

Documenting SRHR best practices: ATBEF digitalization of CSE

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Organization: Association Togolaise pour le Bien-Etre Familial (ATBEF)
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ATBEF is positioning itself as regional leader in the field of digital provision of CSE and SRHR information.

Started in 2020, an e-learning platform has been developed, allowing users to attend a course based on the IPPF Seven Essential Components of CSE. Users can learn at their own pace and according to their availability, without any constraints. At the end of the course a certificate of completion co-signed by the Ministry of Education, the Ministry of Health and ATBEF is offered to the user at a reasonable price.



ATBEF's e-learning platform

At present the e-learning platform has been visited by 1410 users (whose 778 are registered for the course), while the app counts 1699 users.

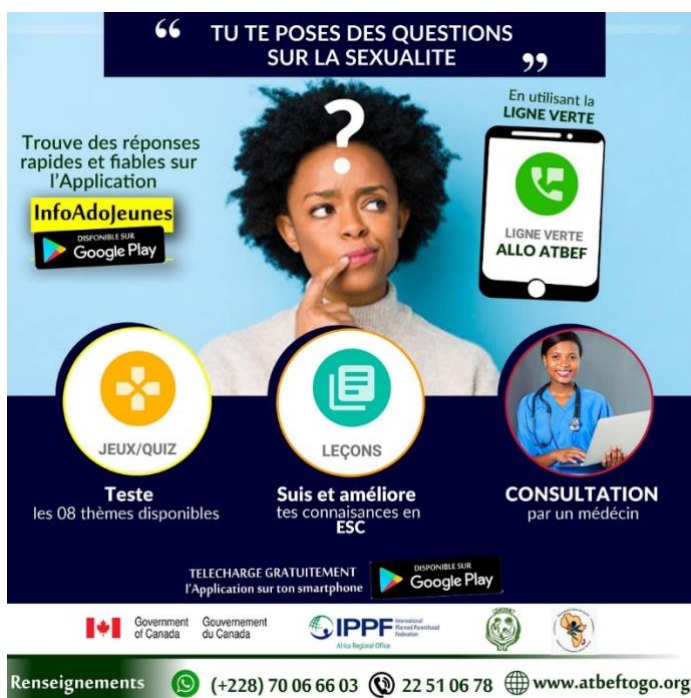
One young user says: "La formation en ESC sur la plateforme m'a apporté un peu plus d'informations sur comment vivre en société, des informations sur ce que sont réellement les composantes de l'ESC. Le cours m'a donné aussi des informations sur les relations interpersonnelles, comment accepter l'autre, respecter son avis et son choix même si c'est différent du mien. Ce qui m'a le plus marqué c'est le module sur l'épanouissement sexuel. Il explique comment le vivre" (English translation: "The CSE course on the platform gave me a little more information on how to live in society, information on what the components of CSE really are. The course also gave me information about interpersonal

relationships, how to accept others, respect their opinions and choices even if they are different from mine. The module on sexual fulfillment was the most important for me. It explains how to live it")

The digital package has been developed by a Togolese consultant company with the involvement of young people. ATBEF is now working in close collaboration with Rutgers to improve its digital package in terms of content and visibility to attract new users, with the aim scaling up both in Togo and in West Africa through its CoE regional network. Many IPPF MAs in the region have already expressed their interest in ATBEF digital offer and some are already making plans on how to be trained by ATBEF on the design of contextualized digital tools.

ATBEF also developed the InfoAdoJeunes application, which is a multifunctional mobile application with eight different functions:

- Menstrual cycle tracking (ovulation period, next menstruation etc...);
- Games related to Sexual Reproductive Health, (fun MCQs allowing users to learn while having fun);
- Teleconsultation;
- Online counselling;
- Forum, covering SRH topics that are facilitated by a moderator;
- Contraception;
- Direct link to the CSE e-learning platform.



The advertisement features a central image of a young woman with a question mark above her head. Text at the top reads: "TU TE POSES DES QUESTIONS SUR LA SEXUALITE". To the left, it says "Trouve des réponses rapides et fiables sur l'Application InfoAdoJeunes" and "DISPONIBLE SUR Google Play". To the right, it says "En utilisant la LIGNE VERTE" and shows a smartphone with "LIGNE VERTE ALLO ATBEF". Below the woman are three circular icons: "JEUX/QUIZ" (Teste les 08 thèmes disponibles), "LEÇONS" (Suis et améliore tes connaissances en ESC), and "CONSULTATION" (par un médecin). At the bottom, it says "TELECHARGE GRATUITEMENT l'Application sur ton smartphone" and "DISPONIBLE SUR Google Play". Logos for Government of Canada, IPPF Africa Regional Office, and other partners are at the bottom. Contact information: "Renseignements (+228) 70 06 66 03 22 51 06 78 www.atbeftogo.org".

ATBEF InfoAdoJeunes ads

There is a lot of potential for ATBEF to lead the development and scale up process of digital CSE in the region, with 11 francophone IPPF MAs in its regional CoE network. Rutgers would like to continue its mutual learning trajectory supporting quality digital content and delivery.



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