

SRH in DRC: Adolescent Perspectives

Report by HAI and CAFCO | [Download](#)

In the DRC, adolescents have long been excluded from discussions about their own health. In addition, they have limited decision-making power over the type of sexual and reproductive health services and how these services are offered to them by the health system. This has dire consequences for the use of these services and the health and well-being of our young populations, ultimately affecting all areas of life in our society, including school, work, family and community.

This activity was undertaken by the [Cadre Permanent de Concertation de la Femme Congolaise](#) (CAFCO) and Health Action International (HAI) under the Solutions for Supporting Healthy Adolescents and Rights Protection (SHARP) programme, funded by the European Union. Four discussion facilitators, 2 men and 2 women, aged over 18, were trained in facilitating and conducting focus group discussions. During the training, the facilitators developed a list of questions to ask during the focus group discussions. The questions covered the following topics:

1. Definition and understanding of sexual and reproductive health (SRH).
2. Knowledge of products and services offered in health facilities.
3. Motivations for accessing or not SRH information and services.
4. Experiences and challenges in accessing SRH information and services.
5. Influence and attitudes of opinion leaders (e.g. parents/religious leaders).
6. Recommendations to improve adolescents' access to sexual and reproductive health services.

A total of 12 focus group discussions lasting one to two hours were conducted in the provinces of Kinshasa, Kwilu (Kikwit) and Congo-Central (Matadi). Participants were divided into diverse groups of seven adolescent boys and girls, aged 16 to 18 years. Discussion facilitators worked in pairs: One focus group discussion with boys was moderated by two male facilitators, and one focus group discussion with girls by two female facilitators. The focus group discussions were recorded and reported anonymously.

[Download the report](#) to find out more about the perspectives of adolescents on SRH in DRC.