

Peer Educator Training on Health, Nutrition & Wellbeing of Students in Residential Schools



Year: 2019-2020

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A. CHAPTER-I

BACKGROUND, RATIONALE, OBJECTIVE & PARTICIPANTS

Background:

The ST & SC Development Department, Government of Odisha accords high priority for safety, security and wellbeing of students of residential school. It has also realized that school can be used as a model platform where the students can be provided with better care, treatment and education and can be nurtured along with other additional skills which will imbibe them to act as change agent for other adolescents in their respective communities.

United Nations Population Fund (UNFPA) in collaboration with SCSTRTI, Govt of Odisha and APPI planned to organize different phases of residential trainings on health, nutrition and wellbeing of students through life skills educations at Urban hostel, Pokhariput, Bhubaneswar to the peer educators. Each phase of training has been devised for three days including several sessions. This was the continuation of the training program planned in 2018-19 for training of **3056** peer educators across the state covering all high school, ashram school. EMRS and educational complex under SC ST development department.

During 2018, **1438** students from high school and ashram schools were trained as peer educators from 18 districts. It was proposed to complete the peer educator training program for remaining 1618 students in 2019-20. So, keeping this background in view training plan has been devised for the year 2019-20.

RATIONALE OF TRAINING

The consistent programmatic interventions and support in residential schools under LSE programme has guided to strategize Peer Educators training programme. Within the time period different challenging issues such as; increased reporting of cases like sexual abuse, teenage pregnancy, detection of anemia among adolescent, drug misuse and interpersonal conflict were seen and documented for immediate and positive response.

The learning was a push factor towards valuable inputs to design the training programme and also a triggering factor to organize peer educators training as priority. The moto was broadly focused on enhancing awareness of peers and at

the same time building Peer Cadre towards spreading the learned skills to maximum numbers of other adolescents.

OBJECTIVES

- a. To enhance the knowledge of students on growing up, changes during adolescence, nutrition, SRH, substance abuse, early marriage, teenage pregnancy, gender and gender-based discrimination and rights
- b. To build the capacity of the peer educators and enable them to take right decision to lead a healthy safe life
- c. To empower the peer educators to meet the challenges, handle the situation and manage the pressure in proper manner
- d. To facilitate the Peer Educators to discuss openly on various sensitive topic.

SELECTION OF PEER EDUCATORS

A set of guidelines was issued to select the participants for training. Meantime Students from different schools were selected and also invited for training. This batch of training was a mixed batch in which there are fresh new students and also some of the students those were already trained in previous batch. So, for some of the students it may be considered as induction and from some it is refresher. In the second phase **1564** number of students from **195** high school and **405** Ashram schools of **17** districts in **31** batches (16 slots) were attended the training as Peer Educators.

Sl. No	Name of the District	Total no. of participation	Girls	Boys
1	Koraput	248	182	66
2	Keonjhar	221	158	63
3	Rayagada	172	120	52
4	Kandhamal	106	82	24
5	Gajapati	64	48	16
6	Mayurbhanj	212	161	51
7	Kalahandi	36	25	11
8	Sundergarh	42	13	29
9	Nabarangpur	84	60	24
10	Jharsuguda	66	59	7
11	Subarnapur	20	14	6
12	Jajpur	55	36	19
12	Cuttack	36	19	17
14	Angul	44	27	17
15	Bolangir	38	32	6

16	Baragarh	66	53	13
17	Nayagarh	54	33	21
TOTAL		1564	1122	442

B. CHAPTER-II

SESSION WISE TRAINING

INTERODUCTORY SESSION

The training was started with an introductory session. Officials from SSD Department, SCSTRTI and UNFPA graced the programme. They also interacted with the participants and Resource persons.

Mr. Sachin R. Yadav, Director-ST, SSD Department: He retreated about the goal of the programme. This platform has set an avenue for the children to get new learnings and exposure at the state capital. This also helps the children towards their confidence building.

Prof. Dr. A.B Ota, Advisor cum Director & Spl. Secretary, SCSTRTI: In his speech, he guided the participants to become a responsible peer educator to disseminating the messages to others. This phase of training programme has enabled some of the children to get second chance to participate. He interacted with some of the children about their experience. He conveyed his satisfaction about the outcome of the training.

Dr. Deepa Prasad, State Program Coordinator, UNFPA: She reiterated the objective of the programme. She also described about impacts of the training. She told that every student should have inspiration, aspiration and perspiration to go ahead in their life.

TRAINING SESSION

A series of three days state level residential “Peer Educator Training on Health, Nutrition and Wellbeing of Students in Residential Schools” program was organized by United Nations Population Fund (UNFPA) with the collaboration of SCSTRTI, Govt. of Odisha and APPI from date 22.10.2019 to date 29.01.2020 at Akakshy Urban Hostel, Pokhariput, Bhubaneswar.

Broadly, in three days of training session the Resource Persons were used different methods such as lecture, group discussion with presentation, role play, game, video show, using different tools such as comics on different themes,

FAQ(Mo manara kichhi prasanna), work book, margadarshika on different themes such as; nutrition, health & hygiene, growing up, changes during adolescent, menstrual cycle, night fall, reproductive sexual health, STI/RTI, HIV & AIDS, early marriage, teenage pregnancy, ten core skills of life skills, substance misuse, peer pressure, gender discrimination and role & responsibilities of peer educators.

Peer Educator were given take home kit of (workbook, FAQs, Margadarshika, Note pad, pen, T-shirt, cap, bag etc.). Certificate of recognition was given to every peer educator.

Session-I: Life Skills for positive behaviour changes

Peer educators were introduced with the basic components of life skill education towards imbibing positive attitude in them. Since they are going to be the guide to other children their articulation must be driven by positive messages. And positive message can only be comprehended when he/she is aware about the fact profoundly. Basing on this principle of knowledge building the Resource persons were using Power Point Presentations demonstrating different components of life skills such as;

- Common skill and life skills
- Definition of life skills: "Abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life (WHO)"
- Core of life skills: Self Awareness, Critical thinking, Decision making, effective communication, decision making, empathy, creative thinking, problem solving, interpersonal relationship and coping.
- Social skills and emotional skills.

Session-II : Role and responsibilities of a Peer Educator

Roles and responsibilities of peer educators is a key important point added in the module to educate the peer educators basing on 04 broad issues that are;

- Awareness building on SRH issues, Prevention of Substance misuse and Gender based discrimination,
- Promoting safety environment in schools,
- Since there were children from residential schools or even non-residential schools the school safety guidelines were discussed with them during the session.
- Hotline Phone and Toll free number "1800-345-3040" is functioning in state office to register complaints and action measures. This was also discussed to the children. Basically they were discussed to use this without any fear to report the matter and also not to misuse this number.

Session-III: Nutrition & WIFS

This session was broadly focused on below stated segments. A comic was used as tool to make those peer educators a better understanding on

- Important of balanced diet and availability of such nutrients in localized food.
- Basics of Anaemia. Its cause and effect on both physical and mental growth of adolescent child.
- Prevention of anaemia through behavioral change and adoption of health food practices.
- Food pyramid Index was presented to make them a better and easy understanding on balanced food. This had showed them by using tool.
- Adolescent Health Day (AHD), which was used as a platform for regular health check-ups, counselling and referral of the school children was also informed to the children.
- Weekly Iron Folic Supplementation (WIFS) as one of the important prevention initiatives.

Session-IV: Video show and introduction to resource materials on balanced diet, prevention of anaemia

- To bring better insight and make the session more interesting on the above subject video was shown and resource material was explained to the children.

Session-V: Personal Hygiene

- Maintaining personal hygiene including menstrual hygiene
- Environmental sanitation
- Demonstration session on hand washing

Session-VI : Video show and introduction to resource materials on menstrual hygiene and hand washing

- To bring better insight and make the session more interesting on the above subject video was shown and resource material was explained to the children.

Session-VII: Adolescent Reproductive Sexual Health

- Growing up and changes during adolescence
- Myths & misconceptions around ARSH

Session-VIII: Video show and introduction to resource materials on growing up and myths & misconception

To bring better insight and make the session more interesting on the above subject video was shown and resource material was explained to the children.

Session-IX: Orientation on safety and security guidelines, POCSO Act and its application

As per the UNCRC safety is the rights of every children. It may be of home, school or any set-up the child should get optimum safety environment to growth. So, the component of safety and security in the residential school is being introduced through a guideline. The said guideline was discussed with the children and they have understood some important points of the guideline such as;

- Safety dimensions.
- Grievance place and process.
- Their role and responsibility.
- Role of teachers and parents etc.

This session also covered Provision of Protection of Children's from Sexual Offense Act. The resource person has carefully presented both the session in simple and understandable form to the peer educators.

Session-X : Early Marriage & Teenage Pregnancy, RTI/STI & HIV & AIDS)

Adolescent period is dealing with numerous sexual myths and misconceptions on sexual behaviors. Social challenges like early marriages and teenage pregnancy are threat to independent decision making of girl child. So, the peer educators were educated on issues like early marriage & teenage pregnancy, RTI/STI and HIV/AIDS.

Session-XI : Video show and introduction to resource materials on early marriage and HIV prevention

- To bring better insight and make the session more interesting on the above subject video was shown and resource material was explained to the children.

Session-XIII : General ailments, non-communicable diseases and its Prevention

Common illness like Diarrhoea, Fever, Dental Caries, Measles and Chickenpox, Skin Infections, Anemia and Malnutrition hits the children and significantly they just treat it locally which affects their health and some occasion fatal too.

So, the Peer educators were informed about those common illnesses and its management.

Session-XIV : Video show and introduction to resource materials on communicable diseases

To bring better insight and make the session more interesting on the above subject video was shown and resource material was explained to the children.

Session-XV : Substance misuse & Peer pressure, Gender discrimination, Responsible adolescent

This session was broadly covered three major issues that are substance misuse, gender discrimination and responsible adolescent. Though substance misuse relates to responsible adolescent it has great role on other aspects of adolescent life too. So, to bring conscious behavioral change the session addressed very realistic issues of dealing with substances misuse and its impact on physical and psychological growths of children.

Gender discrimination is directly impacting the rights of the children. So, girl children have to be empowered to deal with gender discrimination issues. Since the issue needs localized and issue specific approaches the children need to be enabled in peer.

Session-XVI : Video show and introduction to resource materials on peer pressure and gender discrimination

- To bring better insight and make the session more interesting on the above subject video was shown and resource material was explained to the children.

Session-XVII : Peer Counselling

- What is counselling
- Why counseling is needed for adolescent
- Principles of counseling
- Stages of counselling
- What are the possible situations, where PEs can provide counselling to their friends and other students

One to One solution of queries.

A Special Session was conducted for query interface and experience sharing. Children were encouraged to ask and put questions in the question box during the session. Initially the children were intimated to write their queries during three days of training and also asked that how many of their queries have been answered during the sessions. Specific queries were addressed during this session.

Some of the children were also asked to share their experiences in general

(about the training module, logistic, exposure etc..) And also asked to share about their plan of taking these learning to their concern peer groups.

EXPOSURE VISIT

Exposure visit was organized for each batch. Children were visited first time to Bhubaneswar the state capital, they were given a chance to visit tribal museum, SCSTRTI. This was the boost to their confidence and provided a space for recreation.



C. CHAPTER-III LEARNING ASSESMENT, KEY OBSERVATIONS & OUTCOME

PRE-POST ASSESSMENT ANALYSIS

There are 1564 peer educators attended the training. As the standard procedure of training a questionnaire was set for pre-knowledge assessment and the same set off question also used for post-knowledge assessment.

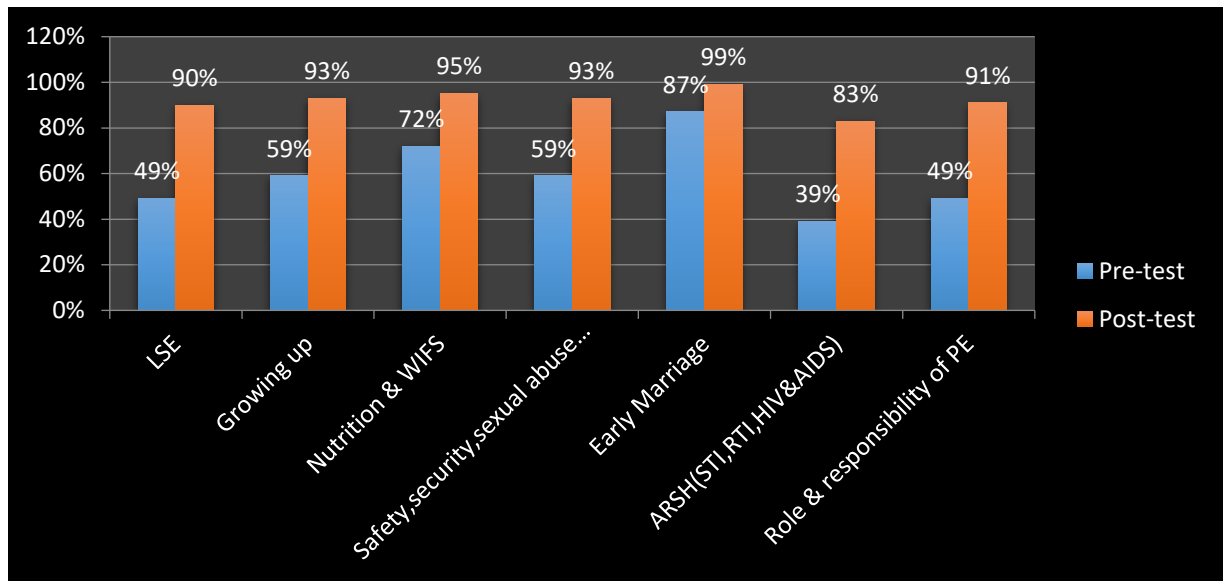
The question was broadly covering below stated theme.

- 1- Life skill
- 2- Growing up and changes during adolescent.
- 3- Nutrition, WIFS
- 4- Sexual Abuse, Safety Security, POCSO Act.
- 5- Early marriage.
- 6- RTI/STI & HIV.
- 7- Roles and responsibility of Peer Educators

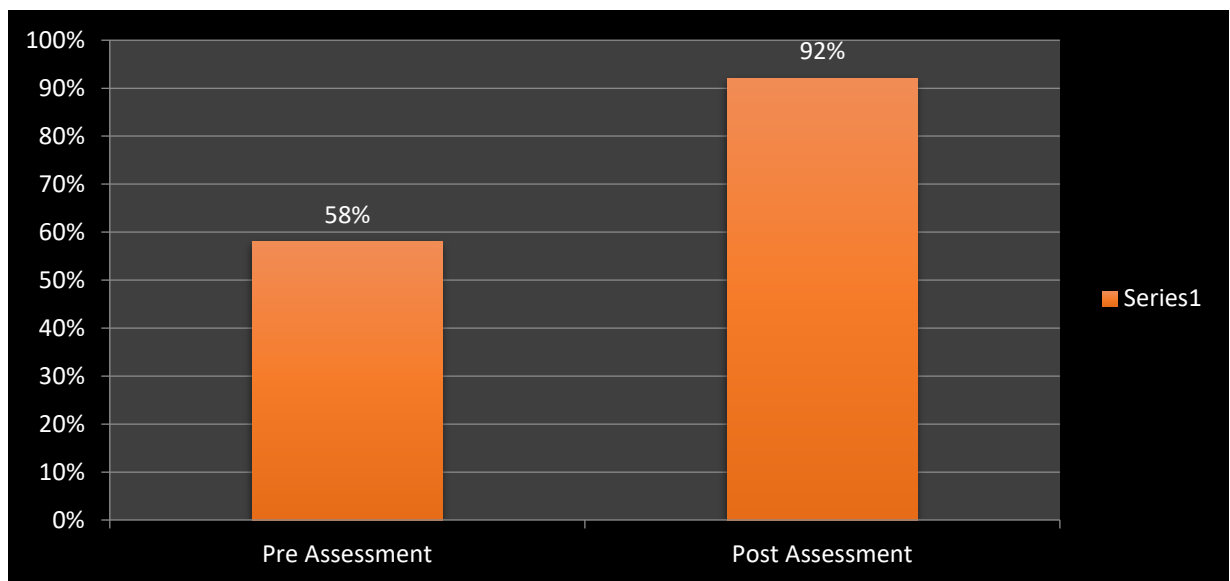
There were 21 questions and each question were carried 01 mark. The entire 21 questions were based on above 7 themes.

Graph-1

Theme Wise Progress on Knowledge



Graph-2
Knowledge Growth Index



The average marks secured during pre-assessment is of 58% out of 1564 peer educators attended 21 and 92% in post-assessment shows a subsequent hike as 34%. This shows a clear out-put of knowledge building in training.

KEY OBSERVATIONS/FINDINGS

- a. The peer educators were from 17 districts. This training has given an opportunity for maximum students to come to Bhubaneswar and to attend this type of training session on Life Skill Education for first time.

- b. "Sexual Hygiene and Sexual Abuse" these two themes were identified as serious issues among children to understand.
- c. The training has enabled 1564 children providing knowledge on various themes and this become a ready platform for further linkages and impact of LSE Programme.
- d. Legal provisions (safety, security guideline/measures and specially the POCSO Act) were presented on simple and understandable forms to Peer Educators. This has enabled them to address their problems promptly and effectively.
- e. Role clarity is a very important aspect of service deliver process. This training programme had brought synergy of understanding on the role and responsibility of Peer educators.

EXPECTED OUTCOMES

- Peer Educators will translate the LSE session in their concern schools and hostels.
- Increased self-alert to preventive sexual abuse and can facilitate reporting of sexual abuse in case of happenings.
- Self-aware and skilled adolescent to cope with problematic situations by themselves.
- Peer educators can provide counseling to other students and it will have increased impact.
- Peer educators will build the self-esteem of other children of their concern school and will contribute to prepare them in overall problem-solving process.

D. PHOTO GALLERY



United Nations Population Fund



ST & SC Development Department
Government of Odisha



Azim Premji
Philanthropic
Initiatives