

VISION IN ACTION CAMEROON

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INCLUSIVENESS, SUPPORT, PROTECT

Good day there,

We hope you're having a great day. In the eighth monthly edition of our 2023 newsletter, we bring you fascinating news and updates from the world of SRHR. Enjoy your reading.

Thank you very much!

AUGUST NEWS AND UPDATES FROM VIAC

Quote of the Week

"Health is the greatest of human blessings." – Hippocrates.

"Access to safe and legal abortion is a fundamental human right." - Planned Parenthood



Unsafe abortion is a major cause of maternal mortality and morbidity, particularly in countries where safe abortion services are not easily accessible. As a result, supported by AWDF, VIAC continues to hold gender transformative approach sessions and the value clarification and attitude transformation (VCAT) sessions we kicked off in June to educate participants on the dangers of unsafe abortion and the importance of safe abortion service. These sessions aim to reduce the number of unsafe abortions and improve access to safe abortion services. Participants were taught about the different methods of safe abortion, including medical abortion and surgical abortion, and the role of healthcare professionals in providing these services. This information is crucial for individuals seeking safe abortion services, as it helps them make informed decisions about their healthcare options. By educating participants on the dangers of unsafe abortion and the importance of safe abortion services, the session aimed to reduce the number of unsafe abortions and improve access to safe and legal abortion services.

These sessions on safe abortion are an important step towards promoting reproductive rights and healthcare for all individuals. During the session, participants were educated on the dangers of unsafe abortion and the importance of safe abortion services. They were also taught about the different methods of safe abortion and the role of healthcare professionals in providing safe abortion services. The sessions emphasized that safe abortion is a reproductive right that should be accessible to all individuals, regardless of their gender or other personal characteristics. Aimed to change the attitudes and values of participants towards safe abortion and to promote access to safe abortion services, the sessions also addressed the societal stigmatization of safe abortion and how it can prevent individuals from seeking the care they need. Participants were encouraged to challenge these stigmatizing attitudes and to promote a more accepting and supportive environment for individuals seeking safe abortion services. Overall, the value clarification and attitude transformation session and GTA sessions were a success, with 102 participants from eight different communities in the South West Region of Cameroon have gained valuable knowledge on safe abortion and its benefits in August. By changing attitudes and values towards safe abortion, we can work towards ensuring that all individuals have access to safe and legal abortion services.

We can assist in eliminating the stigma around abortion and enhance access to care by confronting these notions and establishing a more welcoming and supportive atmosphere for individuals seeking safe abortion services.



"Reproductive healthcare, including safe abortion, must be accessible and inclusive for all individuals, regardless of their disability status." - International Planned Parenthood Federation

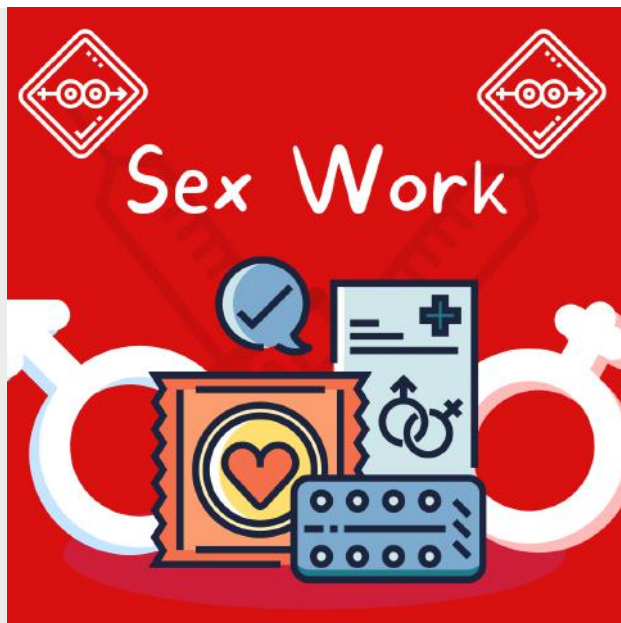


People living with disabilities face unique challenges when it comes to accessing healthcare, including reproductive healthcare. People living with disabilities are not excluded from our safe abortion sessions since we strive for inclusiveness for all. VCAT sessions on safe abortion were recently held with individuals with hearing impairments to promote reproductive rights and healthcare for all. The session aimed to address these challenges and provide support by educating participants on the dangers of unsafe abortion, the importance of safe and legal abortion services, and the different methods of safe abortion.

The session also addressed societal stigmatization of safe abortion, which can be particularly acute for individuals living with disabilities. By challenging these attitudes and promoting a more accepting and supportive environment, we can help reduce stigma and improve access to care for those living with disabilities. As a result of this session with those with disabilities, seven people with disabilities, learned about the different types of safe abortion, understood that safe abortion was an inclusive topic for all, gained more knowledge about contraception and how safe abortion access was a concern for all irrespective of gender and had a value transformation on the inhibiting societal norms such as safe abortion.

These sessions are a positive step towards promoting reproductive rights and healthcare for all, and continued efforts are needed to ensure everyone has access to the reproductive healthcare they need, regardless of their disability status.

Safe Space Sessions on HIV: Empowering Sex Workers



Sex workers are frequently stigmatized and excluded, making it difficult for them to access healthcare services. Our safe space sessions aimed to empower sex workers by providing a secure venue for them to discuss their sexual health.

In the month of August, two safe space sessions on HIV/AIDS were held in two different locations, with a total of 20 sex workers (10 attending each session). These sessions provided a non-judgmental environment for sex workers to discuss their experiences and concerns about HIV, receive information on prevention and treatment options, and access resources and support services.

The sessions were facilitated by our trained community nurses who ensured that the discussions remained respectful and non-judgmental. Participants were encouraged to share their personal experiences with HIV/AIDS and receive support from their peers. The sessions also included information on the importance of regular testing, condom use, and treatment options.

Overall, VIAC's sessions on HIV/AIDS provided sex workers with a platform to discuss their concerns and receive information and support. Hence these sessions were an important step towards empowering sex workers to take control of their sexual health and well-being and make better informed health choices.

Safe Space Session on Contraception: Empowering Women



Contraception is an important aspect of women's sexual health, but many women face barriers in accessing contraception due to stigma, lack of information, and limited access to healthcare services. By providing a safe space for women to discuss their contraceptive needs, our safe space sessions are aimed to empower Adolescent Girls and Young Women (AGYW) to make informed decisions about their sexual health.

In the month of August, we held a safe space session on contraception in the Buea Town Community with over 20 participants. This session provided a non-judgmental environment for women to discuss their personal experiences and concerns about different types of contraception, receive information on the various options available to them, and access resources and support services.

The session was facilitated by our trained community nurses and participants were encouraged to share their personal experiences with contraception and ask questions about the different types available to them. The session also included information on the importance of regular check-ups and the role of contraception in preventing unintended pregnancies and sexually transmitted infections.

Overall, this safe space session on contraception provided women with a platform to discuss their concerns and receive information and support as these sessions were an important step towards empowering women to take control of their sexual health and well-being.

MEET OUR NEW MEMBERS!

Meet New Members of the VIAC Team.

KUBE ROSEKELLY BEGIAL is an International Relations and conflict resolution student who will like to increase her skills in community relations, research and report writing. She hopes to create a community in which reproductive health rights are attained by everyone irrespective of their sexual identity or gender expression.

Ms. Rosekelly is joining us as an intern and will be with VIAC for next 6 weeks



Anangcha Stecy Nkeng is an International Relations Student with a passion to help the less privileged, persons living with disabilities and equally, women whose rights are violated.

Ms. Stecy is joining VIAC as an intern and will be with us for next 6 weeks



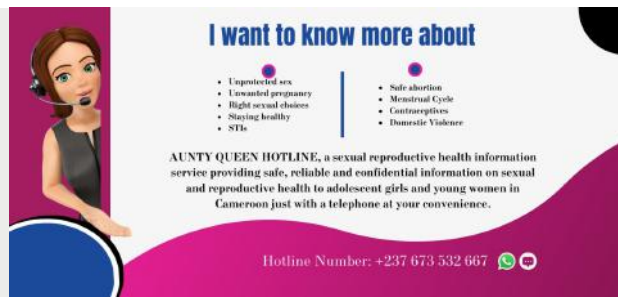
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SAFE ABORTION 28TH SEPTEMBER CAMPAIGN

If you would like to participate in our 8 day 28th September safe abortion campaign, send us an email expressing your interest to viacvolunteer22@gmail.com.







I want to know more about

- Unprotected sex
- Unwanted pregnancy
- Right sexual choices
- Staying healthy
- STIs

- Safe abortion
- Menstrual Cycle
- Contraceptives
- Domestic Violence

AUNTY QUEEN HOTLINE, a sexual reproductive health information service providing safe, reliable and confidential information on sexual and reproductive health to adolescent girls and young women in Cameroon just with a telephone at your convenience.

Hotline Number: +237 673 532 667  

ABOUT VIAC

Vision in Action Cameroon (VIAC) is a youth-led not-for-profit organization that supports and enables adolescent girls and young women (AGYW) and communities in programs and influences change in the areas of Research (Evidence Generation), Advocacy (community mobilization), information & communication. VIAC is committed to feminist principles, using gender transformative and rights-based approaches.

At VIAC we believe that reproductive Health is a fundamental human right of every woman and man throughout her/his life cycle.



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