

# Safar-e-Hifazat

A journey towards safety

The Nur Center for Research and Policy (NCRP) is endowed by Nur Foundation based in Lahore, Pakistan and is the technical research arm of NUR-Fatima Memorial System (NUR-FMS). NCRP has multi-faceted projects and programmes to generate, collate and disseminate evidence for strengthening policy-making and planning as well as reforming practice in the sectors of Health, Education and Integrated Community Development.



## Life Skills Based Education (LSBE) is Essential

*Safar-e-Hifazat* is a research-based project that delivered a Life Skills Based Education (LSBE) Curriculum to adolescents (both girls and boys) in Government schools in and around Lahore, Pakistan, and improved their capabilities to make informed choices about their health, well-being and safety. As a result of this intervention, a significant improvement was witnessed in the attitude and confidence of students aged 13 to 14 years regarding important life skills.

The result of the research study shows that LSBE is essential for protection and empowerment of youth and children.

# LSBE CURRICULUM AN OVERVIEW

- Effective Communication
  - Human Rights
  - Gender
  - How I Grow and Change
  - Decision Making
  - Self-Awareness and Self-Esteem
  - Values
- Body Protection
  - Health
  - Peer Pressure
  - Nutrition
  - Feelings
  - Going to the Doctor
- Addiction
  - Marriage and *Nikkah Nama*
  - Maternal Health
  - Hepatitis
  - HIV
  - Violence

## Problem

According to a report by Sahil organisation, published by Dawn Newspaper on August 26, 2020, as many as 1,489 children, at least eight per day, were sexually abused in the country, from January to June, 2020. Given the rising incidence of abuse and violence against children all across Pakistan, and absence of supportive relationships and information sources available to adolescents, it is essential to educate and empower adolescents on forms of abuse and strategies for protection. Such awareness will enable them to lead safer and healthier lives.

# Need for LSBE - Highlights of Safar-e-Hifazat Findings

**50%**

of the boys were unaware that they should shower and change into clean underwear after experiencing a nocturnal dream



**40%**

of the adolescents believed that they cannot use assertive behaviour to counter negative peer pressure

**54%**

of the girls were unaware of hair growth in private parts and onset of menstruation during puberty



**67%**

of the adolescents believed that experiencing feelings and emotions is not normal

**66%**

of the adolescents were unaware about the right of divorce in the marriage contract



**46%**

of the adolescents were unaware about the legal age for marriage for girls in Pakistan

**40%**

of the adolescents were unaware about the legal age for marriage for boys in Pakistan



**50%**

of the Boys would not grant wives the right to divorce in marriage contract

**55%**

of the adolescents were drinking less than 8 glasses of water a day



**Despite interruptions due to COVID-19, resulting in unscheduled school breaks, the intervention made a marked difference in the Knowledge, Attitudes and Practices of adolescents (aged 13-14 years) in Government schools, in spite of the training lasting only 4 months.**

# IMPACT OF LSBE

## A COMPARISON OF BASELINE AND ENDLINE RESULTS

Curriculum Objective	Baseline to Endline Data	Percentage Improvement from Baseline to Endline
<b>Adolescents</b>		
who believe in remaining silent after experiencing a bad touch	23% → 4%	19% ↓
who practice strategies (self-reported) when victimised by a bad touch	73% → 95%	22% ↑
girls who believe that they should shower during menstruation	10% → 77%	67% ↑
girls who take shower during menstruation	28% → 73%	45% ↑
who believe that growth of girls is affected by consuming smaller meal portions as compared to boys	32% → 47%	16% ↑
who are aware of the meaning of self-esteem	27% → 47%	20% ↑
who understand the meaning of values	56% → 65%	10% ↑
who are aware of the importance of expressing feelings	69% → 85%	16% ↑
who are aware that Human Rights are rights inherent to all human beings, regardless of race, sex, ethnicity, nationality, language, religion or any other status	44% → 65%	21% ↑

Curriculum Objective	Baseline to Endline Data	Percentage Improvement from Baseline to Endline
<b>Adolescents</b>		
boys who practice optimal hygiene practices after a nocturnal dream; showering and wearing clean underwear	21% → 50%	29% ↑
who understand what is normal during puberty for girls and boys	45% → 57%	12% ↑
who believe that it is normal to have physical and psychological changes during puberty	56% → 64%	08% ↑
boys claiming to practice three strategies (consuming a balanced diet, maintaining good personal hygiene and being physically active) for maintaining good health during puberty	52% → 65%	13% ↑
girls claiming to practice two out of three strategies for maintaining good health during puberty	37% → 59%	22% ↑
boys who intent to grant the right to divorce at the time of marriage contract	29% → 47%	18% ↑
who believe <i>haq mehr</i> belongs only to the woman	60% → 83%	23% ↑
who are aware of obtaining women's consent at the time of marriage	87% → 94%	07% ↑
who are aware of the right to take decisions regarding their own life	73% → 86%	13% ↑
who ask a doctor for a new syringe prior to injection	67% → 79%	12% ↑

# Voices from the field



## Safar-e-Hifazat — A journey towards safety

**“A few days ago, an incident took place in my area (of residence). A young boy's friends misguided him by taking him away to a faraway place. After that, they drugged him and abused him sexually. If that boy had the knowledge of LSBE, he wouldn't have followed his friends. That is the reason why I want everyone to study the LSBE course.”**  
**Male Student, Govt. High School, Jalo Morr, Lahore.**

**“My experience of learning LSBE was very good. I learned a lot of things from it which I didn't know before so I want others to have this education as well. There are many students who don't know about it so we should take this to all government and private schools so that they can also understand the difference between good touch and bad touch. I also didn't know about it before (LSBE course) but now I can differentiate between good touch and bad touch.”**  
**Female Student, Govt. Yasmeen Islamia Model High School Lal Pul, Fatehgarh, Lahore.**

**“As you know, puberty starts at this age so girls get very curious related to many things but they don't feel comfortable enough to ask about it from their parents, out of shame or fear. So, I think it is important to have a good friend or a good guide with them. The LSBE course that Nur Foundation has taught to the students answered a lot of their questions (regarding puberty) and they also shared their problems with us and we tried to address them.”**  
**Mother of Female Student, Govt. Millat Girls High School, Mughalpura, Lahore.**

**“My favourite topic was Values in the LSBE course. I liked it because through it I got to know about my own self-respect and how to protect myself from bad influences in society.”**  
**Male Student, Govt. High School, Jalo Morr, Lahore.**

“I felt good while studying about Feelings. In the past, I would not share my feelings with anyone but now after LSBE course, I can address them (my feelings) with my parents. It turned out to be very beneficial in my life.”

**Female Student,  
Govt. Yasmeen Islamia Model High School,  
Lal Pul, Fatehgarh, Lahore.**



“Being doctors, we used to think adolescents know the basics about their body and health. Now we know the myths that surround puberty and realise how misinformed they are. Our sensitivity towards issues has increased and we now understand the importance of openly communicating with adolescents to help them understand things better.”

**Female Health Care Provider,  
Curriculum Facilitator,  
Fatima Memorial Hospital, Lahore.**



“There should be LSBE course in all private and government schools. We can see on social media and news, the kind of cases that are going on in our society. There should be an LSBE course to develop a sense (of good and bad) in children, to inform them, and to increase their confidence to share their problems with parents and teachers, if someone is misbehaving with them.”

**Mother of a Student,  
Govt. Millat Girls High School,  
Mughalpur, Lahore.**

“My favourite topic was Decision Making. I would like to share my story. I did not have the permission from my family to study. I had to fight to come to school. There was a time when I decided to leave the school but then these Doctors visited us, they taught and guided us a lot. It gave me hope that I can study as well. This is the reason why I'm still in this school today because I learned (from LSBE) and took my own decision. I'm very happy with my decision and I want to continue my education.”

**Female Student, Govt. Tahir Model Girls High School,  
Baghbanpura, Lahore.**

## Recommendations

- **LSBE** must be included in mainstream education curriculum
- **LSBE** must be included in teachers training programmes
- Govt. must allocate adequate budget for **LSBE**
- Govt. must design **LSBE** programmes for out of school children



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