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COE THIS MONTH

FEBRUARY 2023 EDITION

About "COE"

The Planned Parenthood Association of Ghana (PPAG) has been designated as a Center of Excellence (CoE) for youth programming among International Planned Parenthood Federation (IPPF) Member Associations in Africa. With support from Rutgers International and IPPF, the CoE works to increase and improve the uptake of quality integrated gender and rights-based youth

centered SRH information, education and services for young people in Africa; and offers a unique opportunity to consolidate technical expertise and disseminate contextual best practices on Reproductive Health Education (RHE) and Youth Friendly Services among Member Associations of the IPPF and Civil Society Organisations (CSOs).

Quick Read

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BRIDGING ACADEMIA AND PRACTICE: PPAG OPENS ITS DOORS TO THE UNIVERSITY OF GHANA MEDICAL SCHOOL STUDENTS

The Planned Parenthood Association of Ghana (PPAG) has opened its doors to some students of the University of Ghana Medical School (UGMS) to benefit from practical, Sexual and Reproductive Health and Rights (SRHR) instructions at PPAG's facilities. This is part of the Association's mandate as a Center of Excellence to be a learning hub.

The over 30 medical students interacted with medical staff of the Association on service delivery areas such as Male health, Digital Health Interventions, Comprehensive Abortion Care (CAC) and other maternal health issues. In their interaction with service providers at the PPAG Family Health Clinic, the soon-to-be doctors received answers to some critical questions regarding the practice of medicine with SRHR specialty.

At the Association's Youth Center, youth officers encouraged the students to exhibit adolescent friendliness in their line of duty in order to encourage uptake of service by adolescents.

The visibly impressed students testified to having learnt a lot of best practices on confidentiality and child policies during the tour at PPAG that will guide and improve their profession in the field.



THE SIGNIFICANCE OF MENTAL HEALTH IN SRHR EDUCATION AND SERVICES- BY MR. MICHAEL TAGOE

Mental health is an integral aspect of an individual's overall well-being, and it plays a crucial role in the quality of life. Sexual and Reproductive Health and Rights education and services are essential components of a comprehensive approach to public health. Addressing mental health concerns and providing adequate support for mental health needs can improve an individual's overall sexual and reproductive health outcomes.

Mental health and sexual health are closely linked, and poor mental health can significantly impact an individual's sexual and reproductive health outcomes. Mental health disorders such as anxiety, depression, and Post-Traumatic Stress Disorder (PTSD) can cause sexual dysfunction, reduce sexual desire, and negatively impact an individual's ability to maintain healthy relationships. Additionally, individuals with mental health concerns may be at a higher risk of experiencing unintended pregnancies or Sexually Transmitted Infections (STIs), and they may struggle to access appropriate care and support due to social stigma and discrimination.

Sexual and reproductive health and rights education and services have the potential to positively impact an individual's mental health outcomes. Access to comprehensive sexuality education that includes information on healthy relationships, consent, and communication skills can help to promote positive mental health outcomes. Additionally, providing accessible and affordable sexual and reproductive health services can help to reduce the negative impacts of mental health concerns on an individual's sexual and reproductive health.

Furthermore, mental health concerns can impact an individual's ability to make informed decisions about their sexual and reproductive health. For example, individuals with depression or anxiety may struggle to make decisions regarding contraception use or may be less likely to access timely care for STIs. By providing access to mental health support services as part of sexual and reproductive health services, individuals can receive holistic care that addresses both their mental and physical health needs.

Overall, the importance of mental health in Sexual and Reproductive Health and Rights education and services cannot be overstated. Mental health concerns can significantly impact an individual's ability to maintain healthy relationships, access appropriate care, and make informed decisions about their sexual and reproductive health. By integrating mental health support services into sexual and reproductive health services and education, individuals can receive holistic care that promotes positive health outcomes and improves their quality of life.



PPAG AND EYEH SOUP KITCHEN IN PARTNERSHIP TO PROVIDE FREE REPRODUCTIVE HEALTH SERVICES FOR STREET CHILDREN IN ACCRA

The Planned Parenthood Association of Ghana (PPAG), in partnership with the EYEH Soup Kitchen, served over a hundred young people living on the streets of Accra with Reproductive Health and Rights Information and Services, soft skills training in hairdressing for females, karate learning and sporting activities for the males. PPAG provided services like screening for malaria and treatment of minor ailments. The EYEH Soup Kitchen provided these young people with hot meals, water, drinks, snacks and clothing. PPAG and EYEH having observed the many issues of rape, teen pregnancies and other reproductive health vices on the streets of Ghana's capital organizes these outreaches regularly to provide Sexual and Reproductive Health essentials to young people. Mrs. Antoinette Da-Rocha, a project coordinator at PPAG encouraged pregnant teens on healthy ways to navigate the pregnancy phase as well as advising them on the importance of antenatal and post-natal services. There was education on family planning especially for teenage girls to help them to delay pregnancy after delivery, while service providers offered other reproductive health services per the needs of each young person.

This forms part of efforts to give young people hope and opportunities to better their lives while on the streets as well as working at getting as many of them off the streets into a meaningful and sustainable livelihood. The young people appreciated the generosity and support extended to them by PPAG and EYEH Soup Kitchen.



INNOVATION: EMPLOYING SPORTS FOR REPRODUCTIVE HEALTH EDUCATION

The Youth Action Movement and the Young and Wise Center (Tamale) have stormed second cycle schools in Ghana's Northern region as part of their in-school sports for reproductive health education initiative. According to the National President of the Youth Action Movement-Ghana (YAM-Ghana), Mr Aliu Iddrisu, this event was arranged when the Movement brainstormed innovative ways to reach out to young people with Sexual and Reproductive Health and Rights Information and Services (SRHR).

"I am happy to see such huge numbers of young people receive education and information on reproductive health while exercising and keeping fit. SRHR information empowers young people to live responsible lives and make the best decisions in life". Mr Iddrisu revealed that the event will spread its catchment to all other second cycle and tertiary schools within the Tamale Metropolis. He was impressed that, the very first session has received great attendance by young people.



FEBRUARY AT A GLANCE

Welcome to the month of love

Love yourself, love your partner. Define your love not only by intimacy but by every thought and action that goes into being responsible and safe.

When in doubt call us on 0800202010 or WhatsApp 0245118228.

Happy New Month

Toll Free 0800202010 | WhatsApp Only 0245118228 | **yenkaSa** help you stay healthy

Let's talk about **Valentine**

Is it just love and sex? What are your perceptions?

2:30pm **Tue, 14th** Feb, 2023

@ Facebook (yam Ghana) **LIVE**

Host: Sophia Amuah
Guest: Com. Michael Tagoe SHW Advocate

International Condom Day 2023

Maintain healthy relationships, always use condoms correctly and consistently every time you have sexual intercourse to prevent sexually transmitted infections and unintended pregnancies.

#staysafestayprotected

Toll Free 0800202010 | WhatsApp Only 0245118228 | **yenkaSa** help you stay healthy

Living a healthy life means making the right decisions when it comes to one's health.

Lay all your Sexual and Reproductive Health issues on us.

The month of love

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Sexual Health for Quality Life

Presenting
Capacity building series:
Session 4

TOPIC
Improving your career using digital platforms
With Youth Action Movement (YAM)



08TH
WED. FEB. 2023
2:30PM

Resource person:
Ms. Irene Siaw
Youth SRHR Practitioner/Digital Marketer

Link
<https://bit.ly/3HEUe1J>

Meeting ID: 832 2960 1907
Passcode: 174535

Venue
@ZOOM



yenkaSa
Love Season Giveaway

How to participate
Call our toll free line **0800202010** and talk to a contact center agent
Answer a question about your Sexual and Reproductive Health correctly within 30 secs
Win Free Airtime on any network.
14th & 15th February, 2023

Have Fun, Be Safe



TollFree **0800202010** WhatsApp Only **0245118228**

yenkaSa
Helping women thrive

Email:
coe@ppag-gh.org

Website:
www.centersofexcellence.net

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Help you can trust!