

## **SUPPORTING HEALTH NEEDS OF 1000 ADOLSCENTS IN UGANDA**

In the last couple of month the activities carried out included family planning services, counselling, and testing for HIV. These activities were done during the community outreaches and in reaches at Child and Family Foundation Uganda. The youth face many challenges in life but unfortunately do not have anyone with whom they can share their grief. This has led to the escalated cases of adolescents committing suicide in Uganda in the past months. As CFU, we reach out to these Adolescents and provide the supportive health care they need to have healthy lives.

The free counselling sessions ensure that these adolescents have their problems discussed with professional counsellors and solved to prevent depression. These adolescents tend to always be shy and cannot easily share their personal or health challenges with others or their guardians at home. But with the empathetic counsellors, they have their challenges listened to and solved.

About 400 adolescents(66Females,34Males) received the family planning services which was inclusive of counselling services too. The young adolescents were advised to abstain from sex while those who were sexually active opted for condom use to prevent unwanted pregnancies and Sexually Transmitted Diseases (STDs). HIV testing and counselling services were given to enable the adolescents to know their HIV status.

Due to the outbreak of the Ebola Virus Disease epidemic in Uganda, it was so important to take part in the prevention campaign. We sensitized the adolescents and other community members about the causes, signs, and proper ways of preventing Ebola. Community sensitization drives and dialogues were conducted so that the people know about Ebola disease. This was of great impact as the people became vigilant about Ebola and could also pass on the message to their peers and households.

Solving the problem of Nutrition health needs, adolescents were taught the importance of making Kitchen gardens in their households. These are to provide vegetables to the families to prevent the occurrence of micronutrient deficiencies especially among families with adolescents and teenage mothers. The kitchen garden was also another way of empowering their livelihoods as would also plant many gardens for home consumption as well as for commercial(to earn a living from them)



**An adolescent mother attending to her sack gardens she made after learning**







**Conducting an Ebola Virus Disease community sensitization dialogue**



**Adolescents and other community members acquiring health services**





