

# USE our tools!

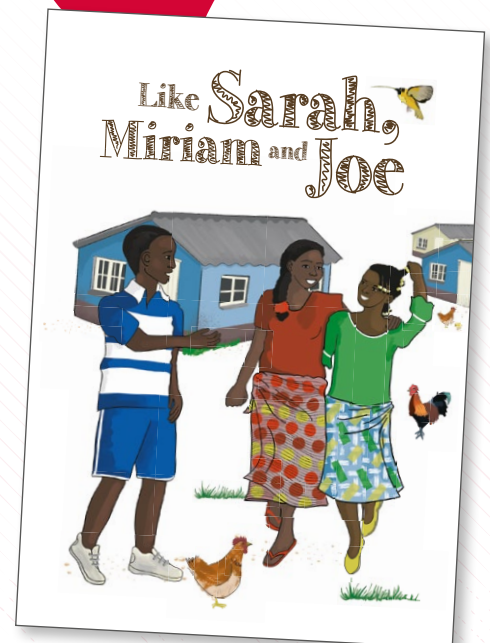
Talking about health, reproduction, relationships and love to children and adolescents is an essential stage for their development and understanding of life. Jeune S3 has produced a broad range of tools for different target groups (parents, adolescents, facilitators, teachers, religious leaders, etc) with two main objectives: to raise awareness on Sexual and Reproductive Health and Rights and maintain a positive dialogue about it.

Download the files on <https://bit.ly/34hHmMu> or click [here](#)

## 1. “Like Sarah, Miriam and Joe” (in french, “Comme Sarah, Miriam et Joe”)

**Description:** The children and young adolescents’ story “Like Sarah, Miriam and Joe” can help this age group to start thinking about important choices in life related to sexuality, relationships, gender and peer support. It helps them to talk more easily and openly about difficult personal topics with friends, teachers, (grand)parents, etc. The book is supported by a separate didactic folder for teachers and youth group leaders.

**Target groups:** Girls and boys aged around 10-14 years.  
**Languages:** English, French, Arabic (limited to flipbook), Amharic, Lungandese, Sango, Sidamigna and Swahili.

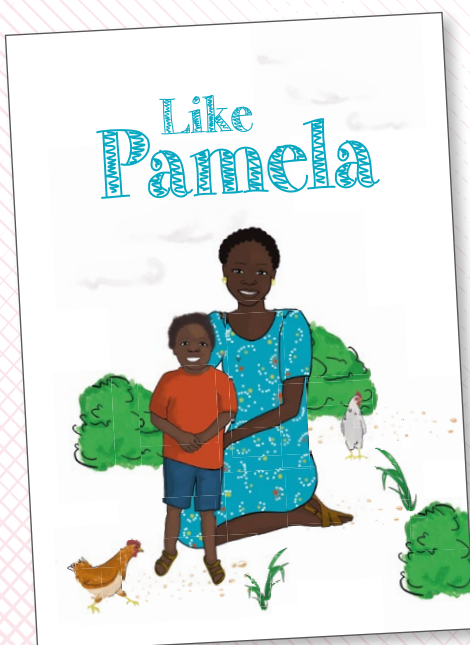


## 2. “Like Pamela” (in french, “Comme Pamela”)

**Description:** The story for adolescents “Like Pamela” is an attractive story for girls, 12 - 19 years old to discover how to find their way in life as a single mother. They will discover their own ‘Girl Power’ and how to find support in their community. The book is supported by an accompanying guidebook with group activity suggestions and fact sheets for use by facilitators of groups of teenage mothers or adolescents and teachers.

**Target groups:** Can be used for groups of adolescent girls and especially useful for new teenage mothers, but also for girls becoming caretakers of young infants in the home for the first time, regardless of the family relationship.

**Languages:** English (generic), English (Uganda), French, Luganda and Amharic.



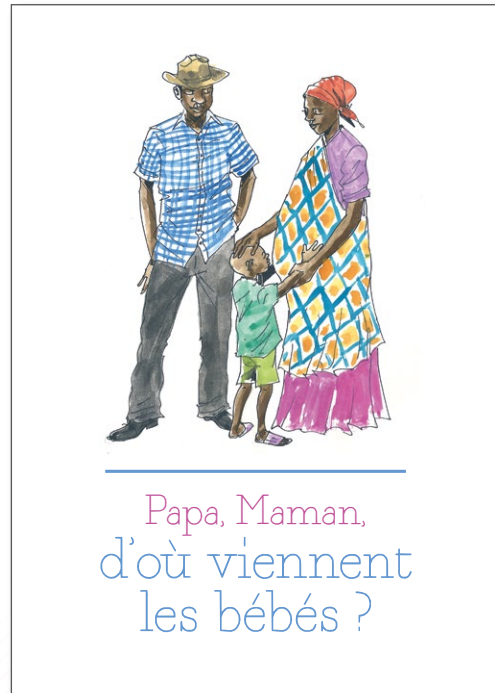
### 3. “Dad, Mum, where do babies come from?”

(in french, “Papa, maman, d’où viennent les bébés ?”)

**Description:** This booklet for parents aims to encourage them to talk to their children about love, relationships and sexuality as they may sometimes wonder what can or cannot be said to a child or adolescent. It includes 25 questions frequently asked by parents (for example «What kind of language should I use?» Or «What to do when my child sees pornographic scenes on television or the Internet?») and adequate answers for each age group.

**Target groups:** Parents.

**Languages:** French.



### 4. “Picture box: Dad, Mum, where do babies come from?”

(in french, “Boîte à images: papa, maman, d’où viennent les bébés?”)

**Description:** This Picture Box is a complementary tool in support of the booklet of the same name “Dad, Mum where do babies come from?” to help qualified facilitators to lead parent awareness training sessions in small groups. It helps facilitators to guide parents through the different chapters in a structured way. It uses attractive images to catch the interest of parents and generate discussion. Each chapter consists of three distinct sections: one introduction, questions to debate and finally the main messages to convey.

**Target groups:** Facilitators and trainers.

**Languages:** French.

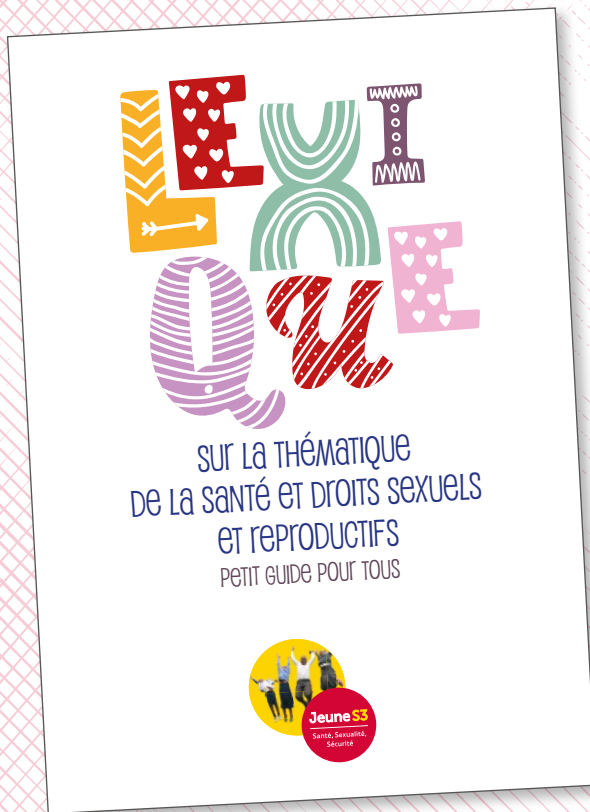
**BOÎTE À IMAGES**  
**« PAPA, MAMAN D’OÙ**  
**VIENNENT LES BÉBÉS ? »**

**Jeune S3**

Santé, Sexualité,  
Sécurité

**Éducation affective  
et relationnelle au  
sein de la famille**



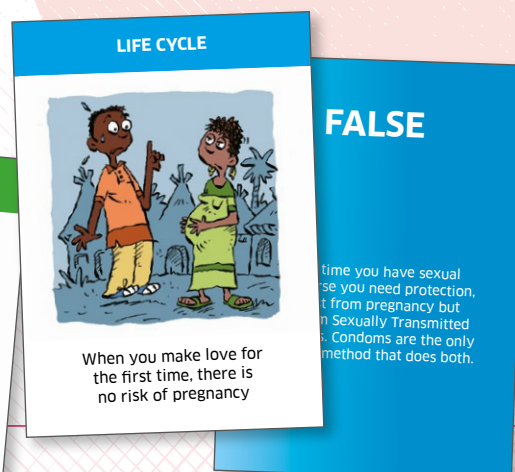
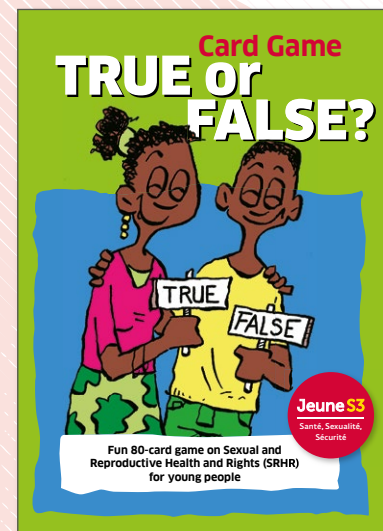


## 5. “Lexicon Sexual and Reproductive Health and Rights” (in French, “Lexique Santé et Droits Sexuels et Reproductifs”)

- Description:** This lexicon of 115 words on the thematic of Sexual and Reproductive Health and Rights (SRHR) aims to help people to familiarize with the frequently used terms on this subject.
- Target groups:** Everyone interested in learning and understanding SRHR vocabulary: young people, parents, teachers, health professionals, etc.
- Languages:** French.

## 6. “Card game: True or false” (in French, “Jeu de cartes : vrai ou faux”)

- Description:** This fun 80-card game aims to tackle taboos and misinformation by providing objective information to help young people make decisions during their adolescence. The attractive cards are divided into eight broad categories of questions (Knowing your body; Life cycle; Love and sexuality; Contraception; STIs and HIV and AIDS; Pregnancy; Abortion; Rights), which must be answered with “True” or “False.” An explanation is given on the back of each card which helps to open up discussion among the young players.
- Target groups:** Adolescents aged around 15-24 years.
- Languages:** English and French.



## 7. “The basics of contraceptive methods: a short practical guide” (in French, “L’essentiel des méthodes contraceptives : petit guide pratique”)

**Description:** This easy and fun two-page flyer aims to teach more about the different contraceptive methods and their use. A section can be personalized to redirect the young person to the nearest health center or health professional.

**Target groups:** Adolescents aged around 15-24 years.

**Languages:** French.



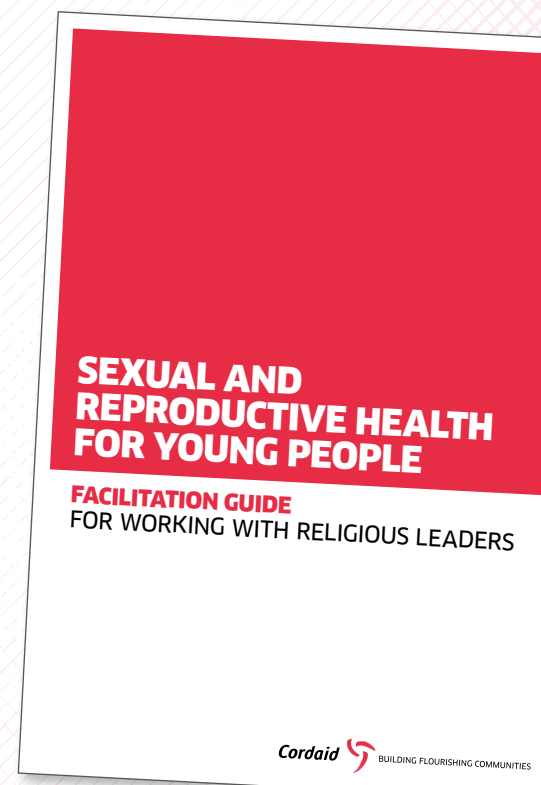
## 8. “Sexual and Reproductive Health for young people: facilitation guide for working with religious leaders” (in French, “Santé sexuelle et reproductive pour les jeunes : guide de facilitation pour travailler avec les leaders religieux”)

**Description:** This facilitation handbook (+ annex manual) for religious leaders on the Sexual and Reproductive Health of young people is a flexible training curriculum that has been designed to be used on an interfaith and intercultural basis. It aims to educate and empower religious leaders with the necessary information and skills to better understand and support young people in making critical decisions about their sexual and reproductive health. Note that this facilitation guide does not intend to change the fundamental religious positions of religious leaders - instead it informs them about the SRH of young people.

The intention is for religious leaders to reflect on and understand how they can practice their leadership and be good role models for vulnerable young people.

**Target groups:** Religious leaders with official responsibilities in their communities.

**Languages:** English and French.





**Jeune S3**  
 Santé, Sexualité,  
 Sécurité

**Steering committee members**

**Cordaid**  
 BUILDING FLOURISHING COMMUNITIES



**Swiss TPH**  
 Swiss Tropical and Public Health Institute  
 Schweizerisches Tropen- und Public Health-Institut  
 Institut Tropical et de Santé Publique Suisse  
 Associated Institute of the University of Basel

**Technical partners**



**TRIGGERISE** **IPPF** International Planned Parenthood Federation  
 Africa Regional Office

**In partnership with**

