



**NATIONAL SYNDEMIC DISEASES CONTROL COUNCIL**



## YOUTH ADVISORY CHAMPIONS OF HEALTH (YACH) CHARTER

### 1.0 Background:

Youth Advisory Champions of Health (**YACH**), is an adolescent and youth program that aims at HIV prevention, formally known as YAC- Youth Advisory Council. It was formed to increase youth involvement in matters concerning them, **"nothing**

**about us without us"**. The first batch of champions

was trained in 2018 and was a group of 15 which has grown to 40 Youth Ambassadors who assist in creating awareness among the Youth drawn from the 12 sub counties of Kiambu.



### 2.0 Goal and Objectives (What, why, When)

**Goal:** advocating for mental health, HIV, GBV, SRH among adolescents & young persons aged (15-24 years) in Kiambu County:

(Thika, Juja, Gatundu (North & South), Ruiru, Githunguri, Kiambu, Kiambaa, Kabete, Kikuyu, Limuru, Lari sub counties).

**Objectives: (How)** – sensitization in schools, RFM community radio platforms, social media campaigns, Jaba/Miraa Base

1. Creating awareness through Sensitization forums – outreaches, tournaments
2. Provision of Information on Sexual Reproductive Health
3. Provision of Entrepreneur skills, self-employment and IGAs

### 3.0 Health and HIV Areas of Interest



1. HIV prevention, care and treatment
2. Sexual and reproductive health information
3. Health Insurance - NHIF
4. GBV/SGBV
5. Social security - NSSF
6. Mental Health - Depression

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#### 4.0 Approach in Programming/ Implementation

1. Community and facility outreaches,
2. Sensitizations and awareness creation
3. Partnerships with the county and implementing partners in the community to aid in relevant IEC materials.
4. Conduct a capacity building training to all YACH members on HIV, GBV, SRH and mental health
5. Online campaigns that will help in demand creation.
6. Use of real-life stories for PLHIV and PMTCT to support those in denial and experiencing stigma and discrimination to cope

#### 5.0 Priority Areas

1. HIV prevention
2. Mental health
3. Sexual & Reproductive Health
4. Social Security

PRIORITY AREA	ACTIVITIES
HIV Prevention	<ol style="list-style-type: none"> <li>1. Organizing sporting activities               <ul style="list-style-type: none"> <li>• Football tournaments: branding of fliers and T-shirts with HIV prevention messages, Voluntary HIV testing services, family planning counseling and distribution of condoms,</li> <li>• Organizing cycling racing</li> <li>• Team building activities</li> <li>• Marathon</li> </ul> </li> <li>2. Medical open days</li> <li>3. Social media campaigns               <ul style="list-style-type: none"> <li>• Twitter chats &amp; space</li> <li>• Facebook platform</li> </ul> </li> </ol>

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	<ul style="list-style-type: none"> <li>• Short video clips</li> <li>• Community radio platforms</li> </ul> <p>4. Color festival 5. Talent show</p>
Mental Health	<ul style="list-style-type: none"> <li>• Mental health awareness campaigns,</li> <li>• Drug &amp; substance abuse awareness,</li> <li>• Organizing fun day, art therapy</li> <li>• Organizing rallies</li> <li>• Talent shows,</li> <li>• Training peer educators in schools</li> <li>• Formulating clubs addressing mental health and people living with HIV</li> <li>• Community service e.g., street clean ups</li> </ul>
SRH	<ul style="list-style-type: none"> <li>• Distribution of menstrual care packages to female students &amp; young females in the community.</li> <li>• SRH awareness campaigns through school health programs &amp; media platforms</li> <li>• Disseminating age appropriate information materials, such as pocket size booklets in schools</li> </ul>
Social Security	<ul style="list-style-type: none"> <li>• Organizing workshops in collaboration with relevant organizations to sensitize the youth on entrepreneurial skills, importance of NSSF accounts, importance of NHIF accounts.</li> <li>• Conduct training on life skills and self-advocacy</li> </ul>

### 6.0 Monitoring & evaluation

- Reports and other supporting documentations
- Pictorial evidence
- Review of progress and Feedback
- Attendance list
- Meetings to evaluate progress



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## 7.0 Coordination Framework



- The YACH has a President elected by its members who has deputies and reports directly to the Director of public health and sanitation who is also the County adolescent focal person.

## ANNEX 1: SWOT ANALYSIS OF THE YACH CP

	Positive	Negative
Internal Factors	 <p><b>Strengths (Things currently going well)</b>            Majority of the stakeholders are youths            Most youths have access to social media platforms and other sources of information            Previous experiences when dealing with youths            Strong support system from the county and National Syndemic Diseases Control Council formerly National AIDS Control Council (NACC).            Support and training from LVCT</p>	 <p><b>Weaknesses (Things that aren't currently going well)</b>            Inadequate expertise on matters affecting youths            Limited scope of focus on capacity building            Coordination challenge due to geographical distance            Uneven representation of all sub-counties in YACH</p>
External Factors	 <p><b>Opportunities (These exist now and in the future worth pursuing to achieve the expected result)</b> Youths form the largest population in Kenya</p>	 <p><b>Threats (Possible obstacles that exist now)</b>            Poor public perception of HIV, SRH &amp; Mental health</p>



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	<p>Most youths are faced with challenges in the priority areas</p> <p>Policies in place support the implementation of youth programs</p> <p>Existing of organizations that support and fund youth friendly activities.</p> <p>More AYPs willing to join the team</p> <p>More organizations willing to collaborate with YACH.</p>	<p>Misinformation from the internet and other sources of information</p> <p>Poor resource management</p> <p>Covid-19 pandemic</p> <p>Limited time to achieve all the activities</p>
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