

UGANDA

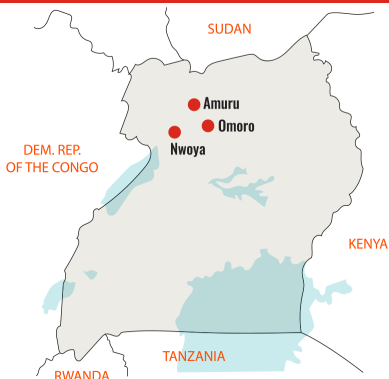


POWER 4 AY

Pathways to Wellbeing, Empowerment and Resilience for Adolescents and Youth

CONTEXT

In Uganda, adolescents and youth face multiple, overlapping challenges that affect their wellbeing and future prospects. With over 75% of the population under age 30 (Uganda Bureau of Statistics, 2022) and high fertility rates, the strain on social services is especially acute in underserved areas. In the Acholi Sub-Region, where 69% of people—and 76% of children—live in multidimensional poverty (UNICEF, 2020), adolescents face limited access to quality education with high dropout rates. Sexual and reproductive health and rights remain a major concern, with a teenage pregnancy rate at 25% (Uganda National Strategy to End Child Marriage and Teenage Pregnancy) and insufficient youth-friendly services, especially for girls and adolescents with disabilities. Economic opportunities are scarce, informal, and poorly paid with limited access to skills training for rural youth. Political participation is also limited, constrained by weak civic education, few engagement platforms, and cultural norms that often exclude young people from decision-making.



TIMEFRAME & IMPLEMENTING AREA: 1 July 2021 - 30 June, 2026. Northern Uganda: Districts of Amuru, Nwoya and Omoro (Acholi Sub-Region.)



SPECIFIC OBJECTIVE: Improve wellbeing of adolescent and youth (aged 12-24) most impacted by inequality and discrimination in Amuru, Nwoya and Omoro by the year 2026.



EXPECTED PARTICIPANTS: 4,500 Adolescents and Youths 13-24 yrs: 960 (480 girls and 480 boys) Very Young Adolescents with and without disabilities; 3,540 (1,770 female and 1,770 male) Older Adolescents and Youths with and without disabilities.

OUTCOMES

1. Improve Adolescents and Youth Choices Related to Their Sexual and Reproductive Health Rights, Including Family Planning

The intervention provides young people with transferable life skills training and empowers them through age-appropriate sexual and reproductive health training. Gender inequality and barriers faced by youth with disabilities are addressed through advocacy and community dialogues to dispel harmful social norms. Parents, caregivers and the broader community are actively engaged in behavioural change actions to promote an enabling environment. By fostering collaboration with community actors, village health teams and health facilities, the project enables supportive systems while enhancing sexual and reproductive health services in the region.



2024 Mid-term evaluation findings show remarkable progress among female adolescents and youth in making informed decisions about their health, relationships, and contraceptive use. Young people's use of sexual and reproductive health services increased 24.4 percentage points from baseline, reaching 75%. Additionally, 79% of parents and caregivers have participated in awareness activities—an active involvement that promotes an enabling environment for young people.

2. Very Young Adolescents Pursue a Positive Education Trajectory

Upholding young people's right to education the project focuses on very young adolescents who face barriers to education that exclude them from attending school. These adolescents are trained in life skills, sexual and reproductive health and functional literacy and numeracy whilst the project addresses immediate needs to attend school through education grants and long-term solutions by supporting parents to generate income to sustain adolescent's school attendance.



The 2024 mid-term evaluation shows a 28.9% increase from baseline in families with positive attitudes toward their children's education, reaching 97%, whilst 71.8% of adolescents' families have accessed financial support to enable formal education. School enrolment has also reached 91% among the representative sample of adolescents, showing the good results of project strategies.

3. Adolescents and Youth Successfully Transition to Decent Work and (Green) Resilient Livelihoods

To facilitate successful transitions into decent work the project supports young people through a holistic approach for livelihood development. Participants strengthen their functional literacy and numeracy, gain market-relevant business and vocational skills, and receive support to nurture income-generating activities and establish village savings and loan associations. Towards this, local skills training capacity is strengthened for market-relevant and innovative trades with competencies assessed by Uganda's Directorate of Industrial Training and youth are linked to markets and private sector actors to sustain their economic endeavours.



2024 Mid-term evaluation findings show that the project has contributed to increasing the employment rate among adolescents and youth from 30% at baseline to 85%. Furthermore, 52% of young people make use of informal or formal financial services to take out loans and make payments at facilitated conditions.

4. Increased Participation of Adolescents and Youth in Public, Community and Family Decision Making Processes in Relation to Issues that Affect Their Wellbeing

The project empowers young people to lead change in their communities by harnessing the energy of the youth bulge and promoting meaningful, inclusive participation. It supports youth to participate in decisions that affect them and advocate for their rights to sexual and reproductive health, education, decent work, protection from abuse and a healthy environment.



2024 Mid-term evaluation results show that 71% of adolescents and youth participated in awareness sessions, trainings and capacity building whilst 48.5% have the will to lead change in their communities. Furthermore, qualitative findings confirmed that training significantly boosted young people's leadership—strengthening their agency and ability to influence positive community change.

As adolescent and youth wellbeing largely depends on their environment, the project promotes strategies across all levels of the SOCIO-ECOLOGICAL MODEL—engaging youth, families, communities, services, and policies. It collaborates with broad stakeholders as local governments, private sector, Organizations of Persons with Disabilities, education and health providers, and youth-led organizations.

