



Youth Actionism

China Youth Network Experiences of Youth Participation and
Young People's Sexual and Reproductive Health Promotion

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1. EXECUTIVE SUMMARY

Though young people around the world live in different geographical, economic, and cultural contexts, their demands for health are basically the same – health issues are closely related to their future educational development, economic level, and health level. Comparing with other age groups, young people are more vulnerable to sexual and reproductive health challenges. At the same time, sexual and reproductive health interventions and promotion for this group are also more effective and far more reaching. In the process of the young people's sexual and reproductive health and rights promotion, young people are motivated to gain the initiative and active participation instead of passive education. That's how to meet the needs of young people and bring about sustainable changes.

The China Youth Network (CYN) is a youth volunteer organization that undertakes peer education on sexual and reproductive health and advocates for sexual and reproductive health and rights (SRHR) and HIV/AIDS prevention for young people aged 10-24 in China. It has developed into a sustainable and influential youth-led organization with strong social campaign skills, peer education and training capabilities, and a mechanism to nurture new volunteers. In order to support the youth participation in sexual and reproductive health and rights promotion, this report collects the reflection and discussion of members of CYN, summarizes their successful experience, and proposes the following EARLY model:

- ✓ **Empowerment** Respect the ideas of young people and help each young person to gain personal growth, ability enhancement and self-realization opportunities, gain the confidence and ability to participate, lead and make decisions, and become a vigorous pioneer.
- ✓ **Awareness** Encourage young people to think about and discuss sexual and reproductive health and rights-related issues from scratch, and awaken young people's independent consciousness, so that they will become advocators of young people's sexual and reproductive health and rights.
- ✓ **Reform** Encourage young people to integrate sexual and reproductive health and rights peer education into daily life, bring about changes in the environment around them, expand the space for youth participation, actively participate in social promotion, and become a promoter of social progress.
- ✓ **Lead** Exert the creativity of young people, encourage them to independently explore the direction of development and establish diverse cooperative relationships with adults, and become a leader in advocacy of the young people's sexual and reproductive health and rights.
- ✓ **Yell-out** Encourage and inspire young peers and promote public awareness in sexual and reproductive health and rights, gain the opportunity to take the initiative in expressing their opinions in the government and relevant authoritative organizations to become the spokesperson for the young people's sexual and reproductive health needs.

2. THE URGENCY

2.1 URGENCY OF PROMOTING YOUNG PEOPLE'S SEXUAL AND REPRODUCTIVE HEALTH

At present, there are about 1.8 billion adolescents and young people aged between 10 and 24 in the world, accounting for a quarter of the total population. This is the largest group in this age group (UNFPA, 2013). The health issues of this period are closely related to their future educational development, economic level and health level, affecting their potential (Brock & Columbia, 2008).

Compared with other health challenges, young people are more vulnerable to sexual and reproductive health issues due to their special economic status, knowledge level, cognitive level, and physiological development stage (Cowan, 2002). AIDS is becoming the second cause of death among adolescents around the world. Complications of pregnancy and delivery are the second cause of death for women aged 15-19 around the world (World Health Organization). According to the 2010 sixth population census data released on the website of the National Bureau of Statistics of China, there are 227 million people aged 15-24 in China, accounting for 17% of the country's total population. A survey conducted in the same year showed that about 60% of this group had unmet demands for sexual and reproductive health counseling, and more than half of them had unmet demands for sexual reproductive health services. 22.4% of the young people of this age have had sexual experiences. One out of every five sexual behaviors of young people did not use any contraceptive measures and faced such risks as STIs/HIV infection, unwanted pregnancies and possible unsafe abortions (郑晓瑛 & 陈功, 2010).

Sexual and reproductive health issues are becoming an important factor affecting the development of young people. In the last 50 years, the world has made great progress in health development. Adolescent health promotion progresses slowly compared to the results achieved in the field of child development, most of which can be attributed to sexual and reproductive health problems: on the one hand, the adolescent pregnancy problems are complex and difficult, on the other hand, nearly 40% of new HIV infections occur in people aged 15 to 24 (Hindin, Christiansen & Ferguson, 2013). Sexual and reproductive health issues bring not only physical

pain, but also significant impact on mental health, education, career development, and socioeconomic status. For example, in some areas where premarital sex is regarded as a taboo, adolescents who have had sexual behaviors or even unwanted pregnancies may be negatively evaluated by teachers and other groups and lack sufficient social support, which directly or indirectly affects their future life development (Hindin & Fatusi, 2009).

2.2 URGENCY OF YOUTH PARTICIPATION

Young people are recognized as one of the most effective age group for reproductive health intervention programs. Interventions with populations of this age will have far-reaching implications for the health of their future life and even the next generation. Life skills education including sex education is proved to reduce high-risk sexual behaviors among young people, reduce unwanted pregnancies and the possibility of being infected with sexually transmitted diseases and AIDS (WHO, 2003).

In the traditional intervention programs, young people are the target group of intervention. They accept the guidance and education of the teachers, parents and other adults, and they are passive learners and recipients. Today, however, their ability, rights and responsibilities in the programs are increasingly valued (UNICEF, 2002). In reality, it is very difficult for the young people to express their opinions to the public, and their needs are often ignored when policies related to their interests are formed. At the same time, the young people rarely receive enough knowledge about sexual and reproductive health and HIV/AIDS prevention during adolescence due to the limitations of traditional concepts. How to protect the sexual and reproductive health rights of young people, and how to improve the status of the young people's sexual and reproductive health is a matter of concern. Young people need not only to be seen and noticed, but also to have the opportunity to speak for themselves. Since 2003, United Nations Population Fund has advocated global youth participation in reproductive health projects and decision-making processes (UNFPA, 2003). Under the influence of globalization and international consensus, China's adolescent reproductive health project has carried out some attempts and

explorations of "youth participation".

Youth participation helps to develop their own exploration ability and critical thinking. Young people are exposed to a variety of information and value judgments as they grow up. These statements about sex, social sex, and gender equality are contradictory, mistaken, biased, and likely to be selective. Parents and teachers who guide them are likely not adaptable to discuss topics related to sex with their children, and there are limits to their own recognition. Studies have shown that in many developing regions, parents also lack reproductive health information like their children, and most parents do not have the experience of supporting reproductive health promotion programs during adolescence (Gavin, Williams, Rivera, & Lachance, 2015). As the real subject of the intervention programs, young people continuously receive information and interact with the environment, and build their own knowledge system on this basis (Giroux, 1994). When young people have the opportunity to learn to critically think about their own experience and the information from the outside world, actively explore and assume responsibility, and form their own understanding and judgment on this basis, the programs are most effective.

Meeting the increasing demands of young people for reproductive health requires us to work creatively. Young people are full of energy, passionate, strongly curious, adventurous and fearless. Even in adversity, they will show their ability and adaptability. Advocating youth participation in sexual and reproductive health promotion helps to listen to them, understand their views, employ their energy, develop their talents and mobilize their autonomy. On the sensitive issue of the sexual and reproductive health, this helps to overcome the communication barriers between generations, encourages adults to respond to the needs of young people with enthusiasm and responsibility, jointly develops the programs of the concerns and needs of young people and incorporates many factors related to sexual health and well-being.

2.3 URGENCY OF YOUTH-LED INITIATIVE

Youth-led organizations and social networks are critical to the sustainability of youth participation and are imperative. Young people can get support and encouragement in their own

organizations and social networks, break through the limitations neglected in the past and at the subordinate status, take the initiative to master all kinds of resources, and form cooperative relationships with adults. Their potential has thus been able to be exerted and further developed. Compared with individuals, youth-led organizations and social networks play a greater role in international and domestic platforms. They strategically advocate, promote and protect their sexual and reproductive health well-being, and build partnerships with other organizations to become a catalyst for reforms in the field (Ketterling, 2009).

In youth-led organizations and social networks, peers support each other, exchange information, share knowledge, and make progress together, express a voice that belongs to and represents themselves. Achieving this goal requires the capacity building and growth of young people themselves. Youth-led organizations and social networks can promote the growth of young people in practice, empower young people with a sense of belonging and power, establish self-confidence and social responsibility of young people, give play to the advantages and abilities of young people, and cultivate the leader for a new generation of sexual and reproductive health in the field. They can further support young people's participation in social advocacy, project formulation and policy advocacy.

With their own model effect and influence, youth-led organizations and social networks can promote the continuous development of sexual and reproductive health promotion programs and activities, and expand the influence, coverage and scope of services. Young people have established their right to participate and speak in the group activities of self-help and mutual help, and thus can carry out a large number of effective interventions of self-empowerment at the micro level such as schools, workplaces and communities. In the process, the hidden needs and problems of sexual and reproductive health can also be acutely captured and focused.

3. CYN SCALING-UP

China Youth Network is a youth volunteer organization that undertakes peer education on sexual and reproductive health and advocates for sexual and reproductive health and rights (SRHR) and HIV/AIDS prevention for young people in China. It was initiated and established by China Family Planning Association (CFPA) in June 2004, with the support of United Nations Population Fund (UNFPA). CYN promotes the implementation of the Program of Action developed at the 1994 International Conference on Population and Development (ICPD) in Cairo. The Program of Action emphasizes that sexual and reproductive health rights are basic human rights and that it is essential to address the specific sexual and reproductive health needs of young people. At present, the China Youth Network has developed into a sustainable and influential youth-led organization with strong social propaganda skills, peer education and training capabilities, and a mechanism to nurture new volunteers. The publicity and mobilization activities with the participation of its members and academic and policy discussions at home and abroad are successful practices for youth-led advocacy of sex and reproductive health and rights.

The organizational characteristics of the China Youth Network provide the basis for capacity building and resources for the young people's independent thinking practice, realizing the participation of young people from program design and implementation to the evaluation, and implementing the concept of "youth participation". An important part of the past experience of China Youth Network is to use the strategy of "integrating into young people" as a driving force to broadly establish and expand youth organizations and social networks such as youth networks and university companion communities, in order to continuously expand the scope of influence and services, and continue to absorb fresh blood, and promote exchanges and interactions among young people, comprehensively cover the diverse needs of young people, and speak out a true voice of the young people in the policy making process.

The experience and model of promoting the China Youth Network in other parts of the country and even globally is of great significance and can provide a strong power for the realization of sustainable development goals related to the young people's sexual and reproductive

health promotion. Youth-led organizations and social networks have strong vitality, can take root in the community and the surrounding environment, and promote the sexual and reproductive health of young people by changing knowledge and concepts, and can also respond to the unique social and cultural environment in the local area insensibly. Its embeddedness, sustainability, innovation and low-cost advantages have also laid the foundation for its promotion in other developing countries.

3.1 CHINA YOUTH NETWORK MESSAGES FROM YOUTH

3.1.1 CHINA YOUTH NETWORK VISION & MISSION

Our Vision: CYN envisages a China in which all young people's voices are heard and all young people enjoy their sexual lives free from ill-health, unwanted pregnancy, violence and discrimination.

Our Mission: To promote all young people's rights and access to inclusive sexual and reproductive health information, education and quality, youth friendly services

3.1.2 CHINA YOUTH NETWORK CORE VALUE

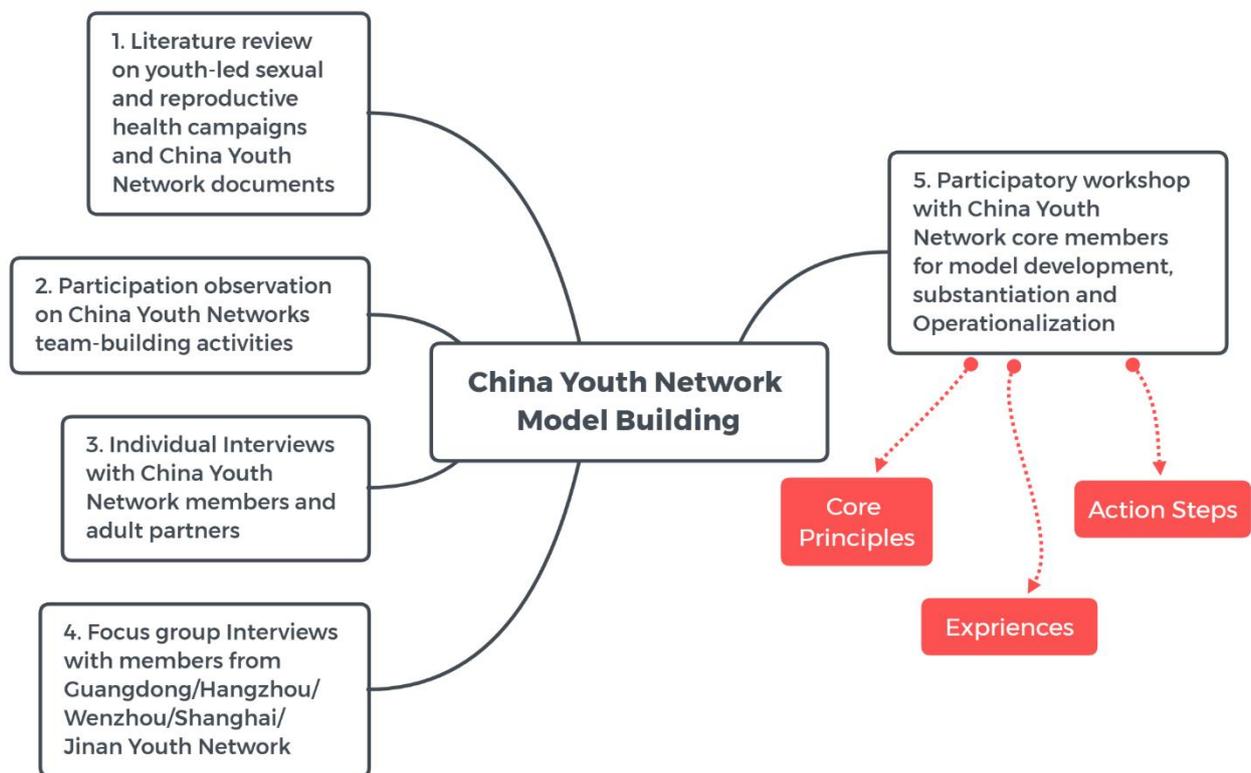


- a. We believe effective sexual and reproductive health policies and programs require genuine youth participation.
- b. We believe young people's lives should be free from all forms of discrimination, including those based on gender, marital status, sexuality, age and ethnic background.
- c. We believe, when empowered, young people can become strong advocates for positive change.
- d. We believe all girls and young women have a right to lead their lives free from gender-based violence, including sexual violence and harassment.
- e. We believe youth-adult partnerships create successful outcomes as they draw upon the abilities, strengths, experiences and perspectives of both young people and adults.
- f. We believe sexual and reproductive health rights are human rights and should thus be enjoyed by all people, including young people.
- g. We believe that young people make meaningful contributions to decision-making processes when given opportunities and supported by adults.
- h. We believe that Chinese young people should have universal access to sexual and reproductive health information, education and services, regardless of their marital status
- i. We believe young people's views and perspectives should be recognized and valued by adults.
- j. We believe that CYN belongs to all young people – diversity amongst CYN membership is vital and the views of all members are valued.

3.2 CHINA YOUTH NETWORK EXPERIENCES BY YOUTH

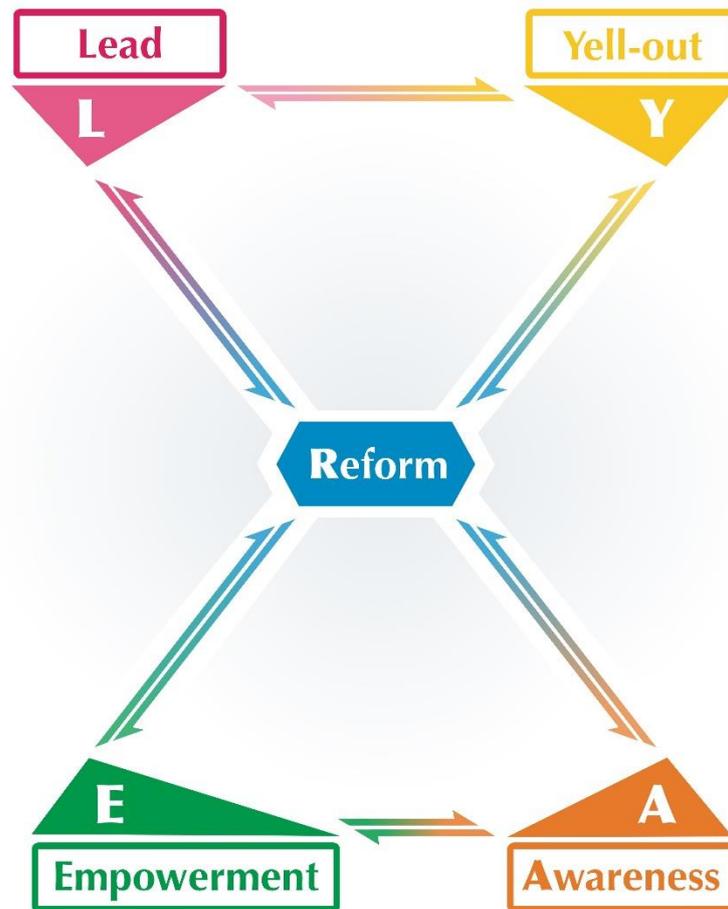
Developing the critical and creative power of young people can motivate them to summarize and reflect on their actions. Inspired by this idea, this report summarizes the experience of China Youth Network with reference to the mode of participatory action research advocated by education studies, transforming the young practitioners of the China Youth Network from respondents to research partners of active reflection and joint discussion (Ferrance, 2000).

The following steps are taken for the specific research practice:



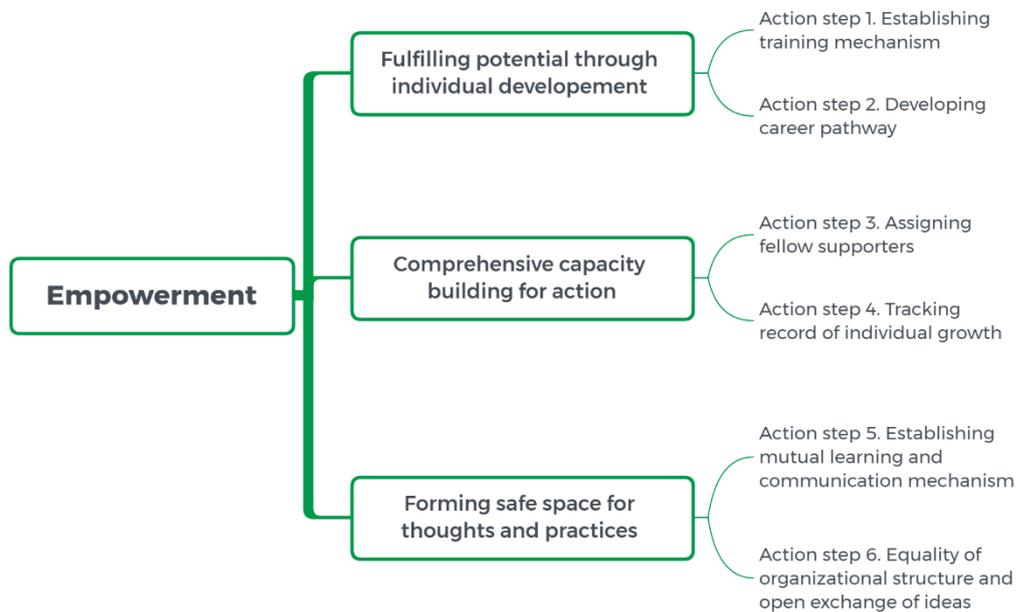
4. THE E-A-R-L-Y MODEL

The experience and model of the China Youth Network can be summarized by the 5 progressive and mutually promoting ideas and development steps, including Empowerment, Awareness, Reform, Lead and Yell-out. In this process, young people gradually grow into vigorous pioneers, active advocates, social progress promoters, leaders, and even spokespersons of the young people's sexual and reproductive health and rights promotion.



The promotion of the model and experience of the China Youth Network is not a simple copy of the organization's mode of operation, but rather mobilization of more young people to participate in sexual and reproductive health and right promotion and advocacy. Each concept and development step have multiple implications and stands for specific action steps.

4.1 EMPOWERMENT



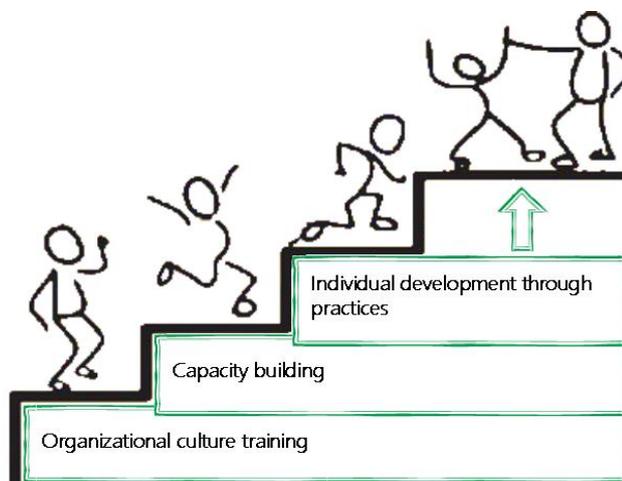
4.1.1 FUFILLING POTENTIAL THROUGH INDIVIDUAL DEVELOPMENT

Encourage each young person to explore multiple possibilities, find a growth path that will help each young person's potential exertion, help young people find a position that suits them, and achieve the alignment between the goal of persons and organizations.

The China Youth Network expects to achieve self-education, self-service and self-improvement of young people. Recognizing that each young person has his or her own development potential and growth path, the China Youth Network hopes to achieve the coordination of goals of young people and organizations, encourages young people to find the position that suits them and the work they are good at in the promotion of sexual and reproductive health and rights and inspires the enthusiasm and creativity of young people.

To achieve this, young people need to be provided with abundant training resources and diversified path choice spaces so that they can explore, develop and grow in the process:

Action step 1. Independently establish a systematic training mechanism from organizational culture training to peer education host, project management, social publicity and mobilization and other special capacity building, and provide support for young people in a holistic manner combined with the ability improvement in specific work tasks.



Action step 2. In the process of youth participation, provide young people a clear picture of pathway, so they can choose the depth and direction of participation according to their own interests, and also to indicator the direction for their development and progress.

In the mode of operation of the China Youth Network, the level of participation of volunteers can be divided into three basic categories:

a. The Core Group

The Core Group is the core decision-making layer of the China Youth Network, guiding and coordinating the activities of the youth network. Other members (including individual members and group members) carry out the work of the youth network under the guidance of the Core Group. It is set up in Beijing and consists of up to seven people. The Core Group members handle the affairs of the China Youth Network through the principle of obedience of minority.

b. Coordinators

To ensure the sustainability of the Core Group, a mentoring model is used. Core group members support “coordinators” to develop the necessary skills to become active members of the

Core Group in the future. Coordinators take responsibilities of ensuring smooth operation of each department.

c. Volunteers

Young people can become CYN “program volunteers” and support CYN’s activities in a variety of ways. Volunteers may become CYN peer educators through under- taking a ‘training of trainers’ program and then organizing education sessions in their area. They may also contribute to CYN’s diverse advocacy and awareness raising activities.

4.1.2 COMPREHENSIVE CAPACITY BUILDING FOR ACTION

Help young people acquire the ability of active learning and self-reflection, enhance their mobility and execution, and lay the foundation for the realization of young people's ideas.

It is in the process of promoting the young people's sexual and reproductive health and rights that members of the China Youth Network recognize that capacity improvement includes not only specific abilities, but also comprehensive personal ability improvement. Providing capacity building opportunities for young people to learn, reflect, criticize and act helps them realize their new ideas for the promotion of the young people's reproductive health and rights and youth participation.

Action step 3. Help the new members and provide them mutual support for comprehensive ability improvement, share experience among young people to promote reflection and discussion on work experience, with a goal to achieving "identification and selection of what you can do, and completion of what you choose proactively".

Action step 4. In the form of a record of growth trajectories, members are driven to look back and reflect on their work and practical experiences, find new development goals and gain continuous motivation.

4.1.3 FORMING SAFE SPACE FOR THOUGHTS AND PRACTICES

Respect the value of each idea, provide young people with opportunities for practice and trial and error, achieve mutual promotion among members, and create a common growth environment.

The ability and experience of young people comes from practice, and the advantage of young people lies in creativity. The China Youth Network provides young people with a more fault-tolerant platform and gives young people the opportunity to try new and error. It is also on this basis that it can develop more vital sexual and reproductive health and right advocacy methods.

Action step 5. Establish a mechanism for regular learning and communication among young people, so that young people with different strengths can promote each other and make progress together. Take experience exchange meetings and online live training and other opportunities to expand coverage and attract more young people.

"In my freshman year, I found it was too difficult to set up youth society in my school. I gave up after I tried it. However, I thought this problem would always exist, and there was no guidance, so I wanted to give feedback.

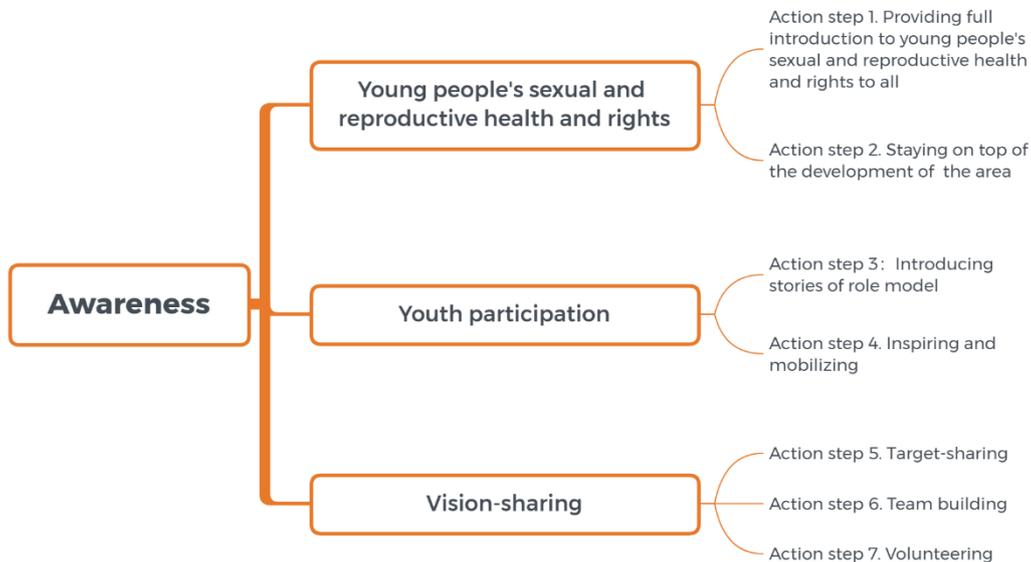
After joining CYN, I proposed to write the *Youth Society Booklet*. I think that some of the information we provide to colleges and universities is pushed by WeChat, so it is not comprehensive enough. Especially for the new colleges and universities, it is necessary to provide such information for a Peer Community that has been established for less than two years.

This work is now arranged in one of our work plans and is already underway. ”

Excerpt of interviews with CYN members

Action step 6. Although different levels exist and are required for the organization operation, it only means the difference in participation depth. The equal organizational structure of the young peer community and the smooth channels of expression are the soil for new ideas, new strategies, and new practices. Regular exchanges and summaries give young people the opportunity to express their ideas.

4.2 AWARENESS



4.2.1 YOUNG PEOPLE'S SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS

Stimulate young people to think, pay attention to, and discuss comprehensive issues of the young people's sexual and reproductive health and rights from scratch, and start from their own to affect people around them and arouse social concerns.

Sexual and reproductive health and rights issues are rooted in life but are often overlooked. Their promotion needs to consciously facilitate young people's attention and discussion of relevant issues, and comprehensively grasp relevant information. This change of awareness is not only the advocacy content of the China Youth Network, but also enables young people to bring greater influence on the people around them and the surrounding environment, so that young people can further develop on the platform of the China Youth Network.

Action step 1. Ensure that every volunteer in the organization has access to complete and correct knowledge of sexual and reproductive health and skill training. Start from changing each individual's own awareness and enhancing the knowledge about the sexual and reproductive health, so as to talk about sex naturally.

"First time when I attended the class of sexual and reproductive health, the teacher asked me to demonstrate. It was especially embarrassing. You knew that I had to demonstrate how to use condoms for a group of people who were almost as old as my parents. It was really embarrassing. However, I was ready to pay any price, and went to demonstrate it. Senior schoolmates have been trained in the school, and they knew more or less about it. Then I finished the demonstration shyly. The teacher said I was mostly done it right, but there were some problems. After I bravely took this step, I really felt that it didn't matter. I needed to try more. Even if someone laughs at you, satirizes you, or you fail, it doesn't matter, as long as you are brave enough to try to take this step. I felt that after this training, especially after demonstrating the use of condoms, all kinds of decisions that I made later were affected. "

Excerpt of interviews with CYN members

Action step 2. Pay ongoing attention to the discussion and update of knowledge in the field of the young people's sexual and reproductive health and rights, participate in external communication or training and seminars conducted by other organizations, and always maintain sensitivity to this topic. There are endless new discussions, new ideas, new evidence, and new ways of promotion for sexual and reproductive health and right issues. The China Youth Network improves the organization by virtue of the ever-changing knowledge, updates the internal philosophy of the organization, maintains its vitality, and forms a continuous upgrading system.

4.2.2 YOUTH PARTICIPATION

Awaken the youth's self-awareness, enhance the self-confidence of young people, mobilize the young people, and explore the unique social participation and social promotion methods of young people.

The core concept of China Youth Network's development lies in "youth participation". Members need to develop their recognition and practice of this point. For this concept, the US National Commission on Resources for Youth gives the following definition: "Youth participation is to meet the real needs with responsible and challenging actions with the opportunity to influence others' plans and/or decisions. Other desirable characteristics of youth participation are critical reflections on participation activities and opportunities for groups to work towards common goals. "It also requires a sense of identity and self-confidence for the identity of the youth and believes in the new force that a young person can bring to social participation and social promotion.

Action step 3. Share the success experiences and stories to young peers in the peer community, and encourage young people to change, remind them that the outcome of the changes is in their near future. In this way, the young people can see the future that is attributable to mobilizing their energy.

"After attending international conferences, some of the peers will share their experience directly with us, including sharing new opportunities. Originally, I think it is something remote, at least it cannot be done now. When I hear the sharing, I feel that it is at least not difficult, or it is not impossible. The youth participation has its own advantages. We have now set up an international exchange group to collect information on meetings and training. Those who want to attend will discuss it together and give it a try. Then we pay much attention to this year's International Family Planning Conference, the World AIDS Conference, and some women's equal right organizations."

Excerpt of interviews with CYN members

Action step 4. The establishment of the "youth participation" awareness cannot accomplish in an action. It requires mutual encouragement and mutual inspiration among members, and a sense of accomplishment and firm belief in practice. This requires the organization's sustained support in overall cultural atmosphere for "youth participation".

4.2.3 VISION-SHARING

Realize the sharing of visions in the youth community, form an equal and inclusive environment full of humanistic care, and create an organizational atmosphere that respects science and actively participates in discussions.

The China Youth Network expects members to recognize the vision of the organization: "all young people's voices can be heard, all young people can enjoy sexual health and avoid suffering the threats from sexually transmitted diseases, unwanted pregnancies, violence and discrimination". The vision guides and motivates the image depiction of the future scenarios of the members. In an uncertain and unstable environment, the directional long-range orientation is proposed, and the activity direction focuses on a core focus target state. In order to realize the vision sharing, the operation and refinement of the vision is needed, and the China Youth Network also needs to maintain its own atmosphere of equality, tolerance, friendship and science, so that members can get support.

Action step 5. Concrete vision sharing in the process of sharing work goals, including refining and integrating the vision into the organization's annual and monthly agendas and work plans. At the same time, the equal and smooth discussion and exchanges and even controversy within the organization are also conducive to establishing the members' sense of identity in the vision.

Action step 6. Team building includes a series of specific activities, including a deep friendship at work. In addition to coordinating work, members of the China Youth Network have the companionship of working together and working together for the common goal. This companionship has provided support for the smooth development of the work and the lives and future development of the members.

Action step 7. Maintaining public welfare voluntariness aligned with the organizational vision of the China Youth Network is therefore essential. Despite the support for the independent development and diversified choices of members, in the existing advocacy campaigns, it is necessary to give play to the volunteerism of the members to achieve the purpose of serving young people. For youth-led organizations or alliances with voluntariness, the recognition of organizational goals and the organization itself supports members to sacrifice their spare time, give up other areas and opportunities to choose, and provide their energy and enthusiasm for the China Youth Network. It is the process of mutual choice.

4.3 REFORM



4.3.1 INTERGRATING SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS PEER EDUCATION IN EVERYDAY LIFE

Encourage young people to integrate the peer education of sexual and reproductive health and rights into their everyday life, access information, change attitudes, acquire skills, change from themselves, bring changes to their partners around, and gather strength and innovation to promote social development.

People are usually willing to listen to opinions and suggestions from peers and friends of similar age, knowledge background, and similar interests. This is especially the case for young people. Young people are often able to listen to or adopt peer opinions and suggestions on issues that are relatively sensitive, such as sexual and reproductive health. Peers also understand each other's needs and explore innovative approaches. Peer education usually begins with a purposeful training of influential and appealing young people (peer educators) so that they acquire certain knowledge and skills, and then they spread knowledge and skills to the young people around them, even to a wider range of people to achieve educational objectives. Peer education is often carried out by participatory interaction method, which breaks through the traditional teaching boundaries, helps participants to deepen their teaching interactions, gain their own reflections, share their understanding and experience, and help educators pay attention to each participant' attitudes and

behavior changes, and mobilize the enthusiasm of the participants. Members of the China Youth Network not only provide knowledge and counseling for their peers in the formally organized peer education, but also provide support for their peers in everyday life. They start from changing everyone to changing one group.

Action step 1. The content and methods of peer education are also a constantly updated field. Proactively invite experts in the field to hold seminars to enhance professional skills and vision to help peer educators to provide better and professional activities. Combining the concept of comprehensive education, China Youth Network Program standardizes and further promotes and practices the current peer education method in terms of concept and methodology, hoping that more young people can benefit from and participate in the activity.

Action step 2. Carry out peer education, advocacy, social practice and other relevant youth programs to make platforms and resources available for the youth to work and bring about broader reforms. Through cooperation with China Family Planning Association and local family planning associations, China Youth Network currently provides financial and technical supports for youth health peer associations in colleges and universities.

"These days, people are exposed to a lot of things, but not all of them are real. The one who fills the gap may not be the right person. It can be called 'peer education' when it is good. There can be bad influences among peers, and we just want to make them good, so that you can give the right answer when being asked.

When it comes to sexual education, despite that I have given some right knowledge and skills and even attitudes to a peer, it's hard for others to accept it or actually act accordingly, even if he knows it. Sexual education involves a wide range of aspects. It's not just about you, it's about the society and the communication with your partner or with all aspects of your life.

I used to be discouraged. I organized a session delivering messages about contraception. After about one month or two, a girl who has attended my class told me that she had an accidental pregnancy. It's frustrating that she was still pregnant after I've told everything I need to. But fortunately, I stopped her from going to the black clinic. I'm glad to be able to help her when she comes to me. ”

Excerpt of interviews with CYN members

4.3.2 PROMOTING YOUTH SOCIAL PARTICIPATION, GATHERING RESOURCES AND SUPPORT

Fight for the youth's spaces of social participation and social promotion, enhance the awareness and ability of cooperation between adults and the youth, and take the initiative to pool and link resources and opportunities for the youth.

Work practices of China Youth Network proves that effective participation not only gives the youth training and skill development, but, more importantly, develops their senses of cooperation as adults, help them gain the adults' support and trust, and strives for resources and opportunities for the youth, which is the key to successful youth participation. This requires to build cooperation capabilities between the youth and the adults and promote mutual recognition, understanding and trust. Building the youth's individual comprehensive ability, management ability, leadership ability, team ability and other program-related skills capacities helps them gain the support and trust of adults, including leaders of cooperative institutions, relevant project staff, instructors and other adults who can provide technical supports to the youth and help them coordinate development resources. Capabilities of the youth - adults team should be explored and studied together step by step in the course of cooperation and be discussed on specific issues. Even if there are different opinions on the issue, mutual respect and understanding can be sought



Action step 3. Build a resource sharing platform within the youth community to support the ability training, trial and error and practice in all aspects of the youth and help them grow into a young person who can win the trust and respect of adults.

Action step 4. Establish relationships with other partners as an organization and seek for external resources. Obtain supports from schools, communities and the society for opportunities to contribute to partners,

communities and social development. Make a group that shares decisions, experiences, rights, and responsibilities with adults out of the youth.

A young person of any major can find his/her place in CYN. Those majored in journalism can write WeChat press releases, those majored in advertising can design theme posters, and those majored in public health and preventive medicine can conduct population epidemiological surveys.

I first showed my talent in the preparatory work for 926 World Contraception Day in 2018. I suggested to use available samples to do some crowd surveys when planning an activity plan together with others. I was in a hurry and prepared the questionnaire draft in one day and then released the questionnaires the second day. At that time, I was very proud that I finished my work quickly and well. However, I found many problems in the background when checking answers, for example, the date of birth is set in the drop-down mode, and many people selected randomly to save trouble, leading to a lot of wrong data such as birth year of 2018; many people said that there were so many problems that they gave up answering them halfway. This makes me know that any epidemiological survey must be strictly in accordance with the textbooks, and pre-investigation, expert consultation and other aspects are essential. But I didn't expect that the sample capacity is objective and up to 4,400. It is a 'high starting point' in my career.

I conducted my second epidemiological survey on '121 The World AIDS Day'. Considering the last experience, I started preparing the questionnaire one month in advance, and strictly followed the flow of the process to carry out pre-survey, student interview, expert consultation and so on. One thing I remember is that the expert suggested us to replace 'age (actual age)' with 'date of birth'. I realized that the questionnaires that experts are used to are all printed, and they usually use “the date of birth” to avoid the problem of actual age and nominal age. But for us, the age refers to actual age as we use SOJUMP website. I explained the situation and did not modify as suggested by the expert.

CDC and other institutions will also do some survey on 'The World AIDS Day' and other festivals, but they are targeting at all social members while we adopt the 'precise survey strategy' and target only at young students. Our questions are for VCT (Voluntary Counseling and Testing) and cover 34 provincial administrative regions across the country. So far as we know, our survey is unique in the country, and the data are very valuable. I am even more proud, even a little bit dizzy with my success. However, we should also be more cautious. We need to be rigorous and responsible for the content of each report as is exclusive.

Therefore I realized that we could have a say on investigations of young students, and I don't need to be unconditionally subject to the expert's advice. As long as I'm in CYN, I will continue the epidemiological survey and try to form a queue survey. I told my partners at the activity summary meeting that 'we must not have a blind faith in the authority but we need to respect it. To some extent we are the authority.'”

Self-statement of a CYN member

4.4 LEAD



4.4.1 SETTING INDEPENDENT DEVELOPMENT GOAL

Give full play to the creativity of the youth, design development goals and paths independently, actively explore new development directions, and maintain the ability of self-renewal and adjustment.

In the field of sexual and reproductive health promotion, the youth often expect to make a difference, and there are many problems that they can try to solve. Wise restriction of the problems to be solved and activities to be performed by one youth-leading organization or alliance in a certain period, and distinguishing of short-term and long term objectives and strategies not only are conducive to the in-depth development of the organization itself, the formation of professionalism, and the consolidation of work foundation, but also can ensure that the achievement of goals and the input of resources can achieve an economic and sustainable balance. On the basis of defining the sexual and reproductive health and rights as the focus and youth participation as the core principal, China Youth Network engages in clear analysis and discussion on the goals, motivations, resources, strategies and so on of its work, and, based on the above content, carries out strategic planning work and forms an organizational structure to ensure the realization of short-term and long-term goals of the organization and its steady development.

Action step 1. Based on its own purpose and core concept, China Youth Network makes strategic analysis on strategy, operable path, activity effect and its own role and partnership. The incorporation and clarification of the fundamental purpose of "promoting the youth's sexual and reproductive health by youth participation" in the articles of China Family Planning Association and Youth Reproductive Health Project help to ensure the solidity of core concepts China Youth Network. The arrangement and reflection of a series of strategies, paths and chain effects clarify the structure, the mechanism activities and the impact of activities of China Youth Network. The development path of youth-adult partnership can be further clarified on this basis.

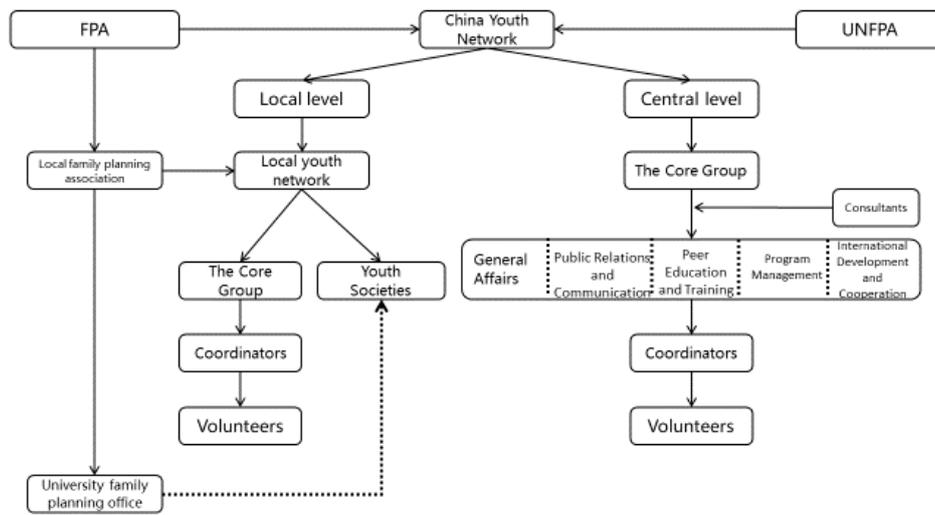
For an organization, fund and coordination capabilities should be balanced. More activities require more funds, and more time, labor and capabilities need to be invested for coordination. The organization itself should have a prescience of the impacts and effects of different paths and activities. Strategic plan can ensure that these components form a dynamic balance in a sense and that the organization has a clear and enough understanding of the resources that can be mobilized, the partners that need to be relied upon, and each other's roles in the partnership (Ketterling, 2009).

Purpose	Strategy	Path	Chain effect	Role
Make clear why support youth participation	Clear short-term and long-term goals and strategies	Short-term action should be integrated into long-term strategies	Realize effect via activities	Define the relationship between the youth and adults
· Articles of China Family Planning Association	· Five-year strategic plan of China Youth Network	· Project activities serve medium-and long-term strategic planning	· Conduct Youth Reproductive Health Project in over 300 universities across the country	· Partnership rather than leadership
· Youth Reproductive Health Project of China Family Planning Association	· Annual/quarterly plan of China Youth Network	· Gradually realize youth advocacy	· Conduct peer education in minority areas	· Work and develop together

	· National core group members meeting	· Youth health training camp	· Train all kinds of teachers and backbones	
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Action step 2. Organization structure is an institutional embodiment of division of labor, grouping and coordination of work tasks, which is conducive to the realization of the clarification of organizational functions. China Youth Network's organizational structure is not only limited to its own operation mechanism and work requirements, but also covers the linkage and mutual support needs of the peer community.

China Youth Network has gradually formed various professional departments with clear functions other than the Core Group. Learning from the experience of China Youth Network, many local youth networks also developed professional capabilities in areas such as peer education and training, project management, public relations and publicity, and comprehensive affairs outside the Core Group. China Youth Network aims to provide training and support for local youth networks and explore various new development models at the local level for mutual reference among youth networks in different regions. As an inter-school youth organization, the youth network provides information resources, technical support and project management guidance for the development of youth societies in colleges and universities. The organizational structure of China Youth Network shown in the following figure provides the possibility of mechanism for mutual support among young people and cooperation with adults. At present, China Youth Network has become a volunteer organization mainly composed of student associations in universities and local youth representatives and participating in organizational activities at various levels. A volunteer organization in which all Chinese youth can participate.



4.4.2 BUILDING DIVERSIFIED PARTNERSHIP

Build and maintain diversified partnership to seek development space and resources for the realization of their own goals.

The establishment of the partnership will help youth-led organizations and peer communities to expand their boundaries and share their competitive advantages and benefits with partners in a long-term and strategic cooperative development relationship. It can have an independent and significant impact on the outside world. It has brought far-reaching significance to all parties involved in cooperation. China Youth Network's current success is also due to its cooperation with the China Family Planning Association and the United Nations Population Fund.

Action step 1. Identify effective partners, explore the possibility of cooperation, maintain continuous attention and communication with various organizations in the same field, and attach importance to the new forces.

Action step 2. Have a clear analysis of the benefits and goals shared by partners and themselves and establish a win-win basis for cooperation.

Introduction to China Youth Network's partnership: China Family Planning Association

China Family Planning Association is a national, non-profit mass organization with the goal of advocating family planning / reproductive health among the people in the world's most populous country. The early exploration work of China Family Planning Association laid a foundation for the generation and development of China Youth Network.

The United Nations Population Fund's fourth and fifth cycle national programs in China promoted the development of peer education in more than ten universities in Beijing organized by the China Family Planning Association around 2000. Among them, in 1998, the China Family Planning Association, in cooperation with the United Nations Population Fund, set up a community "Youth Health Tour" in Renmin University of China, bringing together a group of the earliest volunteers interested in youth participation in sexual and reproductive health promotion. In 2000, IPPF set up a youth representative mechanism, and the youth representative recommended by the China Family Planning Association became IPPF's global youth representative and the beginning of young people's participation in international conferences and forums. In the same year, the China Family Planning Association and Program for Appropriate Technology in Health reached a five-year cooperation agreement to carry out an international cooperation project "Promoting Reproductive Health of Chinese Adolescents" in 12 provincial capitals, cities and some rural areas. In 2003, the China Family Planning Association, in cooperation with the United Nations Population Fund, launched the "Adolescent Sexual and Reproductive Health Education and Services Project" in 30 counties across the country. In the process of project practice, a large number of young volunteers have been gathered and trained. The China Family Planning Association and the United Nations Population Fund have gradually realized that only when young people participate in the project and work together with adults can the project truly meet and satisfy the needs of young people. At the same time, these young volunteers also actively participate in youth work with their enthusiasm and dedication, advocating the establishment of youth organizations to promote youth sexual and reproductive health work.

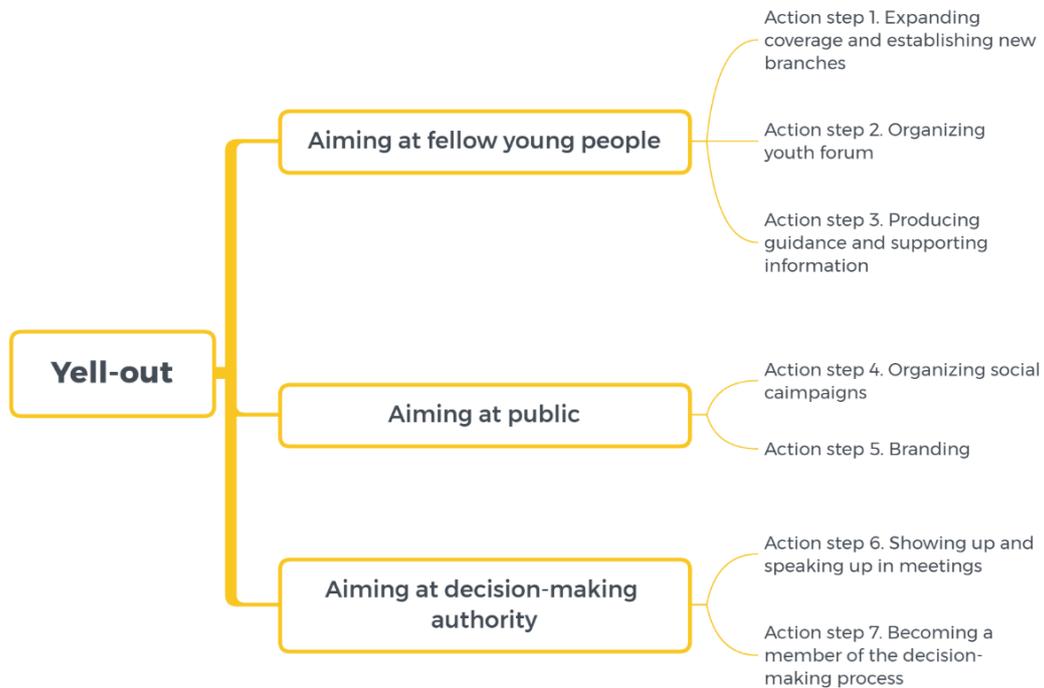
In June 2004, "China Youth Network" was initiated by the China Family Planning Association and led by young people, with the support of the United Nations Population Fund. The China Family Planning Association has provided a strong impetus and solid backing for the development and growth of china youth network. In 2006, China Youth Network successfully advocated from the perspective of youth with the support of the China Family Planning Association at the "Youth Sexual and Reproductive Health Promotion Meeting" sponsored by the National Population and Family Planning Commission. China Youth Network's influence at the national level has further deepened, enabling China Youth Network to make its own voice on behalf of young people.

Introduction to China Youth Network's partnership: United Nations Population Fund

The United Nations Population Fund is a specialized organization of the United Nations, whose mission is to promote the right to a healthy life and equal opportunities for all. It assists countries around the world in using population data to formulate more effective population policies, reduce poverty, reduce unwanted pregnancies, ensure safe delivery, protect young people from threats of AIDS virus, and treat girls and women with dignity. As an international aid organization, the United Nations Population Fund advocates strengthening education and services on adolescent reproductive health globally.

The platform, concept and resources of the United Nations Population Fund have provided continuous support for China Youth Network. In the final evaluation report on the implementation of the youth reproductive health related content of the fifth cycle project, the successful experience and shortcomings of the project were pointed out: the youth network was established to enhance the youth's leadership and participation, but participation in the decision-making process needs to be strengthened. Therefore, the sixth project, Adolescent Reproductive Health Project, takes adolescents as partners. In 2005, China Youth Network became the implementer of the "Youth Participation" project in the sixth week of the United Nations Population Fund in Beijing and selected local youth representatives (Xu et al., 2011). The United Nations Population Fund has provided important support for China Youth Network to step to an international platform and gain external attention and resources.

4.5 YELL-OUT



4.5.1 AIMING AT FELLOW YOUNG PEOPLE

Aiming at young people, deliver healthy lifestyles of sexual and reproductive health and inspire peer communities to tell good youth stories.

Stories can shorten the distance between young people and make them feel kind and inspired. Having a story is as important as having a channel to spread the story. The former needs to sum

"A young person makes a speech and do all kinds of the same or different things that more his companions could see it. In fact, it is easier for everyone to have a sense of empathy. He actually has a positive and inspiring influence. "

Excerpt of interviews with CYN members

up and review the experiences of young people, while the latter calls for expanding the coverage of propaganda and mobilization so that young people's voices can reach further.

Action step 1: Expand the coverage to attract more young people to the peer community in the form of peer clubs and local youth networks, and expand the peer community to youth groups outside colleges and universities.

Action step 2. Organize youth forums so that young people have their own home court to express their opinions and tell their own stories.

Action step 3. Produce various guidance materials and deliver supportive messages so that more young people have the opportunity to participate in the promotion of young people's sexual and reproductive health and rights.



4.5.2 AIMING AT PUBLIC

Aiming at the public, spread the positive concept of sexual and reproductive health and rights, promote the change of old social ideas, show the effectiveness of young people's active participation in social development, and form a brand image.

Promoting the improvement of the young people's sexual and reproductive health and rights requires the support of the overall social environment and the trust of the public in young people. Establishing the brand image of China Youth Network can not only attract wider support, but also establish public trust in youth-led organizations and peer communities, facilitating the development of social advocacy work.

Action step 4. Carry out large-scale publicity activities in conjunction with the theme days of September 26 as the contraception day and December 2 as AIDS prevention day, start with social issues of public concern, and conduct large-scale publicity to popularize public awareness of the young people's sexual and reproductive health and rights.

Action step 5: Build up China Youth Network's brand image, set up WeChat public account and microblog account for the public, spread the concept of sexual and reproductive health and rights to the public with "Professor Apple" and other virtual characters, and invite public figures with healthy image to serve as youth health ambassadors to expand its influence.

4.5.3 AIMING AT DECISION-MAKING AUTHORITY

Aiming at the government, international organizations and other decision makers, take the initiative to yell out and actively participate in decision-making and advocate meaningful youth participation.

The ultimate goal of youth participation is to realize the joint decision-making and the sharing of rights and responsibilities between young people and adults. In the development of China Youth Network's work, attention shall be paid to promoting young people with potential and willingness to enter the international platform, making their voices heard, and taking up positions in government, international organizations and other relevant decision-making parties to truly become a part of the decision-making process.

Action step 6. Participate in the discussion of the young people's sexual and reproductive health and rights at various international events such as the Asia-Pacific Conference on

Reproductive Health, the Asia-Pacific AIDS Conference and the World AIDS Conference, and make a youth voice and advocate youth participation. Present China's current situation and China Youth Network's achievements to the international society and show the image of a responsible youth group in a big country.

Action step 7. By becoming a board member of the China Family Planning Association, IPPF and other related agencies, it will take the initiative to join the decision-making bodies so that young people can participate in decision-making.

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