

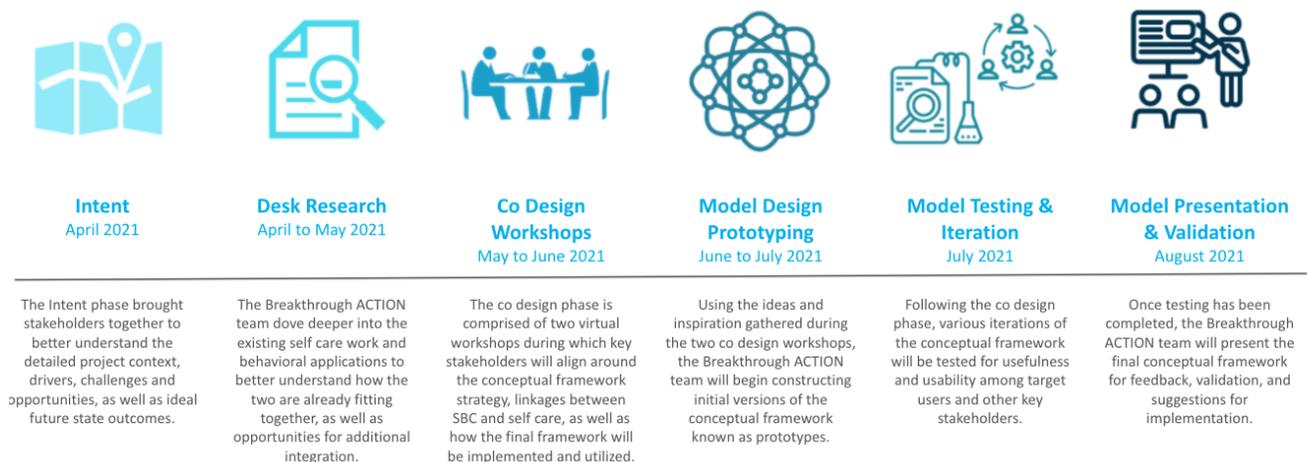


Evidence and Learning Working Group (ELWG) SBC Self Care Framework Peer Learning Community

Summary Overview (September 2021)

BACKGROUND

Currently, there are existing guidelines, frameworks, policies, partnerships and interventions that shape the sexual and reproductive health (SRH) self-care (SC) landscape. However, the behavioral aspects of SC are not well understood or accounted for in SC guidelines and programming. There is an opportunity to apply a social and behavior change (SBC) lens to illuminate and address client and provider needs, behavior determinants, and motivations related to uptake and maintenance of self-care. Consequently, in early 2021 Breakthrough ACTION and partners including the Evidence and Learning Working Group (ELWG) led a collaborative design process to develop a conceptual framework that visualizes how SBC supports SRH SC initiatives to drive better health outcomes. The framework enables users to understand what drives self-care behavior and then to make policy and programmatic decisions that utilize SBC to promote and enable the practice of SRH self-care. It was co-designed by applying the following key steps:



The framework is now ready to be applied by government representatives, policymakers, donors, and program implementers (i.e. the target audiences for the framework). We hypothesize that the application of this framework will help SC program implementers understand the factors influencing self-care practice and integrate SBC into SRH SC initiatives; policy makers to implement SC guidelines and policies that include SBC and address social and behavioral determinants of self-care practice; and donors to identify and fill gaps for funding, research and interventions that integrate SBC and SC programming. While the framework was tested with these audiences, a Peer Learning Community composed of cutting-edge SBC and SC thought leaders would help ensure the framework is applied in diverse settings and that insights from its application inform use/adaptation by other partners.

The Evidence and Learning Working Group (ELWG) of the Self Care Trailblazer Group (SCTG) is well positioned to form and facilitate that Peer Learning Group and feed lessons and insights back into the ELWG, the SCTG, and the SRH community of practice more broadly.

PURPOSE

The purpose of this workstream is to (a) create an SBC Self-Care Framework Peer Learning Community that represents implementers, academics, and (ideally) policy makers; (b) support the Peer Learning Community to apply the framework in their programs/contexts; (c) develop ‘think pieces’ (case studies, research agendas, insights, landscapes, or other types of content) about the use and application of the framework in order to share relevant, user-friendly insights into ELWG, SCTG, and the community of practice; and (d) actively promote the SBC SC Framework within the SBC and SC communities of practice.

Members of this workstream will be on the cutting edge of applying social and behavioral lenses to self-care work, and will provide leadership to advance self-care practice globally. Lessons from this real-world application will inform strategies and practice around the integration of SBC into self-care efforts.

INTENDED OUTPUTS

It is tentatively anticipated that the outputs of this work will include:

1. **SBC Self Care Framework Peer Learning Community:** 8-15 self-identified volunteers from ELWG who are implementers, academics, and (ideally) policy makers; who intend to apply the framework within their countries and contexts within the next 3-6 months; and are willing to commit to monthly meetings with the Peer Learning Community for a period of 9 months.
2. **Think Pieces** (case studies, research agendas, insights, landscapes, or other types of content) about the application of the SBC Self Care Framework in diverse contexts
3. **SBC Self Care Framework Learning Exchange** during an ELWG quarterly meeting, whereby the peer learning community shares their experience with the ELWG and promotes further application of the framework. Presentation opportunities in other fora such as the SBCC Summit (Dec 2022) will also be explored.
4. **SBC SC Framework Promotion:** with TA from the SCTG Global Advocacy and Communication (GAC) Working Group, the Peer Learning Community will serve as champions and promote it within their organizations, on social media, in country TWGs and in other communities of practice.

PROPOSED PROCESS & TIMELINE

- October 2021: Launch call for Peer Learning Community members (i.e. the SBC SC Framework sub working group)
- November 2021: Host SWG Kick-Off call to review/improve the workstream overview and agree on roles and responsibilities of the group
- Q1 -Q2 2022: Dedicated application of the framework in at least 5 unique contexts. Breakthrough ACTION will provide editable copies of the framework for localized adaptation and can be available for limited TA during this period on how to apply the framework.
- Q3 2022: ELWG Leadership Team supports the Peer Learning Group to develop ‘think pieces’ on the application of the framework
- Q4 2022: SBC SC Framework Promotion, including:
 - SBC SC Framework Learning Exchange: Peer Learning Group presents aspects from the ‘think pieces’ during the December 2022 ELWG quarterly meeting

- The Peer Learning Group will also explore opportunities to present at a conference such as the SBCC Summit (Dec 2022), Nigeria FP Conference (expected Dec 2022), the June-Aug 2022 Self Care Learning and Discovery Series (SCALDS), and other fora.
- The Peer Learning Group members will also act as ‘champions’ of the framework and promote it within their organizations, on social media, in country TWGs and in other communities of practice.
- If the Peer Learning Group has extensive feedback that could improve the design of the framework itself, this quarter will also be used to facilitate meetings with the framework designer to incorporate select changes.

Are you interested in joining the Peer Learning Community? Please indicate your interest using [this form](#).

The first meeting will include an in-depth presentation of the framework, an overview of the Peer Learning Community, and more!