



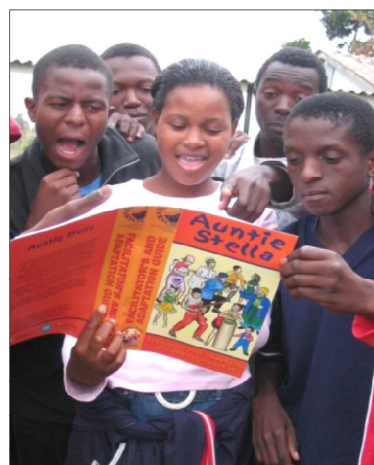
## 'Auntie Stella': Teenagers talk about sex, life and relationships

### Information Sheet

'Auntie Stella': Teenagers talk about sex, life and relationships' is an interactive activity pack about sexual and reproductive health and relationships. The pack is targeted at young people in the east and southern African (ESA) region aged 12-19 years, both in and out of school. 'Auntie Stella' uses a series of 42 letters, each written in the style of a missive to a newspaper agony aunt. Letters are accompanied by a reply from Auntie Stella, questions for small-group discussion and back-up material for teachers or facilitators. Topics covered include: physical and emotional changes in adolescence, relationships with parents, peers and members of the opposite sex, social and economic pressures to have sex, gender roles, unwanted pregnancy, STIs, HIV and AIDS.

The Auntie Stella pack is designed to be used as part of an already existing youth programme. The cards are consciously constructed to encourage young people to talk openly to each other about issues that directly affect their lives. During these discussions, they assess their risks and weigh up options, while also increasing their skills and confidence to communicate and negotiate, plan and strategize. Assessments on use of the pack show that it has a strong and positive impact on youth, peer educators and supporting institutions.

'Auntie Stella' is available in English, Shona, Ndebele, Swahili, Chichewa and Portuguese. Turn over to find out more about purchasing an 'Auntie Stella' pack, AS training, list of partners in the region using AS and other activities



**To purchase copies of 'Auntie Stella':**

All copies of the Auntie Stella pack include 42xA5 laminated question cards, 42xA5 laminated answer cards, a 42-page Facilitators and Adaptation Guide, and 2xA4 laminated cards with list of topics, themes and glossary of difficult words.

English version                      - USD 35 per pack plus postage. Available from TARSC  
Shona and Ndebele                - USD 30 per pack plus postage. Available from TARSC

Contact TARSC for information on how to get copies in Swahili, Chichewa or Portuguese.

**TARSC can also offer a 2-3 day training in use of 'Auntie Stella':**

This training can be adapted to meet the specific needs of your organization. Typically it includes training on the different ways you can use the pack, facilitation skills and participatory approaches to working with young people. We also undertake train-the-trainer workshops and assist in the design of an AS programme of activities. The training is interactive and skills focused. TARSC charges a reasonable facilitation fee (to be negotiated). The requesting organization undertakes all other costs (including venue, participant costs, etc).

**Translation and adaptation:**

TARSC has worked with partner organizations in Tanzania, Malawi and Mozambique in adapting and translating 'Auntie Stella'. If your organization is interested in translating 'Auntie Stella' into other languages, please email TARSC.

**Keep in touch, contact TARSC:**

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We are also on Facebook! And contact [admin@tarsc.org](mailto:admin@tarsc.org) to get on our ASPartners e-list.



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