

Appendix A. Caregiver discussion group operations and structure

The parent/caregiver component is an interactive curriculum that is focused on building the protection and positive parenting skills that support the healthy development of adolescent girls.

13 monthly sessions were delivered which were held at a consistent time and space, and facilitated by 2 IRC staff. There were 20 to 25 participants per group.

Through a facilitated dialogue, the parents and caregivers were given a chance to voice their opinions and experiences of providing care for adolescent girls, as well as their hopes and dreams for these girls. The facilitators provided information about the short and long term harm that comes from the impact of sexual violence and exploitation and discussed protection and positive parenting skills that increase the well-being of girls, their families, and the community.

Parent/Caregiver Curriculum Manual

The IRC staff facilitator delivered the curriculum guided by a manual that outlines the information and content for each session. Information included:

- Objectives of each session
- Discussion questions for each meeting
- The teaching and practicing of positive caregiving skills
- Facilitation tips, best practices, language, & messaging
- Tools, activities, & methodologies
- The impact of group dynamics
- Problem solving & crisis management

Meeting Format

The facilitation format for the parent/caregiver discussion series was consistent at each month's meeting. It included:

- Welcome and Facilitator overview of session
- Ice breaker/ Game/ Relaxation, review from last session, including home activity Facilitator overview of session
- Presentation of **session information through teaching new concepts, discussion questions and skills practice**
- What's Happening in COMPASS
- Closing

The primary content for each session was included in the session information and session discussion questions components:

Session Information – The facilitators provided a short presentation on information related to each month's topic. This was designed to initiate rich discussion around best practices for supporting positive adolescent girl development.

Session Discussion Questions – The facilitators presented questions for group discussion. The discussion questions were meant to reinforce the information presented, determine how the parents/caregivers are receiving the information, and allow the parents/caregivers to freely discuss their ideas and concerns.

Curriculum Topics

Session 1: Introduction to the COMPASS Parenting Program

Session 2: Let's Start Understanding Our Girls Better

Session 3: Relationship Building: Having Fun Together and Creating Spaces of Dialogue

Session 4: Helping Girls to Build Essential Life Skills: Communication and Empathy

Session 5: Respecting Girls and their Changing Bodies

Session 6: Harmony in the Home: Guidance Supports Healthy Choices:

- Gender Roles
- Family Meeting and Family Rules
- Praise and Encouragement
- Supervision and Freedom
- Privileges

Session 7: Protecting the Health, Dignity, and Well Being of Girls

Session 8: Recognizing and Responding to Risks, Abuse, and Trauma

Session 9: Establishing Protective Relationships and a Safety Plan

Session 10: Thinking About Traditional Practices and Adolescent Wellbeing: Early Marriage

Session 11: Continued to Think About Traditional Practices and Adolescent Wellbeing: Other Traditional Practices. e.g. labia elongation

Session 12: Supporting Girls' Roles in Our Families and Communities

Session 13: The COMPASS Community Event and Commitment to our Girls and Positive Parenting