

# FOOTBALL IN ACTION



TEACHING YOUTH ABOUT SAFE SEX AND HIV/AIDS THROUGH WEEKLY SOCCER TRAINING OF 20 TEAMS. TOURNAMENTS CREATE OPPORTUNITIES TO SPREAD THE WORD TO THE WIDER COMMUNITY.

## PROBLEM STATEMENT:

In Tanzania, the youth population is disproportionately affected by HIV/AIDS. Tanzania has a relatively high HIV prevalence rate, and young people are particularly vulnerable. The lack of comprehensive knowledge about HIV/AIDS prevention, transmission, and testing among the youth contributes to the spread of the virus.

Limited access to accurate and comprehensive sexual and reproductive health education hampers young people's ability to make informed decisions regarding their sexual behaviors. This knowledge gap leads to risky sexual practices, increasing their vulnerability to HIV infection.

The availability of youth-friendly health services, including confidential HIV testing, counseling, and treatment facilities, is limited in many areas of Tanzania. The absence of such services hampers young people's ability to seek appropriate healthcare, making it harder to prevent, detect, and manage HIV/AIDS.

Socioeconomic challenges such as poverty, unemployment, and limited educational opportunities contribute to a higher risk of engaging in high-risk behaviors such as transactional sex and substance abuse leading to an increase in unplanned teenage pregnancies and of HIV transmission.

PROJECT ACTIVITY:	Sports-led education on sexual health and rights
DURATION:	12 months
SECTOR:	Youth, HIV/AIDS, SRHR
INVESTMENT:	From USD \$25,000 per year
TARGET GROUP:	Disadvantaged youth aged 12-18
BENEFICIARIES:	Directly: 300+ youths and 20 local coaches Indirectly: 35,000 residents

FUNDING WILL COVER EDUCATION OF COACHES, SPORTS EQUIPMENT, TOURNAMENTS, HIV TESTING AND COUNSELLING.

## ACTIVITIES AND GOALS:

The popularity of football in Tanzania makes it a great mobiliser to engage with young people regularly in a fun and informal way. We utilise this to educate youths on sexual and reproductive health and rights, gender equality, family planning, and prevention of STI's and HIV/AIDS.

Football in ACTion provides a platform for regular health education with a respected and informed coach and creates a safe space for young people to discuss sensitive issues. The football drills are designed to be interactive and educational, so young people learn about sexual health through play, in a way they enjoy, remember and understand.

The selected coaches are respected members of the local community of either gender, who have a good rapport with families and adolescents in their villages.

The target group is rural youth of either gender, affected by poverty, with little to no knowledge of HIV/AIDS and safe sex procedures, and at risk of STIs, HIV and early pregnancy. The participants will along with increased knowledge on sexual health also benefit from better fitness levels, respect for their peers, having experienced an environment supporting open and free discussions of feelings and emotions.

Indirectly, this project also targets the wider community as a whole as gained knowledge is retained and shareable with families and peers.

Football in ACTion lessens the broad misconceptions and myths surrounding HIV/AIDS and sexual health in general as well as increases the general knowledge on prevention of STIs and unwanted pregnancies.

SDG 3: GOOD HEALTH AND WELL-BEING

SDG 4: QUALITY EDUCATION

SDG 5: GENDER EQUALITY

SDG 10: REDUCED INEQUALITIES

SDG 17: PARTNERSHIPS FOR THE GOALS