

# **Strengthening the adolescent component of HIV/AIDS and reproductive health programmes**

**A training course  
for public health  
managers**



**World Health  
Organization**

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# A. Introduction to the training course

This five-day training course on strengthening the adolescent component of HIV/AIDS and reproductive health programmes has been developed for public health managers. The course materials have been applied and further developed in courses throughout the world. They help public health managers to become familiar with the special health and development needs of young people, and to take those needs into consideration when planning interventions that aim to improve the reproductive health status of and reduce the prevalence of HIV infection among individuals from 10 to 24 years of age. A key assumption behind this course is that public health managers often have experience in designing and implementing HIV and reproductive health programmes but lack the understanding of what needs to be done differently to reach and serve young people. This course therefore presents the key concepts and approaches needed by a public health manager in order to plan HIV and reproductive health interventions and programmes that effectively address the needs of young people.

## A.1 Overall course objective

After completing this five-day training course, public health managers will be able to plan HIV and reproductive health programmes that produce positive health and development outcomes among young people.

### Supporting objectives

To meet the overall course objective, the participants will:

- understand how a young person is different from a child aged 5 or an adult aged 25;
- consider the particular needs of young people, and the importance of addressing those needs through action in various sectors;
- apply a systematic process for designing evidence-informed interventions and programmes that aim to achieve specific health and development outcomes among young people;
- list priority areas of action within the health sector for improving the health and development of young people;
- identify important types and sources of information needed to design, manage, monitor and evaluate interventions and programmes for young people;
- discuss approaches for improving the quality and coverage of health services provided to young people;
- explore how the health sector can stimulate and support action within other priority sectors;

- recognize the role of supportive evidence-informed policies in improving the health and development of young people;
- develop or revise a plan of action that aims to decrease the prevalence of HIV among young people and to improve their reproductive health status.

## A.2 Course prerequisites

Participants of this course should be experienced managers of public health programmes, or managers of large nongovernmental organizations (NGOs) who are involved in the planning and management of HIV and reproductive health programmes.

## A.3 Summary of course agenda

### **Day 1: Inauguration and course introduction, followed by: Introduction to adolescent health and development**

- Understanding young people, with a focus on adolescents
- Global and regional overview
- Adolescent rights, diversity and vulnerability
- Why invest in adolescents?
- Day 1 wrap-up

### **Day 2: Programming for adolescent health and development using the MAPM framework**

- Introduction to the Mapping Adolescent Programming and Measurement (MAPM) framework
- Using the MAPM framework to design or review programmes
- A closer look at determinants
- Planning for HIV and reproductive health programmes I
- Day 2 wrap-up

### **Day 3: Strategic approaches for addressing priority health and development issues**

- Global goals and targets
- Strategic framework for programming
- The role of the health sector
- Strategic information
- Strategic information for programme monitoring and evaluation
- Day 3 wrap-up

## Day 4: Scaling up health service provision and strengthening other sectors

- Introduction to scaling up health service provision to young people
- Making health services friendly for young people
- Strengthening other sectors
- Day 4 wrap-up

## Day 5: Supportive policies and final planning

- Supportive evidence-informed policies
- Planning for HIV and reproductive health programmes II
- Evaluation of the course

## A.4 Training materials

The training materials for this course are:

- Facilitator's guide (this document): contains the guidelines for facilitating each session over the five days and the talking points for the slide presentations.
- Presentations: PowerPoint presentations named and numbered by session.
- Handouts for participants: to be printed by facilitator and given to participants to use in sessions. The handouts are identified by their session number or a title.
- CD of background documents for participants: to be given to participants to use after the training. This resource is constantly being updated as tools and documents become available. An updated version can be requested from WHO's Department of Child and Adolescent Health and Development (cah@who.int).

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