



2gether
4SRHR



EMPOWERING YOUNG MOTHERS IN RURAL LESOTHO



PURPOSE OF THE PROJECT



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To improve the well being of 400 vulnerable adolescent mothers and their children through psychosocial support, education on SRHR, maternal and infant health as well as positive parenting.



Demographics of the YM



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□ Marital Status

- i. 78%, of the young mothers reported being married.
- ii. 86% have one to two children under the age of five.

□ Employment

- i. 96.7% of the young mothers are unemployed
- ii. Only 22% of the young mothers' households received social grants, and these are mostly child grants.

PROJECT FOCUS AREAS



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Training on Keyhole gardening & provision of diversified feeding



Improving YM nutritional status through training on food production, preservation & provision food relief packages



Increasing access to SRHR services and PSS provision



Promoting reintegration of YM to mainstream education and early child cognitive development



Training on Gender Equity, GBV sensitization of YM, partners & parents



Training on IGAs and provision of start-up capital



Promoting access to civil registration document and human rights advocacy

Why this approach and focus?

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- To increase their health seeking behaviours and attend pre and post natal clinics.
- To learn more about Infant and Child feeding to improve nutrition in the first 1000 days.
- To protect the rights of the adolescent girls and young girls against GBV
- To improve their Knowledge about sexual and reproductive health including child spacing, contraceptives and sexually transmitted infections (STIs);
- To understand the facts and essential information on HIV/AIDS prevention, transmission and treatment, prevention of mother-to-child transmission (PMTCT);



Implementation Approach



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- Young Mothers intensive training
- Engagement of partners, caregivers and parents (mother in law)
- Engagement of Community leaders in recruitment and project evaluation
- Facilitating access to SRHR services
- Provision of PSS for groups and individuals
- Creating support networks
- Facilitating access to child protection documents
- Community/Intergenerational dialogue
- IGAs
- Distance learning with LDTC

Process of Engagement



Immediate Results Of The Engagement



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- Comprehensive support on Maternal and Child Health and sexual and reproductive health rights. With 99% accessing local health centers and knowing their status while 70% know their partners' HIV status;
- Knowledge about the nutrition for reproductive women and children;
- Understanding of positive parenting and early childhood development;
- Increased knowledge of the legal and moral rights of girls and women in Lesotho;
- Improved understand the concepts and application of gender equity;
- Conflict resolution and communication skills for integration in family and community; 94% and 86% reported improved relations with their families and partners respectively



FEATURE PLANS TO SCALEUP



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- Expanding the project to other geographical areas in the country targeting 100 pregnant adolescent and young mothers aged 14 to 24 years
- Developed an advocacy brief and shared with other CBOs to adopt the YM project model

