



**Y-Peer**  
E-Newsletter

ISSUE: 001/2013

# Y-PEER VOICE

**Focal person's statement:**

High guys, I take this opportunity to wish the outgoing focal person Central Mr. John Waiganjo well in all his endeavors and thank him for the good job he has done. We now have a new Focal person Mr. Kelvin Ndirangu whole will be coming in to fill his position.

Let's all work together to broaden the network

# Y-Peer – Nyeri, Kenya

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**You cannot have maternal health without reproductive health. And reproductive health includes contraception and family planning and access to a well resourceful Youth Friendly Centre/Clinic**

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## Newsletter

### What is Y-Peer?

#### Y-PEER Kenya History

Y-PEER is a network in more than 35 countries of Eastern Europe, Central Asia, the Middle East and Northern Africa, and East Africa. Y-PEER stands for Youth Peer Education Network. It is a growing youth peer education initiative pioneered by UNFPA, with expansion to Kenya and Tanzania led by Family Health International in partnership with many NGOs, such as NOPE.

Y-PEER Kenya is not an NGO. It is an initiative that invites partners and funds activities as demanded by its members and interested donors. Currently UNFPA

leads networks and financially supports specific activities in Eastern Europe,

Central Asia and Arab States (the Middle East and Northern Africa).

In East Africa, the United States Agency for International Development (USAID) began by

supporting FHI through two bilateral programs in 2006, namely APHIA II Rift

Valley and Coast in Kenya and the UJANA youth program in Tanzania.

In Kenya, the National Organization of Peer Educators (NOPE) took up the secretariat role and also sourced for funds from Global Fund and CDC for other regions. Currently the network is being co-hosted by I Choose Life Africa (ICL) and Liverpool VCT. It envisages covering all provinces in Kenya.

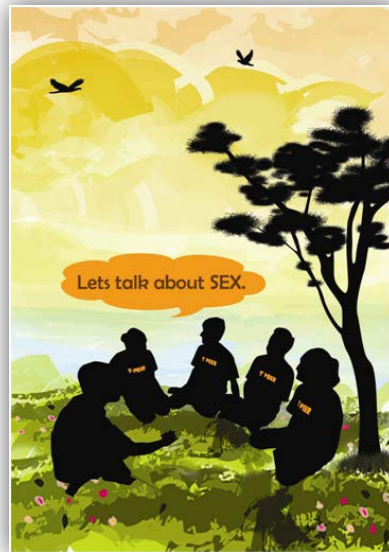
Without formal support the network runs on donated venues and materials, human resource know-how and volunteerism, and most importantly passion and commitment for youth peer education. The principle for sustaining this network is enabling members to contribute and benefit from their involvement. Partnerships enable multiple goals to be reached. New partners and donors are always invited.

## Y-Peer Share 1



Talking about safe sex practices is not normal in rural places and even educated young people feel shy to talk about it. Me and my 2 friends have taken the Y-PEER training and organized several orientation classes in schools using Y-PEER methodologies through Youth Information Centre. As a result, we have seen that young people share their concerns about safe sex with their peers.

## Safe Sex No Regrets



### HOW DOES HIV SPREAD DURING SEX?

To spread HIV during sex, HIV infection in blood or sexual fluids must be transmitted to someone. Sexual fluids come from a man's penis or from a woman's vagina, before, during, or after orgasm. HIV can be transmitted when infected fluid gets into someone's body.

You can't spread HIV if there is no HIV infection. If you and your partners are not infected with HIV, there is no risk. An "undetectable viral

load does NOT mean "no HIV infection." If there is no contact with blood or sexual fluids, there is no risk. HIV needs to get into the body for infection to occur. Safer sex guidelines are ways to reduce the risk of spreading HIV during sexual activity.

### UNSAFE ACTIVITIES

Unsafe sex has a high risk of spreading HIV. The greatest risk is when blood or sexual fluid touches the soft, moist areas (mucous membrane) inside the rectum, vagina, mouth, nose, or at the tip of the penis. These can be damaged easily, which gives HIV a way to get into the body.

Vaginal or rectal intercourse without protection is very unsafe. Sexual fluids enter the body, and wherever a man's penis is inserted, it can cause small tears that make HIV infection more likely. The receptive partner is more likely to be infected, although HIV might be able to enter the penis, especially if it has contact with HIV-infected blood or vaginal fluids for a long time or if it has any open sores.

### SAFER ACTIVITIES

Most sexual activity carries some risk of spreading HIV. To reduce the risk, make it more difficult for blood or sexual fluid to get into your body.

Be aware of your body and your partner's. Cuts, sores, or bleeding gums increase the risk of spreading HIV. Rough physical activity also increases the risk. Even small injuries give HIV a way to get into the body.



Use a barrier to prevent contact with blood or sexual fluid. Remember that the body's natural barrier is the skin. If you don't have any cuts or sores, your skin will protect you against infection. However, in rare cases HIV can get into the body through healthy mucous membranes. The risk of infection is much higher if the membranes are damaged.

The most common artificial barrier is a condom for men. You can also use a female condom to protect the vagina or rectum during intercourse.

Lubricants can increase sexual stimulation. They also reduce the chance that condoms or other barriers will break. Oil-based lubricants like Vaseline, oils, or creams can damage condoms and other latex barriers. Be sure to use water-based lubricants.

Oral sex has some risk of transmitting HIV, especially if sexual fluids get in the mouth and if there are bleeding gums or sores in the mouth. Pieces of latex or plastic wrap over the vagina, or condoms over the penis, can be used as barriers during oral sex. Condoms without lubricants are best for oral sex. Most lubricants taste awful.

## Advocacy Campaign



10 DoA outreach and advocacy campaign to engage young people and raise their voices all around the world about their sexual and reproductive health and rights. Aiming to strengthen young people's capacities at the national level to advocate for their sexual and reproductive rights among their peers and policy makers.

### GOAL AND OBJECTIVES OF THE 10 DOA 2012

#### *Goal:*

Mobilizing youth organizations and youth activist to advocate for rights-based youth centered development agenda at national and global level.

#### *Objectives:*

- Mobilize young people from 50 countries to organize community based actions towards rights - based youth centered development agenda.
- Strengthen cooperation within youth SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS groups in order to bring grass root activism to international attention.
- Highlight at least 30 youth led actions that are advancing rights-based youth centered SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS development agenda through local community channels and social media.
- Mobilizing young people to contact decision makers in their communities in at least 30 countries to lobby for rights-based youth centered development agenda.

#### Theme of the campaign

"Nothing for us, without us"

We were born with the right of meaningful participation in all the decision-making process



## International youth week In Nyeri:What a blast!!!!



The international youth week was marked by activities organised by youths in different regions in the country and in Nyeri, the

network group members conducted an activity in children and youth empowerment centre which marked the climax of the week.

The centre supports street children whom they take under their wings and empower them to be fruitful citizens in the country.

The theme of the activity was youth as role models and the youths took part in playing team building games with the kids in the centre and later had a forum where they shared experiences and best practices with the kids as a way of encouraging positive behaviour change.

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We want accessible, free or affordable, non-judgmental, confidential, comprehensive sexual and reproductive health information and services with no required parental consent. Accessibility includes services that are highly promoted; open at convenient times, communicated in easily understandable language with low literacy materials, in a flexible and convenient location.

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[www.y-peerkenya.weebly.com](http://www.y-peerkenya.weebly.com)

*Join Us !!*

### Parting Shot

"There is neither happiness nor misery in the world; there is only the comparison of one state with another, nothing more. He who has felt the deepest grief is best able to experience supreme happiness. We must of felt what it is to die, Morel, that we may appreciate the enjoyments of life.

" Live, then, and be happy, beloved children of my heart, and never forget, that until the day God will deign to reveal the future to man, all human wisdom is contained in these two words, 'Wait and Hope."