health Survey
FBO	=	Faith Based Organisation
FGD	=	Focus Group Discussion
HIV	=	Human Immune-Deficiency Virus
IEC	=	Information education and communication
LPCB	=	Local Partners Capacity Building
MER	=	Monitoring, Evaluation and Reporting
MoE	=	Ministry of Education
MoH	=	Ministry of Health
NAC	=	National AIDS Council
NGO	=	Non-Governmental organisation
NIDYLSIG	=	Nchelenge Inter-Denominational Youth Learning and Sharing Initiative Group
PCI	=	Project Concerns International Zambia
PLWHA	=	People Living With HIV/AIDS
PTA	=	Parent and Teachers Association
OVC	=	Orphans an Vulnerable Children
RHC	=	Rural Health Center
SBY	=	School Based Youth
SDA	=	Seventh Day Adventist
STI	=	Sexual Transmission infection
UCZ	=	United Church of Zambia
USAID	=	United States Agency for International Development
VCT	=	Voluntary Counselling and Testing
Y-CHOICES	=	Youth and Children with Health Options Involving Community Engagement Strategy

This report gives the status of the outcomes from the implementation of the Youth and Children with Health Options Involving Community Engagement Strategies (Y-CHOICES) Project implemented by Nchelenge Inter-Denomination Youth Learning and Sharing Initiative Group (NIDYLSIG) in partnership with Pact Zambia in Nchelenge districts of Luapula Province. The project was implemented from 28th January 2009 – 30th April 2010. The report gives an overview of the activities undertaken, approaches used, interventions, and achievements against targets. Furthermore, the report gives an in-depth analysis of the implementation of activities, lessons learnt and recommendations as a launch pad for subsequent programmes.

The project was implemented under three objectives with a number of activities under each. Under the objective 1; of promoting decreased sexual activities among youth, families and communities through the provision of skills-based knowledge and capacity for youths, 425 youths in and out schools were trained as Peer educators and 85 were also trained Adult Mentors in and out of school program. The project trained peer educators and adult mentors in Behaviour Change Communication and Monitoring Evaluation and Reporting tools. These played an important role of reaching out to their peers on various topics regarding behaviour change and HIV/AIDS. The peer educators trained in and out of school reached a total of 14,587 and 2,800 youths in school and out of school respectively with abstinence and fidelity messages. The number reached in school represent 97.4% against the targeted for the in school youths and 93% for the out of school youths respectively.

Under the objective 2; on scaling up and expanding community-focused programs for communication, education, behaviour change and reduction of HIV transmission in youths, 10 school Anti-AIDS Clubs were established and strengthened in selected sites during the implementation of the Y-CHOICES program. And one of the lessons learnt was that, HIV/AIDS activities are seen to be very expensive, as it require a lot of funds. But the perception changed during the field backstopping, that HIV/AIDS activity requires only commitment, support and engagement of local leaders.

Other activities under objective 3; were to improve and strengthen the environment for family discourse of social issues critical to HIV prevention by youth and their communities. Of the 258 parents reached through school PTA, 131 were male and 127 female for the in school. For the out of school sites, 50 male parents were reached and 127 female bringing the total to 177. The interesting part on the parent-child discourse was that they were more girl-child focused discussion for the out of school as compared to the in school where the case was different. The Y-CHOICES program from the start was to involve the parents and pay much attention to this objective however not much attention was paid to the objective but the views that came from the parents were overwhelming. They said the program was beneficial and if parents were involved from the start they would have fully participated. And at the same time they would have encouraged their children to fully participate, in the program.

Despite the successes alluded to above, the program experienced some challenges during its implementation. One such major constraint was the resistance by some schools and churches to have the program activities implemented in their premises. However, after a series of debriefs and orientation to the program goals and objectives, the program got accepted and supported in its implementation. At the same

time, the required skills in the area of BCC, MER, and group management/leadership skills were not yet provided, thus causing a challenge in ensuring efficiency and effectiveness. However, the skills and knowledge latter acquired have had a positive effect on the beneficiaries, although this could have been better provided earlier at a launch pad for program.

INTRODUCTION

The Y –CHOICES programme was an HIV/AIDS prevention programme focusing on promoting abstinence and being faithful among young people aged 10 – 24 years by establishing healthy behaviour patterns that can lead to a lifetime of benefits both in HIV prevention and in overcoming HIV-related stigma.

Y-CHOICES used Pact's innovative behaviour change approaches, which focuses on community involvement in helping youth to make educated behaviour choices in the face of HIV/AIDS.

The program promotes:

- ▶ **Abstinence** – Deferring sexual activity for the non-sexually active or no further sexual activity after having initiated it.
- ▶ **Being faithful** – Only one sexual or marital partner or limiting one's number of sexual partners

The Y-CHOICES program ensured active youth participation in its design and implementation. It was founded upon the understanding that Pact's local partners are best able to translate principles of abstinence and faithfulness and that youth must be empowered by their families and communities as well as by individual skills imparted through peer education.

The Y-choices program was implemented by NIDYSLIG in Nchelenge district which is located in the northern tip of Luapula Province, some 250 kilometers from the provincial capital, Mansa. The district shares its borders with the Democratic Republic of Congo in the western side while in the north, east and south the district has common borders with Chiengi, Kaputa and Kawambwa districts. The district has a projected population of about 150,880 as at 2010. Over 60% of the population is classified as poor and living below the one dollar a day threshold. The district is predominantly a fishing and fish trading district with over 50 % of its residents involved in fishing or fish trading as a means of livelihood while the rest are engaged in subsistence farming of maize, cassava, sweet potatoes and millet.

The District is endowed with an expanse of water stretching over 100 kilometers on the north-western part of the district, and also forming a natural international boundary with DR Congo.

The entire district population is affected by HIV/AIDS directly or indirectly. Youth, fishermen, and fishmongers have been observed to be more at risk, inclusive of marketers, and commercial sex workers.

Project Goal

The goal of the project was to contribute to the reduction in the spread of HIV and AIDS among children and youths 10-24 age groups through promotion of abstinence and faithfulness (**A &B**) as desirable behaviour to combat HIV.

1.2 Project Objectives

The project aimed to scale up and expand community and school-focused activities for behaviour change communication and bring about healthy sexual behaviours and reduced harmful sexual practices among the youths and children of Nchelenge District through BCC and HIV/AIDS approach.

The Project specific objectives were:

1. To promote decreased sexual activities among youth, families and communities through the provision of skills-based knowledge and capacity for youth;
2. To scale up and expand community-focused programs for communication, education, behaviour change reduction of HIV transmission targeting youth;
3. To improve and strengthen the environment for family discourse on social issues critical to HIV prevention by youth and their communities.

1.3 Project Components

The Project had two components namely: School and Community peer education and adult mentoring.

1.3.1 School peer education and adult mentoring

Under this component, the project trained 335 in school youth peer educators and 55 adult mentors for the HIV/AIDS behavior change communication and to reach out to 15,000 youths with Abstinence and Fidelity messages.

1.3.2 Community peer education and adult mentoring

Under this component, the project trained 90 out of school youth peer educators and 30 adult mentors for the HIV/AIDS behavior change communication and to reach out to 3,000 youths.

1.4. Project Target Group

In order to give school youth and children more access to behaviour change communication and HIV/AIDS prevention program, the Project targets 10 schools with high pupil enrolment population and 10 churches with high number of youths. 160 peer educators were initially planned to be intensely trained at the 10 schools, while in churches/communities 40 youths. It was expected at the end of the project period that up to 10,000 youths and children would be reached out with abstinence and fidelity messages. The project was to work closely with 40 adult mentors in schools and out of school, school managers, community leaders, parent Teachers Associations and Ministry of Education staff at the District Education Board Secretary's Office.

Targets	Male	Females	Estimated target	Totals
in school youths	7,500	7,500		15,000
out of school youths	1,500	1,500		3,000
Mentors	43	42		85
Peer educators	213	212		425
Stake holders to be invited			40	40
School Sites				25
Community (Church) Sites				11

In selecting the schools and churches, the following criteria were used:

- a. Location (**Rural Health Centers Catchment Areas**). In order to strengthen the referral system, all the selected schools and churches were linked to the RHC.
- b. Availability of BCC and HIV/AIDS facilities. DATF facilitated the knowledge, attitude and practices survey with other partners in the district in selected schools and these formed a basis of selection so as to implement the findings highlighted in the report.
- c. Active churches. Where the church leaders are members of NIDYLSIG and surrounding communities supported the initiative.
- d. Well-organized schools and surrounding communities.
- e. Schools with committed communities around.
- f. Remote but accessible schools.
- g. Distance from the town center.

1.4.3 Project Sites

In Nchelenge District project worked in 37 sites with total population 27,514 aged 10-24 years (25 schools and 12 churches) in Nchelenge District. (See attached appendix 1 project sites).

1.5 Implementation Arrangements

The Project was supported by Pact Zambia through the PEPFAR/USAID funding. NIDYLSIG was engaged to oversee the implementation in Nchelenge District. NIDYLSIG used its comparative advantage of working with schools and churches and provided abstinence and fidelity messages to 25 selected schools and 11 communities (churches) in Nchelenge. Key activities that NIDYLSIG supported are in line with the stated project objectives and the signed agreement with Pact Zambia. Activities followed the dictates of the Detailed Implementation Plan. Training of target groups used existing BCC materials from Pact Zambia. NIDYLSIG believes in community involvement of all interventions and adopted the use of participatory approaches during training and implementation of activities. Schools and communities (**churches**) identified their own adult mentors and peer educators. Selected youths, children and adults were given training and new information on behaviour change communication methodology pertaining to their role as agency of change in their communities they serve. The training was based on behaviour change communication and HIV/AIDS prevention (**BCC**) modules and included abstinence promotion, assertiveness and peer pressure, values and goal setting, sexual behaviour choices, alcohol abuse reduction, enhancing parent-child communication, improving couple communication, and monitoring, evaluation and reporting.

The numbers of peer educator were determined by the population of the given site. The number of peer educators ranged from 8 to 18 per site, the lowest was 8 peer educators per site. A total of 335 pupils were trained by NIDYLSIG in school peer educators. A total of 90 out of school youths were trained as peer educators for community/church site. Additionally a total of 85 adult mentors were trained to provide mentoring and supervision in 37 school and community/church sites.

In pairs, the trained peer educators conduct small group discussion sessions, one to one, large scale public gathering and beneficiaries' feedback sessions. A total of 18,000 youths and children were planned to be reached through small group discussion session 14 months through this cascading approach. NIDYLSIG was

monitoring the implementation of activities by the trained peer educators with support from the adult mentors and the school authority/community/church leaders.

The monitoring of program activities implementation involved data recording through data tracking forms and training data registers, data quality control, physical verifications and clearing were done to all forms which the peer educators and the mentors used as part of the verification and follow-up site visit form were used as part of the confirmation to the sites, a provision for a signature by a witness who was either a School Manager/Head or community/church leaders. NIDYLSIG staff conducted review meetings with peer Educators during the implementation of the program; this was done to assess progress, address challenges and chart the way forward.

NIDYLSIG worked with the ten (10) selected schools in strengthening and establishing of the HIV/AIDS clubs. The primary focus of activities was on the continuity of the BCC and HIV/AIDS prevention using a variety of methods including drama. NIDYLSIG took advantage of the community mobilization to impart popular theatre as a tool for community mobilization. This was done in recognition to the role of Art play in transforming the life of people using different approaches for dissemination.

1.6 Approach

For the project to succeed there was need for strong participation and commitment by different stakeholders. NIDYLSIG continuously solicited for the active participation of partners that included the Ministry of Education, local leadership and local NGOs and CBOs in program planning and implementation.

1.7 Sub-grant Agreement

NIDYLSIG signed a contract with Pact Zambia to implement the Youth and Children with Health Options Involving Community Engagements Strategies project. Under this agreement, NIDYLSIG was to provide the following services:

- Identification of partner schools and churches for the implementation of A&B programme
- Identify peer educators and adult mentors to be trained in BCC for Abstinence and Fidelity messaging among the youth.
- Develop organisational and technical capacities of the local partner schools and churches to provide skills in A&B programming for youth
- Provision of on site technical backstopping support in A&B programming and messaging to program sites.
- Integrate A&B skills based programming into youth club activities in the formal education sector and churches
- Establish and strengthen community and school HIV/AIDS clubs
- Identification of community and civic figures to participate and support community and school based A&B messaging campaigns
- Strengthen community and school level adult mentors for youth mobilisation and community support to A&B programme
- Re-training of school HIV/AIDS club in group management and leadership skills
- Hold a consultative meeting with NGOs, i.e., CHAZ/LCCB, ZPCT, WVI, NZP+, Africare-RAPIDS, UNFPA, and BBYC

- Identify key local community based structures, including church programmes, for enhancing family discourse on social issues central to healthy sexual lives of the youth
- Increase dialogue and discourse between adult mentors and the youth on critical A&B and social issues through Adult Mentor/PE sessions during PTA and other public fora.
- Hold review meetings with peer educators and adult mentors
- Identify key sensitive social issues for dialogue promotion
 - Ensure retention of the trained peer educators for program sustainability and efficiency
 - Assessing networking and collaboration of Anti-AIDS clubs to increase their effectiveness in BCC programmes
- Ensure complementarity of services by partner NGOs
- Facilitate community and school dialogue to enhance child adult discourse on sexuality and other social issues through PTA organised meetings
- Conduct joint exchange visits with YDA and LUF AID in Mansa and Kawambwa
- Conduct close out dissemination meeting with stakeholders

1.10 Expected Project Period Outputs

By the end of the project, it was expected that

- 335 Peer educators (**8-16 per school**) would be trained.
- 90 Peer educators (**4-12 per church**) would be trained.
- 55 Adult Mentors (**2-3 per school**) would be trained.
- 30 Adult Mentors (**2 per church**) would be trained.
- 15,000 youths and children in school reached with abstinence messages only
- 3,000 youths and children out of school reached with abstinence and fidelity messages

2.0 ANALYSIS OF ACHIEVEMENTS AND COMPARISON AGAINST TARGETS

Objective 1. To promote decreased sexual activities among youth, families and communities through the provision of skill-based knowledge and capacity for youth

Under this objective, the following activities were implemented:

- a) Identification of partner schools and churches for the implementation of A&B programme
 For every program to succeed there is need to identify partners to support the initiative, during the implementation of the Y-CHOICES program for the period of 15 months. NIDYLSIG managed to identify 25 schools and 12 churches for the implementation of the Y-CHOICES program.
- b) Identify PEs and Mentors to be trained in BCC and MER.
 Under this activity; a total of 450 peer educators were identified and 100 adult mentors respectively for the BCC and MER.

c) Train PEs and Adult Mentors in BCC and MER

To achieve the result of the Y-CHOICES program, and the impact to the beneficiaries, a total of 425 peer educators were trained in and out of school and 85 adult mentors were also trained to provide guidance and direction to the implementation of the program in and out of school.

d) Conduct program outreaches to promote/message on A&B

The peer educators trained in and out of school reached a total of 14,587 and 2,800 youths in school and out of school respectively with abstinence and fidelity messages through outreaches which was conducted in schools and community. The number reached in school represent 97.4% against the targeted for the in school youths and 93% for the out of school youths respectively.

e) Develop organisational and technical capacities of the local partner schools and churches to provide skills in A&B programming for youth

f) Provision of on site technical backstopping in A&B programming and messaging to program sites service providers.

g) Integrate A&B skills based programming into youth club activities in the formal education sector and churches

Objective 2: To scale up and expand community-focused programs for communication, education, behaviour change reduction of HIV transmission targeting youth

Overall, this objective aimed at conducting peer education and adult mentoring. The health and economic costs associated with poor service delivery of HIV/AIDS program are enormous and represent formidable obstacles to the improvement of living standards. The prevalence of disease and the potential for epidemics is closely linked to the accessibility of good behaviour and the success of a community in eliminating exposure to sources of discrimination. HIV/AIDS diseases contribute greatly to human suffering. Promotion of good sexually behaviour can greatly reduce risk of HIV/AIDS transmission. For example, children in households with adequate facilities are less likely to die from diarrhoea than those in households without.

The method used to reach out to school youths was through sporting events, teachers taking time during assembly to demonstrate to pupils, one on one, and drama sketches performance.

The following activities were implemented under this objective

a) Establish and strengthen community and school HIV/AIDS clubs

A total of 10 schools were established and strengthened during the implementation of the Y-CHOICES program for continuity.

b) Identification of community and civic figures to participate and support community and school based A&B messaging campaigns

c) Strengthen community and school level adult mentors for youth mobilisation and community support to A&B programme

d) Participating in the 2009 and 2010 National Youth Day Celebration

Objective 3: To improve and strengthen the environment for family discourse on social issues critical to HIV prevention by youth and their communities

The following activities were scheduled to be implemented under this objective:

- a) Identify key local community based structures, including church programmes, for enhancing family discourse on social issues central to healthy sexual lives of the youth
- b) Increase dialogue and discourse between adult mentors and the youth on critical A&B and social issues through Mentor/PE sessions during PTA and other public fora.
A total of 258 parents were reached through school PTA, 131 were male and 127 female for the in school. For the out of school sites, 50 male parents were reached and 127 female through the small church communities bringing the total to 177.
- c) Identify key sensitive social issues for dialogue
- d) Facilitate community and school dialogue to enhance child adult discourse
- e) Hold consultative meetings with neighbourhood health committees; health centres committees and village/traditional leaders.
- f) Participating in the Parent Teachers Association meetings

Objective 4: Monitoring, evaluation and reporting

The following activities were scheduled to be implemented under this objective:

- a) Hold management planning meeting
- b) Conduct joint monitoring visits with the DEBS office, DATF and NIDYLSIG Staff
- c) Hold site review meetings with mentors and peer educators
- d) Hold experience sharing meetings with mentors and peer educators
- e) Conduct joint exchange visits with YDA in Kawambwa and LUFAID in Mansa
- f) Conduct end of project implementation meetings to report the progress of the project to partners/donors
- g) Preparation of monthly reports
- h) Preparation of the Final Close-Out report

Objective 5: Sustainability

The following activities were scheduled to be implemented for the sustainability of the Y-CHOICES program:

- a) Hold planning meeting with the DEBS office on the sustainability and handing over of the A&B in school program
- b) Hold consultative meetings with school managers/heads and church leaders on the continuity of the A&B program.
In an effort to continue with the A&B program, the organisation continued with the managed to held consultative meeting with the neighborhood health committees and other key stakeholders in the district. Although the consultative meetings were looking at the sustainability of the program it was used as an avenue for the parent-child communication discussion. And the interesting part of the parent-child communication was the point where the parents blamed themselves for not paying much attention to social activities of their children, which has contributed to the misbehaving of some children as quoted by one of the participants.
- c) Hold a consultative meeting with NGOs, i.e. CHAZ/LCCB, ZPCT, WVI, NZP+, Kashikishi HBC, MoE, MoH, UNFPA and BBYC to lobby them for possibility of support to the formed school Anti-AIDS Clubs.
- d) Re-training of school HIV/AIDS clubs in group management and leadership
The training of school HIV/AIDS club management was an ice-break to the strengthening and establishing of the Anti-AIDS club in schools. One of the most important lessons learnt from the training was the acceptance of the school authorities not responding to the education policy as part of the education curriculum. Much of the implementation of the HIV/AIDS activities should be seen as the most expensive, as it only requires commitments, support and engagement by people in high authorities so that, everyone can support the initiative.
- e) Investigating reports on drop-outs of peer educators and find ways of retaining them so as to increase effectiveness of the A&B programming
- f) Assess networking and collaboration of Anti-AIDS Clubs in schools and communities
- g) Ensure complementarily of services by partner NGOs

Monitoring of Project Implementation

Five monitoring visits were conducted by Pact Zambia officials from Lusaka to project sites in Nchelenge District. Discussions were held with the Executive Director, M&E Officer, Program Officers, Finance/Administrative Manager, Administrative Assistant, peer educators, adult mentor and school heads and community leaders involved in the project. The field visit contributed to the improvement of the organisation performance in finance, program and administration.

Some of the emerging issues raised during their respective visits were:

- Some forms particularly the community/church site forms did not have separate box files per site while the rest of the sites (**Schools**) had separate file each.
- The feedback forms for some sites were wrongly completed arising from lack of or misunderstanding of the two questions.
- The availability of records was not up to date particularly in the case of Training Attendance Registers as 2 Mentors and 6 Peer Educators did not attend all the training days. They had to complete the rest of the training days after the initial training had ended.
- Some sites had the same main topic splintered into smaller topics covered over the five sessions. It was emphasized by the MERL Specialist insisted that the Peer Educators go back to the same classes and conduct sessions on the remaining topics before beneficiaries can be declared reached.
- Under financial management, there was a query as to why there was only one quotation from one fuel supplier instead of at least three before deciding on one. The explanation was that there is currently only one fuel supplier in the district.
- There was also a question on why only one person was allowed to withdraw the funds for activities during the first month of implementation.
- The team was also advised to attach justifications to transactions that were done outside the specifications of the approved plans.

Some of the recommendations made during the compliance visits were:-

- Ensure that visits are intensified to all sites which are not visited and advocate for the increased sessions per week if the program are to achieve the target
- Ensure site supervisors (**adult mentors**) provide detailed plans so that even staff visiting the sites they are more aware of the time the sessions are taking place as well as the topics to be covered.
- Ensure refresher courses are conducted with peer/mentors to keep them with good level of knowledge on HIV prevention.

OUT COMES FROM ACTIVITIES IMPLEMENTED

1. There is a general awareness about youth HIV/AIDS related and barriers are slowly being broken and this could be attested by the adoption of various approaches – particularly parent child dialogue.
2. Youth and Children are generally becoming more pro active and knowledgeable about their own rights and are increasingly aspiring to achieve more in their respective lives.
3. Parents and teachers/guardians are also acknowledging the knowledge from their youths and children in that they can be taught various skills.
4. Strengthening and establishing of HIV/AIDS clubs assisted in the continuity of Abstinence promotion in schools

4.0 STAFF MATTERS

The organisation had some changes in the staff, ranging from the MER Officer, Program Officer and the Administrative Assistant which had some impact on the organisation to train new staff to adapt to the organisation operations and systems. This in all didn't made the organisation not to perform to the expectation. The all staff did contribute to the growth of the organisation which now the it can stand and has been recognised by many partners.

S/N	NAME	TITLE
1	Mwape Enos	Executive Director
2	Musonda Ernest	M&E Officer
3	Hanakamba Vickers	Finance/Administrative Manager
5	Mpundu Bridget	Program Officer/MER Officer
6	Kasoloko Martha	Program Officer
7	Mwiza Sakala Mdhluli	Program Officer
8.	Muninde Tino	Administrative Assistant
9.	Zimbiri Selina	Administrative Assistant

5. SAMPLE IMPACT CASES

The following cases represent a synopsis of the project impact. Most of the peer educators/community members interviewed, expressed noticing the behavioural changes in their various localities. Common amongst them was the attitudes towards to adapt to change their behavior that leads them to risk to HIV/AIDS contraction. This was attributed to the fact that most schools and churches/community members accepted the BCC concept and interpret it on their day to day activities. Efforts must be made to ensure that community engagement strategies in BCC and HIV/AIDS approaches are employed vigorously to ensure youths and children taking measures of responsibility in this regard.

Peer Educators have expressed their respect for life values, the role they play in their lives and their desire for information and



There is behaviour change serve as peer educators "said by Chongo Mary a 15 years girl at Nchelenge upper Basic School"

1. Mwila Precious a female community peer educator aged 20 years, at the Christian Missionary Many Lands (CMML), during the discussion on boy/girl relationship session during a visit by NIDYLSIG program officers. This is what she had to say; "I normally discuss sex and HIV/AIDS with my boy friend, especially issues like when we intend to get together at one point and sticking to each other. I also discuss how to eventually stop multiple sexual partners when not read"

encouragement from the NIDYLSIG staff and other members. The ability to fulfill that wish will be an important step in the battle against HIV/AIDS. Creating the space for dialogue, exploring, understanding and respecting the feelings and behaviours of youths will booster, not diminish the deepest spiritual values and practices.



Pupil's at Lupili Upper Basic during the session facilitated by one peer educators on effects of alcohol and drug abuse.

There are also unprecedented numbers who have made their clear aspirations to learn, question, reach out, and respond to those in need, in order to meaningfully and productively assist the youths in the communities they serve.

6. LESSON LEARNT

First the programme proved that it is possible in a resource-poor setting to implement community-based peer education among the youths on a very large scale. Second, active and voluntary participation and involvement by youths was the key to the success of the Y-CHOICES program:

Success of the Y-CHOICES program depended on:

1. Full involvement and “buy-in” by stakeholders and individuals affected and infected by the HIV/AIDS
2. Commitment by all levels of government and NGOs were key
3. Youth involvement and participation has increased coverage in HIV/AIDS awareness campaigns and further increased demand for VCT and other related services
4. The range of needs that peer educator and mentors can meet must be clearly communicated to youths to avoid raising false hopes of receiving hand outs like peer educators, or to lead them to expect other support beyond the capabilities of the peer educators and mentors
5. Increasing the number of trained peer educators is much safer in that it is not all the trained peer educators that are active. Some fall off due to several reasons (**transfers, loss of interest due to non-fulfillment of perceived personal gains etc**).
6. Involvement of community leaders is important at the initial stage of the program to promote acceptance of youth peer education, generate community support, and enhance access to HIV/AIDS services

2. Mr. Banda M. Andrew of Kashikishi Upper Basic School, one of the sites where the Y-CHOICES programme was implemented had this to say; “From the time I came to this school a year ago, there have been a number of cases of STIs and pregnancies reported to the school. This was seen through the number of school drop outs. The strategies which are in the behavioural change communication modules, to me as a cousin for the Bembas have started showing good results. The cases were common among the grade 7s and 8s mostly between the ages of 11 -17 years. Though I cannot be specific on the numbers, I can confidently say the number of such cases have drastically fallen in the school”.

7. Involve school managers and community leaders to promote youth peer educators, generate school/community support through stigma reduction and enhance access to existing community services that provide youth friendly activities
8. Target community members through the behaviour change communication (**BCC**) approach will greatly help in catalyzing the whole community to adopt HIV/AIDS behavioral changes. With this approach, it will be relatively easy to implement the HIV

3. “Discussing the issues of sex and sexuality with my parents has become as common and easy a practice as having dinner together with them as a family. Just after the 4 days workshop as a peer educator, my first targets were my family”. Said Nsama Francis a 15 years old boy of Kabuta Upper Basic School

prevention programs, as the communities would have started realizing that BCC and HIV/AIDS services are important.

9. School youth participation and involvement in the HIV/AIDS prevention campaigns has been overdue. There is the potential to increase coverage thereby influence the much desired behaviour change in the general youthful population. ***“Window of Hope”***
10. Developing HIV/AIDS program interventions tailored to the needs of each school/community depends on the felt needs of the particular school/community. This will continue to promote school and community program ownership and school/community management will take the program beyond piloting to sustainable
11. Providing information is the logical starting point in any behavior change effort. Information, although necessary, is rarely enough by itself to produce behavior change in most people. The information must be easily understood and relevant to the individuals you are trying to reach. Behaviour change communication education ignites youths and children to make informed decisions especially regarding HIV and STI's prevention
12. Change is more likely in a community if influential people adopt the change.
13. The needs of the community are changing (for instance, before, communities needed information and knowledge on HIV/AIDS, at present they need prevention messages and programme activities need to respond to these changes
14. The commitment of local schools, government departments, and the community to change, requires for integration is a process that takes time to grow.

10. Cross Cutting Issues

The Y-CHOICES program saw the organisation participate in many activities which was organized by Pact Zambia and other organisation. Through its recognition the organisation has been taking part in the District Development activities which are organized. Some of the activities NIDYLSIG participated were;-

District Development Coordinating Committee: Under this activity the organisation did managed to attend five (5) District Development Coordinating Committee Meetings and contributed fully for the well being of the District especially response to the fight against HIV/AIDS.

Pact Zambia: During the partnership, the NIDYLSIG did attended training workshops, refresher course and experience sharing of the Y-CHOICES program since inception, among the trainings/workshops and refresher course were;

- ⇒ Monitoring, Evaluation and Reporting
- ⇒ Behaviour Change Communication
- ⇒ Finance and Grants Management
- ⇒ Excel and MER Refresher Course
- ⇒ Experience Sharing Meeting

LPCB: The capacity which Pact Zambia built in an organisation showed some results of the partnering with other donors in the area of the HIV/AIDS. During the implementation of the Y-CHOICES program, NIDYLSIG attended the trainings which were organized by LPCB-AED for the strengthening of local NGO in responding to the fight against the pandemic. Among the trainings were;-

- ⇒ Project Design and Resource Development
- ⇒ Monitoring, Evaluation and Reporting
- ⇒ Finance and Grants Management
- ⇒ Leadership and Governance
- ⇒ Critical Management for Senior managers/directors
- ⇒ Social and Behaviour Change Communication
- ⇒ Human Resource Management
- ⇒ Compliance and Program Reporting

These trainings were meant to further improve the capacity of the local partners in the fields stated in order to help the local organisations better respond to HIV/AIDS.

10th ZNAN NGO Conference: During the 15 months implementation of the Y-CHOICES program, NIDYLSIG did presented a paper to the 10th ZNAN NGO conference which was held on 29th to 30th October 2009 at Mulungushi International Conference. The purpose was to increase universal access of NGOs in response to the fight against HIV/AIDS in Zambia.

Participation in the 2009 Mutomboko ceremony of the Lunda Speaking People: The traditional ceremonies are a mirror of Zambia's rich culture that contributes to the Zambia's economic growth through attraction of foreign and local tourists. The stay of the Pact Zambia and the Y-CHOICRES program saw NIDYLSIG taking part to sensitise the youths on the importance of abstaining from sexual activities during and after the event. The participation of the organisation was a milestone which saw the organisation emerges as one of the best participants in the youth category.

Participation in the Provincial JETS: The organisation in its quest to reach out to the youths in and out of school, from 13th to 17th July 2009 in the Junior Education Technical Science hosted by Nchelenge High School which is one of our sites in the implementation of the Y-CHOICES program. The organisation's participation in the event made a big difference in sensitizing more youths across the province. This was done by setting up a youth friendly corner where youths were able to get information on how to stay safe and abstain from sex.

DATF Meeting: During the implementation of the Y-CHOICES program, the organisation being the member of the District HIV/AIDS Task Force did attended six (6) meetings which were organized by the DACA. The meetings were to strengthening the networking and collaboration of HIV/AIDS Service delivery.

Management Meeting: The organisation held thirty (30) management meeting whose purpose was to review activities and planning. The meetings were meant to examine the challenges faced; successes scored and make recommendations for future programme performance improvements.

Youth Day Participation: NIDYLSIG as a youth organisation was involved in the full preparation of the 2009 and 2010 youth Day Celebrations. The organisation took an active role in ensuring that the nearby site schools and churches participated in the commemorations. The nearby sites and churches involved were Nchelenge High, Chandwe Basic, Kashikishi Basic, Nchelenge Basic School, Mubamba Basic School, Kenani, Ntoto Basic School, Chilongo Basic and Lushiba Basic Schools. All the churches were representatively in attendance at the event.

During the event, the organisation took advantage to sensitize the youths from all corners of Nchelenge District on the Y-CHOICES program, its target and which schools and churches were participating in the programme.

15. CONSTRAINTS AND RECOMMENDATIONS

Constraints/challenges

The challenge for BCC and HIV/AIDS prevention strategy, and in particular abstinence and fidelity strategy, is to identify and implement appropriate focal areas and concepts that take into account lived experience in the context of a severe HIV prevention. BCC and HIV/AIDS prevention communication has been successful in promoting abstinence with upward trends in both practices. However, neither of these outcomes has translated into marked impacts on containing the sexual practices among the youths and children

- Measuring of the most significant change in terms of attitudes and practices poses a big challenge.
- Filling names and signing on session attendance register for the number reached
- Poor attitude by some communities towards messages of sex and sexuality
- Changing dynamics of the socio-economic strategy in the light of planning feasible and workable in HIV prevention interventions
- “Work and get paid” stereotype by some of the stakeholders.
- Transport continued to be a major challenge for the organisation. Both for site backstopping, field visits and banking business in Kawambwa, the organisation have always relied on other stakeholders for assistance. These were a big challenge faced, especially on the follow-ups on key issues identified by our staff on sites.

Recommendations

- Funds should be transferred once all the queries are addressed by both partners, like funds sent without getting partner clarifications. This greatly will help in adhering to work plans in the field and thus gaining the rapport with other stakeholders. Short-term projects call for prudent planning and strategic implementation of activities.
- In order to effectively monitor and supervise activities at sites, it is important for the organisation to book/hire the vehicle in advance in order to address issues when they are fresh.
- Youth being agents of social change are better placed to solve their own problems. All they need is the relevant technical, moral, material and financial support
- Adult mentors must be provided with transport i.e. bicycles these will assist in the delivery of reports in time.

CONCLUSION

The Y-CHOICES project has transformed many in terms of behavioural change. It has helped the beneficiaries in mindset change and if this is coupled with the practice input, the impact will be remarkable. What is needed is to keep up the momentum in terms of resource mobilization to ensure that both the theory on BCC and practical gaps are filled. Lessons learnt should also be co-opted into subsequent BCC and HIV/AIDS projects to ensure their overwhelming success.

It is widely acknowledged that youths can bring a comparative advantage or “**added value**” in undertaking activities relating to promotion of behavioural change and that can bring about good health habits. During the implementation of the Y CHOICES programme, the youth have demonstrated an important role in extending service to hard to reach places or underserved communities, developing innovative or best practice responses, facilitate school-community advocacy and build strong communication among their communities. When designing messages to reduce sexual risk taken by youth in and out of school, Messages that focus on promotion events and prevention should be given in time in order to avoid unintended pregnancies.

There is some evidence that peer to peer campaigns coordinated with interpersonal behavioural change can influence youth's decision to bad behaviour, as well as boy attitudes to alcohol and sexual and reproductive health behaviours. However, a systematic review of the effectiveness of the Y-CHOICES approaches alone to change HIV and AIDS-related behavior yielded mixed results. Of those interventions that achieved results are those which bore an element of direct contact between the peers, parents and the mentors. Therefore, there is need for further evaluation of the effectiveness of Y-CHOICES behaviour change approaches. **(Whether through the continued use of the peer educators as a tool for behaviour change to create an enabling environment for behaviour change or through one to one or large scale public gathering methodologies)** to gauge their impact in reducing early indulges to sexual activities and practicing safer sex.

The primary purpose of peer education is to represent the interest of behavioural change in wider arena that gives them a voice whenever behaviours influence change. Peers are ideally placed to contribute to the epidemic response; they have the capacity to reach thousands of youths through school and community based AIDS programmes. Community initiatives like the Anti-AIDS groups must be a priority for our support, because they are the foundation for sustainable responses owned by the people who have the most to lose and gain. During the NIDYLSIG implementation of the Y-CHOICES programmes, indeed change can be seen through the responses which were coming from the program recipient

The current successes must be supported and given the necessary impetus through carrying out of programs that will promote interaction, learning, and knowledge exchange for sustainability of the project.

Appendix 1: Project Sites

No.	Name of site	Targets
Schools	Nchelenge High school	1,834
	Kashikishi Upper Basic School	1,965
	Kabuta Upper Basic School	2,204
	Nchelenge Upper Basic School	1,571
	Mubamba Upper Basic school	1,840
	Kenani Upper Basic School	1,447
	Kambwali Upper Basic School	1,428
	Kefulwa Upper Basic School	1,231
	Nshinda Upper Basic School	1,120
	Mwatishi Upper Basic School	1,356
	Kasumpa Upper Basic School	452
	Kanyembo Upper Basic School	645
	Mulanga Upper Basic School	309
	Shimulundu Upper Basic School	438
	Lupili Upper Basic School	696
	Chiba Upper Basic School	401
	Chandwe Upper Basic School	924
	Lushiba Upper Basic School	538
	Chabilikila Upper Basic School	379
	Ntoto Upper Basic School	378
	Shanyemba Upper Basic School	345
	Chilongo Upper Basic School	388
Toka-toka Upper Basic School	279	
Kafutuma Upper Basic School	490	
Kampampi Upper Basic School	773	
Churches	Roman Catholic Church	321
	Anglican Church	279
	Baptist Church	221
	New Apostolic Church	248
	Seventh Day Adventist	657
	Christian Missionaries Many Lands	359
	African Methodist Episcopal Church	457
	United Church of Zambia	410
	Pentecostal Holiness	376
	Pentecostal Assemblies of God	512
	Fire Baptised Church	243

Appendices: 2. Success Stories

They were a number of success stories and quotes during the implementation of the Y-CHOICES program in Nchelenge District. Below are some of the stories and quotes;

a) Situation

The situation of sex and sexuality discussion on families and communities was not freely shared in this environment. The introduction of the Youth and Children with Health Options and Community engagement strategies (Y-CHOICES) in these sites is slow trying to change the face of darkness of discussing the issue of sex as part of the day-to-day activities. This is helping to clear the taboos surrounding the topic on sex and sexuality among the youths.

b) Type of intervention/support

The introduction of the Y-Choices programme in schools and churches has improved the family discourses on HIV/AIDS and the stigma with which it is associated. This is being achieved through open youth to youth discussions on various issues affecting them as youths. This is further strengthened by other discourses that are being supported by the programme such distribution of IEC materials in collaboration with other stakeholders like Africare Rapids.

c) Anticipated Most Significant Change

The testimony given by one of the peer educator's parent as quoted below; "it should be noted that resistance to change is nothing new nor is it confined to individuals. There is much to learn from children experiences that are positive and hopeful. They reflect a long and on-going journey that demonstrates a change in mindset from one of resistance, denial and isolation, to open debates and acceptance, in spirit of mutual learning that, change is vital.

This programme is very key breaking the ice on issues of sex and sexuality and on HIV/AIDS as it allows the pupils to talk to one another at their level hence making it easy to learn and relearn and apply the acquiring to address the day to day problems. Ultimately, the best solutions do not come from outside. They come from the heart, from the affected child, faith, and love for good health themselves. The battle with AIDS is not a one sided affair that is confined to targeted individuals, families and communities. The parent cannot end the scourge of AIDS without the involvement and participation of all key stakeholders, individual, family and community and their access to the thousands of faithful who look to them for guidance"

This willingness in our view is now being put to the test, and it is proving to be effective.

The views and pictures shown/expressed here where quoted with permission and consent from the mentors and peer educators during the backstopping visit and meetings conducted."

“Saved from the Early Marriage”



Pauline Kalaba (Kashikishi Upper Basic School)

Pauline Kalaba is a grade nine pupil at Kashikishi Upper Basic School in the central part of the district, popular Market. Pauline Kalaba was born on 16th May 1995 in Mwense District to Mr. and Mrs. Kalaba both of Kawambwa District. She is the 4th born in the family of seven children, two boys and five girls.

Pauline’s life changed when her parents got separated in 2006, and she was then taken by her Mother in Nchelenge District where she had to continue with her education. Her mother is a fish trader; she spends most of her time at the market. One day Pauline’s mother was approached by one fisherman who wanted her daughter in exchange for fish. Pauline’s Mother being a single mother with five children, the other two elder children were given into marriage using the same system.

The fisherman hence took the bride price and the mother accepted without the consent of Pauline, when the time for the traditional marriage was organized in November last year 2009 she had to go and report the matter to one of her teachers Ms. Tamara who is also a mentor in the y choices program, she then had to take up the matter to the School Administration for assistant. The school thought of inviting the NIDYLSIG Staff for help and that was in December, during that period Pauline was selected to be trained as a peer educator and according to her she admired her friends who were involved in the Y-CHOICES program, she also wanted to join.



Ms. Tamara with Pauline posing for a photo

In December 2009 during the training for the cost extension Pauline was selected to be trained as a peer educator, and after the training Ms. Tamara who she trusted so much went to visit Pauline’s Mother at the house, during the discussion the mother accepted that she wanted to give her daughter into marriage, when asked why, she said she did not value education, to her education was merely a share waste of time.

In her testimony, Pauline confirmed that she never knew her mother’s plan. The Y Choices programme has since helped her a lot. She has learnt to take her education very seriously and knows that the only way one can be respected in the society is through education.

She also says the modules have been of great help in her understanding of valuing her life which cannot be in exchange for sex or misuse. She confirmed that communication between her parents has since improved as she is able to approach her parents and discuss any issues without problems.

“The life of smoking dagga”

“Before the Y-CHOICES program began in Nchelenge District, especially at Nchelenge High School, most of the peers were involved in dagga smoking and other substances. Since the introduction of the Y-CHOICES program at Nchelenge High School in January 2009 and the extension in November 2009 to March 2010 most of the peers have stopped smoking and using other drugs” said Mwape Winford, a Y-CHOICES peer educator under NIDYLSIG.

After being trained as a peer educator during the extension, Mwape began conducting sessions at Nchelenge High School with the Grade 12’s. Since February, Mwape and his peer education partner Tololi Precious have been discussing with their peers in small groups during prep and after their meal time. When I started conducting the meetings I was shocked that many of my male friends had been smoking. We have conducted lessons on alcohol, drug and substance abuse, values and goal setting and Peer pressure. It is worthwhile to note that there has been significant change in the lives of the peers. Many youths have since stopped the life they were living in the past. Many peers who were involved in living the school premises without permission have been identified by the teachers through the Y choices session attendance registers, it has now become a tool to track those not following the school rules set by the school authorities.

Mwape Winford said at school level especially for the grade 12’s promoting behavior change is a critical component of HIV/AIDS prevention interventions. Adopting abstinence practices remains the major means of preventing HIV infection, and health-seeking behavior and self disclosure of bad behaviour to friends is vital for the success of prevention programs. The Y-CHOICES strategies explicitly acknowledges that youths and children are embedded in social and structural contexts that must also be addressed to create an environment that is supportive of good behavior change. It is a good program because it focuses on youths and children taking the leading role in promoting behaviour change among themselves not things imposed on them by elders.

More needs to be done to save us and our brothers/sisters in school through the continuous preaching of abstinence as the only hope for us to be the leaders of tomorrow and today.

Appendices: 3. Summary of Reach Data

Below are the summary of the reached data for the first implementation of the Y-CHOICES program in Nchelenge District.

NCHELENGE INTER-DENOMINATIONAL YOUTH LEARNING AND SHARING INITIATIVE GROUP (NIDYLSIG)

Reached Vs Target Summary Data

Community Sites

Name	March		April		May		June		July		August		Sep		Target Population	Cummulative	Balance
	M	F	M	F	M	F	M	F	M	F	M	F	M	F			
Roman Catholic Church	26	29	0	0	0	0	32	22	24	27	14	7	25	26	321	232	89
United Church of Zambia	1	29	7	9	12	8	17	20	17	13	29	24	50	42	410	278	132
SDA Church	0	0	0	0	0	0	24	21	16	16	15	17	38	24	657	171	486
New Apostolic Church	16	9	7	7	6	8	18	23	16	13	5	4	13	13	248	158	90
CMMML Church	25	7	0	0	13	18	0	0	18	9	16	9	11	7	359	133	226
Petecostal Assemblies of God Church	0	0	0	0	0	0	0	0	0	0	0	0	0	0	876	0	876
African Methodist Church	22	8	0	0	19	6	10	19	4	9	14	14	20	18	457	163	294
Baptist Church	14	12	0	0	0	0	8	12	24	16	0	0	15	10	221	111	110
Anglican Church	9	23	0	0	21	11	22	10	5	10	11	6	19	13	279	160	119
Pentecostal Holiness Church	8	14	0	0	13	7	11	9	16	6	18	14	11	9	376	136	240
Total	121	131	14	16	84	58	142	136	140	119	122	95	202	162	4204	1542	2662

School Sites

Name	CODES	March		APRIL		May		June		July		August		Sep		Target Population	Cummulative	Balance
		M	F	M	F	M	F	M	F	M	F	M	F					
Nchelenge High	5129	98	82	0	0	0	0	0	0	41	0	0	78	44	1,834	343	1,491	
Nchelenge Basic	1928	140	189	0	0	97	62	77	63	186	137	0	0	126	115	1,571	1192	379
Kashikishi Upper Basic	1912	196	146	0	0	0	0	95	40	34	12	0	0	72	82	1,965	677	1,288
Kenani Upper Basic	1915	170	159	0	0	0	0	88	54	58	34	0	0	126	72	1,447	761	686
Mubamba Upper Basic	1924	201	118	0	0	79	48	53	58	105	80	0	0	106	95	1,840	943	897
Kabuta Upper Basic	1906	304	208	0	0	153	98	0	0	41	37	46	59	141	134	2,204	1221	983
Mwatishi Upper Basic	1927	141	111	0	0	140	114	62	67	126	113	0	0	59	76	1,356	1009	347*
Kefulwa Upper Basic	1914	186	121	0	0	73	42	85	74	130	94	0	0	0	0	1,231	805	426*
Kambwali Upper Basic	1908	139	106	0	0	0	0	86	58	90	72	0	0	64	64	1,428	679	749
Nshinda Upper Basic	1929	134	90	0	0	94	79	133	60	132	91	0	0	0	0	1,120	813	307*
Total		1709	1330	0	0	636	443	679	474	902	711	46	59	772	682	15,996	8443	7,553

AGE Categories In School

	Male	Female	Total
A (10 - 13)	757	597	1354
B (14 - 18)	3561	2825	6386
C (19 - 24)	427	276	703
Totals	4745	3698	8443

AGE Categories Out of School

	Male	Female	Total
A (10 - 13)	88	53	141
B (14 - 18)	227	214	441
C (19 - 24)	541	419	960
Totals	856	686	1542

Below are for the Cost Extension reached data

Nchelenge Inter-Denomination Youth Learning and Sharing Initiative Group

Community Sites

Name	Code	Targets	Deficit	December		January		February		March		Total
				M	F	M	F	M	F	M	F	
Roman Catholic Church		1823	1527	0	0	0	0	69	60	97	70	296
United Church of Zambia		1282	1053	0	0	19	13	38	64	38	57	229
SDA Church		4039	3720	0	0	0	0	60	47	159	53	319
Fire Baptised Church		243	40	0	0	0	0	61	52	49	41	203
Petecostal Assemblies of God Church		512	301	0	0	0	0	99	76	17	19	211
Total Target		7,899	1,500	0	0	19	13	327	299	360	240	1258
Deficit			242									

School Sites

Name	Code	Targets	Deficit	December		January		February		March		Total
				M	F	M	F	M	F	M	F	
Nchelenge High	5129	1838	1482	0	0	0	0	119	96	63	78	356
Kasumpa Upper Basic School	1913	452	58	0	0	0	0	87	58	141	108	394
Kanyembo Upper Basic School	1911	645	102	0	0	0	0	163	116	151	113	543
Mulanga Upper Basic School	1925	309	78	0	0	71	40	71	49	0	0	231
Shimulundu Upper Basic School	1932	438	16	0	0	91	34	103	73	85	36	422
Lupili Upper Basic School	1920	696	15	0	0	117	73	144	108	132	107	681
Chiba Upper Basic School	1898	401	195	0	0	0	0	30	26	78	72	206
Chandwe Upper Basic School	1900	924	478	0	0	0	0	136	110	108	92	446
Lushiba Upper Basic School	1921	538	22	0	0	107	72	63	100	95	79	516
Chabilikila Upper Basic School	1899	379	97	0	0	0	0	91	52	81	58	282
Ntoto Upper Basic School	1930	378	98	0	0	0	0	95	54	77	54	280
Shanyemba Upper Basic School	1931	345	70	0	0	0	0	79	48	100	48	275
Chilongo Upper Basic School	1901	388	80	0	0	51	49	50	34	67	57	308
Toka-toka Upper Basic School	1933	279	175	0	0	0	0	60	44	0	0	104
Kafutuma Upper Basic School	1907	490	275	0	0	0	0	73	47	58	37	215
Kampampi Upper Basic School	1909	773	393	0	0	0	0	116	75	94	95	380
Kashikishi Upper Basic School	1912	1508	943	0	0	0	0	217	215	64	69	565
Total Target		10,781	3,241	0	0	437	268	1697	1305	1394	1103	6,204
Deficit			4,577									

AGE Categories In School

				Dec		Jan		Feb		March		
				M	F	M	F	M	F	M	F	
A		10 TO 13	A	0	0	106	57	479	403	145		124
B		14 TO 18	B	0	0	253	193	1031	794	1218		955
C		19 TO 24	C	0	0	78	18	187	108	31		24
		TOTALS		0	0	437	268	1697	1305	1394		1103

AGE Categories Out of School

				Dec		Jan		Feb		March		
				M	F	M	F	M	F	M	F	
A		10 TO 13	A	0	0	0	0	8	19	24		39
B		14 TO 18	OB	0	0	19	13	120	106	141		102
C		19 TO 24	C	0	0	0	0	199	174	195		99

Appendices: 4.List of Program Peer Educators and Adult Mentors

During the implementation of the Y-CHOICES program, NIDYLSIG managed to train 85 adult mentors in and out of schools and 420 youth and children as peer educators in and out of school.

Below are the name of adult mentors and peer educators per site for the in school;-

S/n	Name of Peer educators	Sex	Name of Adult Mentor	Sex	Name of site
1	FIGHT KALUMBA	M	Mpande Andrew	M	Kasumpa Upper Basic School
2	GLORIA NSAMA	F	Chimbiya Sharon	F	
3	KELVIN CHIPUNGA	M			
4	GIDEON NKAKA	M			
5	SAMSON CHISHALA	M			
6	MAXMILLAN MWANSA	M			
7	PRISCOVIA CHEWE	F			
8	SANDRA PETWE	F			
9	FESTER SEYA	F			
10	AGNESS CHONGO	F			
1	BRIAN KABWE	M	Chileshe Edith	F	Lupili Upper Basic School
2	DARIUS MULEMBA	M	Kombe David	M	
3	BRUCE MUSONDA	M			
4	CHITALU MULENGA	M			
5	ROSA MULUMBWA	F			
6	SIMON AMIS	M			
7	EVELYN CHILESHE	F			
8	PATIENCE BUNDA	F			
9	Musepo Ngombe	F			
10	Annebell Muyembe	F			
1	PHEBBY MWENYA	F	Chomba Justine	M	Toka-toka Upper Basic School
2	MAUREEEN CHITALU	F	Chishala Mofya	F	
3	MERCY MWANSA	F			
4	BRIGHTONE MULENGA	M			
5	KELVIN KAUNDA	M			
6	MICHEAL MWILA	M			
7	GIFT KAPASA	M			
8	MARY MUBANGA	F			
1	MARTHA CHACHIWE	F	Bwalya Catherine M.	F	Mulanga Upper Basic school
2	MATTHEWS MUSONDA	M	Musonda Mathews	M	
3	DOROTHY NAMPANDA	F			
4	KISTO BWALYA	M			
5	ESNART CHISHIMBA	F			
6	NERRY KABEMBO	F			
7	ELVIS CHOMBA	M			
8	ISAAC MWILA	F			

1	GIFT CHANSA	M	Chola Robby	M	Chiba Upper Basic School
2	ALICE KALUMBA	F	Bwembya Cecilia	F	
3	REUBEN MWENYA	M			
4	GREENSON NSAMA	M			
5	ROYCE CHOLA	F			
6	OSWARD CHONGO	M			
7	NADIAH KAPUTO	F			
8	CATHRINE NG'ONGA	F			
1	TIMOTHY MUMBA	M	Nkhata Mavis	F	Kanyembo Upper Basic School
2	AUDREY CHILA	F	Chinga Emmanuel	M	
3	FLORENCE MUSEKWA	F			
4	JOHN KALABA	M			
5	JANET MULENGA	F			
6	JOESPH MWILA	M			
7	PRISCAH CHIKUMBI	F			
8	FRIDAH MAKUNGU	F			
9	BRUCE CHONGO	M			
10	HUMPHRY KABUNGO	M			
11	MYLESS KABWE	F			
12	ALBERT KAZEMBE	M			
1	GIBSON MULENDA	M	Mwaba Kisto	M	Shanyemba Upper Basic School
2	BENSON MUSONDA	M	Mulubwa Charity	F	
3	MWABA MUTEMBA	M			
4	DICKSON CHISHALA	M			
5	AGNESS CHISHIMBA	F			
6	SARAH KANONKELA	F			
7	RACHEAL MWENYA	F			
8	MIRRIAM CHIPEPO	F			
1	CHRISTINE MUKONDE	F	Kaunda Barbara	F	Shimulundu Upper Basic School
2	PATIENCE KUNDA	F	Mwansa Funewell	M	
3	FEDELIS CHITAMBALA	M			
4	ESNART MAKUNGO	F			
5	CONSTANCE KAUNDA	F			
6	HOLLAND CHILUMBA	M			
7	BORNFACE BWALYA	M			
8	JONATHAN CHISHALA	M			
1	KAREN MWAPE	F	Mowa Stallone	M	Lushiba Upper Basic School
2	PETER MUSONDA	M	Mayuka Clara	F	
3	COSMAS KALUNGWE	M			
4	ALBINAH MWANSA	F			
5	FRANCIS MWAPE	M			
6	BINAH KABESHA	F			
7	ANNIE LENGWE	F			
8	MOSES CHIBWE	M			
9	LEAH CHITAMBO	F			
10	MOSES MWABI	M			

1	MPUNDU CHOLA	F	Musolo Charity	F	Nchelenge High School
2	GWEN MWENYA	F	Chibanga Andrew	M	
3	THEODORAH MWAMBA	F	Mumba John S.	M	
4	FAIRNESS MUKUNTA	F	Kauseni Ruth	F	
5	NORAH MULUBWA	F	Mutale Ivor	M	
6	JEREMY CHIBANGA	M			
7	JOSHUA KAFWIMBI	M			
8	CHAIFWENA CHANDA	M			
9	PRECIOUS TOLOI	F			
10	WISDOM NSOKOLO	M			
11	KELVIN MWILA	M			
12	VERONICA CHIYEMBO	F			
13	CHIBWE MUSONDA	F			
14	WINFORD MWAPE	M			
15	OLIVER NG'ANDWE	M			
16	ANDREW MUKUPA	M			
17	MARY CHIMBA	F			
18	MBINDIKA VELMAH	F			
19	MULENGA STANSLOUS	M			
20	RICHARD NAMANGOLWA	M			
21	CHAMA MUSONDA	M			
22	SYDNEY CHUNGU	M			
23		M			
24	BWALYA MUKUKA	F			
25	ELIZABETH SAMPA	F			
26	THRESA CHIBWE	M			
27	ISAAC MALAMBO SARGY	M			
	JEREMIAH LWANGA				
1	OSCAR CHITANIKA	M	Mwelwa Fanny	F	Chablikila Upper Basic School
2	VASTONE CHIKONDE	M	Mwansa Longwani	M	
3	CHARITY MWILA	F			
4	ALEX NGOSA	M			
5	LILLIAN MUSONDA	F			
6	HILDA MWANSA	F			
7	DOROTHY MPUNDU	F			
8	HUMPHRY CHISHALA	M			

1	FINESS MIYAMBO	F	Chilambe Chanshi	F	Chilongo Upper Basic School
2	JOHN BWALYA K.	M	Chibwe Gift	M	
3	JOHN M. CHILUFYA	M			
4	JOHN MWANSA	M			
5	EGENIA KATAI	F			
6	CATHRINE MWAMBA	F			
7	PASTIVIA MWILA	F			
8	SEBESTINO MWEWA	M			
1	VIOLET MUMBA	F	Bwalya Emmanuel	M	Chandwe Upper Basic School
2	JONATHAN CHISHIMBA	M	Chipili Sharon	F	
3	PATRICK MWANSA	M			
4	KENNEDY MWIYA	M			
5	COSMAS KALUMBA	M			
6	JANE CHABALA	F			
7	THERESA MULOLO	F			
8	PRISCILA CHIPOPE	F			
9	WESLEY CHIBWE	M			
10	JAMES MWANSA	M			
11	ROSE CHANSA	F			
12	PERCIVIAH LUKWESA	F			
1	CAROL MWILA	F	Kalungu Nickson	M	Kafutuma Upper Basic School
2	DONALD MAKUNGU	M	Mwansa Packline	F	
3	MIRRAR MWAPE	M			
4	ERICK KALUNGA	M			
5	JACKSON CHEWE	M			
6	ROYDAH MWILA	F			
7	PRISCILA MWABA	F			
8	MERCY CHANDA	F			
9	YORUM CHIZEMBE	M			
10	JOYCE MUSUNGA	M			
1	ANNIEBEL MUMBA	F	Mandandi Peggie	F	Ntoto Upper Basic School
2	PERFECTION MULEMBA	M	Chishala Katai	M	
3	FRIDAH CHUNGU	F			
4	BRAINNESS MWIMBA	M			
5	MERCY KAPUTO	F			
6	JOSEPHINE CHISHIMBA	F			
7	HUMPHRY KABASO	M			
8	JUSTIN CHILOMBO	M			

1	JAMES KATELE	M	Banda Andrew	M	Kashikishi Upper Basic School
2	AUBREY CHILUFYA	M	Tamara Kilembe	F	
3	ALFRED KASANDA	M	Mulenga Charity		
4	RUTH CHUNGU	F			
5	PAUL KALASA	M			
6	BRIAN CHISUNGA	M			
7	COLLINS LUMBWE	M			
8	GEORGINA MPUNDU	F			
9	MEMORY CHANDA	M			
10	WILLY MUSHOTA	F			
11	GIVEN MWANSA	F			
12	RACHEAL MUKUKA	F			
13	PAULINE KALABA	F			
14	LEVAN PULE	M			
15	GRACE MAMBWE	F			
16	SAMPHROSA KASANDA	F			
17	JESSY CHONGO	F			
18	JEREMIAH KALUSHA	M			
19	DAVIES MWANGO	M			
20	JASPEY KAUNDA	M			
21	KAPYA KABASO	F			
22	NORAH LOMBE	F			
23	GIFT NG'ANDWE	F			
24	JOSEPH MAMBWE	M			
25	MWANSA CHABALA	M			
26	ETHEL MWANGU	F			
27	MULENGA YOLANDA	F			
28	ESTHER BANDA	F			
29	HASSAN BANDA	M			
30	PETER BWALYA	M			
31	CHILEYA SHARON	F			
32	MPUNDU MUSAMA	F			
33	FELIX MWANDU	M			
34	VIOLET BANDA	F			
1	MICHEAL CHIBALE	M	Bwalya Mulenga	M	
2	BRIAN CHALI	M	Kaunda Deborah	F	
3	ABGIRL CHIPILI	F			
4	SAMFRONCE KABWELA	F			
5	ABGIRL MWENYA	F			
6	HELEN MWENYA	F			
7	CORNELLOUS MWENGE	M			
8	DANIEL KAPAMBWE	M			
9	PHAIDES CHIPUNDU	F			
10	WILLIE MPUNDU	M			
11	DANNY MUMBA	M			
12	JANET YAMBAYAMBA	F			
13	FLORENCE MWANSA	F			
14	DERRICK KAPUNGWE	M			

1	MYNESS MWAPE	F	Zimba Simon	M	Kabuta Upper Basic School
2	EMMADAH CHUNGU	F	Kabende Joyce	F	
3	CHONGO KALUBA	M			
4	ROYD MAMBWE	M			
5	AUDRITA NSAMA	F			
6	PRUDENCE MWAPE	F			
7	PATRICIA CHUPA	F			
8	DICKSON LUPUPA	M			
9	FRANCIS NSAMA	M			
10	THOMAS LUPASHI	M			
11	WILLARD CHISHIMBA	M			
12	LUCY KATELE	F			
13	ANNETTE CHILUFYA	F			
14	MERCY MWANGA	F			
15	KELDA MWABA	F			
16	JOSEPH SIMBAO	M			
17	PAUL MULELWA	M			
18	ELVIS MWABA	M			
1	CHAMA KANGWA	M	Musonda T. Dyness	F	Mwatishi Upper Basic School
2	SHARON KASOMA	F	Chinunka Glory	M	
3	ISAACK MWILA	M			
4	GRACE MUSONDA	F			
5	JOHN CHOLA	M			
6	SHETRIDAH CHABU	F			
7	REUBEN MUSONDA	M			
8	CATHERINE MWASHA	F			
9	JOYCE CHILESHE	F			
10	SHARON MULENGA	F			
11	STEPHEN MPAPWA	M			
12	CHANDA CHIBALE	M			
13	EUNICE MWAPE	F			
14	JOEL CHISHIMBA	M			
1	LACKSON NDASHI	M	Mukupa Given	F	Nshinda Upper Basic School
2	PETER LENGWE	M	Chimbaka Leonard	M	
3	MARY MUKOBE	F			
4	BEATRICE MWANSA	F			
5	REAGAN KAZEMBE	M			
6	JONAS KAZEMBE	M			
7	CATHERINE MUSONDA	F			
8	PRISCILLA MULENGA	M			
9	RONALD MWILA	M			
10	SAPWE KABUNGO	F			

11	LENICAH BWALYA	F			
12	REYA CHUMA	F			
13	ABLE MUSAWA	M			
14	BINET CHONGO	M			
1	EVENLY CHANDA	F	Kasongo Idah Lukonde Willies	F M	Kenani Upper Basic School
2	PETER NDUNGA	M			
3	JOHNSTONE MUSHIKITA	M			
4	IVETTY CHANDA	F			
5	CATHERINE MWANSA	F			
6	JANE CHISHIKWA	F			
7	MEMORY CHIBWE	F			
8	MABVUTO KAPUTO	M			
9	JOY KALUMBA	F			
10	HONEST CHISALA	M			
11	JEASLOUS KAZEMBE	M			
12	NELLY CHONGO	F			
13	AGNESS MWICHE	M			
14	KENNEDY MAKUNGO	M			
15	EVARISTO KAPASA	M			
16	PETHIAS NKANDU	M			
1	MWENYA MWENYA	M	Mpandalesa Phaides Chibale Haward	F M	Nchelenge Upper Basic School
2	GIVEN SICHILIMA	M			
3	LOMBE MWANSA	F			
4	BRIDGET MWENYA	F			
5	JEDIDIAH CHITONDO	F			
6	MONICA MULUMBWA	F			
7	BEAUTY MANDA	F			
8	HILLARY KAWANGU	F			
9	MEMORY KUNDA	F			
10	HARRISON KASOLOKO	M			
11	GILBERT MUTAKWA	M			
12	NOAH MWITA	M			
13	CLEMENT CHILESHE	M			
14	PETHIAS KAWANGU	M			
15	MAGGIE MWENSE	F			
16	MATILDAH KAYAMBA	F			
1	JULIET KUNDA	F	Mwewa Evelyn Chalwe Julius	F M	Mubamba Upper Basic School
2	PRECIOUS MUSONDA	F			
3	MAJORY CHOMBA	F			
4	MWILA CHILAMBWE	M			
5	MIRRIAM CHITALU	F			
6	HARDSON	M			

7	MERAN CHIMPINDE	M			
8	HOSWARD MPUNDU	M			
9	MORIS MWABU	M			
10	MANDA MWAPE	F			
11	DAGLOUS CHOLA	M			
12	JIM MWABU	M			
13	GRACE MWAPE	F			
14	ASTRIDAH KAOMA	F			
15	GOODWIN MULENGA	M			
16	DORAH KANDU	F			
1	MILDRED MUSAWA	F	Chibulika Kennedy	M	Kambwali Upper Basic School
2	STAIN BWALYA	M	Kabansa Bridget	F	
3	THELMA KAMWANGALA	F			
4	TREVOR MUSONDA	M			
5	DANKEN MULENGA	M			
6	AGNESS MWAPE	F			
7	KENNEDY KAPYA	M			
8	PATRICK MUSONDA	M			
9	PEGGY MAKUNGU	F			
10	GRACIOUS KAPYA	F			
11	EDWARD NG'ONGA	M			
12	HOLYNESS MULWANDA	F			
13	JACKSON MWANSA	M			
14	PATIENCE MWANSA	F			
15	LUXON PHIRI	M			
16	NSONGWE KANUNGWE	M			

Below are the name of adult mentors and peer educators per site for the out of school;-

1	JAMES KAZEMBA	M	Musonda Benson	M	United Church of Zambia
2	ANOLD MUSONDA	M	Makungu Miriam	F	
3	AARON CHISHIMBA	M			
4	REUBEN CHANSA	M			
5	MICHEAL MULENGA	M			
6	CONSTANCE CHIKUMBI	F			
7	DAVIS NGOWANI	M			
8	MARY CHUBA	F			
9	CHANDA MWENYA	F			
10	MUTALE BRIDGET	F			
1	JACQUELINE CHANDA	F	Mushitu Teddy	M	Fire Baptised Church
2	PRUDENCE MUBANGA	F	Bwalya Martha	F	
3	FELEX KWESELE	M			
4	JONATHAN CHUNGU	M			
5	JOESPH NG'OMBE	M			
6	ENESS CHOLA	F			
7	CHARLES CHIBUNSE	M			
8	BENARD CHIPILI	M			
1	MOSES KANDEKE	M	Chileshe Grace	F	Seventh Day Adventist Church
2	GIFT LOMBE	M	Kandeke Kashiwa	M	
3	EVRRRET KAPYA	F			
4	WIILIAM MUMBULUMA	M			
5	THRSCAH KASANDA	F			
6	ROBERT MUMBA	M			
7	MABLE MWAMBA	F			
8	ESTHER HIMOONGA	F			
9	JOESPHINE CHILESHE	F			
10	KENNEDY E. KABWE	M			
11	THOMAS CHILESHE	M			
12	JUDITH MWILA	F			
1	AUGUSTUS KAUNDA	M	Fwambo Diana	F	Roman Catholic Church
2	JOESPH MUKUKA	M	Chipaika John N.	M	
3	IRREN BWALYA	F			
4	CECEILA CHILAMBE	F			
5	GLADYS CHOLA	F			
6	BRIAN F.J BUNDA	M			
7	GLORIA MUSUNGA	F			
8	GILLAIN CHISHIMBA	F			
9	ANGEL SASHI	M			
10					

11	NORAH MWEWA	F			
12	JOSEPH CHIBWE	M			
	BWALYA MUKUKA	M			
1	BRIDGET MUMBA	F	Mwelwa Calvin	M	Pentecostal assemblies of God
2	ADRIAN CHIKUMBI	M	Mofya Annie	F	
3	ELIAS MUMBA	M	Kapumpe K. Sunga		
4	FAUSTINA NONDE	F			
5	ELIZABETH BWALYA	F			
6	ASFORD CHOLA	M			
7	BENJAMIN MWALE	M			
8	NANFUKWE ALBERTINAH	F			
9	MWAMBA MATHEWS	M			
10	ELIAS MUMBA	F			
11	AGNESS CHISANGA	F			
12	EMALDAH SAINETI	F			
1	DAVIES MWANSA	M	Chilufya George	M	Anglican Church
2	DORAS NGWIRA	F	Mwaka Chanda	F	
3	LAMECK CHILUFYA	M			
4	PATRICK KAPANSA	M			
1	SYDNEY MUPETA	M	Ngosa Leonard	M	Christian Missionary Many Lands
2	FRANK CHISHALA	M	Bulungu Dorothy	F	
3	MWABA CHUNGU	F			
4	PRECIOUS MWILA	F			
1	HARRISON KAOMA	M	Besa George	M	African Methodist Episcopal Church
2	EMELDAH KAWEME	F	Ntambo Peter	M	
3	HARRIET MWEWA	F			
4	DAVID KASANDA .M.	M			
1	HUMPHERY CHUNGU	M	Chalwe Queen	F	Rivers of Joy Baptist Church
2	JANE KAWAMA	F	Sichanga James Lupiya	M	
3	PETER CHISANGA	M			
4	JOY MULENGA	F			
1	TOM CHANDA	M	Lumpa Jim Chanda	M	Pentecostal Holliness Church
2	DINA KASAKULA	F	Chishala Maureen	F	
3	ISAACK CHOLA	M			
4	BARON CHILUFYA	M			
1	TRINITY CHILEYA	M	Kaoma Lloyd	M	New Apostolic Church in Zambia
2	HANS KAOMA	M	Sibote Mike	M	
3	PRUDENCE CHILAMBE	F			
4	BRENDAH KABESA	F			