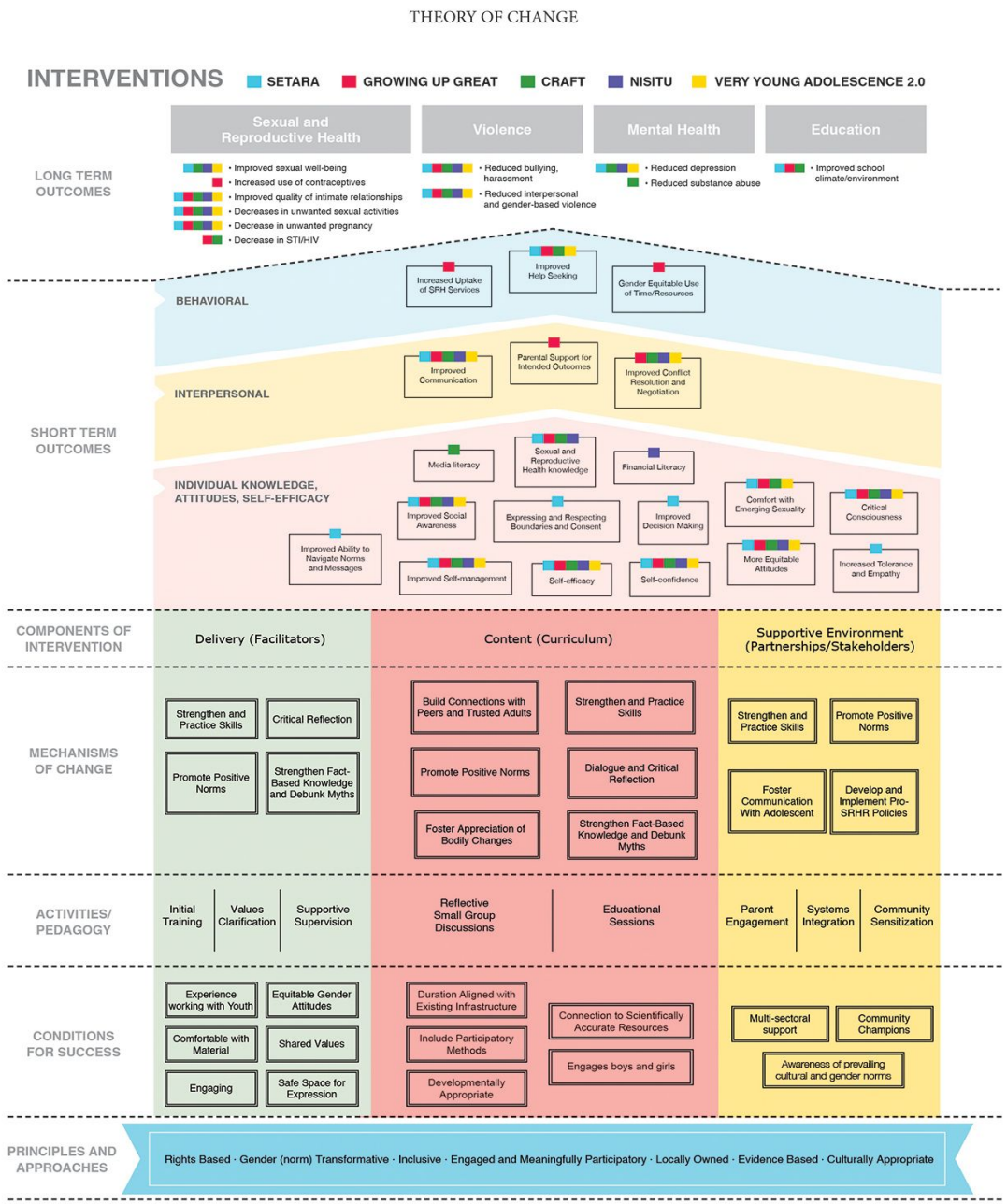
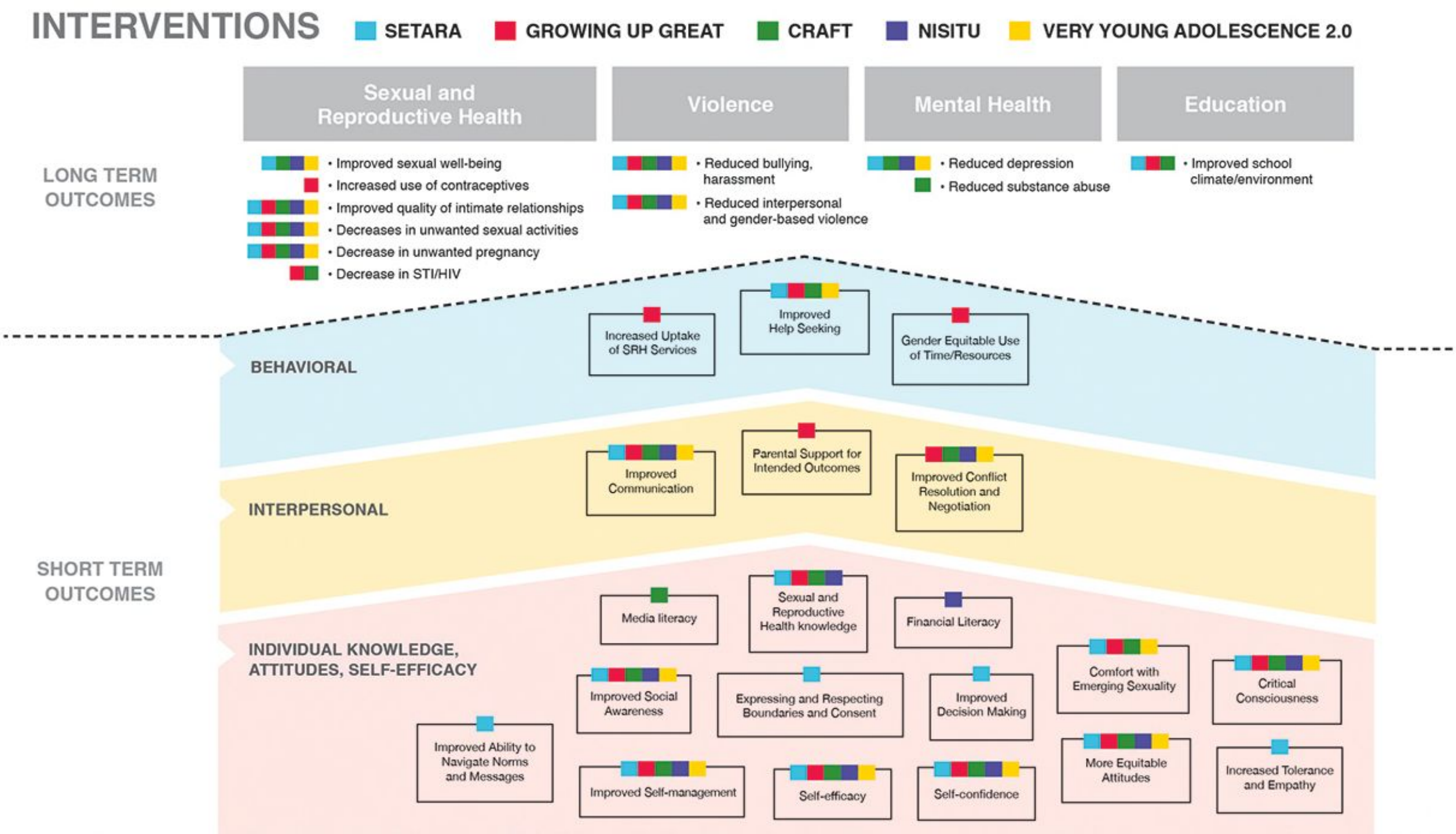
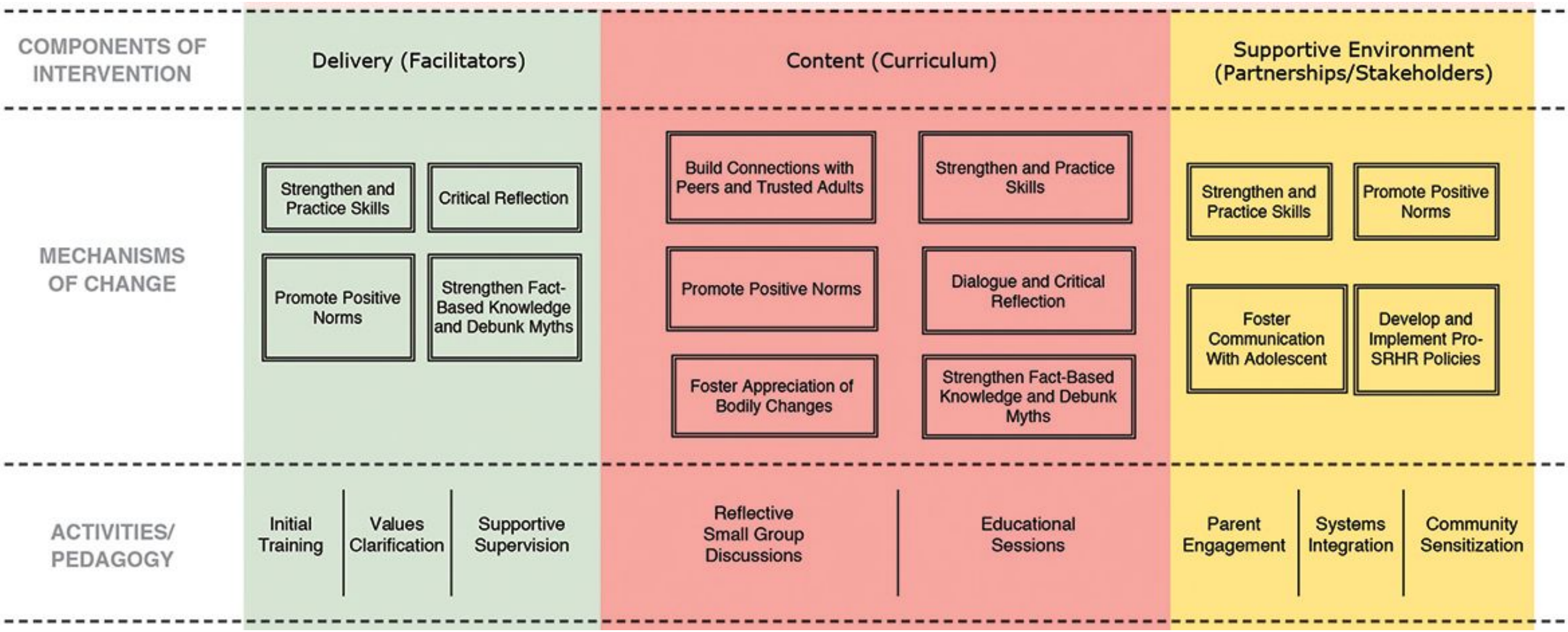
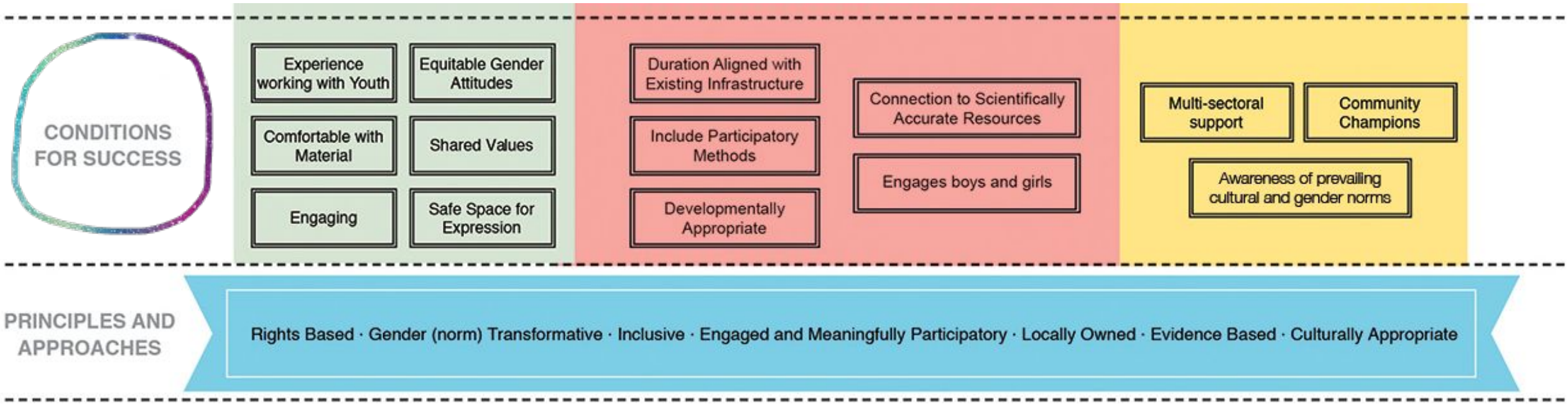
Theory of Change




INTERVENTIONS
SETARA
GROWING UP GREAT
CRAFT
NISITU
VERY YOUNG ADOLESCENCE 2.0
Sexual and Reproductive Health
Violence
Mental Health
Education
LONG TERM OUTCOMES
• Improved sexual well-being
• Increased use of contraceptives
• Improved quality of intimate relationships
• Decreases in unwanted sexual activities
• Decrease in unwanted pregnancy
• Decrease in STI/HIV
• Reduced bullying, harassment
• Reduced interpersonal and gender-based violence
• Reduced depression
• Reduced substance abuse
• Improved school climate/environment
BEHAVIORAL
Increased Uptake of SRH Services
Improved Help Seeking
Gender Equitable Use of Time/Resources
INTERPERSONAL
Improved Communication
Parental Support for Intended Outcomes
Improved Conflict Resolution and Negotiation
SHORT TERM OUTCOMES
INDIVIDUAL KNOWLEDGE, ATTITUDES, SELF-EFFICACY
Media literacy
Sexual and Reproductive Health knowledge
Financial Literacy
Improved Social Awareness
Expressing and Respecting Boundaries and Consent
Improved Decision Making
Comfort with Emerging Sexuality
Critical Consciousness
Improved Ability to Navigate Norms and Messages
Improved Self-management
Self-efficacy
Self-confidence
More Equitable Attitudes
Increased Tolerance and Empathy


COMPONENTS OF INTERVENTION
Delivery (Facilitators)
Content (Curriculum)
Supportive Environment (Partnerships/Stakeholders)
MECHANISMS OF CHANGE
Strengthen and Practice Skills
Critical Reflection
Promote Positive Norms
Strengthen Fact-Based Knowledge and Debunk Myths
Build Connections with Peers and Trusted Adults
Strengthen and Practice Skills
Promote Positive Norms
Dialogue and Critical Reflection
Foster Appreciation of Bodily Changes
Strengthen Fact-Based Knowledge and Debunk Myths
Strengthen and Practice Skills
Promote Positive Norms
Foster Communication With Adolescent
Develop and Implement Pro-SRHR Policies
ACTIVITIES/ PEDAGOGY
Initial Training
Values Clarification
Supportive Supervision
Reflective Small Group Discussions
Educational Sessions
Parent Engagement
Systems Integration
Community Sensitization


CONDITIONS FOR SUCCESS
Experience working with Youth
Equitable Gender Attitudes
Comfortable with Material
Shared Values
Engaging
Safe Space for Expression
Duration Aligned with Existing Infrastructure
Include Participatory Methods
Developmentally Appropriate
Connection to Scientifically Accurate Resources
Engages boys and girls
Multi-sectoral support
Community Champions
Awareness of prevailing cultural and gender norms
PRINCIPLES AND APPROACHES
Rights Based · Gender (norm) Transformative · Inclusive · Engaged and Meaningfully Participatory · Locally Owned · Evidence Based · Culturally Appropriate

Key Messages

Intervention effects on normative gender perceptions differed by program

- review found that the more accessible the message is and the more engaged a person is with the messaging, the stronger the attitude that is formed (Stewart et al, 2021)

Girls benefitted the most

- Need to consider and accommodate differences in how boys and girls learn and respond
  - Studies show that while girls respond better to education-based interventions, boys respond better when community mobilization is incorporated

Challenges in implementation influenced success:

- In addition to understanding whether an intervention works, we need to understand how well it was implemented

Interventions still primarily focus on adolescents

- Other key socialization agents (parents and teachers) need to be better integrated

Johns Hopkins Bloomberg School of Public Health | Population, Family and Reproductive Health

Global Early Adolescent Study GEAS

World Health Organization