



**USAID**  
FROM THE AMERICAN PEOPLE



**PEPFAR**  
U.S. President's Emergency Plan for AIDS Relief

**4Children**  
Coordinating Comprehensive Care for Children

# Preventing Violence and HIV

4Children Lesotho's Experience with  
Parenting for Lifelong Health Teen

Molarisi Mehale  
CRS Lesotho

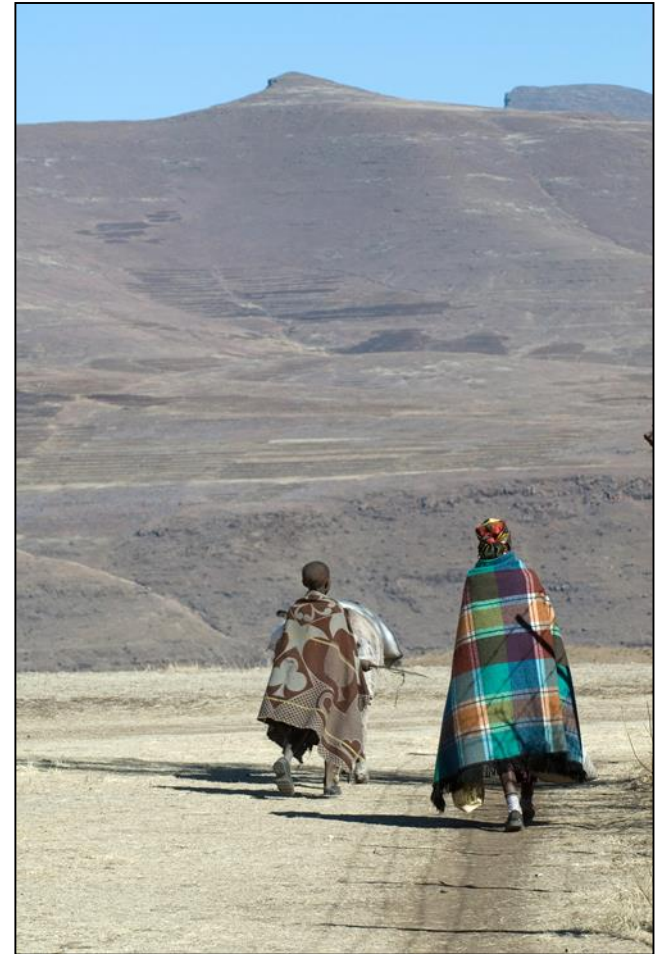
OVC Conference 2019  
Washington, D.C.  
May 29, 2019



*This presentation is made possible by the generous support of the American people through the United States President's Emergency Plan for AIDS Relief (PEPFAR) and the United States Agency for International Development (USAID) under cooperative agreement AID-OAA-A-14-00061. The contents are the responsibility of the Coordinating Comprehensive Care for Children (4Children) project and do not necessarily reflect the views of USAID or the United States Government.*

# Lesotho Context

- Adult HIV prevalence (25%)<sup>1</sup>
- Youth HIV prevalence
  - Female (11%); Male (4%)
- Experience any violence in childhood:<sup>2</sup>
  - Female (43%); Males (59%)
- Pressured or physically forced sex at first sexual experience:<sup>2</sup>
  - Female (18%); Male (1%\*)
- HIV and Violence among 13-24 Year Olds:<sup>2</sup>
  - Female (7%); Males (2%)
- 11% of girls married or lived with someone as if married prior to age 18



David Snyder/CRS

<sup>1</sup> Summary Sheet: *Preliminary Findings. Lesotho Population-based HIV Impact Assessment 2016-2017*. December 2018.

<sup>2</sup> *Lesotho Violence Against Children Survey 2019*. High Level Priority Indicators. \* Unreliable estimate.

# Response: 4Children DREAMS Project

- Jan. 2016 – Sept. 2019
- Maseru and Berea Districts
- Multiple interventions, including strengthen families of AGYW with *Parenting for Life Long Health (PLH)*
- Reached 54,370 adolescent girls and young women (AGYW) and caregivers with parenting



Photo: Sentebale

# Parenting for Lifelong Health (PLH)

- Sinovuyo Teen in South Africa
- Evidence-informed parenting curriculum designed to prevent violence
- 14 session facilitated by a trained facilitator with caregiver-adolescent pairs
- Weekly supervision ensures quality and fidelity
- Highly participatory

## Sessions

1. Introducing the program and defining participant goals
2. Building a positive relationship through spending time together
3. Praising each other
4. Talking about emotions
5. What do we do when we are angry?
6. Problem-solving: putting out the fire
7. Motivation to save and making a budget with our money
8. Dealing with problems without conflict I
9. Dealing with problems without conflict II
10. Establishing rules and routines
11. Ways to save money and making a family savings plan
12. Keeping safe in the community
13. Responding to crisis
14. Widening the circle of support



# Adaptations to PLH in Lesotho

- Contextualized and translated
  - Sinovuyo Teen to *Rethabile* (Happy Together)
- Combined into 8 sessions
- Strengthened HIV modules to:
  - Improve caregiver-adolescent communication about HIV
  - Promote adherence among HIV-positive adolescents



# Key Findings

- Decrease in sexual risk taking from 30 to 68%, depending on participant age<sup>3</sup>
- Higher measures of self-efficacy and hope
- Increase ability to discuss sensitive topics with caregivers



Nancy McNally/CRS

<sup>3</sup> Fact Sheet: Understanding the Effect of the DREAMS/4Children Program on AGYW Empowerment and Family Strengthening in Lesotho.

# Participant Perspectives

Photo: Francesca Stuer



*“Before, when there was conflict, I would react immediately. But now I wait, let emotions calm down first, and then intervene when everyone is more able to be reasonable.”*

*- Matsepo, Caregiver and Rethabile Participant*



# Path forward

- Continue to sequence parenting with 4Children Violence Against Children Prevention manual and savings groups (e.g., SILC)
- Combine parenting and cooking demonstrations
- Expand *Rethabile* implementation
  - Geographically
  - To men and boys
  - Through the social service workforce



Carrie Miller/CRS

# Re a leboha



Nancy McNally/CRS