

Peer to Peer Approaches: UYDEL EXPERIENCE

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Outline of the Presentation

- Definition of peer to peer approaches
- Concept of peer to peer approaches
- Rationale of peer education
- Aims of peer education
- Results of the approach
- Challenges
- Recommendations

Definition of peer to peer education

- The process of imparting knowledge and practices by a peer educator to people of similar age, interests and social background.
- It involves those of the same or similar societal group or social standing educating each other.
- Education of young people by other young people (thru MDD, informal group discussions, social events, conversations with friends, etc)

Delivery of peer education

Sports and recreation



Music Dance and Drama



Background to PPPP

- Initiated in 2003 with support from UNODC and IOGT-NTO.
- Scaled up implementation in 2008- to date with Mentor Foundation Award and regional project. Based on a model to reach out to high risk youths.
- Premised on fact that young people consult, spend more time and respect views of their peers and promotes youth participation.

Experience sharing group sessions

Group session with young people

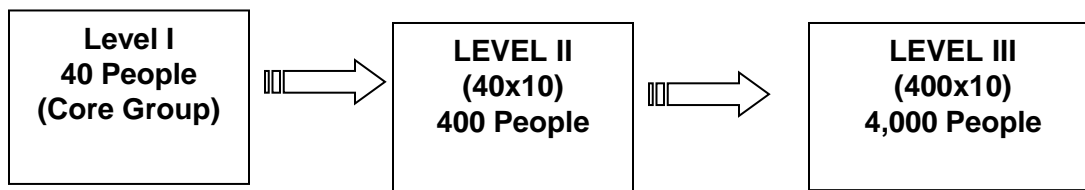


Group session with peer educators



The Initial programme design....

- Targeted 40 peer educators,
- Trained for 5 days who would reach out to a maximum of 10 youth in 3 months.
- This would have a multiplier effect of 4,000 youth in a period of 6 months.



Peer User guide sessions

- Chapter 1: Drug Abuse types, xtics, effects
- Chapter 2: Brain development
- Chapter 3: Peer education and counseling
- Chapter 4: Life skills education
- Chapter 5: Peer to peer counseling
- Chapter 6: Alcoholism and the youth
- Chapter 7: Risk and protective factors

Peer User guide sessions cont'd

- Chapter 8: Drugs and school environment
- Chapter 9: Relationship between drug abuse and HIV/AIDS.
- Chapter 10: Drug abuse and SRH
- Chapter 11: Drug abuse prevention
- Chapter 12: First aid for drug abuse
- Chapter 13: Treatment and rehabilitation
- Chapter 14: Handling relapse

Peer User guide sessions cont'd

- Chapter 15: Places for referral
- Chapter 16: Anti drug abuse advocacy
- Chapter 17: Evaluation resources
- Chapter 18: Legislations
- Appendix: websites and references
- Glossary of words

Training of peer educators

Trained peer educators at UYDEL



Trained peer educators at UCC



Rationale for peer education

- Credible – young people trust their peers.
- Decreased threat – due to shared x-tics.
- Role modeling – Young people model and copy behaviors of peers than adults
- On-going contact – Offers widespread and long term impact due to ongoing interaction thus multiplier effect.
- Access to hidden populations – Reaches the hard to reach.

Aims of peer education

- To promote knowledge on alcohol/drugs: (on social and physical effects, legal and ethical issues, drug related harm and sources of help.
- To promote skills: (to respond to alcohol/drug problems, drug overdose, decision making, resisting peer pressure.
- To promote behavioral change: (prevent or reduce alcohol, delay onset, prevent transition to use more alcohol, minimize risky behaviors and minimize impact of drug use in school, work and personal r/ships.

Project Results

- Increased health seeking behavior of youth (40% to 70%) seeking psycho social support, counseling and rehabilitation services.
- Increased capacity of 20 partner NGOs in handling alcohol and drug related problems with acquired specialized skills.
- Over 2,000 young people have been completely rehabilitated, provided with vocational skills apprenticeship training.

Vocational skills training

Young people at
Graduation day



Young girls in
tailoring class



Project Results cont'd

- Comprehensive evaluation of the programme was done.
- Promoted parent-parent dialogues on positive parenting with 15 parent support groups.
- Promoted networking among 20 partner NGOs working with young people.
- Improved retention of young people in youth programs.
- Cost effective and efficient, reaching more young people at minimum costs.

Dissemination of peer approaches

Orientation of NGOs in peer led approaches



Peer education in schools



Challenges

- Some young people have **inadequate education**, information and skills to educate their peers.
- Heavily relies on voluntarism, thus can not hold peer educators accountable for not educating their peers.
- Migration patterns sometimes make it difficult to locate participants for effective monitoring and evaluation.

Recommendations

- Programme design should **incorporate community** and **target beneficiaries** for ownership and programme sustainability.
- Interventions require long term implementation, apt networking and **effective monitoring** to realize significant impact against the problem.
- An enabling policy framework, **effective enforcement, a rigorous awareness campaign** are critical.

Conclusions

UYDEL extends its sincere appreciation to;

- Mentor Foundation[International]
- Oak Foundation
- Partner NGOs and regional stakeholders
- The media
- Peer educators &
- UYDEL Staff



*THANK YOU FOR YOUR TIME &
ATTENTION*