



BEING A YOUNG VOLUNTEER IN IPPF

GLOBALLY CONNECTED



IPPF is the 'International Planned Parenthood Federation', a global network of over 150 national organizations that work together to improve everyone's sexual and reproductive health and promote sexual and reproductive rights for all.

"IPPF is one of the few organizations that understands young people and where young people are represented at a high level and their decisions are listened to and taken seriously."

NOEL, 25,
ASSOCIATION TCHADIENNE POUR LE BIEN-ETRE FAMILIAL, CHAD



IPPF is a youth-centred organization, which means that we – young people aged between 10 and 24 years old – are at the heart of the Federation's values and work.

- **We are equal partners** who are involved at different levels of the Federation as volunteers and staff members.
- **We benefit** from IPPF's youth-friendly sexual health services, and are also involved in how these services are designed and run.
- **We have the right** to participate in all decisions that affect us and to sit on decision making bodies.
- **We are given a space** in which we can actively contribute, feel empowered, make connections with each other and express ourselves openly.

Whether you've been involved with IPPF for years or days, this guide aims to answer any questions you might have about how IPPF works, what your rights are within the Federation and what opportunities are available to you.

This guide includes:

- **What are sexual rights?** An introduction to sexual rights and definitions of some terms relating to IPPF's work.
- **What can I do as a young volunteer?** Some young volunteers share their experiences of volunteering in different roles.
- **What are IPPF's future goals?** An outline of IPPF's new plan for 2016 to 2022 and how we, as young people, can contribute.
- **What are my rights as a volunteer in IPPF?** An overview of what you can expect from IPPF and your national organization.

"It is a rare opportunity to join a big family which is here to serve the lives of many."

MUTAMBO, 22, PLANNED PARENTHOOD
ASSOCIATION OF ZAMBIA

IPPF'S VISION

All people are free to make choices about their sexuality and well-being, in a world without discrimination.



"The benefits of being a young volunteer in IPPF are that you can interact with people from different cultures with different perspectives on life, but who have common values and common goals despite our differences."

CRINA, 23,
YSAFE, EUROPEAN YOUTH NETWORK

YOUNG PEOPLE IN THE GLOBAL NETWORK

As young people in IPPF, we are members of a global network of millions of volunteers and over 150 organizations (called Member Associations) that make up the Federation.

These organizations run services and clinics, provide education, coordinate local projects, and advocate for sexual and reproductive health and rights in their country.

You can find out more about the Member Association in your country here: <http://www.ippf.org/about-us/member-associations>



This graphic shows the logos of all IPPF Member Associations, in the colours of the regions they belong to.



"Society's lack of trust in young people is a big issue, and one way that we help with this is by giving young persons a chance to be a part of the decision making process."

DENNIS, 17, GUYANA RESPONSIBLE PARENTHOOD ASSOCIATION

Did you know that as a young volunteer you can also become a member of one of the six IPPF regional youth networks?

These networks are coordinated by young people and bring together volunteers from across the region to participate in decision making and planning. The networks give us a platform to share ideas, knowledge, skills and best practices. Find your regional network here:

Africa Region

Youth Action Movement (YAM/MAJ)
<http://on.fb.me/1RDe7bs>

Arab World Region

Regional Youth Team
<http://on.fb.me/1N7e6nW>

East and South East Asia and Oceania Region

Youth Sexual and Reproductive Health and Rights Network in East and South East Asia and Pacific (YSNAP)
<http://on.fb.me/1JKpHOV>

South Asia Region

South Asia Regional Youth Network (SARYN)
<http://on.fb.me/1N7edQA>

European Network

Youth Sexual Awareness For Europe (YSAFE)
<http://on.fb.me/1mYhLQj>

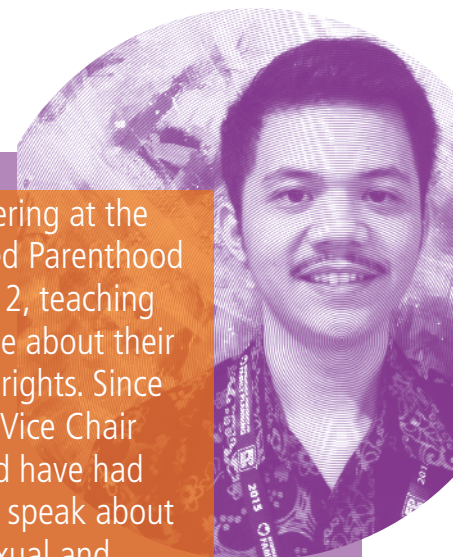
Western Hemisphere Region

Youth Network
<http://bit.ly/1Rlyl9d>



"Young people have a lot of capacity, we live in a world of possibilities. We are here to contribute and create a platform for access to information and protecting rights."

DILNOZA, 24,
TAJIKISTAN FAMILY PLANNING ASSOCIATION



"I started volunteering at the Indonesian Planned Parenthood Association in 2012, teaching other young people about their sexual health and rights. Since then, I've become Vice Chair of Governance and have had the opportunity to speak about young people's sexual and reproductive health and rights at a number of international events."

BAHALUDDIN, 22, INDONESIAN PLANNED PARENTHOOD ASSOCIATION



Learn more about your rights! Check out 'Exclaim!', a young people's guide to sexual rights. Find it here:

<http://www.ippf.org/resource/Exclaim-Young-Peoples-Guide-Sexual-Rights-IPPF-declaration>



WHAT ARE SEXUAL RIGHTS?

All young people should be able to explore, experience and express their sexualities in healthy, positive, pleasurable and safe ways.

WHAT IS SEXUAL AND REPRODUCTIVE HEALTH?

Sexual and reproductive health relates to our physical, mental and emotional well-being relating to our sexuality, sex life, fertility and contraceptive choices.

WHAT IS SEXUALITY?

Sexuality is the way in which we experience and express ourselves as sexual beings. It refers to our individual experience of sexual pleasure, intimacy, sexual orientation and gender identity.

WHAT ARE SEXUAL RIGHTS?

Sexual rights are human rights and everybody is entitled to them, without exception. They relate to our right to express our sexuality freely and to receive the highest standard of education and services that enable us to enjoy our sexuality.

WHAT ARE REPRODUCTIVE RIGHTS?

Reproductive rights relate to our individual freedom to decide if, how and when we might choose to have children.

"Sexual and reproductive rights are fundamental rights, and we are responsible for fighting for them."

ANAMARIA, 25, YSAFE, EUROPEAN YOUTH NETWORK

WE ARE EQUAL

Whatever our age, sexuality, sex, gender, gender identity, sexual orientation, religion, race, ethnicity, nationality, HIV status, family situation, physical or mental disability, or socio-economic status, we are all entitled to enjoy the same rights and protections as everybody else.

WE ARE THINKERS

We have the right to express our thoughts, needs, desires and dreams relating to our sexuality without fear, shame or guilt. We can choose to do so in whatever way we like, through our lifestyles, personal style or by participating in groups with people who share our beliefs.

WE ARE SAFE

We all have the right to express our sexuality and gender identity freely without the threat of violence. Young people should be specially protected from all forms of sexual abuse or exploitation and any practices that are forced on them without their consent.

WE ARE INFORMED

We have the right to accurate, easy to understand information about sexuality, sexual rights and reproductive rights in order to make free and well-informed decisions. We are all entitled to this information whatever our gender and whether or not we go to school.

WE HAVE A VOICE

We have the right to have our voices heard and to be involved in making decisions that affect our lives, sexual health and rights.

WE ARE HEALTHY

We have the right to high quality and youth-centred sexual and reproductive health services. Everyone can access them, whatever their age, whether or not they are married, and services are either free of charge or low cost.

WE ARE PRIVATE

We have the right to decide if, when and with whom we share any information about our sexuality or sexual health. We are entitled to confidential sexual health services and to see service providers who we trust to keep our information private.

WE HAVE CHOICES

We all have the right to choose when, if and how to marry and have children. We can do so freely and without seeking permission from parents, partners or other elders. We are entitled to access all forms of safe and effective methods of contraception and services related to abortion.

WE ARE INDEPENDENT

We have the right to be free to make decisions about our own sexuality. We are entitled to information that explains our legal and human rights.

WE ARE RESPECTED

We have the right to have our governments and leaders respect, protect and fulfil all of our sexual rights. We are entitled to resources and support that allow us to hold our leaders accountable for sexual rights violations.

WHAT CAN I DO AS A YOUNG VOLUNTEER? ...



IPPF requires **20%** youth representation on all decision making boards.

69% of Member Associations have at least **one staff member** who is under 25 years old.

45% of IPPF's **services are provided to young people** under 25 years old.

There are many ways that we can get involved in the work of IPPF to suit our passions, skills and availability. Some volunteers might assist at a single event, some might give a few hours a week and some will volunteer every day.

Depending on the needs and focus of your Member Association and your own interests, there will be different opportunities available to you. Some volunteers have a specific role, while others work in many different capacities and at many levels of the Federation.

Many young people start as peer educators or activists at a local level, and may work their way up to sitting on decision making bodies, and representing IPPF at regional or international events. There are also many staff members in IPPF, like Lina, who started volunteering within the Federation at a young age!

WHAT IS COMPREHENSIVE SEXUALITY EDUCATION?

Comprehensive sexuality education provides information about sexual and reproductive health issues which includes discussion of topics such as relationships, attitudes towards sexuality, gender identity and the social pressures to be sexually active.

Young people in a number of IPPF Member Associations are trained as 'peer educators' to provide sexuality education to other young people, in schools or less formal places such as youth clubs.

Volunteer Dakshitha leads an education session

LINA SABRA

EXECUTIVE DIRECTOR, LEBANON ASSOCIATION FOR A MODERN FAMILY

"I started with IPPF as a youth volunteer in the Lebanon Member Association in the year 2000. I was then elected as the Arab World Youth Representative for the Governing Council from 2003 till 2004, focusing on youth participation.

Having subsequently worked with the Arab World Regional Office in several posts from 2005 until 2013, I am currently the Executive Director of the Lebanon Member Association. In this role, I am able to bring with me this very rich experience born from my journey at all of IPPF's levels."



ADVOCATES

Do you want to change attitudes, laws and policies in your country? Be an advocate for sexual and reproductive health and rights and campaign for change.

YOUTH NETWORK MEMBERS AND COORDINATORS

Do you want to meet other young people who share your passion for sexual and reproductive health and rights? Become a member of your national or regional youth networks – take part in decision making, attend conferences and make connections with volunteers from across your country or region.

PEER EDUCATORS, COUNSELLORS AND PROVIDERS

Do you enjoy communicating and want to improve young people's access to services? Be a peer educator, counsellor or provider – inform young people about their sexual and reproductive rights, support them around issues relating to their sexuality and provide essential services.

INTERNS

Do you want to learn more about working in a non-governmental organization? Some Member Associations and Regional Offices offer youth internships in their communications, fundraising, programming or advocacy teams.

YOUTH REPRESENTATIVES

Do you want to help make decisions on the way IPPF is run? Be a youth representative and make sure your voice and other young people's voices are heard on the national, regional and international governing boards.

LOCAL VOLUNTEERS

Do you have particular skills and training? Lend a hand at an event or be a volunteer doctor in a clinic.

HUMANITARIAN VOLUNTEERS

Sexual and reproductive health problems are worse in areas affected by conflict or natural disasters. You can volunteer with IPPF initiatives to provide life-saving sexual and reproductive services to populations affected by crises. Read more here: <http://www.ippf-sprint.org/>



"I have been a peer educator and a community contraceptive provider with my Member Association for five years. I'm now also Youth President of the Youth Action Movement in the Democratic Republic of Congo. My role is to enable young Congolese everywhere, especially those living in difficult circumstances in rural areas, to have easy access to sexual and reproductive health and rights information and services through various outreach activities that we organize in youth circles."

**BRADY, 23, ASSOCIATION DE BIEN-ETRE FAMILIAL –
NAISSANCES DESIRABLES, DEMOCRATIC REPUBLIC OF CONGO**

"I am a peer educator and a member of the national and regional youth networks. The aim of our education project is to ensure that young people in the Dominican Republic are aware of their sexual and reproductive rights – empowered to make informed decisions regarding their sexual and reproductive health and able to act on those decisions."

**STARLYN, 20, ASOCIACION DOMINICANA
PRO-BIENESTAR DE LA FAMILIA, DOMINICAN REPUBLIC**



"I began volunteering as a media and communications intern for the UK Family Planning Association, where I had the opportunity to attend lots of UK events and increase my knowledge of sexual and reproductive health and rights issues."

I am now enjoying gaining international experience as an intern for the Adolescents, Gender and Rights team at IPPF Central Office. I am able to use my language skills for translation work and to communicate with young people from all around the world."

MARIANNE, 24, IPPF CENTRAL OFFICE, UK

"I'm a volunteer psychologist and sexologist; I take client calls, emails and consultations about issues relating to sexuality. I also facilitate sex education workshops and conduct counselling sessions. I want to help people to understand themselves and enjoy their sexuality in a healthy way by providing them with assistance, education and support."

**NIEVES, 24,
FEDERACION DE PLANIFICACION FAMILIAR DE ESPANA, SPAIN**



"My passion to work in the field of sexual and reproductive health and rights and my belief in the need for safe abortion rights in my country motivated me to volunteer with IPPF."

I now write blog posts and conduct advocacy campaigns on sexual and reproductive health and rights at the national and regional levels, especially focusing on abortion rights."

**LAKMINI, 25,
FAMILY PLANNING
ASSOCIATION OF SRI LANKA**



"I became involved with IPPF because I believe in the message they hold, and I want to help young people and women to reach their potential. I do this through peer education, advocacy and supporting people emotionally. I was also selected to represent my country and Member Association at the International Conference on Family Planning."

Volunteering gives me a sense of responsibility, achievement and change. Being a young volunteer means acquiring more knowledge, skills and experience as well as meeting a diverse range of people from different cultures and levels within the Federation."

**HAMZA, 21,
PALESTINIAN FAMILY PLANNING
AND PROTECTION ASSOCIATION**



"As an educator, I organize and lead trainings on various topics, such as sexually transmitted infections, HIV/AIDS, puberty, sexual rights, gender and women's rights, and advocacy.

From my experience, I have increased my knowledge in various fields. I have improved my skills as an educator, and gained and shared new information with different audiences, as well as learned new approaches to address problems in my community."

MARIAM, 17,
ASSOCIATION HERA XXI, GEORGIA



"Becoming a Regional Youth Network Coordinator definitely exceeded my expectations. My road from local volunteer to national coordinator, and then to regional coordinator, was an empowering and wonderful experience."

ANAMARIA, 25,
YSAFE, EUROPEAN YOUTH NETWORK



"I have been a peer educator and youth volunteer for one year. Volunteering is an uplifting experience; through IPPF I have been exposed to many training workshops that have helped me broaden my knowledge base. So you can help yourself as well as helping others by just giving your time."

DENNIS, 17,
GUYANA RESPONSIBLE PARENTHOOD ASSOCIATION



"My journey from youth volunteer to national youth leader to General Secretary of the South Asia Regional Youth Network and then to Regional and Governing Council member of IPPF has been really incredible. My main role is to advocate for youth rights by actively engaging young people from the South Asia Region through youth-led initiatives and through Member Association-level projects and activities."

PRIYA, 25, FAMILY PLANNING ASSOCIATION OF INDIA



"I am so happy to be involved with IPPF because it is considered to be one of the best volunteering environments in the country. I knew about the youth-friendly services centre from other volunteers, and their experiences encouraged me to visit it and become a volunteer. The benefits of being a volunteer with IPPF are that we get to learn more about health and invest our time in helping our community."

AHMED, 24,
YEMENI ASSOCIATION FOR REPRODUCTIVE HEALTH



"I have been working with the Member Association as a volunteer for the last two years. I am a public health student so volunteering allows me to put my knowledge into practice and gain desirable experience on sexual and reproductive health and rights-related issues."

AYAANLE, 21,
SOMALILAND FAMILY HEALTH ASSOCIATION



WHAT ARE IPPF'S FUTURE GOALS?

As IPPF moves forward with a new plan called the Strategic Framework for 2016–2022, young people's needs will be one of the key focuses of IPPF's work. Here you will see how our contribution will be essential to achieving the four main goals over the next seven years.

GOAL 1 CHAMPION RIGHTS

Publicly support
the rights of
young people

IPPF WILL

- champion young people's sexual and reproductive rights and gender equality
- call for governments to defend and protect young people's and women's sexual and reproductive rights in their policies and practices
- strengthen partnerships with youth and women's organizations within and outside the Federation
- provide support and training in advocacy for young leaders – particularly young women – so that they can be strong public advocates for their rights

WE WILL

- be the champions of our own rights
- demand that governments commit to changing laws and policies that will improve our ability to exercise our rights
- be the change-makers in our societies
- challenge attitudes and expectations in our communities
- encourage our peers, communities and elders to respect sexual and reproductive rights
- demand the services and resources we need to be healthy and to exercise our rights

In **Peru**, more than 50 youth groups led an advocacy campaign to help the Member Association (Instituto Peruano de Paternidad Responsable) to challenge an amendment that criminalized sexual activity among adolescents. Through issuing press statements, organizing rallies, writing letters to the court and collecting over 10,000 signatures, they saw the law changed to recognize the sexual rights of adolescents.

GOAL 2 EMPOWER COMMUNITIES

Equip young people with the knowledge they need to make decisions about their lives

IPPF WILL

- improve young people's access to high quality and consistent comprehensive sexuality education inside and outside of schools
- equip young people with the skills and knowledge that will help them to exercise their rights and make informed choices about their sexual and reproductive health
- focus on providing education to the most vulnerable young people such as those living in poverty or anyone who finds it harder to access support
- spread positive messages about sexual and reproductive health and rights in the media and through other communication platforms

WE WILL

- educate our peers and share information on sexuality with young people in our communities
- empower young people to take control of their own health, body, sexuality, choices and rights
- support public campaigns and spread positive messages about sexual rights to other young people through communication platforms, such as social media networks

With IPPF funding for youth-led projects, young volunteers for Rahnuma–Family Planning Association of **Pakistan** set up the 'Girls Power' project. They organized 144 tea parties that brought together over 2,500 girls and gave them a safe space to discuss issues such as contraception, sexually transmitted infections, human rights, abortion and gender-based violence. Following the project, a quarter of the girls accessed services from the Member Association and hundreds more young women gained information via confidential helplines and social media outreach.



'Girls Power' tea party in Pakistan

GOAL 3 SERVE PEOPLE

Provide young people with sexual and reproductive health services that meet their needs

IPPF WILL

- increase the availability of high quality sexual and reproductive health services for young people, including contraception, safe abortion and HIV services
- communicate with young people to make sure that services are focused on meeting their specific needs
- make sure that all services are gender sensitive, welcoming, non-judgemental and inclusive of all young people

WE WILL

- represent the needs of young clients to our local providers and clinics so that services are youth-centred and reflect the reality of our situations
- assist in the provision and promotion of young people's services, in particular making sure that those who are under-served know about services and their right to access them

The Family Health Organization of **Kenya's** 'Adolescents Count Today' project provided 19,000 sexual and reproductive health and HIV services to young people, free of charge. Youth mentors worked with their peers to raise awareness about sexual and reproductive health and HIV, and provided referrals to its youth-friendly clinics. Support groups were established for young people living with HIV and for parents, providing a platform for adolescents living with HIV to share experiences with each other and to find support to disclose their status and follow their treatment.

GOAL 4 UNITE AND PERFORM

Recognize the valuable contribution of IPPF's volunteers; invest in volunteer support and engagement

IPPF WILL

- maximize the number of people it serves by improving the efficiency of the Federation and its services
- invest in volunteer-led activist movements at a local level
- engage more volunteers and support current volunteers in order to create a strong community of grassroots (local) activists

WE WILL

- raise a strong and positive voice in support of young people's sexual rights
- promote volunteering and encourage other young people to share their time, energy and innovation with IPPF

To recognize the importance of youth participation in programmes, the IPPF Africa Region established the **'Youth Action Movement'** in 2004. With over 8,000 members, the Youth Action Movement enables young people to engage with advocacy and decision making at national and regional levels. The African Regional Council has 30 per cent youth representation and those who 'age out' at 25 have the option to mentor younger volunteers. Members of the Youth Action Movement also have an opportunity to apply to the Youth Action Fund which sponsors innovative projects developed, implemented and managed by young people.



"I am a peer educator for my Member Association and one of the youth leaders of the Youth Action Movement in my country."

KADER, 24,
ASSOCIATION BENINOISE POUR LA
PROMOTION DE LA FAMILLE, BENIN

WHAT ARE MY RIGHTS AS A VOLUNTEER IN IPPF?

The 'IPPF Policy Handbook' is available online (in English, French, Spanish and Arabic) and outlines all of IPPF's policies – from where it stands on reproductive health issues to how decision making works within the Federation. Find it here: <http://www.ippf.org/resource/Policy-handbook>

Many of these policies have relevance for us as young volunteers within IPPF. We've selected some statements from these policies to give an overview of what you can expect from IPPF and from your Member Association, and what rights you have as a young person in the organization.

IPPF, THROUGH ITS MEMBER ASSOCIATIONS, AGREES TO:

- actively engage young people as volunteers and staff members and ensure they have equal opportunities to join the Federation
- provide volunteers with the opportunities, information and training they need to develop their interests and skills and make a contribution to the organization
- empower young people, to give them confidence in themselves and to encourage them to know their rights, exercise their rights and respect the rights of others
- encourage and develop volunteers to take on leadership roles including governance responsibilities
- involve young people in the design, delivery and evaluation of programmes and services at every stage, and ensure they have real decision making power
- ensure that at least 20 per cent of decision making bodies are made up of young people
- demonstrate the value that volunteers bring, and share the results of their work
- provide a safe and secure environment, so that all staff and volunteers are free from sexual harassment and physical, sexual and psychological violence
- ensure that women and girls are supported to become leaders, and achieve at least 50 per cent female representation in all posts at all levels
- maintain up-to-date child protection policies that outline how children, young people and vulnerable adults will be protected within the organization
- provide regular training to all staff and volunteers on how to create safe environments for children, young people and vulnerable adults

IPPF'S VALUES:

SOCIAL
INCLUSION

DIVERSITY

PASSION

VOLUNTEERISM

ACCOUNTABILITY

Who we are

The International Planned Parenthood Federation (IPPF) is a global service provider and a leading advocate of sexual and reproductive health and rights for all. We are a worldwide movement of national organizations working with and for communities and individuals.

IPPF works towards a world where women, men and young people everywhere have control over their own bodies, and therefore their destinies. A world where they are free to choose parenthood or not; free to decide how many children they will have and when; free to pursue healthy sexual lives without fear of unwanted pregnancies and sexually transmitted infections, including HIV. A world where gender or sexuality are no longer a source of inequality or stigma. We will not retreat from doing everything we can to safeguard these important choices and rights for current and future generations.



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