Bridging Boundaries

EMPOWERING SRHE THROUGH KAFEETEEN PEER EDUCATORS

Dr. Wan Nur Baiti Sudin (MD, MPH)
KafeTEEN Program Coordinator,
NPFDB Malaysia
In 2023, it is estimated 8.4 million of Malaysia population consists of **Young People** age 10 to 24 years old, which accounts for 25% of the country’s total population of 33.3 million.

**Issue:** Increase in sexual activity prevalence among youth.

**Issue:** High risk practice among youth who engaged in sexual activity.

---

**Prevalence of premarital sexual activity among youth in Malaysia, 1994 - 2022**

<table>
<thead>
<tr>
<th>Year</th>
<th>Prevalence (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1994</td>
<td>0.9</td>
</tr>
<tr>
<td>1996</td>
<td>1.8</td>
</tr>
<tr>
<td>2004</td>
<td>2.2</td>
</tr>
<tr>
<td>2014</td>
<td>4.8</td>
</tr>
<tr>
<td>2017</td>
<td>7.3</td>
</tr>
<tr>
<td>2022</td>
<td>7.6</td>
</tr>
</tbody>
</table>

Source: MPFS, NHMS
• SRHE knowledge is KNOWN to be one of protective factors in preventing youth from engaging in high risk sexual activity.

• However, knowledge of Malaysian youth regarding SRH and HIV prevention is still lacking.

---

**Knowledge of sexual intercourse**

- A girl can become pregnant the first time she has sexual intercourse:
  - 13-17 years: 33.7%
  - 18-24 years: 32.5% (35.2%)

- A girl may become pregnant even though her partner ejaculates outside the vagina during sex:
  - 13-17 years: 17.8%
  - 18-24 years: 17.7% (17.8%)

- Use of condoms may prevent sexually transmitted diseases:
  - 13-17 years: 33.3%
  - 18-24 years: 28.6% (39.9%)

---

**Inadequate HIV knowledge** among youth:

- Urban: 85.3%
- Rural: 89.1%
- Male: 86.9%
- Female: 85.4%
- No formal education: 100%
- Tertiary education: 78.9%

*Inadequate HIV knowledge: an incorrect answer to any of the 5 questions based on the United Nations General Assembly Special Session (UNGASS) indicators.

Source: MPFS-5, NHMS 2020
INTRODUCTION TO KAFETEEN YOUTH CENTRE PROGRAM
KafeTEEN Youth Centre Program is one of NPFDB initiative to lead SRH education dissemination for youth in Malaysia.

KafeTEEN Objectives:

The objective KafeTEEN Youth Center establishment is to be a leading center for dissemination of SRHE to young people in Malaysia through the use of cultural and religious adaptable SRH Modules.

KafeTEEN Youth Center actively carry out SRHE dissemination programs through 3 main components:

1. Education and skills development program at the center itself and through outreach/ mobile programs.
2. Counselling and clinical consultation services related to SRH.
3. Utilising social media and youth friendly platforms.
KafeTEEN Youth Centres is targeted for young people age 13 to 24 years old. The centres are operated by a team of Counselor and Teen Educators. KafeTEEN Teen Educators are trained using SRH Modules which are adaptable to Malaysia’s religious and cultural diversity to be implemented during KafeTEEN programs. Teen Educators act as KafeTEEN role models or peer educators for youth and they carry out day-to-day programs.

**Mechanism of SRHE delivery**

- **TEEN Talk**: Big group lectures which is usually carried out in schools.
- **TEEN Chat**: Small group discussion and activities according to the SRH Modules.
- **Social Counselling** with counsellors.
- **Clinical SRH Consultation** with healthcare providers.
- **Social media and online postings**.
Youth joined as SAHABAT: 134,221
Youth benefitted Education and Skills Building Activities: 950,330
Youth benefitted SRH Advocacy Programs: 1,108,126
Youth benefitted Social Counselling sessions: 20,924
Youth benefitted Clinical SRH Consultation sessions: 38,856
04 - EVALUATIONS

Primary data, n = 153 youths

Services rendered by staff
97% youth SATISFIED with services rendered by staffs in KafeTEEN Youth Centres

Facilities in KafeTEEN
94% youth SATISFIED with the facilities provided in KafeTEEN Youth Centres

97% youth AGREED that the sessions has fulfilled their needs and improved their confidence after the sessions.

Clinical SRH Consultations
98% youth AGREED that KafeTEEN programs has improved their knowledge on SRH

Social Counselling
94% youth AGREED that the sessions has fulfilled their needs and improved their mental state after the sessions.

Recommend to friends
93% youth would suggest KafeTEEN Youth Centres to their friends.
05 - WAY FORWARD

• With the advancement of technology, the adaptation of KafeTEEN services and programs into mobile applications apart from physical centres is seen as relevant.

• KafeTEEN Mobile Application highlights:
  ◦ **TEEN Info**: Articles, infographics and contents related to SRH, adolescents and mental health.
  ◦ **TEEN Chat**: Personalized and confidential chat between youths and expert panels of health care providers, counsellors and religious leaders.
  ◦ **TEEN Activities**: Updates on KafeTEEN Youth Centres weekly activities to attract participations.
“If we want our youth to grow up safe, healthy, and ready to succeed, then all youth need the knowledge and skills to make healthy decisions about sexual health.”

-HAWAII YOUTH SERVICES NETWORK
THANK YOU

Website: www.lppkn.gov.my