

MBABALA **Youth Friendly Space**

Supported by:



Zambia Youth Network



About the Network

Zambia's youth network is called Kalibu Youth – Tulande: An Open Space (translating to “welcome youth, let us talk”). It was established by a team of youth champions to help young people in Zambia tackle a number of challenges – from youth unemployment to access to sexual health services and a rising suicide rate among the youth population.

The youth movement was created around the central idea to provide a platform for young people to learn, share, and access service providers in both mental health and sexual and reproductive health.

Kalibu Youth Day

Kalibu Youth was founded to destigmatise mental health, link young people with institutions and services they need, help young people showcase their leadership abilities, and provide a platform for young people to engage with people in power.

From the time of its establishment, Kalibu Youth has focused on reaching as many young people as possible – physically within Lusaka province and the wider population via social media.

The network also organised a youth day in partnership with the Standard Chartered Bank, focusing on three areas: mental health, youth sexual reproductive health and rights, and financial literacy.

The Youth Day was attended by 50 people from a range of partner organisations and included a networking session led by the network's youth champions.

50 young people attended the Kalibu Youth Day



The networking session provided an opportunity for young people from all different backgrounds to interact, as well as raising the profile of Kalibu Youth to a wider pool of potential members.

Sexual reproductive health and rights

The TALK III project is breaking the silence around sexual reproductive health and rights (SRHR) among youth on Mbabala and Chishi islands, in Samfya district on the Zambian mainland. Volunteers use "Talking Books" to kickstart conversations and share accurate information with the youth.

The Talking Books are loaded with culturally sensitive messages in the local languages. Young people gather to hear them in listening groups facilitated by volunteers.

Each member of the group also gets a chance to take a Talking Book home and listen with their parents or guardian, providing an opportunity for parents and guardians to speak with their children about sexual health, which was previously considered taboo. So far the project has reached over 15,000 young people.

As part of the project, youth community volunteers received training on how to better deliver sexual and reproductive health information to young people.

They're also well-placed to monitor and feedback from the community to healthcare providers.

Also part of the project, the She Club is a safe space for girls in Samfya district to learn about and discuss sexual and reproductive health among their peers.



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VSO
100 London Road
Kingston upon Thames
KT2 6QJ
UK

+44 (0)20 8780 7500
enquiry@vsoint.org
vsointernational.org
[youtube.com/user/vsointernational](https://www.youtube.com/user/vsointernational)

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