



# Master's Programme in Public Health

## Leadership and Professional Perspectives on Public Health MPHP28

### Case 7

**Focus topic: SETARA (Semangat Dunia Remaja or Teen Aspirations) – an intervention to promote adolescent sexual and reproductive health and rights in Indonesia through comprehensive sexuality education.**

#### Background

[Explore4Action](#) is a four-year program aiming to build the knowledge base and youth advocacy capacity that will strengthen adolescent sexual and reproductive health and rights (SRHR) programming in Indonesia.

SETARA is a comprehensive sexuality education (CSE) programme being implemented at junior high schools with adolescents aged 12-15 years in three sites: Semarang, Lampung and Bali. SETARA aims to support healthy adolescent sexuality development by teaching vital information and promoting valuable life skills such as critical thinking, communication, negotiation and assertiveness. The goal of CSE is not merely to prevent more traditional “hard” public health outcomes (e.g. sexually transmitted infections and unintended pregnancy), but to strengthen “soft”, psychosocial outcomes such as equitable gender norms, confidence, self-esteem, empathy for others, understanding of consent, critical thinking, communication and negotiation skills. It is a *complex* intervention with the goal of improving a range of different outcomes related to adolescent health and well-being.

#### The assignment

The value of comprehensive sexuality education as a tool for empowering adolescents to exercise their sexual and reproductive health and rights is increasingly recognized globally. Early results from the SETARA intervention has also looked promising. The ministry of health and ministry of education and culture in Indonesia is therefore looking to expand the SETARA interventions and provide CSE nationwide.

Your assignment is to assist the two ministries with a draft plan for how CSE in Indonesia could be scaled up and integrated in the general lower secondary school curricula. It should provide a plan of action including a situation analysis, an M&E framework with clear objectives, a stakeholder analysis, and it should be based on principles of sustainability, and cost effectiveness.

#### Expected outcome

A first draft/inception report of integration and scale-up plan for CSE in Indonesia. The plan should be to the joint ministerial working group on CSE in Indonesia November 24, 2023.

#### References

GEAS publications - <https://www.geastudy.org/publications-updated>

[Van Reeuwijk, M., Kågesten, A.E. \(2020\) Comprehensive Sexuality Education and Adolescent Sexual Wellbeing: Setara Theory of Change \[White paper\]. Utrecht, Rutgers.](#)