



Comprehensive Sexuality Education

We believe that education, and a focus on young people, is necessary to be able to reduce the reproductive health disparities in Palawan. The numbers don't lie, and the realities are disturbing: according to the Department of Health, adolescent pregnancy is on the rise, as well as the incidences of HIV amongst young people.

Our comprehensive sexuality education (CSE) modules are made up of age-appropriate curricula and taught by certified teachers. Classes are dynamic, energetic and engaging, and we've found that students have questions that need answering. Most of the sexual health information that young people have comes from their misinformed peers and the internet. The ROH classes provide rights- and scientifically-based information for high-schoolers and college students in Palawan.

5th/6th	7th/8th
Empathy Gender identity Bullying	Puberty Reproductive health Gender
9th/10th	11th/12th & colleges
Reproductive health Contraception	Reproductive health Contraception HIV/AIDS & STIs

For all of our classes, we conduct pre- and post-tests to measure knowledge gained. This is an important tool for the students, but also for us to measure success of our modules. We almost always see a significant uptake in reproductive health understanding. Our teachers take the time to answer questions and correct misconceptions like this one, "the two remedies that young people most commonly cite as cures for STIs are drinking buko (coconut) juice and dissolving and drinking Tide detergent powder in a glass of water," reports one of our teachers.

Roots of Health believes that sustainable change in Palawan comes when young people are healthy, informed and empowered.

In 2018 we taught over 22,000 young people all over Palawan!



The high unmet need for reproductive health services is unprecedented in Palawan. To respond to these needs, Roots of Health provides comprehensive, rights-based and free services to more than 20,000 women, girls and adolescents annually. Our nursing and midwife team provides family planning counseling, contraceptives, prenatal check-ups, and pap smears in our two clinics in Puerto Princesa City. When funding is available, we also travel to far-flung parts of the province to provide services and information to the most isolated populations in the country.

Contraceptive Acceptors Program

Our clients select their preferred method of contraception once they've received family planning consultation from one of our nurses or midwives. All modern methods of contraception are explained to her and discussed in relation to any health issues she may have. Once the client decides which form she thinks is best for her, we provide the contraceptive for free, and we'll also remove it for no charge when she decides she is ready to get pregnant or is experiencing unwanted side-effects.

Healthy Pregnancy Program

Our Healthy Pregnancy Program ensures that all the women in Puerto Princesa and our community sites can access high-quality and comprehensive prenatal, birthing, and antenatal care in order to have the best pregnancy outcomes possible.

Contraceptive Mission Trips

Our clinical team conducts regular mission trips to geographically isolated and marginalized communities, so that more women and adolescents have access to the services and information they need. These trips focus on family planning counseling, increasing the number of contraceptive acceptors and training local health care providers.

**In 2018 we provided over 14,000 women and girls
in Palawan with their contraceptive of choice!**

Roots of Health recognizes the need for youth-centered programming. We have an entire team dedicated to young people and teaching. Our Youth Team teaches three main comprehensive sexuality education modules in public and private high-schools and colleges. Our modules include: puberty for grades 7 and 8, reproductive health for grades 9 and 10 and HIV/AIDS for grades 11 and 12. All of our modules integrate gender, power dynamics and critical thinking to ensure that our lessons are as comprehensive as possible.

In 2018, we taught over 22,000 high-school and college students. To support our classes, we also train Youth Advocates (YAs) to provide reproductive health information to their peers, distribute condoms and make referrals to our clinic for services. We have found that young people in Puerto Princesa are most receptive to receiving information about taboo topics from someone their same age and from someone who can empathize with their challenges. We rely on our YAs to take a pulse on the reproductive health needs of their peers to ensure that we provide youth-centered and youth-friendly services and information.

Global Giving Project Budget

Description	Amount
Education Seminars	\$ 2,000
Facilitators	\$ 3,000
Medical Supplies	\$ 1,500
Clinic Costs	\$ 2,500
Monitoring & Evaluation	\$ 500
Management	\$ 500
	\$ 10,000