



Intervention: Fada Groups

Inspiring Married Adolescent Girls to Imagine New Empowered Futures (IMAGINE)

ABOUT IMAGINE

With support from the Bill & Melinda Gates Foundation, CARE is **testing a package of interventions that hold promise for delaying the timing of first birth among married adolescents in Niger and Bangladesh**. IMAGINE takes a holistic approach to build married girls' capacity and agency to make decisions about their life courses, to address social and structural barriers that prevent delaying, and to present alternative economic opportunities for girls so that early motherhood is not their only option. We aim to **document and share learning** from this initiative to build evidence around the issue of adolescent childbearing globally.

Fada Groups

Formative research demonstrated the importance of husbands as key decision-makers with the ability to influence both family planning use and fertility intention within partnerships. As a result, **the IMAGINE project seeks to engage young men and husbands as allies in delaying childbearing**. Led by trained, male facilitators from the region, **Fada Groups** leverage existing men's social clubs through an interactive curriculum meant to provide men with the tools, knowledge, and self-efficacy to champion delayed first birth. Each group is made up of approximately 15-25 members, with a prioritization of Fada groups with younger membership.

Fada participants follow a 15-session curriculum designed to enhance their knowledge related to **sexual and reproductive health, relationships, and financial literacy**. Sessions address the health and economic benefits of delayed first birth, communication skills, and gender and social norm equality, among other topics. As part of the Fada process, IMAGINE also supports men's leadership potential by **providing them with the skills and tools they need to carry out awareness-raising activities** and by **supporting them to develop community action plans**. Fada groups work in partnership with community and Girls' Collective groups to create an enabling environment for delayed first birth through community-developed initiatives, including village-level discussions on the timing of first pregnancy, contraception, and gender norms.

Following the full implementation of the curriculum in 2019, **each fada group nominated one married and one unmarried co-leader, who were trained in facilitation**. Peer leaders then began facilitating Fada sessions with mentorship from previous Fada facilitators. By engaging peer leaders, the project aims to facilitate sustainability and ownership of the groups while providing opportunities for men to build their leadership skills.

Key **Fada group materials** available in Peer Leader and English include:

- Fada Peer Leadership Mentorship Packet

Upon finalization, all project tools will be accessible at:

<https://www.care.org/our-work/health/adolescent-health/imagine/>



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Implementation timeframe: January 2019 – May 2021

Donors: Bill & Melinda Gates Foundation

Participants: The project will reach married and unmarried adolescent girls ages 15-19, their husbands, families and communities, as well as health workers in Kurigram District, Bangladesh and Zinder Region, Niger.



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Fada groups by the numbers:

- 1,079 men in Niger through 50 groups

Key project Components:

- Girls' Collectives
- Health Worker Transformation
- Livelihoods Training
- Fada Groups (Niger only)
- Community reflective dialogues (Niger only)
- Couples Counseling and Couples Events (Bangladesh only)

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