



TRANSFORMING LIVES

UNITED NATIONS POPULATION FUND SRI LANKA / ANNUAL REPORT 2017



UNFPA

Delivering a world where
every pregnancy is wanted,
every childbirth is safe and
every young person's
potential is fulfilled



The United Nations Population Fund (UNFPA) is the lead United Nations agency ensuring reproductive health and rights for all.

In Sri Lanka, we deliver this mandate by advocating for evidence-based policies that enable the full realization of reproductive health and rights of women, young people and the elderly.

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UNFPA REPRESENTATIVE'S MESSAGE



“It is a privilege to work in Sri Lanka; a country of rich history and cultural heritage. This beautiful island has vast potential to achieve equitable sustainable development.”

The year 2017 marks the end of UNFPA's 8th country programme cycle and my first year as the Representative of the United Nations Population Fund (UNFPA) in Sri Lanka. At UNFPA, we strive to deliver a world where every pregnancy is wanted, every childbirth is safe and every young person's potential is fulfilled. In the middle-income context of Sri Lanka, where the country has made impressive progress in various socio-economic areas, our role is to support the Government of Sri Lanka to address the remaining gaps and disparities to ensure no one is left behind.

It is a privilege to work in Sri Lanka; a country of rich history and cultural heritage. This beautiful island has vast potential to achieve equitable sustainable development, especially in light of the end of the conflict in 2009. At this juncture, investing in young people, women and the elderly is critical for the country to continue to reap the benefits of its demographic and peace dividend.

My first day at UNFPA Sri Lanka, I had the honour of being a part of a public campaign to address sexual harassment in public transport. I have also had the opportunity to engage with young people from around the island as part of the initiative *iVoice*, to support youth to be drivers of social change. During this year, UNFPA advocated for evidence-based policies for the full realization of reproductive health and rights of women and young people and well-being of the elderly. It was a very busy year for our office with a number of high-level engagements. We appreciate the support of all our partners, including the Government of Sri Lanka, development partners, Civil Society Organizations and our sister UN agencies throughout the year.

Building on the nearly 50-year partnership between Sri Lanka and UNFPA, we are committed to continue supporting the Government in ensuring reproductive health and rights for all in line with the 2030 Agenda for Sustainable Development.

This annual report shows how UNFPA, during 2017, has helped empower women, young people and the elderly to realize their fullest potential.

A handwritten signature in blue ink, which appears to read 'Ritsu Nacken'.

Ms. Ritsu Nacken

UNFPA Representative in Sri Lanka

Ms. Nacken, a Japanese national, has been in the UN system for over 15 years, holding positions in New York, Fiji, Italy, Ethiopia, and Viet Nam prior to joining UNFPA Sri Lanka in February 2017.

A woman with dark hair, wearing a colorful patterned dress with floral motifs in purple, green, and yellow on a grey background, stands in a room. Behind her, a calendar for May 2015 is visible on the wall. The room has a corrugated metal roof structure. The text 'TOWARDS A SAFER SRI LANKA FOR WOMEN & GIRLS' is overlaid on the left side of the image in white, bold, sans-serif font.

TOWARDS A SAFER SRI LANKA FOR WOMEN & GIRLS

Violence against women and girls is one of the most prevalent human rights violations in the world. It undermines the health, dignity, and security of victims, yet it remains shrouded in a culture of silence. UNFPA is one of the lead UN agencies working on gender-based violence prevention and response.

DOES SHE TRAVEL SAFE?



'Does she travel safe' 'ඇය සුරැකි ගමනකද?' அவளின் பயணம் பாதுகாப்பானதா? was a campaign based on a study done in 2015 to assess the prevalence of sexual harassment in buses and trains which gained much traction among the media and the public. As a follow up, UNFPA convened a policy dialogue which engaged multiple stakeholders to address the issue and identify possible long and short term solutions.

<https://youtube.com/watch?v=vuYTcSebFbg>

English: <https://bit.ly/2AmBAMf> **Sinhala :** <https://bit.ly/2LHWeHF>
Tamil: <https://bit.ly/2thypij>



90%

of women & girls have
been subject to sexual
harassment in public transport
at least once in their lifetime

Sexual Harassment on public trains and buses,
UNFPA (2015)

DOES SHE TRAVEL SAFE?



MAS & UNFPA: GENDER-FOCUSED CORPORATE POLICIES



In response to the low level of female labour force participation in Sri Lanka, it is imperative that organizations continuously review corporate policies to instill an organizational culture that is conducive towards its female employees.

Shifting corporate culture is a long-term process that involves addressing day-to-day biases, and stigma and stereotypes among employees. It includes ensuring staff benefits such as maternity and paternity leave, and flexible working hours are provided by organizations.

As the largest private-sector employer of women, MAS Capital is committed to ensure its female employees work in an environment that is conducive for women. In doing so, **MAS joined hands with UNFPA in Sri Lanka to ensure strengthened corporate policies and programmes that focus on identifying gaps and gender inequalities in the working environment.**



36.4%

is Sri Lanka's female labour
force participation,
which is the lowest in the
South Asia region

Department of Census and Statistics,
Sri Lanka Labour Force Survey,
4th Quarter, 2017

Elect Her. End Violence



5.3%

of the Members of Parliament in Sri Lanka are female, which is among the lowest in the world

Inter-Parliamentary Union, 2017



Due to gender-based socio-cultural norms and biases, it is understood that there are barriers to entry and engagement for women to contribute actively in politics in Sri Lanka. Violence against women in elections is regarded as a major deterrent to women's political participation as electoral and political leaders.

To mark the 16 Days of Activism Against Gender-based Violence in Sri Lanka, the National Forum Against Gender-based Violence delivered a public campaign titled 'Elect Her. End Violence' **ඡන්දය ආයෙට. ප්‍රචණ්ඩත්වයට තීත. අවනෛත්තේර්ත්තෙටුට්ටොම්. වන්முறෛයෙමුට්ටොම්.**

As the Chair of the National Forum Against Gender-based Violence, UNFPA led this campaign along with the support of over 50 member organizations of the National Forum.



During these 16 days and beyond let us all pledge that:

01

We will respect and accept women's right to participate in politics.

02

We will not circulate any negative campaign material including text, memes, emails, printed materials or rumors that disparage or undermine women candidates because they are women.

03

We will not force, intimidate or threaten our family members, friends, and relatives to vote against their will.

04

We will hold political parties, public servants and general public accountable to take actions against those violating women's political rights.

05

We will promote women's political participation as equal stakeholders in the democratic process.

52%
of Sri Lanka's
population
are women

Female
representation in the
parliament is only
5.3%

Only
1.9%
of positions in
local government were
held by women



Watch the pledge video featuring key political figures, activists, and forum members

In Sri Lanka, women in elections face different types of violence, including, but not limiting to:

- Harassment
- Sexual bribery
- Intimidation
- Physical harm or coercion
- Threats
- Financial pressures
- Unethical media reporting
- Slander on social media

The campaign brought together all Sri Lankans through a public pledge that called for action in ending violence against women in elections in order for women to have equal access and opportunities for active political participation.

A caravan carrying the pledge travelled around the island during the 16 days, obtaining over **6500 signatures** from the public to advocate for a violence-free election environment for women.

#ElectHer

www.gbvforum.lk/16days2017.php

JUSTICE FOR WOMEN THROUGH STRONGER LEGAL SYSTEMS



17%

of ever-married women in Sri Lanka have been victims of domestic violence by their intimate partner

Demographic & Health Survey (2016)

Strengthening the country's legal system in cases of violent acts on women, is imperative in addressing gender-based violence in Sri Lanka.

UNFPA works closely with the Government of Sri Lanka in strengthening policies and systems to foster a safer environment for women and girls.



The **Compendium on Law, Gender-based Violence and Reproductive Rights** published in December 2017 was a collaboration between UNFPA, the Human Rights Commission and Professor Savitri Goonesekere.

The Compendium on Law is a useful resource for legal practitioners especially in the judiciary when administering cases of gender-based violence and reproductive rights. It highlights areas of law and policy that need to be incorporated for the advancement of providing a complete and informed decision.

<https://bit.ly/2D0yco1>

CANADA SUPPORTS UNFPA TO ADDRESS SEXUAL AND GENDER-BASED VIOLENCE



The Government of Canada provided a grant of CDN\$900,000 to UNFPA Sri Lanka for the delivery of the project, 'Addressing Sexual and Gender-Based Violence through Public Institutions', by 31 March 2020.

The purpose of the project is to increase the capacity of the Government of Sri Lanka to advance Sexual and Reproductive Health and Rights (SRHR) and to effectively respond to sexual and gender-based violence in Sri Lanka. As the lead UN Agency in advocating for universal SRHR, and the Chair of the National Forum Against Gender-based Violence, UNFPA is well placed to ensure delivery of this project.

This CDN\$900,000 grant to UNFPA is part of Canada's CDN\$650 million comprehensive approach to address gaps in funding SRHR globally, and is a continuation of Canadian support in Sri Lanka for women's empowerment, political participation, and ending gender-based violence in line with their Feminist International Assistance Policy.



Celebrating International Women's Day
UNFPA joined the Ministry of Women and Child Affairs to walk with over 1,500 passionate individuals to celebrate women and commemorate International Women's Day in Sri Lanka!



TOWARDS A BRIGHTER FUTURE FOR SRI LANKAN YOUTH

While young people comprise a significant proportion of the population, many are unable to participate fully in society. Engaging youth is essential for a post-war nation such as Sri Lanka, where young people play an important role in nurturing lasting peace. Youth participation is also critical to achieving the Sustainable Development Goals. When empowered and given the right opportunities, youth can be effective drivers of change.

LOVE & PEACE AT THE CITY OF YOUTH

Yowunpuraya or the City of Youth is a leadership and outward-bound training program organized by the National Youth Services Council (NYSC), of the Ministry of National Policies and Economic Affairs of Sri Lanka. The event brought together 6,000 young people from all Districts and Provinces, and 100 international youth. The four-day youth camp held in Trincomalee from 29 March to 2 April 2017 consisted of exhibition stalls, competitions, interactive sessions and training programmes. UNFPA joined the youth camp with a learning space on **'Love and Peace'** – which aimed to increase awareness among youth about their **reproductive health, rights and role in peacebuilding**.



<https://youtube.com/watch?v=nx8F5Mt-BhE>

#Yowunpuraya



50%

of Sri Lankan male youth
claimed they didn't know about the
menstrual cycle

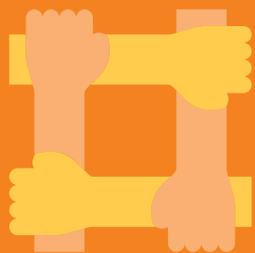


60%

of Sri Lankan female youth
said they didn't know about
the male reproductive
system or physiology

National Youth Health Survey:
Family Health Bureau, Ministry of Health,
UNFPA and UNICEF (2013)

YOUTH4YOUTH FOR A PEACEFUL SRI LANKA



68.5%

of youth in Sri Lanka
believed in the right to be
treated equally and without
discrimination

National Human Development Report (2014)

Youth4Youth is a youth led initiative, to provide a platform for young people to foster strategic public-private partnerships and to be active community leaders in nurturing lasting peace. The Youth4Youth programme bridges young people from the Northern, Eastern, Southern, and Central Provinces in Sri Lanka, through a series of regional symposiums that will lead up to a National symposia to take place in 2018.

The programme is delivered by UNFPA in partnership with United Nations Volunteers (UNV), and supported by the United Nations Peacebuilding Fund.



<https://youtu.be/CNepcRJWDOE> [#Youth4Youth](#) [#Youth4Peace](#)



IVOICE: ENABLING IDEAS & FOSTERING INNOVATION



4.4 Mn

young people aged between
15-29 years constitute
Sri Lanka's population

20.4 million: Sri Lanka's Population
at a glance, UNFPA (2015)

In an effort to promote youth participation in community development, the Sri Lanka Development Journalist Forum (SDJF) in partnership with UNFPA, ceremoniously launched iVoice: a digital content platform that promotes evidence-based community driven journalism on social issues.

To take this further, iVoice, supported by the UNFPA Innovation Fund, made a public call to youth around the Island to submit innovative ideas to address social issues in their communities. Over 100 innovative ideas were submitted and 20 ideas were shortlisted through a competitive process. The final stage of the competition comprised of a two-day residency workshop where participants were mentored to further develop their ideas into feasible projects. The iVoice Idea Competition supported 10 young individuals across Sri Lanka by providing seed capital of LKR 100,000 to implement and execute their projects.





<https://youtu.be/Ep3zN0a7DcQ> (Two-day residency workshop)
 <https://youtu.be/JNuMjUiMB3w> (Learn about the 10 projects)
 [#iVoice](#)

MEET KA YAN: INTERNATIONAL UN VOLUNTEER



1. What inspired you to take on the role of an International UNV?

The Aspiration in contributing for a better society, especially for youth.

Being a young person who is lucky to have had the chance to receive a good education, to be inspired by parents, teachers and peers, I wanted to try my best to inspire other youth to live their life and pursue their dreams to create a better world together.

Having participated in volunteer work over the past few years in Hong Kong, China, Singapore and other parts of the world, I realized my passion and the need to utilize my professional skills and knowledge to create a better world.

Being a professional in Business Management and Information Systems, I am detail-oriented and have good logical thinking skills. I found these skills to be useful during a previous internship as I was able to maximize their work and bring about greater impact for the community.

The UN is an international organization that works towards creating a better, harmonious and humanized world. Hence, apart from working on the ground, I was interested in making a difference by engaging at a policy and decision making level.

2. What has been a highlight of your time at UNFPA Sri Lanka?

Interaction with youth on my field mission to Jaffna for International Youth Day 2017

This was the first event I helped to organize at UNFPA in Sri Lanka. Our team organized a panel discussion, linking up community leaders with youth from the Northern Province. While the discussion was mostly in a local language, I could feel the enthusiasm from the young people as they discussed social issues and their role in community leadership.

Learning about the differences between Colombo and other parts of Sri Lanka has given me hands on experience in planning activities for young people that bring value and fit in with the local context.

It has also given me the opportunity to utilize my skills in photography, designing and event management.

During the event, I was responsible for taking voice cuts of young people. I can recall how a young lady teacher was initially hesitant to face the camera but ended up giving a really good voice cut after my encouragement. That moment taught me that youth are capable of doing better when there is opportunity and encouragement. This motivated me to work harder for young people during my stay at UNFPA Sri Lanka.

3. What professional skills have you gained during your time at UNFPA Sri Lanka?

The importance and value of strategic partnerships

It's usually difficult for organizations to create a big impact on society by working alone. Establishing mutual values and forming strategic partnerships with various stakeholders is essential for community work.

For example, prior to the opening of the Youth4Youth symposium, our team discussed the session objectives with the speakers in order to ensure that we share the same values and work together. While each stakeholder may have their own objective, discussions such as these help to facilitate mutual understanding among stakeholders.

The power of strategic communication

Media and communication play an important role in tackling social issues by influencing narrative change and lobbying for action.



In Sri Lanka, media coverage on Sexual Harassment in Public Transport successfully raised social awareness on this sensitive issue.

For our projects, we emphasize a lot on creating a positive narrative for young people.

Mindfulness about sustainability and working towards achieving the SDG's in daily life

Working with funding, there is a project cycle and a project end-date. However, as we are working for the community, our work should be continuous.

After Sri Lanka was classified a middle-income country, a number of NGOs and CSOs were unable to continue their work due to withdrawal of funding. It seems that this modality developed a reliance on funding for CSOs and as a result harms the community to some extent.

Learning from this, it is crucial to be mindful about project sustainability. Instead of re-creating a new cycle, it has been great to learn how the UN plays an active role in providing technical support and assistance in order for the community to drive social change.

4. What would you say was the greatest challenge?

Cultural differences

Being born and raised in Hong Kong, there are a number of social and cultural differences between my own country and Sri Lanka. My previous experiences in organizing activities for young people may not be applicable because of these differences.

It is challenging to understand the local culture and history in a short period of time and to contribute constructive opinions that fit in with the local context. At the beginning of my assignment, I used to be hesitant to give suggestions or advice. It took time for me to learn the local situation and to build confidence in actively participating in discussions with my team.

5. What advice would you give to people considering a similar career path?

Be proactive

Get ready and take action. Don't hesitate to share your thoughts and experiences which facilitate idea sharing that could create new opportunities.

Embrace the difference

Be ready to accept social and cultural differences. Respect every individual and be humble. Try to explore the similarity and difference among people and culture and learn from the differences. This helps to reflect on your own culture which we usually take for granted.

6. What are your future plans?

I will be heading back to Hong Kong. I am looking forward to further developing my professional skills and to pursue my career in the development sector. I was also invited by my university to share my experiences working as an IUNV at UNFPA Sri Lanka. It will be a great opportunity for Hong Kong University students to learn more about the United Nations and UNFPA, as well as how young people can play an active role in contributing to society.



YOUTH POTENTIAL IN RURAL SRI LANKA: DILKI'S STORY

BY TASHIYA DE MEL This article was originally published by UNFPA Sri Lanka in March 2017.



Neluwa, a remote town in the Southern district of Galle, Sri Lanka



The makeshift bridge still exists as a grim reminder of the past

Sri Lanka: 1 in 4 people are youth.

This means that there are 4.4 million young people between the ages of 15–29 years living in Sri Lanka.

As agents of change, young girls and boys have the ability to create lasting social change in their communities.

This is the story of Dilki—a 21 year old girl challenging stereotypes with her perseverance and community leadership.

Life in rural Sri Lanka

Dilki lives in a remote village in the town of Neluwa, located in the Southern District of Galle. Like most other rural areas, there is a lack of access to quality infrastructure and services here.



Dilki (centre) with her two friends Nilushika (L) and Lahiruka (R) who also played an integral role in the project

For most of her life, the only point of access to the next town was by crossing a makeshift bridge. This ‘bridge’ was one most would never dare to cross; an assimilation of cylindrical tree barks strung together horizontally.

To Dilki and the rest of her community—this was a normal commute. Often taken several times a day.

A tragic past

13 years ago when Dilki was just nine years old, she lost her father. Attempting to make his way across the bridge to visit her mother and newborn baby in hospital, her father plunged to his death.

The makeshift bridge still exists as a grim reminder of the past

In the years that passed nothing was done about the unstable bridge—largely due to lack of funds and resources. Although Dilki was forced to move on, she held on closely to the memory of the fatal accident that took the life of her father.

Inspiring Community Leadership

Things turned around in 2016 when Dilki and her friends submitted a proposal for a local competition: ‘Youth Got Talent’.

The proposal outlined plans to construct a safe and secure bridge that would replace the existing structure.

A few days later they were informed that their proposal was selected.

But there was a small issue—the seed money was minimal and would not be enough to complete the project.

“I was told that a girl can’t make a difference. But I accepted the challenge anyway” —Dilki

Initially disheartened, Dilki soon realized this roadblock was not going to stop her. She began campaigning with her friends, local politicians and government officials to mobilize funding for the project.

As president of the ‘Silver Stars’ Youth Club, Dilki turned to crowd funding, within and outside the club and community.

There was an overwhelming response. The locals of the area were all too familiar with the dangers of the bridge and wanted to finally bring justice to Dilki’s father.

Whether it was serving tea for those working on construction, investing resources or providing manual labour—the entire community came together to help make her dream, a reality.



Dilki and her friends presenting their proposal at ‘Youth Got Talent’ in August 2016

YOUTH POTENTIAL IN RURAL SRI LANKA: DILKY'S STORY



The inspiring community in Neluwa

“We hope our story inspires others and makes them more confident to achieve their goals” – Young community leader, Neluwa.

Three months after the first stone was laid, the bridge was completed.

An enabling environment

Youth officer at the National Youth Services Council, Mr. Deepala, reiterated the importance of young community leaders like Dilki.

He explains that Dilki’s story has inspired other young change makers in the country, and also added that a strong community culture is central to facilitating change.

“We are proud to see young people take the lead in our community. After all, they are the future” – Mr. Deepalal.



Mr. Deepalal shares more of the community background



The newly constructed 'Silver Stars' bridge—named after Dilki's Youth Club



Utilizing any and all resources—the community worked on the clock to complete the project.

Fulfilling youth potential

With such a large youth population, it is imperative that comprehensive youth policies are implemented at both National and Provincial-levels in the country. The United Nations Population Fund (UNFPA) in Sri Lanka, through its Youth Policy Programme works with Provincial Councils to bring together multi-stakeholders and convene the formulation of youth-specific policies.

At UNFPA, we work to ensure that young leaders like Dilki realize their true potential and have an enabling environment that will allow them to pursue their goals.

This is further echoed in the Sustainable Development Goals (SDGs)—part of a wider 2030 Agenda for Sustainable Development that promises to 'leave no one behind'. And the more recent UN Security Council Resolution 2250—that recognizes (for the first time) that young people play an important and positive role in the maintenance and promotion of peace.

Onto bigger things

Following the completion of their project, Dilki and her team received a lot of positive feedback.

Most importantly, their efforts were recognized, and they were subsequently awarded first place in 'Youth Got Talent'. The prize consisted of a large sum of money, which they hope to use to initiate a series of community development projects.

The scope of their work, as a community have also been recognized island-wide thanks to much media coverage, which has elevated them to somewhat celebrity status. But Dilki continues to be as humble as her beginnings, using her fame as a platform to inspire others.

Overcoming adversity is not always easy, but Dilki and her community continue to challenge stereotypes and illustrate the potential of young people in Sri Lanka.



A cautious, young girl is taken across the bridge with her father

இளைஞர்களுக்கான இளைஞர்களின் குரல்

BY USHANTHY GOWTHAMAN This article was originally published on www.iVoice.lk, a trilingual online advocacy platform supported by UNFPA Sri Lanka



இளைஞர்களின் பிரச்சனைகளை இளைஞர்களே தீர்க்கும் தளமான **Youth4Youth** இன் முதலாவது வடமாகாண ஒன்றுகூடலில் தான் கயனி என்று அழைக்கப்படும் கஜேந்தினி யோகேஸ்வரனை சந்திக்க முடிந்தது.

வடமாகாண இளைஞர்களின் வேலைவாய்ப்பு, சுகாதாரம் ஆகிய இரண்டு பிரதான பிரச்சனைகளை அலசிய அந்த நான்கு நாள் ஒன்றுகூடலில் தன்னுடைய சமூகம் சார்பில் கலந்து கொண்டிருந்தார் கஜேந்தினி. ஒரு சமூகமாக இளைஞர்களின் பிரச்சனைகளுக்கு தீர்வை பெற்றுக்கொள்வதில் இளைஞர்களின் பங்களிப்பு இருக்கவேண்டும் என்று ஆணித்தரமாக நம்பும் கஜேந்தினிக்கு வயது 19 மட்டுமே.

வட்டக்கச்சியை சொந்த இடமாக கொண்ட கஜேந்தினி வவுனியாவில் பிறந்திருந்தார். தந்தையை இழந்த அவரை பண்ணையில் வேலை பார்த்தபடி அவரது தாயார் தான் படிக்க வைத்துக்கொண்டிருக்கிறார். சாதாரண தரத்தில் போதுமான புள்ளிகள் பெறாத காரணத்தால் கயனிக்கு உயர்தரம் படிக்கும் வாய்ப்பு கிடைக்கவில்லை.

அதன் பின்னர் அவர் என்ன செய்ய வேண்டும் என்ற வழிகாட்டல் அவர் சார்ந்த சமூகத்தில் இருந்து அவருக்கு கிடைக்கவில்லை.

“சாதாரண தரத்தின் பின் நான் என்ன செய்யப்போகிறேன். எனது எதிர்காலம் என்ன ஆகும் என்ற பயம் எனக்கு இருந்தது.”

நாட்டின் இளைஞர்கள் பொதுவாக எதிர்கொள்ளும் ஒரு பிரச்சனையைத் தான் கயனியும் கடந்து வந்திருக்கிறார். உயர்தரத்தில் போதுமான புள்ளிகள் இல்லையென்றால் வாழ்க்கையில் முன்னேறிச் செல்வதற்கு எந்த வழிகளும் கிடையாது. நல்ல வேலை கிடைக்காது போன்ற சமூகத்தில் பொதுவாக நிலவும் கருத்துக்களால் பல இளைஞர்கள் தங்கள் திறமைக்கு குறைவான வேலைகளை தெரிந்து கொண்டு தங்கள் திறன்களை வீணடிக்கும் அவலம் நாட்டின் ஒரு சாபக்கேடே.

தேசிய தொழிற்பயிற்சி தகைமை தரம் 3 (NVQ-3) ஆனது சாதாரண தரத்துக்கு சமமானதெனவும், தேசிய தொழிற்பயிற்சி தகைமை தரம் 4 (NVQ-4) ஆனது உயர்தரத்துக்கு சமமானது எனவும் இலங்கை பல்கலைக்கழக மானியங்கள் ஆணைக்குழுவின் வெளியீடு தெரிவிக்கிறது.

உயர்தரம் கற்க முடியவில்லை என முடங்கிப்போகாமல் தொழிற்பயிற்சி கற்கக்கூடியவர்களை வழங்கும் அரசு மற்றும் தனியார் நிறுவனங்கள் மூலமாக இந்தத்தடங்கலை கடந்து செல்ல முடியும் என்ற விழிப்புணர்வு எத்தனை இளைஞர்களுக்கு இருக்கிறது? இது தொடர்பான வழிகாட்டலை எத்தனை பேரால் பெற்றுக்கொள்ள முடிகிறது?

கயனியின் விடயத்தில் அவர் தனக்கான பாதையை தெரிந்து கொண்டிருக்கிறார். எந்த வேலையாக இருப்பினும் தனக்கு குழந்தைகளோடு இணைந்து செயற்படுவது மனநிறைவைத்தரும் என்பதால் தன்னுடைய எதிர்காலத்தையும் அப்படியே வடிவமைத்துக்கொள்ள அவர் முடிவு செய்திருக்கிறார். கிளிநொச்சி தொழிற்பயிற்சி நிறுவனத்தில் குழந்தைகள் பராமரிப்பு கற்கக்கூடிய தற்போது படித்துக்கொண்டிருக்கிறார் கயனி.

அவருண்டு அவர் கல்வியுண்டு என்று இருந்த கயனிக்கு சமூகத்தின் முன்னேற்றத்தில் இளைஞர்களின் பங்களிப்பின் முக்கியத்துவம் குறித்த விழிப்புணர்வை ஏற்படுத்தியது ஐக்கிய நாடுகள் தொண்டர்கள் அமைப்பின் 2250 பிரகடனம் தொடர்பான கலந்துரையாடல் ஒன்றில் கலந்து கொள்ள அவருக்குக் கிடைத்த வாய்ப்பே ஆகும்.

என்னப்போன்ற இளைஞர்களுக்கு என்னால் ஏதும் உத்வேகத்தையோ வழிகாட்டலையோ கொடுக்கும் வாய்ப்பு கிடைத்தால் அதை நான் நிச்சயமாக செய்வேன் என்று உறுதியாக சொன்ன கயனி **Youth4Youth** தளத்தின் கிளிநொச்சி பிரதிநிதிகள் இருவரில் ஒருவராக தேர்வு செய்யப்பட்டிருந்தது குறிப்பிடத்தக்கது.

வெறுமனே பல்கலைக்கழக மாணவர்கள், பிற வலையமைப்புக்களோடு இணைந்திருக்கும் வழக்கமான இளைஞர்கள் தவிர சமூகத்தின் சகல நிலைகளிலும் இருந்து கயனி போன்ற இளைஞர்களின் குரல்கள் ஒலிக்க ஆரம்பித்திருப்பது மிகவும் வரவேற்கத்தக்க விடயமே.

A photograph of a woman with dark curly hair, wearing a blue hospital gown, lying in a hospital bed. She is smiling warmly at the camera. She is holding a newborn baby who is wrapped in a white blanket with a colorful pattern. The baby is sleeping peacefully. The background shows a hospital room with a white wall and a sign.

TOWARDS UNIVERSAL REPRODUCTIVE HEALTH AND RIGHTS

To maintain one's sexual and reproductive health, people need access to accurate information as well as safe, effective, affordable and acceptable contraception methods of their choice. They must be informed and empowered to protect themselves from sexually transmitted infections and, if and when they decide to have children, women must have access to services that can help them have a fit pregnancy, safe delivery and a healthy baby.

ROAD TO ADULthood

One in four people in Sri Lanka are between the ages of 15 and 29 years. This is a critical period in life for youth to develop accurate knowledge and attitudes on sexual and reproductive health and rights.

Recognizing the low awareness among youth on sexual and reproductive health issues, UNFPA together with the University Grants Commission, launched www.roadtoadulthood.lk - Sri Lanka's first online self-learning tool on reproductive health and rights.



The interactive e-course prepares youth in the transition from adolescence to adulthood – a time when sexuality and relationships are challenging. It consists of six modules:

- 1) Sexuality and Gender
- 2) Reproductive System
- 3) Contraception
- 4) Sexually Transmitted Infections
- 5) HIV/AIDS
- 6) Drug use

In February 2017, the University Grants Commission issued a circular instructing all Universities in Sri Lanka to include Road to Adulthood as an e-module in orientation programmes.

<http://www.roadtoadulthood.lk>



50%

**of Sri Lankan youth
are unaware about sexual and
reproductive health issues**

National Youth Health Survey: Family Health Bureau,
Ministry of Health, UNFPA and UNICEF (2013)



VALENTINE'S DAY: LEARNING ABOUT LOVE & SEX

Valentine's Day is universally celebrated to express love. To ensure youth in Sri Lanka make informed decisions about their bodies when it comes to love and relationships, UNFPA Sri Lanka joined hands with YAMU to develop a bold, yet informative, video, that was launched on Valentine's Day.

The video titled '10 Things You Should Know Before You Have Sex' was viewed by thousands of youth around the country. An article that further elaborated the content, was also shared widely on social media platforms, thereby increasing young people's awareness on their reproductive health and rights.

https://youtu.be/sldQ2vW_9vk

www.yamu.lk/blog/10-things-you-need-to-know-before-you-have-sex

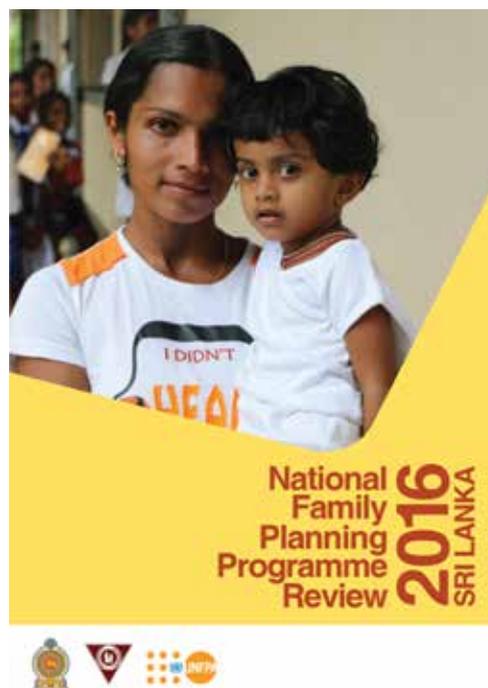


NATIONAL FAMILY PLANNING PROGRAMME REVIEW

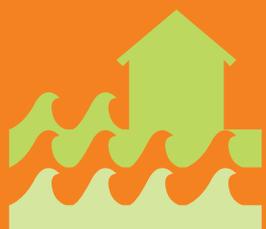
UNFPA supported the Ministry of Health, Nutrition and Indigenous Medicine and the Family Health Bureau in carrying out the first comprehensive review of the National Family Planning Programme (NFPP) in Sri Lanka.

This review provides a comprehensive analysis of the nature of Family Planning practices over the years. The objectives of the review are to conduct an assessment of existing services, identify current needs, determine the gaps in existing services, and provide recommendations to address these gaps.

<https://bit.ly/2GjNiFG>



PROTECTING WOMEN & GIRLS DURING EMERGENCIES



179,400

women and girls of
reproductive age were
affected by the May 2017
floods and landslides in
Sri Lanka

UNFPA Situation Report (Aug 2017)



In May 2017, one of the worst floods and landslides hit Sri Lanka leaving thousands of women and girls vulnerable. UNFPA supported on the ground with local partners to ensure that reproductive health of women and girls were integrated into emergency responses.

<https://youtu.be/zhWX8WVvTDE>

<https://bit.ly/2Lc7E79>





ROHINI, mother of newborn baby

“The trees behind our house fell for the impact of the landslide. Even today when it rains, I feel the same fear,” Rohini says, cradling her third child, who was born prematurely 2 days before the May 2017 landslides destroyed her village. The landslide blocked all access to roads, and left Rohini helpless, as she had to nurse and care for her newborn.

“I had no way of accessing any supplies for my baby. We lost everything.” Rohini is one of the many women who require post-partum care in emergency situations. As a mother of two older teenage daughters, she worries about their hygiene as well.

“The supplies that we received from UNFPA were a huge relief, even in a small way.”

With support from the Central Emergency Response Fund and the UNFPA Emergency Response Fund, UNFPA Sri Lanka distributed 2,000 dignity kits to help women and girls affected by the disaster to maintain their hygiene and health.

We also distributed 500 maternity kits for pregnant women and mothers of infants in support of antenatal, safe delivery, and post-partum care.



RAMYALATHA, Counsellor on the field

Ramyalatha works with a local partner organization "Women In Need". She is deployed to temporary shelters to provide psychological support to women and girls affected by disaster situations.

"When we first came to this camp in Ratnapura, the people were facing massive trauma and depression following the disaster. We conducted both group and individual counselling programmes, and also held sessions to increase awareness on gender-based violence."

She says that many women and girls were terrified after the disaster, and some were even suicidal. With consistent psychological support and vocational training provided at the campsite, they are now focused on a better tomorrow.

"They want to move forward with their lives now."

UNFPA Sri Lanka provided 'Women Friendly Spaces' for women and girls to feel physically and emotionally safe. At these safe spaces, UNFPA provided psychological assistance, and conducted programmes to increase awareness on gender-based violence.



CHAMILA, in need of health supplies

“At first I could not find my son. When we did, it took us 10 minutes just to get him out of where he was stuck,” says Chamila, looking at what used to be her home.

As a young mother, Chamila is concerned about her family’s safety and health needs.

Living in the camps means that she has limited access to health services, including family planning. The Reproductive Health Clinics supported by UNFPA has provided her access to doctors and enabled her to question them on sexual reproductive health matters, including family planning. She is vocal about what her family needs, and actively participates in the clinics.

“These clinics help me to make the right decisions about my family and their safety in this crisis situation.”

UNFPA Sri Lanka supported the provision of reproductive health clinics to strengthen sexual and reproductive health services in locations where local systems had been damaged.

These clinics brought much-needed services and supplies, including contraceptives, directly to populations affected by the disaster.

BECAUSE HER FUTURE IS OUR FUTURE

BY RITSU NACKEN



Since 1989, the world has collectively marked World Population Day on 11 July. This day provides a global platform for focused attention on the importance of population issues.

This year, the theme for World Population Day is ‘Family Planning: Empowering People, Developing Nations.’ As Sri Lanka launches the Review of its National Family Planning Program, this is indeed a timely topic. It provides a renewed opportunity for the country to reintegrate family planning into national policies and programs and to further understand its relevance and importance in achieving the 2030 Agenda for Sustainable Development.

But first, why is family planning so important?

Family planning = human right

Family planning is a human right. It provides a woman with the right to make an informed decision on whether, when, and how many times to become pregnant.

The 1994 International Conference on Population and Development (ICPD) marked a paradigm shift in the field of population and

development. It replaced a demographically driven approach towards family planning with one that is based on individuals’ and couples’ rights to decide freely and responsibly whether or when to start a family. This rights-based approach towards family planning recognises that people are actors in their own development, not just passive recipients of services.

Despite the recognition of the importance of family planning services, recent statistics show that some 214 million women who want to avoid pregnancy are currently not using safe and effective family planning methods. As a human right, it must be available to all who wish to have it.

Reaping economic benefits

Investing in family planning is not only the right thing to do, but also makes economic sense. It can help eradicate poverty and drive sustainable economic progress. When a woman can make a decision about her reproductive life, it gives her more opportunities to seek and keep better jobs. It helps her to contribute to family income, national development, and global prosperity. Clearly, benefit of family planning goes well beyond women’s health and wellbeing. Indeed, family planning is a national development issue.

More specifically, the new Guttmacher Institute research shows that for each dollar spent on contraceptive services, cost of pregnancy-related care is reduced by \$2.30 because access to contraceptive services reduces unintended pregnancies.

It is not a coincidence, therefore, that world leaders are meeting in London on this year’s World Population Day to discuss ways to expand access to voluntary family planning to 120 million additional women by 2020 – A global partnership called “FP2020”.

The FP2020 recognises the economic and social benefits of investing in family planning. It recognises that it is more economical and holds greater social benefits to invest in planning pregnancies than to invest in consequences of unplanned pregnancies or maternal death. Sri Lanka is also one of the FP2020 focus countries.

BECAUSE HER FUTURE IS OUR FUTURE

Reducing incidents of violence

Family planning is central to gender equality and women's empowerment, and could contribute to lowering the incidence of sexual violence. Gender-based violence is prevalent in many parts of the world, and despite all the efforts being made by Governments, we have a long way to go to effectively prevent and respond to such violence. Regular access to family planning health care provides an important entry point for screening of partner violence.

In Sri Lanka, the Ministry of Health recently introduced a package for newly married couples, which focuses on prevention of sexual gender-based violence and advice on family planning. Women who access family planning services and information exercise their right to make informed decisions and planned pregnancies. This results in better health outcomes and higher levels of education through informed decisions about their reproductive lives, thereby reducing instances of violence.

Towards global prosperity

Family planning is also part of the larger journey towards a more equitable and sustainable society. In September 2015, the 193 United Nations Member States unanimously adopted the 2030 Agenda for Sustainable Development. This comprises of the 17 Sustainable Development Goals (SDGs) that aim to transform the world by 2030. These goals are designed to eliminate poverty, discrimination, abuse and preventable deaths, address environmental destruction, and usher in an era of development that leaves no one behind.

Family planning is an integral part of the efforts to achieve the SDGs. It helps to achieve Goal 1, to eradicate extreme poverty, by allowing women to expand their options for education and work by planning pregnancies and to assist in leading a healthier life. Family planning supports the realising of Goal 3, for good health and wellbeing, by reducing maternal mortality through increased access to reproductive health services. Family planning also promotes Goal 5, for gender equality, by empowering women with the right to make an informed decision on their reproductive lives.

Family planning in Sri Lanka

In Sri Lanka, the unmet need for family planning is 7.1% (Family Health Bureau, 2014). The contraceptive prevalence rate is 66%, which includes access to traditional and modern methods of contraception. In comparison to the other countries in the region, Sri Lankans have wider access to family planning information and services. However, issues remain. Three key recommendations for Sri Lanka are: 1) dispelling misconceptions; 2) reducing maternal mortality; and 3) ensuring universal sexual and reproductive health services and information.

Recommendation 1: Dispelling misconceptions

A common misconception about family planning in Sri Lanka, and around the world, is that it is all about population control. This is an old concept, and the world has moved away from this demographically driven approach. Access to safe and voluntary family planning is a human right. It empowers a couple and individuals to decide when to have or not have children, and how many children to have or not have. It aims to avoid unwanted pregnancies and unsafe abortions through access to modern methods of contraception and information relating to traditional methods. Family planning also includes the treatment and prevention of subfertility for women and men.

Another common misconception about family planning is around the side-effects of modern contraceptives. All women must have access to reliable and accurate information on family planning by skilled healthcare workers. This ensures that women live happier and healthier lives, with more choices and opportunities.

Recommendation 2: Saving lives through family planning

In 2015, the Family Health Bureau reported 113 maternal deaths in Sri Lanka. Unmet need of family planning contributed to one in four of these preventable maternal deaths. We must all agree that even one preventable maternal death is too many.

Family planning saves lives. Women who choose family planning face a lower risk of maternal death. Children born to women who space their pregnancies tend to be healthier and face reduced risk of death in their first five years. Without access to family planning

services, women are unable to make informed decisions about their reproductive lives. Unplanned pregnancies and complications can be fatal. Investing in family planning means, therefore, stopping preventable maternal death.

Recommendation 3: Leaving no one behind

The success of the 2030 Agenda for Sustainable Development is in reaching the furthest behind first. In the Sri Lankan context, this includes the need to ensure accessibility of family planning services for widows, unmarried women, divorcees, people living with HIV/AIDS, people with disabilities, migrants and partners who have been left behind by migrant workers. In addition, youth is an under-served population group for family planning services.

According to the Family Health Bureau, 5% of maternal deaths were among single women who were divorced, unmarried, or widows in Sri Lanka (2015). According to the National Family Planning Program Review, vulnerable women are reluctant to access family planning services due to fear of stigmatisation. This data highlights the need to address the issue of discrimination and stigmatisation, and increase the quality of family planning services.

The need for universal access to sexual and reproductive health information and services among youth, including family planning, must be met. According to the National Youth Health Survey 2012-2013), Sri Lankan youth lack a basic level of understanding of sexual and reproductive health. Access to accurate information and equitable services empowers youth to make informed decisions about their bodies. Contrary to the myth that access to sexual and reproductive health information would facilitate early onset of sexual activities, data shows that sexuality education actually helps young people avoid risky behaviours, even delay sexual activities, and avoid being infected with sexually transmitted infections.

UNFPA's continued commitment to Sri Lanka

The launch of Sri Lanka's National Family Planning Program Review provides a renewed opportunity for the country to reintegrate family planning into national policies and programs and to further understand its relevance and importance in achieving the 2030 Agenda on Sustainable Development. UNFPA is proud to be part of this important and timely review in Sri Lanka. Going forward, we hope that the review helps the Government of Sri Lanka to further improve its policies and programs related to family planning.

UNFPA will continue to work closely with the Government of Sri Lanka and other partners to ensure universal access to family planning services. Family planning and sexual and reproductive health should be one of the strategic national priorities. At this occasion of World Population Day, 11 July, we invite you to deepen your understanding of family planning and its instrumental roles in national development because her future is our future.

FIGHTING STIGMA ON HIV



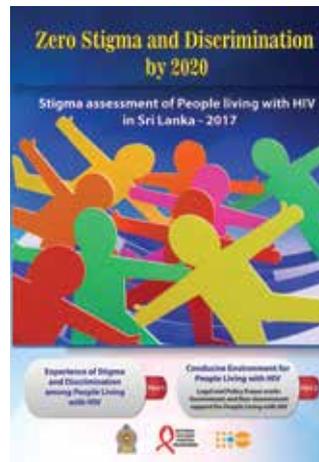
249
new cases of HIV were reported
in Sri Lanka in 2016

Stigma Assessment of People Living with
HIV in Sri Lanka (2017)



Stigma and discrimination are among the foremost barriers to HIV prevention, treatment, care and support. This undermines HIV prevention efforts by making people afraid to seek information on HIV services and modalities to reduce their risk of infection and to adopt safer behaviours.

UNFPA supported the Stigma Assessment of People Living with HIV in Sri Lanka 2017 published by the National STI/AIDS Control Programme of the Ministry of Health, Nutrition, and Indigenous Medicine. The publication is an important contribution to ensure that people living with HIV will not be left behind.



<https://bit.ly/2DP3yNk>



VOICES OF MIDWIVES

BY TASHIYA DE MEL This article was originally published by UNFPA Sri Lanka on 5 May 2017, in commemoration of the International Day of Midwives.



Sri Lanka, with a free health care system has much to boast in the provision of reproductive health services. The country's health indicators are often envied among its South Asian counterparts.

This is a result of investing heavily in maternal health since the beginning of the last century, which has reaped positive dividends in lowering the maternal mortality, to the lowest in South Asia?—?an impressive 33 per 100,000 live births.

The skill set of midwives play a crucial role here. Midwives save lives and support healthy families and communities.

Regional disparities

Despite these great advancements, regional disparities in the quality of healthcare still remain. The delivery of reproductive health services is not the same throughout all provinces of Sri Lanka, leading to inequality in health services and delivery in certain regions.

To get a more comprehensive understanding of the situation, the United Nations Population Fund (UNFPA), visited Poonagar, a community in the Eastern Province of Sri Lanka?—?located in the Medical Officer of Health (MOH) division of Eachilampattu.



The situation in Eachilampattu

Eachilampattu is located at the intersection of the Eastern and North Central province. Access to the area is not easy, and the scorching heat of the dry zone adds to the difficulty.

Eachilampattu is an area that was directly affected by the 26 year civil conflict in Sri Lanka, and was under the control of the Liberation Tigers of Tamil Eelam (LTTE) up until 2007. Today, Eachilampattu is home to around 3,000 families.

Consultant community physician, Dr. S. Arulkumaran, tells us that the health division has made great strides since the liberation from the LTTE.

“Vaccination coverage has increased to almost 100%, and no maternal deaths have been recorded in the past year”, he says.

There are still challenges, however.

Some politicians in the area lobby strongly against family planning programmes, which often interfere with MOH delivery of services.

Dr. Arulkumaran mentions that the Eachilampattu hospital has very basic facilities. Due to this, expecting mothers have to make the arduous, hour long journey (most often by bus) to the closest town, Trincomalee, to deliver their child.

VOICES OF MIDWIVES



“Due to the distance and isolation, skilled doctors and midwives are not willing to come and work in this area”—Dr. S. Arulkumaran.

Why Midwives Matter

The Public Health Midwives of the area echo other challenges.

“Language is sometimes a barrier” says Thilini, a young midwife working at the local hospital. While the majority of the population in the Eastern Province speak Tamil, the doctors and midwives that have been transferred from other parts of the country are only fluent in Sinhala.

English is not usually spoken in and around the communities.

“It was initially a struggle since we all spoke different languages,

but we have now learned the local languages and are better able to communicate with each other, and the community”.

The supervising public health midwife, Arulrajah Gowri, believes that teenage pregnancy and early marriages are the main issues in the community. “Some are given-off in marriage as early as 16 years”, she says.

Gowri shares a story of young 13-year-old girl in her community.

The young girl’s parents were away at work during the day, so she would spend a lot of time at the next house. When the girl suddenly became ill, her parents were shocked to learn that their daughter was pregnant. It was later revealed that the father of the baby was their neighbor—a married man with two children.



When Gowri got news of the incident, she met with the girl and her parents to have a discussion and advise them on their options.

How Midwives save lives

This incident created ripples within the community. But there was a silver lining.

Together with other midwives, Gowri has initiated a series of awareness programs on reproductive health in schools and community centers. She mentions that the programs have been received well within the community, with the parents and teachers extending their support.

These anecdotes affirm the critical role midwives play.

Thanks to midwives like Gowri and Thilini, births are made safer and women and girls can exercise their right to sexual and reproductive health services. Often, these midwives are key figures in their small, rural communities, and act as a solid support system for the people living here.

Since its inception in Sri Lanka, UNFPA has been supporting the Ministry of Health to strengthen the capacity and services delivered by midwives around the island. Recently, UNFPA supported the Family Health Bureau in the revision of the public health midwives curriculum, yet another step towards ensuring all women and girls in Sri Lanka have access to quality reproductive health care.

Challenges and gaps

The village of Poonagar is a great example of how midwives and health workers are pushing boundaries in their field, despite regional disparities. If Sri Lanka is to move forward and achieve universal success in its health indicators there needs to be an enabling environment for midwives to effectively serve the needs of women and girls.

The need to address these issues is a must in the journey towards achieving the 2030 agenda, while leaving no one behind.

On Midwives Day and every day, let's honour midwives and their efforts in saving lives in Sri Lanka, and around the world.

ශ්‍රී ලංකාවේ පාසල් පෙළපොත් හා ප්‍රජනන සෞඛ්‍යය අධ්‍යාපනය

අපේක්ෂා ප්‍රයෝජන



ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය පාසල් විෂය නිර්දේශයට හඳුන්වා දෙන්නට යනවා ය කියා හඳුන්වන සමාජ ජාලවල ඇවිලෙනවා. පාසල්වල ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය විධිමත් කිරීමේ පියවර දැන් ක්‍රියාත්මක වෙමින් තිබෙනවා. ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය කියන්නේ ලිංගික අධ්‍යාපනය නෙමෙයි.

මේ අතරතුර අධ්‍යාපනය විධිමත් කිරීම පහසු කාර්යයක් නො වන බවට උදාහරණයක් ලෙස 2010 වසරේදී සිදු වූ සිද්ධියක් දැක්විය හැකි ය. විදේශ දරුවන් ද අධ්‍යාපනය ලබන ප්‍රධාන පෙළේ පෞද්ගලික පාසලක් වූ කොළඹ ජාත්‍යන්තර පාසල විසින් වයස අවුරුදු 11 - 12 අතර සිසුන්ට ජාත්‍යන්තර වශයෙන් භාවිතා වන පෙළ පොතක් වන ජෝ ජෝන්ස්ගේ **Moral Issues** හඳුන්වා දීමත් සමඟ දේශීය දෙමව්පියන්ගෙන් බරපතල විරෝධයක් මතු විය.

වයස අවුරුදු 10 - 19 අතර වයස් කාණ්ඩයේ ළමයින්ට නිසි ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනයක් නො ලැබෙන්නේ ද යන ගැටලුව කෙරෙහි අවධානය යොමු කරමින් 2015 වසරේදී රජයේ පාසල්වල පෙළ පොත් අන්තර්ගතය අධ්‍යයනය කළ අපට දක්නට ලැබුණේ ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය හා සම්බන්ධ විද්‍යාත්මක හා සමාජමය කරුණු රාශියක් එම පොත්වල සාකච්ඡා කරන බවයි. (මෙම අධ්‍යයනයට අදාළ වූණේ 2015 වන විට භාවිතයේ පැවති පෙළ පොත් ය.)

ඒ වන විට රජයේ පාසල්වල භාවිතයේ පැවති පෙළ පොත් ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය වෙනුවෙන් ලබා දී තිබෙන ඉඩකඩ පිළිබඳ අපගේ අධ්‍යයනයෙන් සොයා ගත් තොරතුරු මෙසේ ය:

මිනිසාගේ ප්‍රජනන පද්ධතිය පිළිබඳ මුල් වරට විධිමත් හඳුන්වා දීමක් දරුවාට කරන්නේ 7 ශ්‍රේණියේ විදුහල පෙළ පොතෙහි ය.

7 ශ්‍රේණියේ සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය පෙළ පොතෙහි 'සෞඛ්‍යයට අදාළ අභියෝග ජය ගනිමු' යන පාඩමෙහි ඒඩ්ස් රෝගය ගැන අධ්‍යාපනයක් දරුවාට ලබා දෙන ලදී. එහි ම 'යෞවනයට අත්වැලක්' යන පාඩමෙන් දරුවා ලිංගික අධ්‍යාපනයකට සූදානම් කිරීමක් සිදු විය.

ළමයින් හට යොවුන් වියට වළඹෙමින් සිටින 8 ශ්‍රේණියේ සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය පෙළ පොතෙහි ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය ස්පර්ශ වී යන 'යෞවන අවශ්‍යතා' යන පාඩමක් තිබේ.

9 ශ්‍රේණිය සෞඛ්‍යය හා ශාරීරික අධ්‍යාපනය පෙළ පොතෙහි 'ප්‍රමිතිර් බවෙහි අභිමානය සුරකීම' මූලයන් අනතා ලිංගික අධ්‍යාපනික පාඩමක් අඩංගු වේ. එහි ලිංගික අනන්‍යතාව, ලිංගිකත්වය යනපත් අන්දමින් යොදා ගත හැකි ආකාරය, එය අයහපත් අන්දමින් යොදා ගැනීමේ ආදීනව, වගකීම් සහගත ලිංගික චර්යා, ස්ත්‍රී - පුරුෂ සමාජභාවය, ගැබ්ණි අවස්ථාවේදී පුරුෂයාගේ කාර්යභාරය, ළමා සංවර්ධනයේදී පුරුෂයාගේ දායකත්වය වැනි කරුණු සාකච්ඡා කෙරේ. 'සමාජයීය අභියෝගවලට සාර්ථක ව මුහුණ දෙමු' යන පාඩමෙහි යෞවනෝදය, අපචාර, ඒඩ්ස් වැනි කරුණු කාලිනව සාකච්ඡා කෙරේ.

10 ශ්‍රේණියේ විද්‍යාව පෙළ පොතෙහි 8 පාඩමෙහි 'ජීවීන්ගේ ලාක්ෂණික සහ ප්‍රජනනය' පිළිබඳ කෙටි විස්තරයක් දැක්වේ.

10 ශ්‍රේණියේ විද්‍යාව පෙළ පොතෙහි ඔප්වයේ අඩණ්ඩිතාවලට පාඩමෙහි යොමුකළුව, ද්විතීයික ලිංගික ලක්ෂණ, ස්ත්‍රී හා පුරුෂ ප්‍රජනක පද්ධති, ආර්තව වක්‍රය, සංසේචනය, කළලයේ වර්ධනය, ලිංගිකව සම්ප්‍රේෂණය වන රෝග ආදී ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය හා සම්බන්ධ විද්‍යාත්මක කරුණු රැසක් සාකච්ඡා කෙරේ.

රට අමතරව, ප්‍රවේණිය හා සම්බන්ධ වූ 20වන පාඩමෙහි මිනිසාගේ ලිංග නිර්ණය, මානව ප්‍රවේණික ආබාධ යන ජන විද්‍යාත්මක කාරණා සාකච්ඡා කරනු ලැබේ.

10 ශ්‍රේණිය සෞඛ්‍යය හා ශාරීරික අධ්‍යාපනය විෂය නිර්දේශය යටතේ 'ළමා වියේ සංවර්ධනය පිළිබඳ දැනුම්වත් වෙමු' යන 1 පාඩමෙහි වයස අවුරු 10 දක්වා ළමා විය පිළිබඳව ද, මවක වීමට පෙර දැන ගත යුතු කරුණු, පූර්ව ප්‍රසව අවධිය යන ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය හා සම්බන්ධ කරුණු ද කෙටියෙන් සාකච්ඡා වේ. එම පෙළ පොතෙහි ම 'ජීවිතයේ මුහුණ දීමට සිදු වන අභියෝග ජය ගනිමු' යන 10 පාඩමෙහිදී යෞවනෝදයේ ගැටලු පිළිබඳ සාකච්ඡා කිරීමට අවස්ථාවක් ලබා ගෙන හැක. එහෙත්, එහි ලිංගික අතවර හා අපයෝජන පිළිබඳ සාකච්ඡා කෙරේ.

එහි ඔසිරුරේ නිරෝගී බව රැක ගනිමු යන 08වන පාඩමෙහි ප්‍රතක පද්ධතිය පිළිබඳ අනතා පාඩමක් ඇතුළත් වේ. එහි ආර්තව වක්‍ර හා ස්ත්‍රී ප්‍රජනක නෝමෝන, පුරුෂ ප්‍රජනක පද්ධතිය, ලිංගික අවයව ආශ්‍රිත රෝග, ප්‍රජනක පද්ධතිය ආශ්‍රිත රෝග වළක්වා ගැනීමට කළ හැකි දේ ඇතුළත් වැදගත් කාරණා රැසක් සාකච්ඡා කෙරේ.

10 ශ්‍රේණිය ගෘහ ආර්ථික විද්‍යාව පෙළ පොතෙහි 'යෞවන වියේදී මුහුණ පෑමට සිදුවන වෙනස්වීම්වලට අනුවර්තනය වීම සඳහා සහාය වෙයි' යන පාඩමෙහි ද ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය හා අදාළ වන කරුණු සාකච්ඡා කෙරේ.

11 ශ්‍රේණියේ විද්‍යාව පෙළ පොතෙහි ජීව විද්‍යාව දෙවන පාඩම සම්පූර්ණයෙන් ම වෙන් වෙන් ප්‍රජනනය පිළිබඳ සාකච්ඡා කිරීමටයි. 'ජීවීන්ගේ දේහ කෘත්‍ය කෙරෙහි බලපාන යාන්ත්‍රණ' හා 'ප්‍රවේණිය හා පරිණාමය' යන පාඩම්වල ද ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය හා සම්බන්ධ කාරණා සඳහන් වේ.

11 ශ්‍රේණිය සෞඛ්‍යය හා ශාරීරික අධ්‍යාපනය පෙළ පොතෙහි ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනයට වැදගත් වන්නා වූ පාඩම් කීපයක් ම තිබේ. ඒවා නම්,

- ළමා වියෙන් වැඩිහිටි වියට
- යොවුන් වියේ වෙනස්වීම්වලට සාර්ථකව මුහුණ දෙමු

උසස් පෙළ විෂයමාලාවන්හි ජීව විද්‍යාව විෂය නිර්දේශයේ හැර වෙනත් විෂයක ලිංගික අධ්‍යාපනයට සෘජුව අදාළ වන කරුණු සාකච්ඡා කෙරෙන්නේ නැත.

කෙසේ වෙතත්, බ්‍රියාත්මක විෂය නිර්දේශානුකූලව පාසලේ 11වන ශ්‍රේණිය වන විට සිසුන් ලිංගික හා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපනය හා සම්බන්ධ සැලකිය යුතු දැනුමක් ලබා ගත යුතුව තිබේ. එසේ නො වන්නේ නම් කොතැනක හෝ ගැටලුවක් තිබිය යුතු ය. එය කුමක් ද යන්න සොයා බැලිය යුතු ය.

වර්තමානයේ භාවිතා වන පෙළ පොත් සම්බන්ධයෙන් මෙවැනි අධ්‍යයනයක් කළ යුතුව තිබේ.



A photograph showing a group of women and children. In the foreground, a woman in a black and yellow striped shirt is smiling and holding a baby wrapped in a white cloth. To her right, another woman in an orange shirt is looking towards the camera. In the background, other women and children are visible, some smiling. The scene appears to be outdoors or in a well-lit indoor space.

TOWARDS POLICIES BASED ON POPULATION DATA

Population trends play a powerful role in development, and must therefore be factored into planning and policy decisions. Population size and structure impact a country's economy and its potential to provide quality services. As the lead UN Agency on Data for Development in the UN System in Sri Lanka, UNFPA strives to ensure evidence-based policy making for a better Sri Lanka.

POPULATION AGEING & POLICY IMPLICATIONS



Population ageing is accelerating in Sri Lanka at a faster rate than any other country in South Asia.

With such a rapidly ageing population, it is imperative for policy makers to ensure that social and economic institutions in the country are ready to face its implications.

UNFPA works to raise awareness about population ageing and the need to harness its opportunities and challenges. In partnership with the Department of Census and Statistics (DCS), UNFPA published a thematic report on the Ageing Population of Sri Lanka. This report provides comprehensive analyses on important aspects of Sri Lanka's population dynamics.

In addition, UNFPA held its fourth Generation-to-Generation dialogue bringing together three generations to collectively voice opinions on issues relating to Sri Lanka's socio-economic development.



**1 in 5 people will be
above the age of 60 years
in Sri Lanka by 2030**

Department of Census and Statistics (2012)

POPULATION AGEING & POLICY IMPLICATIONS



www.facebook.com/UNFPASriLanka/videos/1642912002407270/php

<https://bit.ly/2MGRSWq>

AGEING IS A TRIUMPH OF DEVELOPMENT

BY RITSU NACKEN This op-ed was released to the media on 1 October 2017 in commemoration of the International Day for Older Persons. It was translated to local languages, and appeared in a number of English, Sinhala, and Tamil newspapers.



Ageing is an issue close to my heart. I come from the country with the highest percentage of elderly people in the world. By 2050, almost half of the population in Japan will be above the age of 60 years. The lessons we have learned as a country are plenty; and the learning continues.

In Japan, it is customary for the eldest son's wife to take care of the grandparents. My mother was such a wife. As a working mother herself, she had to travel over 8 hours by train to care for my paternal grandmother who was unfortunately paralyzed. This caused a lot of strain on our family, and as the daughter, I had to juggle the duties at our home when I was 15 years old. This is a common trend in many families in Japan, and such situations often result in abuse, neglect, suicide, or even murder of the elderly, due to societal obligations of keeping with traditions and customs, and lack of affordable care services. This also often hinders opportunities for women to actively

contribute to the workforce and to enjoy equal rights to fulfill their potential.

But ageing does not need to be like this. It should not be seen as a burden. Ageing is a triumph of development. It is an indication that people are living longer with better nutrition. It is an indication of better healthcare. And it is an indication of better education and economic well-being.

By 2030, it is projected that one in five people in Sri Lanka will be above the age of 60 years. This is 20 per cent of the population that can play a vital role in society. The elderly can contribute to society as educators, workers, volunteers, caregivers, and as sources of knowledge and historical memory. They are also important leaders; often playing a role in conflict resolution within families, in communities, and even in emergency situations.

AGEING IS A TRIUMPH OF DEVELOPMENT

But they eventually need caregiving, a responsibility that often falls on their families, particularly women. But with declining fertility and increasing urbanization, traditional family support networks may not be the best solution, similar to my situation in Japan. This is why options such as social protection systems through increased Government, private-sector, and community engagement is necessary. Such systems cannot be put in place overnight, and therefore, Sri Lanka must plan now to ensure the right policies are in place to enable such elder care systems that can provide the necessary social protection for the projected 4.7 million elderly people by 2030.

It is important to be prepared to reap the benefits of this demographic shift. And to do so, first and foremost, we need to take a positive approach towards population ageing. Ageing can be an opportunity to envision a society with a new reality and a new mindset. Rapid economic growth may not be a realistic vision as population ageing comes with low fertility and population decrease. But we could shift our focus and work further towards a more sustainable, inclusive and equitable society.

It is also important for Sri Lanka to invest in its youth, now. First, investing in youth is the right thing to do, but moreover, healthy and productive young people are needed to support the current elderly population. Young people need to have access to education and employment opportunities, and also to quality sexual and reproductive health services and information, in order to achieve their fullest potential. This will enable them to actively contribute to the economy and thereby support the dependent population. In addition, when we invest in the current generation of young people, we are investing in the future generation of the elderly. If young people take care of their health, and acquire knowledge, skills, and experience that prepare them well for their retirement age, they would need less support from society. This is why some countries invest in developing personal financial management skills of the younger generation, particularly women, who usually live longer, but are often more at risk of poverty.

It is also crucial to develop and implement policies and programmes, which address the needs of the most vulnerable older persons. This includes the elderly with disabilities, mental health challenges, those living alone, and elderly women that head households. These segments of the elderly population are the most vulnerable, and are often subject to discrimination and abuse.

Experience from other countries shows that it is critical to create an environment where there are many options for affordable care and support for these vulnerable people, including community-based care and elderly homes. Social stigma on institutional care should be eliminated because it is sometimes the only and best option for the elderly and their families. Needless to say, effective regulatory framework and quality of care standards need to be established to avoid potential abuse and neglect in elderly homes.

As Sri Lanka ventures on its journey forward in line with the Sustainable Development Agenda, it is imperative to envision 2030 as a Sri Lanka with an ageing population. It is imperative for the government to set up policies and programmes to effectively prepare for an aged society. And it is imperative to realize that population ageing is not a burden, but a triumph of development.

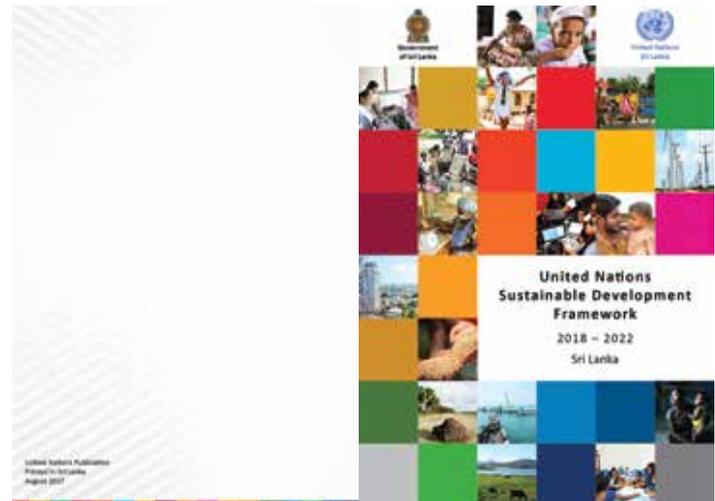
LEADING DATA WITHIN THE UN SYSTEM IN SRI LANKA

In 2017, The United Nations (UN) and the Government of Sri Lanka signed the 2018-2022 UN Sustainable Development Framework (UNSDF), the agreement which pegs UN assistance to Sri Lanka's long-term development priorities.

The UNSDF consists of four drivers: 1) Towards improved data, knowledge management and evidence-based policy, 2) Strengthened, innovative public institutions and engagement towards a lasting peace, 3) Human security and socio-economic resilience, 4) Enhancing resilience to climate change and disasters and strengthening environmental management.

UNFPA is the lead United Nations Agency driving Data for strengthened policies and decision-making within the UN system in Sri Lanka.

 <https://bit.ly/2kEpAve>

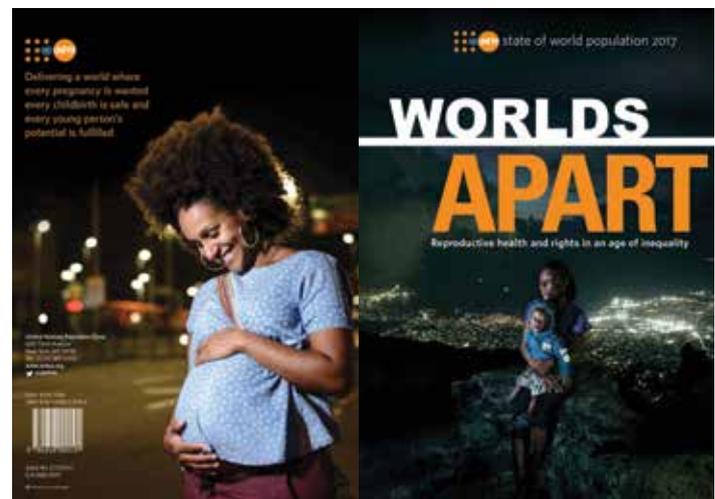


STATE OF WORLD POPULATION 2017

The 2017 State of World Population titled 'Worlds Apart: Reproductive Health and Rights in an Age of Inequality' was globally launched in October 2017. The report highlights that unless inequality is urgently tackled and the poorest women are empowered to make their own decisions about their lives, countries could face unrest and threats to peace and development.

In Sri Lanka, the flagship publication was presented by the UNFPA Representative Ms. Ritsu Nacken, to Deputy Minister Ms. Sudarshini Fernandopulle, and the Director-General of Health Services, Dr. Jayasundera Bandara

 <https://bit.ly/2ysDvun>



With successful completion of the 8th Country Programme cycle and in line with the new programme cycle from 2018 to 2022, UNFPA will continue to:

Empower Adolescents & Youth

By creating an enabling environment for young people where young people can participate in national development and peacebuilding processes with the knowledge and skills about their sexual and reproductive health and rights

Promote Gender Equality & Women's Empowerment

By preventing and addressing gender-based violence through strengthened national policies and systems that advance gender equality and reproductive rights

Advocate for Policies based on Population Data

By strengthening capacity for use of population data for decision-making to address inequalities, and advance the International Conference on Population and Development (ICPD) Programme of Action

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