

Every Hour Matters Youth Engagement Toolkit: Replication Guide

What is the Every Hour Matters (EHM) Youth Engagement Toolkit?

In 2016, [Together for Girls](#) and key partners launched the Every Hour Matters (EHM) campaign to increase awareness of the critical importance of quickly accessing post-rape care. Hundreds of millions of people—including many children and adolescents—are subjected to sexual violence, yet very few survivors ever tell anyone about the experience or access health services to help them heal. Many are unaware that after rape, every hour matters in preventing potentially lifelong health problems. Survivors have 72 hours to receive post-exposure prophylaxis (PEP) that can prevent HIV, and female survivors have 120 hours to receive emergency contraception (EC) to prevent pregnancy. Depending on the circumstances, rapid treatment for trauma may also prevent other short- and long-term health consequences.

The EHM Youth Engagement Toolkit is a unique new resource created for the campaign. It includes key messages and organizing tools designed specifically to guide youth-led organizations in delivering this vital information on post-rape care to youth in the form of educational workshops.

The [EHM Youth Engagement Toolkit](#) is designed for youth-led, youth-serving organizations to integrate post-rape care messages into already existing sexual and reproductive health education and advocacy efforts. The toolkit was created by youth for youth, to ensure that young people are getting accurate information about post-rape care from educated, trained and trusted peers in a safe and comfortable environment.

Can I modify the toolkit materials for a different context?

Though the toolkit was originally designed with young professionals in Uganda and Kenya for their specific country contexts in mind, the toolkit materials can easily be adapted and modified to suit other countries and regions around the world.

The toolkit can be adapted by other youth-led, youth-serving organizations and individuals interested in integrating post-rape care information into their existing sexual and reproductive health work. The tools can be used individually, as a package, or in conjunction with other tools and activities to facilitate educational discussions on post-rape care with young people.

The workshop materials are best suited for organizations whose existing mission centers on educating and working with young people on sexual and reproductive health, sexual violence, girls' empowerment, HIV/AIDS prevention, and overall youth health and wellbeing. Ideally, organizations and/or individuals interested in modifying the toolkit for a new context have a built-in youth network for whom they regularly schedule activities and workshops, and the EHM Youth Engagement Toolkit activities can be added to existing curricula and scheduled activities/learning time.

If you/your organization does not have a built-in youth network, but serves and engages regularly with young people in other capacities, adapting the toolkit is still possible, but will likely require partnering with local schools and/or youth-serving organizations in your community.

Following adaptation of the toolkit, it is strongly recommended that a qualified young professional or youth advisory board reviews the final product before it is utilized to host workshops.

Please note that the Together for Girls' logo, TfG partner logos, and EHM logos may not be used on new documents. If you are interested in co-branding a new material, please reach out to info@togetherforgirls.org.

Adapting the toolkit and workshop materials for a new context

To tailor this toolkit to your unique audience and country/regional setting, we recommend considering the following:

- **Adapting workshop activities:** The original workshop activities incorporated in the toolkits include discussions on gender, stigma, sexual violence prevalence rates and service-seeking behaviors, post-exposure prophylaxis (PEP) and emergency contraception (EC). Additionally, the workshop focuses on how to empathetically and responsibly support survivors. Some of the original toolkit activities (namely the PowerPoint slide detailing regional sexual violence statistics, scenarios one and two, the do's and don'ts list, and the list of local resources on the back of the teal infographic) were designed for young people in Uganda and Kenya, so they may need alteration to maintain relevance to young people in other contexts. The remaining pieces of the toolkit, including the guidance for facilitators and suggested workshop structure/agenda, will likely not need to be changed.

Please note that the toolkit materials include an agenda handout for participants, an infographic handout for participants, and a PowerPoint presentation to guide workshops. Those interested in utilizing the toolkit to host workshops are also encouraged to adapt each of these materials as well. You may start by constructing your own workshop agenda and PowerPoint, using the originals as a guide.

- **Gathering post-rape care resources in your area:** The current toolkits include an infographic on post-rape care, with a list of youth-friendly places to receive post-rape care and counselling in Nairobi, Kenya and Kampala, Uganda. During the pilot of the toolkit, this infographic was given to participants to take home, should they ever need to know where to find post-rape care for themselves or a friend or family member. It is recommended that in adapting the toolkit, facilitators recreate a similar list for the backside of the infographic to give to workshop participants, and include a variety of post-rape care resources in your specific area. These resources should include hospitals and health clinics where a person can receive a medical examination and PEP and EC (preferably at little to no cost, if available in your area), SMS text services and support hotlines, mental health counselling and psychosocial support centers, safe spaces and shelters, and legal services. **Note: Any resource listed must be youth-friendly and confidential, to ensure that young survivors seeking care at the listed locations do not encounter further trauma, stigma, blame, or judgment while seeking help.**
- **Finding and utilizing data for your unique context:** The original toolkits include [Violence Against Children Survey](#) (VACS) data. The toolkit for Kenya includes country-specific VACS data, and the toolkit for Uganda includes relevant regional data, as Uganda country VACS data is not currently available. Country-specific data for Uganda will be incorporated into the toolkit when available. The VACS, led by the Centers for Disease Control and Prevention

(CDC) as part of the Together for Girls partnership, are nationally representative household surveys of males and females ages 13 to 24. The VACS are designed to measure the prevalence, past 12-month incidence and circumstances surrounding sexual, physical, and emotional violence in childhood, adolescence, and young adulthood.

If you wish to adapt the toolkit to a different country/region, you may wish to incorporate sexual violence statistics and prevalence data from your unique country or region to give your audience a better understanding of their own context. You can find key VACS data [here](#) and VACS country reports [here](#).

If a VACS has not been conducted in your country, is there reliable data from another reputable source on sexual violence rates among youth in your country/region? Data that is reliable is ideally nationally representative, specific to the age group of the population you are working with, and age- and gender-disaggregated. Data that is reliable comes from reputable sources. It is not recommended that you use facts or statistics from news or web articles that do not provide the direct source of the data. To ensure you are utilizing reliable data, we advise looking into the Demographic and Health Surveys or other reliable national household surveys. Next, think through how you can best incorporate that data into the workshop to inform participants of sexual violence prevalence and statistics in their context.

- **Gender considerations:** Gender inequality is a key driver of violence against women and girls around the world. Gender norms, dynamics, and expectations differ across societies and countries. When adapting the toolkit to suit your context and audience, consider how gender norms and dynamics impact your audience and integrate these into workshops through additional information and messaging. This could include exercises to help participants reflect on gender inequality, and how gender inequality impacts your audience's particular country/setting. We encourage discussion on common gender norms, and how the burden of gender inequality impacts girls and women.
- **Creating additional tools:** The toolkit is by no means exhaustive of all possible activities to include in a workshop with young people on post-rape care and sexual violence. Those interested in adapting the toolkit are encouraged to be creative and explore and design other educational tools and activities including comic strips, role play scenarios, skits, online tools, etc. that will resonate with their particular audience. Though the original toolkits were developed with resource-limited settings in mind, if interested organizations have access to greater technology and resources and wish to consider online modules or similar technological tools, they are encouraged to utilize those when adapting workshop activities.

Other Questions to Consider:

- **Are the young people you serve suited to participate in the EHM workshop?**
The target audience for the EHM Youth Engagement Toolkit are youth ages 15 and up. It is recommended that participants have at least an elementary understanding of sexual and reproductive health topics and consent, so that they may reap the full benefit of everything discussed. For example, younger participants who have not had previous educational exposure to topics such as gender, sexual intercourse, pregnancy, and consent, may struggle with understanding some of the workshop content and be unable to gain the full value from the workshop. Depending on the audience, you can still use the toolkit to guide a workshop; however, you may want to consider integrating relevant topics they have not been introduced to, such as consent, into the materials to provide full benefit.

- **If you do not directly serve a youth population, should you collaborate with another organization to host EHM workshops?**

It is still possible to host the EHM workshops if your organization does not have a built-in youth population. Think through other ways your organization may be able to access a group of young people suited for the workshops, including partnering with local schools, after-school clubs, or other youth groups and clubs in your area.

- **Are there restrictions in your country surrounding access and use of emergency contraception?**

It is recommended that those interested in adapting/utilizing the toolkit and hosting workshops research whether there are certain restrictions surrounding emergency contraception in your country/context. For example, in some areas, there are age restrictions for use of emergency contraception, prescriptions or parental consent may be needed to access it, it could be banned entirely, or not readily available by local health providers, or, it could be prohibitively expensive. It is important that you research and inform your workshop audience of any such restrictions. A helpful international database listing brands and availability of emergency contraception by country is available [here](#).

- **Have you found an appropriate space to hold your workshops?**

It is expected that the workshop be conducted in a youth-friendly space. This space should uphold the emotional and physical safety of all attendants. It should be a place where young people can meet with their peers and workshop facilitators to discuss important information about sexual violence and post-rape care, as well as receive general support, free from shame and judgment. It is important to find a space where education can be private and where confidentiality is respected.

- **Are you/does your organization have individuals qualified to facilitate workshops on sexual violence and post-rape care?**

The toolkit is intended for youth professionals with prior experience and training hosting discussions and workshops with youth populations. Potential facilitators should have experience and training hosting workshops with youth audiences on these issues.

It is especially important that all facilitators consider the unique challenges many young people face in accessing health services after experiencing sexual trauma. When leading the workshops, ensure all workshop facilitators comprehend the burdens experienced by survivors in your community, including the stigma that exists for many survivors seeking HIV prevention and family planning services. Unfortunately, the resulting shame, self-blame and isolation can delay access to time-sensitive post-exposure prophylaxis (PEP) and emergency contraception (EC), which in turn leads to higher rates of unintended pregnancy and HIV infection in youth. For more information about the critical timeline of post-rape care, visit everyhourmatters.org.

- **What is the typical timeline for adapting the toolkit?**

Timelines will likely vary depending on organizational resources and capacity, but it is encouraged that those adapting the toolkit build in a review period by qualified youth advisors as an important component of their timeline.

- **How will Together for Girls be involved if I choose to replicate the toolkit?**

Although Together for Girls does not currently have the capacity to support replication, we want to be aware and supportive of your individual efforts. If you are planning to replicate the EHM Youth Engagement Toolkit for your own purposes, please reach out to info@togetherforgirls.org and let us know. We also ask that in your endeavors, you reference the original toolkit and share a link to www.everyhourmatters.org. **Please note, organizations may *not* use Together for Girls or other partner logos on independently replicated materials without our consent.**

For more information about the EHM Youth Engagement Toolkit, visit everyhourmatters.org. For more information about adapting the toolkit for your organization, contact info@togetherforgirls.org.