

Co-designed and safe: Digital SRHR platform for adolescents in resource- limited settings

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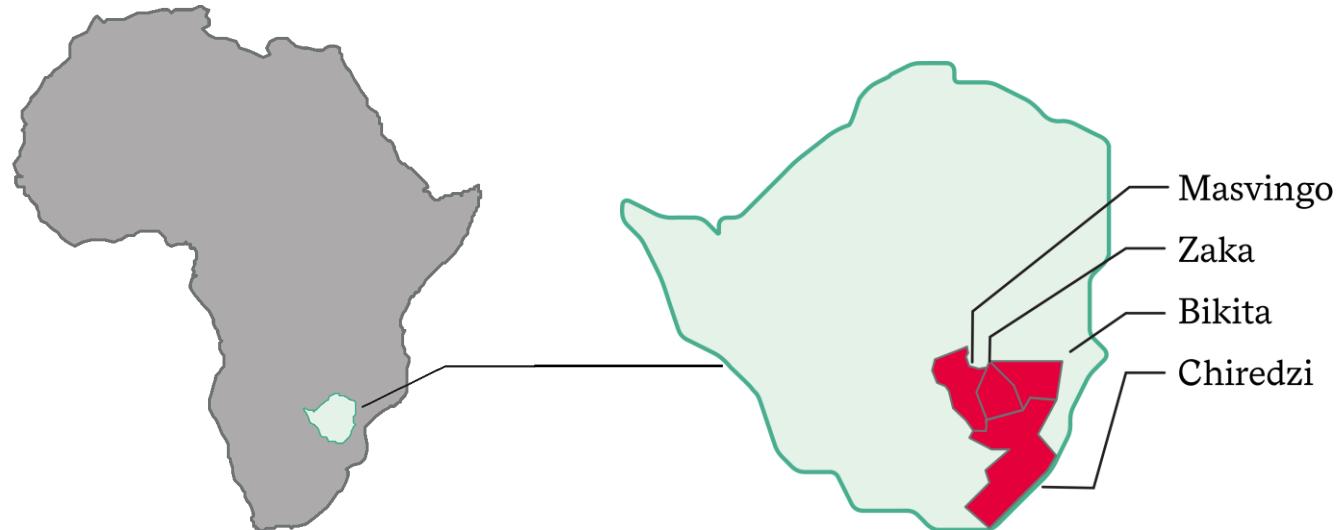


Partnerships for Health

SOLIDAR
MED

An introduction to SolidarMed Zimbabwe

- Private Voluntary Organisation
- Working with the Ministry of Health and Childcare
- Dedicated to **improving health service delivery**
in four districts of Masvingo Province



Why adolescent health matters

Adolescents in Zimbabwe face many health challenges:

- Stigma
- Lack of reliable health information
- Limited youth-friendly health services
- Rarely involved in shaping health services
- ALHIV show lower adherence & poorer treatment outcomes
- High teenage pregnancy rates; teenage mothers face more complications

Our Research:

- Baseline survey: **272 adolescents & 231 HCWs** interviewed
- Key finding: urgent need for safe spaces for age-appropriate healthcare & information



How we respond

Project goal: Adolescents have a heightened sense of hope and connectedness, positively impacting their health and well-being



Informative
dialogue

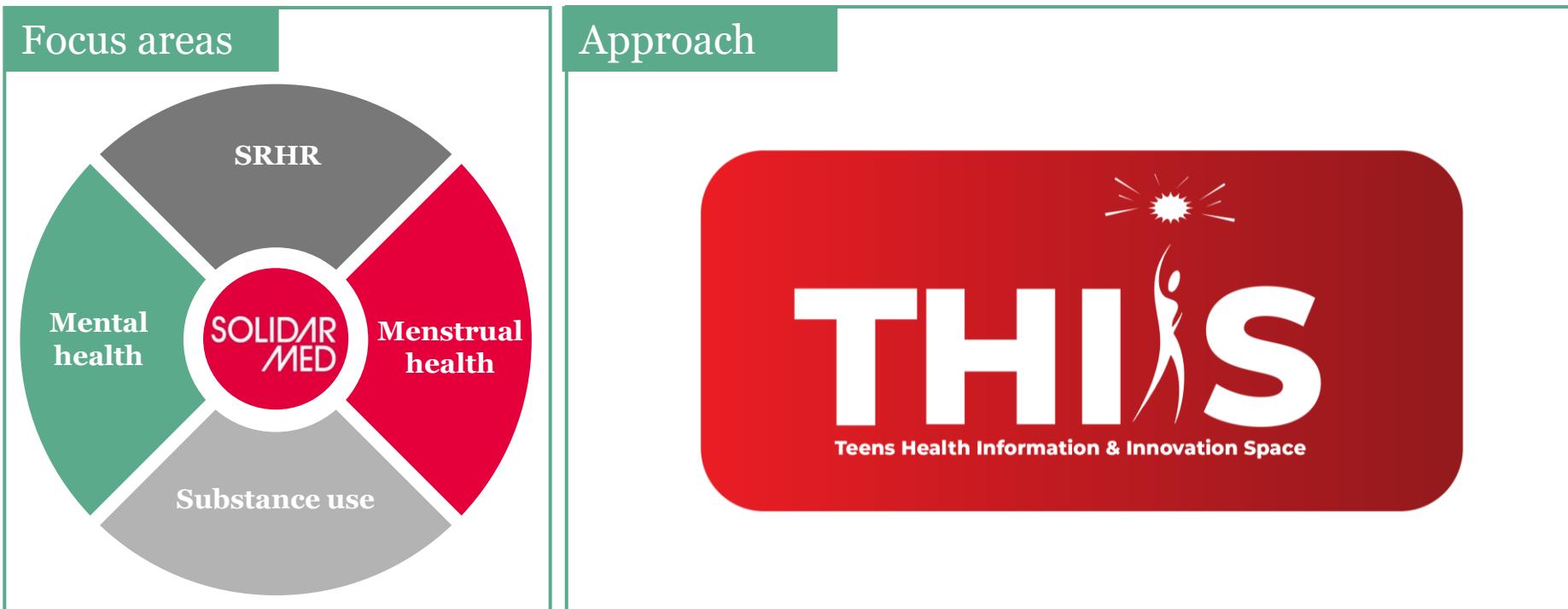


Age-appropriate
health services



Peer support to
foster self-belief

Focus areas and approach



Key project results to date

Health system strengthening

- 5 health facilities now offer dedicated adolescent services
- 18 nurses trained to be adolescent-focal nurses
- 49 nurses trained in mental health GAP Action programme

Empowering adolescents and families

- Created 10 adolescent review committees
- 30 peer educators trained and actively engaged
- 4,685 parents engaged in 493 Parent Child Communication sessions
- >15,000 reached with peer-led health education

Improving adolescent-health care

- <1,000 ALHIV
- 2,125 pregnant adolescents
- 42 support groups for 446 first time mothers meet regularly

Creating youth spaces



Community engagement



NOW ONLINE: HealthHub

Search

Categories Items Settings

Recently Viewed

- Mental Health
- Family Planning
- Adolescent Sexual and Reproductive Health
- Know your Nurse

Popular Categories

- Adolescent Sexual and Reproductive Health
- Mental Health
- REPORT CHILD ABUSE
- Family Planning

New Categories

- REPORT CHILD ABUSE
- Know your Nurse
- Family Planning

Categories

Adolescent Sexual and Reproductive Health

Welcome my Dear Friend. As an adolescent it is important to know and understand the changes that occur within your body and also...

★ Created 10 months ago
 ✓ Updated 10 months ago

Family Planning

Family planning is the consideration of the number of children a person wishes to have, including the choice to have no children...

★ Created 10 months ago
 ✓ Updated 10 months ago

Know your Nurse

Hello Dear. It is good that you know your nearest clinic at all times and develop a relationship with your local Nurse. These...

★ Created 10 months ago
 ✓ Updated 10 months ago

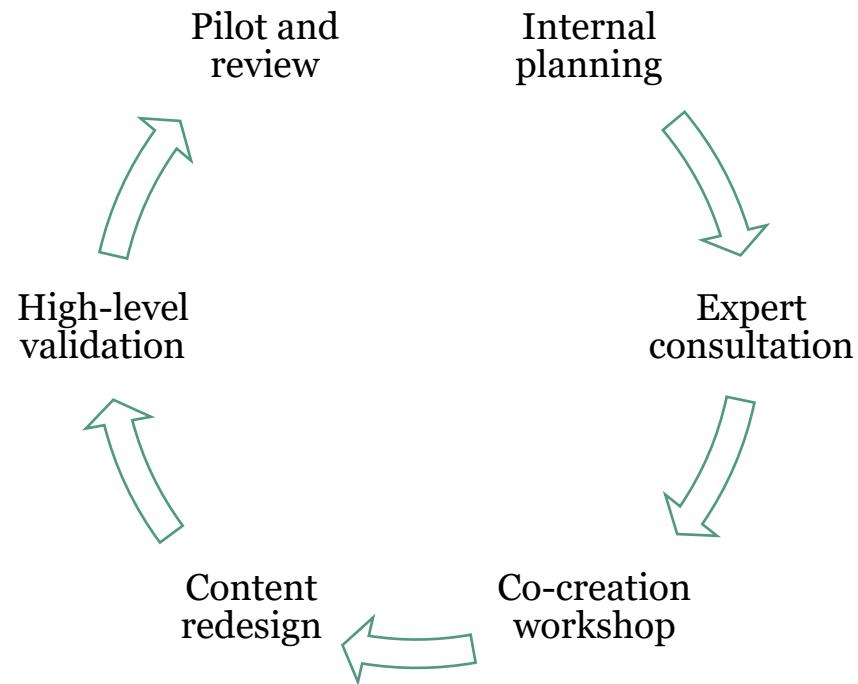
Mental Health

REPORT CHILD ABUSE

Actions

- New Category
- List View
- View logs

Designing the digital HealthHub



Piloting the digital HealthHub



Pilot Period:
July – October 2024



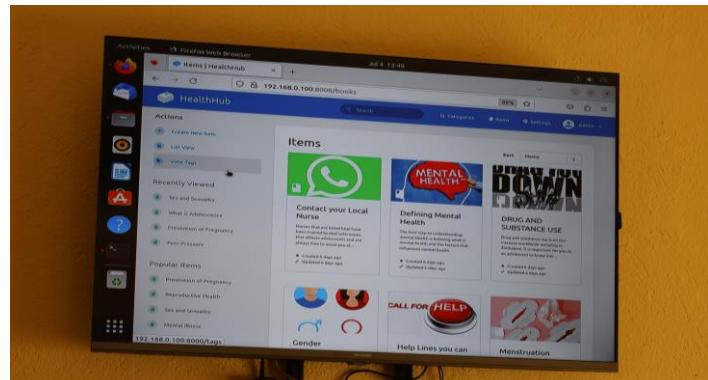
Location:
Bota Rural Health Centre, Masvingo



Staffing:
1 adolescent-focal nurse



Adolescent Engagement:
73 adolescents registered



Individual Q&A with trained nurses

Can a virgin use a condom during sex #4

Admin commented #6

Yes a virgin can use a condom during sexual intercourse, the reason being that penetration still occurs whilst one is putting on a condom regardless of being a virgin or not.

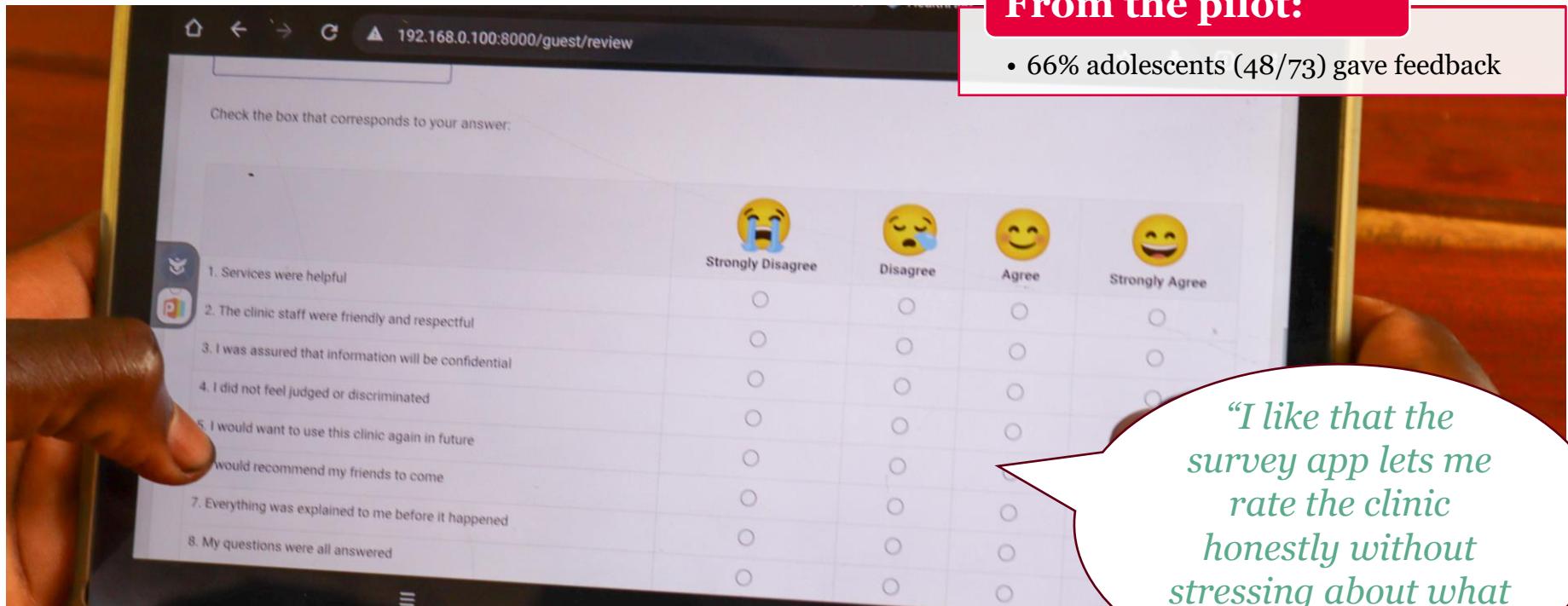
Is this a condom protect 100 percent from STIs #2

Admin commented #7

No method is 100% what is important is correct use of condoms. One has to learn how to properly put on a condom and store it in a safely.



Feedback options



From the pilot:

- 66% adolescents (48/73) gave feedback

"I like that the survey app lets me rate the clinic honestly without stressing about what the staff will think"

How we keep adolescents safe?



Moderated Content

All content and Q&A interactions are reviewed by trained staff to prevent misinformation and harmful messaging



User Registration & password protection

Access requires one-time registration to track use and ensure support can be followed up if needed.



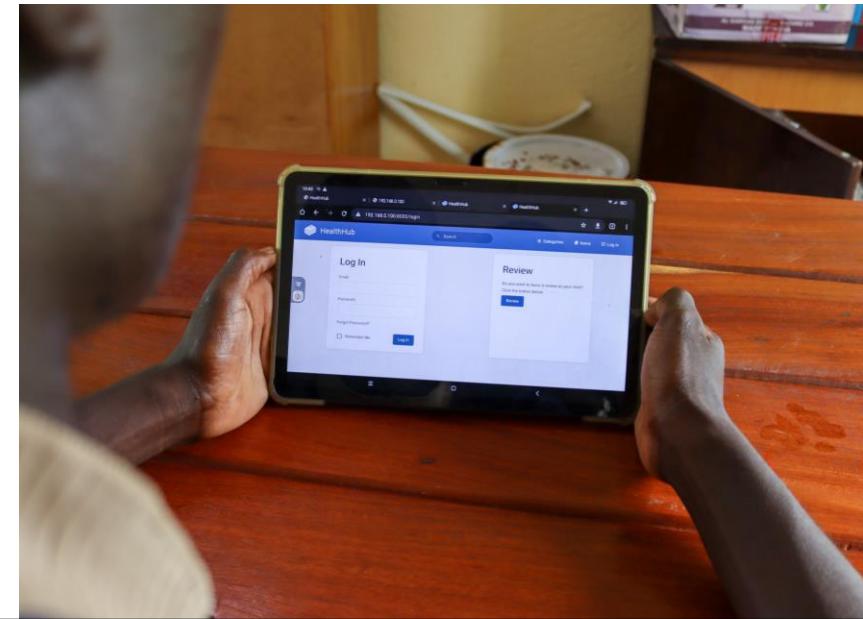
Nurse Support

Real-time questions answered by trained nurses. Ensuring reliable, professional health guidance.



Encrypted data

Real-time questions answered by trained nurses. Ensuring reliable, professional health guidance



 Our safeguarding measures were co-designed with health professionals and reviewed during implementation to ensure adolescent protection at every stage.

What adolescents said about HealthHub

“The app should also include short health videos, like TikToks”



“There is nowhere else I can get this information”

“The app needs to have more info about different health topics.”

“Sometimes it’s hard to ask questions in person about something I’ve read, but the app makes it easier because I don’t feel judged”

What's next for the HealthHub?

Conclusion

Despite infrastructure barriers such as

- Unreliable power supply
- Limited access to devices

the pilot demonstrated **strong feasibility and high engagement** highlighting HealthHub's potential as a scalable tool for adolescent health.



Continue codesign of new content
(e.g. videos)



Develop social marketing strategy
to reach target audience



Translate into local languages



Integrate analytics (e.g. clicks per page, gender disaggregation)



Expand reach (e.g. tablets in schools)



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Digital health for adolescents

Opportunities:

- Anonymity + privacy = greater willingness to engage
- Scalable reach in underserved areas
- Real-time support and feedback loops
- Offline functionality as a bridge to connectivity gaps

Threats:

- Misinformation mimicking legitimacy
- Cyberbullying and exploitation risks
- Digital exclusion (gendered, rural, low literacy)
- Ethical concerns: consent, data privacy, surveillance