

JALQABBII GAARII

THE SMART START TRAINING

What we do, who we serve
and what role you will play



A Smart Way of Serving Girls

- 1) **Smart Positioning:** Through Adolescents 360 (A360)'s Smart Start platform, we facilitate discussions with girls and their husbands about the financial resources needed to achieve their goals and raise healthy children. We make contraception relevant to their lives by leading with what matters to couples.
- 2) **Smart Mobilization:** We work with the community to get their buy in and turn potential skeptics into advocates. Collectively, we work to find, reach and serve girls at vulnerable transition moments: marriage, pregnancy, and after birth.
- 3) **Key Actors:** Dedicated Smart Start Navigators and Coordinators support government Health Extension Workers (HEWs) to launch and deliver the program in each *kebele* (site). We bring care closer to girls by meeting them where they are, and how they need.

The Tools at Your Disposal

Girls want to access services immediately. This toolkit allows ensure that highly mobile providers in rural areas are ready to serve a girl wherever and whenever she is ready, so the burden is not on the girl to walk the distance to the health center.

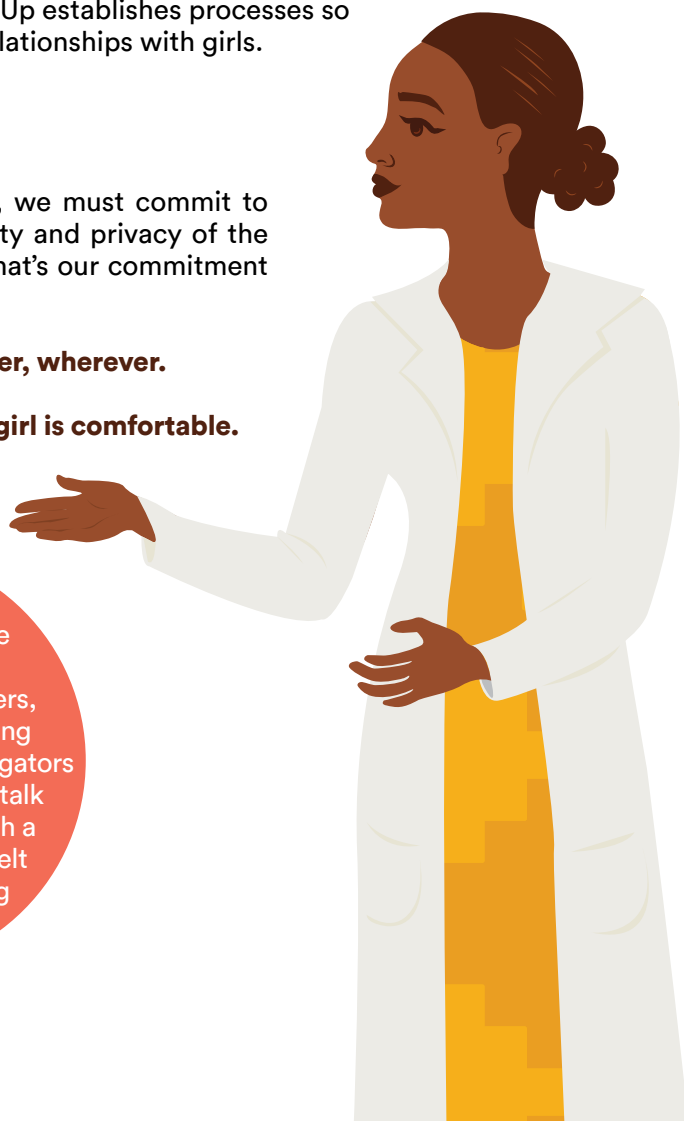
- **The Baby Calculator Discussion Aid:** This supports the consistent delivery of complex information for low literacy couples
- **The Smart Start Goal Card:** This take home card allows girls to write out the plan they discuss, and the name and contact of the health extension worker they received counseling from. This is a tangible reminder that extends the conversation well after the counseling session ends.
- **The Smart Follow-Up:** Smart Start won't be right for every girl when we first find her, but Smart Follow-Up establishes processes so HEWs can build lifelong relationships with girls.

The 5 Smart Rules

At every step of our journey, we must commit to upholding the integrity, dignity and privacy of the girls we work with and for. That's our commitment to her.

- 1) **Be there for her—whenever, wherever.**
- 2) **Be her trusted ally.**
- 3) **Invite her husband, if the girl is comfortable.**
- 4) **Respond to her needs.**
- 5) **Serve her.**

Smart Start is designed to leverage the existing 38,000 community health workers, bolstering them by adding additional Smart Start Navigators and giving them ways to talk about contraception with a population they never felt comfortable delivering care to, before.



The Smart Start Team

1. Adolescent Health Coordinator

- Provides supportive supervision to Navigators and HEWs

2. Navigator (where needed)

- Organizes Smart Start launch in new kebeles
- Co-delivers Smart Start content
- Supports HEW in methods counseling and planning follow-ups



You're part
of an interwoven team.

We all have a key part
in driving the Smart
Start impact.

4. Champion

- Mobilizes adolescent girl peers

3. Health Extension Worker

- Leverages existing relationships with girls, couples, and families
- Co-delivers Smart Start content
- Delivers methods counseling, keeps stocked methods, and provides methods
- Acts as the continuous touch point for girls, year-round
- Supports location assessment

Launching Smart Start in Your Kebele

Kebele kickoff:

Introduce Smart Start to kebele leaders, elders, and key community members.

Onboard community networks, like the Women's Development Army (WDA):

Introduce Smart Start and ask WDA to help recruit Champions and girls.

Recruit champions:

Identify girls to be Smart Start Champions. They will recruit their peers to attend Smart Start counseling sessions.

Training Modules

Session

Purpose

Facilitation Techniques

What is Smart Start?

- Dive into what we do, who we serve and what role participants will play.

- Activity designed to bring participants back to their youth as way of building empathy with young married couples.

Adolescent Development

- Review the key social, emotional, mental and health challenges and changes adolescents experience

- Have participants review scenarios depicting varying realities of married adolescent girls

Launching Smart Start

- Walk through how participants will coordinate Smart Start's launch at the kebele level

- “Mix and Match” activity—allowing participants to pair roles (one on paper) to responsibilities (one another paper).

Delivering a Smart Start Session

- Demonstrate how to conduct a session
- Review why financial planning offers segue to reach and serve girls with contraceptive counseling

- Role play scenarios

Modern Contraception

- Understand modern contraception types
- Review basic information regarding human sexuality and reproduction, including the functions of reproductive organs

- Use reproductive anatomy charts
- Show samples of family planning methods

Non-Verbal Communication

- Explore non-verbal communication techniques that can aid Smart Start counseling

- Say this: “Sometimes, non-verbal communication can be as powerful as or even MORE powerful than verbal communication. Your facial expressions and body language say a lot. It's important to be aware of how you communicate with clients to show that you are listening, you respect them and you value their time with you.”

Quality Assurance + Monitoring, Evaluation and Learning

- Address data collection, reporting and quality improvement measures at various health post levels

- Group discussions
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Contraceptive Methods

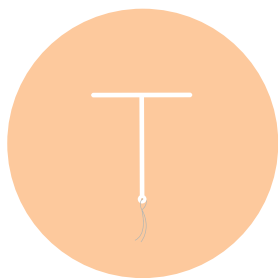
Contraception protects your fertility—and gives you the power to decide if and when you want to become pregnant. Contraception is for all women and girls, married and unmarried, with or without child. All methods are temporary, reversible and safe.

There are many methods you can choose from.

All have varying benefits, but one commonality ties them together:

using contraception equips you to take responsibility for your body, your health—and your life.

Long term methods are suitable for women who want a very reliable form of contraceptive. They are safe for young women and are convenient when it is difficult to get to a health facility or pharmacy. When you want to get pregnant, you can remove the method at any time.



IUD

Why women like it:

It is easy to use – it’s put in place by a health professional. You can get pregnant immediately after removal. You still get your period each month.

How it works:

The IUD is one of the most effective methods for preventing pregnancy. The IUD is placed in the uterus, through the vagina, by a health provider.

Privacy:

No one can see it, but you and your partner may be able to feel the strings inside you.

Length of use:

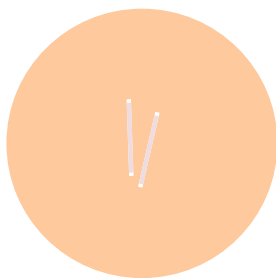
The IUD will continue to work for up to 10 years, but you can have it removed by a provider anytime for any reason.

Side effects:

There might be some changes to your period after putting it in including spotting, irregular periods, or heavier periods – this is normal and will not affect your ability to become pregnant later. You might also have some cramping right after it is inserted, but this should go away in a few days.

STIs and HIV:

The IUD does not protect you from STIs and HIV.



Implant

Why women like it:

It is easy to use – once in place, you do not have to do anything else for it to work. You can get pregnant soon after removal – once removed by a provider, it’s possible to get pregnant immediately.

How it works:

The implant is a tiny, thin rod that a health provider places under the skin in your arm. It is one of the most effective methods for preventing pregnancy.

Privacy:

You cannot see the implant, but you or someone else will be able to feel it when touching your arm. A very small scar may be visible on your arm.

Length of use:

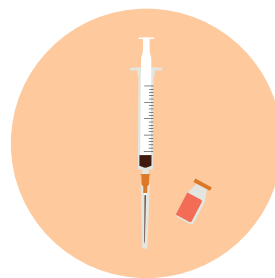
It works for up to 3-5 years, but you can have it removed at any time for any reason by a provider.

Side effects:

Your period might become irregular for up to a year, but then it often becomes lighter and might stop until you take it out – this is normal and will not affect your ability to become pregnant later. There might be other side effects, but they often get better within a few months as your body gets used to the implant. There are no other negative effects for the arm that it is placed in – it can be used as you normally do.

STIs and HIV:

The implant will not protect you from STIs or HIV.



Injection

Why women like it:

It is completely invisible and nobody can tell that you’re using it.

How it works:

It is a shot given in your arm every three months by a health provider. It is very effective at preventing pregnancy as long as you remember to get it every three months.

Length of use:

Each injection lasts for three months. If you want it to continue working, you have to get it every three months and you can do so for as long as you want.

Return to fertility:

You will be able to get pregnant after stopping this method, but the delay in getting pregnant can be longer than with other methods, up to 10 months.

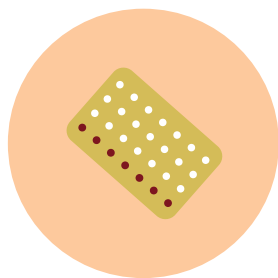
Side effects:

Your periods may pause or become lighter while you are using it, and it may take up to 6 months for your body to restart your menstrual cycle after stopping – this is normal will not affect your ability to become pregnant later.

STIs and HIV:

The injection will not protect you from STIs or HIV.

Short term methods are suitable for women who have frequent access to the clinic, pharmacy, or health extension worker. They also have some benefits that long term methods do not, such as use after sex and protection from HIV and STIs.



Daily pill

Why women like it:

It's easy to stop – you just stop taking the pill and you can become pregnant right away once you do. It can make your periods lighter and more predictable.

How it works:

It is a pill that you take every day at the same time. The pill is effective, but you need to remember to take it every single day at the same time each day, otherwise it does not work as well to prevent pregnancy.

Privacy:

People may know if they see the pill package.

Length of use:

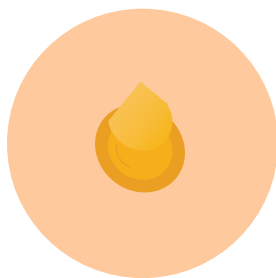
Each pill lasts for one day, so the pills need to be taken each day at the same time.

Side effects:

The pill may cause some irregular bleeding for a few months, but then for most girls, periods become more predictable – this is normal and will not affect your ability to become pregnant later. Many people have no other side effects, but some may have a few that usually go away within 2-3 months of starting the pill.

STIs and HIV:

The pill will not protect you from STIs or HIV.



Condom

Why people like it:

It protects you and your partner from STIs and HIV. There are no side effects. It is easy to stop using – if you are not using another method, you can get pregnant anytime you have sex without using a condom.

How it works:

Male condoms are put over the man's erect penis and female condoms go inside a woman's vagina. Only one condom should be used at a time and each condom cannot be used more than once. You can use a condom at the same time as any other contraceptive method.

Privacy:

Condoms are not private. They can be seen by you and your partner.

Effectiveness:

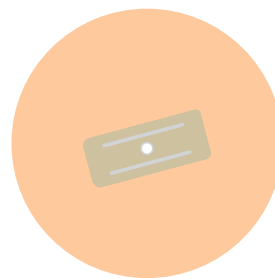
If used correctly and consistently every time you have sex, they can be very effective. They are not as effective at preventing pregnancy as other methods (IUD, implant, injection, pill).

Length of use:

Each condom can be used for sex once. Each time you have sex, you need to use a new

STIs and HIV:

Condoms protect you from STIs or HIV.



Emergency pill

Why women like it:

It can be used after unprotected sex to prevent pregnancy.

How it works:

It is a pill and the only method that works after sex. You take the complete dose as soon as possible (within 72 hours) after times such as if you forget to take your regular method on time (e.g. pills, injectable), a condom breaks, or you have unprotected sex unexpectedly or against your will. It will not prevent pregnancy if you are already pregnant - it only works if you are not pregnant.

Privacy:

No one will know unless they see the package.

Effectiveness:

It is effective at preventing pregnancy only after you have had unprotected sex and should not be relied on as a main method as others are more effective. The sooner after sex you take it the more effective it is.

Length of use:

It only prevents pregnancy if you take it up to 5 days after unprotected sex.

Return to fertility:

You can get pregnant again the next time you have sex if you are not using another method.

Side effects:

It's normal for your next period to be different after taking emergency contraception (early or late, heavier or lighter).

STIs and HIV:

The emergency pill will not protect you from STIs or HIV.

Adolescents 360 (A360) is a four-and-a-half year initiative co-funded by the Bill & Melinda Gates Foundation and the Children's Investment Fund Foundation (CIFF). The project is led by Population Services International (PSI) together with IDEO.org, University of California at Berkeley Center on the Developing Adolescent, the Society for Family Health Nigeria, and Triggerise.

The project is being delivered in Ethiopia through our Smart Start module, in Nigeria through our 9ja Girls programming and in Tanzania through our Kuwa Mjanja activities. A360 works in partnership with local governments, local organizations, and local technology and marketing firms.

For more information, please visit: A360LearningHub.org.

