TERMS OF REFERENCE (TOR)
For
Consultancy service to conduct "peer to peer training on Comprehensive Sexuality Education for school adolescents"
Under project: Breaking barriers for girl's SRHR in Dolpa (BBaGs)

## 1. BACKGROUND AND CONTEXT

### *About SAC Nepal*

After the restoration of democracy, people got the right to establish different NGOs, to be united with each other and to express their feelings. As a result, Social Awareness Center (SAC) was established on August 14, 1995, in order to enhance the community development and to solve the local issues and bring out the positive change for the upliftment of the back warded communities from the pitiable conditions and for the reduction of the prevalent problems through the organized way as well. It got its birth by the effort of group of dedicated, committed, well aware and enthusiastic youths in 1995 August.

SOCIAL AWARENESS CENTER (SAC) NEPAL, a non-profit making and social service -oriented organization. It has been launching its programs in coordination and collaboration with different levels governments; NGO's and INGO's and other key stakeholder focusing both rural and urban people who have lower socio-economic status. While going ahead, SAC has been playing important roles and responsibilities and possibilities for the people of this region. In the present context of Nepal, all the activities of the organization are focused on democratic exercise and organizational development of human right in participation of civil society. The organization is conducting the activities of community development in the participation of local people. In the changing context SAC has been mobilizing the internal and external resources, searching the opportunities and conducting collaborative activities/programs. We have already implemented different projects in different districts of Nepal. We have experience to work in different 20 district of Nepal more focused on Karnali Province.

### About BBaGS project

Breaking barriers for girl's SRHR in Dolpa (BBaGs) is a three-years project supported by BMZ, Plan International Germany, Plan International Nepal and implemented by local partner SAC Nepal.

The general objective of this project is to empower girls in rural areas of Nepal to make informed decisions about their sexual and reproductive health and rights (SRHR) through improved awareness and better services, ultimately contributing to delayed marriage and reduced teenage pregnancy. The project will apply a socio-ecological model and involve multiple stakeholders to achieve this objective. Project will be implemented in the lower region of Dolpa district.

The first outcome of the project is to improve sexual and reproductive health awareness and practice among adolescents. The outputs to achieve this outcome include ensuring that adolescents have adequate information regarding SRHR, that families and community leaders support healthy SRH behaviors, that comprehensive sexuality education is well-delivered through schools, and that duty bearers are aware of the importance of adolescents' sexual and reproductive health (ASRH) to delay marriage and teenage pregnancy.

The second outcome of the project is to improve sexual and reproductive health service delivery among adolescents and young people. The outputs to achieve this outcome include ensuring that schools have safe and gender-friendly infrastructure with increased awareness of the impacts of climate crisis-induced disasters and that health facilities provide ASRH services

**About the consultancy assignment**

The TOR has been developed for the consultant to conduct peer to peer training on comprehensive sexuality education (CSE) for school adolescents.

Peer-to-peer education around Comprehensive Sexual Education (CSE) involves utilizing peers as educators to teach and share information about various aspects of sexual health, relationships, and well-being. CSE is a holistic approach to sex education that goes beyond just the biological aspects of reproduction and includes discussions on consent, gender equality, relationships, communication skills, reproductive rights, and more. Peer-to-peer education in CSE capitalizes on the relatability, empathy, and trust that peers share with each other to create a safe and open space for learning and discussion.

The peer-to-peer education approach in Comprehensive Sexual Education encompasses.

**Peer Educator Selection and Training**: Peers who are knowledgeable, empathetic, and non-judgmental are selected to be peer educators. They undergo thorough training to ensure they have accurate and up-to-date information about sexual health, relationships, contraceptives, consent, gender diversity, and related topics. Training also focuses on effective communication skills, active listening, and creating a comfortable learning environment.

**Interactive Workshops and Sessions**: Peer educators conduct interactive workshops, sessions, and discussions with their peers. These sessions are designed to encourage

open dialogue, questions, and group activities that engage participants in meaningful learning experiences.

**Creating a Safe Space**: Peer educators work to create a safe and inclusive space where participants feel comfortable discussing sensitive topics. This environment promotes open conversation and reduces stigma around sexual health and relationships.

**Personal Sharing and Storytelling**: Peer educators often incorporate personal stories, experiences, and anecdotes to make the information more relatable. Sharing personal experiences helps peers connect emotionally and can foster empathy and understanding.

**Addressing Myths and Misinformation**: Peers are well-positioned to address common myths and misconceptions that might exist within their peer group. They can provide evidence-based information to debunk myths and clarify doubts.

**Promoting Positive Behavior Change:** Peer educators not only share information but also encourage their peers to adopt healthy behaviors and attitudes toward sexual health. This can include promoting safer sex practices, respectful communication, and understanding consent.

**Support and Referrals**: Peer educators can provide emotional support and referrals to appropriate resources when peers are facing challenging situations or seeking more specialized help.

**Continuous Learning**: Peer educators continue to learn and stay updated on the latest information and trends in sexual health. Regular meetings and discussions with facilitators or mentors help them stay well-informed.

The peer-to-peer education approach in CSE acknowledges that young people often prefer learning from their peers and that peer educators can effectively bridge the gap between formal education and the personal experiences of their peers. This approach helps to break down taboos, encourage healthy attitudes, and equip young people with the knowledge and skills they need to make informed decisions about their sexual and reproductive health and relationships.

The training aims:

- To capacitate school adolescents with appropriate knowledge and skills on peer education approach in SRHR
- To enable school adolescents with the capacity to facilitate out reach sessions among peers around SRHR

## 2. CONSULTANCY BRIEF

The main objective of this consultancy is to conduct a three-days peer to peer training on CSE for school adolescents in Dolpa. The three-days training will be provided to the selected adolescents of schools from project's working palikas. The training should be based on Plan International Nepal's five- days ***comprehensive peer education training manual***.

**3. PROCESS/METHODOLOGY**

The consultant shall apply the relevant methodology as per the need and the scope of the participatory work approach. The consultant may recommend better methodology and tools not limited to the following:

- Power point Presentation; group & individual task/activity; one-to-one follow-up mentoring session; and brainstorming sessions for enhance learning.
- Reference materials and handouts should be shared to SAC-Nepal

**6. REPORTING AND KEY DELIVERABLES**

Reporting: A very comprehensive and concise report of the training should be submitted by the consultant within 5 days' after the completion of the training.

A concise guideline for conducting the training must be prepared and submitted before the training.

**Key Deliverable:**

- Three-days peer education training based on ***comprehensive peer education training manual*** by Plan International Nepal.

**7. CONSULTANCY TIMEFRAME**

Consultancy Time Frame: ……

8. **REQUIRED DOCUMENTS AND QUALIFICATIONS**

**Qualification:**

- At least Bachelor Degree in relevant area of the training
- At least 3 years of professional experience in the field of training/facilitation around CSE, SRHR and peer education
- Proven experience of facilitating similar trainings
- Excellent report writing skills in both English and Nepali
- Citizenship and PAN Card

**9. PAYMENT MODALITY**

- The consultant fee will be paid after submitting the final report

**10. APPLICATION PROCEDURES**

Interested private firms and individuals, who meet the above requirements, should apply by submitting the following (not required if submitted during enlisting):

- CV (highlighting his/her involvement in the relevant areas)
- Application for the training
- Scanned copy of highest degree
- Consultancy Rate.
- Copy of company registration certificate (if any)
- Copy of PAN/VAT registration certificate
- Tax Clearance Certificate 2079/80 (if required)

The candidates must adhere to SAC- Nepal's policies and internal procedures, protocols, and code of conduct with special attention to Child Safeguarding and Protection and Do No Harm Policies.