SIL BANGLADESH

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Adolescentt Healthcare

SIL Bangladesh helps communities achieve their development goals while retaining their Ethno linguistic identities.

'Oh my goodness! How can I do that? How will I talk about this topic in front of male staff?'This was my reaction a few years back when I was asked to develop a module about adolescent healthcare. In our context it is challenging to discuss physical or sexual health issues and it is considered inappropriate to use words related to sex. These issues are treated as secret and mysterious by society. Even parents are not comfortable to discuss these issues with their own children. For these reasons, many young people face serious challenges in their transition to adulthood and also have difficulties in finding out accurate information about adolescent mental, sexual and reproductive health.

There are many myths and taboos in our society. For example, when girls are menstruating they are sometimes restricted from going outside of the house, and they are discouraged from eating certain types of food including protein, oil and pickles. Boys are treated as bad characters if they have nocturnal emissions. Even young people who do get accurate information are often unable to access the services they need to act on this knowledge and protect their reproductive health.

As a development worker I gathered my courage and started work on it. The more I researched the topic, the more motivated I felt to spread awareness and make sure people got the right information. As a team we started developing a module with illustrations. We tried to include as much helpful information as possible, adding in the topics of early marriage and drug addiction. It took a whole month to develop the illustrations. Eventually we completed the task and the module was ready to use. Now, it's ready as named 'Eksathe Shikhi, Eksathe jani' (Learn together, Know together).

...SPECIAL COMMENTS

Through this awareness raising module and the discussions around it, all the adolescents in the community will have access to accurate information and be aware of their needs during puberty. This could help to break down taboos and myths, bringing positive changes for all generations.

For more information on ***topics mentioned in this newsletter,*** *please go to .*

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LANGUAGE, EDUCATION AND DEVELOPMENT

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... SNAPSHOTS ...
WHAT'S PLANNED FOR THIS MONTH

Nov 05, 2019: Indigenous Year celebration with Mahle community.

Nov 12-14, 2019: Series Awareness with Kol, Koda & Mahle community

Nov 17-21, 2019: LtL Training.

Nov 22-23, 2019: Effective Business Communication Training

Nov 25-29, 2019: Project Documentary (CREM).

Nov 28, 2019: Indigenous Year celebration with Kurux Community.

Nov 29-30, 2019: Orthography & spelling rules workshop.

Adolescent Healthcare . . .. Cont'd

There was another challenge ahead of us, which was to train the field staff to deliver the module. We needed a high level of openness to give them confidence to discuss these issues as there is so much sensitive vocabulary and information. But we felt we were successful! Our field staffs are also very pleased to have learnt this important knowledge and to be able to raise awareness on these issues in their local areas. We all went through this transition to adulthood and future generations will go through it too. Therefore, education needs to start at home. But it is important to be careful about the way the modules and explanations are delivered. If it is done inappropriately, it could be a disaster and lead to uneasiness and concern amongst participants.

We hope that, through this awareness raising module and the discussions around it, all the adolescents in the community will have access to accurate information and be aware of their needs during puberty. This could help to break down taboos and myths, bringing positive changes for all generations.

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