

The background features a vibrant red color with a complex abstract graphic design. This design includes several white, hand-drawn style elements: a large, thick, curved shape resembling a stylized 'C' or a thick arrow; various smaller circles, some with halftone patterns; and several curved arrows pointing in different directions. The overall aesthetic is modern and dynamic.

# Annual Report

## 2021/022

For the fiscal year 2078/079

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# MESSAGE FROM THE PRESIDENT



Medha Sharma  
President

Hello, all the well-wishers of Visible Impact,

I continue to feel humbled to have founded and lead this organization since 2015. In our 8th year of progress, I can only say that we build our past by building on the future.

This year, we bounced back. In 2021, amidst COVID, we struggled yet kept afloat and gave a safe landing to our initiatives. This year, it was more about opening our arms again and soaring higher.

We can pat ourselves for having youth-friendly FP2030 commitments, for which we conducted youth consultations, and supported the national writeshop and sensitization meetings at the provincial level. We stood as a strong Youth Focal Point, and our advocacy for meaningful and inclusive youth participation remains intact at the sub-national to international level.

We have continued to work with young people on the grassroots, be it through leadership sessions for Chepang girls, menstrual health programs at schools, open mic events of She Decides, or youth consultations for safe abortion. With more than ten publications this year and several media fellowships, including those targeted at marginalized populations, we continue to show our belief that visible impact is possible.

Our volunteers, alumni, and staff are doing greater things in their community, nationally and internationally. I believe Visible Impact's mentorship model for youth leadership for advocacy on SRHR issues is now tested.

I would like to thank our advisory committee, executive committee, donors, partners, staff, interns, volunteers, beneficiaries, participants, well-wishers, and friends for always standing with us.

In 2023, we will strengthen our presence at the grassroots, reach the marginalized youth through digital interventions, continue to advocate for issues that truly concern young people, and grow with partnerships and larger interventions. I look forward to your continued support.

# About Visible Impact

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 7 years ago in 2015, Visim has been able to reach 55,150+ adolescents and youth directly. 432+ 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 in the federal setup 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 45 million reaches. Visim has managed around 40 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 on 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 Approach x Beneficiary Engagement = Visible Impact

## Objectives

- To facilitate mentorship and development of girls, women, and youth as social champions for socio-economic transformation.
- To promote safe spaces for adolescents and youth on SRHR, human rights, climate justice, mental health, economic empowerment, humanitarian response, etc.
- 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

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

# Organizational Profile

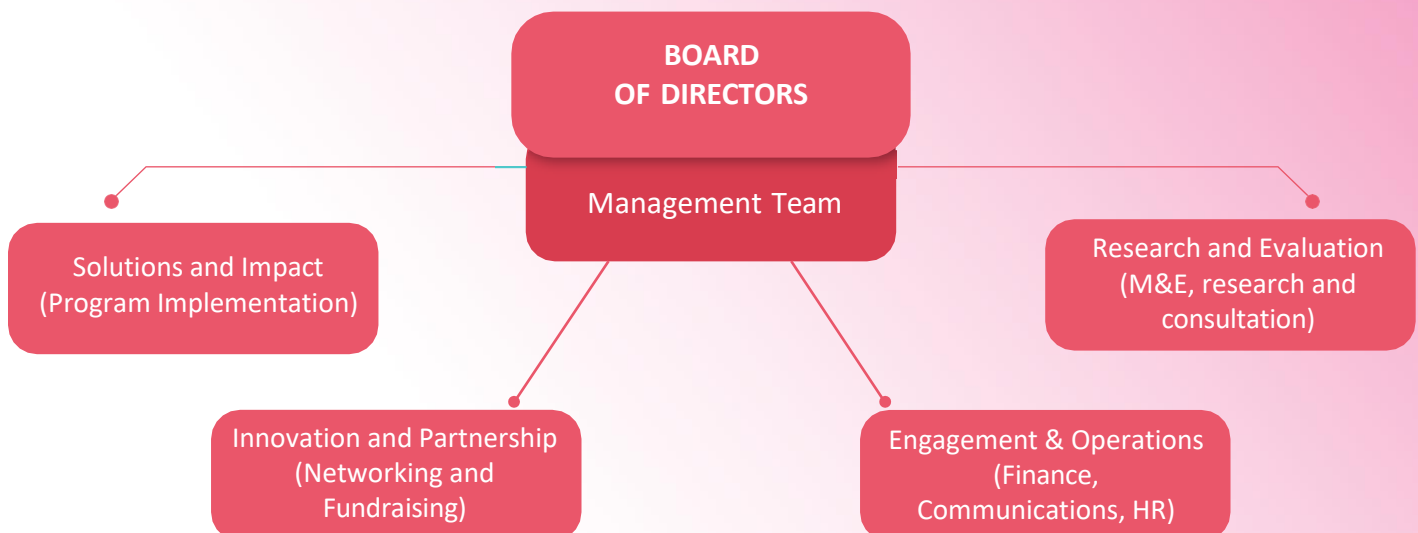
Visim is a young women-led organization. Within its Board of Directors, youth, and experienced professionals are balanced. The organization's day-to-day operations are led by a young, dynamic workforce.

Our board members are:

80% youth

80% women

Our staff: Visim had 7 permanent staff in 2021/022. Our staff consists of 71.4% female and 100% young people. Visim's organizational structure is shown in the image below:



# Our Programs

## YOUAccess

Visible Impact has been actively working on young people's SRHR and lobbying with local, provincial, and federal governments to hold them accountable for current adolescent and youth-related FP2030 commitments. The project's goal is to keep track of the commitments made by the Nepal government as part of the FP2020 recommitment process, which focuses on youth and takes a firm stance in favor of the need for family planning among individuals with disabilities. The Provincial Health Bill, which includes provisions for adolescent and youth-friendly sexual and reproductive health care in Province 1, was enacted as a result of our vigorous advocacy through our prior initiatives. YouAccess 2021 concentrated on supporting and bolstering Province 1's Provincial Health Bill.



## Activities:

### a) Review Meeting and Refresher Training

On September 28-29, 2021, our 21 Family Planning champions participated in a 2-day review meeting and refresher training at the Godavari Village Resort in Godavari, Lalitpur. Our facilitators led interactive sessions with each of the FP champions. Our FP champions received accurate information about family planning and SRHR, advocacy strategies, as well as guidance on clarifying their values and changing their attitudes around SRHR and family planning. They also discussed their problems and lessons learned after reviewing their completed activities.



**b) Generating Support from the Public**

As part of this initiative, our FP champions from each of the seven provinces led a total of 16 peer sessions on family planning and were very active on social media in debunking misconceptions about various family planning methods. To gather information for the provincial issue brief, they also interviewed 32 key informants and held 13 focus group discussions with numerous healthcare professionals and service recipients.

**c) Lobby Meeting**

The provincial government in Province 1 made the decision to create the Provincial Health Bill with a particular focus on adolescent and youth-friendly sexual and reproductive health care in their province as a result of our prior activities in that province. With the help of this project, we had a productive conversation about the Provincial Health Bill with the provincial legislator, health care providers, local youth, and other concerned stakeholders. Despite the commitment, the discussion of the Provincial Health Bill was unable to advance because all physical meetings had to be canceled in accordance with COVID-19 policy. The Provincial Health Bill is still in its earliest stages.

**d) Issue Briefs**

Based on the findings from various Key Informant Interviews (KIIs), and Focused Group Discussions (FGDs) conducted by the champions in their respective provinces, a provincial issue brief was developed, with the motive of supporting the advocacy effort in the respective provinces. The issue briefs were developed in both English and Nepali language.

**e) Value Clarification and Attitude Transformation**

Two days-long value clarification and attitude transformation session for youth was conducted in Madhesh Province and Karnali Province. In total, 50 youths were value clarified and saw a change in their attitude regarding SRHR and family planning. Different interactive approaches were used during the session.

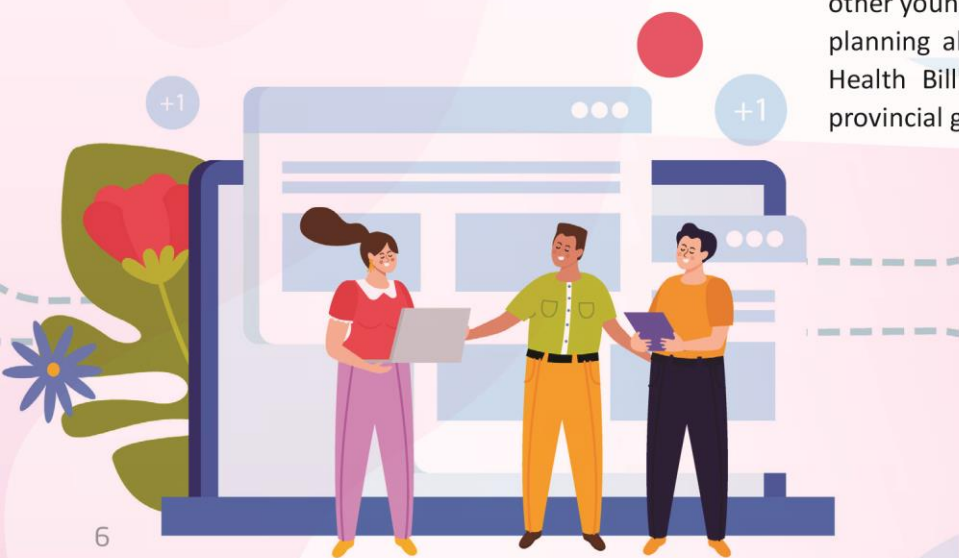


**f) Visibility Materials**

As part of this program, Visim developed various visibility products, including T-shirts, tote bags, sweatshirts, and masks. These materials all contain information about family planning. These materials have been disseminated to a wide range of stakeholders through various events.

**Impact**

We worked with 21 family planning champions from diverse backgrounds to help them become advocates for the issues that affects them and other young people like them. Advocates for family planning also created issue briefs. The Provincial Health Bill's finalization will be pursued by the provincial government of Province 1.



# FP2030

As the nation's Family Planning 2020 youth focal point, Visible Impact has been working with other focal points, the government, other partners, and stakeholders, as well as the FP2020 secretariat, to assist the nation in achieving its family planning objectives.

## Activity:

### a) Provincial Youth Consultations

Provincial-level youth consultation was conducted in all 6 provinces, with the participation of more than 175 youths in their diversities. The consultation was conducted at Ithari of Province 1, Janakpur of Madhesh Province, Pokhara of Gandaki Province, Butwal of Lumbini Province, Surkhet of Karnali Province, and Dhangadi of Sudurpaschim Province. The recommendation from the Bagmati Province was derived from a similar consultation that Visim had previously organized.

### Impact

The recommendations that came out of these provincial consultations summarized the needs of young people across the nation, which was very helpful in generating firm commitments to guarantee young people's access to family planning devices.



# Sammanata (Equality)

Project *Sammanata* was put into practice in several locations throughout Nepal in an effort to familiarize young people with the Generation Equality Forum (GEF) and to build momentum through conventional and digital media. These efforts largely concentrated on the bodily autonomy and SRHR. This project's primary goal was to increase the visibility and comprehension of GEF and its action coalitions.

## Activities:

### a) Sensitization on GEF – Bodily Autonomy and SRHR

Sensitization on GEF and its action coalition on bodily autonomy and sexual and reproductive health and rights were carried out in 5 provinces, namely, Province 1, Bagmati Province, Gandaki Province, Lumbini Province, and Sudurpaschim Province. The facilitator's engaging techniques helped dispel myths about bodily autonomy and SRHR while also raising the youth's awareness on GEF.



### b) Social Media Posts and Webinar

Through our social media accounts, many infographics featuring details about the Generation Equality Forum and its 7 action coalitions were disseminated as part of this engagement. In total, 30 infographics were posted throughout the project duration. Along with this, 3 webinars were also conducted, which saw the participation of more than 150



youths from around the country. The thematic area of this webinar was bodily autonomy and SRHR.

### c) Media Fellowship

We recruited four media professionals for our media fellowship program after realizing the crucial role that the media plays in quickly getting news and information out to a large audience. The GEF and its seven action coalitions were briefed to our media fellows. Through this effort, a few articles emphasizing various important topics that complemented the GEF's action coalition were published.

### d) PSAs and GEF Coalitions Meeting

To commemorate Menstrual Hygiene Day in 2022, three PSAs were created and shared on our social media platforms. Anushka Shrestha, CEO of Makkuse and Miss Nepal World 2019, Binay Khadka, CEO of

Khalti, and Santosh Upadhyaya, Mr. Nepal 2019 and 3rd Runners Up - Mr. Supranational 2021, were all featured in videos for the PSAs that followed the style of "10 questions with celebrities." Likewise, a GEF coalition meeting was also conducted with GEF Coalition to discuss the advocacy issues in Nepal regarding GEF.



### Impact

Through this initiative, more than 125 youths were sensitized on GEF, Bodily Autonomy, and SRHR from 5 provinces of Nepal. The sensitization program clarified the values of the participants regarding sexual and reproductive health and rights and bodily autonomy. The reach of digital initiatives was massive, which helped us reach numerous young populations indirectly. Similarly, 8 news articles published through our fellowship helped disseminate information related to GEF and its action coalitions among the wider audiences.

# Nepal APFSD Youth Alliance (NAYA) I & II

Nepal APFSD Youth Alliance (NAYA) is a platform created by young individuals and organizations who were part of the **APFSD Youth Forum 2021**. NAYA envisions the young people of Nepal at the forefront of Agenda 2030 for Sustainable Development at the national, regional, and international levels. Currently, there are nine youth-led and serving organizations in the working group of NAYA (**YUWA, Y-PEER Nepal, Visible Impact, RHRN, Rotaract Club of Kathmandu Mid-Town, Nepalese Youth for Climate Action, Blind Youth Association Nepal, Beyond Beijing Committee, and Asia-Pacific Resource & Research Center for Women**) with a membership of more than 100 young people in all their diversities.

## Activities:

### Phase I

#### a) Social Media Activities

During HLPF from 6th-14th July, various social media activities were conducted on the social media handles of Visible Impact under three major issues: Gender Equality, SRHR, and Climate Action. Social media posts were created to impart updates about the HLPF and SDGs Agenda 2030. A series of Facebook posts were shared and a Tweetathon was done. We Share!: A social media contest was conducted through the Facebook and Instagram pages of Visible Impact where participants shared their messages/information through a video based on one of the themes of Gender Equality, SRHR, and Climate Action. Reaction Snap! was a unique contest where participants had to send a message to a friend related to themes like SRHR, Gender Equality, and/or Climate Action. The reaction of their friends has to be recorded and shared with Visible Impact with the consent of their respective friends. In both social media contests, there was a huge number of participation of young people, which created some buzz and dragged the attention of social media users.

#### b) High-Level Dialogue: Youth at the Forefront of the SDGs

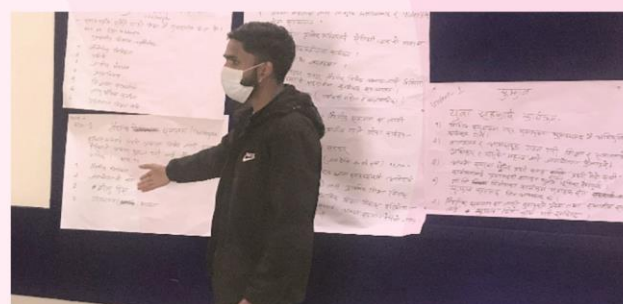
A virtual event was organized on 21st September 2021, titled "**High-Level Dialogue: Youth at the Forefront of SDG in Nepal**". This web

meeting brought together around 70 participants from different sectors across the seven provinces of Nepal. Through the incorporation of sign language interpretation, caption writing, and language interpretation from Nepali to English and vice versa within the program's modality, the program was successful in accommodating more people in their diversities. The event was live broadcasted through the Facebook page of Visible Impact and ARROW. Key recommendations from HLPF, APFSD, intergovernmental Fora, and the APFSD Youth Forum (Nepal) were shared. At the same virtual event, Nepal APFSD Youth Alliance was launched. A video presentation was used to launch NAYA. National and regional Government Officers gave their remarks on the recommendations and NAYA at the event. Ms. Kabita Aryal, Chief of Family Planning and Reproductive Health Section, Family Welfare Division, Mr. Milan Dhungana, Under Secretary (Tech.), Ministry of Forest and Environment, Mr. Khil Raj Rai, Program Director of National Planning Commission, and Mr. Bamdev Chhetri Gautam, Vice-Chair, provincial Policy, and Planning Commission, Lumbini Province, gave their remarks and were positive towards recommendations presented in the program.

The High-Level Dialogue Summary Paper & Call to Action developed as an outcome of the High-Level Dialogue was personally shared with the concerned stakeholders from different government offices such as the Ministry of Health and Population, the Family Welfare Division, the National Planning Commission, the Ministry of Women, Children and Senior Citizen, and the Ministry of Forest and Environment, etc. to hold them accountable for what they have committed.

### c) Provincial Youth Consultations

NAYA also supported the provincial youth consultations organized by YUWA under RHRN II. The provincial youth consultations were conducted in all 7 provinces of Nepal, where youth in their diversities from the region were gathered for an in-depth discussion on SDG 4: Quality Education, and SDG 5: Gender Equality. The issues and recommendations based on the specific provinces were generated by the young people. The outcomes from the provincial youth consultations were further incorporated in the final document of Nepal's Call to Action for APFSD 2022.



### d) National Youth Conclave

After the completion of the provincial youth consultations, NAYA organized the National Youth Conclave on 4th March 2022 to gather youth perspectives on the implementations of SDGs in Nepal, and discuss the issues and challenges, and recommendations for the achievement of Agenda 2030. The outcome of the youth conclave was documented as Nepal's Call to Action for APFSD 2022, which was an important resource for the Regional APFSD Youth Forum 2022.

## Phase II

### a) Social Media Activities

Similar to phase I, different infographics were shared through our social media handles during the second phase of NAYA. Different SDGs (Goal 4, 5, 14, 15, and 17) that were being reviewed during the HLPF 2022 were focused on for these infographics.

### Impact

The main outcome of NAYA I is that we were able to bring many youths from Nepal under one roof to advocate for the SDGs implementation in Nepal, giving them an opportunity to interact with key decision-makers and put forward their suggestions and recommendations. The government officials also gave their commitment to engaging youth at the forefront of the Sustainable Development Agenda at their respective workplaces and areas of work during the High-Level Dialogue. The outcome of the program was documented as a Call to Action. The recommendations gathered during the National Youth Conclave were used to feed in to prepare a Nepal-specific call to action during the APFSD 2022.

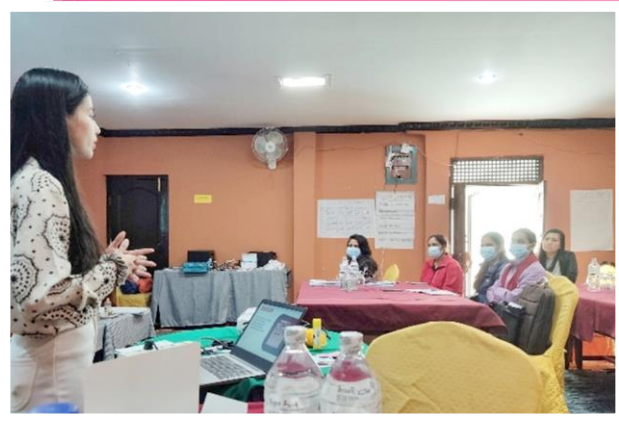
# Policy, Advocacy, and Communication Enhanced (PACE)

To elevate the issue of youth contraceptive discontinuation among provincial health policymakers, Visible Impact executed project PACE (Policy, Advocacy, and Communication Enhanced for Population and Reproductive Health) between January and March 2022 with the support of PRB (Population Reference Bureau).

## Activities:

### a) Lobby meetings with provincial health policymakers

With an aim to advocate for provincial policies that support young people's access to high-quality, stigma-free family planning, and contraceptive services and information Provincial Advocacy Meetings in five provinces of Nepal - Province 1, Gandaki, Bagmati, Karnali, and Lumbini provinces were conducted with the participation of provincial health authorities like the Ministry of Health and Population, Ministry of Social Development, Provincial Health Directorate, Health Offices, Provincial Health Logistic Management Centre, and Provincial Health Training Centre.



## **b) Development and distribution of IEC material on Youth Contraceptive Discontinuation**

IEC material on youth contraceptive discontinuation was developed both in Nepali and English languages and was distributed among policymakers and young people. The IEC includes a definition of contraceptive discontinuation, discontinuation status in Nepal, reasons for discontinuation, and ways in which policymakers can address the issue.

### **Impact**

The advocacy meetings provided policymakers with the space to reflect upon the situation of youth contraceptive use in their province, and according to them, it was the first time that all of the related officials discussed the issue.

The meetings have taken forward the agenda of putting young people at the forefront of their SRHR plans and policies, including the family planning initiatives. Alongside, IEC materials on youth contraceptive discontinuation developed in Nepali and English languages further helped them remain sensitized on the issue for the long run.



# Bahadur Project I & II

Visible Impact, in collaboration with Bahadur Social Project, organized a 3-day intensive Menstrual Health Management (MHM) and Sexual and Reproductive Health and Rights (SRHR) training for Chepong girls of Gorkha in 2021 and 2022, respectively. The training was organized with the objective of building their leadership, knowledge, and skills on MHM and SRHR with an objective to equip them with factual and adequate knowledge, attitude, and practice in these areas.

## Activities:

### a) Selection of the Training Participants

These participants were carefully selected based on their interest in the issue, passion to learn, and some prior experiences garnered in the community. In the second phase, among the eight, four of them were from the batch of 2021 Menstrual Hygiene Management (MHM) training, while the rest four were new participants.





### **b) Need Assessment and Tailoring of Contents**

After completion of the selection phase, the Visible Impact team individually reached out to all the girls through phone calls in order to develop an understanding of their level of knowledge on MHM/SRHR and of their community context and developed the training contents accordingly in consultation with the Bahadur team.

### **c) Training of Trainers for Young Girls**

The need assessment was then accompanied by a 3-day in-person extensive training on MHM/SRHR for the selected Chepang girls. The sessions on MHM were derived from the MHM Facilitation Guide developed by Visible Impact, which has been implemented for more than 5 years in more than 50 schools throughout Nepal. These MHM sessions also served as refresher training for our previous

batch of participants.

### **Impact**

Participants who had attended the previous year's MHM training had become way more expressive and confident than they used to be the previous year.

Additionally, the overall change in the knowledge of SRHR observed through pre-and post-tests for all the participants, on average, was 22%. Post-training completion, the eight Chepang girls were enabled to initiate conversations surrounding a plethora of components of SRHR, along with leading community-based workshops in the Gorkha district.

# Youth4GenerationEquality: Phase I & II

The Generation Equality Forum (GEF) is a global gathering to accelerate equality, leadership, and opportunity for women and girls worldwide, convened by UN Women and co-hosted by the governments of Mexico and France. The forum was an opportunity to demonstrate complementarity between the International Conference on Population and Development (ICPD) and the Beijing agenda, which in turn contributes to achieving sustainable development goals. The Youth for Generation Equality campaign under GEF phase I and phase II focused on the theme of “Bodily Autonomy and Sexual and Reproductive Health and Rights” and “Gender Based Violence” with the aim to generate national commitments from the Family Welfare Division, National Women Commission (NWC) and the Ministry of Health and Population (MoHP) or the Family Welfare Division (FWD) in partnership with YUWA.

## Objectives:

- To start a youth movement in Nepal for Generation Equality with the focus on action coalition for ‘Bodily Autonomy and SRHR’.
- To have young people at the forefront of advocacy for an intervention from the government on the acceleration and localization of the global acceleration plan from the Generation Equality Forum.
- To ensure at least one commitment from the concerned government authorities for the identified Action Coalition theme i.e., ‘Bodily Autonomy and SRHR’.

## Activities:

### Phase I

#### a) National SDG Convo

The event brought the key stakeholders and young people to a virtual forum to discuss the status of SDGs in Nepal, pointing out the progress and its challenges. Around 60 participants, consisting of youth activists, CSOs, experts, and government officials joined the discussion forum through the platform of Zoom.

### **b) Social Media Contest**

Marking Global Goals week, a week-long event for action, awareness, and accountability for Sustainable Development Goals, Visible Impact organized a social media quiz contest where questions related to SDGs were asked to the audience.

### **c) Consultation Meeting with Right Here Right Now (RHRN)**

A meeting with the Right Here Right Now (RHRN) network was organized with the aim of introducing the network members to the Youth4GenerationEquality campaign as well as seeking their input for the draft commitments on Comprehensive Sexuality Education, Family Planning, and Safe Abortion. Participants representing all three organizations of the RHRN network, i.e., Beyond Beijing Committee (BBC), Blue Diamond Society (BDS), and YUWA, were present and the overall discussion has been very helpful in shaping the commitments and further polishing it. The consultation also mapped out relevant government authorities for the upcoming write shop as well as the overall commitment-making process.

### **d) Consultation Meeting with the Reproductive Health Rights Working Group (RHRWG)**

The RHRWG experts were invited to seek their insights and inputs for our draft commitments on safe abortion on 15th November 2021. The meeting was participated by the representatives of the leading organizations on abortion like Forum for Women, Law, and Development (FWLD), Population Services International (PSI), Marie Stopes Nepal, etc., who provided guidance and insights towards our draft commitment as well as the next steps forward.

## **Phase II**

### **a) Advocacy for FWD/MoHP's Commitment to Bodily Autonomy & SRHR**

This activity is the follow-up to the efforts made in the previous cycle of this campaign and is the final step in the commitment generation process for FWD. Several rounds of meetings were held with

FWD for the finalization of the commitments on Family Planning and Safe Abortion in Nepal.

### **Impact**

The commitment of the Family Welfare Division to this auspicious platform reflects a high-level address to not only the action coalition but to the cause of Bodily Autonomy and SRHR as a whole. These total of five commitments will further aid in shaping and ensuring desired achievements targeted by several legislations in Nepal that speak for SRHR.

In a larger picture, commitment to Safe Abortion also sends a positive message to the world about embracing more liberal provisions.

### **Finalized commitments:**

Foster Public Private Partnership (PPP) to increase the 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 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.



## Women's Fund Asia: Claiming Our Voices, Building on Beijing +25



Visible Impact implemented Claiming Our Voices, Building on Beijing +25 outcomes to engage and advocate young females from diverse groups in the Beijing +25 and Generation Equality Forum-related processes and follow up with support from Women's Fund Asia (WFA). The selected young people had the opportunity to capacitate themselves on gender-related advocacy processes, Beijing +25 outcomes, Generation Equality Forum, and its advocacy forums. Despite decades of movements for equality, not a single country today can claim to have achieved gender equality. Considering young females as advocates and change agents, this project targeted young people to hold our governments accountable for commitments they made 25 years ago, and advocate for new and urgent issues to be addressed now and through future review processes.

### Activities:

#### a) Webinar Series:

Young Feminist Champions had shared their learning with a wider audience via a series of webinars. They focused on rarely discussed yet important issues. The webinar also hosted an expert speaker along with the young participants.

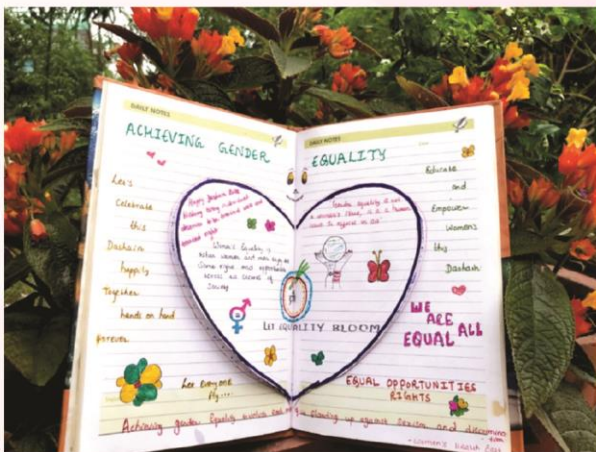
#### b) Youth Consultation:

A youth consultation was held with the participation of 30+ young people on one of the Action Coalition of Generation Equality Forum. The main aim of the consultation was to generate a 'Call to Action' from diverse youths on priority action areas of Bodily Autonomy and Sexual and Reproductive Health and Rights Action Coalition. There was representation from rural youths, people with disabilities, and sexual and gender minorities as well. Recommendations were generated after a fruitful discussion with the youths.



**c) Social Media Contests:**

Various social media contests were organized. A Greeting Card contest was held with themes based on Gender Equality, Women’s empowerment, and women’s rights on the occasion of Vijaya Dashami.



**Impact**

We worked with 10 young females from a diverse group, including sexual and gender minorities and people with disabilities, and developed them as advocates which enabled them to bring new issues unique to this generation, such as climate change, online harassment, and COVID-19, to the forefront of discussions. This global pandemic has demonstrated that women’s rights and gender equality are more important than ever. All the young feminists have enhanced their skills in the gender-related advocacy process and can speak for women’s rights and empowerment with decision-makers.



# Youth for Access to Abortion for Youth (YAAY)

Visible Impact has been implementing Youth for Access to Abortion for Youth (YAAY), an advocacy program to advocate for stigma-free and youth-friendly safe abortion services at the national and provincial level with support from SAAF (Safe Abortion Action Fund) since January 2020. Despite the legalization of abortion, more than half of abortions are still unsafe in Nepal, and young people are often the most marginalized, mostly due to related stigma. Considering young people as beneficiaries and change agents, this project targets young people in order to shift negative attitudes and enhance awareness regarding the availability of safe and legal abortion for free in Nepal.

## Activities:

### a) Community Sessions on Abortion and SRHR:

The youth champions were engaged in conducting community sessions. They conducted physical and virtual sessions with diverse participants from their respective provinces. Altogether, 26 community sessions were conducted by the youth champions in the fiscal year 2021/22.

The sessions incorporated topics such as SRHR, contraception, and abortion, the legalities of abortion, the status and trend of abortion, and the role of men in abortion. Youth champions also collaborated with some of the local organizations and institutions that included FPAN, Marie Stopes Nepal, schools and colleges, and health institutions. The sessions were very much appreciated by the participants and have played an important role in sensitizing young people and community people on various aspects of abortion.



### **b) Lobby Meetings:**

Three lobby meetings were organized with the provincial government and stakeholders in Province 1, Bagmati Province, and Sudharpaschim Province with concerned stakeholders to discuss the youth-related safe abortion issues in provincial policies and programs. These meetings have sensitized the provincial government on the youth lens in safe abortion programs, and also raised commitments towards enabling an environment for young people to access safe abortion services in the provinces.

In Province 1, the government stakeholders also committed to organizing more community-based sessions on Safe Abortion for young people in collaboration with youth champions of YAAY. In Bagmati Province, Health Minister expressed, "We are very serious about youth issues and we try our best to address them. This is also the reason why all of us participated in the meeting today. Thank you for bringing all of us together, this will have a significant contribution in shaping our budget plan for the upcoming fiscal year." Furthermore, Dhangadi municipality even committed to ensuring a budget for safe abortion programs in the next fiscal year.

### **c) Webinar Series on Abortion and its Intersections (Sexuality and Abortion, Abortion and Disability, Politics of Sex-Selective Abortion, and Digital Advocacy and Abortion):**

To build on community campaigns led by youth champions, webinars to sensitize young people were also conducted to allow a larger reach. Four webinars on abortion and intersectional issues (sexuality, disability, digital advocacy, and sex-selective abortion) were conducted. They covered issues like sexual behavior, contraception, sexual violence, sexual orientation, comprehensive sexuality education, laws, religion, culture, representation of people with disability in SRHR policies, etc. The facilitators were youth SRHR activists allowing peer learning models. In order to assess the change in knowledge and attitude of the participants' pre and post-test were done during the sessions.

### **d) Production of a Youth-Friendly Information**

### **Booklet**

In coordination with the National Health Education Information and Communication Center (NHEICC) under the Ministry of Health and Population, an IEC booklet has been developed. It is a two-pager document with youth-friendly illustrations in the Nepali language that comprises the legal provisions on safe abortion and links to websites, social media pages, and toll-free numbers to help young people access more information on safe abortion. It was reprinted again and distributed through community sessions.

### **e) Screening of PSA Videos on Safe Abortion on a TV Channel**

Public Service Announcements (PSAs) on safe abortion were broadcasted on News24 national television 14 times for 14 consecutive days. The PSA's reach, as provided by the television network is as such: YouTube: 15000, online viewers: 5000, real-time viewers: 250000.

### **f) Dissemination of PSA in Local Radios**

Audio PSAs linking safe abortion and COVID-19 were developed in seven languages (Nepali, Maithili, Magar, Tamang, Doteli, Limbu, and Tharu). The PSAs developed in local languages were aired on twelve radio stations with a reach of 43 districts. Similarly, a 6-episode audio drama series that focuses on abortion stigmas, myths, legalities, and young people was aired in all 7 provinces, which had an estimated total reach of 5,800,000.

### **g) Production of IEC Booklet in Braille and Larger Font**

The booklet that was developed in collaboration with the National Health Education Information and Communication Center (NHEICC) has also been developed in braille and a larger font to cater to the needs of the visually impaired and those with low vision. They were distributed across all the provinces in collaboration with the relevant organizations working with blind and visually impaired people.

### **h) Production of Stickers providing SRHR Information**

Stickers with Safe Abortion message were

developed which have been disseminated to different bus networks, namely Sajha Yatayat, Nepal Yatayat, Mayur Yatayat, Prithvi Rajmarg Yatayat, etc., through the transportation committees responsible for operating bus routes inside and outside Kathmandu Valleys.

**i) Development of Issue Briefs for Seven Provinces**

In order to sensitize stakeholders and present them with factual and value-clarifying information about safe abortion in their provinces, province-specific issue briefs have been developed and disseminated in all seven provinces. These briefs have been developed after conducting a series of Key Informant Interviews (KIIs) with service providers, post-abortive women, policymakers, etc. in all seven provinces. The issue brief includes the background of the province, highlights issues of Safe Abortion in the province, and makes recommendations based on the issues. These issue briefs will serve as a handy document to advocate and sensitize on safe abortion.

**j) Media Fellowship for Media Professionals Belonging to Online Media Houses**

Media plays an impertinent role in delivering factual information on stigmatized issues like safe abortion. However, due to a lack of sensitization, Nepalese media often do not use appropriate titles, words, or pictures, or do not cover the issue adequately. To combat this, this time 9 media fellows were selected from different online media houses. The media fellows were provided with two days of residential training on value clarification and factual coverage of safe abortion. After this,



the fellows produced one factual and sensitizing article through a digital platform for 2 months.

Sixteen articles were published by the media fellows on different online news portals. The articles included diverse issues starting from the basics of SRHR and contraception to more sensitive issues like challenges of accessing safe abortion services, young people’s access to safe abortion, etc.

A media toolkit has been developed on “How to Report on Abortion? A toolkit for Media and Public Communication Professionals” under the project Youth for Access to Abortion for Youth (YAAY) in both English and Nepali languages. It is a toolkit for media and public communication professionals and is addressed to media and public communication professionals to facilitate rights-based and factual reporting on abortion. Both the toolkits are available on our website as well: [Media Toolkit on How to Report on Abortion.](#)

**k) Value Clarification and Attitude Transformation (VCAT) for Youth on Safe Abortion at Province 5**

To further build on the value clarification of youths across different provinces, a two-day residential VCAT for Youth on Safe Abortion was organized at Nepalgunj. Around 24 participants attended the VCAT which included an intense session on clarifying the values on Safe Abortion. Through the VCAT, they were sensitized around the areas of SRHR, Contraception, with the main focus on Abortion and followed by what their role as a youth could be in the coming days while sharing their learning with a wider audience.



### **l) Success booklet of YAAY: Documentation of Stories around Safe Abortion Advocacy**

A success booklet of the project "Youth for Access to Abortion for Youth" has been developed, which documents all the activities completed under the respective project. Along with the activities, success stories of our youth champions, media fellows, and the growth of our team and Visible Impact as a whole have also been documented in the success booklet. In addition, our learning and challenges during the project tenure and how youth-led advocacy can be successful have also been documented.

### **m) Sharing Seminar**

A sharing seminar was held in Kathmandu after the completion of all the activities of the YAAY project. The seminar was attended by our youth champions of all seven provinces, media fellows, government stakeholders, and all other CSOs working in the field of SRHR and Safe Abortion who have directly and indirectly contributed to the successful implementation of the project. Our learning, challenges, and success stories were shared with the attendees and an informational game was incorporated in between to add a youthful element.

### **Impact**

YAAY raised the discussion on safe abortion that was led by young people. Communities, where abortion was highly stigmatized, saw people eventually starting to discuss safe abortion. Thirty-five youth champions all over the country have been trained and sensitized for life and will continue advocating even after the project's closure. These young people have not only been discussing this but are also leading change. They are being invited by the government to design programs and allocate budgets for safe abortion. Many important resources have been developed which focus on unleashing the capacity of young people to speak about abortion from a rights-based approach including advocating at the provincial and local levels about it. Overall, the policy discussions have shifted to the grassroots. Collaborations are being done on the ground, and provinces are including youth-friendly SRHR and abortion in their policies and programs.



# SheDecides!

SheDecides is a global political movement driving change, fueled by actions in communities, with young people at its heart. Within the global movements, there are strong and forceful local movements making real change happen – shifting social norms; adapting laws, policies, and procedures that block access to rights; and unlocking resources for quality services. Visible Impact is part of one of these local movements- SheDecides Nepal. As a core team of this movement, Visible Impact is working together with Beyond Beijing Committee Nepal and Right Here Right Now Nepal to stand up and speak out, change the rules, and unlock resources on three issues- Gender-based violence including LGBTIQ violence, Safe Motherhood, and Adolescent’s Sexual and Reproductive Health and Rights.

## Activities:

### a) Formation of Youth Coalition following the Open Mic

Following the open mic organized by BBC Nepal on Gender-Based Violence, a youth coalition was formed with 12 youths. They were sensitized on the SheDecides movement and were responsible for organizing an open mic on Gender-Based Violence (GBV). Our members of SheDecides Youth Coalition organized 15 open mics in total in Kathmandu and Pokhara in different public spaces through the medium of songs, storytelling, poem recitation, open dialogues, etc.

### b) Social Media Campaign

Under the SheDecides program, two different social media campaigns were organized. A doodle contest was held to mark SheDecides Day 2022 on the theme of the SheDecides manifesto. Participants had to send their creative doodles based on the manifesto, which were either digital or hand-made. A "Photo and Caption Contest" was also held where participants had to submit photos and captions showing their solidarity with the SheDecides movement. Out of the many entries we received, 10 and 5 winners were selected from each of the contests, respectively.



### c) Media Mobilization

Media professionals belonging to different media houses were reached by Visible Impact. The selected media professionals were then sensitized on the SheDecides movement. Each one of the selected media professionals wrote an article on SheDecides, its history of formation, the purpose behind it, the movement in Nepal, and its leading organizations here. The articles were published in various online and print mediums of news portals like Rajdhani, Gorkhapatra online, Ujyaalo online, and Ratopati.com.

### d) Development of Visibility Materials

Visibility materials are the best medium to get someone to notice your initiatives or projects and get them interested in the cause you have been working for. Under the SheDecides program, we developed various forms of visibility materials. Considering the current situation, we developed masks and eco-friendly materials like bamboo toothbrushes, hairbrushes, and metal straws with the logo of SheDecides Nepal on each of the products.

### Impact

This movement took its shape in Nepal in 2017 and through this Visible Impact has engaged, organized, and catalyzed changes for ensuring bodily autonomy and rights of young people to stand up and speak out, change the rules, and unlock resources on LGBTIQ violence, Safe Motherhood, and Adolescent's Sexual and Reproductive Health and Rights.



The screenshot shows a news article on the Ratopati website. The article title is "'She Decides Movement' working to create a world where every girl and woman can decide what to do with her body". The author is Ratopati and the date is 2022-07-12. The article features two images: one showing a group of hands holding a sign that says "CREATING A #NEWNORMAL WHERE SHEDECIDES" and another showing a group of people sitting on a stage. The article text below the images reads: "KATHMANDU, July 12: 'She Decides Movement', a global movement working for betterment of girls in over 27 different countries, is laying new milestones in Nepal to create a world where every girl and woman can decide what to do with her body." To the right of the article is a "Recent" section with a list of news items, including "State of emergency in Sri Lanka as protesters tear-gassed", "Central Committee meeting of JSP begins at Birgunj", "100 days of Deuba govt: Govt unveils 42 achievements", "Election of deputy speaker: Know the schedule", "Lawmaker demands investigation against governor Maha Prasad Adhikari", "8 contenders in race to succeed Johnson as UK PM", "Jason Derulo invites emerging music artists to 'take the stage' with Tuborg open", and "IN PICS: Bhanu Jayanti being observed today".

## No Shame to Bleed (NSTB)

Since the launch of the No Shame to Bleed project in 2016, Visible Impact has been advocating for safer and healthier menstruation by enhancing knowledge, skills, and participation for both boys and girls. It also aims to advocate with the government for formulating and implementing policies to eliminate all forms of discrimination that occur against girls and women during menstruation.

### Activities:

#### a) Training of Trainers for Sarathis:

“Sarathi” is a team of 10 young and energetic people recruited by Visible Impact for its “No Shame to Bleed” Campaign. Sarathis are recruited for a period of one year. This batch marks the fifth cohort of Sarathis, where each Sarathi was selected following the process of application and a one-on-one interview. During the entire period of the program, Sarathis will be provided with opportunities to develop themselves professionally and will also engage in volunteering to conduct school-based menstrual health management workshops. Besides workshop conduction, they will also actively participate in blog writing, video making, and case stories writing. To initiate the exciting learning journey of being a Sarathi, Training of Trainers (ToT) was given to ten Sarathis of various backgrounds and colleges.

Training of Trainers (ToT) was held for three days (July 14, 15, and 16 2022). Sarathis were trained on various aspects of Menstrual Health Management (MHM). The training included sessions on changes in boys and girls during puberty, the role of men in menstruation, the anatomy of female reproductive parts and the physiology of menstruation, risky behaviors, and their complications, discomforts during menstruation, and tips to manage discomforts. Myths on menstruation were busted through a game, a checklist was provided on Menstrual Health Friendly School and menstrual products were explained through social marketing. In addition, a specific session was held linking menstruation



and disability, highlighting key menstrual issues of persons with disabilities and things to be considered while organizing a workshop for the low vision and visually impaired persons with a special focus on

the content. Following the workshop, Sarathis in a pair will be conducting workshops on Menstrual Health Management in schools across Kathmandu valley and other districts as well.



### **Impact**

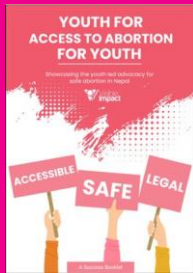
Through the No Shame to Bleed project, Visim has successfully recruited and trained 50 volunteers since 2016. Sarathis have been provided with opportunities to develop both their personal and professional skills through engagement in consultations, learning circles, and opportunities to attend learning programs organized by different institutions as well. Around 80 menstrual health workshops have been conducted in 66 schools in Kathmandu, Lalitpur, Tanahun, Rasuwa, Sindhupalchowk, Palpa, and Solukumbu districts, reaching out to more than 2500 students.





### Production of IEC Booklet in Braille and Larger Font

To cater to the needs of the visually impaired or who have low vision, the booklet created in partnership with the National Health Education Information and Communication Center (NHEICC) has also been created in braille and in a larger font.



### Success booklet of YAAY: Documentation of Stories around Safe Abortion Advocacy

A success booklet for the "Youth for Access to Abortion for Youth" initiative was created, and it contained a list of all the tasks accomplished, along with key learnings from the project.



### High-Level Dialogue Summary Paper & Call to Action

The Summary Paper and Call to Action of High-Level Dialogue have been prepared. This document documents all the discussions and commitments made by key decision-makers during the program.



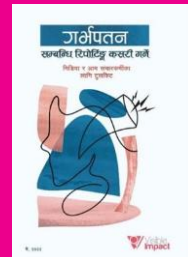
### IEC on Youth Contraceptive Discontinuation

This IEC on Youth Contraceptive Discontinuation has been prepared with the support of USAID, PACE & PRB. The IEC is available in English & Nepali and highlights the findings & recommendations for policymakers on Youth Contraceptive Discontinuation based on PACE's policy brief.



### Nepal's Youth Call to Action for APFSD 2022

All the recommendations and suggestions gathered during the National Youth Conclave have been documented under Nepal's Youth Call to Action for APFSD 2022. This document was further used during APFSD 2022 to generate a Nepal-specific call to action.



### A toolkit for media and public communication professionals

A toolkit for media and public relations experts is available in both English and Nepali as part of the Youth for Access to Abortion for Youth (YAAY) project. It is a toolbox for media and public communication experts and is aimed at them to make it easier for them to report on abortion in a factual and rights-based way.

Under YouAccess 2021 and SheDecides movement, different colored masks were developed and distributed during different events organized by visim.



Under the project, YouAccess 2021 T-shirt depicting the message of Youth leads FP2030 was developed in red and blue color.



A sweatshirt was developed and distributed to all the FP Champions that they could use during their community sessions.



## Visibility materials



A YouAccess 2021 tote bag bearing the slogan "Youth leads FP2030" was created as part of the initiative and distributed at various visim-organized events.



Visim also developed its laptop bags in two designs under its YouAccess 2021 project.



An eco-friendly products package was created and distributed in order to promote and support the SheDecides movement.

# Our Supporters and Donors

We would like to show our sincere gratitude towards all our supporters, partners, and donors for your trust and support in creating a 'visible impact' on the lives of every girl, every woman, and every youth.

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RIGHT HERE  
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**Also the members of the:**

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National CSE Advocacy Coalition

Reproductive Health Rights Working Group (RHRWG)

**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.



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For more information about our work, please visit our website:  
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