



## **Economic and Social Council**

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### **Commission on the Status of Women**

#### **Fifty-ninth session**

9-20 March 2015

**Follow-up to the Fourth World Conference on Women and  
to the special session of the General Assembly entitled  
“Women 2000: gender equality, development and peace for  
the twenty-first century”**

### **Statement submitted by To Love Children Educational Foundation International, a non-governmental organization in consultative status with the Economic and Social Council\***

The Secretary-General has received the following statement, which is being circulated in accordance with paragraphs 36 and 37 of Economic and Social Council resolution 1996/31.

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\* The present statement is issued without formal editing.



## Statement

Healthy & Smart: Designed to accommodate community, instructor-to-student, peer-to-peer, or parent to child instruction in formal or informal settings. The Programme's strengths lie in its short, comprehensive chapters and adaptability.

Healthy & Smart is easy to use, does not require many resources, and can be adapted to address any, nation, state, or a local community's need for health education, in any setting, anywhere in the world. To maximize its usefulness and accessibility, local volunteers may translate it into a local language. Our focus on preventing HIV transmission is part of our overall integrated educational strategy and mission to provide sustainable educational development and leadership opportunities for girls. We believe this approach ultimately breaks the cycle of poverty.

Healthy & Smart continues as a work in progress; updates posted on our website reflect the latest research, methods, best practices, and information. A new chapter on Leadership and Leadership Core Competencies was added in alignment with United Nations Governance and Post-2015 Development Framework.

Healthy & Smart is indispensable learning for anyone trying to understand the process by which to remain HIV/AIDs free. The editor's goal was to justify unmistakably the relationship of critical thinking, mental health education, empowerment of girls, use of creativity, and happiness theory for the practitioner and youth to discuss and implement.

The accumulation of knowledge about HIV and AIDS has been fast and fascinating. Since the 1980s, when the disease was officially identified and medically described, a phenomenal amount of information was gathered. Much more requires to be known and even some of the available information requires to be verified. However, there is now a huge body of concretely and scientifically grounded knowledge about the disease. Thus, it is appropriate to select, teach, and transfer this knowledge to the youth of the world, who are our current and future generations.

We uniquely focus on peer-to-peer training to equip youth to prevent themselves from getting HIV/AIDS, but also to challenge their thinking and curiosity to acquire more knowledge and seek better solutions. Thus, this training should enable them to design strategies towards eliminating HIV/AIDS. The dream is that an AIDS-free generation is realized.

The teaching of this Programme will spark many questions, some of which may not be answered — indeed not, even by using current available knowledge. Inevitably, these questions will lead to more research and improved revisions of this curriculum.

The curriculum may be adapted and taught at various school levels and ages. For practical learning purposes of prevention of HIV and AIDS, Healthy & Smart: A Prevention Curriculum for Youth's focus has a broad and holistic approach. It includes relevant aspects such as: basic facts of biological science, the human body, the virus; sexual and reproductive health, sexually transmitted diseases; it also includes AIDS associated issues: drugs, alcohol, stigma, and mental illnesses. Additionally, the book has integrated new and old values, communication, and

decision-making, building life skills; and it has employed culturally relevant teaching methods

Healthy & Smart promotes a multi-pronged “ABCDEF” approach to behavioural change to prevent transmission of HIV. A = Abstinence, B = Be Faithful, C = Condom, D = Drugs, do not take, inject, share needles, E = Empowerment with life skills, and F = Financial Independence. It is my hope and wish that the curriculum provides the inspiration and guidance to teach the youth of the world about HIV/AIDS prevention and at the same time enables us all to learn better ways of managing this global pandemic.

### **Healthy & Smart programme rationale**

Dr. David Kenneth Waldman developed the idea and To Love Children implemented the Healthy & Smart Programme in response to the escalating HIV/AIDS crisis, particularly among young women. HIV has not only significant biological and social costs, but is also detrimental economically, as HIV and AIDS are known to hamper efforts to reduce poverty, have negative impacts on educational development, and often increase the numbers of people living in extreme poverty.

The domino effect occurs because AIDS without treatment usually kills sexually active adults; thus, it tends to affect a country’s labour force most, as documented by the World Health Organization. The resulting poorer economic revenues then negatively affect the education and health services, which in turn leave behind orphaned children and grandparents, an added burden on the community or the state.

In addition, one of the more unfortunate corollaries to a HIV-related death in poorer households is the removal of the children (especially girls) from school. Often school uniforms and fees become unaffordable for families and a child’s labour and income-generating potential are now required in the running of the household.

Young women in particular are especially vulnerable in the current AIDS pandemic. Not only are they physically more susceptible to HIV during heterosexual sex, they are often socially disadvantaged in preventing HIV contraction. Many countries still have patriarchal rules governing women’s place in sexual relationships.

- Women in some cultures are not allowed to select sexual partners or the person they choose to marry. In such situations where men dominate, a woman is unlikely to be able to insist on the use of condoms, or to take measures to protect herself from HIV.
- The cost of HIV within a family also affects women disproportionately, as the burden of care usually falls on them.
- Older women frequently assume the duties of caring for ailing adult children and subsequently parenting their orphaned children.
- Women are often also responsible for producing an income or food crops, which may suffer because they are unable to assume so many responsibilities at once.

- Women caring for orphans and sick children may also be isolated socially because of AIDS-related stigma and discrimination, which also means that family support, is not a certainty.
- When women themselves become HIV-positive, they, too, are often rejected, and may have their property seized when their husband dies.

### **Healthy & Smart Programme**

We consulted with the World Health Organization, in the development of the Programme. Additionally, HIV/AIDS experts on traditional teaching method were consulted in order to make the Programme interactive and impactful by using activities, communication channels, and graphics accepted by and/or familiar to the peoples we aim to serve.

We recognize that much remains to ensure that youth remain virus-free, and to address the most vulnerable populations. Healthy & Smart uses a national, local government, and local community-based approach that seeks to maximize the involvement of all relevant actors and stakeholders.

We also recognize that students, youth, and young adults who participate come from a range of cultural backgrounds, traditions, and learning styles. The reviewers of the Programme provided alternative and culturally relevant teaching approaches.

### **Strategies and goals**

Healthy & Smart Programme standards may be aligned to the expectations of colleges, workforce training programs, and employers. Standards promote equity by ensuring all students equal access. To Love Children collaborates with local schools, communities, state, and national stakeholders in order to strengthen the capacity to coordinate and manage a multi-sectored response to the epidemic.

Prevention efforts such as those inherent within the Programme support the first goal of reducing HIV prevalence.

Healthy & Smart includes an interactive Programme, which focuses on building critical thinking and creativity skills and uses culturally relevant teaching methods.

Healthy & Smart complements local, state, and national HIV/AIDS standards and policy.

Healthy & Smart's target population is male and female students, ages 14 to 19 years and vulnerable and disenfranchised females, ages 14 to 19 years.

To Love Children's objective is to start with prevention as a primary focus of discussion, expanding as the Programme becomes accepted and sustainable, the overall goal to reach all interested stakeholders, students, and adults.

### **Healthy & Smart monitoring and evaluation plan**

Students, teachers, and community peer trainers may be asked to participate in various aspects of monitoring and evaluation of the Healthy & Smart Programme. The purpose of this monitoring and evaluation plan is to identify specific data in order to evaluate the results and successes of the Programme.

To Love Children recognizes that a reliable and verifiable monitoring and evaluation plan can lead to a much stronger Programme; it also elucidates the Programme's capacity to effect change and address local community needs.

Most importantly, our plan is designed to help facilitate collection of data on the growth of HIV prevalence and incidence in targeted populations. Additionally, this data will help support, meet and exceed United Nations Millennium Development Goals & Post 2015 Goals.

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