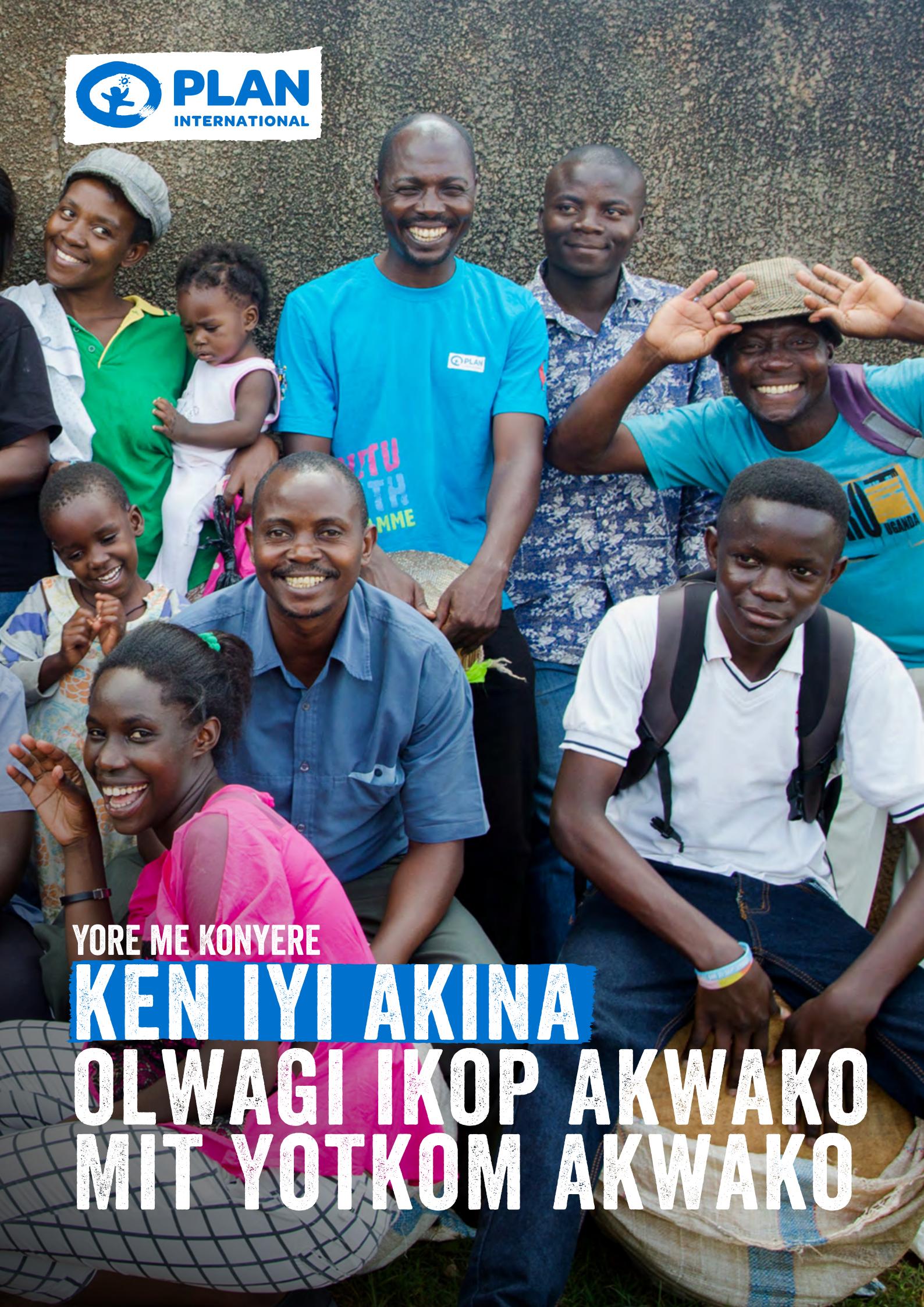




PLAN
INTERNATIONAL



YORE ME KONYERE

**KEN IYI AKINA
OLWAGI IKOP AKWAKO
MIT YOTKOM AKWAKO**



NGO?

Man nyutu yore acegocego, ame oromo timo kede yika me Konyere ken iyi akina olwagi ikop akwako Mit Yotkom akwako Nyodo kede Tweero (MYNT):¹

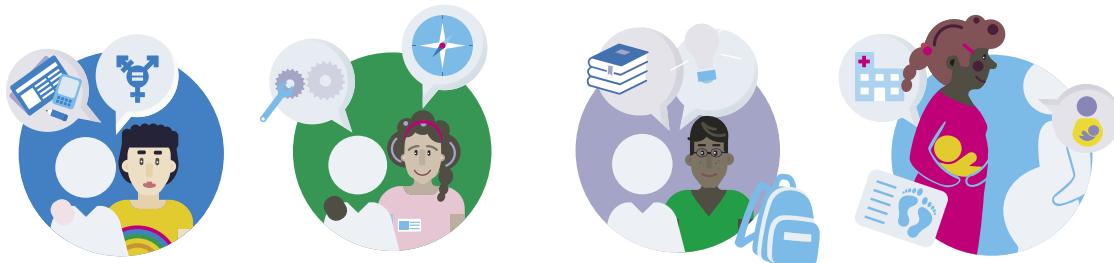
- 1. Konyo Olwagi**
- 2. Kubere ikin Olwagi**
- 3. Pwonyere Olwagi**
- 4. Yiiko Olwagini**

Tye ame okemo konyo otic me yero yore opore me Konyere ken iyi akina olwagi ikom yiika mae tye awot anyim kede gin ame oyiko ni cobi. Kwon yika apapat me Konyere ken iyi akina olwagi ikop akwako Mit Yotkom akwako Nyodo kede Tweero (MYNT) tio alubere kede pol ajo ame tye iyi gurup'ono kede cwak apapat ame omio iye. Pol a yiika apapat tio kede Olwagi ento gin ame gin otio didik tye papat.

“Olwagi” obedo jo ame kite kwogi cacal dok ngecgi mio gin onywako tam, cwak onyo otelo owotegi. Olwagi twero bedo aroram imwaka, onyo ngec, acalo joo atino ame onywale kede miti apapat acalo mon ame winyo ni gin oco kede co ame winyo ni gin obedo mon jo ame pe ngeo ka obedo co onyo mon, onyo jo ame yac onyo onywali otino. Olwagi pol kare gin obedo jo ame jale kedgi kun tio karachel kede won ngec ongil ikabedo apapat. (apor'rere, opwonye me cukul onyo otic me yot kom kede otic me kinpacu) me medo miyo konyo onyo yore apapat me kubo jo abedo ipwonyere.

Plan International obedo ka tic kede Pwonyere ikin Olwagi ikom yiik apapat kede kabedo apapat pi mwaki apol ata acalo yiik me yotkom, pwonyere, gwoko tweero kede konyo oringi. Akadi kono bed ni amanono, pol kare oyero pwonyere olwagi abongo kebero atut kit Konyere ken iyi akina olwagi tio kede eka te miyo bedo ame yiika magi pe ocobo ticere aber. Yore me tic man tye me cukuru cwiny otic me keto tamgi kede yero ikom ipone yika apapat me Konyere ken iyi akina olwagi ikop akwako Mit Yotkom akwako Nyodo kede Tweero (MYNT).

Kop acegocego ikom yika apapat me Konyere ken iyi akina olwagi otyeko yiko me ocung ‘apire kene’, medo ikom miye bedo dul iboc me tic. Gin ducu tye iyore acel dok dang tye kede dul ngec acegocego ame cimo tyen kop me yiika man; kan ame yiika man bino timere iye; berere kede ageng’ngogo; kede icwil me keto itic. Omedo dang apor kede jami me tic iye kun onyutu kan ame jami magi twero nwongere iye. Ngec ame otito iyi buk man pe obedo agiki me ngec ducu dong mitte me medo gamo ngec ocele apire tek alubere kede kan ame yiik man bino bedo iye.



¹ Peer research is another intervention, but not covered within the scope of this guidance.

PINGO?

- Olwagi leyo jami mogo apirgitek akwako dano, kare mogo, kede/onyo ngec akonyo me gero kubere kede joo ocele kede miyo jami bedo apire tek kede kwako kon dano.
- Olwagi mio kit kede cwiny aber moko nibeo ikom anen aber ame gin nyutu. Gin twero bedo ka nwongo ngec ame gene kede cwako alokaloka ingec, neno kede moko tam nibeyo ikonyo jo atino me niang ikom teko gi l yore me kelo alokaloka.
- Olwagi twero tuno bot jo ame weg i ngec okwano nwongo tek-igi me tuno bang gi. Gin tutwalere wok otye aber iyore me tic kede bulu acalo olwagi gi ikodi mwaka gi nono.
- Tute me yiiko Olwagi teki otio kede iyi akina yuba akwako Mit Yotkom akwako Nyodo kede Tweero (MYNT) romo bedo kede adwogi aber ikom ngec kede neno, yore me lagoro nywal kede tic kede opira rocbol, kede tekcwiny jo atino imoko tam ikom Mit Yotkom akwako Nyodo kede Tweero; Akadi kono bed ni amanono, tye caden anok ikom adwogi me yotkom acalo yac ape oyubere iye, kudi me two jonyo kede twoe akobo ikom mit.^{2,3}
- Laro lok me konyo Olwagi, lwodo tam kede moko tam ikop akwako Mit Yotkom akwako Nyodo kede Tweero. Gin romo dang konyo jo atino me bedo kede niang aber, tek cwiny, kede tekwang.
- Mio Olwagi medo kero me yengo kony dok dang kubungec ikom Mit Yotkom akwako Nyodo kede Tweero, lok angea kede jami.

IYORE MENE?

- **Yero tic.** Ket itami adwogi ajengere ikom neno ame itye imito covo iyi yuba atye. Tic kede Olwagi mito ni myero bed acalo dul tic ovele me cuburu kede konyo kor tic. Pi tic ikom Mit Yotkom akwako Nyodo kede Tweero, man gonyo ni lungu gupu ikom ngec akonyo imoko tam opore kede diro me moko tam kede tek cwing ame nwongo iniang atut kede nwongo kony abup, tic kede bulu agonya kede neno ni coo kede mon oparo pirgi ikite me Mit Yotkom akwako Nyodo kede Tweero.
- **Coyo Olwagi.** Kato kede yore me yero kede coyo Olwagi itic man ame tye iye tic me atia; yer Olwagi ame tye kede ngec aber ikobo lok kede tye dang idiro me winyo lok; diocwinye, paro pi jo, wor kede pe tye kede cwiny me ngoli jo kop.
- **Pwonyere.** Olwagi mito pwonyere oromo iyi acaki (polere ikine me nine 3-5) kede pwonyere ocele me wopo yorgi apor'ere, iyi dwete 6. Pwonyere mite me loko neno Olwagi-tutwalere neno ojengere ikom coo kede mon, mit, tekwaro, kede yee-medo ikom gero ngec Mit Yotkom akwako Nyodo kede Tweero kede keto neno ikom diro ame gin mito me tiyo tic acalo pwony, mado cwiny kede nyut iyi yore me tic, tikere kede laro lok amako jami agodo kwoo adano, kede gwokere iyore aber.

- **Nyiyo tic.** Olwagi mito cwak oya ibot won ngec opwonyere-apor'ere atic ame konyo jo ame tye kede goro,-me tiyo tic gi aber okato kare. Miyo aride bot olwagi me tweyo gure me pwonyere, nwongo kony me loyo peki mogo adongo kede me yenyo pwonyere dok okene ame nwongo tye amite, apor'ere ibeyo icokere me dwee idwee, neno ikin kare me dwete adek adek, kede miyo adwogi kare ikare.
- **Jami me tic kede cwak.** Olwagi maro kobo ka tic kare lung Miyo kony opore medo kede cente me culu pi wot iyo kede cente me gwokere, pwonyo dano kede tic kede pwonyere ame nwongo tye awot anyim twero konyo me gengo keet ajo. Tic kede eryonget a bulu me kin pacu twero miyo agam ame rii nakanaka.
- **Lim.** Yika me konyo Olwagi myero pe oyer acalo tute atiyo yet odok iwel agoro kede kony me cente ame mite me culu pi pwonyere, cente mite me gwokere/ojony pyer/culu olwagi pi tic gi, cent wowota, jami mogo anwongo tye kede kwena me pwony kede jami okene me konyo pi tic gi.
- **Jami tic.** Nwongo gin aber ikom tic kede Olwagi iyuba amako Mit Yotkom akwako Nyodo kede Tweero mito ni jami atic kede yet kede tye acil aniangere, medo kede, cale kede apeny, dul pwonyere ayot.
- **Jami me apwonya.** Nen ni jami me apwonya iye opore pi olwagi me cwalo oko, acalo yore me nywako tam kede tic karacel ame kelo laro lok ikom neno kede dongo diro, apat kede lwaki jami atye iye atek dok me ngec irwom amalo aniang tek. [Jami me apwonya myero rwate kede cik a Plan International awkako kite me tic, pwonyere ikom Mit.](#)
- **Kabedo Opore.** Yika me konyo olwagi mito ni myero tim ikabedo ame woro dok oneno olwagi acalo jo apirgi tek. Man mite me tic kede onywal, opwonye, otic me yet kom kede otedero wek gin oniang eka ote konyo olwagi itiyo tic gi iyi yubagi kede me neno ni konyo olwagi tye okubere kony kede cwak, acalo miyo kony bot bulu acalo owote kede miyo kony bot coo kede mon abongo apokapoka kede nwongere jami calo opera rocbol.
- **Gwoko Tweero.** Neno ni olwagi tye ogwokere ikuc kede bedo agonya kede jo atye abedo iyuba obedo gin acel amyero ket ikin jami apirgi tek. Olwagi myero niang ber agwokere iyi tic gi, bed ame oyikere me tikere kede doto tim me anywar kede ongee cik ikom doto jami mogo ape opore. .Ket dang yore mogo me dwoko cen angolangola areco awopere kede ilwagi ibedo angoya ikuc-apor'ere, miyo pwonyere adok ikom jami adiyo gi, myio gi jami ame pe oduru cok ikome ame weko gi omede ibedo irwom gi me tedero onyo miyo ilwagi tic aryaryo.
- **Roto kede keboro kit.** Pire tek me niango adwogi ame yiika me konyo Olwagi okello ikom jo atye iyuba kede gin Olwagi kede dok me yubu rwom me tic. Oromo rayo ngec ikom yuba ibot Iwak apor'ere alokaloka ikom ngec kede neno; diro acalo tek cwiny kede moko tam; kede ikom rwom me bedo inywako tam kede tic karacel. Ibot Olwagi, otwero rayo ngec ikom diro kede teko ame tye odongo; winyo ibot gi jami awopere kede yuba; kede rwom/tyen kop ame obedo kede kare me miyo jo yaa oko iyuba.



Nen-ni ikwano icil akwako "Abongo kelo peko" pi ngec atut ikom yore me dwoko cen angolangola atye awopere kede coyo, jami atye iye kede cwalo konyo olwagi ikop amako Mit Yotkom akwako Nyodo kede Tweero.

RYEKO KEDE CADEN

Yiika me Konyo Olwagi tye akwongi apol dang otio kede ikabedo apapat me cobo adwogi me yuba apapat. Acalo adwogi mere caden me yiika me konyo olwagi tye ame nwongere keken ikom yiika ame otio kede iye kede adwogi me yiika me yotkom, polere amako adwogi me yiika me konyo olwagi iyore me gengo nywal con, dwoko ping rwom me two ame kobo imit, medo kede kudi me two jonyo⁴ cade name kwako yiika me konyo olwagi tye kede adwogi anok twatwal ikom yiika amako Mit Yotkom akwako Nyodo kede Tweero ka otimo kene; pimanono, man myero tim acalo dul yiika ocele ame tye iye, yore me nwongo ko name pore pi bulu kede ame kony ikom Mit Yotkom akwako Nyodo kede Tweero ame pore pi co kede mon.

- Ikweda nyuto ni pwonyere ame olwagi pwonyo ikom Mit Yotkom akwako Nyodo kede Tweero kede kudi me two jonyo tye kede adwogi aber ikom medo ngec ikom Two Jonyo, yore me lagoro nywal kede tic kede opera rocbol kede tekcwiny ajo atino iyore me moko tam adok ikom Mit Yotkom akwako Nyodo kede Tweero.

Sun et al (2016) Assessing Participation and Effectiveness of the Peer-Led Approach in Youth Sexual Health Education: Systematic Review and Meta-Analysis in More Developed Countries. The Journal of Sex Research, Volume 55, 2018 - Issue 1.
<https://pubmed.ncbi.nlm.nih.gov/27898248/>

- Yuba me pwonyo olwagi kede tic (kun ocoko gi karacel kede lok kede dano acelacel) onyuto alokaloka itek cwiny dano, oyubo kwoo kede kubere ikin lwak. Yuba me pwonyo tic ibeo icoko joo karacel pi loko yotkom me nyodo pi jarawee anyira kede mon atino kede kite me kwo kede dwoko piny timogo apoko kudi me two jonyo onyuto adwogi adwong ka iporo kede yuba me dano acel acel. Pwonyo joo kede tic kun nwongo ocoko joo karacel nyuto kan aler alokaloka icobo aber ikite me kwan me cukul, kite me mako kede tic kede lim, kede dwoko piny ngec me tic kede gero.

Plourde K, et al (2017) Mentoring Interventions and the Impact of Protective Assets on the Reproductive Health of Adolescent Girls and Young Women. Journal of adolescent health, issue 61.
<https://pubmed.ncbi.nlm.nih.gov/28528208/>

- Pwonyere olwagi tye kede adwogi aber ikom olwagi gin apirgi ken gi, miyo gi ngec kede diro kede kelo ingec gi cobo aber kede ropo yoregi me moko tam apirgi.

Douglas et al (2018) Reported outcomes for young people who mentor their peers: a literature review. Mental Health Practice 21,9
<https://journals.rcni.com/mental-health-practice/evidence-and-practice/reported-outcomes-for-young-people-who-mentor-their-peers-a-literature-review-mhp.2018.e1328/print/abs>

• Cwak pi olwagi twero konyo joo me winyo ni otye kede ngec oromo, tek cwiny kede yom cwiny, ape ogele ken gi kede tero gi iyi alikaloka apiredit pi joo ame okwo ikare alac kede goro me kom kede adam awopere kede adwogi iyotkom kede berbedo. Alubere kede buke akwana mogo, otiko nwongere ni kwon cwak ilwagi ame dong kelo adwogi aber alo ducu tye iye: 1) rwate wang iwang kede joo ocokere karacel ame ilwagi opywonyo doro kun neno miyo kony ikop akwako kit acwiny dano winyo kede; 2) konyo dano acel acel wang iwang onyo ibeo icim; 3) kubere inyonyo amuno; kede 4) miyo kony kare ikare (acalo cabi kede cabit) apor'ere dwetee adek tuno naka idwetee abicel.

NESTA (2015) Peer Support: What is it and does it work?
<https://www.nationalvoices.org.uk/publications/our-publications/peer-support>

- Caden okeboro onyuto adwogi atitidi odoco awopere kede konyo olwagi ikom dwoko cen yac tino, onyo dwoko cen nyaa atwoe akobo imit, medo kede kudi me two jonyo.

Chandra-Mouli (2015) What does not work in adolescent sexual and reproductive health: A review of evidence of commonly accepted as best practice. GHSP, Sep 2015.
<https://www.ghspjournal.org/content/3/3/333.abstract>

- Keboro owot iyoreyore abor onwongo ni mano miyo olwagi konyo ipwony acalo tute apire kene obedo kede adwogi atitidi ikom twero imit kede yotkom me nyodo. Man pe tye obedo me uur ka ineno tut kede teko ajami awopere kede wibye kede kubere ikin joo ame gudo mit kede yore me nwongo kony pi Mit Yotkom akwako Nyodo kede Tweero.

Rose-Clarke K, Bentley A, Marston C, Prost A (2019) Peer-facilitated community-based interventions for adolescent health in low- and middle-income countries: A systematic review. PLoS ONE 14(1): e0210468.
<https://doi.org/10.1371/journal.pone.0210468>

GI TIC KEDE JAMI AKWANA

- My Peer Toolkit – Western Australia Centre for Health Promotion Research (2010).
<http://mypeer.org.au/>
- Youth power website (various resources).
<https://www.youthpower.org/>
- Using peers to improve sexual and reproductive health and rights of young people living with HIV in Uganda: findings from a Link Up evaluation – Population Council (2016).
https://www.popcouncil.org/uploads/pdfs/2016HIV_LinkUp_UgandaEndlineBrief.pdf
- Evidence and Promising practices from Peer-Based Approaches in Youth Programmes – USAID, PEPFAR and Youth Power.
<https://www.youthpower.org/sites/default/files/YouthPower/files/resources/Peer%20Based%20Youth%20Brief%20final.pdf>

² Medley A, et al.(2009) Effectiveness of peer education interventions for HIV prevention in developing countries: A systematic review and meta-analysis, AIDS Education Prevention, 2009, vol. 21 (pg. 181-206)

³ Sun et al (2016) Assessing Participation and Effectiveness of the Peer-Led Approach in Youth Sexual Health Education: Systematic Review and Meta-Analysis in More Developed Countries. The Journal of Sex Research Volume 55, 2018 - Issue 1

⁴ Chandra-Mouli (2015) What does not work in adolescent sexual and reproductive health: A review of evidence of commonly accepted as best practice GHSP Sep 2015



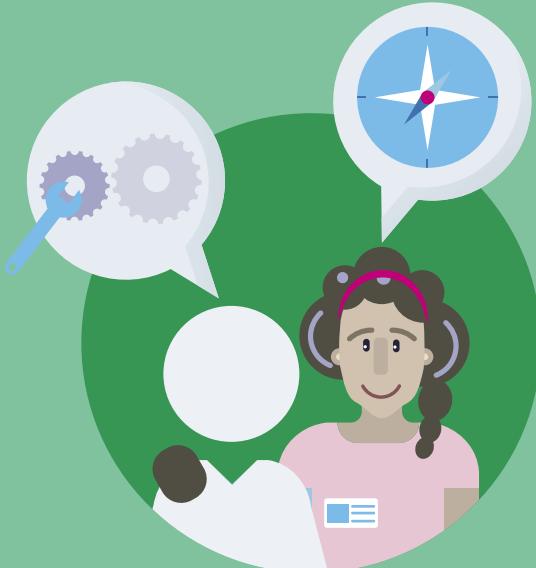
JAMI AME TYE IYE

KONYO OLWAGINI



POT PAPARA 8

KUBERE IKIN OLWAGI



POT PAPARA 10

PWONYO OLWAGINI



POT PAPARA 12

YIIKO OLWAGINI



POT PAPARA 14

KONYO OLWAGI



Fred obedo acak olwagi kun tiyo kede ironget ame cwako kor bulu aye ikom kwoni mit apol apapat pe ka miti ikin icoo kede dako keken (ento dang mit acalo mon iwi mon, coo iwi coo, okani/icoo dakodako). En tiyo kede dwong acawa mere me bedo icokere me kin pacu kede joo atino kun olaro gini lok ikom apeny. En omiye gali me wowota kede rwate kede jo atino kana me gin nwongere iye kede en te mako opera rocbol, moo me bide, gi pimo twoe akobo imit kede kudi me two jonyo ni mano joo atino pe twero mako pirgi ken gi. En dang tye kede jami mogo ame oco kwena me akuba twutwalere bot joo atino ame ikom kwoni mit apol apapat pe ka miti ikin icoo kede dako keken (ento dang mit acalo mon iwi mon, coo iwi coo, okani/icoo dakodako).

Acalo kop me mit kede yotkom me mit pod odong obedo wikop alok iye tek iyi akina pacu kana me Fred bedo iye, pwonyere ame en olimo okonye me tamo pi, bedo agonya ikuc, jami agudo kop ikom gwokere, woro kede gwoko imung kede yore me tikere kede kit aconye moro keken onyo acae ikin pacu. Opwonye dang kede yore me konyo joo atye abedo iyuba me miyo gi ngec kede jami. Fred dang bedo icokere ame ongio iye tic dwee idwee kede ilwagi mere okene ame dang cawako kor ilwagi; en nwongo ni obedo me kony me nywako kede gi peki kede yiko rwom me ticere kede ngat ame me ngio ticere miye joo kede kony ame en twero kubere kede teki angolangola onen. Ngat angio ticere dang lime kede neno ticere iyi akina pacu iyi dwete adek adek wot kede naka idwete angwen kede miye adwogi kede tam.

Fred tye kede papula me kubu jo kede ngec ikom kony atye iyi akina paucu me wek en bed kede tic ayot me kubu joo. En okonyo me miyo pwonyere bot otic irwom me wudi yen aryo iyi akina pacu me wek kony ame gin miyo bed ikabedo ame kuc kede bedo agonya pi joo atye abedo iyuba twero rwate kede joo ocele ame tye abeo ikodi peki abucu rwate.

TYEN KOP

- Me tic kede ngec ame olwagi onywako me konyo jo atino kede ropo yotkome kede adwogi me ber bedo.
- Me miyo gin atimere kede kony awopere kede kit ame cwiny dano winyo kede tutwalere joo atino ame tye abeo ipeki onyo tek adongo gi me kanyo kede tikere kede.

KIT AME OYIKO KEDE

- Konyo olwagi omiyo ikabedo apapat apor'ere, pacu, ka rwate iyi akina pacu, iwudi yen, ika gure abulu, kede dang ocwalo abor itenge ibeo icim akonyo igamo ngec, jo ocokere karacel amio kony inyonyo amunu, kubere inyonyo amunu kede/onyo ka coko ngec inyonyo amunu. Oromo dang pwonyo 1:1 onyo tice kede jo atye igurup.

BERERE:

- Konyo Olwagi twero yubu kite kwo aj atye kede two me kom onyo me adam ame dong ori kede yore apapat me yotkom kede kwo aber.
- Konyo Olwagi otwero tic kede me miyo Iwaki kony abup ibeo iyi iboc apapat me wikop acal kede yotkom, apor'ere, konyo dano ame tye akwo kede kudi me two jonyo kede pimo-kwedo jami pi twero imit kede yotkom me nyodo acalo twoe akobo imit, bur iot nyodo kede cwalo gi ika nwongo kony.
- Konyo Olwagi otwero tic kede iyi 1:1 kabedo me miyo kony akwako ngat acelacel onyo atin dul joo ogure karacel.

PEKI/AGENG:

- Yuba me konyo olwagi mite ni myero oco ilwagi apol aloo tute ilwagi mogo ocele pyen konyo ilwagi pol kare jengere ikom tic adongo 1:1 wat, kede kuber me kare ducu iyi kin kare adwong. Okony ilwagi obedo jo abedo kede agam pi jo ayenyo kom ibot gi kede mite me bedo ngat ame lokere ikit yore moro keken kede dang nwonge yot.
- Okony ilwagi twero tikere kede meki apol ataa kede mite me en inwong kare ikare yore ame onyute kede tic, omiye kede cwak, mado cwiny kede oroto yore me dwoko piny angolangola me tic inuyo gupu mere.
- Okony ilwagi twero mite ni wie twero wil kara ikare ikom jami apol dong pi mano mite ni ilwagi nwong pwonyere iwikop me jami apapat kede mite me bedo kede ngec aber ikom kony atye nwongere ikin pacu kede ironyet amiyo cwak me wek man bed kana me en twero kubo onyo oro joo amito kony apapat. Apor'ere, dano moro ame tye anwongo kony ikom bedo kede kudi two jonyo twero mito ni akony ilwagi gamoro peki mogo acacal kede me pacu, two wic, onyo mako wat I Mit Yotkom akwako Nyodo kede Tweero.
- Okony ilwagi pe obedo jo okwuo irwom amalo. Miti ame oketo ikom gi myero bed men ame nwongo tiye kede yuba mite be neno ni wegi ngec irwom amalo myero nok gi cegi kede kony gi.

KITE ME TIMO:

- Yer ilwagi ame tye kede ngec acacal kede me ajoo atye abedo iyuba ame niang peki kede tywero paro pi joo acalo dano adana.
- Mi ilwagi pwonyere ikom diro me mado cwiny, ayong me pwonyere ikom peki mogo acung pire kene.
- Kebaru idiro me miyi keto cul ame opore pirgi⁵.
- Nen ni okony ilwagi tiyo ikin yore abup ame oyiko me miyo kony atye iye kony ibot odiro ingec adongo pi joo atye iyuba kede ilwagi, kede kubere apiretek me kony (ironget abulu onyo ironget ajoo adongo otego), ironget obino gin karacel me tic ikom peko atye adiyo Iwak. Myero bedo anyong me kubere apol tun naka ikom kony aopl ataa, apor'ere, mado cwiny, cik, kony me akwako Mit Yotkom akwako Nyodo kede Tweero kede nwongo kony ame opore.
- Ye ni mano okony ilwagi mito cawa me gero wat agene ikin joo ame tye iyuba. Pol kare ber me miyo kony ikit ame cwiny dano winyo kede ibeo irwate kede dano acelacel onyo igure mogo atitino me joo abic tuno kede iyi aboro me wek gen bed tye, dano yab tamere ilaro lok kede me dok ikom miti adongo atego. Man oromo pwonyo ikin jo ame tye 12-15.

Kony pi olwagi ame dong kelo adwogi aber alo ducu tye iye:⁶

- » Ruate wang iwang kede joo ocokere karacel ame ilwagi opwyonyo doro kun neno miyo kony ikop akwako kit acwiny dano winyo kede, nywako diro me tic, mako tic kede pwonyere.
- » Konyo dano acel acel wang iwang onyo ibeo icim;
- » Kubere inyonyo amuno, tutwalere me ropo ngec kede lworo.
- » Miyo kony kare ikare (acalo cabi kede cabit) apor'ere dwetee adek tuno naka idwete abicel.

TOOLS AND RESOURCES:

- NESTA (2015). Peer support: What is it and how does it work? https://www.nationalvoices.org.uk/sites/default/files/public/publications/peer_support_-_what_is_it_and_does_it_work.pdf
- NESTA (2016): The power of peer support. https://media.nesta.org.uk/documents/cfsaif_power_of_peer_support.pdf

⁵ Plan International (2021) A Recommended Framework for Volunteerism and Compensation for Young People.

⁶ NESTA, (2015). Peer Support: What is it and does it work? (see Tools & Resources)

KUBERE IKIN OLWAGI



Nadia obedo atel ilwagi iot yat ame miyo yat kede kony me kudi me two jonyo. En konyo jo atino atye akwo kede kudi me two jonyo kede peo-gi iyi ot yat. Nadia tye kede atin icika moro iyi ot yat kana me en rwate kede jo atino ame ongi-otwo ocwalo gi bote. En medo ikom kony ame omad cwiny wegi kudi me two jonyo iot yat, kobo jami mogo apirgi tego bot jo atino, ciko yite ikom lworo gi, kede miyo gi ngec apapat awopere kede wrom me miyo yat pi kudi me two jonyo. En dang nywako kedgi ngec ikom kony apol apapat ame nwongere iot yat man.

Nadia obedo dul otic me ot yat kede bedo icokere me tic ikom peki okemo jarawee ame bino me nwongo kony. En miyo ngec alubere kede leyo tam, kelo oko peko moro keken awopere kede bedo iyat two jonyo, kite apacu tye kede, litkom me adam kede menokane apol ataa, kede konyo icoyo buk. Nadia dang miyo kony me peyo otwo obino me nwongo kony me wek dakatal nene, konyo gi me gamo igi yat kede poyo wiggi icikere gi kede dakatal. Kare okene Nadia dang yiko cokere me piyo ngec kede konyo dul pwonyere atino pi jo ation iot yat.

TYEN KOP

- Me telo joo ibeo iyore ame oyiko (apor'ere ot yat, cik) ikite me konyo gi niang, peyo gi iyoo-gi, kede look pirgi. Telo ilwagi obedo tic okony ilwagi ame onyaye, ento tye ocibere iyi ot yat onyo gedo me ot yat. Otel ilwagi cengere ikom diro gi me tato teretere yore, cimo oko kodi peki kede dwogo gen.
- Me gero diro ajoo atye abedo iyuba ikite me moko tam, jingo cwiny-gi kede niang ikom kit ame jami tiyo kede, bedo acilalic kede twero.
- Me jingo wat ikin joo atye abedo iyuba kede omi kony.

KIT AME OYIKO KEDE

- Tello ilwagi timere iot yat kede idakatale kede omaro miyo 1:1.
- Otel ilwagi otiyo kedgi iyi ot yat acalo dul iboc me jo atio ikom peki okelo iot yat. Gin twero bedo igedo me ot yat onyo iyi akina pacu, tic kede cawa gi iyi ot yat.

BERERE:

- Otel ilwagi obedo okony kor wegi ngec okwano iyore me miyo kony apol. Gin oromo konyo me gwoko jo iyi yika, miyo kony me peyo, neno ni yore ducu olubere kede dwoko piny rwenyo kite me wopo yor otwo.
- Otel ilwagi konyo joo atino ibeo iyore ame gin pol kare oweko gi oko kede apor'ere, tekwaro, joo atino aye ikom kwoni mit apol apapat pe ka miti ikin icoo kede dako keken (ento dang mit acalo mon iwi mon, co iwi co, okani/icoo dakodako) iyi yore oketo iyotkom.
- Otel ilwagi twero bedo alok ikubo dwon oyeny kony obedo joo atino, lok pirgi alubere wat aen woto kedgi iyore me miyo gi kony.

PEKI/AGENG:

- Otel ilwagi mite ni obed kede ngec olagoro ikom jami apirgi tego iot yat kede iyi akina pacu awopere kede kony anwonger pi joo ame woto me nwongo kony kede mito niang atut ikom kit a yore tio kede kede lubo cik oketo me nwongo kony.
- Otel ilwagi mite ni obed olute iyi akina otic omi kony onyo otic ame neno kop ikom peki ame okelo me atyeka. Gin dang mite ni obed ogen kede dang otic me ot yat mi gi rwom dok tergi acalo gin apirgi tek aco k ape, gin obedo kede adwogi atitidi odoc.
- Gwoko wang kio me tic ikin wegi ngec piretek acalo otel ilwagi gin ojengere ikom diro gi me tic kede pire tek me gin onge rwom me nywako.

YORE ME TIMO:

- Yer otel ilwagi ame tye kede diro akubere kede ipone tic ikop me yot kom onyo yore me kubu pi nwongo kony me wek gin obed me kony me tato teretere kede telo kit yore me tic kede cik ocan pe miyo tic bedo yot.
- Nen ni otel ilwagi ngeo tic gi aber me icel iyi akin otic abwo kop me tic ipeki ame joo okelo kede ni omi konyo ocele niang aber kit ame otel ilwagi pirgi tek kede itic gi me konyo joo iyi yore ame oketo me tic kede duko cen rweny me wopo kor otwo.
- Co itic otel ilwagi ikine me mwaka 18-24, me neno ni gin otye kede tek cwiny kede kero me tio tic aber amwonya acalo dul iboc me otic ikom peki okelo, kun nwongo oneno ni jo atino twere nok gi cegi pi nwongo kony.

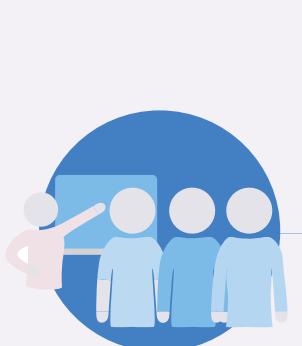
GI TIC KEDE JAMI AKWANA:

- Peer Navigation Training Core Modules. FHI 360 (2017) <https://www.fhi360.org/sites/default/files/media/documents/resource-linkages-peer-navigation-facilitators-guide.pdf>
- Practice Guidelines in Peer Navigation for People Living with HIV. Canadian AIDS Treatment Information Exchange [CATIE] (2018) <https://www.catie.ca/ga-pdf.php?file=sites/default/files/practice-guidelines-peer-nav-en-02082018.pdf>
- Practice Guidelines: Summary of Recommendations. Canadian AIDS Treatment Information Exchange [CATIE] (2018) <https://www.catie.ca/sites/default/files/practice%20guidelines%20EN%20summary%202018%2002%2012.pdf>

PWONYO OLWAGI

PWONY & BUK PWONY

BUK me Pwonyo kop ikom mit Buk me Pwonyere Olwagi



CWAK & KEBORO TIC

Opwonye ongil pwony akwako mit, Ngiyo & Keboro tic



JAMII TIC

ayot dok niangere, Jami pwonyere otimo aber dok kelo leyo tam

APOR

Amir dong oyere acalo ngat acel ikin opwony ilwagi abicel I cukul aen kwano iye me konyo iryonget me joo agure karacel iyogeng kwan ame neno git ye ikom yotkom kede diro me kwo, medo ked dul pwonyere atinotino ikom tudo wat kede yot kom imit. Amir dong obedo kede pwonyere me nine adek ikom yore me doro dul pwonyere me gure otin wan atino kede en otiko pwonyere ikom loyo kite me laro lok, kato kede tic ame kelo joo karacel kede tikere kede apeny mo amo gamo wuno dano. En kede opwonye ilwagi mere okene tye akonyo apwony me science ame dang pwonyo kop ikom pwonyere imit ikin jami me pwonyere icukul. Apwony kony Amir yiko dul pwonyere pi ironget me otinwan kede en loko ibeo iwi kop kede ngec ame ka wot nywako. Amir tye kede iboc me jami akelo joo karacel kede tuku iyi ironget kede buk ame konye me timo dul pwonyere. En ngeo ni ka en pe amoko kit wi koporo keken en twero penyo apwony me konye. Iyonge dul pwonyere acel acel en gamo adwogi ikom kit ame pwonyere owoto kede ibot apwony kede twero penyo jami alubere kit ginoro keken ame okato. Amir gero wat aber kede en tye anwongere ikare ducu icawa me cukul ka otin kwan tye kede apeny.

TYEN KOP

- Me nywako ngec kede diro ikom twero imit kede yotkom me nyodo ikin ilwagi iyore me nywako tam kede tic karacel ibeo ilaro lok igure karacel kede tic.
- Me lwodoro mer kede neno ame diyo piny twero imit kede yot kom me nyodo, apor'ere awopere kede berbed amon kede coo aroram, butu imit, mit, mako wat, penyo tam kede cuburu woro, kero aromaroma.
- Me gero diro ajoo atino iyore me moko tam, kubere ilok, bedo agonya ikobo jami akwaki kede bedo ipora awopere kede twero imit ked yotkom me nyodo.

KIT AME OYIKO KEDE

- Pwonyere ilwagi otwero keto itic ikitoro keken, pol kare icukul, ka pwonyere me rwom adongo, bulu ame tye iyi igurup, kanica, ikamye me iwor, iot yat, kede/onyo ibeo ituku iyer me yi akina pacu.
- Pwonyer ilwagi oketo itic kede gurupe kede kara ikare icukul apor'ere icawa abiyo me cem onyo igure iyonge kwan.

BERERE:

- Opwonye ilwagi twero konyo jo atino me lwodoro ikom kede loko neno awopere kede twero imit kede yot kom me nyodo kun jengere ikom laro lo kame tye ateni iko gin ame nwong otimere.
- Opwonye ilwagi twero gero diro ame konyo itwero imit kede yotkom me nyodo, apor'ere, tic aber, moko tam, kubere me lok, look agonya ikom jami akwaki abongo lewic onyo lworo, kede diro me yeyo kong amite me yotkom.
- Opwonye ilwagi twero konyo I kubu pi twero imit kede yot kom me nyodo kede kit kony okene apire tek ibeo imiyo ngec kede nyuto I joo atino kony anwongere ikin pacu.
- Opwonye ilwagi twero tunu bot joo atino , ibeo itic grup me joo anonok ikine me cawa ame now joo oye iye
- Tute apwonyere ilwagi tye kene canden me ber anwongere iye bot opwonye ilwagi ame tye kede kare me medo malo keto cwiny gi me neno iyore aber awopere kede twero imit ket yotkom me nyodo kede tek cwiny, bedo kede cwiny awinyo kede neno jami iyore aber⁶.

PEKI/AGENG:

- Pwonyere ilwagi pol kare pe omaro keto itic aber; twero bedo ame tye atic atitidi iyore me kebero atut ka obedo yore aber me tute ilwagi me cobo miti aneno ame oketo
- Ogeco ni opwonye ilwagi twero cwalo oko jami ame atye iyie ame pe opore kede men ame mito wegi ngec olagoro; ame miyo pwonyere anok, kony kede ngiyo tic; kede jami ape oromo (apor'ere cente me konyere, buke me kwaan, kwena ame tye oco ikom jami mogo)
- Ogeco ni opwonye ilwagi otwero mwomere tio tic opwonye me cukul me pwonyo pol jami atek ataa ikom twero imit kede yotkom me nyodo kun nwong man pe opore kede gin tye ame pe oyiko gi me pwonyo, kede twero telo gi me kato kede oko kwena orem kede ngec apol.
- Opwonye ilwagi pol kare tio igure me jo apol, ame man mio bedo tek me dano acel acel nwongo ngec kede kwedo yor pwonyere gi kede niang kit ame tye awot kede.
- Pwonyere ilwagi tye kede adwogi atitidi ikom Mit Yotkom akwako Nyodo kede Tweero apor'ere dwoko piny yac me tino, onyo dwoko piny nyaa atwoe akobo imit medo kede kudi me two jonyo ka opwonyo en apire kene kede myero cwalo ok karacel kede tute acalo dul iboc me yuba.

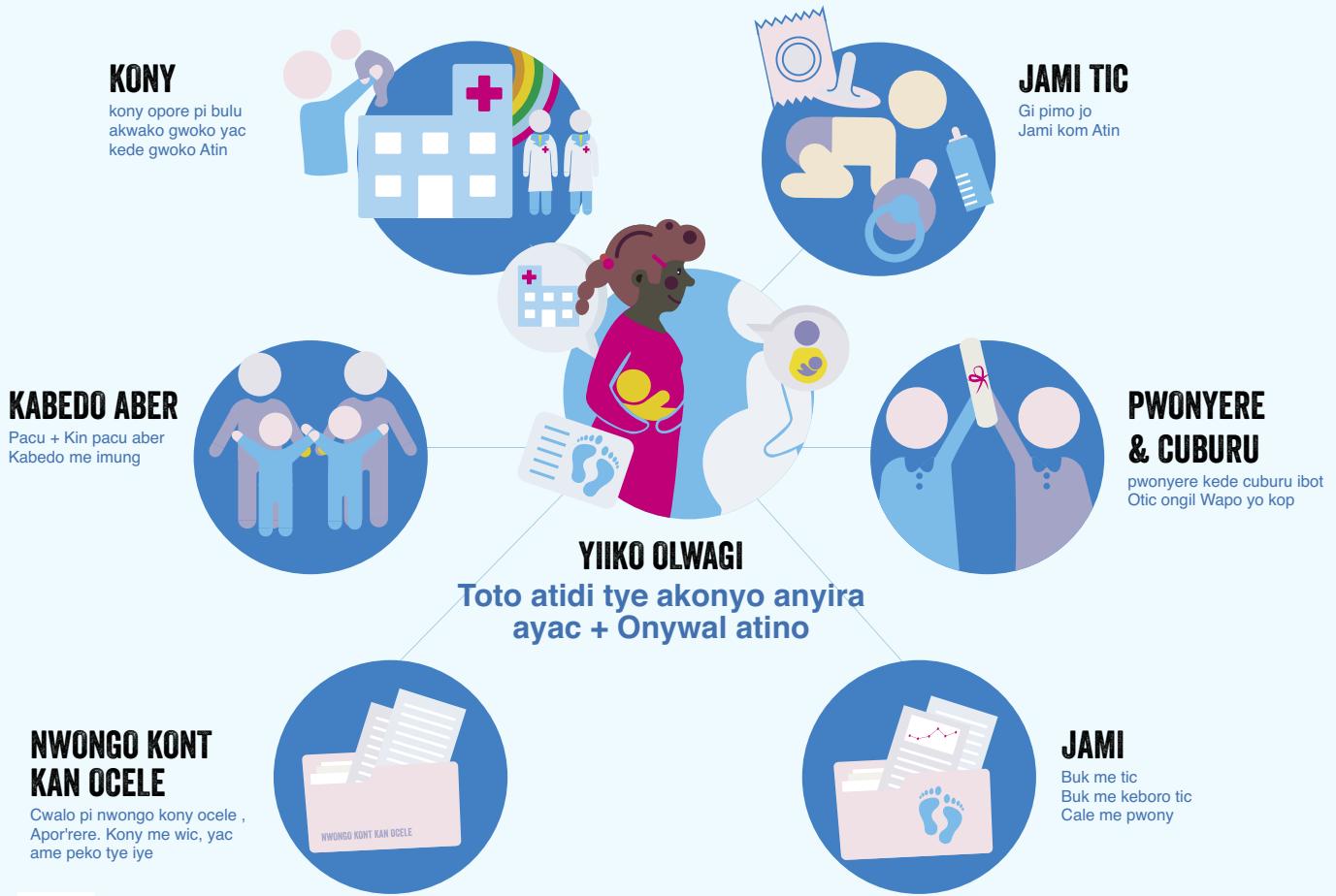
YORE AME OTIMO KEDÉ:

- Ilwagi twero piyo pwonyere ame ojengere imwony me kilaci, kwena ame oco ijami mogo, onyo wer.
- Opwonye ilwagi twero tic gini aryo aryo, tam tye ni myero apwony otego be akonye, kede gure me joo atino 15-20; gure me joo apol apola tic me tic kede gi.
- Opwonye ilwagi myero bed ame otwero tio tic akonyo joo atino me tam ikom neno gi kede yee gi ikom mit kede mako wat imit, keboro kit angolangola areco kede dong ngec ame konyo me jingo cwing gi kede miyo gi bedo acwiny gi tek kede moko tam. Jami acalo penyo tam adano kede twero ajoo atino obedo jami opore akato jami atye iye anyango tek dok mito won ngec.

GI TIC KEDE JAMI AKWANA:

- Gender Roles, Equality and Transformation (GREAT) Project (Institute for Reproductive Health, Georgetown University, Save the Children, Pathfinder International) has a range of useful resources:
 - » GREAT Activity Cards for very young adolescents
<https://www.thecompassforsbc.org/project-examples/great-activity-cards-very-young-adolescents>
 - » GREAT Activity Cards for older adolescents
<https://www.thecompassforsbc.org/project-examples/great-activity-cards-older-adolescents>
 - » GREAT Activity Cards for married/parenting adolescents
<https://www.thecompassforsbc.org/project-examples/great-activity-cards-marriedparenting-adolescents>
- Included Involved Inspired A Framework for Youth Peer Education Programmes – IPPF (2007).
https://www.ippf.org/sites/default/files/peer_education_framework.pdf
- Sexuality and Lifeskills Toolkit – Frontline AIDS (2019).
<https://frontlineaids.org/wp-content/uploads/2019/06/Sexuality-and-Life-skills-Toolkit.pdf>
- Evidence-Based Guidelines for Youth Peer Education – FHI 360 (2010).
<https://www.fhi360.org/resource/evidence-based-guidelines-youth-peer-education>
- Sexual, Reproductive Health and Life Skills for Youth Peer Education: a guide for trainers of facilitators – IFRC (2009).
https://www.ifrc.org/Global/Publications/Health/youth_peer_education_EN.pdf
- Peer Education: Trainers Manual: Increasing the Knowledge and Skills of HIV-Positive Adolescents and Young Adults to Live Emotionally, Physically, and Sexually Healthy Lives – IAPAC (2014).
<https://www.iapac.org/support/peer-education/increasing-the-knowledge-and-skills-of-hiv-positive-adolescents-and-young-adults-to-live-emotionally-physically-and-sexually-healthy-lives/>

YIJKO OLWAGI



Gracie obedio Ayiik olwagi pi gurup amon atino ame yac onyo ame tye kede otino ame onywalo nyen. Gracie dang obedio anywal anyen ame tye kede atin me mwaka aryo. Grace tio dwongere wok iyi ikin paci dok dang en wapo jo atino pacu kun mio kony awopere kede gwoko yac, yikere me kuro nywal, doto atin kede ryemo atin icak. En twero miyo jami kom atin ame tye amite, acalo moo wir, olang-git kede cupa me pito atin medo kede roc bol. Gracie dang miyo kony ikom jami acalo wat aber iyi pacu, geero ibot apayi ni acok kedi kede yotkom me adaam. En dang kony ilaro lok kede jo pacu.

Gracie olimo pwonyere kede kony ibot atic ame tye kede ngec atut irwom amalo ame miyo kony me dakatal bot jo atino. En miyo adwogi me ngo otimere bot jo ame woto me nwongo kony. Gracie cwalo jo atino pi nwongo kony ame gin amito, apor'rere leyo tam ikom yore me lagoro nywal, kony ikom yotkom me adaam, kony ikom igero me yiot aya l mit, pimo kede miyo yat pi twoe akobo imit kede kudi two jonyo kede dang konyo gi me ciko kare kede atic me dakatal. En dang telo gurup ikin pacu ame timere cabit icabit kun mon adot, onywatal atino kede otino rwate, eka ote mato cai kun oleo lok ikom yore ame jami tye awot kede kede ngo amyero tim. Gracie gwoko buke mere kede rao ngec ikom jo ayot ame en tiyo kede, otino kede kit ame gin tye atimo aber kede.

TYEN KOP

- Me yiko kede pwonyo olwagi acelacel onyo igurup, miyo ngec ame ojengere ikom kwo ame gin oboe iye.
- Me miyo acuka cwiny, tuguru cwiny kede bedo apor abedo. Oyik Olwagi dang miyo ngec kede yore me nwongo kony kede cwak kede tam ikom kite me moko tam.
- Yiiko Olwagi gere ikom tic ame kony kor olwagi ento oyik pol kare nwongo en kong oboe iyore me nwongo kony ikite me yotkom kede dany tye kede ngec olagoro ikom kop akwko kite tic me yotkomoroni.

KA TIC/ YORE ME TIYO

- Yiiko Olwagi timere iyi akina pacu kakan ame oyiko, gurup a bulu, ka gure me kubere ajo, l ot buc.
- Yiiko Olwagi twero bedo nibeo iyore me kwan ame ngeye (polere ame oyiko pi tero kare alalac) onyo cabala (awopere kede wat aber ame ogero te dongo mot mot). Yiiko Olwagi timere aber iyore me leyo lok, yore me cuburu te lo kame konyo me miyo pwonyere bedo aber kede dongo.

BERERE:

- Oyik Olwagi twero miyo ngec kede tekcwiny kede tam ocwiny, kun yaa ikom ngec gi kede gin ame jo atye iyuba kede gin tye kede. Gin pol kare onenogi acalo jo atye kede ngec olagoro akato Okony Olwagi, dok dang otye kede kero me miyo tam atut kede dongo malo yore abeco me tyeko peki.
- Oyik Olwagi tye acalo apor aber ame jo gomo dok dang romo tuguru miti me tic aber ikin jo ame tye iyiika.
- Yiiko Olwagi otwero timere icawa ame oyiko, apor'ere pi kare ame oketo iye yuba kede yore me tiyo.
- Yuba me yiko Olwagi twero bedo kede adwogi aber ikom miyo tekcwiny, yiko rwom kede kite me tic adano kede kubere alwak apim pim.

PEKI/ ANGENG:

- Oyilk Olwagi pol kare jengere ikom wat atek me 1:1 kede olwagigi ame twero kelo lwaki tic adwong. Akadi kono bed ni amannono, ke iporo kede okony ilwagi, tic gi pol kare tye pi kare ame ngeye - apor'ere me konyo yiiko dano kaato kare me yac'ere pi kare moro anonok.
- Yiiko Olwagi twero kelo lengere a wat ikin omema me gupu, apor'ere ka Ayik Olwagi dong otamo ni en dong otimo ginoro ducu amite. Oyik Olwagi mite ni en cukuru cwiny jo ame tye abedo iyuba me moko tam gi apirgi kengi iyonge lwodoi tam kede ngec ame ame omigi.
- Oyik Olwagi mite ni myero rwak gi iyi akina yore me tic dok bed kede kanoro ame en twero nwongo kony iye.
- Oyik Olwagi mite ni myero obed kede kare me gwoko wang kio me tic ikin en kede wegi ngec atego acalo tic gi yaa ikom ngec ame gin otye kede.

YORE AME TIMO:

- Yer Oyik Olwagi ame wang tek kede twero tio tic aber ame bedo acalo apor bang owote mere. Oyik Olwagi obedo jo ame tye kede ngec itic dok dang gin tye anyim iyore me kwogi akato olwagigi. Oyik Olwagi mite me bedo kede kare me miyo polere wok diro me tic atira kede yuyubu dano kede dang bed kede ngec me kong penyo kede golo kop iyi dano iyore opore, aco ka bed ni amanono okony ilwagi twero miyo kony awopere kede kit ame cwiny dano winyo kede, paro pi dano kede mado cwiny.
- Yiiko Olwagini twero bedo tic 1:1 onyo kede gurup atitino. Yiiko Olwagi kun beo I Gurup tye pi yuba ngec kede tam a bulu anyira kede mon atino ngec ikop akwako Mit Yotkom akwako Nyodo kede Tweero (MYNT) kede timere gi kede dwoko rwom me kobo a two jonyo man mio adwogi aber kato yiik me yubo olwagi 1:1.Yiiko Olwagi I gurup dang onyutu berere iyiko rwom me kwan me cukul, tiyo jami aber, tic kede cente kede dwoko piny gero.

TOOLS AND RESOURCES:

- Peer Mentoring for Health Behavior Change: A Systematic Review, R. L. Petosa & Dr Laureen H. Smith Pages 351-357. American Journal of Health Education (2014).
<https://eric.ed.gov/?id=EJ1044066>



**With support from
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Coc me akwokwong 2021

Coc man © Plan International 2021. Tweero ducu myero nwong ibotwa.

Pe obino yee ni cwal onyo koob buk man onyo dul ngec atye iye iyore moro keken, ibeo inyonyo me mac, nyayo onyo yore moro keken, abongo kong nwongo tweero ibot Plan International.

Plan International (2021). *Konyere ken iyi akina olwagi ikop akwako Mit Yotkom akwako Nyodo kede Tweero (MYNT): "Abongo kelo peko"* Yore me timo. United Kingdom: Plan International