



Hello there,

We hope you're having a wonderful day. We bring you exciting news and updates from the SRHR world in this edition of our July Newsletter. Have a good read.

Thank You!

## JULY NEWS AND UPDATES FROM VIAC

### Quote of the Week

*"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."*

- World Health Organization

**"Community nursing is about caring for people where they live, work, and play, and empowering them to take control of their own health." - Mary Wakefield**



We are dedicated to promoting reproductive health and providing young women with access to contraceptives. As part of our efforts, in July, we held contraceptive usage sessions with young women in health centers with whom we collaborate. During the sessions, we discussed several methods of contraception, their effectiveness, and how to obtain them. We also addressed common contraception myths and provided information on how to handle adverse effects.

Our efforts have enabled young women to make informed reproductive health decisions, lowering the risks linked with unwanted pregnancies.

**"Gender-based violence is a violation of human rights, and it has no place in our society." - Phumzile Mlambo-Ngcuka**



Gender-based violence (GBV) is a pervasive problem in many communities, and young women are particularly vulnerable. In July, we continued to conduct our door-to-door sensitization campaign on GBV in communities in the North West Region.

This door-to-door sensitization involves visiting households and engaging with residents on GBV. The aim is to create awareness, provide information, and address any misconceptions or concerns that people may have. The door-to-door sensitization campaign on GBV was well received by people in the community. The discussions focused on identifying the different forms of GBV, the effects on victims, and the legal framework for addressing GBV. Participants were also provided with information on available support services for victims of GBV.

The door-to-door sensitization campaign on GBV is expected to have a positive impact on the community. Young women who participated in the campaign are now better informed and equipped to identify and report cases of GBV and campaign also contributed to breaking the silence around GBV, which will ultimately reduce the prevalence of this problem.

**"Sex work is work, and sex workers deserve the same rights and protections as any other worker." - Melissa Gira Grant**



VIAC understands the significance of promoting the sexual health of sex workers. As part of our efforts, we held safe space sessions in which we interacted with sex workers on topics such as sex education and vaginal care. In July, we offered information on safe sex practices, the significance of frequent STI testing, and vaginal care to 27 sex workers during our informative sessions. As preventive measures, we also provided them free condoms and told equipped them with knowledge STI testing and prevention.

Our initiatives have made a major difference in the sexual health of sex workers in the communities we serve, lowering the dangers of unprotected intercourse and STIs.

**As Long as  
it's about **HIV**,  
hate the disease, but not  
the diseased.  
Spread awareness, not  
ignorance.**



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We have been working relentlessly to reduce HIV-related morbidity and mortality. We are currently running a door-to-door sensitization program to educate individuals about the need of HIV prevention as part of our efforts. Our team visited several families in diverse neighborhoods and educated individuals on the necessity of HIV testing, condom usage, and adherence to antiretroviral medication (ART) for those living with HIV.

We were able to contact a huge number of people and persuade them to get tested for HIV through our sensitization campaign. We also gave out free condoms and told people where they could get ART. Our efforts have drastically reduced the number of new HIV infections in the populations we serve.



**"Access to safe and legal abortion is essential for women's health and well-being." - Planned Parenthood Federation of America**



We continued our pharmacy mapping exercises in the month of July to find safe pharmacies where women receive safe abortion services in our communities as part of our efforts to improve reproductive health. We found over 20 pharmacies that matched our safety requirements.

By doing this, we reduce the dangers associated with unsafe abortions by making it easier for women to obtain safe abortion services through our drugstore mapping effort. We are dedicated to improving reproductive health and providing women with safe and affordable reproductive health services.

**"Ending gender-based violence requires a cultural shift that values women and girls as equal members of society." - Emma Watson**



VIAC recognizes the role that males may play in promoting gender equality and avoiding gender-based violence (GBV). We performed door-to-door sensitization campaigns and safe space dialogues as part of our efforts to educate males about GBV and foster positive masculinity. We worked with men in many areas during the campaigns, providing information on the detrimental impacts of GBV, the significance of respecting women's rights, and how to be great role models for young boys. We also held safe space sessions in which men may share their stories and learn from one another.

Our programs have significantly contributed to the promotion of gender equality and the reduction of GBV cases in the communities we serve. We are dedicated to inspiring men to be good change agents in their communities. Our initiatives have considerably aided in the promotion of gender equality and the reduction of GBV cases in the areas we serve.

We are committed to continuing to inspire men to be positive change agents in their communities.

**"We cannot change what we are not aware of, and once we are aware, we cannot help but change." - Sheryl Sandberg**



Gender transformative sessions are interactive discussions aimed at challenging gender norms and promoting gender equality. Since starting gender transformative sessions on

abortion in June, these sessions on safe abortion have created a safe space for people to freely talk about abortions.

The sessions are attended by people from different age groups and backgrounds. Participants gain knowledge on safe abortion methods and the importance of seeking medical help when faced with an unwanted pregnancy.

The gender transformative sessions on safe abortion are expected to have a positive impact on women's reproductive health and rights. The sessions also contributed to breaking the silence around unsafe abortions, which will ultimately reduce maternal mortality rates.



**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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