



OLLSCOIL NA GAILLIMHE  
UNIVERSITY OF GALWAY



HPRC  
Health Promotion Research Centre

# ADOLESCENT PERSPECTIVES ON IMPROVING SEXUAL HEALTH SERVICES IN RAJASTHAN, INDIA

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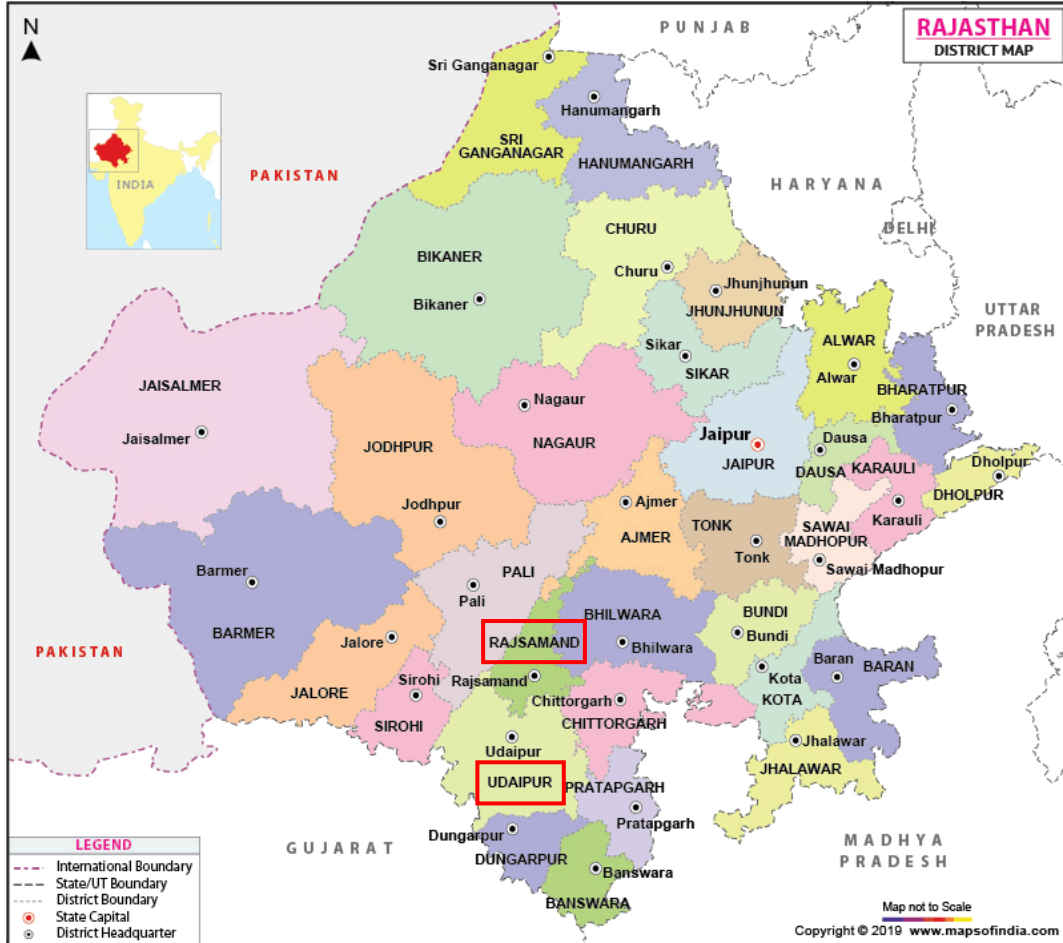


29<sup>th</sup> Health Promotion Conference

*From Awareness to Action:*  
Advancing Sexual Health Promotion

University  
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# WHY INDIA?



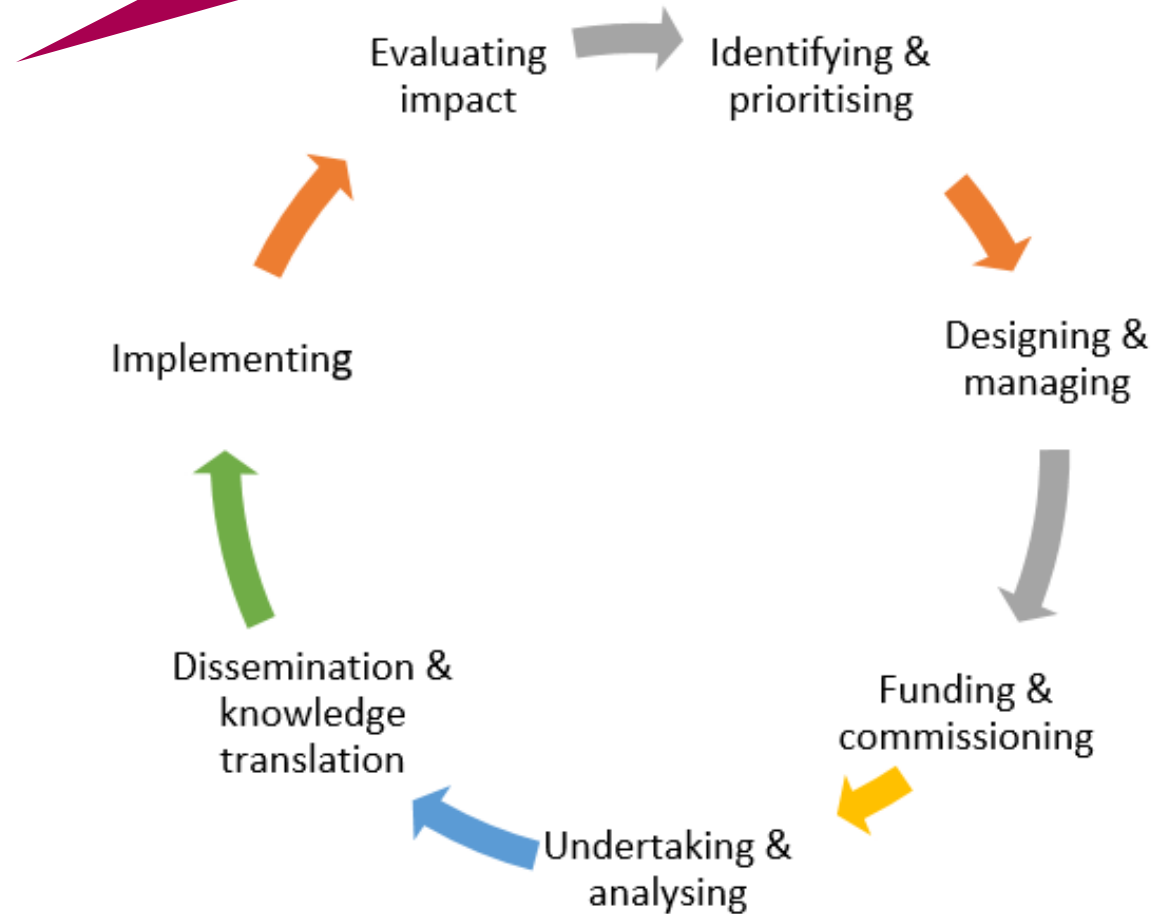
- Globally, largest cohort of adolescents **±253 million**
- Rajasthan (±19 million)
  - Limited **access to healthcare** services
  - High prevalence of **child marriage**  
(25.4% women married before 18)
  - **Early pregnancy** continues  
(4% girls 15-19 years bearing children)
  - Adolescents **rarely** part of designing interventions, evaluations or solutions
  - Study sites '**focus districts**' for model citizen services

# MEANINGFUL INVOLVEMENT

Research being carried out 'with' or 'by' members of the public rather than 'to', 'about' or 'for' them

- **more relevant** research
- **more acceptable to participants**
- improved **informed consent process**
- improved **research participation experience**
- improved **communication of findings** to participants and the wider public

..not just participants, co-researchers..

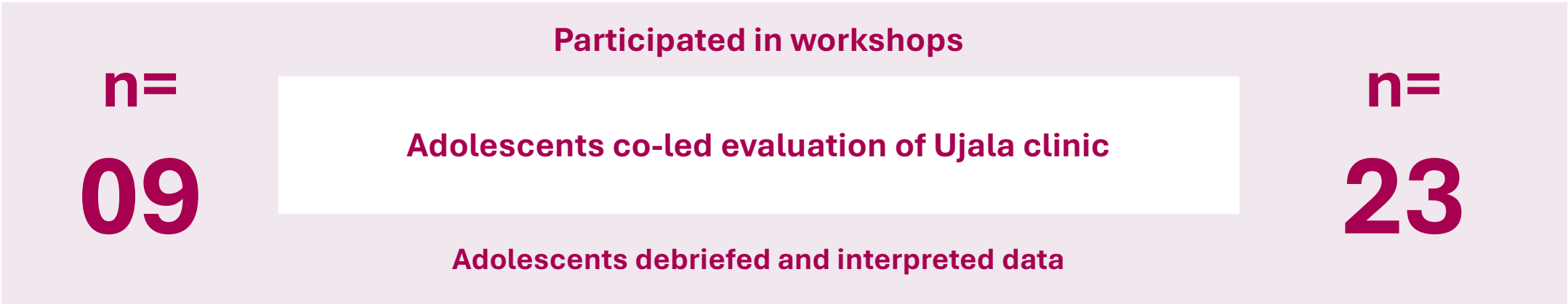


Participatory research cycle

# METHODS SNAPSHOT

Pilot study (2023)	APPROACH	Main study (2024)
Local NGO	Recruited through	Local schools

Bilingual recruitment and informational materials



**Workshop:**  
Adolescents introduced to research methods and study objectives



**Ideation:**  
Developed evaluation questions collaboratively



**Clinic Visit:**  
Conducted interviews, observations, and discussions with clinic staff



**Reflection:**  
Shared experiences and analysed findings as a group



**Next steps:**  
Presented suggestions to improve adolescent health services



# UJALA CLINICS





# PILOT STUDY - INSIGHTS

Adolescents are

- **eager** to learn more about their **health**
- able to conduct robust **research**
- **unsure** of **sexual health** and **sexuality related information**

Participatory workshop approach

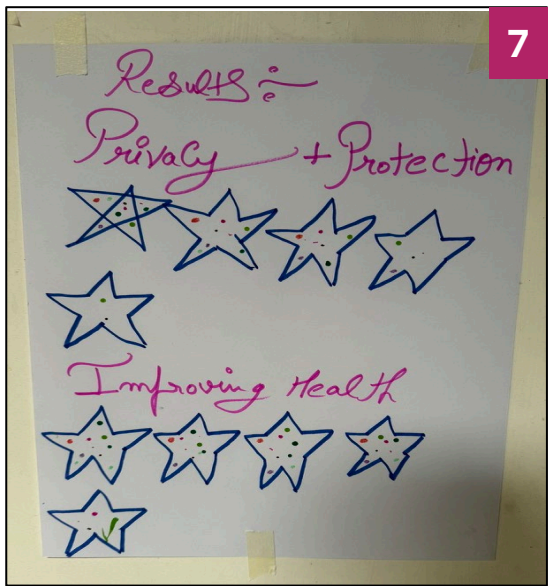
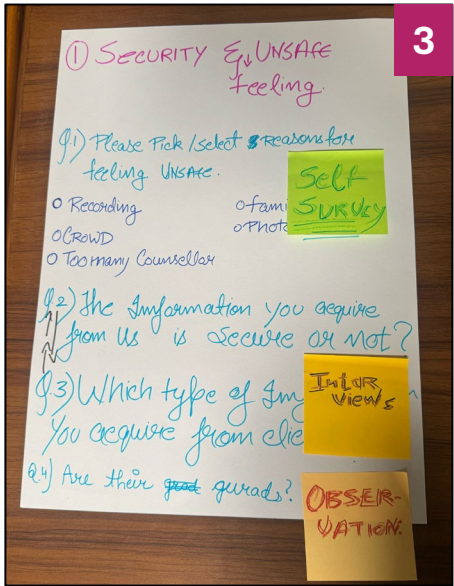
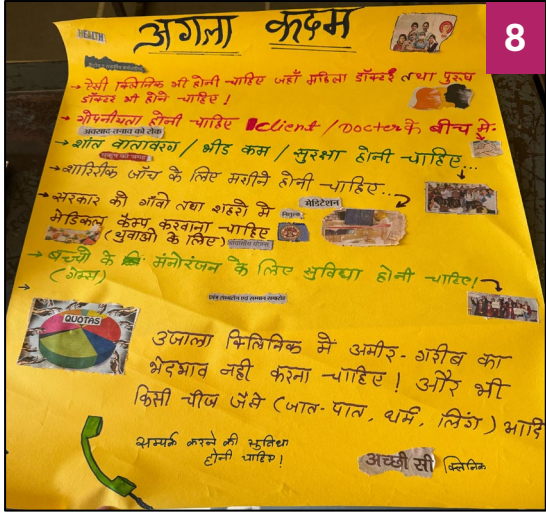
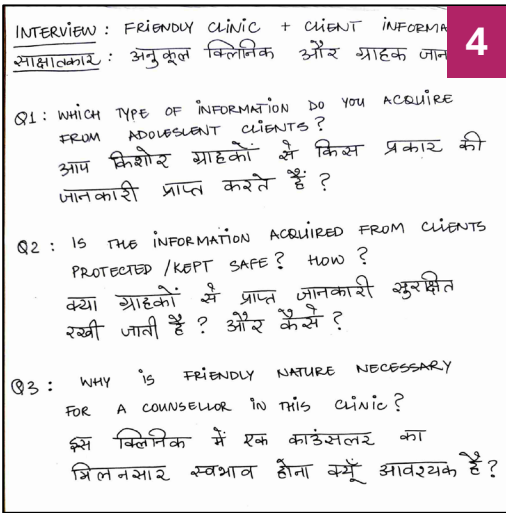
- **feasible** to carry out
- **acceptable** to the adolescents

If we had to do research on any topic, we would like to learn more about health.

...we have not received [sex] education, we should ask our teachers..

Yes, once people get married, then they do need to know.

# MAIN STUDY - PROCESS





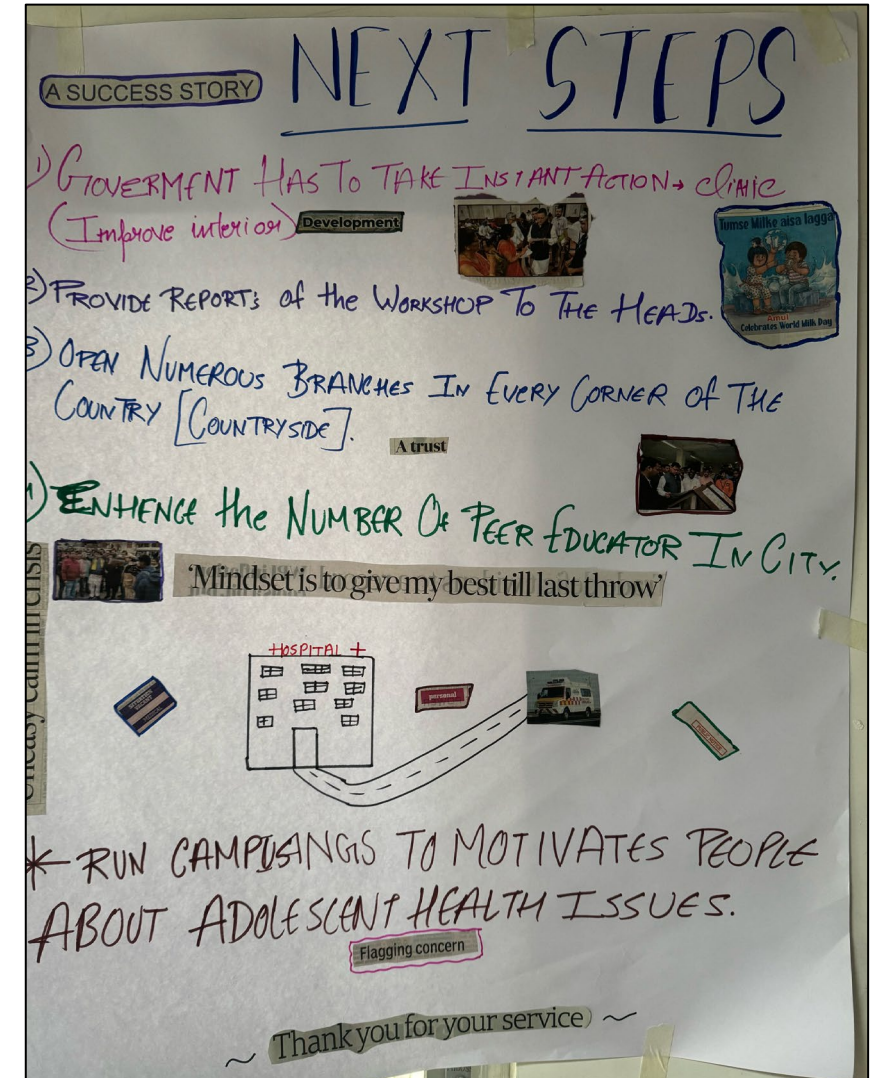
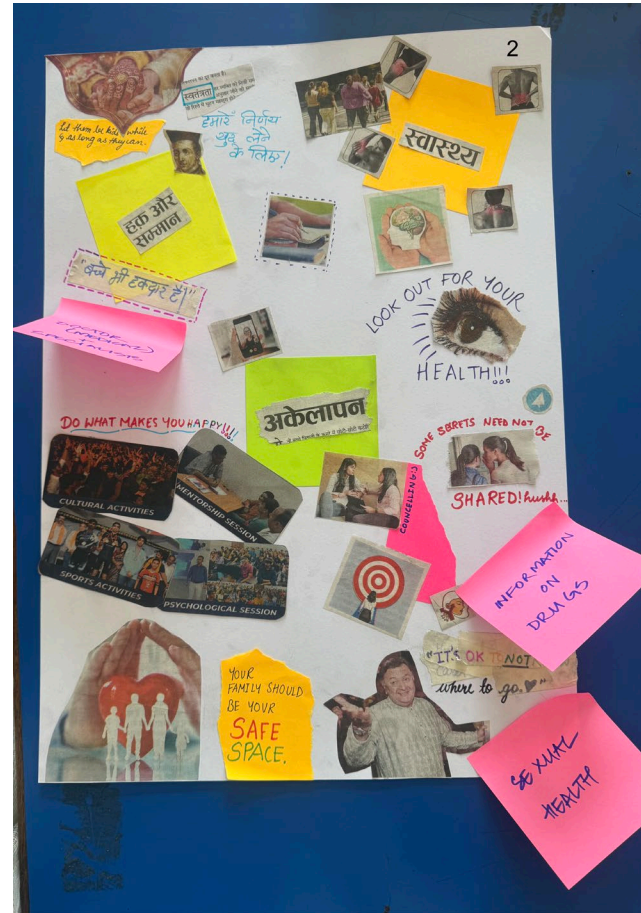
# ADOLESCENT-LED EVALUATION

→ FRIENDLY CLINIC  
★ ★ ★ ★ ★

DOCTORS + PERSONNEL  
★ ★ ★ ★ ★

CLIENTS AND PRIVACY  
★ ★ ★ ★ ★

ADOLESCENT HEALTH ISSUES  
★ ★ ★ ★ ★





# TAKE HOME MESSAGES

I didn't think that the ma'am in Ujala clinic would behave so nicely with us and talk to us so calmly. She answered all our questions in a very nice way.

If anyone comes, they ask us questions, but this time we asked the questions!

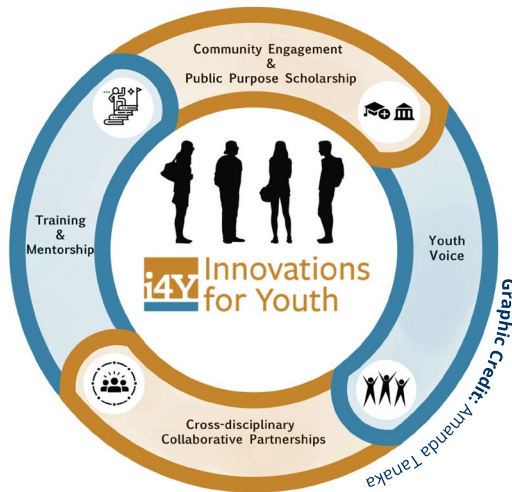
- Possible to **move beyond tokenism** to create genuine spaces for adolescent-led research
- Adolescents **can** and **should** play an active role in evaluating sexual health services designed for them
- Meaningful involvement can enhance the **relevance, accessibility, and impact** of sexual health promotion services & strategies

# ACKNOWLEDGEMENTS

**All the amazing adolescent researchers!!**



**HPRC, University of Galway**



**IHDI & YPAR network - i4y  
University of California, Berkeley**



**Department of Health, Rajasthan**

**Ujala clinic staff**

**Jatan Sansthan**

**Seva Mandir Society**

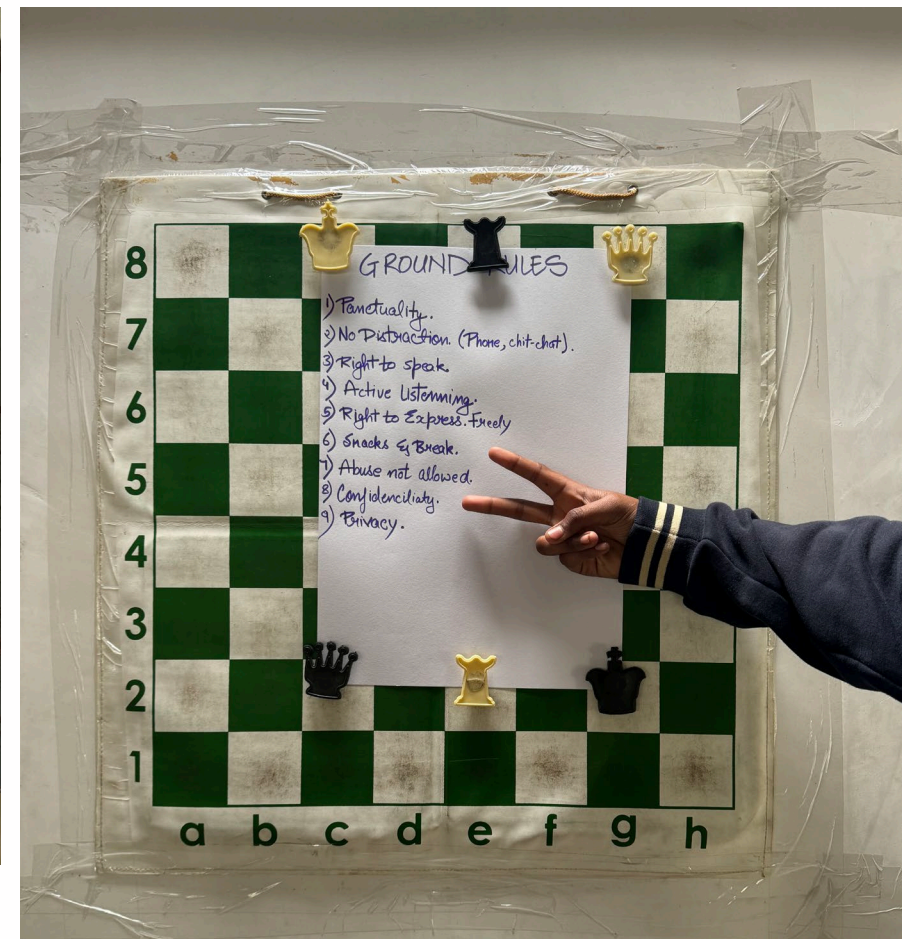
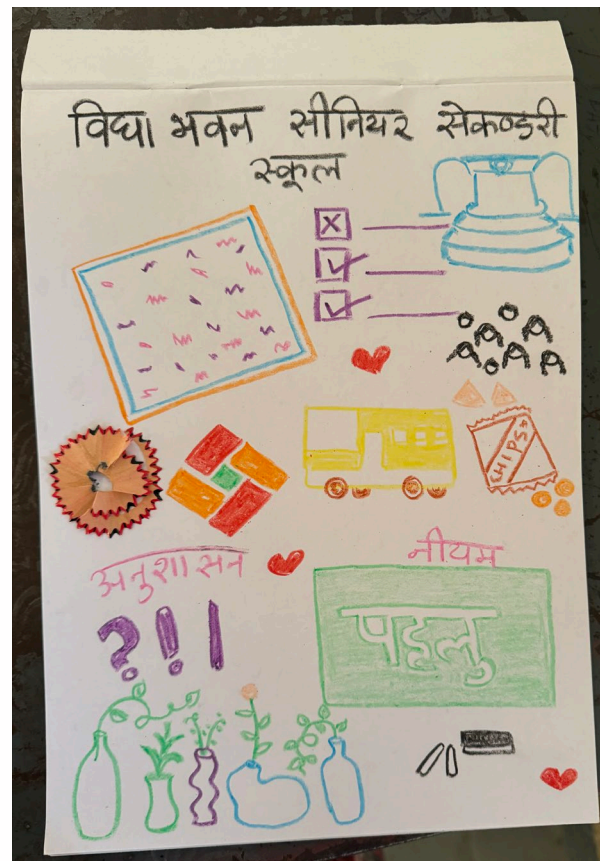
**Udaipur schools**

**Vidya Bhawan Public School**

**Vidya Bhawan Senior Secondary School**

**Seedling Modern Public School**





**THANK YOU!**

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