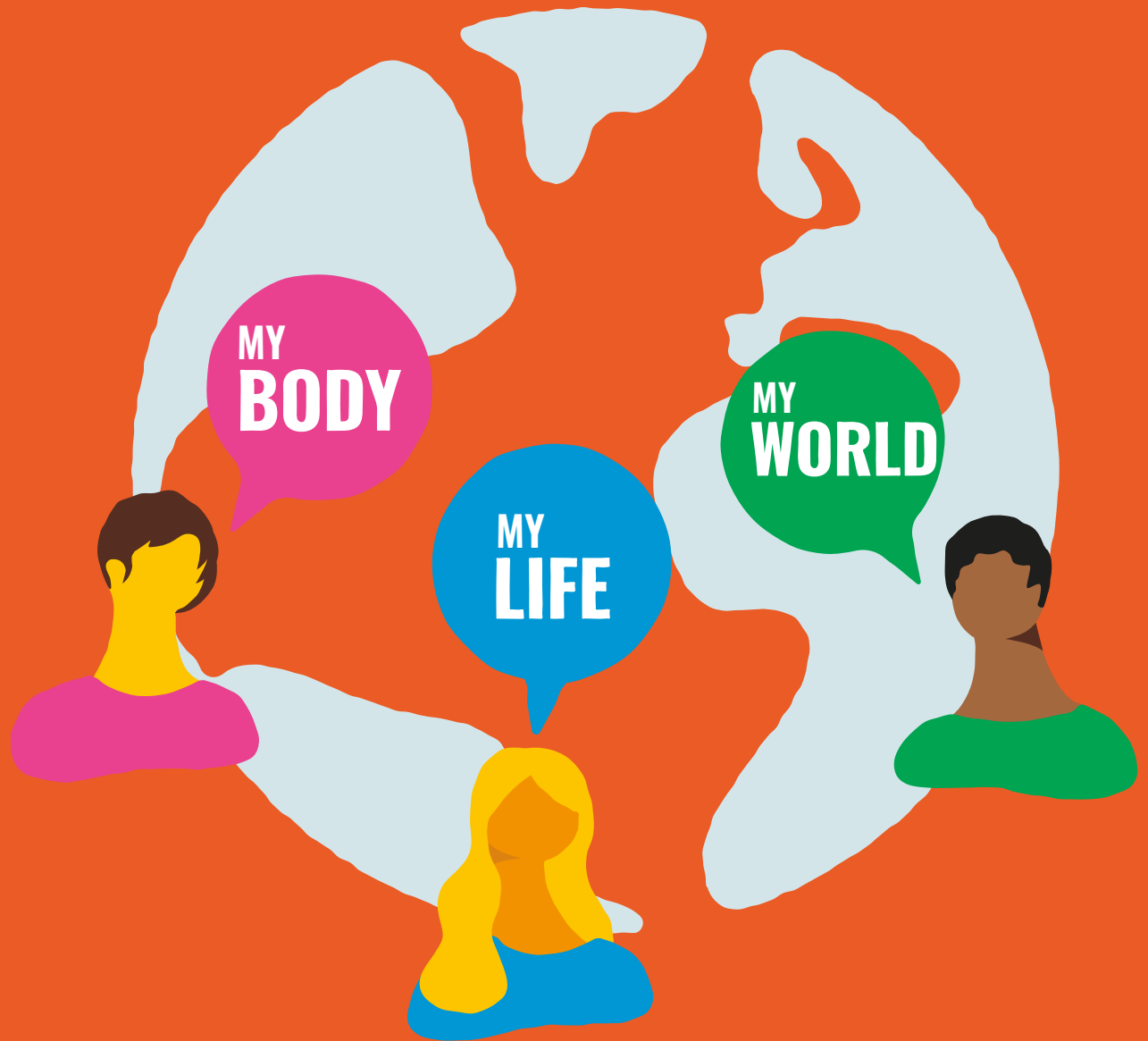




MY BODY, MY LIFE, MY WORLD THROUGH A COVID-19 LENS



UNFPA's approach to upholding the sexual and reproductive health and rights (SRHR) of adolescents and youth is encapsulated in its global strategy *My Body, My Life, My World*. The strategy was launched in 2019 to reaffirm and operationalize UNFPA's commitment to adolescent and youth SRHR 25 years after the International Conference on Population and Development affirmed the rights of girls, women and couples to choice and health.

At the start of 2020, the world was confronted by a pandemic in the form of COVID-19. The pandemic is having a tremendous effect on young people's lives, health and well-being. Its short-term impacts have already been devastating because of the large-scale interruption of employment, formal and informal education and learning, and health and social services. However, the medium- and long-term impacts could be irreparable if adequate measures are not taken to guarantee adolescents' and youth's basic rights to health, safety, choice and voice.

In order to safeguard these rights, UNFPA is supporting countries to reimagine, adapt and supplement the diverse range of interventions already undertaken across country contexts. Recognizing the complexity of this undertaking, the current package of technical briefs provides practical guidance in modular form to facilitate these adaptations. The briefs can be read and applied as a whole set or individually, depending on the context.

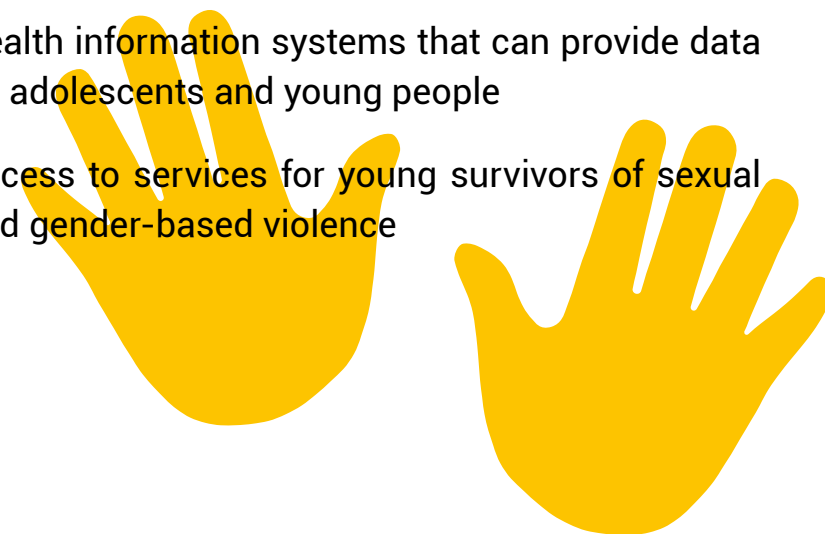
- To help address the impacts of COVID-19 on young people's health, including on their sexual and reproductive health and rights, there are three briefs under the umbrella of "My body". The first is a set of frequently asked questions on COVID-19 and young people, co-authored with WHO, UNESCO and UNICEF; the second is on risk communication and community engagement for and with young people; and the third on ensuring sexual and reproductive health services are still accessible to young people.
- To help tackle how COVID-19 is upending young people's lives, briefs under "My life" cover comprehensive sexuality education and girls' empowerment, particularly as it relates to child marriage.
- To help channel the dramatic changes from the pandemic into positive action, the section on "My world" comprises a brief on engaging young people as communicators and influencers through the #YouthAgainstCOVID campaign, a brief containing key survey questions for use during the pandemic and after it has passed, and a brief on the criticality of the youth, peace and security agenda during the pandemic.

While the pandemic has brought immense challenges to the mission of universal achievement of SRHR, it may also prove to be an opportunity to advance some areas, by pushing countries to deliver select information and services to the poorest communities through digital means, or to better address the economic determinants of SRHR (given the intense attention currently being paid to the effects that the pandemic has been having on the livelihoods of the poorest). No matter what the aftermath of the pandemic will look like, it is clear that critical attention must be paid to the needs of subpopulations defined by their age, gender, ability status, ethnicity and other critical intersecting identities. We hope that this kit, attentive to many of these factors, can advance current and future actions to support the health and well-being of young people everywhere, particularly those heavily affected by the COVID-19 outbreak.

WHAT DOES MY BODY, MY LIFE, MY WORLD PROMOTE?

MY BODY

- > High-quality, integrated and innovative adolescent- and youth-friendly sexual and reproductive health services, including access to condoms and modern contraception
- > Health policies and programmes that prioritize the needs of adolescents and young people
- > A health workforce able to deliver high-quality, non-judgmental and confidential services to adolescents and young people
- > Health information systems that can provide data on adolescents and young people
- > Access to services for young survivors of sexual and gender-based violence



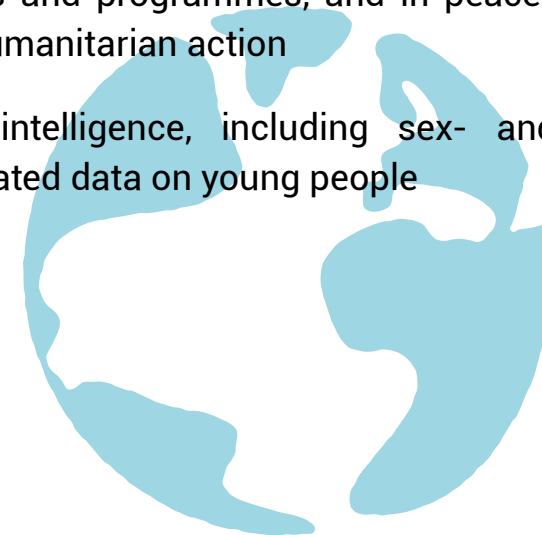
MY LIFE

- Access to comprehensive sexuality education for all children, adolescents and young people, in and out of school
- Programmes centred on adolescent girls that build their health, social, economic and cognitive assets, and reach the most marginalized
- Community engagement and empowerment, including boys, men, girls, women and local leaders
- Generation of data and evidence so that decision makers and planners can prioritize investments in adolescents and young people across all relevant sectors, including education and decent work
- Programmes and policies dedicated to building the capabilities and human capital of adolescents and young people



MY WORLD

- The meaningful participation of adolescents and young people in decision-making and dialogue
- Youth-led organizations, initiatives and movements, and their engagement in social and political processes, including in humanitarian and peacebuilding contexts
- Youth-led advocacy, mobilization and accountability mechanisms
- Greater focus on and investment in adolescents and young people in social, economic and environmental policies and programmes, and in peacebuilding and humanitarian action
- Demographic intelligence, including sex- and age-disaggregated data on young people





MY BODY

6 QUESTIONS AND ANSWERS
ADOLESCENTS, YOUTH AND COVID-19

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RESPONDING TO THE SEXUAL AND
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MY WORLD

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QUESTIONS AND ANSWERS

ADOLESCENTS, YOUTH
AND COVID-19

TECHNICAL BRIEF



World Health
Organization



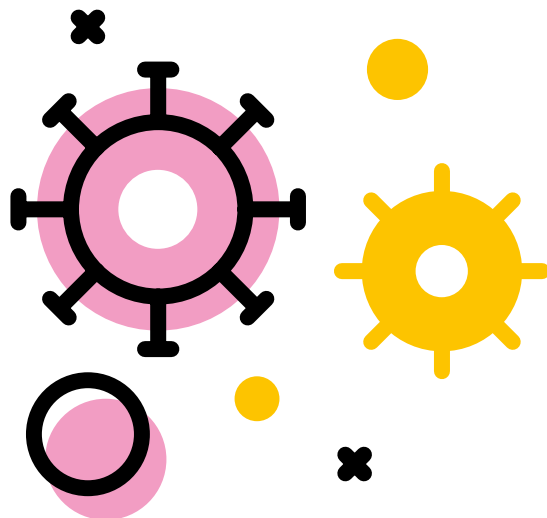
for every child



United Nations
Educational, Scientific and
Cultural Organization

These questions and answers were developed by the World Health Organization, UNESCO, UNFPA and UNICEF.¹

We are grateful to young people from the Adolescents and Youth Constituency of the Partnership for Maternal, Newborn and Child Health who contributed to the development of these questions and answers.



Can adolescents catch COVID-19?

Yes. All age groups can catch COVID-19. While we are still learning about how COVID-19 affects people, older persons (e.g. persons over 60 years) and persons with pre-existing medical conditions, like high blood pressure, heart disease, lung disease, cancer or diabetes, appear to develop serious illness more often than others. As this is a new virus, we are still learning about how it affects children and adolescents. Evidence to date suggests that children and adolescents are less likely to get severe disease, but severe cases and death can still happen in these age groups.

01

READ MORE

→ https://www.who.int/docs/default-source/coronaviruse/key-messages-and-actions-for-covid-19-prevention-and-control-in-schools-march-2020.pdf?sfvrsn=baf81d52_4

→ <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

Can adolescents spread COVID-19 to other people even if they have mild or no symptoms?

Yes. Infected people in all age groups – including adolescents - can transmit the virus to other people, even if they have mild symptoms or do not feel ill. The virus is spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs, sneezes or speaks. These droplets can land on objects and surfaces. People can then become infected by touching these objects or surfaces, and then touching their eyes, nose or mouth.

02

READ MORE

→ <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

¹ These questions and answers were published at the start of the pandemic on the [WHO website](https://www.who.int) on May 4, 2020. The question and answers may be updated coming months as the pandemic progresses.

Since there are few known cases of adolescents getting seriously ill with COVID-19, should I go to a health facility if I develop symptoms of the disease?



If you have minor symptoms, such as a slight cough or a mild fever, there is generally no need to seek medical care. Stay at home, self-isolate and monitor your symptoms. Follow national guidance on self-isolation.

Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

Seek medical care if your health gets worse, or if there is no one in your family that can take care of you at home. It is important that you follow the procedures put in place by your country. Ask

What should I do if someone in my family gets really ill with COVID-19?

04

Seek medical care, if members of your family get seriously ill. If possible, either you or an adult should phone the local or national COVID-19 emergency number for advice on where and how you could get care. If your family member is confirmed as having COVID-19, you must be prepared that you and other known contacts will need to monitor your symptoms, and continue to self-quarantine for 14 days, even if you feel healthy.



→ <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

I am on medication for a chronic health condition. Should I change anything?

It is important to continue with any medication you may be using for chronic and other conditions, such as asthma, diabetes, HIV infection and TB, and attend recommended check-ups. Check with your health authorities and health provider if these check-ups should be done differently during the COVID-19 outbreak.

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_20186



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