



# External Evaluation Report of Sierra Leone's Youth Reproductive Health Programme (2007 – 2012)

Funded by



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## Table of Contents

Table of Contents .....	2
List of Tables .....	3
List of Figures .....	3
Acronyms and Abbreviations .....	4
Acknowledgments .....	5
Executive Summary .....	5
1. Introduction .....	8
1.1 Background .....	8
1.2 Evaluation Objectives .....	10
1.3 Evaluation Hypothesis .....	10
2. Evaluation Methodology .....	10
2.1 Evaluation Methodology Design .....	10
2.2 Sample Methodology .....	11
2.3 Study Instruments .....	12
2.4 Ethical Considerations .....	13
2.5 Data Collection .....	13
2.6 Limitations of the Evaluation .....	13
3. Findings and Discussion .....	14
3.1 Introduction .....	14
3.2 Socio-demographic Background of the Study Population .....	20
3.3 Youth Empowerment Programme (YEP) - Effectiveness & Impact .....	22
3.4 Youth Leadership and Advocacy Programme (YLAP) .....	30
3.5 Programme Equity .....	31
3.6 Programme Contextual Relevance .....	32
3.7 Efficiency .....	33
3.8 Sustainability and Replicability .....	35
3.9 Lessons learned .....	36
4. Conclusions and Recommendations .....	37
4.1 Conclusions .....	37
4.2 Recommendations .....	38
References .....	40
ANNEX A: Evaluation Methodology .....	42
ANNEX B: Project Log Frame .....	48
ANNEX C: KAP Survey .....	56
ANNEX D: List of Key Informants .....	63

**List of Tables**

Table 1: Number of Restless Development Communities and Young People by District and Chiefdom

Table 2: Log Frame Indicators and Progress Summary

Table 3: Percentage Distribution of Completed Interviews

Table 4: Percentage Distribution of Restless Development Activities/Sessions/Events

Table 5: Summary of YEP activities undertaken in communities.

Table 6: Percentage Distribution of Access to SRH Services

Table 7: Percentage Distribution of Knowledge of Sexually Transmitted Infection

Table 8: Percentage Distribution of Methods of HIV/AIDS Transmission

Table 9: Percentage Distribution of Myths about HIV/AIDS Transmission

Table 10: Percentage Distribution of Safe Sex Practice by Communities

Table 11: 2011 Fund Usage by Expenditure Categories

Table 12: Number of Restless Development Communities and Young People by District and Chiefdom

Table 13: Selected Sample by Sample Weight by District

Table 14: Selected Sample by District and Chiefdom in Treatment Communities

Table 15: Selected Sample by District and Chiefdom in Control Communities

**List of Figures**

Figure 1: Percentage Distribution of Respondent by Five Year Age Group

Figure 2: Percentage Distribution of Class/Form for Currently in School

Figure 3: Percentage Distribution of Source of Information by Sources

Figure 4: Percentage Distribution of Number of Sexual Partners

Figure 5: Percentage Distribution of Contraceptive Use by Communities

## **Acronyms and Abbreviations**

CHO	Community Health Officer
CSO	Civil Society Organisation
DFID	Department for International Development (UK)
DMO	District Medical Officer
FGD	Focus Group Discussion
HIV/AIDS	Human Immunodeficiency Virus/ Acquired Immune Deficiency Syndrome
ICS	International Citizenship Service
KII	Key Informant Interview
MDAs	Ministries, Departments and Agencies
MEST	Ministry of Education, Science and Technology
MOHS	Ministry of Health and Sanitation
MOU	Memorandum of Understanding
MYES	Ministry of Youth Employment and Sport
NAS	National AIDS Secretariat
PRSP	Poverty Reduction Strategy Paper
RCT	Randomised Control Trial
RM&E	Research, Monitoring and Evaluation
SAG	Student Action Group
SLIHS	Sierra Leone Integrated Health Survey
SRH	Sexual Reproductive Health
STI	Sexually Transmitted Infection
TOR	Terms of Reference
UNFPA	United Nations Population Fund
UNICEF	United Nations Children's Fund
VPE	Volunteer Peer Educator
VSO	Voluntary Service Overseas
YAC	Youth Action Club
YIC	Youth Information Centre
YFRP	Youth Friendly Resource Centre
YLAP	Youth Leadership and Advocacy Program
YRHP	Youth Reproductive Health Program

## **Acknowledgments**

The evaluation team wishes to extend its gratitude to the following Restless Development staff for their endless support during the course of the evaluation. Our special thanks go to Cathrin M. Daniel, Country Director; James S. Fofanah, RM & E Manager; Joe Murphy, Acting Finance and Administrative Manager; Thomas Gowa, Senior Manager; Daniel Kettor, Field officer, YLAP; Mohamed Alpha Jalloh, YLAP Manager; Nathaniel O. John, RM&E Coordinator; Mariama Bao Amara, Field Office, Bo.

We would wish to thank the following persons who provided supervisory support to our team in the data collection for the evaluation: Benjamin Gegbe, Samuel Hotagua, Foday S. K. Dabor, Emmanuel Musa, and also the data collectors: Patrick Lagau, Michael A. Bangali, Elizabeth Sandy, Moses Ndowu, Mustapha J. Gegbe, James Khobe, Alice Yambasu, Steven J. Bundeh, Nyaliema Mustapha, Tamba J. Yopoi, Kumba Kamara, Simbard Macarthy, Mathew K. Musa, Isha Tarawallie, Abdul M. Songa, Robert Maada Kambeh, Sinneh S. Sesay, Haasa Koroma, Jamilatu Munu and Emmanuel Munu.

## **Executive Summary**

Restless Development is a leading youth-led development agency placing young people at the forefront of change and development in Sierra Leone. Restless Development works in three goal areas: i) Civic Participation; young people are included in the development process, resulting in government policies that are both beneficial and accountable to young people and all of its citizens; ii) Livelihoods & Employment; young people are engaged and given employment opportunities which enable them to contribute to household income and iii) Sexual & Reproductive Health; young people have improved access to youth-friendly sexual and reproductive health services and have the ability to make and act upon informed decisions.

Restless Development Sierra Leone has implemented the Youth Reproductive Health Program (YRHP) for five years (2007 to 2012), with funding from the UK Department for International Development (DFID). The project is rooted in the unique Restless Development peer-to-peer behavioural change model and harnesses the potential of ex-volunteers to sustain awareness raising campaigns. The YRHP also has a strong institutional capacity building component, working with the Sierra Leone Government to strengthen their response to HIV/AIDS and include youth-focused policies in their strategies.

The YRHP consisted of two core elements: the rural-based Youth Empowerment Programme (YEP) focused on providing sexual and reproductive health (SRH) and life skills education to in-school and out-of-school youth; and the urban-based Youth Leadership and Advocacy Programem (YLAP) focused on building the leadership capacity of alumni from the YEP programme, supporting their transition to employment and increasing their engagement in local and national decision-making.

Having implemented the programmes for almost five years, Restless Development contracted a team of consultants to evaluate the YRHP. The aim of the evaluation was to assess the impact and lessons learned from the programme between 2007 and 2012 and to enable Restless Development and DFID to account to local stakeholders regarding the programme's achievements.

The methodology adopted for the evaluation was a quasi-experimental study design coupled with qualitative and desk research. More specifically, the research team assessed what changes occurred to young people exposed to the program interventions and those not exposed to those interventions. A review of relevant documents related to the program was undertaken to complement the primary data collected.

The research demonstrated that Restless Development activities reached a large number of young people and communities with its capacity building activities, leading to a widespread recognition of the organisation's work.

Significant findings include:

- Positive behaviour change in all three parameters of sexual behaviour (abstinence, being faithful and condom use) especially when compared with control groups. The evaluation finds that condom use at last sex is 86.9% among young people at endline; this demonstrates a 64.9% increase when compared with baseline results (22%) and 23% increase when compared with control group results (63.9%);
- Young people in treatment communities now avail themselves of health services, particularly treatment/advice regarding STIs. In this regard, the project demonstrated significant gains when compared with baseline and control group results (baseline 35%, control groups 14.3% and

treatment groups 91%). This is an important marker as the reduction of STIs in a community and is considered to be the first step in reducing HIV incidence;

- Young people in treatment groups were more likely to identify at least one form of modern contraception (66%) than those in control groups (48.5%)
- Restless Development significantly exceeded targets for livelihoods-related activities, including number of young people demonstrating employability skills (target 300; actual 769 who accessed the training and 394 who completed the modules) and number of ex-volunteers in higher studies or gainful employment in last 12 months (target 145; actual 418).
- Restless Development has successfully engaged key government agencies and assisted them in developing youth-friendly services, monitoring and evaluation systems and directly engaging young people.

In relation to the efficient utilisation of funds, the last audited report shows that approximately 70% of DFID funds or 72% of the total project funding was directly related to project activities, with the remaining funds accounting for administration and office support. With regard to the sustainability of Restless Development activities a number of strategies have been employed to enhance the long term sustainability of the programme: VPEs have trained other peer educators at community level to take over their roles after they have exited; 63 communities were found to be still implementing youth-focused SRH activities without direct Restless Development support (compared to a target of 40). Other strategies for sustainability included developing the awareness of community boards of the minimum standards for SRH and life skills programme implementation, and capacity building of Civil Society Organisations on programmes standards (i.e. Monitoring and Evaluation, Organisational Development, Resource Mobilisation, Managing Donors, Finance and Policy Engagement).

On the whole, the programme was successfully implemented as shown by the achievements of the indicators and their outputs (summarised in Table 2 below and included in full in Annex B). The impact is widely realised when one visits the communities Restless Development operated in and even beyond.

Some key lessons include:

- For any project aiming at reducing HIV incidence among young people in communities, it is essential that the project focuses on all components of awareness-raising including abstinence, reducing sexual partners, consistent condom use and knowing one's HIV status;
- The ability of a project to continue operations at the end of the implementation period depends on the foundation created to ensure sustainability. Restless Development's sustainability approach for this project seems to be working at the moment but the sustainability strategy needs to be revised to ensure it is effectively delivered and to guarantee continuity long after Restless Development has exited the communities;
- Restless Development should continue to advocate for the inclusion of SRH and FP activities in to the school curriculum;
- Involving stakeholders such as the Ministries, Departments and Agencies (MDAs) at the design stage of the project increases the likelihood of sustainability.

Overall, this evaluation finds that the YRHP programme approach was effective and efficient in delivering the intended outputs. The successful factors that facilitated this efficiency and effectiveness include the peer educators approach, management arrangements and the M&E system of the programme. Also, partnerships with other actors and the involvement of both direct (young people) and indirect beneficiaries

of the programme contributed greatly to the effective running of the programme. Such innovative strategies were instrumental in the implementation of the programme

## **1. Introduction**

### **1.1 Background**

In Sierra Leone, Restless Development is the leading youth-led development agency placing young people at the forefront of change and development. The goals of Restless Development's work in Sierra Leone are as follows:

*Civic Participation* - Despite constituting a huge proportion of the population, young people are rarely included in decision-making processes in Sierra Leone. Restless Development works to ensure that young Sierra Leoneans are able to take up substantial, meaningful roles in national development.



*Livelihoods and Employment* - Sierra Leone's high level of unemployment is hitting young people the hardest. Over 70% of 15-24 year olds are unemployed (SLIHS 2003/04). Restless Development works with young people to help them build sustainable livelihoods, which are critical to ensuring macro-economic growth and avoiding the problematic effects of mass unemployment.

*Sexual and Reproductive Health* - Although HIV infection rates are relatively low in Sierra Leone (1.5%, DHS 2008) in comparison to many other developing countries, it has the potential - if not properly managed - to reach tipping point, leading to rapidly increasing prevalence rates. Sierra Leone does have an extremely high maternal mortality rate, and teenage pregnancies account for 40% of maternal deaths in the country (DHS 2008). It's also a major contributing factor to the high number of girls dropping out of school. Restless Development ensures that young people have improved access to youth-friendly sexual and reproductive health services and have the ability to make and act upon informed decisions.

Restless Development was awarded a contract in 2005 by the UK Department for International Development (DFID) to implement a 2.5-year pilot programme in Sierra Leone in collaboration with the Ministry of Youth Employment and Sports (MYES). The goal of the Restless Development Sierra Leone Youth Empowerment Programme (YEP) pilot was to tackle youth exclusion and address the issue of HIV and AIDS with young people through the implementation of a sustained behaviour change programme, serving as a replicable model for national use. The YEP worked through a unique methodology, recruiting and training young Sierra Leoneans to work as volunteer peer educators (VPEs) placed for 8 consecutive months in vulnerable rural communities.

Following the successful implementation of YEP pilot, Restless Development signed a 5-year agreement with DFID to scale up the programme nationwide, and began implementing the Youth Reproductive Health Programme (YRHP) in 2007 through to 2012. The new YRHP is rooted in the unique Restless Development peer-to-peer behavioural change model. It also maximised the potential of ex-volunteers to sustain awareness-raising campaigns. The YRHP also has a strong institutional capacity building component, working with the Sierra Leone Government to strengthen their response to HIV and AIDS and include youth-focused policies in their strategies.

The YRHP consisted of two core elements, the rural-based Youth Empowerment Programme (YEP) and the urban-based Youth Leadership and Advocacy Programme (YLAP). The YEP programme was a peer-led youth behavioural change programme through which young, trained volunteer peer educators provided sexual reproductive health (SRH) and life skills education to in-school and out-of-school youth in rural communities. At the same time community leaders were trained to have an increased understanding of youth SRH issues and to support the health-seeking behaviour of young people. The YLAP programme provided alumni of the YEP programme with opportunities to develop their leadership experience, to transition in to employment and to engage in advocacy and civic participation activities. Core activities included internship opportunities including a drama outreach programme, entrepreneurship training and the running of Youth Information Centres on three university campuses.

The programme built on the impact of the pilot YEP programme and scaled up activities to reach all 12 districts in Sierra Leone, including Western Area and Freetown by 2012. Restless Development engaged the growing network of former VPEs; these volunteers are in a key position to effectively undertake a large urban outreach programme targeting a variety of vulnerable groups as well as to influence national policy.

Restless Development continues to use its unique youth-led strategy to reach out to young people nationwide while building the capacity of government ministries and communities to better enable youth participation and leadership in community development.

## **1.2 Evaluation Objectives**

The overall objective was to evaluate the five-year YRHP implemented by Restless Development from 2007 to 2012, with funding from DFID. The specific evaluation objectives were as follows:

- To identify the impacts of YRHP (both positive and negative, intended and unintended) and the ways that positive impacts can be sustained;
- To assess the degree to which funds have been used effectively and efficiently to deliver results;
- To record and share lessons for improved programme design and management; and
- To enable Restless Development and DFID to account to local stakeholders and fund providers regarding the programme's achievements.

## **1.3 Evaluation Hypothesis**

The evaluation investigates the following hypotheses:

- Young people make informed decisions regarding their sexual health based on knowledge, life skills and leadership capabilities developed as a result of Restless Development's interventions.
- Schools and communities in Sierra Leone mainstream an effective sexual reproductive health and HIV/AIDS intervention through government interventions and technical support from Restless Development.

# **2. Evaluation Methodology**

## **2.1 Evaluation Methodology Design**

The Youth Reproductive Health Programme (YRHP) was evaluated using a quasi-experimental study design used to estimate the causal impact of the intervention by Restless Development on the Sexual and Reproductive Health (SRH) behaviour of young people. This approach allows the researcher to control the assignment to the treatment condition using criteria other than random assignment.

In the case of the YRHP, treatment and control groups were not compared at baseline prior to implementation of the project. This limited the opportunity to control confounding variables (such as radio programmes) that may have affected control communities during the period of implementing the project in treatment communities. While this can make it difficult to demonstrate a causal link between treatment and control group in assessing observed outcome, this has been controlled for in the research design and is discussed in Annex A.

To complement the above design and capture other objectives of the evaluation - such as evaluating the efficient use of funds and gathering lessons learned for improvement in programme design and management - qualitative methods of data capture were utilised. This included focus group discussions (FGD), key informant interviews and in-depth interviews that were conducted with young people and other stakeholders in communities, Restless Development staff, as well as Ministries, Departments and Agencies (MDAs). FGDs were conducted with young people in both treatment and control communities, including those young people in higher education institutions in Bo and Makeni that benefited from the urban programme (Youth Leadership and Advocacy Programme - YLAP).

FGDs brought together a representative group of 8 to 18 young people who were asked a series of questions relating to their reproductive health knowledge. These groups explored each topic in-depth through discussion focused on their reactions to an experience or suggestion, understanding of key indicators and the relevance, impact, sustainability, lessons learned and recommendations.

As a means of assessing the effective and efficient use of funds as well as involvement in programme implementation, key informant interviews and personal in-depth interviews were conducted with project staff, stakeholders, MDAs, Community Health Officers (CHOs), head teachers to assess the level of impact and collaboration between them and Restless Development.

A full description the evaluation methodology, including sampling, selection or control and treatment communities and research tools is included in Annex A.

## **2.2 Sample Methodology**

The sample size for the treatment group is based on the total youth population between the ages of 12 to 28 years in Restless Development's areas of operation. Field staff were able to provide details on the size of the youth population in that area. The control group was selected using random sampling as the total youth population between the ages of 12 to 28 years was not available due to Restless Development not working in some areas.<sup>1</sup>

The total youth population in communities where Restless Development was both operating, and where they have exited, constituted the sample frame for the selection of communities for the treatment group. Restless Development has operated in 135 communities in the 149 chiefdoms. The total number of youths in these communities is 146,118. Table 1 below shows youth populations by district, chiefdom, community and total.

In both treatment and control communities, equal numbers of youths were interviewed. The total number of communities interviewed was 44; 22 in treatment communities and 22 in control communities. In every selected district the treatment and control communities were selected from the same chiefdom for ease of comparison between treatment and control communities.

**Table 1: Number of Restless Development Communities and Young People by District and Chiefdom**

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<sup>1</sup> Statistics on the youth population in Sierra Leone is disaggregated by chiefdoms and sections, not by villages. Disaggregation by village for the purposes of this study was therefore dependent on data collected and verified by Restless Development.

No.	District	No. of Chiefdom	No of Community covered by Restless Development	No. of YP in Restless Development Community
1	Kailahun	14	2	373
2	Kenema	16	15	2,390
3	Kono	14	1	3,288
4	Bombali	13	16	14,047
5	Koinadugu	11	7	5,852
6	Kambia	7	14	21,543
7	Tonkolili	11	14	43,125
8	Port Loko	11	14	11,871
9	Bo	15	18	8,523
10	Bonthe	11	8	9,162
11	Moyamba	14	15	18,230
12	Pujehun	12	11	7,706
	Total	149	135	146,110

**Source: Author (Calculations based on Restless Development Field Agents summaries)**

Findings from the control group were compared with the baseline results, in most cases, as this will show how participants would have been otherwise without the interventions. In some other cases, findings were compared with the treatment community target for the project. This well-matched group is mostly likely to generate valid conclusions about interventions' effectiveness, thereby generating a good hypothesis of merit as this method may serve as the second-best alternative given the circumstance.

A summary of communities selected and the sampling methodology by which this was achieved is also included in Annex A.

## 2.3 Study Instruments

In the evaluation, three instruments were used:

- Structured questionnaires: closed-ended questionnaires were used to gather information from both treatment and control communities. This included standard SRH knowledge, attitude and practice/behaviour (KAP) related questions. The KAP questionnaire is included in Annex C.
- Key Informant Interviews (KIIs): these were developed for was designed for Restless Development staff and MDAs like the Ministry of Youth, Employment and Sport (MYES), the Ministry of Health and Sanitation (MoHS), the Ministry of Education, Science and Technology (MEST) and the National Aids Secretariat (NAS). A complete list of interviewees is included in Annex D.
- Focus Group Discussions: FGDs were conducted with young people in both control and treatment communities, as well as youths that have benefited from YLAP at the University of Makeni and Njala University, Bo Campus.

## **2.4 Ethical Considerations**

Ethical standards were sought from the Review Board/Ethics Committee of the Ministry of Health and Sanitation. This included obtaining consent and approval of all respondents. The evaluation data process was open to monitoring and quality control by the Ethics Committee. The data collected for the evaluation remains confidential and used only for evaluation report, but the evaluation report will be disseminated to other users that are planning programme interventions primarily for youth activities in Sierra Leone.

## **2.5 Data Collection**

The data was collected by an equal number of Restless Development ex-VPEs and non-Restless Development interviewers, all of whom were well trained for the exercise. In all, twenty (20) enumerators and four (4) supervisors collected the data. The twenty enumerators were split into 10 teams of 2 interviewers each. Each team comprised one ex-VPE and one non-Restless Development interviewer for subjectivity in the data collection process. The data collectors carried out interviews using structured questionnaires to young people Key Informant interviews with stakeholders in the communities where they were deployed and subsequently organized FGDs with youths whilst the supervisors oversaw their work and edited/checked all completed questionnaires and also did some Key Informant Interviews.

The supervisors also maintained notes of the interviews and FGDs and sought clarifications from the communities. The consulting team also did some key informant interviews with stakeholders at national level, and with Restless Development project staff in Freetown, and also coordinated the data collection exercise and provided quality control checks during data collection.

## **2.6 Limitations of the Evaluation**

- One of the limitations to the design of the evaluation was the fact that no control communities were evaluated at the time of the baseline study and therefore a full Randomized Control Trial (RCT) method could not be undertaken.
- There was insufficient time for data collection and analysis that would cover the entire 5-year period of the project. While this evaluation focuses on the entire YRHP, which was implemented for almost five years. To evaluate such a project is a huge task. Too short a timeframe was specified by the TOR.
- Some government officials that were selected for key informant interviews were relatively new in their post and had very little knowledge about the YRHP and many call-backs were made.
- Locating the out-of-school youths was an issue as most were busy with farm work. They had to be interviewed during odd hours.
- Although enumerators assured respondents of confidentiality, ensuring honest and accurate responses on questionnaires regarding sexuality was an issue due to the sensitive nature of the topic.

## **3. Findings and Discussion**

### **3.1 Introduction**

The findings and discussion presented here are based on both the quantitative and qualitative data collected from the field. The evaluation of the YRHP required a holistic consideration of the approaches used in the implementation of both projects (YEP and YLAP) for the overall attainment of the programme objectives, irrespective of the geographical location where project activities took place.

Three key questions were considered when examining the research findings:

- What impact did the YRHP make to young people's lives in terms of: what the programme achieved; where the interventions were implemented; when the intervention was implemented and who did the intervention?
- What degree of funds were being used effectively and efficiently to deliver results?
- What were the lessons learned from the programme?

The findings in this section present the responses to the above three questions by examining the relevance, efficiency and effectiveness, impact, sustainability and replicability and lessons learned from YRHP.

Overall achievement against the project log frame outputs/indicators in the form of a traffic light system is summarised in Table 2. The complete table, including all research data, is included in Annex B.

**Table 2: Log Frame Indicators and Progress Summary**

**Note:** Green indicates: Indicator was achieved  
 Yellow indicates: Indicators was almost achieved

Purpose and Output	Log frame Indicators	Progress Summary
<p><b>Purpose:</b>            To ensure young people have access to sexual and reproductive health (SRH) services promoting positive sexual health seeking behaviours with regards to safer sex practices and increase participation and leadership of youth in development (positive youth SRH behaviour).</p>	<p><b>Indicator 1:</b>            % young people participating in Restless Development SRH activities reporting safer sex practices</p>	
	<p>Abstinence from sex</p>	<p>Abstinence has reduced; young people now know that condoms can protect them from STIs or HIV through sex.</p>
	<p>Be faithful to one partner</p>	<p>Faithfulness has not changed significantly in the treatment communities; young people are now aware of the use of condoms so the need to be faithful is less important.</p>
	<p>Condom use at last sex</p>	<p>Condom use increased drastically from the base line in the treatment community. This could be attributed to the condom sensitisation undertaken by Restless Development in these communities.</p>
	<p><b>Indicator 2:</b>            % of young people in participating communities accessing at least one available SRH service at clinics in the last 12 months</p>	<p>Access to SRH improved drastically in treatment communities, as the project achievement far exceeded the target.</p>
	<p><b>Indicator 3:</b>            Number of young people accessing youth friendly services (YFS) in Restless Development Youth Friendly Resource Centres (YFRC) (per year)</p>	<p>There is improvement when compared with baseline, but project target was not met.</p>
	<p><b>Indicator 4:</b>            Extent to which government and local councils include youth in planning, implementing, budgeting and monitoring policy and development plans at national and local level</p>	<p>The project has made significant progress in this indicator. The Ministry of Youth and Sports requested assistance from Restless Development to develop M&amp;E and reporting systems and a database for projects undertaken by the ministry in four regions - Bo, Makeni, Kenema and Freetown.</p> <p>Restless Development has supported the Ministry in the development of the database and M&amp;E systems which is now used to generate information used for decision-making at regional youth offices in each office. The database is used to inform partners on activities of youth organisations in the four regions under pilot.</p>



		<p>Also Restless Development placed upon request young people as interns at the National Aids Secretariat, Ministry of Health Bo and Kono District Council to participate in the planning, implementing, budgeting and monitoring of policies and development plans in these institutions and departments. The project will continue to work with these Ministries and local councils in the new programme year strengthening the organisations efforts to effectively deliver on the development plans of these institutions and government departments</p>
<p><b>Output 1:</b> Youth SRH knowledge: Young people equipped with the skills and knowledge to make informed decisions regarding their sexual and reproductive health and to live positive and healthy lives.</p>	<p><b>Indicator 1:</b> % of young people in participating communities able to identify 3 major routes of HIV transmission</p>	<p>The proportion of young people in treatment communities that are able to identify three major routes of HIV transmission improved considerably in treatment communities and exceed the target set by the project for 2012.</p>
	<p><b>Indicator 2:</b> % of young people in participating communities correctly identifying 3 myths related to HIV</p>	<p>Most young people have g adequate knowledge on SRH in the treatment communities and therefore no longer believe in most of the myths hence a reduction in the percentage of those who can name at least three of such myths.</p>
	<p><b>Indicator 3:</b> Number of young people participating in formal education on life skills and SRH in schools</p>	<p>The number of young people that participated in formal education on life skills and SRH in schools improved and exceed the project target.</p>
	<p><b>Indicator 4:</b> % of young people in participating communities able to identify at least one modern method of contraception</p>	<p>When compared to control group and baseline results, Restless Development seems to have made improvement but however falls short of project target.</p>
<p><b>Output 2:</b> Youth Leadership and Skills: Young people are equipped with increased life-skills and leadership capabilities</p>	<p><b>Indicator 1:</b> Number of young people trained to deliver SRH/life skills sessions and peer advice (per year)</p>	<p>The project was able to train more young people who carried out peer advice and SRH/LS sessions among their peers in communities than was targeted.</p>
	<p><b>Indicator 2:</b> Number of young people taking the lead in SRH activities in both communities and at district level</p>	<p>Significant progress was made by the project such that young people actually took lead in SRH activities in communities and at district level.</p>
	<p><b>Indicator 3:</b> Number of young people participating in national level policy meetings on SRH needs of young people</p>	<p>The project empowered more young people to participate in national level policy meetings such that their SRH needs are factored in policies formulated by government. The project was able to facilitate the participation of 35 young people (15 male; 5 female) to participate in policy review processes on the National Youth Policy which incorporates aspects of the SRH needs of young people.</p>

<p><b>Output 3:</b> Schools and communities mainstreaming SRH: Schools and communities in Sierra Leone enabled to mainstream an effective sexual reproductive health and HIV/AIDS programme through government interventions and technical support from Restless Development Sierra Leone</p>	<p><b>Indicator 1:</b> No of schools in implementing communities are implementing Ministry of Education, Science and Technology (MEST) HIV/AIDS policy</p>	<p>The target was to reach 75 communities to implement MEST HIV policy but ended up reaching 73 communities. This limits the number of schools reached to implement the HIV policy of the ministry. However from 2007 to date Restless Development reached 408 schools with SRH interventions 136 of which are secondary schools and 272 are primary schools</p>
	<p><b>Indicator 2:</b> Extent to which MEST has taken the lead on monitoring of the implementation of the HIV policy in schools</p>	<p>The project is expected to support the MEST to review and develop monitoring systems for schools supervisors and inspectors to use for the purpose of monitoring SRH/Life skills activities in schools. Restless Development has held a consultative workshop with school inspectors and supervisors across 12 districts, including Freetown, where issues were identified for incorporation into the monitoring systems.</p>
	<p><b>Indicator 3:</b> Number of communities implementing youth focused SRH activities without direct Restless Development support</p>	<p>Significant progress was made by the project; young people actually took lead in SRH activities in their communities</p>
<p><b>Output 4:</b> Youth employability opportunities: Young people are equipped with pre-professional and entrepreneurship skills, information and appropriate services for employability</p>	<p><b>Indicator 1:</b> Number of young people demonstrating employability skills</p>	<p>In the 2011-12 programme year the project trained young people on pre-professional skills focused on making them more employable. This count includes those who started but did not complete the course. The number that completed the course module for 2011-12 is 394. These skills included computer skills, CV writing skills, and interview techniques. Once equipped with these skills, young people are better positioned to compete in the job market and are more likely to secure jobs.</p>
	<p><b>Indicator 2:</b> Number of Restless Development ex-volunteers in higher studies or gainful employment in last 12 months</p>	<p>To date Restless Development has been able to enable 418 young people to gain employment (241) and (177) engaged in higher studies</p>
	<p><b>Indicator 3:</b> Number of young people demonstrating entrepreneurship skills</p>	<p>This count includes those who started but did not complete the course. The Number that completed the course module for 2011-12 is 80</p>
<p><b>Output 5:</b> Stronger national youth sector built : State and non-state actors have increased capacity to involve young people in the design and delivery of policies and services</p>	<p><b>Indicator 1:</b> Degree to which Ministry of Health and Sanitation is delivering Youth Friendly Services and policies</p>	<p>The project is expected to strengthen its partnerships relationship with the Ministry of Health and Sanitation (MOHS) through the signing a MoU with the ministries but also to enable the Ministry to deliver youth friendly services and policies. At a regional level, Restless Development has been providing training in the delivery of youth-friendly services to front-line staff. Plans are currently put in place to develop a strategy to support the capacity building of MOHS to deliver on YFS which will inform the content of the MOU.</p>
	<p><b>Indicator 2:</b> Number of policy and advocacy reports published and</p>	<p>The project has as a milestone to publish a policy and advocacy report and disseminate to key state and non-state actors. Restless</p>

	case studies shared with key state and non-state actors	Development disseminated two advocacy reports in 2010, one relating to youth participation in elections and the second relating to young people's participation in decision-making processes.
	<b>Indicator 3:</b> Degree to which MYES (Ministry of Youth, Employment and Sports) is able to monitor implementation of national youth policies	The project was also expected to develop M&E systems for the Ministry of Youth and Sports to support monitoring of activities of the ministry in various regions of the country. The database is used to gather information on activities of youth groups and agencies in the regions under pilot. The M&E systems generate information used for decision making in regional youth offices including Freetown.
	<b>Indicator 4:</b> Number of youth focused civil society organisations and local government structures whose capacity is enhanced by Restless Development	The project will train three youth-focused civil society organisations on programme standards with specific focus on M&E, Budgeting and Financial control, and resource mobilisation.
	<b>Indicator 5:</b> External evaluation done on the impact of Restless Development intervention	External evaluation report

## 3.2 Socio-demographic Background of the Study Population

For the quantitative data collection, 842 young people were interviewed in both treatment (421) and control (421) communities. Out of those who were interviewed, 514 (61%) were male and 328 (39%) were female. In the sample 683 (81%) were in-school and 159 (19%) were out-of-school. Table 3 represents the core demographic data.

**Table 3: Percentage Distribution of Completed Interviews**

Sample Domain	In-School	Out-of School	Male	Female	Total
Treatment	378 (89.8%)	43 (10.2%)	235 (55.8%)	186 (44.2%)	<b>421</b>
Control	305 (72.4%)	116 (27.6%)	279 (66.3%)	142 (33.7%)	<b>421</b>
<b>Total</b>	<b>683 (81%)</b>	<b>159 (19%)</b>	<b>514 (61%)</b>	<b>328 (39%)</b>	<b>842</b>

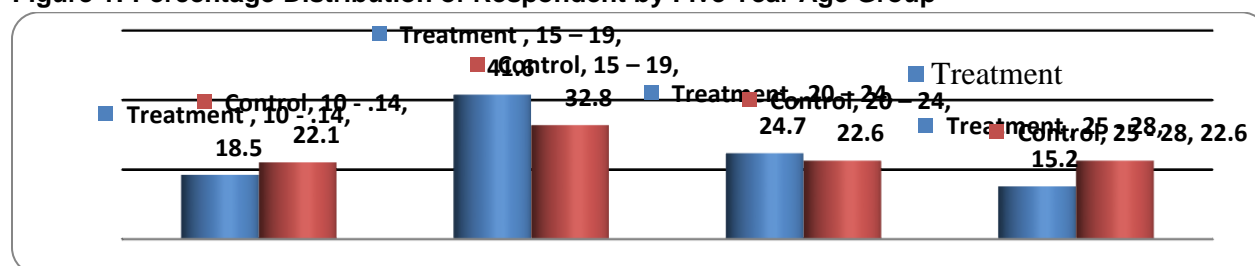
Of the young people interviewed, 38% were Christian and 62% were Muslim. Very few (24%) were married and a high proportion (76%) was not married. During the survey, the respondents were asked whether or not they were currently employed. Approximately 60% responded that they were not currently employed. Of those employed, the majority were in agriculture/fishing (20%), followed by business (16%) and teaching (1.3%).

The initial concept was to interview an equal number of in-school and out-of-school young people, but this was not possible due to the limited time for data collection and the unavailability of some young people in communities, especially during the farming season when most of them are engaged in work.

### 3.2.1 Age Distribution of Respondents

The age category for the evaluation ranged from 10 to 28 years. This age group is considered as the most at risk in terms of sexual reproductive health. The distribution below shows the percentage distribution of the young people interviewed in five year age groups.

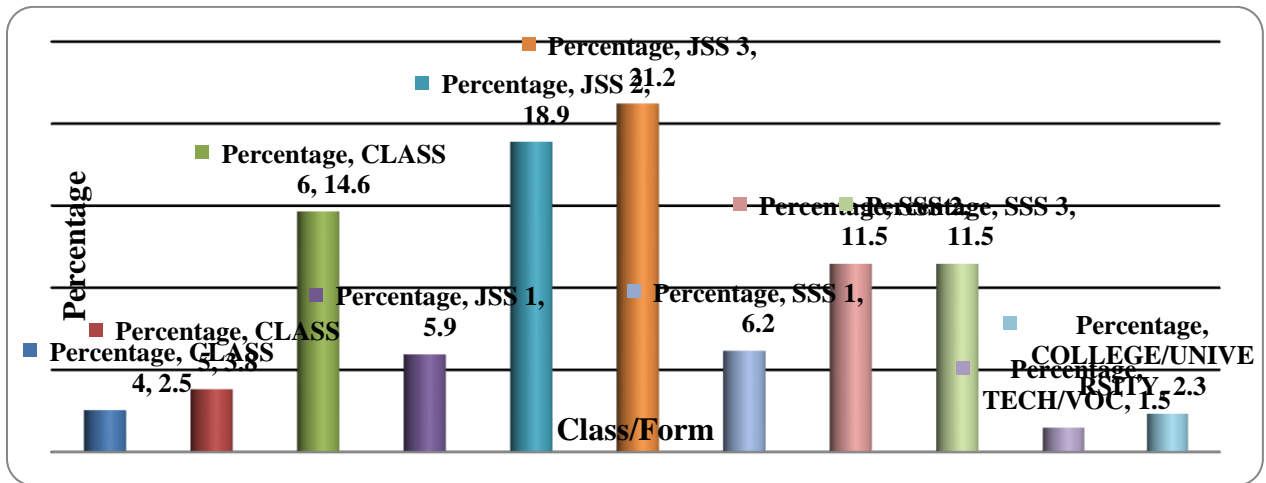
**Figure 1: Percentage Distribution of Respondent by Five Year Age Group**



### 3.2.2: School Attendance of Respondents

Of the sample interviewed, 81% have attended school while 19% have never attended school. Of those that have attended school, 70% are currently in school and 30% are currently out of school. Below is the current class/form for those currently in school.

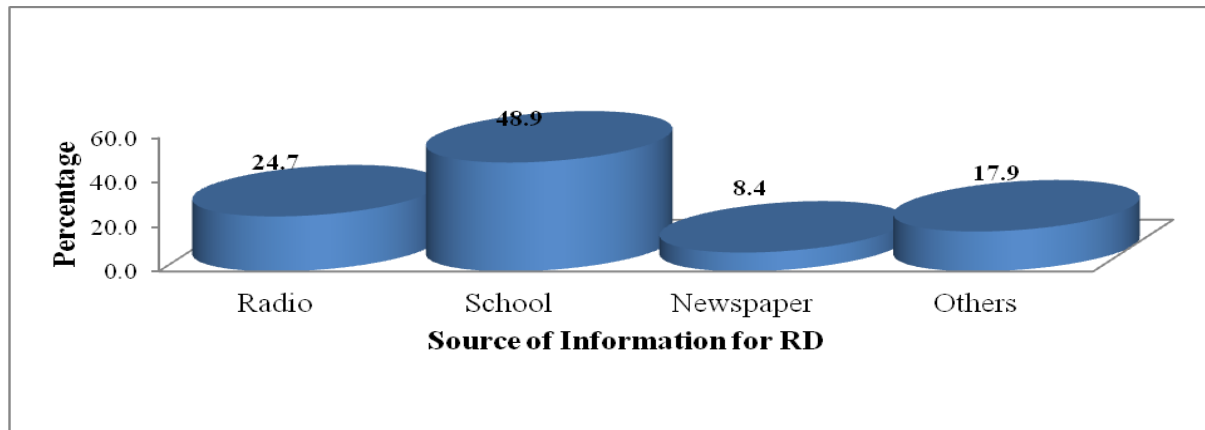
Figure 2: Percentage Distribution of Class/Form for Currently in School



### 3.2.3 Knowledge about Restless Development

Young people in treatment communities surveyed were asked whether they have ever heard of Restless Development and the activities of the organisation. The data shows that little more than half (56%) of young people interviewed had heard of Restless Development, while the remainder 44% had not. Figure 3 below shows from which source young people interviewed ever heard of Restless Development.

Figure 3: Percentage Distribution of Source of Information by Sources



Approximately 68% (n = 421) of those who had heard of Restless Development have directly participated in Restless Development activities/sessions/events. These young people were exposed to these activities/services/events by both VPEs and ex-VPEs. Activities and events young people were exposed to included SRH/LS sessions in classes, peer advice sessions, clinic visits, Youth Action Club (YAC) activities, games and sports workshops and trainings on livelihoods and civic participation and celebration of big events such as World Aids Day, International Women’s Day and the Day of African Child. Table 4 described the major activities in which young people participated in Restless Development communities.

**Table 4: Percentage Distribution of Restless Development Activities/Sessions/Events**

<b>Restless Development Activities/Sessions/Events Participated in the Last 12 Months</b>	<b>%</b>
Educating young people on SRH/LS	32.4
Educating young people on livelihood skill	21.1
Building the capacity of young people in raising voice to influence policy change.	24.0
Building the capacity of young people to engage in decision making	16.9
Other	5.6
<b>Total</b>	<b>100</b>

Following receipt of the knowledge obtained from these training session 97% of young people interviewed said their lives have been improved in the following ways: improved life skills and self awareness (43.3%), early and open access to SRH service (32.5%) and starting a small business (11.7%).

### **3.3 Youth Empowerment Programme (YEP) - Effectiveness & Impact**

The Youth Empowerment Programme (YEP) was designed to build the capacity of rural young people (both in and out of school), as well as local partners, to achieve the strategic objectives of YRHP. It was implemented by young volunteers trained and supported by Restless Development.

YEP focused on SRH, life skills and livelihoods and leadership development provided through the direct capacity building of young people in schools including Youth Action Clubs (YACs) with sustained support (both direct and indirect) from Restless Development VPEs and teachers. Both the in-school and out-of-school programmes are supported by Youth Friendly Resource Centres (YFRCs), which are established by communities through the support of Restless Development. Table 5 provides a summary of activities implemented.

**Table 5: Summary of YEP activities undertaken in communities.**

<b>YEP Activities</b>	
1.	<i>SRH education in primary and secondary schools and training to student peer educators</i>
2.	<i>Edutainment</i>
3.	<i>Community SRH, life skills and livelihood meeting</i>
4.	<i>Initiating Youth groups e.g. Youth Action Clubs</i>
5.	<i>Edutainment festivals</i>
6.	<i>Peer advice and Sports leagues</i>
7.	<i>Livelihood skills and demonstration projects</i>
8.	<i>Running Youth Friendly Resource Centres (YFRCs)</i>
9.	<i>Condom sensitisation</i>
10.	<i>VCT service provision</i>
11.	<i>Capacity building training for local partners</i>

By 2011, the SRH activities of the YEP Programme had expanded to 12 districts reaching a total of 63 communities. In these communities Restless Development directly carried out SRH interventions with young people.

The following section describes the impacts of Restless Development in target communities.

### **3.3.1 Improvement in Young People's SRH**

One of the specific aims of the YRHP was to improve sexual and reproductive health knowledge among young people, thus contributing to a longer-range goal of better sexual decision-making among young people.

The research found that access to SRH services was higher in treatment communities (91%) than control communities (14.3%); however, women (93%) reported slightly greater access than men (89%) in treatment communities. In control communities access to SRH services is almost equal for both male and female (male 14.3%; female 14%).

The total number of young people that accessed Youth Friendly Resources Centres for 2011 was 49,835; however this total was not disaggregated by gender in field reports provided by Restless Development.

**Table 6: Percentage Distribution of Access to SRH Services**

<b>Communities</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Treatment	89	93	91
Control	14.3	14.0	14.7
<b>Sample (n)</b>	<b>514</b>	<b>328</b>	<b>842</b>

### 3.3.2 Knowledge of Sexually Transmitted Infections

Section three of the quantitative survey assessed young peoples' knowledge of their own sexual and reproductive health. Of particular interest was the level of knowledge around Sexually Transmitted Infections (STI), including HIV/AIDS, teenage pregnancy and safe sex. Table 7 below summarizes the levels of knowledge of STI by sex for the comparison groups:

**Table 7: Percentage Distribution of Knowledge of Sexually Transmitted Infection**

Types of Sexually Transmitted Infection	Treatment Communities			Control Communities		
	Male	Female	Total	Male	Female	Total
Syphilis	57.4	52.7	55.3	31.6	33.8	32.3
Gonorrhea	83.8	87.6	85.5	69.9	61.3	67.7
HIV/AIDS	90.6	90.9	90.7	73.5	80.3	75.8
<b>Sample (n)</b>	<b>235</b>	<b>186</b>	<b>421</b>	<b>279</b>	<b>142</b>	<b>421</b>
<b>Symptoms of Sexually Transmitted Infection</b>						
Types of Symptoms of Sexually Transmitted Infection	Treatment Communities			Control Communities		
	Male	Female	Total	Male	Female	Total
Abdominal pain	43.4	53.8	48.0	29.0	31.7	29.9
Genital Discharge	40.4	50.0	44.7	25.8	31.7	27.8
Foul smelling discharge	28.9	38.7	33.3	20.1	21.1	20.2
Burning pain on urination	70.2	68.3	69.4	53.0	47.2	51.1
Genital sores/ulcers	26.8	33.3	29.5	15.4	13.4	14.7
Swelling in groin area	16.6	18.8	17.6	8.6	13.4	10.2
Itching	47.2	47.3	47.3	29.7	34.5	31.4
<b>Sample (n)</b>	<b>235</b>	<b>186</b>	<b>421</b>	<b>279</b>	<b>142</b>	<b>421</b>

Table 7 demonstrates that knowledge about STIs is higher in the treatment communities than control communities for all types of STI investigated in the survey. This was supported by the findings from the FGDs, as a majority of young people in communities where Restless Development has been operating had a high knowledge of STI symptoms and were able to mention at least 3 common symptoms like



burning pain on urination, abdominal pain and itching. Whilst the majority of young people interviewed in control communities could only mention one symptom, which was burning pain on urination.

### 3.3.3 Knowledge of HIV/AIDS Transmission

One of the most important prerequisites for reducing the rate of HIV infection is for the general public to have accurate knowledge regarding how HIV is transmitted and how its transmission can be prevented. Correct information is the first step toward raising awareness and giving young people the tools to protect them from infection.

Table 8 below shows knowledge of the major routes of HIV/AIDS transmission disaggregated by comparison communities and sex.

**Table 8: Percentage Distribution of Methods of HIV/AIDS Transmission**

Ways of HIV/AIDS Transmission	Treatment Communities			Control Communities		
	Male	Female	Total	Male	Female	Total
By having sex	91.5	93.5	92.4	80.3	76.8	79.1
Share of needle	23.4	24.7	24.0	10.8	12.9	11.2
Blood transfusion	23.4	25.3	24.0	13.3	12.0	12.8
By mother to child	10.6	9.1	10.0	7.2	6.3	6.9
<b>Sample (n)</b>	<b>235</b>	<b>186</b>	<b>421</b>	<b>279</b>	<b>142</b>	<b>421</b>

Knowledge of methods of HIV transmission is higher among treatment communities than in control communities, as 92% of young people in treatment communities know that HIV can be transmitted through sexual intercourse, compared to 79% for control communities. More young people in treatment communities could correctly identify the other three methods (sharing of needle (24%), blood transfusion (24%), mother to child (10%) by which they could get infected with HIV compared with young people control communities.

### 3.3.4 Myths about HIV/AIDS Transmission

Misconceptions about HIV are common and can confuse young people and hinder prevention efforts. Common misconceptions about HIV/AIDS are the belief that people who are HIV positive look sick, belief that the virus can be transmitted through mosquito bites,<sup>2</sup> by sharing food with someone who is HIV positive, or by witchcraft and other supernatural means. Respondents were asked about these misconceptions and the results are presented in Table 9. Youth in treatment communities were far less

<sup>2</sup> The myth of mosquito bite transmission was not a baseline indicator for the YRHP. However, as it was consistently reported by young people it has been included as a question for the purposes of this evaluation.

likely to demonstrate misconceptions about HIV transmission. However, the percentage in both communities that nominated mosquitoes as a means of transmission was worryingly high.

**Table 9: Percentage Distribution of Myths about HIV/AIDS Transmission**

Types of Myths	Treatment Communities			Control Communities		
	Male	Female	Total	Male	Female	Total
Touching	6.8	4.8	5.9	14.0	14.0	14.0
Eating together	8.9	7.5	8.3	20.4	19.0	20.0
Mosquito bites	33.6	36.8	34.9	47.0	45.1	46.6
A healthy looking person cannot have it	15.3	16.7	15.9	19.7	26.8	22.1
Witch Craft	3.8	5.9	4.8	13.3	9.9	12.1
<b>Sample (n)</b>	<b>235</b>	<b>186</b>	<b>421</b>	<b>279</b>	<b>142</b>	<b>421</b>

### 3.3.5 Impact on Safe Sex Practices

Promoting safe sexual behaviour is critical in reducing cases of HIV infection. The use of condoms during sex, especially with non-regular partners, is especially important for reducing HIV transmission. In most countries over half of the new infections occur among young people, therefore the practice of safe sexual behaviour by both men and women is crucial in order to prevent new infections.

Changes in knowledge and attitude levels will only have meaning for a project seeking to reduce HIV incidence in communities if these changes affect behavioural change. This evaluation sought to identify behaviour change with regards the ABC prevention methods (Abstinence, Be faithful, Use a Condom) in control and treatment communities.

The data demonstrates that abstinence from sex is higher in treatment communities (33.3%) than in control communities (16.6%). More females (treatment 39.2%; control 17.6%) than males (treatment 28.5%; control 16.1%) abstain from sex in both treatment and control communities.

**Table 10: Percentage Distribution of Safe Sex Practice by Communities**

Safe sexual	Control Communities			Treatment Communities		
	Male	Female	Total	Male	Female	Total
Abstinence from sex	16.1	17.6	16.6	28.5	39.2	33.3
Be faithful to one partner	23.7	26.8	24.7	39.6	39.8	39.7
Condom use at last sex	64.4	62.0	63.9	86.4	87.6	86.9
<b>Sample (n)</b>	<b>235</b>	<b>186</b>	<b>421</b>	<b>279</b>	<b>142</b>	<b>421</b>

Interviews on condom use in one of the FGDs undertaken in a control community, revealed that almost 50% (n=5) of participants had never seen a male condom, and 80% had never seen a female condom. This was compared to treatment communities, where all participants had seen a male condom and only 10% (n=2) had never seen a female condom. Table 10 shows that condom use at last sex is higher in treatment communities (86.9%) than in control communities (63.9%). More females (87.6%) and more males (64.4%) use condom at last sex in treatment and control communities respectively.

Having more than one sexual partner will increase the risk of someone getting HIV virus and also increase chances of infecting other people. In the survey respondents were asked about how many sexual partners they had had in the last 12 months and the results are presented below.

**Figure 4: Percentage Distribution of Number of Sexual Partners**

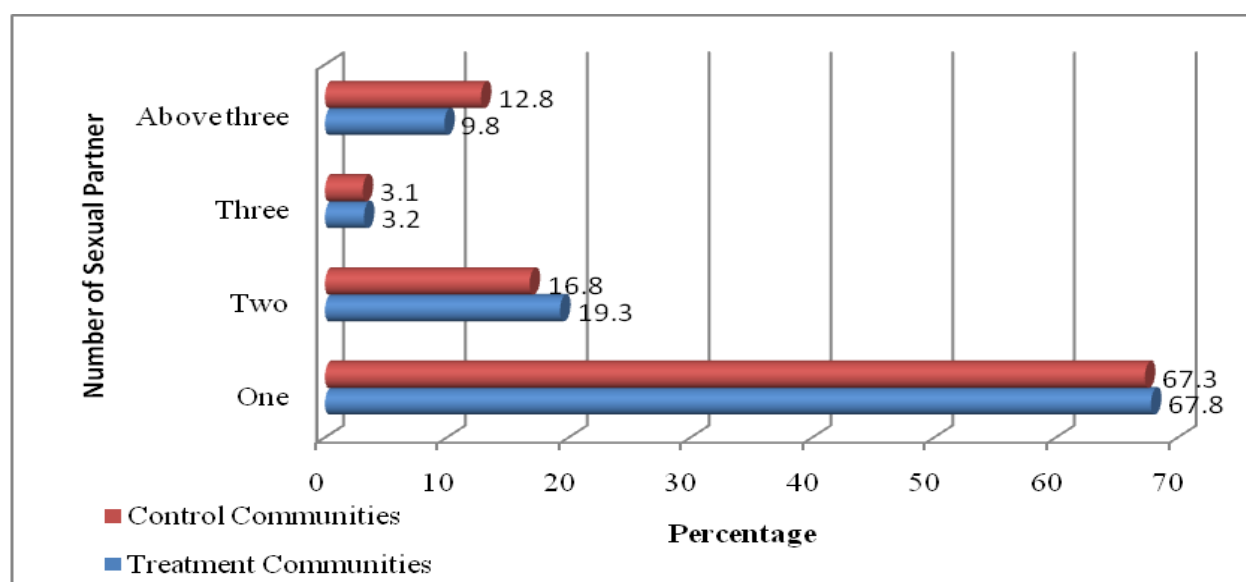


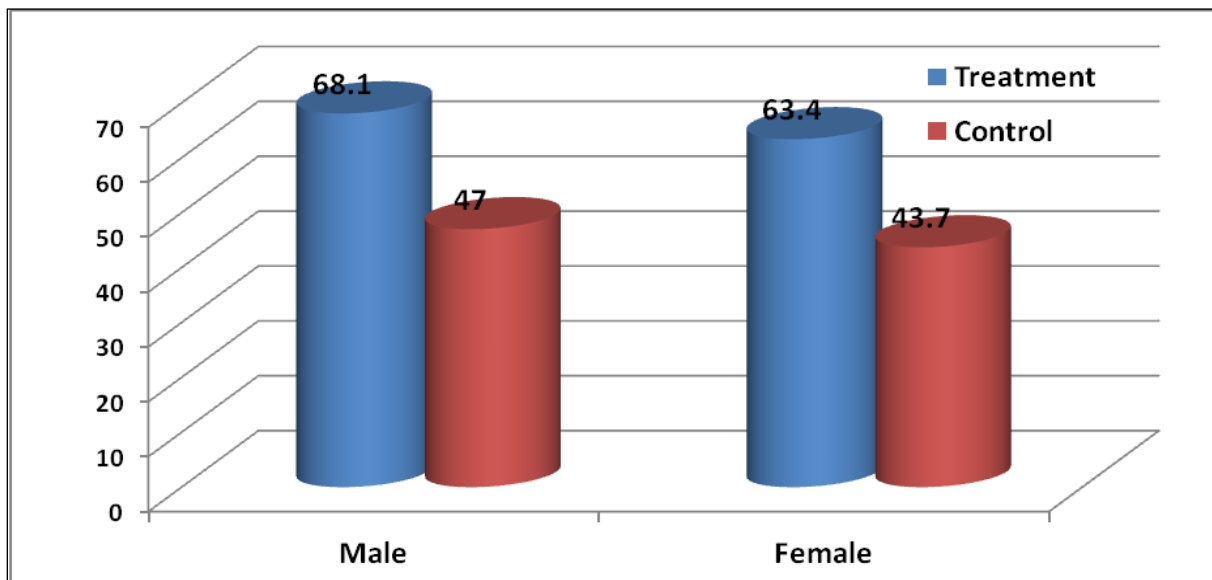
Figure 4 shows that in terms of number of sexual partners there is not much variation between the two communities. In treatment communities 32.3% young people interviewed had more than one sexual partner in the last 12 months. This is comparable to control communities where 32.7% of young people had more than one sexual partner over the same period.

### 3.3.6 Contraceptive Use

Appropriate family planning plays an important role in determining the health of young people by: preventing unwanted pregnancies; extending the period between births; and limiting the number of children given birth to by a young person. It is critical for young people to be able to access information and services that can prevent pregnancies that are too early and too frequent. In the survey young people were asked to identify at least one method of contraception. The result shows that 66% of young people in the treatment communities were able to identify at least one method of contraceptive, while only 45.8% in control communities were able to identify the same.

More males in both treatment and control communities were able to identify at least one contraceptive method and the most common one was condom use.

**Figure 5: Percentage Distribution of Contraceptive Use by Communities**



### 3.3.7 Sexual and Reproductive Health Activities in Schools and Communities

During the course of the project, 408 schools (186 secondary and 272 primary schools) implemented MEST and HIV/AIDS policy, while 63 communities implemented SRH activities without direct support from Restless Development. Communities where these interventions occurred demonstrated a reduction of STI prevalence, teenage pregnancy and increased awareness of safer sex.

Restless Development's June 2012 RM&E report showed a decrease in STI cases both in operational and surrounding communities of 51.2 % and 13.2 %.

In 2010, the number of teenage pregnancies in primary and secondary schools at the treatment schools where Restless Development was operating reduced. According to stakeholders interviewed (teachers and community leaders) and students involved in FGDs, these results can be attributed to the fact that many students understand their SRH needs, apply the right life skills and use condoms and other available youth friendly services<sup>3</sup> in health facilities. It also reported a decrease in teenage pregnancy of 46.7 % from the baseline figure of 1,015 cases.

The difference between the treatment schools and the controls is clear on safer sex practices, whereby 63% of youth in treatment communities are able to identify safer sex practices compared to 39% in control communities.

### **3.3.8 Capacity Building of Young People**

Another area of the programme's activities was the leadership capacity building of youth. It was found within the FGDs that youth felt Restless Development's activities change societies perceptions of young people; people's had a more positive attitude and see them as role models. The communities see them as advisers to other young people in areas such education and SRH issues. Young people now have their voices in the communities due to leadership skills they have acquired from Restless Development training. Members of the Student Government come to YIC leadership training and sometimes the ministers in the Student Union government are selected from the SAG as they may have gone through the leadership trainings. Communities where Restless Development operated now believe that young people can make a change in terms of influencing decisions and communicating well to older people and managing their own businesses and their own organisations.

### **3.3.9 Young People Involvement in Decision Making**

Restless Development has introduced innovations like the exchange of ideas within a mock parliament, debates and dramas which help to create self confidence in many of the youth that have participated. Another evidence of the impact is the increased demand for the volunteers in the communities where they work. Often communities don't want the programme to end and request that volunteers continue coming even after the usual three-year cycle has come to an end. This is despite that fact that in a few isolated cases, a small minority of volunteers have broken the code of conduct in some way and been disciplined and in a small number of cases dismissed.

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<sup>3</sup> According to Family Health International?? FHI, youth friendly services primarily focus on prevention of HIV, early diagnosis and treatment of STIs, family planning services, sexuality information, counseling. Safe abortion, services for those who experience emotional or physical violence i.e. rape, gender based violence, trafficking, female genital mutilation and access to condoms.

### **3.4 Youth Leadership and Advocacy Programme (YLAP)**

The YLAP component of the YRHP is aimed at equipping young people with life skills and leadership capacity, as well as promoting their inclusion in government and local council planning, implementing, budgeting, monitoring policy and development plans at national and local level. It was implemented by ex-volunteers in urban communities and was focused on building leadership amongst these ex-volunteers and communities.

Over the five years of programming, this saw Restless Development ex-volunteers undertake several activities on campuses in institutions of higher learning including the following: open research and reading, life skills sessions, general computer training and Student Action Group (SAG) training, indoor games, lessons on interviewing techniques and CV writing, open forum discussion on youth related issues, HIV/AIDS games, condom education and distribution, debate, film shows, health talks, open quiz, training on non-formal education, radio talk, games and sport. Also, other activities undertaken include: outreach activities to communities outside campus that focus on life skills, non-formal education like drama, career guidance, HIV/AIDS testing, environmental sanitation issues like cholera and malaria, early marriage and in campus activities like civil education on voting methods and organization of sports for students.

Young people are also equipped with pre-professional skill (career guidance and planning, drama skills, facilitation skills, decision making skills, interpersonal communication and conflict resolution and management and leadership skills) and appropriate service for employability. These skills increase the opportunity for young people to gain employment.

However, some of these activities met challenges that dampened the participation of young people. For instance, where T-shirts are distributed for the events and they did not get one. Other barriers included when cultural values and social beliefs hampered SRH delivery, for example the understanding that young people should not talk about sex or where religious affiliation does or does not permit specific practices.

#### **3.4.1 Youth Information Centres**

In addition to the on-campus and outreach activities carried out by Restless Development ex-volunteers, Youth Information Centres were opened in institutions of higher learning. Young people could access these centres to do research, assignments, play games, watch movies, undertake computer training (including learning to write CVs) and to undertake interviews. Young people were also trained on conflict resolution skills. These facilities were carried out effectively by Restless Development as long as colleges were in session. They impacted the lives of the youth very much as evidenced by the increased number of SAG members and the formation of the Mock Parliament in campuses. Most youth in FGDs stated that they preferred playing games in YICs or YFRCs to engaging themselves smoking in ghettos and undertaking non-fruitful or idle talks. However, the computer and reading facilities are grossly inadequate when compared with the demands from students. These services are provided free; hence student demand for the services is high in campuses. In one of the centres, out of the five computers available, only two are in good working conditions and there are no printers. It was reported that students queue for

a long time in order to use the computer and sometimes go without having access to the limited computers.

As of August 2012, the Research Monitoring and Evaluation unit consolidated report shows that 3,838 young people participated and were supported in campus activities organising functions like health talks, accessing VCT, film shows accessing trainings on pre-professional skills. This was completed in collaboration with partners such as NAS, Marie Stopes, UNICEF, and CARE International. These activities also take into consideration the vulnerable like the poor and the disabled youth both male and female and of various ages. Also the programme benefited a wide range of people both targeted and non-targeted like lecturers and other workers on the campus. As one of the unintended consequences, the Student Action Group (SAG) is now regarded as a family with volunteerism as their main focus.

### **3.4.1 Internship Programmes**

Restless Development supported young people to obtain placements with MEST, MYES, MOHS, NAS and Bo and Kono District Councils over a period of six months. Interns were able to participate in the planning, implementation, budgeting and monitoring of policies and development plans in the various ministries, departments and agencies. The MYES interns provided technical support to youth officers to manage the database for youth organisations and the implementation of the M&E and reporting systems.

### **3.4.2 Youth Leadership Skills and Employability**

YLAP was designed to train young people to deliver SRH/life skills sessions and peer advice, taking the lead in SRH activities at district and national level. Also the programme was designed to facilitate the participation of young people in national level policy meetings on the SRH needs of young people.

The project empowered young people to participate in national level policy meetings such that their SRH needs are factored into policies formulated by government. The project was able to facilitate the participation of 35 young people (25 male; 10 female) in policy review processes on the National Youth Policy, which incorporates aspects of the SRH needs of young people.

The project for this programme year (2011-2012) trained 769 young people on pre-professional skills. Once young people are equipped with these skills, they are better positioned to compete in the job market and are more likely to secure jobs.

## **3.5 Programme Equity**

This evaluation also considered how the programme promoted gender equality and whether every young person, irrespective of tribe or religion, had access to the programme. The evaluation was able to show the existence of a reasonable gender balance in treatment communities. Of those reporting exposure to Restless Development activities, 55.8% were male and 44.2% were female. Based on the fact that the programme covered all districts in Sierra Leone, it can be reasonably assumed that there was tribal and religious equity in service delivery. Moreover, the FGDs carried-out considered of participants from every tribe, sex and religion.

## **3.6 Programme Contextual Relevance**

### **3.6.1 Programme Alignment with National Policies**

Restless Development's YRHP activities addressed priorities contained within the National Youth Policy, the National HIV/AIDS Policy and the Adolescent and Youth Friendly Reproductive Health Strategy, by addressing the SRH needs of young people. Each of these policies aim at improving overall quality of life and well being of young people in Sierra Leone and ensuring accessibility to quality and safe SRH services. The programme is also in line with the Millennium Development Goals to reduce child mortality rates (4), improve maternal health (5) and combat HIV/AIDS, malaria and other diseases (6).

Restless Development helped to build the capacity of communities to commemorate global events such as World Aids Day, International Women's Day and the Day of African Child. Restless Development provides two volunteers in communities to facilitate community organisation of these events.

The YRHP also provided support to the national youth sector by building the capacity of state and non-state actors to involve young people in designing and delivering policies and services. This was achieved through training of health workers in the delivery of Youth Friendly Services by the MOHS, building the capacity of the MEST to monitor SRH/LS activities in schools, the publication of policy and advocacy documents, the development of a database and M&E systems for the Ministry Youth, Employment and Sport, and the building of the capacity of civil society organisations (CSOs) in programme delivery. In light of this, the project was expected to strengthen its partnerships relationship with the various ministries concerned through the signing of Memorandum of Understanding (MOU) but also to enable these ministries to deliver on youth friendly services and policies for young people. An MoU was signed with MYES, while Restless Development has submitted its registration documents to the MOHS, which lays the administrative foundations for developing a MOU with the ministry.

Restless Development undertook two significant activities to strengthen the monitoring and evaluation capabilities of government departments.

The first of these was to support the MEST to review and develop monitoring systems for school supervisors and inspectors for the purpose of monitoring SRH/Life skills activities in schools. Restless Development held a consultative workshop with school inspectors and supervisors across 12 districts where issues were identified for incorporation into the monitoring systems. A monitoring tool was developed for use by school supervisors and inspectors to monitor SRH/Life skills activities in schools.

In terms of monitoring the implementation of the National Youth Policy, Restless Development developed M&E systems for the Ministry of Youth Employment and Sports to support monitoring of activities of the Ministry in regional areas. The database is being used to gather information on activities of youth groups and agencies in Bo, Makeni, Kenema and Freetown. The M&E systems generate information used for decision making in regional youth offices in Bo, Makeni, Kenema and Freetown.

At a regional level, Restless Development has supported the MOHS by providing training to community health officers in the delivery of youth-friendly health services in community clinics. At policy level, Restless Development fed into the development of a multi-sectoral Adolescent SRH Strategy and the



development of National Minimum Standards for delivery of Adolescent and Youth Friendly Health Services.

Two advocacy reports were disseminated in 2010, one relating to youth participation in elections and the second relating to young people's participation in decision-making processes. Research on the state of the nation's youth was undertaken and a National Youth Report has been drafted and disseminated..

For support to CSOs, the project was expected to train three youth-focused civil society organizations on programme standards with specific focus on M&E, budgeting and financial control, and resource mobilisation. Two CSOs have been trained on these programme standards and have been receiving six months of support through mentorship and coaching programmes organised by Restless Development.

### **3.6.2 Collaboration with Other Actors**

The YRHP contributes to DFID's wider reproductive health strategy in Sierra Leone. Restless Development has a productive and collaborative strategy with other agencies contributing to DFID's strategy including Marie Stopes Sierra Leone, UNFPA, UNICEF and VSO. The programme also complements DFID support to the Free Health Care Initiative.

Restless Development VPEs are working with staff from other organisations at community level including Marie Stopes Sierra Leone (outreach and community sensitisation for access to family planning), CARE International (joint campaigns on HIV/AIDS awareness) and Plan Sierra Leone (life skills education for girls in Makeni).

At district level, Restless Development programme staff are working with the District Health Management Team, Deputy Directors of Education and District Youth Coordinators to support national campaigns including vaccination campaigns, and 'Mamy and Dady Well Bodi Week'

## **3.7 Efficiency**

Programme efficiency here is assessed based on outputs of the 5-year YRHP and based on how the programme is managed. Therefore the YRHP has demonstrated particular efficiency in the following areas:

- Programme Management
- Funds Management
- Monitoring and Evaluation

### **3.7.1 Programme Management**

The Management Committee of the programme comprises of the Country Director, Finance and Administration Manager, Senior Manager, Programme Managers, Research, Monitoring and Evaluation Manager and the Partnerships Manager, which meets monthly. Each project is managed by a Programme Manager (PM) who oversees the day-to-day operation of the projects and report to the Management Committee. The PM is supported in the regions by Regional Coordinators who manage the programme operations at regional level. The programme had qualified and appropriate staff for the

various units such as finance and administration and M&E, however the team could benefit from further capacity building. Staff have good attitudes to work and an organisational culture of promoting the safety of young people and empowering them. Staff remunerations were within the average for Sierra Leone and in some cases they are well paid. They were allowed to take study leaves and engage in leadership skills training as a means of motivation and ownership of the programmes.

### 3.7.2 Programme's Fund Management

The project funds were well managed as authorisation and approvals were well defined in terms of who is responsible for what. Based on the audited reports and a review of systems and processes, the organisation works on a value-for-money basis most of the time. The financial system has an internal control system and external audits have shown that for the past three years the funds have been well managed. There were procedures/principles for the release of funds for projects activities and the timeliness depends on the request. The last auditors' report dated January 2012 clears management of all material misstatement, whether caused by fraud or other irregularity or error. In the auditors' opinion, the financial statements gave a true and fair view of the state of affairs of the organization as at 30<sup>th</sup> September 2011.

Restless Development has different sources of funding for different projects, so reporting to different donors is a challenge for the organisation. The 2011 financial statements show that DFID paid 90.2% of the Le 6,377,517,125 total project expenditures. From the total expenditure, 70% of DFID funds or 72% of total project fund were directly related to project activities and the remaining accounts for administration and office support.

**Table 11: 2011 Fund Usage by Expenditure Categories**

No.	Expenditure Proportion	DFID Contribution (Le)	2011 Total Exp (Le)
1	Central Admin. Office and support cost	29.9%	27.2%
2	Permanent staff	36.9%	34.4%
3	Programme Recruitment	2.0%	2.2%
4	Programme Training	7.7%	8.4%
5	Programme Support	9.8%	11.5%
6	Monitoring and Evaluation activities	1.3%	1.4%
7	Placement Activities	10.0%	11.9%
8	Other stakeholders activities	2.5%	2.9%
	<b>Total expenditure</b>	100.0%	100.0%

### 3.7.3 Monitoring & Evaluation

The programme has an M&E framework based on the DFID log-frame and monthly and quarterly reports are prepared for management and for reporting to international donors. Data for the M&E system is collected first by VPEs and Field Officers then collated by Regional Coordinators, the RM&E officer and finally submitted to the Project Manager for approval. The M&E unit is headed by a Research, Monitoring and Evaluation expert who oversees the data collection, analysis and report writing. Monitoring visits

were done in a timely manner and the monitoring tracking tool shows that the required visits were made annually and in some periods exceeded.

### **3.8 Sustainability and Replicability**

There was a lot of advocacy being undertaken at the multi-sectoral level to maintain the work of the peer educators at the community level, that is, to train other peer educators at community level to take over their roles when they have exited. For partners like the MoHS, the In-Charges at the PHUs are supported to take over some functions like condom distribution done by volunteers after they have exited the community. The Youth Empowerment Program has a sustainability plan but this was not well designed, based on the program ideas developed and a result does effectively address issues of sustainability.

Restless Development activities are replicated in institutions like Njala campus, and University of Makeni. There is potential for these activities to be replicated in Eastern Polytechnic, Kenema, schools in urban areas and other learning institutions. YRHP activities that can be replicated in communities and institutions of learning can include:

- Training young people in leadership skills and civil rights for the purpose of advocacy
- Increasing the internship programmes as it will help young people to participate in community level meetings, and improve on their leadership skills.
- SRH/Life Skills education in schools
- Running Youth Action Clubs
- Running of YICs in schools and communities
- Sensitisation of stakeholder to see young people as partners in development, not just as trouble makers, as they are perceived.

#### **3.8.1 Collaboration to encourage sustainability**

To maintain sustainability of programme activities, Restless Development will be working in collaboration with the International Citizen Services (ICS) programme to support the Youth Information Centres (YIC) with on-going services in to 2013. The project is also working on building up collaboration with the alumni of Restless Development to support Restless Development activities at YICs at the end of projects. In addition, private sector institutions and CSOs were consulted to take an active role in the running of the YICs when the project ends. Finally, networking among donors like UNFPA, UNICEF and Marie Stopes will also help to facilitate sustainability of the project activities in Restless Development operational areas. Although the sustainability strategy was not fully developed at the start of the project, as the implementation continued the design was changed to collaborate with the university authorities for the continuity of the project's activities in institutions of higher learning.

### **3.9 Lessons learned**

- SRH sensitisation has contributed to the reduction of teenage pregnancy; STI and early marriage in communities where Restless Development has worked.
- During the project Restless Development's Global Strategy was formulated. This changed the context the project and has increased the impact and strengthened the strategic aims of the project at both community and national levels.
- Useful lessons have been learned on how young people can be the centre of change. i.e. young people are not leaders of tomorrow but leaders of today. The young do not have to wait and grow old before they can participate in leadership and decision-making but can do them while they are young.
- A strategy of constructive engagement with the MDAs at both national and district level changed during the course of the project implementation to include like involvement of the National Youth Commission and the District Youth Coordinators.
- Young people are now seen as positive role models in their communities especially the volunteers and they are involved in community sensitization on SRH, environmental sanitation and teenage pregnancy.
- One useful lesson learned is that young people can work independently and effectively manage themselves e.g. past volunteers that are now working with Restless Development or other organisations are doing well in their jobs. These young people can develop their own action plan, conduct training for other young people and negotiate with authorities on youth issues.

## 4. Conclusions and Recommendations

### 4.1 Conclusions

Overall, the YRHP approach was effective and efficient in delivering the intended outputs. The successful factors contributing to this success include the peer educator approach employed, overall programmatic management systems and processes and the M&E system utilised. In addition, partnerships with other actors and the involvement of both direct and indirect beneficiaries of the programme contributed greatly to the effective running of the programme.

The findings of the evaluation demonstrated that the programme contributed significantly to the improvement in the lives of young people in a number of aspects. This included achievement or overachievement in relation to the majority of the programme indicators. The result of the research provides evidence to conclude that the project interventions have been successful in bringing about sexual behaviour change among young people in the intervention communities. These changes can be attributed to Restless Development Sierra Leone interventions considering the fact that control communities were not able to produce the same results achieved in treatment communities. Furthermore, significant change is observed at all the three levels in regards to knowledge, attitude and behaviours among the young people in treatment communities as opposed to control communities.

This evaluation found that the Restless Development programme was aligned with several national policies (namely the National Youth Policy and Adolescent SRH Strategy). The role of Restless Development in the civil society consultation process was also significant which should act as an impetus for more involvement of young people in policy making.

Conclusions are also presented here in reference to the programme's log frame indicators and are tabled in Annex B.

In summary, the following was found in relation to each indicator and output:

*Indicator 1:* Noticeably, the programme emphasised more on condom use campaign than the faithfulness and abstinence aspects of HIV/AIDS prevention. Alternatively, it could also mean that as more condoms became available to young people, they ignored the faithfulness to partners and abstinence from sex; the research could not reveal clearly which one happened.

*Indicator 2:* The project far exceeded its target in relation to which means that more people than before in treatment communities now have access to at least one available SRH service at clinics.

*Indicator 3:* Treatment target was very ambitious as even the baseline data falls short of the target.

*Indicator 4:* The project made extensive gains on this indicator with the development of an M&E system and database for youth and sport ministry. Also the youth interns placed at some MDAs show the extent to which government and local councils include youths in their policy making.

#### Output 1

On the whole the indicator shows that more young people in the treatment communities can identify three major causes of HIV transmission and three myths because more people than targeted participated in formal education on life skills and SRH in schools. This output was delivered meaning more people can now make informed decisions regarding SRH.

#### **Output 2**

All the indicators surrounding this output exceeded their targets; this means that more young people are now equipped with increased life skills and leadership capabilities as a result of the Restless Development intervention.

#### **Output 3**

More improvement still needs to be made towards mainstreaming SRH into schools in order to meet the project target for schools in treatment communities. For the treatment communities, significant progress has been made such that communities are now implementing youth focused SRH activities without direct Restless Development support – mainstreaming SRH into more community activities.

#### **Output 4**

From the two indicators on which data is available, the research concludes that more youth than targeted are equipped with pre-professional and entrepreneurship skills, information and appropriate services for employability.

#### **Output 5**

More still needs to be done especially in the running of a functioning M&E system in the MEST. More also should be done in the development of policy and advocacy report and case studies. In the area where the project is expected to carry out an activity like training, this should be done immediately to achieve indicator target.

On the whole, the programme was a success as shown by the achievements of the indicators and their outputs. The impact is widely realised when one visits the communities Restless Development operated in and even beyond. Restless Development ex-staff and ex-volunteers are more considered for employment in job-areas that have to do more with field experiences and social work.

## **4.2 Recommendations**

The following recommendations are hereby highlighted by the research that should be addressed should the project be extended or implemented somewhere else:

### **4.2.1 Youth Empowerment Programme**

- For a project aiming at reducing HIV incidence among young people in communities, it becomes all the more important for the project to work on all components including abstinence, reducing sexual partners, consistent condom use and knowing one's HIV status.
- The study demonstrates that misconceptions regarding the transmission of HIV are worryingly high in regards to some myths (i.e. mosquito bites, that a person with HIV/AIDs will look sick, eating together). Messaging should continue to target better information around HIV transmission.

- The ability of a project to continue operations at the end of implementation depends on the foundation created to ensure sustainability. Restless Development's sustainability approach for this project seems to be working at the moment but the sustainability strategy needs to be revised to ensure it is effectively delivered to guarantee continuity long after Restless Development exits communities.
- Restless Development should continue to advocate for the inclusion of SRH and FP activities in the school curriculum.

#### **4.2.2 Youth Leadership and Advocacy Programme**

- Increase the length of time for the internship programmes and provide job facilities after the end of the internship.
- Increase the number of computers at the YIC and install internet facilities at the centre for the use of students.
- Award certificates for the computer trainings delivered at the YIC so that participants can use it to search for jobs and also award certificates to the Student Action Group (SAG).
- Equip YIC with subject specific books which students can use for research and assignments.
- Increase the number of time for the radio talk to at least twice a month.
- Provide more furniture for the YIC and more computers and printers.
- YIC to be established in other institutions and campuses and Youth Action Clubs in schools.

#### **4.2.3 Restless Development's work with Ministries, Departments and Agencies**

- Involve stakeholders at the design stage of the project like the MDAs as sustainability can be discussed at this stage.
- Continue to engage staff of MEST and MYES to review, develop and make functional their Monitoring and Evaluation and Reporting systems. Restless Development should strengthen their advocacy drive with MEST towards mainstreaming SRH into the school curriculum.
- Selection criteria for placement communities to be redefined so that other communities should be included. i.e. expansion of Restless Development activities to other communities of interest.
- Increase dialogue with partners and donors on the design and implementation of project, like partner assessment meeting, donor conditions meeting to avoid duplication of donor efforts.
- More Restless Development resources need to be devoted to developing the capacity of government implementing partners. Despite government resistance, Restless Development should seek to develop more interventions with other NGOs as implementing partners.
- In order for Restless Development to exert influence at national level (both within government and within the key donor forums such as the UN family), Restless Development's leadership role in young people needs to be more visible and strategic in these forums. =
- In order to implement more effectively the paradigm shift (from family planning to integrated reproductive health with young people as the primary client group) Restless Development should

institute mechanisms for young people's full participation in policy and decision-making in line with the constitution, and ensure that these mechanisms are operational at all levels of decision-making structure (i.e. at national, regional, branch and ward levels).

- Strengthen the internal capacity of Restless Development staff to implement the paradigm shift and to provide youth-friendly services. In particular, focus on training of existing service providers on youth-friendly services in community clinics. Strengthen the YRHP through appointing a Behaviour Change Communication (BCC) Advocacy Manager, and provide central coordination for BCC and advocacy activities carried out at project level.
- Strengthen Monitoring and Evaluation systems to allow for analysis of trends in service utilization by young people and to enable Restless Development to assess programme effectiveness in bringing about sustained behaviour change among young people.
- Institutionalise the documentation and analysis of lessons learned on best practices from youth projects, as a basis for scaling-up and integrating projects into a coherent programme approach.
- Restless Development should ensure that there are no bottle-necks in fund-flows to project activities to enable Project Managers to recruit the necessary staff and to implement their programme as set out in their strategic plan and work-programmes and budgets.
- Support to Youth Council by strengthening the designing of advocacy programmes targeted towards creating space for young people's participation at both district and national levels. Restless Development can also support established youth councils at district level to provide a platform through which young people can air out their views.
- Restless Development should strengthen the coordination, cooperation and relationship with local authority leaders at the district level, immediate steps to build a strong, cooperative relationship with district officers like District Youth Coordinators, MoHS Social Mobilization Officers, District Directors of Education, MoHS District M&E Officers, District HIV/AIDS counsellors, MoHS District Health Education Officers, and Development Planning Officers of Councils etc. and enter into regular feedback meetings with the relevant staff. This will create a strong working relationship as they will understand the project and build a basis for sustainability.

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## ANNEX A: Evaluation Methodology

### A1. Sample Methodology

The sample size for the treatment group is based on the total youth population between the ages of 12 to 28 years in Restless Development's areas of operation, field staff were able to provide details on the size of the youth population in that area. For the control group, this procedure is not applicable because the total youth population between the ages of 12 to 28 years was not available due to Restless Development not working in these areas. This is because statistics on the youth population in Sierra Leone is disaggregated by chiefdoms and sections, not by villages. Disaggregation by village would have been required by the evaluators to determine the sample population in control communities.

The total youth population in communities where Restless Development was operating and where they have exited was the sample frame for the selection of communities for the treatment group. Restless Development has operated in 135 communities in the 149 chiefdoms. The total number of youths in these communities is 146,118. Table 12 below shows district, chiefdom, community and total youth populations.

**Table 12: Number of Restless Development Communities and Young People by District and Chiefdom**

No.	District	No. of Chiefdom	No of Community covered by Restless Development	No. of YP in Restless Development Community
1	Kailahun	14	2	373
2	Kenema	16	15	2,390
3	Kono	14	1	3,288
4	Bombali	13	16	14,047
5	Koinadugu	11	7	5,852
6	Kambia	7	14	21,543
7	Tonkolili	11	14	43,125
8	Port Loko	11	14	11,871
9	Bo	15	18	8,523
10	Bonthe	11	8	9,162
11	Moyamba	14	15	18,230
12	Pujehun	12	11	7,706
	Total	149	135	146,110

**Source: Author (Calculations based on Restless Development Field Agents summaries)**

In both treatment and control communities, equal numbers of youth were interviewed. The total number of communities interviewed was 44; 22 in treatment communities and 22 in control communities. In every selected district the treatment and control communities were selected from the same chiefdom for easy comparison between treatment and control communities.

## A2. Selection of Treatment Communities

In selecting the treatment group, a two stage sampling method was utilised. Firstly, five districts were randomly selected from the three regions. Secondly Probability Proportional to Size (PPS) was applied to these five districts to calculate the total number of youths to be interviewed.

The project was implemented in the twelve districts of Sierra Leone; of these the evaluation was undertaken in five randomly selected districts. In the five districts, the weights (probabilities of selection) were calculated using the youth population of each selected district and the total youth population. These district weights were then applied to the selected sample size of 420 (0.5 percent of the youth population in the communities where Restless Development activities were carried), to calculate the sample size of selected districts, the table below shows selected district, youth population, sample weight and total selected sample.

**Table 13: Selected Sample by Sample Weight by District**

District	Youth Population	Sample Weight	Selected Sample
Kenema	23,900	0.2262	95
Tonkolili	43,125	0.4082	171
Moyamba	18,230	0.1726	72
Bo	8,523	0.0807	34
Port Loko	11,871	0.1124	47
Total	105,649	1	420

*Source: Author (Calculations based on Restless Development Field Agents summaries)*

In the selected districts, communities with the highest youth population were selected, with the objective of having at least ten youths interviewed in each community selected. However, youth populations in some of the communities were not significant based on the sample and their weights. Table 14 below shows the selected districts, chiefdoms, communities, youth population and sample selected for the treatment group.

**Table 14: Selected Sample by District and Chiefdom in Treatment Communities**

District	Chiefdom	Community	No of YP	Total Sample	Community Status
Kenema	Malegohun	Sembahun	2,209	13	Current
Kenema	Dodo	Dodo	2,000	12	Current
Kenema	Dama	Geima	4,001	23	Current
Kenema	Gorama Mende	Mondema	6,606	38	Current
Kenema	Lower Bambara	Tongo	1,650	10	Exited
<b>Total</b>			<b>16,466</b>	<b>96</b>	
Tonkolili	Malal Mara	Rochin	2,202	10	Current
Tonkolili	Kholifa Rowalla	Mayossoh	2,989	14	Current
Tonkolili	Gbonkelenken	Masumana	3,200	14	Current
Tonkolili	Yoni	Mathoir	8,976	41	Current

Tonkolili	Gbonkelenken	Mankonkori	2,442	11	Current
Tonkolili	Kalansogoya	Bumbuna	7,800	35	Exited
Tonkolili	Kafe-Simiria	Mabonto	1,900	10	Exited
Tonkolili	Koneke	Masingbi	2,700	12	Exited
Tonkolili	Yoni	Mile 91	5,600	25	Exited
<b>Total</b>			<b>37,809</b>	<b>171</b>	
Moyamba	Kongbora	Bauya	1,700	24	Current
Moyamba	Bagruwa	Sembehun	2,250	31	Current
Moyamba	Bumpeh	Rotifunk	2,500	35	Current
Moyamba	Kori	Njala Mokonde	1,925	27	Current
<b>Total</b>			<b>8,375</b>	<b>72</b>	
Bo	Jaiama Bongor	Koribondo	650	10	Exited
Bo	Baoma	Yamandu	1,500	24	Exited
<b>Total</b>			<b>2,150</b>	<b>34</b>	
Port Loko	Lokomasama	Bailor	1,900	20	Exited
Port Loko	Kafubulom	Conakridie	2,600	27	Exited
<b>Total</b>			<b>4,500</b>	<b>47</b>	

**Source: Author (Calculations based on Restless Development Field Agents summaries)**

Amongst the treatment communities selected, some are communities where Restless Development has exited and some are where Restless Development currently operates. In communities where Restless Development has exited, the assessment shows the impact of the project. In current communities of work the assessment shows how effective the project is being implemented.

### **A3. Selection of the Control Communities**

The same sample size for the treatment group was applied for the control group. This is because the total number of the youth population for the control communities was not available. Therefore quasi-experiment study designs are often chosen for field studies where the random assignment of experimental subjects is impractical, unethical, or impossible. Although the lack of random assignment in the quasi-experimental design method may allow studies to be more feasible, this also poses challenges for the investigators in terms of internal validity. However, the relative utilisation of quasi-experimental designs minimises threats to external validity, as the experimental design is neutral. This means that findings in treatment communities may be applied to control communities, allowing for some generalizations to be made.

The control group selected (and represented in Table 4) is based on the assumption that these communities did not participate in Restless Development programmes, but closely resemble the communities that participated as they are in the same districts and chiefdoms.

The control communities are selected in the districts and chiefdoms where treatment communities have been selected as this produces valuable knowledge and may be a good alternative when random selection is not feasible.

In the selected control group, the sections were identified to make them the location of the communities more accessible to the data collectors. Table 15 below shows the control communities, districts, sections and youth population to be interviewed.

**Table 15: Selected Sample by District and Chiefdom in Control Communities**

District	Chiefdom	Section	Community	Total Sample
Kenema	Malegohun	Lower Torgboma	Bendu	13
Kenema	Dodo	Seiwoh	Mbowohun	12
Kenema	Dama	Dakowa	Gofor	23
Kenema	Gorama Mende	Kualay	Tungei	38
Kenema	Lower Bambara	Bonya	Panguma	10
<b>Total</b>				<b>96</b>
Tonkolili	Malal Mara	Makobo	Robina	10
Tonkolili	Kholifa Rowalla	Mayossoh	Masoko	14
Tonkolili	Gbonkelenken	Petifu Mayepoh	Petifu Mayepoh	14
Tonkolili	Yoni	Yoni	Yoni Bana	41
Tonkolili	Gbonkelenken	Mayepoh	Mayepoh	11
Tonkolili	Kalansogoya	Upper section	Kemedgu	35
Tonkolili	Kafe-Simiria	Mayosso	Mayasso	10
Tonkolili	Koneke	Rolal	Mamanso Sanko	12
Tonkolili	Yoni	Petifu Lower	Broocks	25
<b>Total</b>				<b>171</b>
Moyamba	Kongbora	Taninahun	Levuma Nyameh	24
Moyamba	Bagruwa	Moseilolo	Mosenegor	31
Moyamba	Bumpeh	Bumpeh	Bumpeh River	35
Moyamba	Kori	Zone two	Taiama	27
<b>Total</b>				<b>72</b>
Bo	Jaiama Bongor	Upper Baimba	Telu	10
Bo	Baoma	Lower Pataloo	Blamawo	24
<b>Total</b>				<b>34</b>
Port Loko	Lokomasama	Yuria	Musaaya II	20
Port Loko	Kafubulom	Rosint	Tagrin	27
<b>Total</b>				<b>47</b>
Total Community			22	420

*Source: Author (Calculations based on Restless Development Field Agents summaries)*

#### **A4. Comparison of Baseline Result with Treatment/Control Group Results**

A successful impact evaluation centres on finding a good comparison group. Impact evaluations usually estimate programme effectiveness by comparing outcomes for those who participated in the programme to those who did not participate. However, the key challenge in this case was finding a group that did not participate, but have a close resemblance to those that participated. Without information on the counterfactual, a better alternative was to compare outcomes of treated communities with those that have not been treated. In such a situation, it is difficult to find a group/community that may not have been affected directly or indirectly by Restless Development programmes because of their cultural closeness and other influences like the radio programmes. Therefore findings from the control group were compared with the baseline results, in most cases, as this will show how participants would have been otherwise without the interventions. In some other cases, findings were compared with the treatment community target for the project. This well-matched group is mostly likely to generate valid conclusions about interventions' effectiveness, thereby generating a good hypothesis of merit as this method may serve as the second-best alternative given the circumstance.

## **A5. Study Instruments**

In the evaluation, three instruments were used: structured questionnaire, Key Informant Interview/in-depth interviews and Focus Group Discussions.

### **A5.1 Structured Questionnaires**

Only closed-ended questionnaires were used to gather information from both treatment and control communities. A screening process was undertaken by the interviewer in both treatment and control communities to establish eligibility for an interview. In treatment communities, potential interviewees were asked if they had ever heard of Restless Development. Only those that replied in the affirmative were interviewed. While in the control communities potential interviewees were asked if they had ever heard of Restless Development and those who answered in the affirmative were not interviewed.

The questionnaire was prepared using standard knowledge, attitude and practice/behaviour related questions. Also, an additional questionnaire was administered to Head Teachers (Primary & Secondary) and Link Teachers<sup>4</sup> in both treatment and control community schools, to solicit further information on the status of SRH in their schools

### **A5.2 Key Informant Interview/In-depth Interview**

The purpose of Key Informant Interview/In-depth interviews was to assess the programme's achievements and whether it has had any major effects on the lives of young people. The Key Informant Interview was designed for Restless Development staff and MDAs like the Ministry of Youth, Employment and Sport (MYES), the Ministry of Health and Sanitation (MoHS), the Ministry of Education, Science and Technology (MEST) and the National Aids Secretariat (NAS). For Restless Development staff, specific questions were designed for the specific level of staff and based on their functions in the project. For key informants from the MDAs, questionnaires were also based on their roles in the implementation of the

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<sup>4</sup> These are teachers trained to deliver Restless Development Minimum Standards activities in schools i.e. 5mins SRH lessons, Assembly Messages, Youth Action Club activities, and Managing Youth Friendly Resource Centers

project. All the questions were based on five thematic areas of the evaluation: relevance and equity, efficiency and effectiveness, impact, sustainability and replicability, and lessons learned and recommendations. The MDA staff interview was to determine the extent to which they had contributed to the achievement of the programme outcomes as per the log frame and its indicators (Annex A), and also followed the five thematic areas.

In-depth Interviews were organised with District Directors (MEST, MYES) District Council Staff, DMOs, Community Health Workers, Community Youth Leaders, Head Teachers (Primary & Secondary) and YRH implementing teachers. Specific questions were designed based on the key issues for investigation outlined in the Terms of Reference (TOR).

### **A5.3 Focus Group Discussions (FGDs)**

FGDs were conducted with young people in both control and treatment communities, as well as youths that have benefited from YLAP at the University of Makeni and Njala University, Bo Campus. In each of the FGDs there was one moderator and one note taker. The discussion followed logical steps to capture all the five thematic areas of the evaluation. The FGD guide was designed to be youth-friendly and to encourage participation, especially from out of school youth. The information obtained from FGDs has been triangulated to form part of this report.

The FGDs investigated how the programme contributed to improving the lives of young people and their households in the areas of SRH, livelihoods and participation in decision making; and how the programme contributed to improve the attitudes and capacities of partners for youth engagement and promoting access to youth friendly services.

### **A.6 Data Management**

Data management was undertaken at a central location and the processing of results started immediately after data collection. Completed questionnaires were returned regularly from the field to district headquarter towns for onward submission to Freetown, where they were entered and edited by three (3) data entry operators and one (1) data processing supervisor recruited and trained. Prior to data entering, the completed questionnaires were verified and coded by the consultants and each questionnaire checked to ensure it was properly filled out. The questionnaires were then entered into the CSPro computer package and the data cleaned.

### **A.7 Data Analyses and Reporting**

The data analysis was done using SPSS Version 18 and frequencies run to check and prevent duplications. Descriptive statistics were generated and cross-tabulation done using background variables like age, sex, religion and level of education. Statistical tests were also conducted to test the level of significance between very important variables in the study. Notes from the FGD and in-depth interviews were triangulated and the summaries incorporated into this report.

## ANNEX B: Project Log Frame

**Note:** Green indicates: Indicator was achieved  
Yellow indicates: Indicator was nearly achieved

Purpose and Output	Log frame Indicators	Baseline data (2007)	Control group data (2012)	Treatment group data (2012)	Treatment group data Target (2012)	Progress Summary
<b>Purpose:</b> To ensure young people have access to sexual and reproductive health (SRH) services promoting positive sexual health seeking behaviors with regards to safer sex practices and increase participation and leadership of youth in development (positive youth SRH behaviour)	<b>Indicator 1:</b> % young people participating in Restless Development SRH activities reporting safer sex practices		39.4% (M-41.2%, F-35.9%)	61.3% (M-66.4%, F-54.8%)		
	Abstinence from sex	53% (M-51%, F-55%)	16.6% (M-16.1%, F-17.6%)	33.3% (M-28.5%, F-39.2%)	63% (M-61%, F-66%)	Abstinence has reduced since young people now know that condoms can protect them from STIs or HIV through sex.
	Be faithful to one partner	41% (M-32%, F-52%)	24.7% (M-23.7%, F-26.8%)	39.7% (M-39.6%, F-39.8%)	51% (M-42%, F-62%)	Faithfulness has not changed much in the treatment communities, because young people are now aware of the use of condoms so the need to be faithful is less important.
	Condom use at last sex	22% (M-21%, F-23%)	63.9% (M-64.4%, F-62.0%)	86.9% (M-86.4, F-87.6)	50% (M-49%, F-52%)	Condom use increased drastically from the base line in the treatment community. This could be attributed to the condom sensitization undertaken by Restless Development in these communities.
	<b>Indicator 2:</b> % of young people in participating communities accessing at least one available SRH	35% (M-37%, F-33%)	14.3% (M-14.0%, F-14.7%)	91.0% (M-89%, F-93%)	55% (M-57%, F-53%)	Access to SRH improved drastically in treatment communities, as the project achievement far exceeded the target.



	service at clinics in the last 12 months					
	<b>Indicator 3:</b> Number of young people accessing youth friendly services (YFS) in Restless Development Youth Friendly Resource Centres (YFRC) (per year)	47,462 (M-50%, F-50%)	NA	49,835 first time visitors 2011, 29,713 first time visitors in 2012	52,208 (M-50%M, F- 50% )	There is improvement when compared with baseline, but project target was not met.
	<b>Indicator 4:</b> Extent to which government and local councils include youth in planning, implementing, budgeting and monitoring policy and development plans at national and local level	No effective formal structures to enable participation of youth in planning , implementing, budgeting and monitoring policy and development plans at national and local level	NA	Evidence that government and local councils are including young people in planning implementing, budgeting and monitoring policy and development plans at national and local level	The project milestone on this indicator was to enable government ministries and local councils to request assistance from Restless Development to develop strategies to get young people to participate in planning implementing, budgeting and monitoring policy and development plans at national and local level.	The project has made significant progress in this indicator. The Ministry of Youth and Sports requested assistance from Restless Development to develop M&E and reporting systems and a database for projects undertaken by the ministry in four regions Bo, Makeni, Kenema and Freetown. Restless Development has supported the ministry in the development of the database and M&E systems which is now used by the ministry to generate information used for decision making at regional youth offices in Bo, Makeni, Kenema and Freetown. The database is used to inform partners on activities of youth organisations in the four regions under pilot. Also Restless Development placed upon request young people as interns at the National Aids Secretariat, Ministry of Health Bo and Kono District Council to participate in the planning, implementing, budgeting

						and monitoring of policies and development plans in these institutions and departments. The project will continue to work with these ministries and local councils in the new programme year strengthening the organisations efforts to effectively deliver on the development plans of these institutions and government departments
<b>Output 1:</b> Youth SRH knowledge : Young people equipped with the skills and knowledge to make informed decisions regarding their sexual and reproductive health and to live positive and healthy lives.	<b>Indicator 1:</b> % of young people in participating communities able to identify 3 major routes of HIV transmission	45% (M-48%, F-42%)	35% (M-35.1%, F-35.2)	94.8% (M-93.6%, F-96.2%)	80% (M-83%, F-77%)	The proportion of young people in treatment communities that are able to identify three major routes of HIV transmission improved considerable in treatment communities and exceed the target set by the project for 2012.
	<b>Indicator 2:</b> % of young people in participating communities correctly identifying 3 myths related to HIV	11% (M-12%, F-9%)	82.7% (M-81%, F-85.9%)	95.2% (M-94.0%, F-96.8%)	61% (M-62%, F-59%)	Most young people have got adequate knowledge on SRH in the treatment communities and therefore no longer believe in most of the myths hence a reduction in the %age of those who can name at least three of such myths.
	<b>Indicator 3:</b> Number of young people participating in formal education on life skills and SRH in schools.	66,150	NA	87,600	78,750	The number of young people that participated in formal education on life skills and SRH in schools improved and exceed the project target.
	<b>Indicator 4:</b> % of young people in	53% (M-84%, F-82%)	45.8% (M-47.0%, F-43.7%)	66.0% (M-68.1%, F-63.4%)	95% (M-96%, F-94%)	When compared to control group and baseline results, Restless Development seems to have made

	participating communities able to identify at least one modern method of contraception					improvement but however falls short of project target.
<b>Output 2:</b> Youth Leadership and Skills : Young people are equipped with increased life-skills and leadership capabilities	<b>Indicator 1:</b> Number of young people trained to deliver SRH/life skills sessions and peer advice (per year)	1,386	NA	5,440 M- 2,839, F- 2,601	1,650	The project was able to train more young people who carried out peer advice and SRH/LS sessions among their peers in communities than was targeted.
	<b>Indicator 2:</b> Number of young people taking the lead in SRH activities in both communities and at district level	685	NA	3,522 (M-1887, F-1635)	805	Significant progress was made by the project such that young people actually took lead in SRH activities in communities and at district level.
	<b>Indicator 3:</b> Number of young people participating in national level policy meetings on SRH needs of young people	0	NA	35 (M-15; F-5)	20 (10 M, 10 F)	The project empowered more young people to participate in national level policy meetings such that their SRH needs are factored in policies formulated by government. The project was able to facilitate the participation of 35 young people (15 male; 5 female) to participate in policy review processes on the National Youth Policy which incorporates aspects of the SRH needs of young people.
<b>Output 3:</b> Schools and communities mainstreaming SRH:	<b>Indicator 1:</b> No of schools in implementing communities are	63	NA	216 (73 secondary schools and 143 primary schools)	225	The target was to reach 75 communities to implement MEST HIV policy but ended up reaching 73 communities. This limits the

Schools and communities in Sierra Leone enabled to mainstream an effective sexual reproductive health and HIV/AIDS programme through government interventions and technical support from Restless Development Sierra Leone	implementing Ministry of Education, Science and Technology (MEST) HIV/AIDS policy					number of schools reached to implement the HIV policy of the ministry. However from 2007 to date Restless Development reached 408 schools with SRH interventions 136 of which are secondary schools and 272 are primary schools.
	<b>Indicator 2:</b> Extent to which MEST has taken the lead on monitoring of the implementation of the HIV policy in schools	No M&E	NA	The monitoring tool is currently being designed ready for implementation in February 2012. A workshop training school supervisors and inspectors on the use of the tool was held this January 2012.	MEST staff have started using the system in 3 Districts and are generating monitoring information	The project is expected to support the MEST to review and develop monitoring systems for schools supervisors and inspectors to use for the purpose of monitoring SRH/Life skills activities in schools. Restless Development has held a consultative workshop with schools inspectors and supervisors across 12 districts including Freetown where issues were identified for incorporation into the monitoring systems.
	<b>Indicator 3:</b> Number of communities implementing youth focused SRH activities without direct Restless Development support	3(2009 data)	NA	63	40	Significant progress was made by the project such that young people actually took lead in SRH activities in their communities
<b>Output 4:</b> Youth employability opportunities: Young people are equipped with pre-professional and entrepreneurship skills, information and appropriate services for	<b>Indicator 1:</b> Number of young people demonstrating employability skills	Not available	NA	769 (M-469, F-300)	300	In 2011-2012 programme year the project trained young people on pre-professional skills that make them more employable. This count includes those who started but did not complete the course. The Number that completed the course module for 2011-12 is 394

employability						skills are computer skills, CV writing skills, and interview techniques. Once equipped with these skills, young people are better positioned to compete in the job market and are more likely to secure jobs.
	<b>Indicator 2:</b> Number of Restless Development ex-volunteers in higher studies or gainful employment in last 12 months	248 (M-70%, 30%)	NA	418(N=617)	145 (M-50, F_50) (N=619)	To date Restless Development has been able to enable 418 young people to gain employment (241) and (177) engaged in higher studies
	<b>Indicator 3:</b> Number of young people demonstrating entrepreneurship skills	26	NA	208 (M-106, F-102)	76	This count includes those who started but did not complete the course. The Number that completed the course module for 2011-12 is 80
<b>Output 5:</b> Stronger national youth sector built : State and non-state actors have increased capacity to involve young people in the design and delivery of policies and services	<b>Indicator 1:</b> Degree to which Ministry of Health and Sanitation is delivering Youth Friendly Services and policies	CSOs deliver Youth Friendly Services in Restless Development communities but with no formalized strategic agreement with Restless Development	NA	At a policy level, Restless Development has fed into the development of a multi-sectoral Adolescent SRH Strategy and of national minimum standards for delivering Youth Friendly Services. Further progress made so far was that Restless Development has submitted its registration documents to	Restless Development strategy in place to support the capacity building of Ministry of Health and Sanitation to deliver Youth Friendly Services	The project is expected to strengthen its partnerships relationship with the Ministry of Health and Sanitation (MOHS) through the signing a MoU with the ministries but also to enable the ministry to deliver youth friendly services and policies. At a Regional level, Restless Development has been providing training in the delivery of youth-friendly services to front-line staff. Plans are currently put in place to develop a strategy to support the capacity building of MOHS to deliver on YFS which will inform the content of the MOU.

				the MOHS, which lays the administrative foundations for developing a MOU with the Ministry.		
<b>Indicator 2:</b> Number of policy and advocacy reports published and case studies shared with key state and non-state actors	0	NA		A piece of research on the state of the nation's youth was undertaken and a National Youth Report is currently in draft form, with the aim of being published in 2012	5	The project has as a milestone to publish a policy and advocacy report and disseminate to key state and non-state actors. Restless Development disseminated two advocacy reports in 2010, one relating to youth participation in elections and the second relating to young people's participation in decision-making processes.
<b>Indicator 3:</b> Degree to which MYES (Ministry of Youth, Employment and Sports) is able to monitor implementation of national youth policies	No effective M&E	NA		Restless Development developed an M&E system and a database for the ministry which is now being piloted in four regions in the country i.e. Bo, Makeni, Kenema and Freetown.	Effective M&E systems developed and Implemented by staff of MYES	The project was also expected to develop M&E systems for the Ministry of Youth and Sports to support monitoring of activities of the ministry in various regions of the country. The database is used to gather information on activities of youth groups and agencies in the regions under pilot. The M&E systems generate information used for decision making in regional youth offices including Freetown.
<b>Indicator 4:</b> Number of youth focused civil society organisations and local government structures whose capacity	0	NA		Progress made on this is that 2 CSOs have been trained on these programme standards and have been 6	3	The project is expected to train three youth-focused civil society organisations on programme standards with specific focus on M&E, Budgeting and Financial control, and resource mobilisation.

	is enhanced by Restless Development			months of support through mentorships and coaching programmes by Restless Development.		
	<b>Indicator 5:</b> External evaluation done on the impact of Restless Development intervention	0	NA	This is in progress currently	1	<b>External evaluation report</b>

# ANNEX C: KAP Survey

## 1. Questionnaire

### Restless Development (RD) Sierra Leone

#### Youth Reproductive Health Programme

#### Introduction

Hello, my name is .....and I am part of the team from Restless Development/SPW doing evaluation of Restless Development (RD) activities by interviewing young people to understand the status of for their Youth Reproductive Health Programme in this area. We are interviewing young people about their reproductive health knowledge, leadership skills and employment opportunities. We would appreciate if you could participate in this survey. This information will help RD, Donors, Government and other stakeholders to plan RHP in the country. Whatever information you provide will be kept strictly confidential and will not be shared to anyone else. Participation in this survey is voluntary and you can stop the interview at any time, however we hope that you will participate in this survey, since your views are important.

<b>Region:</b>	<b>Result of Interview</b> 1. Completed 2. Postponed 3. Refused 4. Incomplete
<b>District:</b>	
<b>Chiefdom:</b>	
<b>Locality Name:</b>	
<b>Name of Interviewer:</b>	<b>Name of Supervisor</b>
<b>Date of Interview:</b> /08/2012	<b>Date Checked:</b> /08/2012
<b>RD Community:</b> 1. Yes 2. No  <i>(If 'No' enquire whether respondent ever participated or exposed to Restless Development activities. Administer questionnaire only if never heard)</i>	<b>Questionnaire Number</b>

#### Section 1: Socio-demographic Background

No.	Question	Option	Skip to
101	Sex of respondent	Male 1 Female 2	
102	How old were you on your last birthday? <i>(in completed years)</i>		
103	How long have you been living in this community? <i>(put the number in completed years, 00 if less than one year)</i>	...../.....	
104	What is your religion?	Christianity 1 Islam 2 Others (specify) 3	
104	What is your ethnicity?	Mende 1 Temne 2 Limba 3 Fula 4 Others (specify) 5	
106	Are you married?	Yes 1 No 2	
107	Are you currently employed?	Yes 1 No 2	>109
108	If, Yes, type of job		
109	Did you ever attend school?	Yes 1 No 2	>Sec.



			<b>2</b>
<b>110</b>	If left school, highest level attained	Primary 1 Secondary 2 Tech/voc 3 College/University 4 Others (specify .....88	
<b>111</b>	Are you currently in school?	Yes 1 No 2	<b>&gt;Sec. 2</b>
<b>112</b>	If in school, what class/form are you currently?	Class 4 1 Class 5 2 Class 6 3 JSS 1 4 JSS 2 5 JSS 3 6 SSS 1 7 SSS 2 8 SSS 3 9 Tech/Voc 10 College/University 11 Others (specify.....88	

**Section 2: Exposure to Restless Development Youth Reproductive Health Program**

No	Question	Options	Skip
<b>201</b>	Have you ever heard of Restless Development before (SPW)?	Yes 1 No 2	<b>&gt;Sec 3</b>
<b>202</b>	How did you hear about Restless development (SPW)?  <i>Don't prompt (Multiple response)</i>	Yes No Radio 1 2 School 1 2 News paper 1 2 Other (specify) ----- 1 2	
<b>203</b>	Have you participated in/attended any RD activities /session/event organized in this community in the last 12 month?	Yes 1 No 2	<b>&gt;207</b>
<b>204</b>	What types of RD activities /session/event did you participate?  <i>Don't prompt (Multiple response)</i>	Yes No Educating young people on SRH 1 2 Educating young people on livelihood skill 1 2 Building the capacity of young people in raising voice to policy change 1 2 Building the capacity of young people to engage in decision making 1 2 Other (specify) ----- 1 2	
<b>205</b>	Did the knowledge you obtained from the trainings help in improving your life?	Yes 1 No 2 Don't Know 3	<b>&gt;207</b> <b>&gt;207</b>
<b>206</b>	If YES in Q205, in what way?	Yes No Employed 1 2	

	<i>(multiple response applicable)</i>	Easily and openly access to SRH service 1 2 Started small business 1 2 Access to bank services 1 2 Life skills-self awareness 1 2 Other (specify) ----- 1 2	
207	Have you used the Restless Development Youth Friendly Resource Center for any service	Yes 1 No 2	
208	If YES, what types of services are they offering	In door games 1 Outdoor games 2 Condom education 3 Training 4 Peer advice 5 Reading 6	

**Section 3: Knowledge of Sexual Reproductive Health (SRH)**

No	Question	Options	Skip
301	Have you ever heard of SRH services?	Yes 1 No 2	>312
302	Have you been taught about SRH by RD? <i>Cross check with cover page if in RD Community</i>	Yes 1 No 2	>312
303	What are these SRH services? Please mention any that you know <i>Don't prompt (Multiple response)</i>	Yes No Family planning services 1 2 Voluntary Counseling and testing 1 2 STIs treatment services 1 2 Acquisition of condoms 1 2 Access to IEC information 1 2 If other, Specify.....1 2	
304	How did you know about these services? <i>Don't prompt (Multiple response)</i>	Yes No Peer to peer discussion 1 2 Through health centre 1 2 Through teachers 1 2 Through edutainment 1 2 Through SRH club dialogue 1 2 Through Ex-VPE 1 2 Radio 1 2 If other, specify.....1 2	
305	Have you ever attended any SRH services/event organized by RD?	Yes 1 No 2	>312
306	Which services were you offered?	Yes No Family planning Counseling/service 1 2 STIs testing 1 2 STI treatment 1 2	

		Condoms	1	2	
		IEC materials	1	2	
		VCT services	1	2	
		If other, specify.....	1	2	
307	Did you like the services you were offered?		Yes	1	
			No	2	>309
308	<b>Ask only Q307 is No</b>		Yes	No	
	Why did you like the services?	Youth friendly	1	2	
	<b>Don't prompt (Multiple response)</b>	Accessible	1	2	
		Knowledgeable staff	1	2	
		Privacy	1	2	
		Other	1	2	
		If other please describe.....			
309	Why didn't you like the services?		Yes	No	
	<b>(Ask only if Q307 is NO)</b>	Not youth friendly	1	2	
		Not accessible	1	2	
		No knowledgeable staff	1	2	
		Not Privacy	1	2	
		Other	1	2	
		If other please describe.....			
310	Would you recommend a friend to go for SRH services organized by RD?	Strongly recommend		1	>312
		Recommend		2	>312
		Not recommend		3	} 311
		Don't know		4	
		No response		5	
311	Why you would not recommend a friend to go for SRH services?		Yes	No	
	<b>(Multiple answer)</b>	Not youth friendly	1	2	
	<b>Ask only if Q310 is 3, 4 or 5</b>	Not accessible	1	2	
		No knowledgeable staff	1	2	
		Not Privacy	1	2	
		Other	1	2	
		If other please describe.....	1	2	
312	Have you heard of any sexually transmitted diseases (STD) before?		Yes	1	
			No	2	>316
313	Which sexually transmitted diseases have you heard of?		Syphilis	1	
	<b>(Multiple answers but don't prompt)</b>		Gonorrhea	2	
			HIV/AIDS	3	
		Others (specify) .....		4	
314	Can you describe any symptoms of STIs?		Abdominal pain	1	
	<b>(Multiple answers but don't prompt)</b>		Genital Discharge	2	
			Foul smelling discharge	3	
			Burning pain on urination	4	
			Genital sores/ulcers	5	
			Swelling in groin area	6	
			Itching	7	
		Other (specify).....		8	
		Don't know		99	
315	Could you please tell me how can one avoid		Use condom during sex	1	
			Having with one partner only	2	

	having STDs? <b>(Multiple answers)</b>	Having bath after sex 3 Avoid sex entirely 4 Avoid sex with specific group 5 Others (specify)..... 6 Don't Know 99	
316	Have you heard of HIV/AIDS before?	Yes 1 No 2	> 322
317	How can people get HIV/AIDS? <b>(Multiple response applicable but don't prompt)</b>	By having sex 1 Share of needle 2 Blood transfusion 3 By birth from mother to child 4 Others (specify) ..... 5 Don't know 99	
318	Can people get HIV/AIDS by .....? <b>(multiple response applicable don't prompt)</b>	Yes No Touching 1 2 Eating together 1 2 Mosquito bites 1 2 A healthy looking person cannot have it 1 2 Witch Craft 1 2 Other (specify) ..... 1 2	
319	If any member of your family gets the HIV/AIDS sick, would you want to.....	Yes No Eat with the person 1 2 Sleep with the person 1 2 Touch the person 1 2 Talk to the person 1 2	
320	Why would you refuse to do any of the above? <b>(Ask only if any of Q319 is 'NO')</b>	Yes No Fear of getting the sick 1 2 Fear of people seeing me with her/him 1 2 Should not be associated with them 1 2 Don't know 1 2 Others (specify) ----- 1 2	
321	If you were to contract an STI what would you do?	Go to the hospital/clinic 1 Go to a medical person 2 Buy some pills (antibiotics) and take it 3 Take some herb 4 Consult a colleague 5 Others (specify) ----- 6 Don't know 99	
322	What are you using to avoid pregnancy?	Avoid sex entirely 1 Condom 2 Birth control pill 3 Birth control injection 4 Traditional medicine 5 Spermicide 6 IMPLANT 7 Using nothing 8 Others (specify) ----- 10 Don't know 99	

323a	If you impregnate a woman what would you do?  <i>(Male only)</i>	Abort the pregnancy 1 Avoid the woman 2 Take responsibility of the pregnancy 3 Marry her 4 Others (specify) ----- 5 Don't know 99	
323b	If you get pregnant what do you do?  <i>(Female only)</i>	Abort the pregnancy 1 Avoid the man 2 Take responsibility till deliver 3 Marry to the man 4 Others (specify) ----- 5 Don't know 99	
324	Have you used any RH service in any clinic in the last 12 months?	Yes 1 No 2	
325	How many sexual partner(s) have you had in the past 12 months?	\ / ...../..... Never had sex 2 Don't know 99	
326	How many sexual partner(s) have you had in the past one months?	...../..... Don't know 99	
327	When last did you have sex?	Last night 1 Less than a week 2 One week ago 3 Above one week 4	
328	What were the circumstances of sexual intercourse with these partner(s)?  <i>(Multiple response applicable)</i>	Desire to have sex 1 Under alcohol/drug influence 2 Forced 3 Raped 4 Other (specify).....5	
329	Did you use condom in your last sexual encounter?	Yes 1 No 2	>331
330	Why didn't you use condom in your last sexual encounter?	Longstanding partner 1 Know each other status 2 Don't like condom 3 Other (specify).....4	
331	Do you think you know how to correctly use condoms?	Yes 1 No 2	
332	Would you advise your friends to use condoms whenever they have sex?	Yes 1 No 2	
333	What does "safe sex" means to you?  <i>(Do not read, probe by asking and circle the responses)</i>	Abstaining from sex 1 Use condoms during sex 2 Use contraceptives 3 Both partners love faithfully 4 Use menstrual calendar 5 Withdrawal method 6 Use traditional herbs 7 Others (specify) ----- 8 Don't Know 99	

**Section 4: Livelihood**

401	What do you do to earn income?	<p style="text-align: right;">Yes No</p> <p style="text-align: right;">Agriculture 1 2</p> <p style="text-align: right;">Animal &amp; poultry farming 1 2</p> <p style="text-align: right;">Small business 1 2</p> <p style="text-align: right;">Daily wage/pay 1 2</p> <p style="text-align: right;">Self employed 1 2</p> <p style="text-align: right;">Don't Earn anything 1 2</p> <p style="text-align: right;">Other (specify) ----- 1 2</p>	
402	Is your income level compare to two year back?	<p style="text-align: right;">The same 1</p> <p style="text-align: right;">More now 2</p> <p style="text-align: right;">Less now 3</p>	
403	Did you ever receive any capacity building training on income generation/entrepreneurship skills under Restless Development?	<p style="text-align: right;">Yes 1</p> <p style="text-align: right;">No 2</p> <p style="text-align: right;">Don't know 3</p> <p style="text-align: right;">No response 4</p>	} 501
404	What capacity building training or career skill did you receive from RD?	<p style="text-align: right;">Yes No</p> <p style="text-align: right;">Entrepreneurship skills 1 2</p> <p style="text-align: right;">Vocational skills 1 2</p> <p style="text-align: right;">Computer skills 1 2</p> <p style="text-align: right;">Marketing skills 1 2</p> <p style="text-align: right;">Adult learning 1 2</p> <p style="text-align: right;">Other (specify) -----1 2</p>	
405	Did the skills you obtained from the training help in any way to improve your life?	<p style="text-align: right;">Yes 1</p> <p style="text-align: right;">No 2</p> <p style="text-align: right;">Don't know 3</p> <p style="text-align: right;">No response 4</p>	} 501
406	How did the skill obtained from the training help in improving your life?	<p style="text-align: right;">Established business project 1</p> <p style="text-align: right;">Invested in agriculture 2</p> <p style="text-align: right;">Add more stock to my small business 3</p> <p style="text-align: right;">Raised income 4</p> <p style="text-align: right;">Other (specify) ----- 5</p>	

**Section 5: Knowledge in Leadership**

No	Question	Options	Skip
501	Do you participate in SRH activities in your community or in your district?	<p style="text-align: right;">Yes 1</p> <p style="text-align: right;">No 2</p>	>503
502	What kind of role do you play?	<p style="text-align: right;">Leadership 1</p> <p style="text-align: right;">Observer 2</p> <p style="text-align: right;">Delegate 3</p> <p style="text-align: right;">Others (specify) ----- 4</p>	
503	Have you participated in any policy meeting on SRH at national/community level in the last 12 months?	<p style="text-align: right;">Yes 1</p> <p style="text-align: right;">No 2</p>	
504	<b>Have you ever participated in any decision making?</b>	<p style="text-align: right;">Yes 1</p> <p style="text-align: right;">No 2</p> <p style="text-align: right;">Don't know 3</p> <p style="text-align: right;">No response 4</p>	} 506

<b>505</b>	At what level did you participate in the decision making?  <i>(multiple answers applicable)</i>	Family 1 Community 2 District 3 National 4 Other (specify) ----- 5	
<b>506</b>	Are there any youth decision making bodies in your community?	Yes 1 No 2 Don't know 3 No response 4	
<b>507</b>	Have you been trained in any SRH/life skills?	Yes 1 No 2	
<b>508</b>	Which organization provided the training?  <i>(Multiple response applicable)</i>	Restless Development 1 Government Agency 2 Other NGO 3	

**509** Do you have any concerns that you would like to convey/share to the people organizing this evaluation?

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**Q510.** In your own opinion, what would you recommend to effectively improve the program?

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**Thank Respondent before leaving.**

## **ANNEX D: List of Key Informants**

<b>No.</b>	<b>Name</b>	<b>Designation</b>	<b>Location</b>
1	Cathrin M. Daniel	Country Representative	Freetown
2	Joe Murphy	Acting Finance and Administrative Manager	Freetown
3	James S. Fofanah	RM & E Manager	Freetown
4	Thomas Gowa	Senior Programmes Manager	Freetown
5	Daniel Kettot	Field officer - YLAP	Freetown

6	Mohamed Alpha Jalloh	YLAP Manager	Freetown
7	Nathniel O. John	RM&E Coordinator	Freetown
8	Mariama Bao Amara	Field Office	Bo
9	Aia Sam	Social Mobilization Officer - MoEST	Tonkolili
10	A. O. Kamara	School Supervision - NAS	Tonkolili
11	Augustine Boima	HIV/AIDS Counsellor	Tonkolili
12	Arthur Allieu	Local Council Development Officer	Tonkolili
13	Mr. Kawa	M&E Officer – MoHS	Kenema
14	James Sesay	M&E Officer - MoEST	Kenema
15	Mark Sesay	Youth Officer - MoEYS	Kenema
16	Emmanuel Sartie	Local Council Development Officer	Kenema
17	Mohamed Massaquoi	Health Education Officer - MoHS	Bo
18	Paul Saffa	Head of Supervisors - MoEST	Bo
19	Patrice Amara	Youth Officer - MoEYS	Bo
20	Thaim Kargbo	Regional Coordinator	Bo
21	Miss Julia	Local Council Development Planning Officer	Bo
22	Christopha Kamara	M&E Officer – MoHS	Port Loko
23	Alhaja M. S. Kamara	School Supervisor - MoEST	Port Loko
24	Kaidiatu Sesay	HIV/AIDS Focal Person - NAS	Port Loko
25	Sheiku Gebrill	Local Council Development Planning Officer	Port Loko
26	Mr. Samba	HIV/AIDS Focal Person - NAS	Moyamba
27	Mr. Feika	School Supervisor - MoEST	Moyamba
28	Osman Daramy	Youth Officer - MoEYS	Moyamba
29	Sallay Senesie	Local Council Development Planning Officer	Moyamba