



Program overview - AKTION REGEN

Aktion Regen's main goals are the reduction of maternal and child mortality, the reduction of poverty and the empowerment of women.

Our information program themed "**Knowledge as a chance - information, education and motivation**" consists of the training of local staff of NGOs already working in the social, medical or youth field on the subjects of sexual and reproductive health, family planning and HIV/AIDS prevention. As so called "Rain Workers" they subsequently pass on their knowledge to those people with whom they are working in the context of their daily work. That can be ordinary people in the communities, young people in schools and youth clubs as well as persons responsible for health, education and community-based care or religious communities.

The training program includes the following topics:

- General introduction to the necessity of the topic (economic situation, population growth, Millennium Development Goals)
- What is family planning and what for, what means responsibility for a child
- My body, fertility and fertility awareness, early pregnancy
- How to prevent unwanted pregnancy
- Safe motherhood
- Dangers of unsafe abortion
All methods of contraception - natural and hormonal methods non-hormonal methods
- STIs –sexually transmitted diseases and HIV/AIDS prevention
- FGM – female genital mutilation, sexual violence, sexual abuse
- Connection between body and soul, psychological health

Besides the knowledge about these topics the „Rain Workers“ also learn how to pass on the informations. It is particularly important to us that they are capable of leading discussions within the community and of motivating the people to responsible and self-reliant action.

Therefore Aktion Regen has developed easy to understand and hands-on teaching-tools such as the "Baby Necklace" for awareness of the fertile and infertile days, the "Little Mom", an anatomic cloth model for the explanation of the female reproductive organs, "Mother's Health Clock", explaining the necessity of birth spacing after the delivery, as well as additional materials such as pictures, calendars, short films and role plays for better understanding.

Aktion Regen attaches great importance to supporting initiatives in family base care already in existence and supplementing them with the important information and education work. With this additional education offer, we hope to contribute to people being able to plan their life, their future and their family in a free and self-determined way.



The Rain Worker Team of KMG Ethiopia