

ICPD25

YOUTH ENGAGEMENT TOOLKIT



ICPD25

International Conference on
Population and Development

ABOUT THIS TOOLKIT

This engagement toolkit aims to help young leaders, youth-led organizations and other partners who would like to engage young people in the ICPD25 process by sharing information on the ICPD and its relevance 25 years onwards.

BY USING THIS TOOLKIT YOU CAN:

- ➔ Share information on the ICPD in an interesting, fun and engaging way.
- ➔ Make commitments towards the full realisation of the ICPD.
- ➔ Organize your own sessions, conversations and events on ICPD issues.
- ➔ Join the ICPD25 conversation on social media.
- ➔ Influence the discussions in the lead up to and during the summit in Nairobi.

This toolkit was prepared by Irem Tumer (UNFPA), Alexandra Holker (UNFPA) and Mandira Paul (UNFPA), with inputs from the members of the ICPD25 Youth Engagement Reference Group. The illustrations used in this toolkit were created by Gabriella Bacsi for the UNFPA upcoming publication, "Step Up!".

For any questions about this toolkit, please contact tumer@unfpa.org.

WHAT IS THE ICPD?

ICPD stands for the International Conference on Population and Development; a 1994 meeting in Cairo where 179 governments adopted a revolutionary Programme of Action and called for women's reproductive health and rights to take centre stage in national and global development efforts.

THE NAIROBI SUMMIT: ACCELERATING THE PROMISE

2019 marks the 25th anniversary of the ICPD. This year, the governments of Kenya and Denmark and UNFPA are co-convening the Nairobi Summit on ICPD25; a conference to mobilize the political will and financial commitments we urgently need to finally implement the ICPD Programme of Action.

The Summit aims to bring everyone together; heads of state, ministers, parliamentarians, thought-leaders, technical experts, civil society organizations, grassroots organizations, young people, business and community leaders, faith-based organizations, indigenous peoples, international financial institutions, people with disabilities, academics and many others interested in working on sexual and reproductive health and rights.

For more information and updates on the Nairobi Summit, find the official website [here](#).

THE FIVE PILLARS OF THE ICPD



DIGNITY AND HUMAN RIGHTS

The recognition that all human beings are born free and equal in dignity and rights. Under this pillar, the ICPD PoA states that all people are entitled to human rights and freedom.



HEALTH

Everyone has a right to the highest available standard of health. The ICPD PoA states good health is necessary for the enjoyment of dignity and human rights and the importance of healthy populations to sustainable development is undeniable.



PLACE AND MOBILITY

Place and mobility encompass the social and spatial environments that we live in and move between. Under this pillar, the PoA links the changing distribution of the human population to changes in policies, which can support the human need for a safe and secure place to live.



GOVERNANCE AND ACCOUNTABILITY

Governance and accountability are the primary means of achieving these goals. The PoA states that the power of private wealth has never been more promising, nor more threatening, to global development, demanding more representative public-sector global leadership.



SUSTAINABILITY

Sustainability reaffirms the intrinsic linkages between the goals, and underscores that discrimination and inequality must be prioritized for the well-being of the human population and the planet. Under this pillar, the PoA states that environmental impacts, including climate change, affect the lives of all people.

A NEW WAY TO TALK ABOUT THE ICPD: MY BODY, MY LIFE, MY WORLD

My Body, My Life, My World, launched in August 2019, is UNFPA's new youth strategy. It puts young people—their talents, hopes, perspectives and unique needs—at the very centre of sustainable development. You can find out more about the strategy [here](#).

My Body, My Life, My World embodies the ICPD agenda, and more. It attempts to make the somewhat complex ICPD agenda understandable and relatable to young people.

The key issues under the ICPD relate directly to **My Body - SRHR for everyone, My Life - Negotiating life choices, My World - Shaping our world**. The three spheres can frame conversations around the ICPD and underline the relevance of the ICPD agenda.

This framing allows conversations to expand beyond the issues that were included in the ICPD PoA and calls for young people to make it their own. What does it mean **today** to have the rights and choices to decide over your own body and life, and to shape the world you want?



My Body:

Making informed choices over your body means having access to SRH services and information and being able to exercise your SRHR, regardless of age or marital status. Comprehensive SRHR include contraception, safe delivery, safe abortion care and STI testing and treatment.

My Life:

Enjoying a healthy life and successful transition into adulthood means having access to quality CSE, ensuring gender equality and the empowerment of women and girls, engaging men and boys in the conversation around SRHR and ensuring inclusive and respectful environments for all.



My World:

Leading and participating in sustainable development, including the fight against climate change, rights instead of numbers in population politics, migration policies, YPS, humanitarian action and no discrimination based on ethnicity or identity.

ICPD KEY ISSUES

The pillars above can seem like complicated jargon. However, they directly relate to a range of key issues which affect everyone living on our planet, including you.

COMPREHENSIVE SEXUALITY EDUCATION (CSE)

CSE means that adolescents can learn about sexuality, gender and reproduction in school. It equips young people with knowledge, skills, attitudes and values, helping to develop respectful social and sexual relationships.

Access to CSE is a human right; an individual should be able to make informed decisions to navigate life-changing decisions about their own sexuality and reproduction.

#MYLIFE

POPULATION DISTRIBUTION - FORCED MIGRATION

Effective population distribution policies are those that take into account the effects of development strategies and climate change on population distribution. Migration has economic, social and environmental implications - both positive and negative - for the places of origin and destination.

#MYWORLD

ADOLESCENT AND YOUTH SRHR (AYSRRH) SERVICES

AYSRRH services are youth-responsive; they understand adolescent needs, and how they differ from those of adults, providing confidential, respectful care from a holistic perspective.

#MYBODY

ACCESS TO SAFE ABORTION CARE

Abortion and safe abortion care were a part of the ICPD PoA, but were further enforced in ICPD Beyond 2014, due to persistently high maternal mortality rate. It notes that states should increase access to safe abortion and safe abortion care.

States should strive to uphold SRHR, allowing a woman to decide when, if, how many and with whom to have children. A comprehensive SRHR approach includes safe abortion care and post abortion care, without these services, we will never be able to end preventable maternal mortality.

#MYBODY

ICPD KEY ISSUES

GENDER EQUALITY

In 1994, we talked about 'the status of women'. Now, we use entry points like feminism. Gender equality is essential for the achievement of sustainable development. Globally, women and girls are facing threats to their lives and wellbeing as a direct result of their gender. Gender equality and intersectional feminism are the keys to economic growth, political stability and social transformation.

#MYLIFE

INDIGENOUS PEOPLE

Indigenous peoples continue to face disparities compared to other population groups. Due to discrimination, they often lack access to basic services, including SRH, education, social protection. Indigenous peoples experience higher rates of poverty, higher infant and maternal mortality rates and unmet needs for family planning. The ICPD PoA prioritises the rights, perspectives and development of indigenous people.

#MYWORLD

MALE RESPONSIBILITIES AND PARTICIPATION

It's not just up to women to spearhead change! Changes in everyone's knowledge, attitudes and behaviour are necessary to achieve gender equality. Everyone should work to eradicate toxic masculinity and the constraints of the patriarchy.

#MYLIFE

SRHR AND CLIMATE CHANGE

The ICPD PoA recognized the strong links between population, sustainable development and environment. The youth of today are stepping up to the challenge of climate change and their involvement in combating climate change is crucial. Many are already taking action to reduce greenhouse gas emissions and to increase climate change resilience. Since the UN Climate Change Conference in Marrakech, Morocco (COP22), young people have been vocally pushing for more climate ambition and for a stronger role of youth in helping to shape climate policies. However, more needs to be done to link SRHR with climate change.

#MYWORLD

LGBTI AND HUMAN SEXUALITY

The recognition and fulfillment of the human rights of all people, regardless of sexual orientation, gender identity, gender expression, or sex characteristics, is at the core of achieving the ICPD programme of action.

#MYLIFE

ICPD KEY ISSUES: HOW DO THEY AFFECT YOU?

Comprehensive Sexuality Education

YOU can learn about safe sex in school, with your peers, in a respectful way, to allow you to decide if, when and with whom you want to have sex. [#MyLife](#)

Adolescent and Youth SRHR Services

YOU can go to your local clinic and ask for contraception, without feeling embarrassed or judged. [#MyBody](#)

Access to Safe Abortion Care

YOU have safe options other than pregnancy. [#MyBody](#)

Population Distribution - Migration

As a young person on the move, YOU have the right to live in safety with shelter. [#MyWorld](#)

Indigenous People

Regardless of your ethnic background and belonging, YOU should be able to exercise your rights. [#MyWorld](#)

Gender Equality

By achieving gender equality, women will be equally represented in decision-making positions at all levels. [#MyLife](#)

Male Responsibilities and Participation

SRHR is not a woman's issue; it is everybody's. By engaging men and boys in the conversation WE can, together, finish the unfinished business of the ICPD. [#MyLife](#)

Sustainable Development - Climate Change

As young people whose future earth is at risk, YOUR voice deserves to be heard. [#MyWorld](#)

LGBTI and Human Sexuality

YOU alone should have the right to decide what your body and sex characteristics look like, to express your authentic, (non-)gendered self, and to love who you wish to love. [#MyLife](#)



PAST

1994 was the year that Nelson Mandela was elected President of South Africa, China was first connected to the internet and the world's population reached 5.6 billion. Young people didn't have access to the Internet, social media or downloadable music.

IN 1994:

- A woman in a least-developed country had nearly six children.
- 59% of sexually active women worldwide used contraception.
- Only 15% of married women in the least-developed countries used contraception.
- 543,000 women died during pregnancy or childbirth.

The years preceding the ICPD saw a gradual shift; from governments wanting to control population and fertility reduction to one where women were allowed to exercise their rights over their own bodies. This shift was driven by advocates, many of them young, for SRHR. In the 1970s and 1980s, states were meddling in individual fertility choices. Some countries had rolled out programmes that forced couples to use contraception or limit their family size, or provided incentives to convince them to do so.

The ICPD called for the placement of women's needs and rights at the centre of its policies. What the world needed was to provide people with access to a range of sexual and reproductive health interventions, and to realize social and economic changes that would empower women, respect their rights, and help move the world towards gender equality.

ICPD AT A REGIONAL LEVEL

Following the ICPD, numerous regional counterpart conferences were held. Below, we've briefly summarised the main 3. All of them further progress the ICPD PoA, indicating their importance. These regional agreements govern the ICPD's implementation and are reviewed on a regular basis.

THE MAPUTO PROTOCOL

MAPUTO, MOZAMBIQUE

Drafted in 1995 and signed in 2003, the Maputo Protocol guarantees comprehensive rights to women, including autonomy in reproductive rights and an end to female genital mutilation. It was adopted by the African Union as a part of the African Charter on Human and Peoples' Rights.

It was the first pan-African human rights instrument to state the right to abortion in specific instances.

5TH ASIAN AND PACIFIC POPULATION CONFERENCE

BANGKOK, THAILAND

The Asian and Population Conference meets every 10 years regarding issues related to population and development. At the 5th APCC in 2002, 8 years after the ICPD, ministers and officials from 35 countries adopted a Plan of Action which called for stepped-up efforts and increased resources to provide reproductive healthcare, combat AIDs and protect adolescents against unwanted pregnancy and STIs. The governments also reaffirmed their commitment to the ICPD's 1994 PoA.

MONTEVIDEO CONSENSUS ON POPULATION AND DEVELOPMENT

MONTEVIDEO, URUGUAY

The first session of the Montevideo Consensus was held in 2013. It focused on the ICPD PoA's relevance within Latin America and the Caribbean, reviewing the progress achieved and to identify next steps. It agreed to prioritise population dynamics in sustainable development, issues of youth and ageing, and access to SRH services.

THE 2012 BALI GLOBAL YOUTH FORUM

An influential milestone of the 25 years succeeding the 1994 ICPD was the 2012 Bali Global Youth Forum, where more than 3000 young people and adult allies, from over 130 countries, gathered to come up with a set of recommendations around five themes, illustrated below.

Click [here](#) to access the full text of the declaration.

STAYING HEALTHY

Making sure young people and adolescents have access to youth-oriented, non-discriminatory, rights-based health services and that they meaningfully participate in their own healthcare.

COMPREHENSIVE EDUCATION

Non-discriminatory, non-judgemental, rights-based, age appropriate, gender-sensitive health education should be provided to all young people.

FAMILIES, YOUTH RIGHTS, AND WELLBEING

The concept of the family is constantly evolving and governments must recognise this.

THE RIGHT TO DECENT WORK

Governments should ensure the right to decent work for all young people, regardless of socio-economic background, sexuality or gender.

LEADERSHIP AND MEANINGFUL YOUTH PARTICIPATION

Invest in building capacities of young people and giving equal access to meaningful participation in local, national and international decision-making forums.



PRESENT

Today, young people are more involved in global affairs than ever before. Adolescents now play key roles in activism and decision-making, thanks to greater connections with the wider world. Technology now empowers and enables an entire generation to act in unprecedented ways. There was also a huge shift in aid work; it is no longer about the developed vs the developing, but about working together for a better world.

Digital activism has transformed political protest; just one tweet from a young person or adolescent can kick-start a movement fighting climate change (#SchoolStrike4Climate) or gun violence (#March4OurLives), and fundamental shifts in discussions around gender-based violence happened largely through social media (#MeToo).

2019:

- A woman in a least-developed country has fewer than four children.
- 64% of sexually active women worldwide use contraception.
- 37% of married women in the least-developed countries use contraception.
- 4 in 100 women die during pregnancy or childbirth.
- At least 22,800 women die each year due to complications of unsafe abortions.

However, there is still unfinished business:

- 214 million women worldwide want to prevent pregnancy but cannot get the modern contraceptives they need.
- 830 women still die every day while giving birth, mostly from preventable causes.
- 33,000 girls are forced into child marriage every day.
- 11,000 girls go through female genital mutilation every day.
- 5 million women who have been displaced by conflict or disaster are in need of medical care.

2019 REPORT OF THE UN SECRETARY GENERAL

"Review and appraisal of the Programme of Action of the ICPD and its contribution to the follow-up and review of the 2030 Agenda for Sustainable Development - Report of the SG" is a very long title for an important 2019 report by the UN Secretary General on the ICPD. So you don't have to read the whole thing, we've pinpointed below the issues most likely to affect young people, highlighting the relevance of the ICPD to you. Click [here](#) to access the full report.

MIGRATION

A rising number of international migrants, a disproportionate percentage of whom are young people.

- Number of migrants increased by almost 50% between 2000 and 2017.

PREGNANCY AND FERTILITY

The adolescent birth rate (aged 15-19) declined from 65 births per 1000 women, to 44 per 1000 from 1994 to 2015. However, adolescent fertility remains high at around 61 per 1000.

- Higher levels of adolescent birth rates are associated with unmet needs for family planning. Eliminating child, early and forced marriages is critical in order to achieve gender equality.

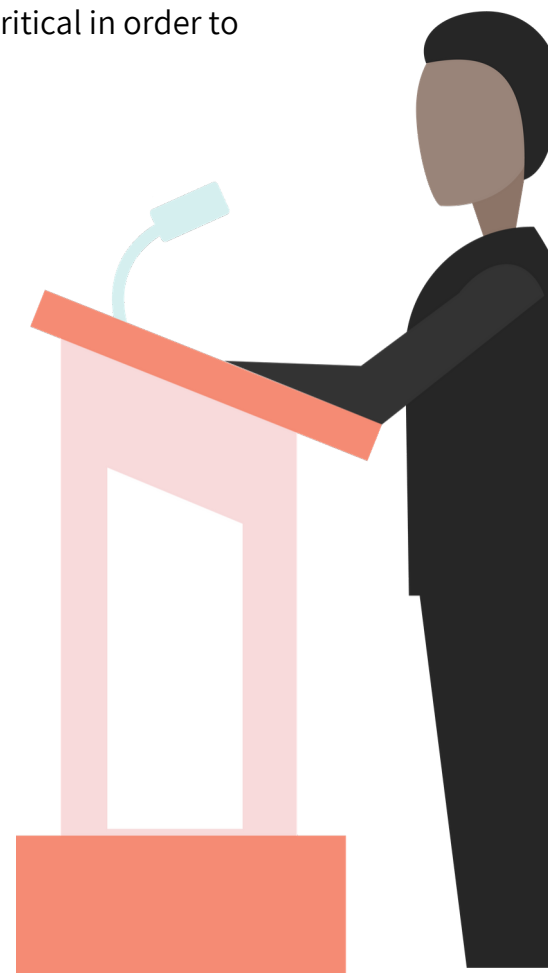
CONTRACEPTION AND SAFE ABORTION CARE

Young women particularly face challenges in accessing and using modern methods of family planning (contraception and safe abortion care).

- Requirements regarding age and marital status limit access, as do parental or spousal consent requirements and restrictions.

CLIMATE CHANGE

Current and future climate change and environmental degradation will affect today's young people more than any other generation.



FUTURE

The future of ICPD issues are being shaped by your generation, which is why your voice is what matters in taking it forward. Even though it might seem like you can't have an impact, you can.

What would you like to see happen in your future?

What do you predict for the future of the ICPD?

Which issues are you most passionate about?

How do these issues affect you and your generation?

How can the ICPD help you?

Keep on reading to learn about how you can engage with ICPD to shape its future.



ENGAGING AROUND ICPD

HOW CAN YOU ENGAGE?

There are many ways in which you can become part of ICPD25 celebrations and discussions. You can:



Make commitments



Organize satellite events



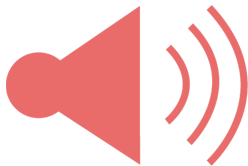
Participate in events



Engage on social media



Advocate for the ICPD in your community



In the coming pages, you will learn more about how you can do any of the above. Keep an eye out on this sign for instructions on how to share your engagement with us, so that you can make your voice heard.

1 MAKE COMMITMENTS

What will you do to make sure we fulfil the promise of ICPD PoA together? What can you bring to the table, not in the future, but now?

An important aspect of the Nairobi Summit is its push to gather commitments from a wide range of stakeholders to take action and advance the ICPD PoA and as a young person, you are an important part of this process. You can make a commitment as an individual, organization, at community level or beyond.

EXAMPLE COMMITMENTS

Anyone can make a commitment towards ICPD25:

- **Individual**
 - I commit to standing up for zero tolerance of sexual harassment in the workplace.
 - I commit to stop using single-use plastic for lunch as much as I can.
- **Organisational (in agreement with your organisation)**
 - My organization commits to raising awareness around the ICPD.
- **Community level (in agreement with key community constituencies)**
 - My community commits to supporting families to delay child marriage until age 18 or older by 2022.
 - My community commits to using gender-inclusive language in all official communications by 2020.
- **Private sector/in partnership with the private sector**
 - For every item sold from 2020 to 2025, x% will go towards funding a youth-lead organization's work to raise awareness around the unfinished business of the ICPD.
 - A private sector company commits to offering set-term paid internships/traineeships by 2020 to young people.

WHERE CAN I SHARE MY COMMITMENTS?



- Send your commitments to tumer@unfpa.org and csantamaria@unfpa.org to be featured on the website and compilation of youth commitments.
- On social media use the hashtags #ICPD25, #MyBodyMyLifeMyWorld and/or through the #IMarchFor campaign, and tag your friends.
- Nominate your commitment for selection and presentation in the commitment session in Nairobi.
- Share it for consideration to be included in the keynote address of the Youth Signature Session.
- Make a video from your region to be showcased in the Youth Signature Session.
- Share it in the community zone at the Nairobi Summit.

WHAT HAPPENS AFTER YOU HAVE MADE YOUR COMMITMENT?

Hold yourself accountable to your commitment:

- If you made your commitment on social media, be accountable to your followers by posting updates.
- Blog about your journey to fulfil your commitment and encourage others to join you.
- If you made a commitment within your organization/community, decide on an accountability mechanism and hold yourself accountable, just as much as you expect decision-makers to hold themselves accountable.
- If your commitment is shared in the Nairobi Commitment session, there will be a reporting and accountability mechanism monitoring commitments made.

CAN I MAKE A COMMITMENT WITH A CONDITION?

You can make commitments in partnership; for example, approach an organisation or company that has a stake in youth participation or young people.

Offer your commitment and ask for something in return.

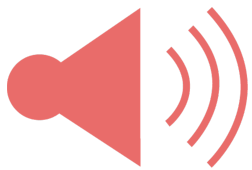
- My organization commits to conceptualizing youth-lead accountability for ICPD25 commitments if donors commit to providing financial support to implement this initiative.
- I commit to blogging about menstrual hygiene and a variety of sanitary products if Company X subsidizes their prices with 50% to all girls and young women under 24 years in my community.

You can also make a commitment with a clear ask; suggesting what you can bring to the table and how it would only work if other participants, including national and local governments, would bring something too.

2

ORGANIZE SATELLITE EVENTS

One way in which you can engage with ICPD25 is to organize satellite events. To get your creativity flowing, we have provided some format ideas and resources below.



If you organize a satellite event, fill in [this report back template](#) and send it to tuner@unfpa.org, so that we can record the key messages that emerged from your engagement. These key messages will be compiled into a short report ahead of the Summit and will also be shared with session organizers. The formats presented below range from consultations and workshops focusing on the ICPD PoA, to alternative and fun formats that can help you raise awareness around the issues of the ICPD.

To have an interactive and hands-on experience for young people, you can organize a workshop that focuses on their areas of interest, ideas for change, actions for activism and needs from the international community. The session plan, which you can find [here](#), was developed by Tangerine (UNFPA's young professionals network) to engage participants from a wide array of backgrounds. In contrast to the consultation format below, the workshop uses different entry points, such as SDGs, to really understand which issues, that can be related to the ICPD, are important for young people.

- **Time:** 1.5 to 2 hours.
- **Group size:** 10-30 participants, for bigger groups make sure to have a few facilitators (ideally groups of 7-10 per facilitator).
- **Participants:** Typically young people, who don't necessarily need to have a background in ICPD or SRHR.
- **Flow:** Refer to the session plan above and pick the segments and questions that work best for you. Make sure to get together with the facilitators beforehand and go over the session plan, having a clear division of responsibilities and deciding on how you will share outcomes.
- **Materials needed:** Refer to the session plan for details, to the minimum post-its, flipcharts, markers.

RUN AN
ICPD
WORKSHOP

ORGANIZE A YOUTH CONSULTATION

Depending on your resources, you can have an in-person or digital consultation with adolescents and youth, consulting them on issues related to ICPD25. Compared to the workshop format above, the consultation format might be more suitable to delve into deeper technical details with adolescents and youth who are informed on the ICPD.

Before planning a consultation, please look through [this document](#) setting out standards for consultations, to make sure that your consultation ensures the meaningful participation of young people. Many of these standards relate to in-person consultations, but keep in mind that even for digital consultations, it is important to make sure that participants are well-informed and prepared, are given the chance to provide feedback and have clear information on next steps follow-up.

Time, group size and flow of consultations might vary depending on your practices. You can see some examples from partners below:

- Dance4Life toolkit on youth consultations can be found [here](#).

In shaping the consultation content, it is important to integrate the following questions to ensure that the outcomes are reflected in the global conversation around ICPD25.

Suggested questions:

- How is the ICPD relevant for you?
- Which issues of the ICPD resonate with you the most?
- Which one of these would make you march?
- For each issue of the ICPD you are passionate about, what are your priorities, especially as it relates to you and your peers?
- What are the main challenges you face or observe in pushing for these issues?
- What are some good examples that worked in your context when dealing with these issues?
- What commitments would you like to see from policymakers, civil society etc. towards the realization of the ICPD PoA?
- What commitments are you/your organization ready to make for the advancement of the ICPD PoA?



INTER- GENERATIONAL DIALOGUE

One of the most important aspects of the ICPD PoA is its intergenerational nature. The issues around ICPD can serve as a way to generate discussion between activists of different age groups, all united around the core values of the ICPD. The intergenerational dialogue is a convenient format to organize panel discussions or more intimate conversations around the ICPD PoA in the lead up to Nairobi.



- **Time:** Anywhere from 30 minutes to 2 hours.
- **Group size:** Ideally, the conversation should be between 3-4 people, but the audience can be as big as needed (or it can take place without an audience).
- **Participants:** You should ideally have some speakers that are at least 15 years apart in age, so that they can reflect about their experiences with the issues of the ICPD through their lifetime.
- **Flow:** You can start with a short introduction that talks about the ICPD and sets the scene for the conversation. Ideally, you should mention the key issues that will likely be part of the exchange between participants.
- **Suggested questions:**
 - What's the biggest or most meaningful change you've seen for women in your lifetime?
 - What changes do you think are still required/you hope to see?
 - What do you think today's generation takes for granted, which was difficult while you were growing up?
 - [if the guest has been involved in the ICPD process in 1994] What made the ICPD so successful in 1994 and what are the differences and similarities - especially for youth - of the political context in 1994 and today? What is the role of young people today in standing up for SRHR/advancing the ICPD PoA?
 - What are the major policy fora and the major themes that can mobilize youth today?
 - [to the younger speakers] What does ICPD mean for you personally and what do you think it means for young people?
 - What opportunities exist today for youth advocates to pursue the agenda of the ICPD PoA?
 - What are some challenges to youth-led activism for gender equality and women's empowerment?
- **Materials needed:** Depending on the audience size, you might need a microphone and speakers.
- **Examples:** To see an example of an intergenerational dialogue organized by UNFPA, click [here](#).

ICPD CHAT

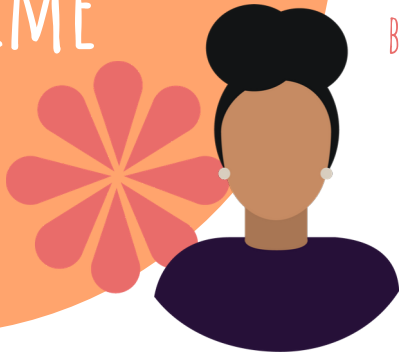
ICPD Programme of Action (PoA) chats are informal gatherings that happen on a weekly basis at UNFPA HQ. They are led by the young professional network, Tangerine. If you are organizing these in a professional environment, you might consider doing them before the work day starts, or during breaks, to maximise participation.

The ICPD chat provides a space to learn more about the ICPD PoA in a relaxed environment, without the pressure of being technical experts on any aspect.

- **Time:** 30 mins to 1 hour.
- **Group size:** Small groups, ideally fewer than 8.
- **Participants:** Anyone who is interested in the ICPD, regardless of their age or expertise level. If possible, emphasize that it is open to all age groups, to maximise learning through exchange of different perspectives.
- **Flow:**
 - Choose a chapter that will be the focus of the week's ICPD chat.
 - Choose a facilitator for the week. The facilitator will be responsible for reading the chapter beforehand and directing questions at the participants (refer to the list below for some ideas). If possible, the facilitator can also bring in additional information related to the chapter such as articles from news sources etc. to provide context and spark discussion.
 - Ask all participants to read the chapter prior to the club.
 - During the ICPD chat, start with a short introduction from the facilitator and then engage in a close reading and discussion of the chosen chapter. Allow for an open, naturally flowing discussion based on curiosity and exploration.
- **Suggested questions:**
 - How is this chapter (and the issues within) related to your life?
 - How have things changed in the context of this principle since 1994? (Or in your lifetime).
 - Are there obstacles to the implementation of this chapter and what are they?
 - What could you do in your capacity as an individual or in a team to overcome these obstacles?
- **Materials needed:** ICPD PoA, notebook, internet access.



STORYTIME



"STORIES MATTER. MANY STORIES MATTER. STORIES HAVE BEEN USED TO DISPOSSESS AND TO MALIGN, BUT STORIES CAN ALSO BE USED TO EMPOWER AND TO HUMANIZE. STORIES CAN BREAK THE DIGNITY OF A PEOPLE, BUT STORIES CAN ALSO REPAIR THAT BROKEN DIGNITY..."

– Chimamanda Ngozi Adichie

Story time is an emotionally engaging event format that encourages participants to share stories about themselves or loved ones, as they relate to themes around the ICPD PoA. This can be a great way to foster deeper connection between participants, while also making sure that the human aspect of the ICPD PoA is understood.

- **Time:** 45 minutes to 1.5 hours.
- **Group size:** Medium groups, ideally a minimum of 10 participants.
- **Participants:** You can have participants from all ages and backgrounds, however, it is important to make sure that they can feel comfortable around each other, since the content of this session can become personal. If possible, go for participants that are closer in power level and are at least acquainted with each other. In cases when you have power differences together, make sure everyone is briefed about the nature of the event.
- **Flow:**
 - Pick 2-3 themes (courage, hope etc) and or issues from the ICPD PoA. Pick at least 3 storytellers for the event.
 - Kick off the event by introducing the storyteller, the themes of the day and highlighting that this is a safe space where personal stories will be shared
 - The allocated time for each person should ideally be under 15 minutes, including reflections and questions. A possible idea to make the storytellers more comfortable is to use the Pecha Kucha format. This is a more organised storytelling format, where a presenter shows 20 slides for 20 seconds of commentary each (6 minutes and 40 seconds total).
 - After the story by each storyteller, give the group a chance to share reflections, ask questions and add their own stories.
 - Wrap up by reflecting on the key themes from the stories that were told and making their link to the ICPD PoA.
- **Materials needed:** None, (if using Pecha Kucha, presentation and projection software).

SHARE YOUR OWN FORMAT: EMAIL THE FOLLOWING INFORMATION TO TUMER@UNFPA.ORG TO BE FEATURED HERE. PLEASE FOLLOW THE FORMAT OF THE EVENTS ABOVE.

3

PARTICIPATE IN EVENTS

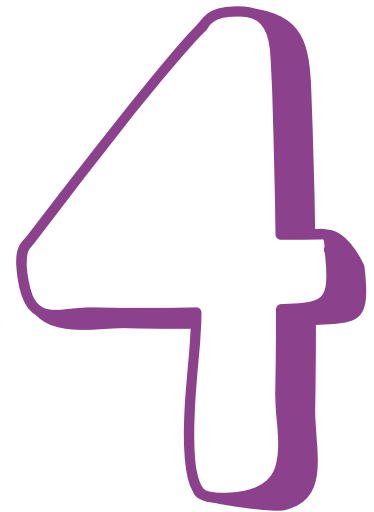
Click [here](#) to access a table where all partners organizing around ICPD25 have the chance to share their planned events and information on how to participate. Don't forget to add the events you are organizing to this calendar!



ENGAGE ON SOCIAL MEDIA



You can use the hashtags **#ICPD25**, **#MyBodyMyLifeMyWorld** and **#NairobiSummit** in your social media posts about ICPD25. You can follow **@UNFPA** on Twitter, Facebook and Instagram to get the latest updates on the Nairobi Summit and join the conversation. Also make sure to talk about your commitments online, as mentioned earlier in the toolkit.



ENGAGE IN THE SOCIAL MEDIA CAMPAIGN: #IMARCHFOR

Ahead of the Nairobi Summit on ICPD25, UNFPA has launched #IMarchFor, a social media campaign aimed at raising awareness and stoking enthusiasm about sexual and reproductive health and rights and the Summit. Whether you are headed to Nairobi or not, we need your voice, your conviction and your dedication. By raising your voice and inviting others to do the same, your message will contribute to a community of support for ensuring rights and choices for all.

To join the campaign, post a video on social media telling us why you march. Make sure to start your statement with “I march for” and end with “This is why I march.” In the text accompanying the video, use the hashtags #IMarchFor and #ICPD25.

You can find some examples, including a video by Dr. Natalia Kanem, UNFPA Executive Director, [here](#).

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ADVOCATE FOR THE ICPD IN YOUR COMMUNITY

We will soon share an extensive list of preparatory materials to support your advocacy for the ICPD PoA in the lead up to the Nairobi Summit. In the meantime, here are some resources that you can use to advocate for the ICPD PoA in your local context.

- **The resource 'So You're Going to the UN'** is tailored for young people engaging with political processes at the United Nations, however you might find some of the information useful or transferable for your engagement in ICPD25.
- You can find an additional resource on CPD [here](#).
- You can find a youth-focused Shadow Report on ICPD25 [here](#).
- **EP Our Ally** is an advocacy toolkit developed by YouAct, the European youth network on SRHR, which teaches how to advocate for SRHR issues in the European Parliament. It can also be adapted to fit other contexts where youth activists meet decision makers.



RESOURCES

ICPD QUIZ

Want to test your knowledge on everything you've learnt from this toolkit? Click [here](#) and take a multiple choice Kahoot quiz to help refresh your memory! Make sure to share it with your friends!

Kahoot is an online game-based learning platform. In order to learn more about how to use it with your audience, click [here](#) to access a tutorial.

ICPD PRESENTATION

Click [here](#) to access a presentation version of the materials above, which you can use with your audiences.

ICPD MENTIMETER

In order to understand the extent of your audience's knowledge about ICPD, you can make interactive presentations using Mentimeter. Mentimeter is easy to use, allowing you to create presentations with real-time participation. Click [here](#) to watch a video which gives you a step-by-step guide to making your first presentation with Mentimeter.

Suggested questions to ask your audience:

- **What does your everyday activism look like?**
- **What is the one element of the ICPD agenda that would make you take to the streets?**
- **Elevator pitch: Explain the ICPD PoA with one phrase**

Take a look at a Mentimeter about ICPD used in the past [here](#).

DON'T FORGET TO SHARE WITH US!

We would love to know more about how you are engaging adolescents and youth for ICPD25.

Just to recap:

- If you have organized an event, fill in this report back template and send it to tumer@unfpa.org. For questions or comments related to youth engagement, email tumer@unfpa.org.
- If you have organized an event or campaign which you think should be featured on the official Nairobi Summit website, send an email to csantamaria@unfpa.org.

THANK YOU...AND GOOD LUCK!

We hope this toolkit has made the ICPD a bit more approachable for you. Even though it might seem like you can't have an impact, you can.

Young people, like you, engaging with the ICPD will lead to a brighter future for adolescents and youth. YOU are best able to voice your own needs, desires, values and opinions.

Take control of your rights and get involved with the ICPD!

"BEING INVOLVED IN THE DEVELOPMENT AND BEING LISTENED TO WAS THE MOST EMPOWERING AND FULFILLING FEELING. IT GAVE ME A SENSE OF BELONGING TO THE SOLUTION, ENCOURAGING ME TO ENGAGE MORE." - a young person speaking at Women Deliver