

Play and Prevent End of Project Report

Play it Forward and the Mercury Phoenix Trust

Reporting period: October 2022 to September 2023

Project Duration	October 2022 to October 2023
Reporting Period	October 2022 to September 2023
Project Location	Livingstone, Zambia
Goal	To empower young individuals in Zambia to proactively manage their sexual and reproductive health by providing accessible clinical services and enhancing their understanding of family planning, HIV prevention, and healthy relationships.

OVERVIEW

Introduction

This report summarises the Play and Prevent project's progress from October 2022 to October 2023. It provides an overview, outlines the project's background and goals, details key activities and achievements, and identifies encountered challenges.

Project Background

Play it Forward uses the power of football to provide young Zambians with the knowledge, confidence and services to realise their sexual health rights and help protect themselves and their communities from HIV, STIs, and unintended pregnancies.

The Play and Prevent project was carried out in the Livingstone District with the aim of empowering young individuals to proactively manage their sexual and reproductive health by providing accessible clinical services and enhancing their understanding of family planning, HIV prevention, and healthy relationships.

Summary Stats



10 Coaches Trained



400 Participants



180 Sessions Completed



96% Completed Rate



8100 Contact Hours



40 Follow Ups

ACTIVITY

1. Coach Training – HIV/SRHR Education

To deliver HIV/SRHR education through engaging football sessions, Play it Forward (PiF) recruited and trained 10 experienced peer coaches. These individuals already possessed a strong foundation in SRHR topics, thanks to their past involvement in our work.

Over two five-day sessions, PiF's projects coordinator guided the coaches through a specialised curriculum. Developed in collaboration with Comic Relief, the programme equipped them with knowledge on family planning, HIV, and broader SRHR concepts, while demonstrating how to seamlessly integrate these themes into a sports-for-development approach.

The coaches went on to deliver 180 sessions in the community. All of the 10 coaches managed to deliver all 18 sessions across two 9-week blocks. This was a fantastic level of dedication and commitment to the programme. 40 of the 180 sessions were supervised for quality assurance. This allowed our coordinators to not only make sure that correct information is given out, but also support and develop the coaches in the community.

2. Clinical Services and HIV Testing Festivals

The festival's main goal was to bring young people and the community together through friendly competition. Each festival included clinical services provided by health professionals. The clinical services were provided by our partners: Planned Parenthood Association of Zambia (PPAZ) and Zambia Centre for Communications Project (ZCCP). A total of 38 people got tested for HIV across the 3 tournaments. Additionally, a further 118 HIV self testing kits were distributed at the tournaments.

3. Parents Forums

To bridge the gap between our adolescent programs and the community, we organised three parent forums. These forums focused on informing parents about our initiatives, securing their buy-in, and actively listening to their suggestions for enriching our curriculum content. This is a critical aspect of our work to empower parents in our community through open dialogue.

Reach

Beneficiaries	Type	Number	Location
Adolescent boys (13-21)	Primary	660	Livingstone District
Adolescent girls (13-21)	Primary	240	Livingstone District
Parents forum	Secondary	49	Livingstone District

The following topics were covered throughout the project:

1. Myths around HIV	2. Transmission of HIV
3. Consistent and Correct Condom Use	4. Safeguarding
5. Relationships	6. Family Planning
7. PEP	8. STIs
9. What is HIV	10. HIV Testing
11. Accessing Clinical Services	12. PREP

The programme also included three tournaments to bring together the beneficiaries and facilitate the provision of VCT and other SRH services to the target populations.

RESULTS

Increased understanding of HIV and STIs

According to the baseline data, 68% of these teenagers knew that HIV was linked to an increased risk of acquiring sexually transmitted infections (STIs). There was an improvement in this knowledge, as it increased to 81.79% in the endline evaluation. This advancement in knowledge highlights what they learned, though there is still a need for more education and awareness to help reduce the dangers related to HIV and STIs.

Increase in Sexual Consent

As per baseline data, 85.4% of the adolescent boys and girls understood that permission to sexual activity requires both people's consent before engaging in it. Significantly, there was an increase in this awareness; the endline evaluation scored 96.41%. This indicates a significant improvement in their understanding of the value of consent in sexual

relationships. These findings highlight that most adolescents now understand and are aware of the importance of permission.

Safeguarding and Reporting

In terms of safeguarding and reporting, the baseline data showed that 56% of adolescents possessed a basic level of awareness about safeguarding and reporting. Whilst not a huge increase, it's encouraging to note that this understanding has seen a positive shift, with the endline evaluation reflecting an increased level of awareness to 66.15%.

This shift in knowledge reflects a growing awareness among adolescents about the broader responsibility of coaches when it comes to safeguarding. This is a positive sign that these adolescents are becoming more informed about the nuances of safeguarding and reporting in the context of sports and beyond.

Equality in Relationships

According to the baseline data, 58% of adolescents believe in equal say for both men and women in sexual and family planning decisions within relationships and promoting gender equality. However, it's encouraging to see a shift, with the endline evaluation reflecting an increase to 85.13%.

Festivals

Three tournaments were included in the programme, and they successfully brought together 1,130 young people in Livingstone through friendly competition. Every three months, these competitions were arranged into three distinct blocks. We provided pitch-site HIV testing and counselling services during these tournaments.

The tournaments had the following benefits:

- It brought together 1,130 young people, 20 parents, and 16 stakeholders.
- It gave a chance to young people within Livingstone to showcase their talents.
- It provided an opportunity for young people to access HIV & STI testing.

Contraception

Throughout the three tournaments, a total of 1,186 condoms were distributed.

LEARNING/SUGGESTIONS

1. To involve parents from the onset of the project as this would help provide parents with full knowledge of the project and what role they play in its success. This in turn would provide a better buy-in from the parents and the community and have their support throughout the project.

2. To ensure that extra equipment is budgeted for to avoid any shorted should any loss occur during the project.
3. To broaden our reach as an organisation and try to work with school-leavers and young people who at least have a good educational background to improve the delivery of project activities to our beneficiaries.
4. Partners with local transport companies and negotiate transportation fees to avoid giving out money to the teams but instead provide them with readily available transport.

In conclusion, the project has been successful in raising awareness of sexual and reproductive health issues. The project's positive results and lessons learned will provide a solid basis for future initiatives aimed at empowering youth to make better decisions about their sexual health and well-being.

We thank the Mercury Phoenix Trust for their support on this project and hope to work together again in the future.