

Annual Report 2022/023 For the Fiscal Year 2079/80

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rogress has very little to do with speed, rather it is about facing the right direction. This year, we conducted the organizational capacity assessment, revisited our strategic plan and redefined our policies according to the feedback received at the office retreat. We, as a team, want to constantly improve, at individual, organizational and institutional level.

Despite uncertainty during the last two post-COVID years, we now found reassurance as our roots grip tighter and deeper. Our existing partnership with Safe Abortion Action Fund and Nepal APFSD Youth Alliance grew stronger, while we on-boarded our new partner Core Group. Our flagship program Sarathi got new faces and fresh energy as we witnessed our previous batch of Sarathi graduating with a smile. We continued our advocacy through the CSE Advocacy Coalition. Our geographical, thematic and programmatic areas have expanded, while the quality of our work on the ground is getting recognized more than ever.

What gives me immense pleasure is seeing new faces on this journey, new passionate souls who want to become social champions. Building youth leadership is at the core of Visim, and so we organized more than hundred engagement platforms, all over the country. Those who know us well enough, know that at Visim, we rise by lifting others. As a result, we are expanding our presence at grassroots to international platforms inch by inch.

We all are together in this; our end goal is the same - a society with human rights at the core. Our well-wishers, advisors, members of the board, staff, volunteers, social champions, interns, media fellows, and partners, all of you are equally incredible part of our journey, and I can't thank each and every one of you enough for your immense support to Visim.

Some exciting works lie ahead of Visim for the upcoming year. Together, let us continue building an inclusive world where everyone is empowered by their own strength. I look forward to your continued support for this.

Medha Sharma President

About Us

Visible Impact (Visim) is a young-women-led not-for-profit company that aims to create a 'visible impact' in the lives of youth, adolescent girls and women and their immediate families and communities, with a focus on leadership development, advocacy, and realization of their sexual and reproductive health and rights.

Established 8 years ago in 2015, Visim has been able to reach 59000+ adolescents and youth directly. 530+ social champions have been empowered to be the voice in the community- advocating for sexual and reproductive health and rights, leading towards community-led local development as mandated by the Constitution of Nepal 2015. Going by the evolving trends in digital innovation, Visim has also extensively used social media initiatives over these years, with 46 million reaches. Visim has managed around 45 small and large projects till date with funders including government, UN Agencies, bilateral agencies, international and national non-governmental organizations, youth groups, etc.

Vision

Creating a visible impact in the lives of every girl, every woman, and every youth.

Mission

Unleash the capabilities of girls, women, and youth in various socio-economic spaces through inclusive, participatory, and transformative approaches.

Theory of change

Innovative Intervention x Beneficiary Engagement = Visible Impact

Objectives

- 1. To facilitate mentorship and development of girls, women, and youth as social champions for socio-economic transformation.
- 2. To promote safe spaces for adolescents and youth on SRHR, human rights, climate justice, mental health, economic empowerment, humanitarian response, etc.
- 3. To act as a strong support system providing technical assistance to the government and non- government entities for research and advocacy initiatives.

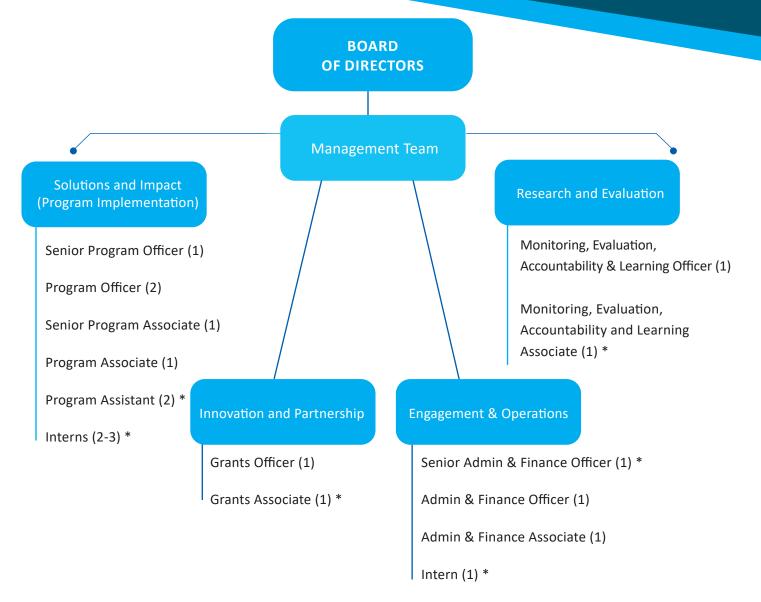
Non-negotiable values

- 1. Human rights are always at the core.
- 2. Ensure and promote meaningful and inclusive youth participation.
- 3. Feminist principles are always fulfilled.

Organizational Profile

Visible Impact is a young women-led organization. Within its Board of Directors, youth and experienced professionals are balanced. The organization's operations are led by a young, dynamic workforce.

Our board consists of 80% youth and 80% women, with a woman leading as the President. Our staff consists of 70% female, and 100% young people. Visim's organizational structure is shown in the image below:



Note: The asterisk (*) indicates the positions that are currently vacant.

Our 2022/23 at a glance



Youth reach -

- Direct reach: 5000+ lives
- Indirect reach: 100,000
- Youths Empowered: 120+
- Inclusion at the core

Media Reach

- Facebook (8.7k followers)
- LinkedIn (308 followers)
- Instagram (798 followers)
- YouTube (763 subscribers)
- Twitter (199 followers)
- Tiktok (84 followers)





Reach expanded to seven provinces Stronger collaboration with government Expanded networks and alliances Greater recognition nationally and internationally

Youth for Access to Abortion for Youth (YAAY)

Project Introduction

Youth for Access to Abortion for Youth (YAAY) program, supported by the Safe Abortion Action Fund (SAAF) started its second phase from July 2022 with the main aim to advocate for stigma-free and youthfriendly safe abortion services in Nepal.

Our Programs

Despite abortion being legal in Nepal, many women of reproductive age are unaware of their rights, leading to common incidences of unsafe abortion due to stigmatization and misinformation perpetuated by the media. The project collaborates with young advocates, health professionals, and media personnel across all seven provinces to transform attitudes and dispel myths about safe abortion. Engaging stakeholders in Karnali and Gandaki provinces, which are yet to effectively implement the Safe Motherhood and Reproductive Health Rights Act 2018, the project aims to support the effective implementation of the Act at the provincial level. Additionally, the project prioritizes advocating for the decriminalization of abortion, based on a suggestion received during Nepal's Universal Periodic Review in 2021.

Major Activities

1. Abortion boot camp for Youth Champions

A 3-days intensive abortion boot-camp was conducted on 20-23 September, 2022 in Kathmandu for 28 YAAY Youth Champions (four in each seven province) all across Nepal to equip them with safe abortion advocacy skills along with clarifying values on safe abortion. The boot camp included sessions from experts on Gender and Sexuality, Sexual and Reproductive Health and Rights, Contraception, Abortion, Legal grounds of Abortion, Community advocacy, and so on. These youth champions belonging to the age group of 18-30 years, majorly representing public health, medicine, nursing, and business management backgrounds, prepared their respective provincial advocacy work plans and are conducting their activities based on the champions'



Abortion Bootcamp for YAAY Youth Champions
Terms of Reference (ToR) in accordance to these
work plans.

2. Community Activism by Youth Champions

Our YAAY youth champions have conducted a total of 42 community based safe abortion awareness sessions this year. The geographical reach of these sessions extend to 18 districts covering all seven provinces of Nepal. The sessions which were conducted in various colleges, schools, health-posts, local government offices, and health offices included around 1500 participants throughout Nepal. Similarly, champions have marked and celebrated important days such as National Condom Day, Menstrual Hygiene International Youth Day, 16 Days of Activism against Gender Based Violence, and One Billion Rising Day.





YAAY Champions conducting community sessions on Safe Abortion

3. Club members orientation

The Youth Champions in each of the seven provinces have formed a club with 10 members each in order to support their grassroots activism on safe abortion. This club modality is intended to make the project sustainable with retention of young people in each of the club led by the Youth Champions. A group of new Youth Champions are to be selected from this

group of club members. An orientation session on safe abortion was conducted to the club members of each of the provinces to prepare them.



Club Members Orientation in Madhesh Province

4. Lobby meetings with the Provincial Health Policymakers

A total of 3 lobby meetings have been conducted in Gandaki and Karnali provinces of Nepal with an aim of advocating with the provincial policy makers to fully implement the Safe Motherhood and Reproductive Health Rights Act 2075 and Regulations 2077. Upon repeated interactions, it was found that no discussions dedicated to the Safe Motherhood and Reproductive Health Rights Act 2018 had taken place in these places. Both the provinces had adopted the federal act in the province, but there were areas where intervention was needed for more effective implementation. Several issues and gaps such as lack of clarity in the listing process of safe abortion service



Lobby meeting with the Provincial Health Policymakers of Gandaki

providers, private sector regulation, low legal awareness among communities, issues of sex selective abortion, lack of accessibility of safe abortion services, etc. were identified and discussed. Further, the policymakers have assured to collaborate with the local governments for effective implementation, and suggested the federal government to amend certain clauses in the Act.

5. VCAT on safe abortion to healthcare providers and policymakers of Karnali province



Club Members Orientation in Madhesh Province

A 3-days Value Clarification and Attitude Transformation (VCAT) on safe abortion in Karnali province was conducted among a total of 36 representatives from the Provincial Ministry of Social Development, Health Directorate, Human Resource Development Centre, One Stop Crisis Management (OCMC) Center, and representatives from all 10 districts of the province participated in the VCAT. The participants had an earnest zeal to learn and unlearn their values on safe abortion and were active to share their personal experiences of safe abortion service provision. These participants have now pledged to advocate for and provide services in a non-judgmental and youth friendly manner.

6. Media Fellowship for Media **Professionals from 7 Provinces**

An intensive two- day Value Clarification and Attitude Transformation (VCAT) on Safe Abortion was conducted on 25-26 February, 2023 to clarify values, address the existing stigmas and develop non-judgmental attitudes on abortion to the selected 31 media fellows





Club Members Orientation in Madhesh Province

असूरक्षित गर्भपतनको समस्या र स्थानीय सरकार













असुरक्षित गर्भपतनको समस्या र स्थानीय सरकार



पुजने जारी तीन तहको सरकार बनेव लो हुँदा जनता स्वास्थ्य सेव



रुपन्देहीमा ३ वर्षमा १२ हजार बढीले गराए सुरक्षित गर्भपतन, किशोरीको संख्या बढ़दो





Articles written by media fellows

from all seven provinces across Nepal. The training covered intense sessions on Sexual and Reproductive Health and Rights, Abortion, facts and figures around Abortion in Nepal, VCAT activities to understand values around abortion, clarify and transform attitudes, and a session on experience sharing on evidence-based reporting. The sessions were led by experts working and advocating for abortion for a long period of time, senior advocates, and senior media professionals.

After the training, as part of their fellowship, the media fellows have been publishing factually correct articles that bust the stigma around safe abortion. This year, 40 articles have been published across different print and digital media across Nepal gathering a total of 11,000+ shares and views in these articles.

7. Abortion Boot-camp for Health Care Providers

A 3-day intensive abortion boot camp was conducted to clarify values and transform attitudes on safe abortion to 20 health care providers in Sudurpaschim province. 20 healthcare professionals from all across 9 districts of Sudurpaschim Province were invited for the boot camp. The invited healthcare professionals are working as Medical Officers, Senior Auxiliary Nurses and Midwives, Nursing In charge, and Nursing Inspectors providing safe abortion services at district hospitals and One Stop Crisis Management Centers across the province.

The boot camp covered sessions on Gender, Patriarchy, and Bodily autonomy followed by the sessions on Sexual and Reproductive Health and Rights.

8. Lobby meeting with government for implementation of Adolescent Friendly Health Service Operational Guideline

A lobby meeting was held at Provincial Health



Lobby meeting with government officials for implementation of

AFHS guidelines Directorate, Doti, Sudurpaschim Province where 13 participants from the Health Directorate, District Hospitals and Health Offices of the province participated. The discussions were mainly focused on the recently launched Adolescent Friendly Health Service Operational Guideline 2022, which most of the health authorities were not aware of as it was recently endorsed, current practices in



Abortion Boot camp for Healthcare providers

the province, and implementation status with further plans regarding the guidelines. Further discussions also led to conversations on the Disability Friendly Health Services guideline 2022 which was also recently endorsed by the federal government. It was our first interaction with the officials of Sudurpaschim Province and they were really welcoming and enthusiastic about working on the area of safe abortion, SRHR needs of adolescents and youth in their province and welcomed us for further collaboration and support.

9. Strategic Planning Meeting with Reproductive Health and Rights Working Group (RHRWG)

A strategic planning meeting was conducted with RHRWG which resulted in the formation

of a strategic document to plan the way forward for decriminalization advocacy. The meeting brought together around 30 members from RHRWG, Convention on the Elimination of All forms of Discrimination Women (CEDAW) committee against and other CSOs working on policy level advocacy on Safe Abortion to strengthen our collaborative efforts for generating support and commitment of federal level decision makers to decriminalize abortion in Nepal. The meeting informed and initiated discussions on where Nepal stands in the process of decriminalization of abortion and developed strategies on strengthening our collaborative efforts towards decriminalization of abortion in Nepal. We also discussed the way forward, strengthening our efforts along with engaging youth in the process.

Outcomes/ Impact

- Improved attitude (25%) of 20 healthcare providers from Karnali and Sudurpaschim province towards safe abortion following the VCAT
- Improved knowledge (24%) and attitude (29%) of 31 media fellows across seven provinces towards safe abortion following the VCAT
- Reach through 40 articles published by media fellows on safe abortion reaching 11,000+ views and shares
- Initiation of radio programs addressing issues around safe abortion and SRHR, expanding the reach to rural communities
- Recognition of advocacy agenda by policy makers demonstrated by their remarks in the lobby meetings
 - "Currently, all ARSH services are provided in the same room without any differentiation for different services. Division of rooms will facilitate the provision of services by

- creating separate spaces for each service but we have not been able to do so. The booklets and IEC materials have also not reached many Health Facilities. We really appreciate you bringing this to our attention." - Policymaker of Provincial Health Directorate, Sudurpaschim Province
- Improved level of collaboration by initiating the dialogues on safe abortion among diverse group of stakeholders including young people, media, healthcare providers, Marie Stopes Nepal and the government
- Improved perceptions about Visible Impact among government personnel demonstrated by their continuous invitation to Visible Impact team in their programs and sessions
- Referral of 7 people seeking abortion service (through Youth Champions, staff and volunteers) by guiding them to a safe abortion service center



Impact stories/Case stories

1. Reach to communities

The community based and school based sessions conducted by Youth Champions have been effective in raising awareness among the target populations. In almost all the sessions, the participants expressed having had a discussion about abortion for the first time.

2. Radio show initiated by Media Fellow

Following the VCAT, the initiation made by one of the media fellows actively to start a radio show addressing safe abortion is one of the outcomes observed through this project. The interest to address the sensitive issues of SRHR and safe abortion and the initiation of conversations on these topics has been a positive change. The new radio show called "My Body My Rights" airs weekly on Mondays from 7:30 am to 8:00 am has begun from June 27 on Radio Janani 90.6 Mhz. The show talks mainly about Sexual and Reproductive Health and Rights emphasizing women's rights with a focus on Safe Abortion.

The radio program is an excellent medium to reach girls and women in rural areas as radio is still one of the main mediums of entertainment/communication in rural parts of Nepal. Different guests have shared their insights and information along with valuable experiences in each episode of the show. Along with radio broadcasting, the episodes are shared via Facebook.



3. Capacity Building of Youth Champion

"I'm honored to share my journey as a youth Champion for safe abortion, empowered by a transformative capacity-building program initiated by Visible Impact. This opportunity equipped me with a comprehensive understanding of safe abortion access, communication skills, and empathy. From awareness campaigns in the community to dialogues and discussions with the policymakers, this experience has strengthened my resolve to champion safe abortion rights, turning passion into



Abhisika Kafle, Youth Champion, Gandaki Province

informed action. To aspiring advocates, I encourage seeking similar opportunities. With the right support, we can amplify voices, reshape narratives, and contribute to a world that upholds safe abortion as a fundamental right."

4. Improved collaboration of Visible Impact with the government

Our work on safe abortion advocacy has helped build a strong organizational network with the government which has helped Visible Impact gain trust from the government level. Following the VCAT, our Program Manager had the opportunity to attend the Master Training of Trainers (MtoT) organized by the Family Welfare Division under the Ministry of Health and Population. Additionally, some provinces have also reached out to us to contribute as the facilitators/trainers for their SRHR/ Safe Abortion related VCAT/training in various districts. This poses a great opportunity for us to work in close collaboration with the government and demonstrates improved trust among the government towards Visible Impact.





Collaboration of Visible Impact with the government



Youth Empowerment for Sexual and Reproductive Health and Rights (YES)

Project Introduction

Youth Empowerment for SRHR (YES) is an initiative that is designed to address the unmet sexual and reproductive health needs of particular groups, such as the LGBTI+ people (lesbian, gay, bisexual, transgender, and Intersex) community and women with disabilities. The project is supported by the CORE Group. Through a youth-led initiative in the community and the use of various popular platforms, different interventions at the grassroots and local government level will be prioritized through this project with the goal of ensuring judgment-free SRHR services to every individual with diverse backgrounds, with shared responsibility from the concerned stakeholder to make SRHR services accessible.

Major Activities

1. SRHR boot camp for 28 Youth Champions

We recruited 28 young individuals from all 7 provinces as our Youth Champions and they were value clarified on SRHR including contraceptives and safe abortion, gender-based violence, advocacy, and activism tools. Upon receiving the training, Youth Champions developed their action plan to create awareness in their respective provinces.





SRHR Bootcamp for YES Champions

2. Activism by Youth Champions

Our Youth Champions have been conducting numerous community-based awareness programs. In total, 12 individual sessions and 2 group sessions have been conducted reaching around 490 young individuals in their diversities. They have been conducting sessions on Safe Abortion, Family Planning, and Menstrual Hygiene Management along with the SRHR. These sessions have also been focusing on the need for SRHR services for persons with disability, sexual and gender minorities.

Our Youth Champions from Lumbini Province also celebrated pride month with a first-ever pride parade at Nepalgunj. The first-ever Pride Parade was organized jointly by Western Star Nepal in collaboration with the Federation of Sexual and Gender Minorities Nepal (FSGMN), Visible Impact, and Yuwa Nepal. The Pride Parade received an overwhelming response from the community, with over 116 individuals actively participating in the event. This strong support reflected the growing recognition and willingness of the LGBTI+ community to stand alongside them in their fight for equal rights.





Youth Champions conducting community based sessions on topics of SRHR

3. Visibility materials development and distribution

Under the project, we have developed a duffle bag as the visibility material with the message #SRHR4ALL. These materials were distributed to Government, Youth champions, facilitators, volunteers, and issue experts. The main aim of this visibility material is to initiate a conversation around SRHR in the community.



Outcomes/ Impact

- Improved understanding of SRHR issues among the 28 Youth Champions, with knowledge increase by 19% after the bootcamp
- Implementation of the learnings from the bootcamp in their daily activities
- Expanded reach to marginalized and underserved communities
- Increased support to youth-led initiatives and activism at grassroots level



Impact stories/Case stories

1. Adopting advocacy in everyday life

The program provided me with a comprehensive understanding of the complexities surrounding SRHR access, from legal frameworks and healthcare systems to cultural perspectives and stigma. My attitude towards the importance of addressing these SRHR issues has been changed. I work in a pharmacy, and in the past, I did not care much or was judgmental when people came for family planning service or to buy condoms. But after the boot camp, I have started giving them better counseling especially about the use of these devices like condoms and pills, and my attitude towards this issue has changed.



Tilak Khadka, Youth Champion, YES project

2. First Pride Parade in Nepalgunj

We have been able to provide support to organize the first-ever pride parade in Nepalgunj organized by one of our Youth Champions. In light of celebrating the Pride month of June, Nepalgunj made history on June 15 with its first-ever Pride Parade organized jointly by Western Star Nepal along with the Federation of Sexual and Gender Minorities Nepal

(FSGMN), Visible Impact, and Yuwa Nepal among other organizations. The Pride Parade received an overwhelming response from the community, with over 116 individuals actively participating in the event. This strong support reflected the growing recognition and willingness of the LGBTIQA+community to stand alongside them in their fight for equal rights.



Pride parade celebration in Nepalgunj



No Shame to Bleed

Project Introduction

The "No Shame to Bleed" project by Visible Impact, launched in 2016, aims to promote safer and healthier menstruation practices among boys and girls. The project breaks taboos and dispels myths surrounding menstruation, providing comprehensive menstrual health education to empower individuals with accurate knowledge and skills. It also advocates for gender equality by challenging traditional norms and fostering understanding and support for women. The project emphasizes practical skill-building, advocating for improved access to affordable menstrual products and facilities.

Major Activities

1. Workshop among adolescents

Under the "No Shame to Bleed" project, Sarathi (Youth Champions) conducted workshops on menstrual health and hygiene management for adolescents in various schools within and outside the Kathmandu Valley. The workshops covered crucial topics such as the changes in adolescents during puberty, the anatomy of female reproductive parts, the physiology of menstruation, risky behaviors and their complications, as well as discomforts during menstruation and tips to manage them effectively. To dispel myths surrounding menstruation, games and youth friendly tools were used to bust common misconceptions. The workshops also aimed to assess menstrual health-friendly school infrastructures through a checklist.

Beyond schools, the Sarathi extended their reach to marginalized young people, including students with disabilities, individuals in shelter homes, and orphanages. By doing so, the project aimed to ensure that all adolescents have access to essential information and resources regarding menstrual health and hygiene, promoting a culture of openness and support for menstruating individuals.





Sarathis delivering sessions on menstruation

2. Blog writing

During their one-year tenure, the Sarathis actively contributed to promoting sexual and reproductive health and rights through their blog writing. The blogs covered a wide range of topics with a primary focus on menstruation, young people's reproductive health, gender equality, and addressing stigmas surrounding these issues. In the blogs related to menstruation, the Sarathis aimed to raise awareness about menstrual health and hygiene, debunk myths and taboos, and highlight the importance of providing menstrual education and access to menstrual products for all individuals. They discussed the challenges faced by menstruating individuals and advocated for creating menstrual-friendly environments in schools, workplaces, and public spaces.

3. Graduation Ceremony

With immense enthusiasm and happiness, Visible Impact celebrated a remarkable achievement – the graduation of Sarathi Batch V. The event was filled with vibrant energy and a sense of accomplishment. Their dedication and remarkable contributions to our initiatives have filled us with admiration and pride. As they step into the next phase of their journey, we shared our heartfelt wishes for resounding success in all their future endeavors. The graduation celebration was a testament to their hard work and the impact they've made during their time with us.

"TURBULENCE"

Published On 2nd January 2023

⊇ Posted by : Pari Adhikari ☐ Category : Menstruation

Supriya let out a loud sigh as she entered her apartment and latched the door behind her. She stood right at the door for a few moments, as if to gather herself together before turning on the lights. On her usual days, Supriya would quickly freshen up, change into her pajamas and make herself something to eat. Today, however, was different. Supriya wasn8rsquot feeling like herself at all. There was this weird uneasiness lingering all over her body. Supriya headed straight to the kitchen and distractedly investigated the fridge. She had been craving something sweet the entire day but couldn8rsquot figure out what exactly it was that she wanted. As...

READ FULL ARTICLE

"DIGNITY OVER BASIC NECESSITY"

Published On : 30th December 2022

□ Posted by : Shristi

□ Category : Menstruation

After a one-month festive vacation, I'm taking a bus to Kathmandu. I was a little bummed that I couldn't celebrate Dashain, as I got period, which had been anticipated for a year, but happily, I could celebrate Tihar. Let's say skipping all those days and money to go to the town to celebrate just a festival was only halfway successful. Alast I got my period yesterday. I must get to work tomorrow, so this travel is necessary. It's pretty terrifying to ride the bus for such a long distance during that time. The daily stress of uncomfortable travel is increased by hormone changes, worry, irritability, cramps, and everything else. Aft..

READ FULL ARTICLE

"MEN, LET'S TALK ABOUT MENSTRUATION"

Dublished On : 21st December 2022

Posted by : Niken
 Niken

Category : Menstruation

Gender inequality is one of the underlying causes of the negligence of menstrual hygiene. As a result of unequal relations between men and women, female voices are unheard of in decision-making processes within households, communities, and development programs. They have led to cultural taboos, stigma, and shame around menstruation. There is a belief prevalent in many cultures that menstrual blood and menstruating women themselves are impure which has led to women and girls being fully engaged in social, educational, productive, and religious activities. In some cultures, they are even prohibited from entering the home as well. Therefore, the strateg.

READ FULL ARTICLE

"THE BLURRED EQUALITY!"

Published On : 21st December 2022.

Posted by : Sin

Category : Gender and advocacy

With Equality comes power, with power an individual lives the life they want to. Equality ensures our reach to resources that are necessary to promote life and well-being. The vision is to have the world striving for equality as it plays a vital role in strengthening the cores of development. Equality hereby is fundamental for an individualsraquos, a family&rsquos, and societal growth and progress. Equality yet being envisioned as a core element of development, has not been embraced by society the way it should. The constitution recognizes everyone is equal in the vision of law but society fails at doing so. The authenticity of equality is confine...

READ FULL ARTICLE



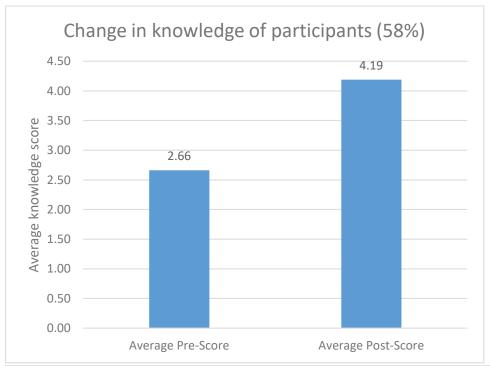


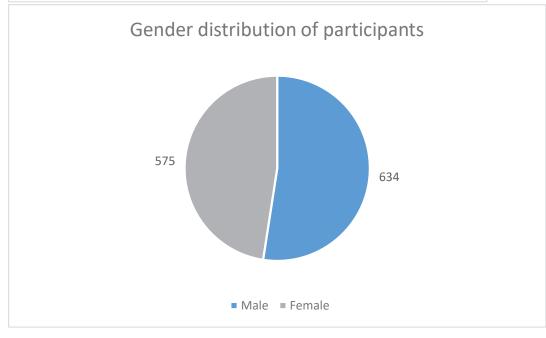
Graduation ceremony of Sarathi Batch V

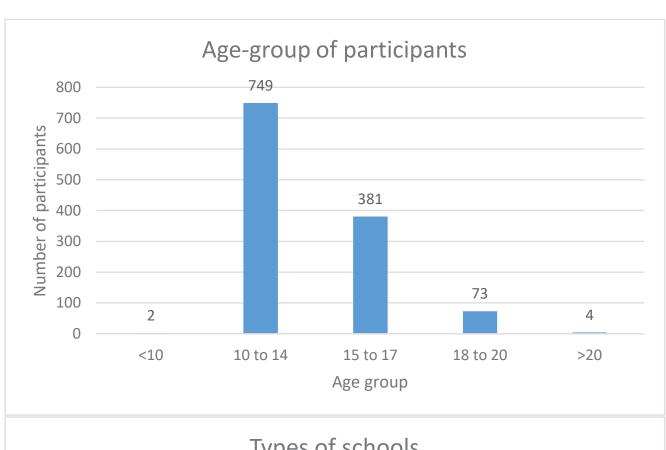
Outcomes/ Impact

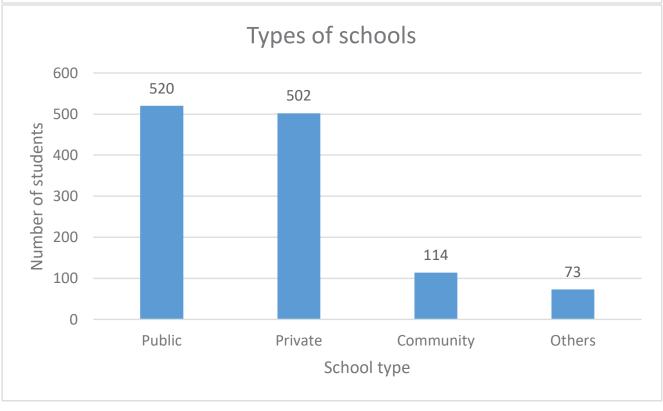
- Capacity Building of 10 young advocates on menstruation and advocacy
- Expanded reach to marginalized youth, persons with disabilities, and different diversities
- Digital reach through 38 blog posts (https://visim.org/blog) related to Menstrual Health Management
- 3 learning circles conducted on different topics relevant to youth advocates

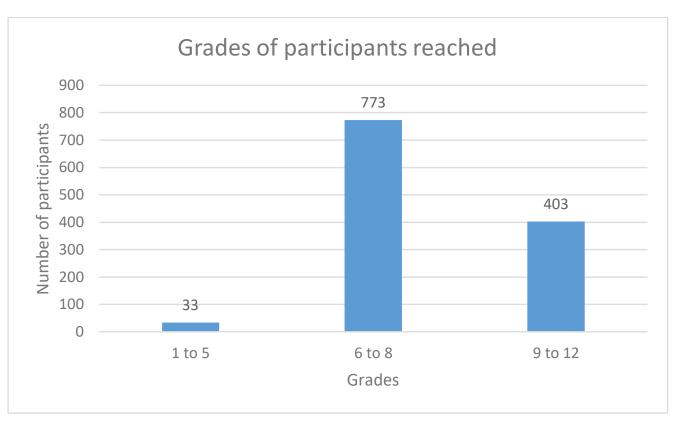
OUTCOMES AND IMPACT

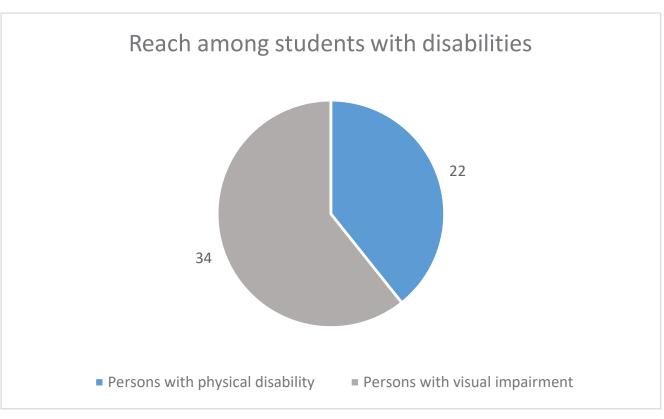














Impact stories/Case stories

"Visible Impact has showered me with a lot of opportunities. Becoming a Sarathi has been an incredibly transformative and rewarding experience both individually and professionally, for me. My journey as a Sarathi began with a deep desire to make a positive impact on the lives of young individuals, particularly those who often face barriers to accessing essential information about menstrual health. Over time, I honed my communication skills which assisted me to convert myself from being introvert to extrovert. It was remarkable to witness the transformation in their attitudes towards menstrual health, as they began to shed the stigma and shame often associated with it. One of the most fulfilling aspects of being a Sarathi was working with adolescents with disabilities. Visible Impact has provided Sarathi with every possible opportunities leading to their overall



Manita Sharma Kafle, Sarathi Batch V

growth and empowerment. Today I am working as Program and Finance Associate in Visible Impact. Personally, this experience has been a journey of self-discovery which has taught me the value of compassion, patience, leadership, networking and the ability to connect with individuals from different backgrounds."



Nepal APFSD Youth Alliance (NAYA)

Project Introduction

The Nepal APFSD Youth Alliance (NAYA) is a platform established by a group of young individuals and organizations that actively participated in the APFSD Youth Forum since 2021. Its primary vision is to position young people at the forefront of driving the Agenda 2030 for sustainable development, both at the national, regional, and international levels. Presently, NAYA comprises nine youth-led and serving organizations in its working group, collectively representing more than 100 young members from diverse backgrounds.

Major Activities

Phase II

1. Youth Policy Dialogue on SDG

Youth Policy Dialogue on SDG was conducted on 6th January 2023 at Hukum Durbar, Kamalpokhari. Around 38 participants from different organizations and NAYA members participated in the program. The program had sign language interpretation to accommodate deaf participants. There was three panelists - Ms. Sushma Shrestha from Beyond Beijing Committee (BBC) Nepal, Ms. Kabita Aryal, from the Family Welfare Division, and Mr. Loknath Bhusal, from the National Planning Commission.



Youth Policy Dialogue on SDG

2. Youth Conclave

The second National Youth Conclave was organized on the 23rd of February via the Zoom platform. The Youth Conclave had the participation of more than 60 young individuals in their diversities from around the country where an in-depth review of the following cluster of goals which were reviewed by the High-Level Political Forum on Sustainable Development (HLPF) in 2023: SDG 6 (Sustainable Cities and Communities), 7 (Affordable and Clean Energy), 9 (Industry, Innovation, and Infrastructure), 11 (Sustainable Cities and Communities), and 17 (Partnership for Goals). The issues and recommendations raised by the young people in Nepal were included in the outcome document titled "Nepal Youth Call to Action for APFSD 2023" and produced national recommendations in Nepal for the five goals being evaluated along



Graduation ceremony of Sarathi Batch V

with SDG 3 (Good Health and Well-Being), and 5 (Gender Equality) as a cross-cutting issue. These recommendations were submitted to the APFSD Youth Forum at the regional level.

Phase III

1. Project Commencement

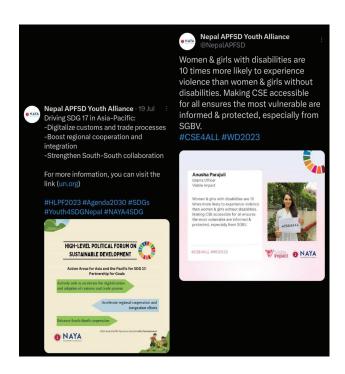
A "Meet and Greet" session was conducted to onboard and greet new NAYA members, including APFSD 2023 participants. The session was an excellent opportunity for networking and collaboration which helped to strengthen NAYA's engagement with youth visibility in the SDG process. The Call to Action that was to be presented in APFSD 2023 was also shared during the meet and greet.

2. Social Media Campaigns

Social Media Campaign linked the APFSD 2023 and HLPF 2023 through social media activities, including posts, tweets, video contests, and live chat sessions. Infographics and other posts through Facebook were shared during the HLPF session.

A Video Contest titled "Visualize the Goals" was conducted targeting young people, where an individual or a group of people created content in relation to SDGs under review by HLPF 2023 to be shared that promoted awareness and action towards achieving that particular goal.

Furthermore, a video was created and shared on the agendas and issues of HLPF 2023 including the importance of comprehensive sexuality education (#CSE4ALL) through a 30-second video by NAYA members. Live information session to orient young people about sustainable development mechanisms was conducted through Zoom.



National CSE Advocacy Coalition

Project Introduction

National CSE Advocacy Coalition under the technical and financial support of UNFPA, was formed with the aim to consolidate, coordinate and improve collaboration among relevant stakeholders to ensure the creation of an enabling political and socio-cultural environment that supports CSE at the federal, provincial, and local levels, and promoting the delivery of quality CSE that promotes human rights and gender equality in and out of school. The need to strengthen the individual efforts of the organizations to amplify the impact on CSE is of foremost importance. The coalition will focus on strategic planning and evidence generation to pave the path to achieve this.

Major Activities

1. Assessment using Sexuality Education Review and Assessment Tool (SERAT)

The National CSE Advocacy Coalition assessed the status of sexuality education in Nepal by using SERAT, an Excel-based tool. A meeting with the stakeholders was held to collect the data and analyze the strengths and gaps in the sexuality education programs at the primary and secondary school levels. SERAT assessment was conducted in the presence of core working group members, government, and nongovernment stakeholders.

2. Strategic planning meeting

The strategic planning meeting of CSE Advocacy Coalition was conducted on 22-23 August 2022, focusing on the formulation of the multi-year strategic priority, approaches, and activities with the support of the members and external consultants. This strategic document will serve to guide the purpose of the coalition and the specific agendas of the coalition with regard to CSE advocacy. It will also help guide the implementation plans for the upcoming years.

3. Development of advocacy brief on CSE

An advocacy brief on CSE was developed to identify and outline the key agendas of advocacy, and priority actions that must be assumed by different actors to support CSE at the federal, provincial, and local levels so as to promote the delivery of quality CSE that is based on human rights approach and emphasizes gender equality in and out of school.

Outcomes/ Impact

The activities conducted by the National CSE Advocacy Coalition had several positive outcomes and impacts. Firstly, the SERAT assessment provided valuable insights into the state of sexuality education in Nepal. By using the Excel-based tool, stakeholders were able to collect data and analyze the strengths and gaps in sexuality education programs at primary and secondary school levels. Secondly, the strategic planning meeting held in August 2022 resulted in the formulation of a comprehensive multi-year strategic priority for the coalition. This strategic document will guide the coalition's purpose and specific agendas regarding CSE advocacy. It will enhance the effectiveness and impact of coalition efforts, mobilize resources, and provide a roadmap for future activities, ensuring a coherent and impactful approach to advancing comprehensive sexuality education. Lastly, the development of the advocacy brief on CSE outlined key agendas and priority actions required from different actors at various levels of governance. By emphasizing a human rights approach and gender equality, the advocacy brief will serve as a powerful tool to engage policymakers, educators, and communities, promoting the delivery of quality sexuality education both within and outside of school settings. This will contribute to a more inclusive, informed, and sensitive approach to sexuality education in Nepal.

Youth for Generation Equality

Project Introduction

With an understanding of a lack of government representation from Nepal for the Generation Equality Forum, YUWA, Visible Impact and YPEER-Nepal with the support of ARROW and UNFPA Nepal started the #Youth4GenerationEquality campaign with an aim to generate commitments on Comprehensive Sexuality Education (CSE), Safe Abortion and Family Planning from the Government. Visible Impact pushed forward the campaign's activity to seek commitments from the Family Welfare Division for commitments on Family Planning & Safe Abortion under GEF's action coalition Bodily Autonomy and SRHR.

Major Activities

1. Meetings with Family Welfare Division

Visible Impact along with YUWA conducted a preparatory meeting with Ms. Kabita Aryal, Family Planning Section Chief on 4th May, 2022 at FWD office where the first phase of the project was discussed and preparations for the second phase was oriented. Likewise, a second meeting was conducted with the following agenda.

- Presentation of the drafted commitments for Family Planning and Safe Abortion under 'Bodily Autonomy and SRHR' action coalition
- Discussion and feedbacks on the draft commitments





Meetings with Family Welfare Division

2. Follow up Meetings

The follow up meeting with the officials of Family Welfare Division (FWD) was held on the 31st of August, 2022 at FWD office. The meeting supported to move ahead with the final commitments after all the feedbacks from the July meeting were incorporated in the final documents.



Follow up meetings

Outcomes/ Impact

The FWD signed four commitments for Family Planning and Safe Abortion.

- Foster **Public Private** Partnership (PPP) to increase accessibility of modern family planning services and to reduce the unmet need of family planning.
- Gradually expand at least 3 and 5 types of contraceptives in the health institutions at all levels.
- Ensure that the family planning information and services are accessible to the people with disabilities.
- Support and promote evidence generation focused on self-care interventions on safe abortion.

शारीरिक स्वायत्तता र यौन तथा प्रजनन् स्वास्थ्य र अधिकार सम्बन्धि

नेपाल सरकारको प्रतिवद्धता

प्रतिवद्धता १:

आधुनिक परिवार नियोजन सेवाको पहुँच बढाउन र परिवार नियोजनको अपरिपूर्त मागलाई कम गर्न सार्वजनिक निजी साझेदारी (Public Private Partnership) लाई बढावा दिन।

प्रतिवद्धता ३:

परिवार नियोजन सम्बन्धी सेवा र जानकारी अपाङ्गता भएका व्यक्तिका लागि पहुँचयोग्य बनाउन।

प्रतिवद्धता २:

सबै तहका स्वास्थ्य संस्थामा कम्तिमा ३ प्रकारका गर्भ निरोधका साधनको उपलब्धता र ५ प्रकारका गर्भ निरोधका साधनहरु क्रमश: बिस्तार गर्न।

प्रतिवद्धता ४:

सरक्षित गर्भपतनमा self-care interventions केन्द्रित तथ्यहरु संकलन गरी यसको प्रवर्द्धन गर्न।









Others

Day Celebration

1. Menstrual Hygiene Day 2023 Celebration

The MH Day celebration was organized by MHM PA in Nepal with the aim to break the silence surrounding menstruation and challenge societal taboos. Visim, as part of the steering committee members of MHM PA, supported and participated in this one-day event that encouraged knowledge sharing, advocated for supportive policies, and urged duty bearers to address menstruation-related issues. The day focused on comprehensive menstrual health education, economic empowerment, and improved access to sustainable menstrual facilities. On 28th of May, i.e. the MHM Day, renowned celebrities and relevant stakeholders gathered at Rastriya Sabha Griha and a grand celebration was held.





 $Menstrual\ Hygiene\ Day\ Celebration\ {\bf 2023}\ with\ MHMPA$

2. One Billion Rising

One Billion Rising (OBR), an annual movement dedicated to ending gender-based violence, celebrated its event on February 14, 2023, under the theme "Rise for Freedom." Visible Impact enthusiastically joined this cause, aiming to take apart patriarchy's grasp and honor past accomplishments. Throughout the OBR celebration week, impactful infographics were shared in our social media, effectively raising awareness about patriarchy and gender-based violence. Online spoken poetry contests captivated a wide audience, while a live art session on OBR day celebration intrigued and engaged the masses, sparking conversations about OBR, patriarchy, and genderbased violence. Together, we united to break the chains of oppression and celebrate progress.



4. National Family Planning Day Celebration

Visible Impact conducted Flash mob at Patan Durbar Square with volunteers in order to mark the National Family Planning Day. The flash mob was able to gather attention from the crowd and raise awareness about family planning. Additionally, a fun video was produced in the YouTube platform with information related to family planning.





3. National and International Safe Abortion Day

In celebration of National and International Safe Abortion Day, Visible Impact took bold steps with impactful flash mobs. Centering on Nepal's decriminalization efforts, we proudly partnered with RHRWG and FWLD. Under the theme "Safe Abortion is a right, not a crime" a dynamic flash mob marked Nepal's National Safe Abortion Day. The event included an engaging quiz contest and prize distribution. Through this flash mob and aligned with the abortion decriminalization cause, we ignited broad public awareness and sensitization about abortion and existing laws. The initiative powerfully fostered open dialogues within the community on critical abortion-related issues.



5. Day Celebration of importance by Youth Champions

Our Youth Champions, across different provinces, advocating for on safe abortion, family planning, menstruation and overall SRHR issues have been marking and celebrating days of importance such as the Condom Day, International Youth Day, Menstrual Hygiene Day, Family Planning Day and so on. These programs have not only reinforced their advocacy at the local level but have been

able to outreach the factual information to their communities.

6. Celebration of Eighth anniversary

Visible Impact reached eight years of its establishment on June 19, 2023. We celebrated the eight-year anniversary with refreshing activities

Author Colder Hone Neppl
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and dinner with the staff and board members. We had a great reflection of the past years and how far we have come, and the day ended with everybody's positive remarks about the way forward for the organization.



Participation in National Events

1. Women's Health Conference

Women's Health Conference 2023 is the first conference in Nepal looking broadly at women's health. Disparities, discrimination and development challenges put so many women at extreme risk. The Conference with the aim to promote and strengthen the interconnectedness of research, training, policy making, and practice and advocacy evidence to expand women's health agenda in Nepal was organized for the first time in Nepal. Visible Impact team participated actively in this event as presenters, moderators and audience.

The Youth Lounge was also hosted by Visible



Impact, Beyond Beijing Committee (BBC) Nepal, Blind Youth Association Nepal (BYAN), and YUWA at the Women's Health Conference. The host organizations displayed various publications and resources. They also arranged several activities and



Visible Impact team participating in the Women's Health Conference

fun tasks to make the Youth Lounge the most active. The Youth Lounge also featured a professional photo-shoot for LinkedIn. We were also a part of drafting the Call to Action that was submitted at the closing ceremony.

2. Comprehensive Sexuality Education (CSE) Conference

The national conference on CSE was organized to identify gaps and challenges in implementation and devise a way forward for effective implementation, facilitate learning and sharing of best practices of successful interventions/ High Impact Practices on CSE. Visim team was one of the organizers in the event and participated in discussions and panels to initiate conversations and push for CSE in curriculums in Nepal.



Visible Impact's participation at CSE Conference

Participation in International Spaces

1. Participation in International Conference on Family Planning 2022



The International Conference on Family Planning (ICFP) 2022 is a global conference which served as a strategic inflection point for the family planning and reproductive health community worldwide. It provided an opportunity to disseminate knowledge, celebrate successes, and identify next steps toward reaching the goal of universal access to family planning systems, services and products by convening civil society, youth organizations, academia, governments, businesses, cities, parliaments, trade unions, media and more. Visible Impact team had the opportunity to participate in this global conference and as young delegates from Nepal represent and speak in different side events and spaces.

Click https://icfp2022.org/icfp-live/an-all-inclusive-look-tailored-fp-services-to-meet-the-needs-of-lgbti-groups/ to watch the ICFP live where our President spoke on 'Tailored FP Services to meet the needs of LGBTI groups.



Team Visim at the ICFP

2. Participation in APFSD Forum for Sustainable Development Goals

Visible Impact was a part of APFSD Youth Forum 2023 which was held in hybrid modality from 18th to 20th March 2023 in Bangkok, Thailand. The APFSD Youth Forum 2023 saw the participation of over 400 young people in all their diversities across 36 countries in the Asia-Pacific region.



Visible Impact participating at the APFSD Youth Forum

Three representatives of Visible Impact participated in the forum and actively engaged themselves to put forward their concerns and recommendations for sustainable, inclusive, and human rights focused solutions, with focus on the SDGs under review for



this year — SDG 6 (Clean Water and Sanitation), SDG 7 (Affordable and Clean Energy), SDG 9 (Industry, Innovation and Infrastructure), SDG 11 (Sustainable Cities and Communities) and SDG 17 (Partnerships for the Goals), alongside SDG 3 (Health and Well-being) and SDG 5 (Gender Equality).

Through the collective voice of 400+ young people 'Asia Pacific Regional Youth Call-to-Action Ahead of the APFSD 2023' has been developed which can be found here: https://arrow.org.my/.../uploads/APFSD-YCA_2023_FINAL-01.pdf. Likewise, Nepal Specific Call to Action was also developed by the young participants of Nepal which can be found in the link here: https://arrow.org.my/.../uploads/APFSD-YCA_2023_Nepal.pdf.

Partnerships and Networks

1. Marie Stopes Nepal

Visible Impact and Marie Stopes Nepal have officially started a formal partnership through a Memorandum of Understanding (MoU) to identify ways where the two organizations can work together to collaborate for the well-being of Nepalese population and access provision



of sexual and reproductive health services to women in Nepal. Through the MoU, we have been establishing referrals for sexual and reproductive health services and conducting joint awareness campaigns to promote sexual and reproductive health services including safe abortion services across all seven provinces.



Marie Stopes Nepal Visit by Youth Champions and Visim Team

2. MHMPA Steering Committee Member

Visible Impact has been selected as one of the Steering Committee members of Menstrual Health and Hygiene Management Partners' Alliance (MHM PA). As a key Steering Committee member, Visible Impact was involved in coordination, planning and implementation of thematic actions of the MHM



First meeting of the MHMPA Steering Committee

PA. Likewise, it will be involved in strategic planning and implementation of programs related to MHM. This will add to the advocacy and implementation activities carried out by Visible Impact in relation to MHM.

3. South-East Asia Youth Health Action Network (SYAN)

South-East Asia Youth Health Action Network (SYAN) builds the capacities of adolescent and youth groups in the South-East Asia Region to undertake effective advocacy and engagement and strengthen youth-led efforts to advance adolescent health and well-being initiatives in their own countries. Visible Impact is a proud member of the SYAN network. As a SYAN member, Visible Impact regularly contributes to the regional update meetings and takes part in trainings and opportunities that contribute to the regional goal to advance adolescent health.



Senior Program Officer representing Visim at the Adolescon 2022

We received a 5-day virtual training from the UNICEF trainers regarding the Youth Advocacy Guide and different aspects of Zoom to run virtual training. Upon receiving the training each country network conducted a project entitled 'Capacity Building of Adolescents and Youths as Advocates for Health', where they recruited around 30 youth from their respective country and provided the training. At the end of this training, the participants developed a National Action Plan to further carry out the activity at the grass-root level. The project title for the National Action Plan was "Advocating for Access and Utilization of Comprehensive Sexuality Education among Youths".

Likewise, the representatives from the YP Foundations along with the SYAN network members from Nepal (Visible Impact) and Srilanka (Youth Advocacy Network Srilanka YAN-SAL) participated in the First Asian Congress of Adolescent Health aka Adolescon 2022 held at Kolkata from 4-6 November 2022. The congress was hosted by the New Kolkata Academy of Pediatricians. Our Senior Program Officer served as a faculty for the workshop on Adolescent Leadership and Meaningful Engagement.

To mark International Adolescent Health Week, SYAN conducted a campaign on its tweeter handle. The campaign aimed to engage young people and SYAN members from the network. In the spirit of coming together to amplify the needs of young people in the context of health and well-being, and sharing knowledge, experience, and recommendations.



Visible Impact participating in International Adolescent Health Week on Twitter

4. YIELD Hub Action Learning Group Member

Action learning is a dynamic, interactive process of bringing together a group of people with varied perspectives and skills to analyze an actual problem, challenge a goal, and develop and test related action plans to address the issue. Two of our staff members are a part of the Action Learning Group for Capacity Development for Youth Transition. As part of this group, they work together to push through barriers that hold back the practice of quality youth partnership in AYSRHR, improving institutional performance and building the field.

5. Tech2Empower Impact Challenge

The Impact Challenge was a three-day collaborative event in Kathmandu, Nepal, followed by six weeks of virtual cooperation. Visible Impact was also one of participants of this event. WAKE paired Nepali women-led social entrepreneurs with experienced advisors to help them plan projects to expand the reach and impact of their social activities.



Visim Team members taking part in YIELD Hub ALG

Participants in the program displayed amazing teamwork toward their project goals while also building strong bonds.

The Visible Impact team created digital communication tools and resources in order to create a strong online presence and communications strategy. This entailed creating a concise and appealing elevator pitch, producing thorough brand guidelines, doing a social media platform analysis and constructing an effective social media strategy,





Visim Team with WAKE Challenge volunteers

donor mapping, and researching fundraising best practices.

6. Girls Opportunity Alliance Fund

Visible Impact has entered a partnership with Girls Opportunity Alliance Fund which is a Foundation which has partnered with a third-party fundraising platform GoFundMe, to help raise funds for projects that will support education for adolescent girls. This alliance is supported by the Obama Foundation and through this partnership, we have been able to participate in fundraising activities, capacity building activities and networking opportunities with different international organizations and funding agencies.

7. IYAFP

IYAFP is a global youth-led organization working to advance Sexual and Reproductive Health, Rights, and Justice for young people everywhere. Visible Impact has been selected as one of the member organizations of IYAFP. As a part of this alliance, we will be participating in determining the direction of the global alliance, assisting in drafting a strategic plan, maintaining active communication with the IYAFP executive team and assisting in the implementation of activities.

Capacity Building Opportunities

1. Organization Capacity Assessment (OCA) for system strengthening

One of our donors, the CORE Group supported us in our organization capacity assessment by facilitating the three-day discussion sessions using OCA tools. The three days were intensive and we had discussions on various aspects of the organization:

- Governance and legal structure
- Financial management and internal control systems
- Administration and procurement systems
- Human resources systems
- Program management
- Project performance management
- Organizational management and sustainability



Organization Capacity Assessment with CORE Group team

We also received suggestions on the areas that need to be improved for further strengthening of the organizations systems and policies. This has not only helped us reflect on the gaps in our systems, but has motivated us to further work on them for smoother operations and governance structure.

2. Annual Sharing Meeting and Retreat

An annual sharing session was conducted on the 4th of February, 2023, Saturday at Hotel le Himalaya, Lazimpat with the participation of board members, and staff whereby programmatic and financial updates were shared followed by discussion and way forward. Likewise, a one-day residential program for the Annual review and retreat was conducted on the 16th and 17th of February, 2023 at Prakriti Organic Farm and Resort, Haibung, Sindhupalchowk. It was attended by the board members, staff and interns where review of the year 2022 was done along with performance appraisal of staff, discussion on workplace environment followed by refreshment and retreat.



Visim Team at the Annual review and retreat

3. Proposal Development Session

After careful needs assessment with the internal team members, a proposal development session was organized as a capacity building activity to the internal staff and volunteers. This was a half-day training session facilitated by the President, Medha



Visible Impact's President delivering session on proposal development

Sharma who provided experiences and some things that can be considered while drafting the proposals and grants. Similarly, different platforms and ways by which we can explore new funding opportunities were also discussed.

4. Finance Training

Admin and Finance Officer Arpit Basnet took part in a one-day Financial Management and Compliance training organized by PKF T R Upadhya & Co. The training covered different topics related to financial management including internal controls, budgeting, monitoring and revision, procurement best practices, common costs sharing. Similarly, other aspects of compliance covered in the training were compliance with tax laws, tax return submission, recent changes through federal budget and compliance with labor and social security laws.

5. Leadership and MEAL Training

Visible Impact team had the opportunity to participate in a three-day long leadership training and three-day long Monitoring, Evaluation, Accountability and Learning (MEAL) training organized at Hotel Le Himalaya. This training was facilitated by one of our donors, CORE Group and the intensive training gave an opportunity to reflect on the current activities we are doing and how we can make use of the resources and learnings shared in the training to improve our organizational system and personal leadership. It was also an opportunity to network with the other grantee organizations of CORE Group i.e. CDS Park team.





Visible Impact participating in Leadership and MEAL training organized by CORE Group



Publications

We have been briefs to put together 17 publications this year. These briefs 7 issue brief on family planning, one for each province and 7 issue brief on safe abortion from each province as well. Likewise, a call to action was drafted through NAYA to be presented in the Asia Pacific Forum for Sustainable Development (APFSD). An advocacy brief was drafted as part of the CSE Advocacy coalition The publications can be viewed at Visible Impact's website www.visim.org a report for the SERAT Assessment has been published as well.



A series of 17 interrelated Sustainable Development Goals also referred to as the Global Goals aim to provide a "blueprint for a better and more sustainable future for all." The Sustainable Development Goals (SDGS) were established by the UN General Assembly in 2015 with the intention of accomplishing them by 2030. Every year, the High-Level Political Forum (HLPF) acts as follow-up and review tool at the international level, enabling nations to evaluate their progress and any gaps in meeting the SDGS.

Visible Impact is a young women-led organization in Nepal, which is creating a visible impact on the lives of adolescent girls, women, and youth by unleashing their social and economic leadership through participatory innovative interventions. Visible Impact has been working on three core issues: women and girls' championship, new generation leadership, and global health innovations with a focus on Sexual and Reproductive Health and Rights (PULIN).

forefront of sustainable development and to connect regional and global sustainable development mechanisms to the national level. Through various social media campaigns, gatherings, and high-level conversations with important decision-makers, NAYA has been disseminating the major messages, including the issues, and recommendations. NAYA arranged the Second National Youth Conclave on February 24, 2023, glving different young people from all around Nepal a venue for in-depth conversations and evaluations of the four SDGs namely Goal 6 (Clean Water and Sanitation), Goal 7 (Affordable and Clean Energy), Goal 9 (Industry, Innovation, and Infrastructure), Goal 11 (Sustainable Cities and Communities) and

To goal 17 (Partnerships for the Goals).

The Second National Youth Conclave 2023 served as the inspiration for this call to action, which NAVA collaborated on. The issues and recommendations raised by the young people in Nepal are included in this outcome document and will produce national recommendations in Nepal for the five goals being evaluated along

ADVOCACY BRIEF ON COMPREHENSIVE SEXUALITY EDUCATION IN NEPAL

Comprehensive sexuality education (CSE) is a curriculum-based process of teaching and learning about the cognitive, monitoral, physical and social superts of sexuality. It aims to equipchildren and young people with knowledge, skills, attitudes and reduces that will empower them to: realize their health, well-being and dignity: develop respectful sevial and sexual relationships; consider how their choices affect their war well-being and that of others; and anderstand and ensure the protection of their width themselves their lives.

International Technical Guidance in Sexual

INTRODUCTION: THE CONTEXT

The United Nations (UN) defines 'youth' as those persons between the ages of 15 and 24 years and <u>adolescent</u> is connoted to be in the age group of 10-19 years (1).

Adolescence is a time of fast physical, cognitive, emotional, and psychosocial change that occurs between childhood and adulthood. This population subgroup is likely to experience a variety of social and health issues. Teenagers are more susceptible to unexpected pregnancies, unrafe abortions, and sexually transmitted diseases like HIV/AIDS when they begin sexual activity early and lack the information and skills necessary for safety. (2)

Worldwide, 1.2 billion young people aged 15 to 24 years, accounted for 16 % of the global population in 2020(3). In Nepal, the adolescent population (10 to 19 years) comprised 24.2% of the total population (4).

In Nepal, where child marriage rates remain high and almost one-third of young women aged 20 to 24 report having married before the age of 18(5), there is a determined attempt to address the issue of comprehensive sexuality education.

Based on the initial findings from the Nepal Demographic and Health Survey (NDHS 2022), the fertility rate for teenagers is 71 births per 1,000 women aged 15-19. This rate peaks at 160 births per 1,000 women aged 20 to 24. According to the same survey, 14% of women aged 15 to 19 had ever been pregnant, with 10% having a live birth and 4% currently pregnant(6). According to the data, one in every seven adolescents is married and has had a child before reaching the age of 19.

Provinces with low Human Development Index (HDI). i.e., Madhesh Province HDI (0.51) and Karnali Province HDI (0.52) and was the highest rates of adolescent pregnancy viz. 20% and 21% respectively (6.7). Adolescents and young people in the age group (15.19) and (20.24) have a high unmet need for family planning viz. 30.9% and 29.1% respectively (8)

The need to address and re-program the current sexual and reproductive health programs to incorporate comprehensiveness in sexuality education teaching and learning permeates the urgent demand for action in the context where the population of adolescents and young people is expanding. NATIONAL COMPREHENSIVE SEXUALITY EDUCATION ADVOCACY COALITION

Review of the sexuality education program of Nepal

through SERAT

Report prepared by: Amit Timilsina

September 2022



A PROVINCIAL ISSUE BRIEF:

FAMILY PLANNING IN BAGMATI PROVINCE OF NEPAL

Introduction to terminologies

Family planning: Family planning is the method to exercise your right as an individual and as a couple regarding whether or not to have a child(ren) and if yes, when and how many. It allows secple to bear children only when they are ready physically, mentally, socially, and all other aspects.

SRHR: Sexual and reproductive health is a state of physical, emotional, mental, and social well-being in relation to all aspects of sexuality and reproduction, not merely the absence of disease or infirmity. ¹

Human rights: Human rights are rights inherent to all human beings, regardless of race, sex, nationality, ethnicity, language, religion or any other status. ² Contraceptive prevalence rate (CPR): Percentage of women who use any contraceptive method. ³ Unmet need for family planning: Proportion of women who (1) are not preparat and not postpartum amenorhetic and are considered focused and want to postpone their feext birth for 2 or more years or stop childbearing altogether but are not using a contraceptive method, or (2) have a mistimed or unwanted current pregnancy, or (3) are postpartum amenorhetic and their most recent birth in the last 2 years wasmistimed or unwanted.

informed choice: Informed choice indicates that women were informed the time they started the currer episode of method use about th method's side effects, about what to did if they experience side effects, an about other methods, they could use. *





A Provincial Issue Brief: Safe Abortion at Province 1 of Nepal

Province 1 is one of the seven provinces of Nepal covering an area of 25,905 km 2 . The total population of the province is 4972021 4,534,943 among those 51% are female and 49% are male. There are 14 districts with threefold geographical division from Himalayan in the north to Terai in the southern part varying between an altitude of 60m and 8,848m. The capital of the province is Biratnagar, one of the six metropolitan cities of the country. The main residents of the province are Rai, Limbu, Sherpa, Tharu, Rajbansi, Madhesi and Khas-Aryans ethnic groups (1).

In Nepal, friends/neighbors are the most common source of abortion information (58.5%), followed by family members (20%) (2). 2 in 5 (41 percent) women aged 15 to 49 are aware of the legality of abortion in the country. Those who live in cities (43 percent) are more likely than those who live in rural regions to be aware that abortion is legal (36 percent) (3).

abortion is a desire to avoid having additional children, which accounts for nearly half of all abortions (47.9%), followed by a desire to space births, which accounts for 23 percent (2). The most common method of abortion is a medical abortion, which is followed by manual vacuum aspiration. The median age at first marriage is 17.9 years (3). Women aged 25 to 49 in Nepal had a median age of first birth of 20.4 years (3). In Nepal, 17 percent of teens aged 15 to 19 years old have children. Nepal has a fertility rate of 2.3 percent. In 2076/77 the modern contraceptive rate of Nepal was 37 percent (2). Adolescents account for about one out of every 10 abortion service customers. At the national level, the number of adolescents who had abortions fell.

Partners

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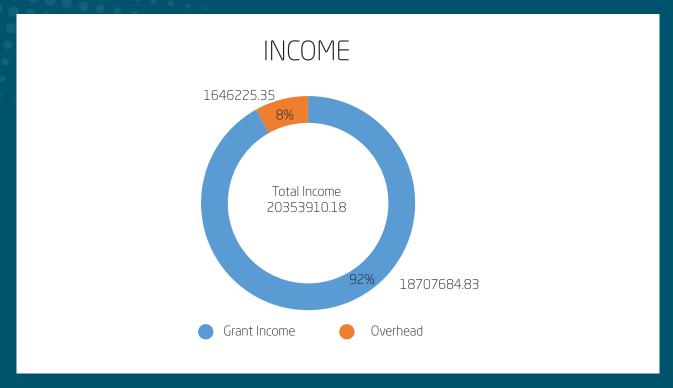
We are proudly registered under

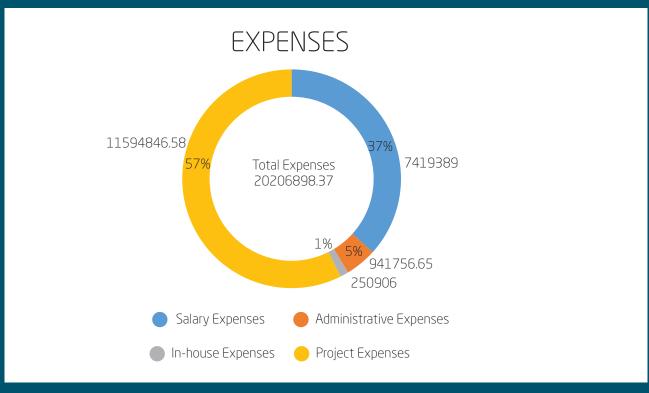
Visible Impact has been granted the United Nations Economic and Social Council (ECOSOC) special consultative status on 30th September 2022.

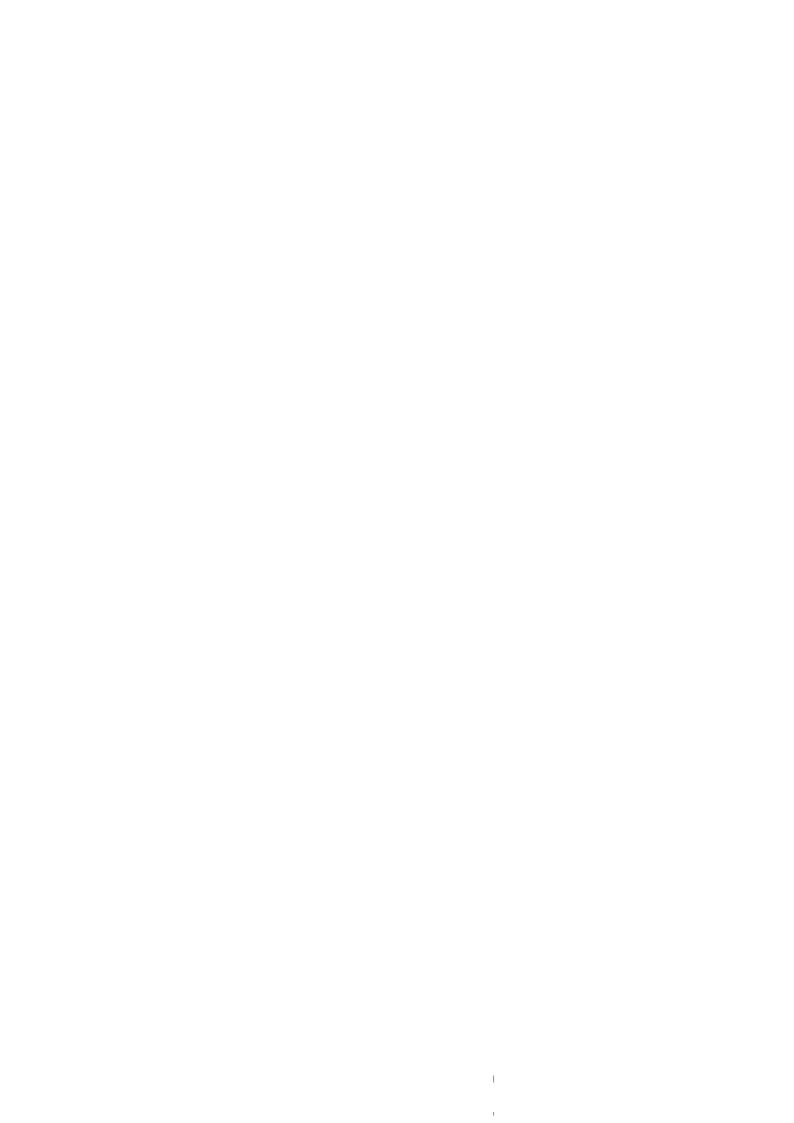
Additional

- CSE Technical Working Group
- Family Planning Sub-Committee of Family Welfare Division
- National CSE Advocacy Coalition
- Reproductive Health Rights Working Group (RHRWG)

Financial status at a glance









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