Mobile phone App for Adolescents and Youth in Nepal

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phect-NEPAL
Project Overview

- Creation of an **Android mobile App**
- Attractive, Attention grabbing and has very Informative contents
- App name is “**Mero Lagi**” meaning “**For Me**” in Nepali
- App will educate Adolescent and Youth on Sexual and Reproductive Health
Use of I-Kit Resource

- I-Kit helped in organizing the project
- Focused on increasing demand for priority commodities on reproductive health
- Include information on access and use of three out of thirteen life saving commodities
  i. Female condoms
  ii. Emergency contraceptive pills
  ii. Contraceptive implants
- Very useful for content development with following suggestion
  - Involving young people in all key activities
  - Involving people from diversified background
  - Content sensitive to local culture
Key Activities

1. Research
   - Literature Review
   - Focus Group Discussion

2. Content Development and App Design
   - Consultation with experts inside and outside the organisation
Key Activities

3. App Development
   - Continuous Revision on Design of the app

4. Pre-testing with user group
   - The prototype pre-tested to get feedback on likability, design, content, navigability, potential of recommending to friends
Key Activities

5. Addition of a section and App Release
   - Addition of interactive section after suggestion from pre-testing group
   - Release of App in google play
Project Highlights
(Findings)

• Literature Review:
  ▫ use of smart phones and mobile applications is on rise worldwide but the intervention study is still limited.
  ▫ Most literature was on text message intervention
  ▫ Suggested positive SRH related behaviour
Project Highlights
(Findings)

- Focus Group Discussions:
  - Most adolescent own smart phones (mostly android)
  - Like exploring new apps
  - Knowledge on SRH was limited
  - Suggested for an Interactive App that could answer their queries
Project Highlights
(Findings)

- Pre-testing:
  - Liked the name, contents, design and user interface
  - Asked for a section where they can ask questions to an expert

Life Saving Commodities
Improving access, saving lives
What is a female condom?

It is a condom usually made of polyurethane, to be used by females. It acts as barrier during sexual intercourse and prevents exchange of body fluids including semen. Female condom is inserted inside the vagina and it covers vagina and cervix. ...

Is HIV treatable?

HIV infection is not treatable. But there are a group of drugs called anti-retroviral drugs (ARV) that helps to slow down the replication of HIV virus in the body. Someone infected with HIV must take ARV everyday throughout their life time. ...

Relationships with elders

Adolescence is a complicated time for all of us. The relationships with your parents and elders might seem more complicated. You might not like everything they tell you. Sometimes they might treat you like a child, when you feel like an adult. Other times, they might treat you like an adult...
Project Highlights
(Results)

• Development of App “Mero Lagi”
  ▫ Continuous work with app developers was done regarding design and presentation
Dissemination

- Advertisement through Facebook
- Presentation about the app in educational institutes
- Answering of the queries by experts

You are a 15 years old girl. You want to go for camping with your friends and spend a night. You and your friends have decided to go on your own without any adults. Your mom finds out, freaks out and strictly tells you not to go. How should you deal with the situation?

A. Shout back at her, bang the door and leave
B. Get so hurt that you lock yourself inside the room and cry
C. Do not react in front of her but secretly plan to lie to her and sneak out anyways
D. Listen to her, put yourself in her place and try to understand the risks involved in going somewhere without any adult supervision

Answer  NEXT
Project Highlights
(Key findings, results or recommendations)

Recommendation
• Use I-Kit
• Consult continuously with user groups
• Review and revise continuously
<table>
<thead>
<tr>
<th>MALE</th>
<th>MERO QUESTION</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I am 18 years old boy and I am concerned about the size of my penis. I accidently saw some other guys penis in the common changing room of the swimming pool. It seems like my penis is smaller. What does that mean?</td>
</tr>
<tr>
<td></td>
<td>I am 15 years old boy. I have erections sometimes when I think of sex. Does that mean I am ready for sex?</td>
</tr>
<tr>
<td></td>
<td>I am a 14 years old teenage boy. I sometimes wake up wetting my trousers and bed sheet. It is like thick whitish thing. I know I did not pee in bed. I feel ashamed and I cannot share this with my parents. What has happened to me? I am worried.</td>
</tr>
<tr>
<td></td>
<td>I am a 16 years old boy and I hate my voice. It sounds cracking like a frog. Some of my friends already have a voice like that of a mature man. Many make fun of my voice. I feel shy to even speak. What</td>
</tr>
</tbody>
</table>
Life Saving Commodities
Improving access, saving lives
I am an 18 years old girl and I am concerned about my best friend who has a boyfriend. She shared that her boyfriend has pressurized her to have sex with him on their next date. She said that she isn't ready but she is scared that if she says no, he will not love him anymore and she is scared to lose him. How can I help her?

I am a 17 years old boy and I have a girlfriend. I really like her and care for her. But I am also sexually attracted to her and feel like having sex with her. But she says that she is not ready yet and it hurts my feelings. Does that mean she isn't attracted to me or she doesn't love me back?

I am a 16 years old girl. There is an uncle in my neighborhood. Though he seems very friendly, I don't like the way he looks at me. He always touches, hugs me and sometimes puts his hand around my waist. I don't like it.
How to use a male condom correctly?

Temporary Methods

Permanent Methods

Emergency Contraceptives

Life Saving Commodities
Improving access, saving lives
What is HIV?

How is HIV transmitted?

What puts you at risk?

What are the symptoms of HIV?

What is STI?

What are its types?

Myths About STIs
Life Saving Commodities
Improving access, saving lives
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Answer: D

Life Saving Commodities
Improving access, saving lives
One can avoid pregnancy by having sex in different positions, like upside down.

What do you think?

- MYTH

or

- FACT

It doesn’t really matter which position was used for sex. The sperms are highly motile and they can travel against the gravity as well.
When you don't know enough. (Story of a 19 years old girl).... Part 2
34

When you don't know enough. (Story of a 19 years old girl).... Part 1
31

Me, my mom and a family secret
173
Quiz
Myth or Fact
Stories
Help Centers
Scientific Links
List of Scientific Links

Know Yourself

- Overview of male reproductive system

- Overview of Female reproductive organs

Relationships

HIV/AIDS and other STIs

Contraceptives

Menstruation


Third gender and LGBT information in Nepal

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