

PROMOTING CONTRACEPTIVE USE AMONG ADOLESCENT GIRLS AND YOUNG WOMEN.

According to thomas obinachemi egbe and Amadeus omeichu, 2015 Cameroon has one of the highest adolescent fertility rate in west and central Africa. According to data collected in 2004 as part of DHS, 22.7% of adolescent under the age of 20 were mothers of at least one child. In our local communities the number of teenage pregnancies continues to grow at an alarming rate as at least one of every four teenage girl is pregnant or a mother.

Supported by the her voice fund, Vision in Action Cameroon organized a mobilization campaign on sensitizing adolescent girls and young women (AGYW) on the importance and use of contraceptives in order to help reduce the rate of teenage pregnancy in our communities. This strategy was focused on using the door to door approach to get to as many adolescent girls as possible. A

team was sent into these communities to carry out sensitization sessions, and have one on one talks with the adolescent girls and young women in five targeted communities.

At the end of it all, five communities were reached with a total of 500 AGYW in each of these communities. These AGYW received adequate knowledge on the different types of contraception methods, and contraceptives, as well as how and where they could access these contraceptives in order to make better decisions for themselves. Doing door to door talks to the AGYW was found to be very effective due to the number of AGYW that were interested in getting this information.

Lesson learned

Working directly with AGYW in their community shows that we care for their wellbeing, this makes AGYW

feel comfortable and free to share their experiences, receive information, and use services.



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