



Final Report

Improving Health Awareness among Youth Offenders in Prison of Karachi, Sindh

Implemented by

Society for Health & Education Development (**SHED**)

With the support of

Youth Health Awareness Program,

A Project of

Youth Affairs Department,

Government of Sindh

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Project brief

Jail is a place in community where criminal and convicted inmates are kept for a certain period and are released with the intentions that they will be the useful members of the society in future.

In Pakistan, youth offenders face a number of physical and mental health problems in jail. The study “Prevalence of Tuberculosis and contagious diseases in Jail” reported that prevalence of communicable disease such as TB, hepatitis and sexually transmitted diseases are high in jails. This could be due to many factors such as lack of awareness and over-crowding.

The data of Sind jail reveals that inmates in women jails are typically of low socio-economic status having low levels of education, histories of physical, mental and sexual abuses. Further prevalence of mental health problems such as depression, anxiety, low self-esteem and suicide attempts are also high among women inmates. There is an urgent need to create awareness in youth inmates/offenders in Jails at Karachi, Sind about health problems and diseases such as hepatitis, tuberculosis, HIV/AIDS and use of narcotics as it is rising alarmingly in the prisons of Sind.

Hence improving awareness on youth health issues among youth offenders (including juvenile youth) is important and could be a first step towards primary prevention of health problems such as sexually transmitted diseases including HIV/AIDS and mental health.

Society for Health & Education Development (SHED) organized Youth Health Awareness sessions at in Jails at Karachi, Sind from 8th May to 23rd May 2013 to facilitate the youth offenders. The main purpose of the program was to create awareness among the participants that how to take preventive measures from incurable diseases like Aids, Hepatitis B, Hepatitis C and also make them understand about the social problems of the youth.



Aim of the Training Sessions

To decrease morbidity among prisoners in Central Jail Karachi, Youth Offenders Reformatory School, Central Jail Karachi, Women Prisons, Central Jail Karachi, District Jail Malir

Objectives of the Training Sessions

1. To create awareness on physical and mental health issues of youth such as sexually transmitted diseases including HIV/AIDS, hepatitis and psychological problems among youth offenders confined in jails of Sindh province
2. To empower youth offenders of Sind province to adopt health-seeking behaviors, make informed and responsible choices.



Summary of training sessions

Type: Health Awareness Session for youth offenders

Venue:

- i. Central Jail, Karachi
- ii. Youth Offenders Reformatory School, Central Jail, Karachi
- iii. Women Prisons Central Jail Karachi
- iv. District Malir Jail Karachi

Date: From 8th May to 23rd May 2013

Timing: 13:00 pm to 17:00 pm

Trainers: Dr. Muhammad Munawar Khan
Dr. Farhana Shahid
Dr. Shabana Shaikh
Mr. Abdul Sami Khan

Total participants: 240

Target Coverage: 100%

Female: 60

Male: 180



Summary of activities:

Trainer's module:

A trainer module was developed for the training sessions of youth offenders in prison of Karachi, Pakistan. A team of SHED in consultation with the officials of youth affairs department finalized the topics and details of the training sessions on physical and mental health issues relevant to the participants.

Trainee module:

A pictorial handbook was developed for each participants of the training. This included culturally sensitive pictures on prevention of sexually transmitted diseases including AIDS etc. and mental health.

Trainings:

The first day of the training was focused on physical health problems of youth such as

- Sexually Transmitted Diseases and
- HIV/AIDS
- Hepatitis
- Social and psychological issues related to sexually transmitted diseases

As per agenda, the program was started with the recitation from Holy Quran by SHED Coordinators followed by an introduction of the project objectives and SHED by staff. The main strategies used in the sessions were lecture with participatory approach, group work and end of session feedback through question and answer. A pictorial book was given to each participant of the workshop as take-



home message and used in the sessions as training tool. The emphasis was given to improve awareness on major health issues of women and diseases that can easily be transmitted to them in jail.

The workshop focused on the health problems of youth in connection with their health problems and emphasized the need that the youth should refrain from indulging in unhealthy activities such as sexual relations, using contaminated syringes, transfusion of unscreened/ contaminated blood and using unsterilized surgical articles/ blades while visiting dentists and barbershops. trainer advised the participants/ youth offenders, specially having age between 18 to 29 years old to keep themselves away from sexually transmitted diseases like AIDS, Hepatitis B, Hepatitis C, by observing preventive measures. The mode of transmission, prevention and treatment of the diseases were extensively explained unambiguously to the participants. He also strongly stressed the need that prevention should be strictly observed because it is the only way to save themselves from diseases.

Trainer discussed the topics at length with the youth participants. Questions and answers were allowed to ask during the session, this has given an opportunity to the youth to share their views and clarify the concerns about the topic.

During the program most of the educated participants evinced their keen interest and asked several question regarding the preventive measures of the incurable diseases.

Trainer asked questions on the topics discussed during last day about the deadly diseases to the participants most of them replied positively.

Trainer than started the topic for the day 2 which were mental health problems of youth including

- Creative thinking
- Critical thinking
- Coping with stress
- Coping with emotions

Trainer touched the topics of physiological and social problem of youth, constructive thinking critical thinking, and emotional behavior and uneasy conditions. At the end of each topic group activity was



carried out in which almost the entire participants took active part and evinced their keen interest. At the end photographic session was undertaken in which a group photo with the trainer was also made.

List of materials distributed in the training sessions

Stationary items (colors pencil, chart sheets, pen, writing pads, and markers) are provided to all the participants a souvenirs bag, refreshment and a pictorial handbook.

We all on behalf of " SHED" thankful to all jail officers/officials who extended their full cooperation with SHED personnel and facilitated with due diligence.

Evaluation/ Feedback

All 240 participants provided their input in the evaluation of the training course. The majority commented that there were adequate opportunities for participation. All the participants appreciated the trainers' facilitation styles and approaches. Only 10% felt that the training and learning materials could be improved further. And, almost all (90%) liked the training methods used.

Way Forward:

It was immensely observed by the trainers that these awareness sessions may be continued for the youthful offenders as it has many benefits and may help them in adapting healthy behaviors. The same has been noted in the evaluation feedback of the participants.



Glimpses of first training at Central Prison Karachi for Youth Offenders (boys age 18-29 years)



Mr Abdul Sami conducting session



After session gift distribution among the youth offenders at Central Jail Karachi



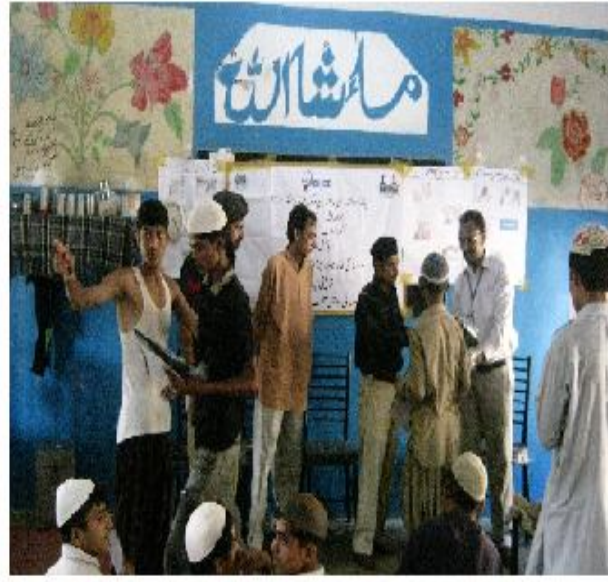
Glimpse of second training at reformatory school Karachi for youth offenders (boys age 12-18 years)



Session at Youth Offender School At Central Jail Karachi.



Youth Offender were Doing The Work Group During The Session



Group Photo after the Session with Jail Superintendent



Glimpses of third training at Women Prison Karachi for Youth Offenders (females age 15-29 years)



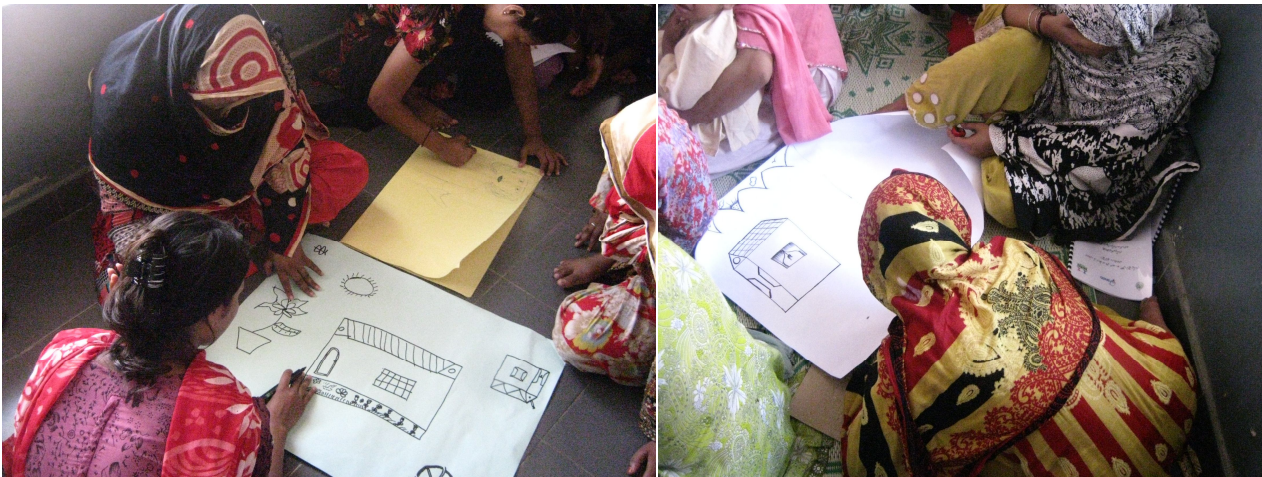
Group work among Female Offenders



Group work among Female Offenders



Group work among Female Offenders



Group work among Female Offenders



Dr. Farhana conducting session



Dr. Shabana conducting session



Female Youth Offender doing the group work activity



Gift distribution among female youth offenders by Ms. Sumaira Mushtaq



Gift distribution among female youth offenders by Dr. Shabana & Ms. Sumaira Mushtaq



Session conducted by Dr. Farhana