




ANNUAL REPORT 2024

**Transformation
Towards a Resilient
PKBI**

**Indonesia Plan Parenthood
Association**

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<http://pkbi.or.id> 

TABLE OF CONTENTS

»» Preface	1
»» Promoting Awareness of Rights and Choices: PKBI's Inclusive Movement Throughout 2024	3
»» Eviction of the PKBI Office	5
»» Preparing a Generation of Responsible and Inclusive Young PKBI Leaders	7
»» PKBI Family Health Service Model Becomes National Reference	9
»» PKBI Promotes Fairer, Data-Driven Family Health Policies	11
»» Strengthening Organizational Roots, Realizing Sustainable PKBI	13
»» Creating Safe Spaces: PKBI's Commitment to Protection and Ethics	15
»» Oky Indonesia App: Helping Teens Understand Their Bodies and Rights	17
»» Humanitarian 2024: Improving Crisis Response and Reproductive Health Services for Vulnerable Groups	19
»» Good Stories at Regional PKBI Throughout 2024	21
»» Wahana Sejahtera PKBI Jepara Clinic Wins 1st Place in National Family Planning Clinic Appreciation	22
»» Inclusion Festival 2024: Celebrating Creativity, Equality, and Diversity	25
»» Tanya Marlo: A Safe Digital Space for Teens to Talk About Sexuality and Bodily Rights	27
»» GeGaTi: Lampung Youth Become Drivers of Change to Prevent Stunting and Early Marriage	30
»» PKBI West Java Youth in Action: From Disaster Response to the International Stage	34

»» Keeping Hope Alive Behind Bars: Children in Care Also Have the Right to Dream	37
»» Healthy Reproduction, Unlimited Access: Building Inclusive Health Services in Padang	41
»» Addressing Adolescent Reproductive Health Challenges in the Digital Era	44
»» Leading Today, for a Healthier Tomorrow: Balinese Youth in the Inclusive Health Movement	47
»» Gen Z in Action: Youth Activities of PKBI North Sumatra in 2024	50
»» Youth at the Frontline of Preventing Stunting in Riau	53
»» From the Margins to the Center: The Story of Huma Kula Dika Community in Building an Inclusive Village	56
»» Uniting Diversity, Breaking Stigma: PKBI South Kalimantan's Inclusive Efforts	58
»» Youth Nutritiative II: Teens as Change Agents for Healthy Nutrition in Schools	60
»» Building Access, Changing Lives: PKBI North Sulawesi Stands with the Often Forgotten	64
»» Youth in Action, Real Impact: PKBI Aceh and UNICEF Collaborate for Innovative Health Solutions	68

Preface

The author offers praise and gratitude to God Almighty for His mercy and blessings, enabling the successful completion of this PKBI Annual Report for 2024.

The year 2024 will be a challenging and decisive year for the Indonesian Family Planning Association (PKBI). Amid social pressure, biased policies, and even repressive actions by the state against civil society, PKBI remains steadfast in its unwavering commitment to fighting for sexual and reproductive health rights for all.



This report not only records program achievements and figures, but also traces the long struggle to strengthen community-based services, the active involvement of young people in leadership, and the forced eviction from the PKBI headquarters in Hang Jebat by the very state that had once nurtured it. All of this is part of a larger narrative of resilience, solidarity, and determination to keep going.

Through the Grand Design for Youth (GDR), the development of PKBI clinic services, the Tanya Marlo platform, humanitarian response movements, and cross-sector advocacy work, PKBI continues to expand its sphere of influence. At a time when civil space is shrinking, PKBI is opening up more opportunities for participation—especially for the youngest, most marginalized, and most vulnerable.

We recognize that change is a long and collective effort. This report is an invitation to continue moving forward together: volunteers, partners, cadres, supporters, and all those who believe that responsible, inclusive, and empowered families are the foundation of a just and prosperous nation.

Thank you to the entire PKBI family for keeping the light of hope burning, even in the midst of dark challenges. This struggle is not over—and we are not alone.

Jakarta, 29 Juli 2025
Ichsan Malik

Chairperson of the PKBI National Board



PROMOTING AWARENESS OF RIGHTS AND CHOICES: PKBI'S INCLUSIVE MOVEMENT THROUGHOUT 2024



Throughout 2024, PKBI implemented a national strategy focused on strengthening the capacity of communities, especially adolescents and vulnerable groups, to make informed decisions in accordance with their stage of development, while also fighting for their rights. This movement was carried out through the direct involvement of cadres and volunteers in 25 provinces across Indonesia.



Through tiered training, thousands of cadres are equipped with knowledge and skills to become the frontline in health education, community empowerment, and the fulfillment of basic rights. They are the spearhead of change in the field, as they interact directly with beneficiaries, such as street children, adolescents with disabilities, and children in correctional institutions.

This movement does not stand alone. PKBI builds cross-sectoral cooperation, ranging from arts organizations, creative economy, advocacy networks, to ministries and local governments. The approach is micro, starting from the village as the base, supported by PKBI Branches and PKBI Regions, with four main activities: capacity building, network strengthening, partnership building, and sustainable communication.

Throughout 2024, this movement has had a significant impact.

- ✓ 12 inclusive regions based on geographical areas.



- ✓ More than 3,000 active cadres and volunteers.



- ✓ 7 Children's Forum at the Special Child Development Institution.



- ✓ 16 forum jurnalis dan 221 jaringan gerakan sosial



- ✓ 14,584 users of the menstrual health management education platform: OKY Indonesia (PKBI-UNICEF collaboration)

PKBI also continues to develop inclusive approaches based on families and villages, including the Disaster-Responsive Village model, which is the result of collaboration with BNPB and academics. These efforts are reinforced by routine monitoring and evaluation every three months so that each region can show tangible progress, while capturing the best patterns for future program expansion.



EVICION OF THE PKBI OFFICE



July 10, 2024, was a dark day in the long history of the Indonesian Family Planning Association (PKBI). On that day, the PKBI headquarters on Jl. Hang Jebat III, South Jakarta—which had been the home of the reproductive health movement since 1970—was unilaterally taken over by the Ministry of Health with the support of the Public Order Agency (Satpol PP). Without a handover process, without a valid court decision, and without respect for history, the building was seized under the pretext of a “right of use” issued by the National Land Agency.

Erased Historical Traces

The PKBI Hang Jebat building is not just a building. This place witnessed the birth of thousands of family planning field workers, midwives, and community health cadres who were trained since the 1970s. It was also from this building that the ideas and networks that led to the formation of BKKBN, the agency that is still at the forefront of the national family planning program, were born.

PKBI itself was founded in 1957, when the maternal mortality rate in Indonesia was still very high—around 1,500 deaths per 100,000 live births. Through family planning movements, clinic services, and community assistance, PKBI helped reduce that number to around 230 in 2020. One of the founders of PKBI, Dr. R. Soeharto Sastrosoeyoso, was even awarded the title of National Hero in 2022 for his dedication to health.

However, all of this historical legacy seemed to be erased when the PKBI office was evicted. Since July 10, 2024, PKBI has lost its home, not because it gave up, but because it was forced out of the space it had occupied for more than five decades.

The Roots of the Land Dispute

The Hang Jebat land issue began in the 1990s. In fact, in 1970, the Governor of DKI Jakarta had officially granted PKBI the right to use 5,400 m² of land for a national training center. The dispute arose when the Ministry of Health claimed the land as state property. Since then, PKBI has repeatedly applied for a land certificate, even receiving support from the 4th President of Indonesia, Abdurrahman Wahid. However, legal certainty has yet to be achieved.

PKBI has pursued various legal avenues, from civil lawsuits to appeals to the Supreme Court. Although the legal process is still ongoing, the eviction has been carried out. This has sparked widespread criticism, as the action clearly disregards the principle of “respecting the legal process,” which should be upheld by the government itself.

Unhealed Wounds

A year has passed, and PKBI is still waiting for an explanation, acknowledgment, and fair resolution. This eviction not only took away the building, but also hurt the sense of justice, erased historical contributions, and threatened the continuity of health services for the community.

PKBI is not seeking conflict. Since its inception, PKBI has always been a partner to the government in health programs, from reducing maternal mortality rates and preventing stunting to providing inclusive reproductive health services. Therefore, what is expected is only open, transparent, and fair dialogue—not forced eviction.

Refusing to Remain Silent

Through various actions and campaigns, PKBI affirms its stance: refusing to remain silent. The struggle for justice will not stop, because what is at stake is not just a piece of land, but also respect for the long history of the civil society movement in Indonesia.

PKBI believes that public memory is power. As long as the community does not forget, the struggle will continue.

PREPARING A GENERATION OF RESPONSIBLE AND INCLUSIVE YOUNG PKBI LEADERS

The Grand Design for Youth (GDR) is the embodiment of PKBI's grand dream to continue strengthening and revitalizing the movement that has been built since 1957. GDR is a reinterpretation of the strategic role of youth in leadership and organizational sustainability. For PKBI, regeneration is not only a necessity, but also an important part of the organization's ongoing struggle.

GDR refers to PKBI's Strategic Plan 2021-2030, specifically point 2: "Youth are capable of creating strategic spaces for decision-making." The goal is for youth to be able to build an organized movement and actively and sustainably promote the empowerment of youth groups. GDR is also a concrete manifestation of PKBI's mission to build a responsible and inclusive youth movement.

This program is translated into training modules that equip youth with knowledge about PKBI values, sexual and reproductive health rights (SRHR), and leadership skills. GDR also encourages youth to advocate according to their interests and backgrounds, expand their networks, and collaborate with various stakeholders. It is hoped that they will become drivers in the strategic issues promoted by PKBI.



GDR began with focus group discussions (FGD), followed by the formation of a drafting team to determine the direction, objectives, and strong foundations so that GDR would not merely be a program, but would become the main system in organizational regeneration. From this process, a guidebook entitled “Responsible and Inclusive Youth Leadership” was born.

The year 2024 will be a historic milestone for PKBI, as it will be the first time that the GDR concept and modules will be tested. The initial stage of the module, namely Empowered Youth, has been implemented for selected PKBI youth participants through a selection process. They are being prepared to become facilitators who will develop GDR in their respective regions.

Although GDR is still in its early stages, this initiative has shown great potential as a sustainable organizational regeneration system. In the future, GDR is also expected to become a model that can be replicated and collaborated with various parties to strengthen the role of youth in more inclusive development.



PKBI FAMILY HEALTH SERVICE MODEL BECOMES NATIONAL REFERENCE

PKBI continues to develop comprehensive, inclusive family health services that can be used as a reference by various parties. This strategy is part of PKBI's 2020–2030 Strategic Plan, and during 2024, its implementation showed real progress in various areas.

As a first step, PKBI has developed the PKBI Clinic Guidelines and Clinic Training Modules, which serve as national references. On the other hand, the sexual and reproductive health (SRH) services developed by PKBI are also aligned with government policies, including Minister of Health Regulation No. 14 of 2021 concerning standards for business activities in the health sector.

Currently, PKBI services have reached various groups equally, including people with disabilities, adolescents, vulnerable groups, and diverse genders. This affirms PKBI's commitment to ensuring inclusivity, including in the provision of psychosocial services, disaster response, and adolescent-friendly services—even though, in terms of regulations, the term “adolescent” is not specifically recognized in law.

Several leading community clinics, such as the Ria Kencana Clinic (PKBI East Kalimantan), the Mawar Clinic (Bandung), and the Utama PKBI East Java Clinic, are examples of the success of the PKBI service model. As community needs increase, reproductive health services—including in emergency and disaster situations—are becoming increasingly important. Currently, PKBI offers 13 types of active services, both in clinics and non-clinic settings, all of which adhere to nationally developed guidelines.



Throughout 2024, important achievements in this strategy include:



- 6 PKBI clinics joined the National Health Insurance Program (JKN),
- 6 clinics were designated as Community-Based Clinics by the Ministry of Health,
- 3 main guidelines for SRH services: for gender-based violence, disability, and clinic management,
- Telemedicine services are accessible through an app The year 2024 marks an important milestone for PKBI in strengthening Sexual and Reproductive Health in Emergency Situations (SRHiE) services through the SPRINT IV program. This effort is carried out through improved national coordination, inter-ministerial collaboration, and capacity building at the regional level.
- One of the key achievements is PKBI's active involvement in the sub-cluster on Prevention and Protection against Gender-Based Violence (PPKBG), which contributed to the revision and adoption of Minister of Women's Empowerment and Child Protection Regulation No. 8/2024—an important policy foundation for addressing violence in emergency contexts.
- Development of guidelines and SOPs for services such as Transit Homes and PKBI Service Design,
- Development of service business plans, including internal funding regulations for operational sustainability and clinic accreditation,
- Development of a mental health service model integrated with PKBI clinics, supported by certified counselors.

PKBI not only develops adaptive and responsive services, but also strives to make them a model for family health services that can be replicated in various regions of Indonesia. This vision continues to be strengthened in order to guarantee every individual's right to equal, quality, and sustainable health services.

PKBI PROMOTES FAIRER, DATA-DRIVEN FAMILY HEALTH POLICIES



The year 2024 will be an important moment for PKBI in pushing for changes in reproductive health policy in Indonesia. The fourth strategy in PKBI's grand plan focuses on influencing the government to support a comprehensive, inclusive, and data-driven model of family health services.

One of the main challenges comes from Health Law No. 23 of 2023, particularly on the issue of reproductive health services that are not yet fully supportive of women and vulnerable groups. Three issues of concern to PKBI are: the criminalization of abortion, limited access to safe services for victims of sexual violence, and barriers to abortion services for medical emergencies.

Through a human rights-based advocacy approach, PKBI developed arguments and recommendations with reference to international standards such as the ICCPR, ICESCR, CAT, and CRC. These efforts affirm the state's obligation to protect the rights to life, health, privacy, freedom from torture, and non-discrimination—including protection for children and women.



Together with 36 other civil society organizations, PKBI is actively involved in various advocacy forums, including Arus Pelangi, Gaya Nusantara, Yayasan Kesehatan Perempuan (YKP), Jaringan Indonesia Positif, and many others. This collaboration strengthens the voices of vulnerable groups and encourages the creation of more equitable and humane public policies.

Some of PKBI's important advocacy achievements throughout 2024 include:

- Strengthening of safe abortion service policies through Decree PN: 0816/AK.4.01/2013.
- Involvement of 9 regional PKBI branches as members of the Task Force for the Prevention and Handling of Sexual Violence (PPKS) in various universities, including in Lampung, South Kalimantan, Central Java, Bali, and others. PKBI also contributed to the formulation of Ministerial Regulation No. 30 of 2021 on PPKS.
- The development of PKBI's internal policy to protect health workers who handle sensitive cases, such as unwanted pregnancies.

Through this strategy, PKBI strives to ensure that national policies truly guarantee equal access to family health services—especially for those who have been invisible and unheard. This step is an important part of PKBI's commitment to building an inclusive, just, and human rights-based society.

STRENGTHENING ORGANIZATIONAL ROOTS, REALIZING SUSTAINABLE PKBI

Serpong, June 26–28, 2024 — The Indonesian Family Planning Association (PKBI) held a “Capacity Building and Organizational Sustainability” event involving 25 participants from various organizational units. Over the course of three days, participants were facilitated by YAPPIKA to reflect on the strengths and challenges of PKBI as a social organization that has been active for more than 68 years.

Prior to the meeting, participants completed an organizational assessment. The results showed that PKBI has a clear direction and values, as well as strong constitutional documents. However, challenges still arise in organizational structure synchronization, youth involvement in decision-making, and internal coordination.

PKBI was also assessed as needing to improve its information and public communication systems in order to strengthen its image as a pioneer of family planning. Proposals such as communication guidelines and knowledge management emerged as solutions to maintain the continuity of information and documentation of good practices that have been under-exposed.



In the area of program management, the assessment reflects the need for improvement in terms of manager capacity, alignment with donors, and strengthening the organization's values and positioning. However, a number of programs have shown positive impacts, such as the Youth Program and collaboration with civil society organizations on issues of inclusion, health, and child assistance.

The major strategies agreed upon at this meeting include: strengthening the organization's principles of supporting marginalized groups, transparent and accountable management, strategic public communication, and efforts to expand and strengthen cross-issue networks. In addition, funding sustainability needs to be encouraged through mapping internal potential such as optimizing clinics without relying solely on external donors.

With a collective and adaptive spirit, PKBI affirms its commitment as an organization that continues to learn and grow, for the realization of responsible and inclusive families throughout Indonesia.

CREATING SAFE SPACES: PKBI'S COMMITMENT TO PROTECTION AND ETHICS

As an organization that promotes the values of leadership, volunteerism, independence, and professionalism, PKBI is committed to creating a safe space for all parties involved in its activities—both in normal and emergency conditions. This commitment is reflected in the Safeguarding policy, which applies to all PKBI personnel: employees, volunteers, and partners.

Safeguarding covers protection from sexual violence and exploitation, child protection, and fraud prevention. The main principle is zero tolerance for ethical violations. This means that any alleged violations will be followed up seriously and in accordance with procedures.


To support the implementation of this policy, PKBI has established a reporting structure and system at all levels of the organization. Currently, there are 1 national focal point and 25 regional focal points who have been trained and understand their roles. Each regional PKBI also has its own complaint platform so that reports can be handled directly in their respective regions.



In addition, PKBI has also formed teams of trained investigators in eight regional PKBI offices and four at the national level. Focal points and investigators attend training sessions and regular meetings every three months to ensure that their ability to handle reports quickly, sensitively, and in a victim-centered manner is continuously strengthened.

As a form of accountability, monitoring of the implementation of safeguarding policies is carried out periodically and reported in the organization's annual report.

PKBI encourages anyone to report if they:

- 
- Witness an ethical violation themselves,
 - Hear directly from someone else about a violation,
 - Are a victim or survivor, or
 - Receive a report from a victim, witness, or other party.

All reports can be submitted directly and confidentially to the email address listed below.

Through this commitment, PKBI ensures that every individual feels safe, protected, and respected. Because for PKBI, building a healthy organization starts with upholding the integrity and safety of everyone.



If you feel uncomfortable in the PKBI environment,
please report it via email:

safe.report@pkbi.or.id

OKY INDONESIA APP: HELPING TEENS UNDERSTAND THEIR BODIES AND RIGHTS

Since 2023, PKBI (Indonesian Family Planning Association) has been entrusted by UNICEF as the official license holder of the Oky app—a digital-based sexual and reproductive health (SRH) education app, specifically for adolescent girls. This license allows PKBI to develop, update, and promote Oky for the next three years.

Through Oky, PKBI expands access to information about menstruation, puberty, and healthy relationships in a fun and easy-to-understand way. The information provided is curated to be evidence-based, uses attractive visuals, and is relevant to the lives of today's adolescents.



As of December 2024, the number of Oky Indonesia users has reached 10,965. PKBI actively promotes Oky through its Instagram channels @suarapkb and @okyindonesia, including through educational content such as tips on being a supportive friend during menstruation or explanations of why teenagers often experience mood swings during their periods. It also collaborates with the Youth Club community to enrich its content and target audience.

Additionally, PKBI is collaborating with AMAZE International, which provides short educational videos. One video integrated with the Oky app discusses how teenagers can understand themselves and the process of puberty. This video has been viewed over 1,000 times, and PKBI continues to add more video series until the end of 2024.

Not only videos, but Oky's encyclopedia feature has also been updated by PKBI with important material such as: puberty, teenagers with disabilities, gender-based violence, healthy relationships, and a directory of youth-friendly services. Interestingly, this content was produced in collaboration with PKBI teenagers from various regions—as a form of direct involvement in developing information that is relevant to their world.

Every year, PKBI also conducts a user survey for Oky. From the latest survey (October 2024), the results show:

85% of users learn new things from Oky

89% feel they understand more about menstruation

42% feel more confident since using Oky —an indication of the need to develop empowering features.

57% share information about Oky with friends

45% learn about adolescent health services through Oky

This data serves as a reflection for PKBI to continue developing Oky as a safe, interactive, and inclusive space for Indonesian adolescents to understand their bodies, rights, and health.

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bit.ly/okyid2024



HUMANITARIAN 2024: IMPROVING CRISIS RESPONSE AND REPRODUCTIVE HEALTH SERVICES FOR VULNERABLE GROUPS



The year 2024 marks an important milestone for PKBI in strengthening Sexual and Reproductive Health in Emergency Situations (SRHiE) services through the SPRINT IV program. This effort is carried out through improved national coordination, inter-ministerial collaboration, and capacity building at the regional level.

One of the key achievements is PKBI's active involvement in the sub-cluster on Prevention and Protection against Gender-Based Violence (PPKBG), which contributed to the revision and adoption of Minister of Women's Empowerment and Child Protection Regulation No. 8/2024—an important policy foundation for addressing violence in emergency contexts.

Strategic partnerships with UNFPA and BNPB paved the way for technical training such as Minimum Initial Service Package (PPAM), Humanitarian Information System, and BONeLS (Basic Obstetric Neonatal and Life Support). Throughout the year, 297 participants received training, including simulations and workshops that strengthened provincial and branch preparedness.

PKBI also held public events such as Youth Future Proof Fest and Humanitarian Fest 2024, which reached more than 750 people, strengthening the involvement of young people and marginalized communities.

Not stopping at training, PKBI developed a new logistics system and the HumanIS platform, and increased the readiness of reproductive health equipment and supplies. Research and community-based initiatives became the main approach in ensuring targeted and responsive services to the local context.

In terms of disaster response, PKBI demonstrated speed and commitment. Between March and July 2024, PKBI responded to floods and landslides in West Sumatra and Central Java, reaching 17,201 people or 114% of the initial target, with priority given to women, adolescents, people with disabilities, people living with HIV/AIDS, and survivors of domestic violence.

Furthermore, in response to the eruption of Mount Lewotobi Laki-Laki in East Flores (November 2024–February 2025), through IPPA, PKBI provided 12,062 health services to 10,422 people, exceeding the target by 131%. Services were provided through field tents and mobile units, directly reaching vulnerable groups.

With an evidence-based approach and cross-sectoral engagement, SPRINT IV reaffirms PKBI's position as a pioneer in inclusive, responsive, and pro-needs humanitarian services.

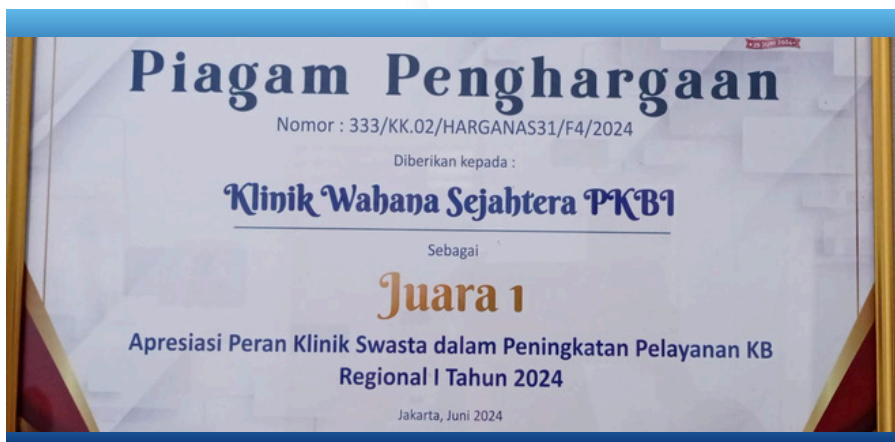




GOOD STORIES AT REGIONAL PKBI THROUGHOUT 2024

WAHANA SEJAHTERA PKBI JEPARA CLINIC WINS 1ST PLACE IN NATIONAL FAMILY PLANNING CLINIC APPRECIATION

Jepara should be proud! Wahana Sejahtera Primary Clinic, under the auspices of the Jepara Branch of the Indonesian Family Planning Association (PKBI), won first place in Regional 1 in the National Appreciation for the Role of Private Clinics in Improving Family Planning Services. This award was presented by the National Family Planning Board (BKKBN) Headquarters via Letter No. 210/KB 06/E1/2024, as a recognition of the clinic's dedication in providing high-quality family planning services to the community.



A Trusted and High-Quality Clinic

Klinik Pratama Wahana Sejahtera (WS) was officially established with an operational license on May 19, 2022. From the outset, this clinic has provided complete facilities and infrastructure to support family planning services, ranging from IUD insertion tools and implant kits to other standard primary clinic equipment.

Not only does the clinic have excellent facilities, but it also has a reliable team of healthcare professionals. Currently, the clinic is managed by 3 doctors, 3 midwives, 1 nurse, and 1 administrator. Interestingly, all midwives at this clinic are CTU (Clinical Training Unit) certified, ensuring the quality of family planning services, especially IUD and implant services.

Continuously Growing Family Planning Services

Over the past year, the WS PKBI Jepara Clinic has recorded a high number of family planning services. There were a total of 2,048 acceptors, with the following details:

IUD: 126

Implant: 1,400

Injections: 177

Pills: 339

Condoms: 6

These figures show that the community is increasingly trusting the family planning services at the Wahana Sejahtera Clinic, especially long-term contraceptive methods such as implants, which are the most popular choice.

Clinic Innovation: Close to the Community

The key to the success of the WS PKBI Jepara Clinic lies not only in the quality of its services, but also in its innovation in getting closer to the community. Some of its flagship programs include:

1. PKBI Partner Program

The WS Clinic builds community-based networks through open recruitment of partners. These partners play an active role in referring people to the clinic for family planning services.

2. Intermezzo Program

To keep our partners motivated, WS Clinic gives out monthly rewards to those who successfully refer clients. There are two categories of appreciation, namely:

- Most Referrals Category, for partners who refer the most clients.
- Lucky Category, drawn from all partners with a greater chance of winning the more referrals they make.

The prizes are quite attractive, ranging from IDR 120,000 to IDR 150,000. Not only that, partners who successfully refer clients can also receive prizes immediately without waiting for the draw.

3. Acceptor Shuttle Car

To facilitate access to services, WS Clinic provides an acceptor shuttle car if there are at least 7 people at one location. This has proven to be very helpful to the community, especially those who live far from the clinic.

4. Mobile Clinic

WS Clinic also actively provides outreach services by visiting crowded locations such as tourist attractions, car-free days, and even collaborating with companies to provide services in the workplace. In addition to providing direct services, these activities also serve as a means of promoting the clinic to the wider community.

5. PKBI Cares for Families Affected by Stunting

Not only focused on family planning, WS Clinic also cares about the issue of stunting. The clinic actively assists health posts in the Jepara area and acts as a foster parent for stunted toddlers by providing nutritional and health assistance.

Clear Evidence of PKBI Jepara's Dedication

Winning first place nationally is proof that PKBI Jepara is capable of providing innovative, inclusive, and high-quality reproductive health services. The success of the Wahana Sejahtera Clinic is inseparable from the collaboration of professional health workers, a loyal network of partners, and the support of a community that continues to believe in PKBI's services.

Moving forward, the WS PKBI Jepara Clinic is committed to expanding its service reach, introducing innovations, and making a tangible impact on families and communities, particularly in fostering a healthy, prosperous, and stunting-free generation.

Author: Liska Fauziah and PKBI Branch Jepara

INCLUSION FESTIVAL 2024: CELEBRATING CREATIVITY, EQUALITY, AND DIVERSITY

Anging Mammiri Beach in Makassar witnessed the excitement of the 2024 Inclusion Festival—not just an annual event, but a movement that echoes the spirit of equality and empowerment. Organized by PKBI South Sulawesi, the festival carries the theme “Synergizing to Build Inclusive Entrepreneurship Creativity,” as a tangible form of support for a safe and fair space for diverse gender communities.



This festival is not only a business exhibition, but also a symbol of resistance against discrimination that still often affects marginalized groups. Since its opening by the Regional Secretary of PKBI South Sulawesi, the atmosphere has been warm and energetic. Visitors were invited to watch various creative product demonstrations, interactive dialogues, and entertainment performances from gender diversity communities, teenagers, and people with disabilities.

A total of 16 entrepreneurs from the gender diversity community and two from the general public participated. They showcased products such as food, beauty services, laundry, and perfume. What made it special was that the hosts also came from the same community, reinforcing the impression that this festival is truly inclusive, not just a slogan, but in actual practice.

The young people who joined as PKBI South Sulawesi youth volunteers were no less important. They were directly involved in setting up booths, managing the technical aspects of the event, and even participating in the business mentoring process long before the festival began.

“Being part of the committee made me even more aware of the importance of creating a safe space for everyone, regardless of their background,” said Elvi, one of the youth volunteers working in the entrepreneurship area.

These teenagers are not only helping, but also driving the initiative forward. They are involved in promotional strategies, social media content creation, and designing inclusive messages that are easy for the general public to understand. The result? Community business profile videos were shown during the event and received a warm welcome. In fact, the inclusive photo booth, which was one of the visitors' favorite spots, was designed by them.

Consumption was also part of the spirit of collaboration: all food and beverages were provided by community businesses, fully supported by young volunteers.

This festival proved that economic empowerment can go hand in hand with social missions and character building for the younger generation. Support came from various parties including the Makassar City Social Service, Babinsa Kelurahan Tanjung Merdeka, academics, community leaders, and of course, enthusiastic residents.

The enthusiasm of the visitors is a strong signal: the community is beginning to open up, ready to accept and make room for diversity.

The 2024 Inclusion Festival has created a warm and meaningful collaborative space. PKBI South Sulawesi shows that inclusion is not just a nice word on a banner, but real action that makes an impact. The active participation of young people proves that they are not just the future—they are agents of change today.

May this spirit continue to spread and gain broader support, because inclusion is a shared responsibility for a fairer and more equitable future for all.

Author: PKBI South Sulawesi Regional Team

TANYA MARLO: A SAFE DIGITAL SPACE FOR TEENS TO TALK ABOUT SEXUALITY AND BODILY RIGHTS

Jakarta, 2024 — Amidst the hustle and bustle of information in the digital age, teenagers in big cities such as Jakarta still face major challenges: limited access to friendly information and stigma attached to issues of sexuality and reproductive health. To address these needs, PKBI DKI Jakarta, together with coalition partners consisting of youth organizations from various communities, launched an innovative program: the Friends Care Action Coalition.

Through this program, Tanya Marlo was born—a safe digital space that provides information, support, and counseling services on adolescent reproductive health, which is inclusive and driven directly by adolescents.

Youth Need Safe Spaces, Not Judgment

In a metropolitan city like Jakarta, many youth are still afraid to seek information about their bodies and reproductive health for fear of being judged. Formal health facilities are considered unfriendly, and not all services guarantee confidentiality and comfort.



Through Tanya Marlo, PKBI DKI Jakarta has created a digital-based service system that is much closer to the daily lives of teenagers—easy to access, interactive, and most importantly: safe and non-judgmental.

Digital Services Growing Out of Teen Reality

Tanya Marlo is a social media and interactive chat-based counseling platform that answers a wide range of questions from teens: from puberty, contraception, healthy relationships, dating violence, HIV/AIDS, to sexual orientation. All questions are addressed with an empathetic and teen-friendly approach.

In just a short time since early 2024, over 10,000 questions have been received through Instagram, WhatsApp, TikTok, and podcasts. This is clear evidence that teens are hungry for credible and open information—and Tanya Marlo is here to provide it.

Service Model: Friendly, Step-by-Step, and Inclusive

Tanya Marlo implements the Stepped Care Model—a method that tailors the level of assistance to each individual's needs. Services range from basic education to specific counseling with professionals.

More than just providing information, this program encourages teens to understand their bodies, become agents of change in their communities, and spread the importance of reproductive and mental health to their peers.

For the Public and Donors: This is Not Just a Program, But a Social Investment

For the general public, Tanya Marlo is a bridge to honest, open, and relevant reproductive health literacy. For donors, this is a golden opportunity—because this is where technology, creativity, and grassroots community work come together in one movement.

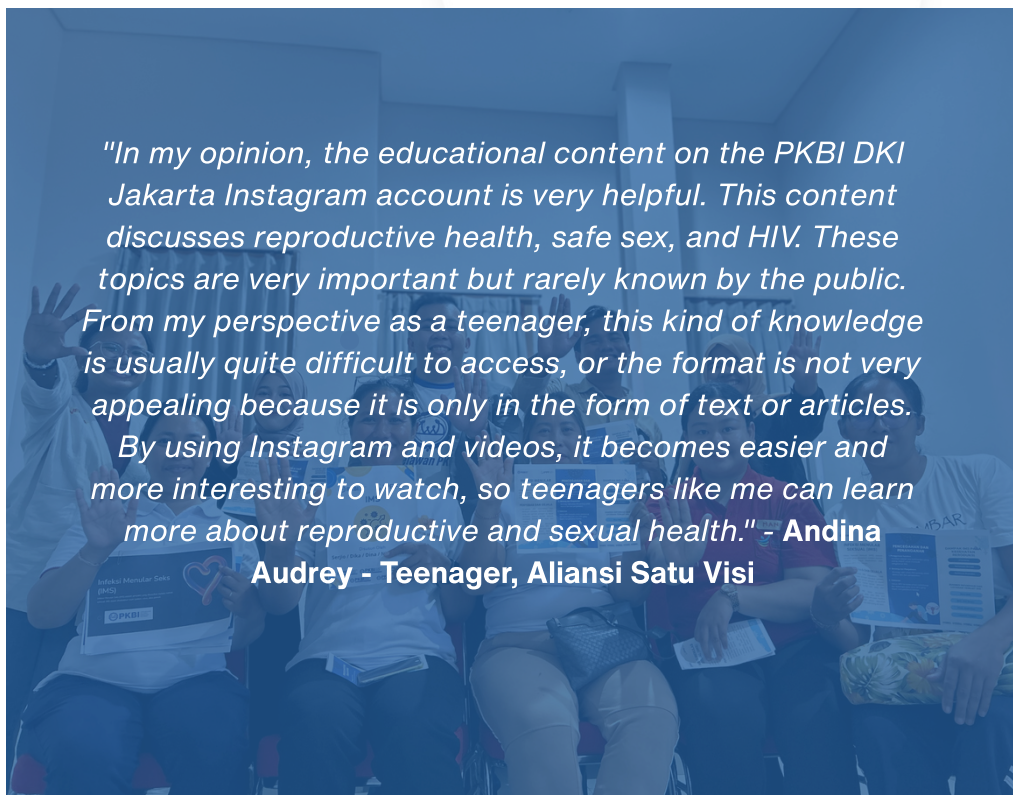
With efficient operational costs and broad impact, Tanya Marlo is open to support from corporate social responsibility (CSR) programs, individual philanthropy, and partnerships with national and international donor agencies.

A Safe Space Worth Supporting

PKBI DKI Jakarta and its coalition partners have not only built a platform, but also created a space that gives young people the confidence to speak, learn, and grow. In this space, no question is considered taboo. No identity is excluded. Everyone is accepted, understood, and served.

Tanya Marlo is proof that when youth are given space, a voice, and trust, they become more than just beneficiaries—they become leaders of change. Models like this are worth replicating and supporting sustainably in various regions.

Author: PKBI DKI Jakarta Team.



"In my opinion, the educational content on the PKBI DKI Jakarta Instagram account is very helpful. This content discusses reproductive health, safe sex, and HIV. These topics are very important but rarely known by the public. From my perspective as a teenager, this kind of knowledge is usually quite difficult to access, or the format is not very appealing because it is only in the form of text or articles. By using Instagram and videos, it becomes easier and more interesting to watch, so teenagers like me can learn more about reproductive and sexual health." - Andina

Audrey - Teenager, Aliansi Satu Visi

GEGATI: LAMPUNG YOUTH BECOME DRIVERS OF CHANGE TO PREVENT STUNTING AND EARLY MARRIAGE

The voices of Lampung's youth now echo not only in classrooms, but also in village halls and remote communities. They are voicing one important issue: reproductive health and stunting prevention. It all started with a program called the Community Movement to Prevent Stunting (GeGaTi) 2024, an initiative from PKBI Lampung that harnesses the power of young people as agents of change.

Young people, who are often seen as mere beneficiaries, are now at the forefront of social change. Amidst a flood of information and complex challenges such as early marriage, gender-based violence, and taboos surrounding sexuality, GeGaTi has emerged as a movement that breaks down stigma and builds community-based solutions.

Getting to the Root of the Problem: Parenting is the Main Focus

The 2024 GeGaTi program was implemented in Cilimus Village, Pesawaran Regency, with very significant results. From 22 children who were indicated as stunted in 2023, the number was successfully reduced to only 12 children in 2024. The intervention was carried out comprehensively, ranging from parenting education, local food training, to free health services.



From the results of a survey conducted by PKBI, it was found that family parenting patterns were the main factor causing stunting in Cilimus Village. As many as 74% of respondents still applied inappropriate parenting patterns. Meanwhile, environmental, health, media, and community knowledge factors showed fairly good scores, indicating that the root of the problem lay in parenting practices at home.

Local Food Training: Education and Economic Improvement

One of GeGaTi's concrete steps is local food processing training involving 25 participants from housewives. The result is not only creating nutritional alternatives for children, but also opening up economic opportunities through the sale of processed products.

By promoting local wisdom and exploring the potential of the village, parents not only gain new knowledge, but also the enthusiasm to improve the quality of life of their children.

Voices of Beneficiaries: From Teenagers to Housewives

Fika Dewi (18), one of the teenage beneficiaries, said that PKBI Lampung gave her space to grow and gain confidence.

"We not only gained knowledge, but also access to health services and activities that made us aware that we could utilize the potential of our village to reduce stunting rates. I became more confident because I was given space to express myself."

Meanwhile, Yuli Handayani (42), a housewife from Cilimus Village, said:

"PKBI Lampung provides a lot of insight, not just theory, but also practical skills such as food processing, exclusive breastfeeding, and free health services. It really helps us here."

Real Advocacy: Promoting Village Regulations to Prevent Early Marriage

In addition to educational approaches, PKBI Lampung also implements strategic measures through policy advocacy. One such measure is encouraging village governments to draft Village Regulations (Perdes) on the Prevention of Early Marriage. This measure is not only intended to have a short-term impact, but also to ensure the sustainability of child and women's protection in Cilimus Village.

Education: A Long-Term Investment to Prevent Stunting

From various lessons learned in the field, one thing is clear: education is the key to shaping a healthy mindset and preventing stunting from an early age. Low levels of education have an impact on the economic and mental readiness of young couples to start a family. Therefore, GeGaTi places education as the main foundation for change.

Conclusion: A Collaborative Movement Worth Supporting

GeGaTi 2024 proves that with a community-based approach, collaboration, and support for adolescents, real change can happen. This program not only reduces stunting rates but also opens up dialogue, strengthens the role of adolescents, and fosters critical awareness in the community.



Lampung has shown that when communities are empowered, local values are respected, and young people are involved, sustainable solutions to health issues can be achieved. This is the face of Indonesia rising—from villages, by youth, for a healthier future.

**Author: PKBI Lampung
Regional Team**



“PKBI Lampung provides a lot of insight to mothers through meetings to discuss stunting, exclusive breastfeeding, and local food processing. PKBI not only provides theory but also hands-on practice by providing the necessary materials. In addition, PKBI also provides free health services to the residents of Cilimus village, which is certainly very helpful to the community here.”

- Yuli Handayani, Housewife (42)

PKBI WEST JAVA YOUTH IN ACTION: FROM DISASTER RESPONSE TO THE INTERNATIONAL STAGE



The year 2024 witnessed how West Java teenagers are not only recipients of information, but also drivers of social change. Through Mitra Citra Remaja (MCR) and the support of PKBI West Java, these young people showed that social awareness, reproductive health education, and digital advocacy can be carried out in a tangible and sustainable manner.

The first action of the year began on January 19, 2024, when MCR directly responded to the flood disaster in Citeureup Village, Dayeuhkolot, Bandung Regency. In collaboration with the NGO Pejuang Siliwangi Reaksi Cepat, MCR provided psychosocial support to affected children and youth. They were present not only as volunteers but as peers who understand the importance of emotional recovery after a disaster.

Youth Voices at the International Forum

On International Youth Day 2024, one of the MCR members, Denisa, appeared as a speaker at an event held by the CoP for Reproductive Health Content Creators and UNFPA. Denisa raised an important issue: Electronic-Based Sexual Violence (KSBE). She emphasized the need for digital literacy and youth protection in the online space, an issue that is increasingly relevant in today's digital age.

Reproductive Education Through Booths and Health Festivals

On September 13, 2024, MCR opened an educational booth on SRHR, STIs, and HIV/AIDS at the CEMPOR Garage Inauguration event held by the Bandung City Youth and Sports Agency. The target was clear: to reach young people so they understand the importance of maintaining reproductive health and avoiding risky behavior.

Just one day later, on September 14, MCR participated in the Ayo Sehat Festival 2024 at Gedung Sate with the Ministry of Health. They provided educational sessions on adolescent reproductive health and introduced UNICEF's OKY app as a teen-friendly menstrual tracker. The activity continued with a collaborative discussion with UNFPA and Siklus Indonesia on protecting children from Online Gender-Based Violence (KBGO).

Reaching Students and Schools: Down-to-Earth Education

On September 20, 2024, MCR was a guest speaker at the Basic Training for Health Promotion Students at the Siliwangi III Military Command. They once again discussed the OKY app and the importance of talking openly about menstruation to eliminate the stigma that still persists in society.

Not only targeting students, MCR also actively visited schools, such as Santo Yusup Junior High School and Bahtera Muthahhari Junior High School. There, they directly socialized the importance of health and reproductive rights to the students.

Online Campaign: Reducing Stigma against People Living with HIV

In October-November, MCR collaborated with Platform Campaign and VIVO to hold an online campaign titled “Nutritional Fulfilment for People Living with HIV in Greater Bandung.” This campaign invited the public to donate, with the proceeds distributed through IPPI (Indonesian Positive Women's Association) West Java.

Year-End Focus: Sexual Violence and Emergency Situations

Towards the end of the year, on December 8, 2024, MCR returned to the UNiTE: 16 Days of Activism Against Gender-Based Violence (16 HAKTP) event series. In collaboration with UNFPA, Siklus Indonesia, and Tabu.Id, MCR presented “Tips for Protecting Yourself from KSBE” to equip teenagers to deal with online violence.

To conclude, on December 28, MCR held a Live Instagram session with @bilik_pengaduan on the topic of preventing violence in disaster situations—an issue that is often overlooked, yet very important because violence often increases in emergency situations with minimal supervision.

Youth as Agents of Change, Not Objects of Programs

Various activities throughout 2024 prove that youth are active agents of change, not merely recipients of programs. MCR is not only a facilitator of activities but also an initiator of social movements, a messenger of digital literacy, an educator on reproductive health, and a pioneer in campaigns against stigma.

With their commitment and tangible actions that directly impact the community, MCR embodies the resilient, caring, and forward-thinking spirit of West Java's youth, ready to tackle the challenges of the modern era.

Author: Indra Krishna, Coordinator of Mitra Citra Remaja (MCR)

KEEPING HOPE ALIVE BEHIND BARS: CHILDREN IN CARE ALSO HAVE THE RIGHT TO DREAM

“Wherever children are, their basic rights must be fulfilled.”

This principle is enshrined in Law No. 35 of 2014 on Child Protection, and forms the basis for various efforts to protect and nurture children in conflict with the law (ABH)—including those who are undergoing rehabilitation at the Bengkulu Class II Special Child Guidance Institution (LPKA).

Behind bars, these children are still children. They are not merely perpetrators of crime, but victims of many injustices and situations that they do not fully understand. After the verdict is handed down, what remains is a future that must continue to be protected and fought for.



Changing Stigma, Strengthening Hope

PKBI Bengkulu is one of the organizations that plays an active role in maintaining this hope. Through intensive assistance and capacity building programs, they assist ABH to grow as better individuals.

From peer counseling, thematic discussions on adolescent reproductive health, to interest and talent-based skills training, everything is done in a structured manner with the support of youth volunteers from the PKBI Bengkulu Youth Center. The goal is clear: to bring about positive behavioral change and equip children with the confidence to face the future.

Collaboration: The Key to Fulfilling Children's Rights

Antoni, Program Coordinator at PKBI Bengkulu, said that supporting children cannot be done alone. “We built a cross-sector network, visited each relevant agency, and brought data and assessments of the needs of children in LPKA,” he said.

These efforts have borne fruit. Now, various government services are beginning to directly reach the children at the LPKA:

- The Population and Civil Registration Office facilitates the issuance of birth certificates, child identity cards, and identity cards.
- The Health Office, through the Bentiring Community Health Center, provides routine health services.
- Online teaching and learning continues under the facilitation of the LPKA.
- DP3AP2KB supports the strengthening of the LPKA Children's Forum as a forum for child participation.
- BLK provides certified skills training.
- Universities are partnered with to provide psychosocial support.

Family: An Irreplaceable Pillar

However, no matter how good the guidance programs in LPKA are, the role of the family remains key. Betaria, Community Organizer of PKBI Bengkulu, emphasized, “If the family does not accept the child back, then it is very likely that they will return to LPKA.”

Therefore, a family forum was formed as a meeting and education space for parents. Through this forum, families can understand their children's development and prepare themselves to welcome them back home.

Actual Achievements Throughout 2024

Throughout 2024, PKBI Bengkulu has assisted 204 children in LPKA.



The following achievements were made:

- 30 children received identity services.
- 25 children accessed education services.
- 113 children received health services.
- 60 children were active in the Youth Health Center.
- 80 children participated in certified skills training.
- 70 children received counseling services.
- 50 parents joined the Family Forum.

Hope Grows Behind Bars

The head of the Bengkulu Class II Correctional Facility, Sri Harmowo Suliarso, expressed his deep appreciation for the role played by PKBI Bengkulu. “We want to ensure that even though they are undergoing rehabilitation, children's rights are still fulfilled. This will be important preparation for them to return to society better prepared and more independent,” he said.

Voices from within the LPKA also describe growing hope. Nata (not his real name), one of the children in the program, shared his story. “My confidence has returned. Training activities, such as haircutting, are very useful. We are also often invited to participate in the Bengkulu City Children's Forum, which increases our knowledge and insight.”


Hope Is Real – If We Are Together

The children at the LPKA are not a past to be condemned, but a future that can be saved. Fulfilling their rights is not an extra kindness, but a duty of the state and society.


They have dreams.

And like all other children, they have the right to achieve them.

Author: Abdul Salim Ali Siregar



"I would like to share my experience in using contraceptives. After giving birth to my first child, I decided to use an IUD. However, a week later, I began to experience lower abdominal pain and headaches. A few days after that, I went to a health facility for a check-up. During the examination with a speculum, the IUD string was not found, and I was referred to the hospital for further examination. The ultrasound results showed that the IUD was still inside my uterus, and I was advised to undergo a minor surgery to remove it. After the IUD was inserted, I had never checked the string during urination or defecation. Since then, I became very afraid of using contraceptives. But everything changed when I joined meetings organized by PKBI Bengkulu. In every session, we discussed reproductive health and SRHR. These activities became a space for me to raise awareness, reflect, and eventually rebuild the confidence to discuss and decide on contraceptive use together with my husband." - **Marni, Member of "Sedulur" Opak-Making Group**



HEALTHY REPRODUCTION, UNLIMITED ACCESS: BUILDING INCLUSIVE HEALTH SERVICES IN PADANG

Everyone has the right to proper health services, without exception.

Yet in reality, people with sensory disabilities particularly those who are deaf or blind continue to face significant barriers in accessing basic health care. Physical and communication limitations, along with the lack of inclusive information, remain real obstacles that prevent these groups from living healthy and independent lives.

Recognizing this challenge, PKBI West Sumatra has introduced a program to improve access to and the quality of disability-friendly health services in Padang City. The program engages trained youth volunteers as agents of change, bridging the gap between persons with disabilities and inclusive health services.

Real Challenges, Urgent Solutions

Field findings reveal that people who are deaf or blind in Padang still struggle to access health information and services, both in public and private facilities. Most health workers lack adequate communication skills, while information and education materials especially those related to reproductive health are rarely available in disability-friendly formats.



The limited availability of sign language interpreters (SLI) with knowledge of health issues further widens the gap in services. Law No. 8 of 2016 on Persons with Disabilities has yet to be fully implemented. For the deaf community, the lack of understanding about reproductive health remains a fundamental issue that urgently requires education- and advocacy-based interventions.

Inclusive Strategies Through Collaboration

Running from August 2023 to July 2024, the program adopts a participatory and cross-sectoral collaborative approach. As the lead implementer, PKBI West Sumatra partners with the Health Office, the Social Office, and BKKBN, along with disability communities and special schools (SLB). Primary health care workers act as technical implementers, while youth volunteers are engaged as community education facilitators.

Key strategies implemented include:

- Assessing the readiness of inclusive services at three community health centers (puskesmas).
- Training health workers in Indonesian Sign Language (Bisindo) and tactile communication techniques.
- Providing health and reproductive health education for youth volunteers.
- Delivering mobile clinics and health outreach in special schools and disability communities.
- Developing disability-friendly educational PDF modules for SLB students and teachers.
- Establishing inclusive youth forums and training peer counselors.
- Producing educational podcasts by young people.
- Conducting social campaigns, including “Care Disability” and “Q&R.”
- Commemorating the International Day of Persons with Disabilities as a platform for advocacy.

Youth volunteers also accompanied persons with disabilities in accessing health services and produced educational videos in sign language. Health workers received training to enhance their ability to provide care that is communicative, empathetic, and inclusive.

Within a year, the number of beneficiaries increased from 115 to 440 people 88% of the total target of 500. This growth demonstrates that cross-sector collaboration and youth engagement are effective in expanding access to inclusive health services.

The stories of beneficiaries serve as tangible proof. “For the first time, I feel seen and respected as an individual with special needs,” shared Mrs. Reni, a person with visual disability. Youth volunteer Riska Maida Aulia added that her involvement in the program helped shape values of care and inclusion within herself.

Health workers and special schools also reported positive impacts. May Donna Evayanti from Andalas Community Health Center (Puskesmas Andalas) said that the training provided by PKBI West Sumatra was highly valuable in reaching disability groups. Meanwhile, Mr. Mul Mulyadi, Principal of SLBN 1 Padang, stated that the program had a real impact in supporting the rights and health education of students with disabilities.

As a step toward sustainability, Puskesmas Andalas will serve as a replication site for the inclusive service model in 2025. To further scale up impact, several policy recommendations were proposed:

- Standardizing medical staff training on disability issues,
- Developing standard operating procedures (SOP) for inclusive health services,
- Allocating affirmative budgets within the regional budget (APBD), and
- Conducting community-based national campaigns to raise public awareness.

Through multi-stakeholder synergy and youth participation, this program has proven that inclusive health services are not merely an idea, but a reality that can be achieved. May this approach inspire other regions to build a health system that is fair, equitable, and accessible for all citizens without exception.

Authors: Arfen Drinata, Henny Puspita Sari, and Mayang Fitriani

ADDRESSING ADOLESCENT REPRODUCTIVE HEALTH CHALLENGES IN THE DIGITAL ERA

Amid the rapid wave of digitalization, adolescents have become one of the most vulnerable groups facing new challenges in reproductive and psychosocial health. Responding to this reality, PKBI Jambi, together with its youth network, has initiated a series of psychoeducation activities at the Class II Juvenile Detention Center (LPKA) in Muarabulian, Jambi.



Psychology Camping: Education that Touches the Heart

Carrying the theme “Psychology Camping”, the activity was held on Wednesday, November 13, 2024. Five main topics were highlighted: Digital Literacy, Online Gender-Based Violence (GBV), Free Sex, Self-Confidence, and Future Orientation. The program was warmly welcomed by the Head of LPKA, the mentors, and the juveniles, who enthusiastically participated in every session.

The participants were juveniles (Andik) currently undergoing rehabilitation at LPKA. They were actively involved in various sessions, including pre-tests, material discussions, Q&A sessions, ice-breaking activities, and post-tests to measure improvement in understanding.

Youth and Young Professionals in Collaboration

Interestingly, most of the facilitators in this activity were young people from Raja Youth Center and students from the Psychology and Counseling Department of Jambi University (UNJA) who are currently interning at PKBI Jambi.

Before going into the field, these facilitators were well-prepared through planning meetings and a detailed division of tasks. The principle of inclusivity was the foundation of their approach to the juveniles, ensuring that every participant felt valued and involved.

The activity was officially opened by Mr. Utomo, A.Md.IP, SH, MH, Head of Class II LPKA Muarabulian, followed by welcoming remarks from Rahmad Mulyadi, Acting Executive Director of PKBI Jambi. During the discussion sessions, participants showed active and enthusiastic responses and began to grasp key concepts. Self-reflection activities also helped them recognize their potential and plan for a better future.

The resource persons for this activity Thesya, Siti Fatimah, Anggit, and Latif, staff and youth of PKBI Jambi—played a vital role in delivering the materials in an engaging and communicative manner. Post-test results showed an increase in participants' understanding of the five discussed topics, marking the success of the psychoeducational approach applied.

Digital Parenting Talkshow: Bridging Parents and Children's Digital Worlds

On the following day, Thursday, November 14, 2024, PKBI Jambi held a Digital Parenting Talkshow with the theme “Challenges and Solutions in Raising Children Amid Rapid Technological Developments.” The event took place at the Beliung Village Office and was attended by around 30 participants, consisting mainly of PKK mothers and local community members.

The Importance of Digital Parenting in the Modern Era

The digital era has made children increasingly familiar with gadgets from an early age. For this reason, digital parenting has become a key factor in ensuring that children grow up in a safe and positive digital environment.

The talkshow explored practical ways for parents to guide children in using technology wisely, including:

- Protecting children from inappropriate content
- Securing personal data
- Instilling digital ethics
- Preventing online threats
- Strengthening parent-child communication

The event was officially opened by Mr. Ali Fikri, Head of Beliung Village, and preceded by remarks from Rahmad Mulyadi, Acting Executive Director of PKBI Jambi. The speakers Sitti Fatimah, Thesya, Nia, and Maylinda (staff and youth of PKBI) delivered the materials in an interactive and relatable way.

A touching testimony came from Juna (18), a juvenile under rehabilitation at LPKA, who shared:

“We are very grateful to PKBI for providing us with knowledge about reproductive health and other information that is very useful for us.”

This testimony serves as a reminder that education is not only about knowledge it is also about hope. The series of activities organized by PKBI Jambi proves that youth involvement in outreach and education can create meaningful impacts not only for fellow young people, but also for parents and the wider community.

Authors: Rahmad Mulyadi & Eca



LEADING TODAY, FOR A HEALTHIER TOMORROW: BALINESE YOUTH IN THE INCLUSIVE HEALTH MOVEMENT

Building a healthy and inclusive city requires more than just infrastructure or complete medical services. It calls for the active participation of all layers of society especially young people. This is the driving spirit of Kisara (Kita Sayang Remaja), PKBI Bali's youth initiative, through its involvement in the national program Indonesia Healthy Cities with PRIDE (IHCP).

Youth Leading Change

Since 2023, Kisara has been entrusted as part of the IHCP consortium, an initiative that champions a youth-led approach to strengthen inclusive health services. The program focuses on crucial issues such as HIV, sexual violence, and gender and sexuality diversity, targeting vulnerable groups that have long been marginalized from safe and youth-friendly health services.



The program targets two key areas Denpasar City and Buleleng Regency and involves five universities, the Health Office, as well as various partner organizations across Indonesia. Launched in mid-2023, the program will continue through 2025 and has already shown significant progress.

A Collaborative Strategy: Campuses as Centers of Change

One of Kisara's main approaches is positioning university campuses as spaces for advocacy and education. This is done by integrating IHCP initiatives into campus policies and services, aligning with the Ministry of Education's program on addressing sexual violence. In addition, Kisara advocates for the establishment of Task Forces for the Prevention and Handling of Sexual Violence (Satgas PPKS) across campuses, as a systematic step toward creating safe and supportive learning environments.

From Safe Spaces to Spaces for Action

In this program, young people are not merely beneficiaries they are the driving force of change. A total of 30 young facilitators from both within and outside Kisara have received intensive training to become agents of change in their campuses and communities. They don't just share information; they create safe spaces for fellow youth to discuss, learn, and grow together.

Through digital campaigns, Kisara has reached over 31,000 social media users, delivering messages that are inclusive, educational, and filled with empathy.

As shared by Vanka, one of the facilitator training participants:

"This is a safe space. I am very happy to be part of this program. We are given room to discuss and share our opinions. If this program is held again, I will definitely join. It's not just about gaining knowledge, but also about building experience and empathy not to easily judge others."

Too Young to Lead? Not Anymore

Kisara believes that young people are fully capable of leading change when they are trusted and given the space to grow. This program is not only about delivering information it is about creating a social laboratory where youth sharpen their leadership, empathy, and courage in addressing complex issues.

In the implementation of IHCP, young people are granted full rights in planning and decision-making. Adults act as mentors and space-providers, not as role-takers. After all, who understands the challenges faced by adolescents better than the youth themselves?

Advancing Health Equity Amid Diversity

Through the slogan “Realizing Health Equity in the Diversity of Young People,” Kisara PKBI Bali emphasizes that a healthy city is one that listens to the voices of its youth. Health equity is not merely about medical services it is about the right of every individual, without exception, to feel safe, heard, and included.

And it all begins today with the small steps of young people who dare to dream and to act.

Authors: Doni and Sintya

GEN Z IN ACTION: YOUTH ACTIVITIES OF PKBI NORTH SUMATRA IN 2024



In 2024, the Indonesian Planned Parenthood Association (PKBI) North Sumatra received a grant through the Provincial Health Office of North Sumatra. The funds were used to run a program called “Gen Z in Action,” which continued the initiatives from the RESPOND program that ended in July 2024.

This program was carried out from July to December 2024, involving young people, volunteers, schools, and communities in a series of activities focused on education and capacity building.

Outbound Training: Building Character and Teamwork

One of the main activities was a Character Building training in the form of an outbound program, held on August 5–6, 2024 at Thong’s Inn Hotel, Deli Serdang Regency.

The training was attended by 20 participants, including youth volunteers (CMR), management staff, staff from Klinik dr. Zuleika, and HIV program staff. The goal was simple but meaningful: to strengthen relationships, build trust, and foster stronger teamwork among the group.

Training of Facilitators: Shaping Agents of Change

Another highlight was the Training of Facilitators (ToF), held on October 9–10, 2024 at the PKBI North Sumatra Hall. The training brought together 25 young participants from three schools: SMA Muhammadiyah 2 Medan, SMA Yayasan Perguruan Indonesia Membangun (YAPIM), and SMA Budi Satrya along with representatives from Kampung Baru Subdistrict and CMR volunteers. Through this training, the participants were equipped with the skills to become facilitators in their schools and communities empowering them to share knowledge, mobilize their peers, and help create healthier and more inclusive environments.

Expanding Reach Through Regular Youth Discussions

From September to December 2024, PKBI North Sumatra organized 34 regular discussion sessions involving a total of 701 young people. These sessions were held in various locations—including partner schools, assisted schools, subdistrict offices, community basecamps, and the PKBI North Sumatra Hall. Topics covered a wide range of issues relevant to youth, such as:

- Adolescent reproductive health
- Puberty
- HIV & AIDS
- Sexually transmitted infections (STIs)
- Nutrition for adolescents
- Gender-based violence
- The role of organizations and volunteerism
- The influence of social media



All sessions were facilitated by the team of youth leaders who had previously completed the Gen Z in Action training, ensuring that the discussions were engaging, youth-friendly, and impactful.

Peer Counseling Training: Strengthening Support Systems

Another key activity was the Peer Counseling Training held on December 15, 2024, at the PKBI North Sumatra Hall. The training was attended by 24 participants from CMR volunteers and three partner schools.

The focus was on building the capacity of young people to provide initial peer support, helping their friends navigate challenges and access appropriate resources when needed.

Free Pap Smear Services for Women

As part of its direct community services, PKBI North Sumatra also provided free Pap smear examinations on August 19–20, 2024 at Klinik dr. Zuleika.

The service targeted 150 women of reproductive age—who were not menstruating and had been sexually active. Participants came from Medan Maimun Subdistrict, local communities, assisted groups, and PKBI staff. This initiative not only promoted early detection of cervical cancer but also emphasized the importance of preventive healthcare for women in the community.

Author: Pra Yogi

“We are very pleased that PKBI North Sumatra has come to our school to provide reproductive health education for our students, as well as health services for both teachers and students at Kartika 1-4 School in Siantar. We hope that PKBI North Sumatra will continue to grow and remain enthusiastic in delivering services and information.”

**— Moranida Munthe, S.Si / Principal of Kartika I-4 School,
Siantar**

YOUTH AT THE FRONTLINE OF PREVENTING STUNTING IN RIAU

Stunting has often been seen as an issue limited to child nutrition and maternal health. But PKBI Riau shows that preventing stunting can go far beyond providing supplementary food. Through the PHR Peduli Stunting (PENTING) program, which ran throughout 2024, PKBI Riau introduced a fresh approach actively engaging young people as part of the solution.

Far from being mere participants, youth played an active role in key activities: supporting posyandu (community health posts) cadres in recording data, monitoring child growth and development, and even delivering education on nutrition and reproductive health to young parents. Their presence at the posyandu brought a new energy more dynamic, relatable, and engaging.



They didn't stop there. The youth also launched creative campaigns on the importance of balanced nutrition and the First 1,000 Days of Life (HPK) through social media, digital posters, educational videos, and peer-to-peer discussions in schools and local communities. Because the messages were delivered in ways that resonate with young people, they were easier to understand and remember.

Some youth even received special training to manage a Supplementary Feeding Production House (PMT). Here, they learned about infant and toddler feeding, basic nutrition, and simple entrepreneurship. The result? Beyond supporting local nutrition resilience, they also nurtured a spirit of social enterprise within their communities.

The PENTING program reached many beneficiaries: 167 toddlers experiencing or at risk of stunting, and 60 pregnant women with Chronic Energy Deficiency (KEK) received regular supplementary food. In addition, 178 posyandu cadres were trained to strengthen their capacity, and 190 posyandu were equipped with anthropometric measuring tools.

Through this participatory, community-based approach, PKBI Riau demonstrated that youth are not just the next generation, but key actors of change today. They are not only learning about nutrition and healthy parenting, but also actively engaging in real action on the ground.

This experience shows that stunting prevention is not only about medical interventions or government programs. Its success lies in cross-generational collaboration. When young people are given space to lead, they can become powerful drivers of change, bringing fresh energy to the movement for a healthier, stunting-free generation in Indonesia.

Author by: Tami

“I, H. Husni Mirza, Deputy Regent of Siak and Chair of the TPPS (Stunting Reduction Acceleration Team) of Siak Regency, would like to express my appreciation to PT Pertamina Hulu Rokan (PHR) in partnership with PKBI Riau for implementing the PHR Peduli Stunting Program in Siak Regency.

The support provided goes beyond supplementary feeding (PMT) for stunted toddlers it also includes assistance for pregnant women, as one of the keys to preventing stunting is optimizing the First 1,000 Days of Life (HPK). In addition, posyandu were equipped with health tools to improve services, enabling better monitoring of child growth and development, as well as hemoglobin (Hb) checks for pregnant women.

On behalf of the Siak Regency Government, I extend our sincere gratitude to PHR and PKBI Riau for their concrete contributions to stunting prevention and reduction efforts in Siak, especially in Kandis Subdistrict. We hope these efforts will continue to lower stunting cases, and ultimately achieve zero stunting.”



**H. Husni Merza, BBA, MM, Wakil Bupati Siak
periode 2021-2024**

FROM THE MARGINS TO THE CENTER: THE STORY OF HUMA KULA DIKA COMMUNITY IN BUILDING AN INCLUSIVE VILLAGE



In a quiet corner of Central Kalimantan, in South Mentaya Hilir Subdistrict, a slow yet steady transformation is taking place. Since 2022, PKBI Central Kalimantan has initiated an inclusive village program in Jaya Kelapa Village and Basirih Hilir Subdistrict—an effort that places diversity at the heart of an equal social life.

Through intensive mentoring, vulnerable groups such as the Huma Kula Dika gender-diverse community have begun to experience the presence of safe spaces. They are not only given a place but also a voice. Today, the community can step into public spaces, socialize, and actively participate in social, religious, and even decision-making processes alongside others. This progress reflects that inclusion is no longer just a discourse—it is becoming reality.

Members of Huma Kula Dika now feel like an integral part of society. They are able to express themselves while still respecting local norms. Their participation in major events—such as MSME fairs, the Isra Mi'raj commemoration, and the Haul Guru Asri—shows that their presence is not only accepted but celebrated.

One of the driving forces behind this change is the Family Forum, facilitated by PKBI Central Kalimantan. The forum places families as the primary support system—a space to share stories, solve problems, and spread positive information that strengthens social protection starting from home.

The impact is tangible. Community members are now able to access public services independently. They manage their own civil documents, register business identification numbers (NIB), and routinely visit health centers without needing assistance from officials. This growing confidence is a clear sign that change has taken root.

Beyond participating in social activities, Huma Kula Dika is now also shaping the direction of local development. They attend Village Consultations (Musyawarah Desa) and Subdistrict Development Planning Forums (Musrenbang) to voice the real needs of their members. For instance, they proposed tools and training in beauty services to support the 57% of members working in salons. This proposal has already been drafted and submitted through formal channels.

Cece and Leny, representatives of the community, shared their experience at the Musrenbang:

“We felt truly respected. We were welcomed to present our needs just like any other community group. Our presence was not in vain.”

This story is proof that inclusion is not only about society being open, but also about vulnerable groups finding the courage to take part. When given space, communities like Huma Kula Dika do not remain mere spectators they grow into key actors in sustainable development.

What is happening in Central Kalimantan shows that inclusive development is possible—as long as there is intention, support, and room for mutual trust.

authors: Rizqa Rahimi & Rushna Oktavanie

UNITING DIVERSITY, BREAKING STIGMA: PKBI SOUTH KALIMANTAN'S INCLUSIVE EFFORTS



In South Kalimantan, reaching out to vulnerable groups is more than just social work it's a movement bringing many stakeholders together for health and equality. Since 2016, PKBI South Kalimantan has played an active role in providing inclusive sexual and reproductive health services, especially for women sex workers (PSP). Supported by the Global Fund, PKBI operates in high-vulnerability areas, using an approach that is not only medical but also focused on restoring dignity and protecting rights.

Initially, the interventions were basic outreach, HIV testing, distributing protective tools (condoms, lubricants, educational materials). Over time, however, the program expanded to address more complex challenges in the field. Many PSP experienced gender-based violence a reality often overlooked. Thus, PKBI widened the scope of its services to include violence screening in every outreach, making the approach more holistic and humane.

What makes this change remarkable is that it isn't driven by professionals alone youth are also actively involved as volunteers. They don't just assist; they play an essential role in shaping social change. Through training and mentoring, these young volunteers have become information agents, service connectors, and community mobilizers. They bring a peer-to-peer approach that feels equal, relatable, and close to grassroots communities.

Throughout 2024, the program has shown significant progress. In four intervention areas Banjarmasin, Tanah Bumbu, Palangkaraya, and Kotawaringin Timur 2,646 women sex workers were reached. Of that number, 1,575 were referred for HIV testing, either at fixed sites or through mobile services. These figures are more than statistics; they reflect a growing community response built on trust, empathy, and a stigma-free approach.

This story demonstrates that sexual and reproductive health services cannot exist solely within clinical walls. They must be rooted in social realities, addressing inequality, violence, and discrimination that often shadow the lives of vulnerable groups. This is where PKBI South Kalimantan plays a strategic role building bridges between services and real needs on the ground.

With collaborative spirit, participatory methods, and an inclusive vision, PKBI South Kalimantan continues to lead in creating services that not only reach people but also empower them. They prove that social change begins with the courage to listen, to value others, and to bring diversity together toward one shared goal: a healthier, more aware, and more equal society.

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YOUTH NUTRITATIVE II: TEENS AS CHANGE AGENTS FOR HEALTHY NUTRITION IN SCHOOLS



Behind the cheerful spirit of the students at SMP Negeri 22 Semarang, a new awareness is growing: good nutrition is not just about food—it's about the future. This is the spirit carried by the Youth Nutritative II program, an initiative of the Youth Information and Service Center (PILAR) PKBI Central Java, which empowers young people to become drivers of a healthy eating culture in schools.

In collaboration with GAIN Indonesia and the Rise Foundation, and supported by the Semarang City Health and Education Offices, this program responds to the increasingly complex challenges of adolescent nutrition from stunting and obesity to the rising consumption of ultra-processed foods. Through a collaborative approach, the program goes beyond education to build a school ecosystem that supports eating patterns that are healthy, safe, nutritious, and affordable.

Youth as Nutrition Agents in Schools

One of the program's greatest strengths lies in the active involvement of young people themselves. A total of 25 students from SMP Negeri 22 Semarang were trained as Youth Facilitators, or "Nutrition Agents," under the name Sperolly. They were equipped with knowledge of basic nutrition, communication skills, and techniques for designing action plans.

The impact was remarkable. These facilitators became not only messengers but also catalysts for change. They shared nutrition education with more than 400 of their peers through group discussions, interactive class sessions, and creative social media campaigns. Because the messages came from friends and were delivered in fun, relatable ways, important concepts such as "Isi Piringku" (My Plate) and the "KLIK GGL" method (Check Packaging, Labels, Distribution Permits, and Sugar, Salt, Fat content) were easier to understand, remember, and put into practice.

Healthy Canteen, Healthy Environment

The transformation didn't stop in the classroom. PKBI Central Java also pushed for system-wide change within schools, especially through a Healthy Canteen Workshop that brought together teachers, canteen managers, and school administrators. Together, they designed practical solutions ranging from training canteen managers in healthy cooking to setting school policies that limit foods high in sugar, salt, and fat.

The results are already visible: students are becoming more critical in choosing snacks, school canteens are starting to provide more nutritious options, and teachers are actively supporting this movement as part of the learning system.

Nutrition as a Lifestyle

The program also extended its reach into the digital world through a social media campaign. A total of 19 creative posts were published on PILAR's official Instagram account, reaching more than 31,000 young people across different regions. These posts were not only informative but also relatable to everyday youth life covering topics from healthy snacking tips and how to read food labels, to the link between good nutrition and academic performance.


This campaign was strengthened with offline activities such as Nutrition for Achievement Actions, designed in the form of competitions, talk shows, and fun school-based education sessions. All these activities helped build a collective spirit among students and teachers that eating healthy is cool and that it brings real benefits for both health and academic success.

From Schools to Systems, From Youth for the Future

Through its holistic approach, Youth Nutritiative II proves that nutrition literacy can be built from the ground up starting with young people, supported by schools, and reinforced by policy. The program positions youth not just as beneficiaries, but as true agents of change. Most importantly, it encourages them to understand that nutrition is not just about the kitchen or mothers' responsibilities, but a fundamental right that shapes the quality of their future lives.

The success of this program highlights the strategic role of PILAR PKBI Central Java as a trusted partner in adolescent health issues, while also inspiring other regions to replicate similar approaches. Because when young people are given space and roles, big changes can start with something as simple as what's on their plate.

Authors by: Anis Sapitri and Hapsari Oktaviana



"After joining the Nutrition for Achievement Action program, I'm really happy because I learned so many new things. Now I know how to calculate BMI and recognize the risks of chronic energy deficiency (CED), so I better understand how to take care of my own health and the people around me. I also learned more about KLIK GGL (Check the Packaging, Labels, Distribution Permit Sugar, Salt, Fat) and the importance of applying the My Plate concept in daily life.

This program is truly valuable in raising awareness and encouraging healthy living habits. Thank you!" - **Alif, Student of SMP Negeri 22 Semarang, Sperolly Nutrition Ambassador**

BUILDING ACCESS, CHANGING LIVES: PKBI NORTH SULAWESI STANDS WITH THE OFTEN FORGOTTEN



Amid the many challenges vulnerable groups face in accessing reproductive health services, the Indonesian Planned Parenthood Association (PKBI) North Sulawesi has taken concrete steps to stay close to the community. Throughout 2025, the organization has implemented a wide range of educational initiatives and direct services from Comprehensive Sexuality Education (CSE) for adolescents and their caregivers, to HIV support for key populations, and assistance in cases of gender-based violence (GBV) and human rights violations.

Through an inclusive, needs-driven approach, PKBI North Sulawesi remains committed to ensuring that no one is left behind in their right to information, protection, and quality health services.

Reaching the Often Overlooked

PKBI North Sulawesi's HIV outreach program prioritizes key populations—Men who have Sex with Men (MSM), Transgender people (TG), People Who Inject Drugs (PWID), and Female Sex Workers (FSW). Field workers regularly visit hotspots in Manado, Bitung, Tomohon, Minahasa, and North Minahasa, providing direct education, building trust, and encouraging HIV testing as well as follow-up services at local health centers or referral hospitals.

Awareness of HIV self-testing remains low, particularly among high-risk groups. This is why a human-centered, participatory approach is essential not only to share information, but also to create safe spaces where people can access services without fear or stigma.

Comprehensive and Inclusive Sexuality Education

PKBI North Sulawesi also runs a four-day Training of Trainers (ToT) on Comprehensive Sexuality Education, delivered in two tracks: one for young people and another for peer educators from across the province. The program equips youth with accurate, holistic knowledge about reproductive health, the human body, healthy relationships, and protection from violence.

In addition, PKBI North Sulawesi brings reproductive health education to two major universities Sam Ratulangi University and Manado State Polytechnic as well as to disability organizations, engaging both young people with disabilities and their caregivers. These sessions not only broaden perspectives but also reinforce a simple truth: access to reproductive health information is a right for everyone, with no exceptions.

Fighting Violence, Upholding Rights

Gender-based violence (GBV) and human rights violations remain a pressing reality. To respond, PKBI North Sulawesi runs referral and case-handling services for GBV and human rights issues based in Manado. In partnership with organizations such as the Legal Aid Institute (LBH), they receive reports, provide advocacy, and ensure survivors get the fair and proper support they deserve.

A Clinic that Stays True to Its Mission


While much of their work happens in the field, the PKBI North Sulawesi Clinic in Manado continues to serve as a reliable hub for the wider community. Here, reproductive health services, counseling, and basic medical checkups are provided professionally and with respect especially for those who often face stigma in mainstream health facilities.

Turning Challenges into Action

Why does this matter? Because too many young people still receive false or incomplete information about their bodies and sexuality. Because too many vulnerable groups continue to live in fear, silence, and stigma. Because access to services is not only about distance it is about feeling accepted and valued.

PKBI North Sulawesi proves that real change begins with the courage to show up and listen. Through outreach strategies, community-based approaches, and cross-sector collaboration, they are opening pathways for marginalized communities to live healthier, safer, and more empowered lives.

Authors: Ir. Jennifer C. Mawikere & Serjio C. Saeh, SH.



"I am personally grateful to PKBI North Sulawesi for their outstanding programs, especially in empowering communities. PKBI provides excellent health education and services through its HIV prevention and treatment initiatives, while also employing people without discrimination based on gender or age. Their efforts in promoting HIV self-testing, distributing contraceptives (condoms and lubricants), and supporting cases of GBV and human rights violations truly make a difference."

– Clif Mangowal, Chairperson of Satu Hati



YOUTH IN ACTION, REAL IMPACT: PKBI ACEH AND UNICEF COLLABORATE FOR INNOVATIVE HEALTH SOLUTIONS

Youth are not merely the next generation they are agents of change today. With this spirit, PKBI Aceh, in collaboration with UNICEF, has been running a major program from October 2023 to May 2024 to strengthen maternal, newborn, and child health services, while also promoting meaningful participation of adolescents and young people even in times of disaster or health crises.

The program has reached various districts across Aceh Province, including Banda Aceh, Aceh Besar, Pidie, Bireuen, North Aceh, and East Aceh.



Its focus goes beyond improving the quality of primary and secondary health services: it also creates wide-open opportunities for young people to become part of the solution.

Improving Maternal and Newborn Health Services

One of the program's key priorities is strengthening maternal and newborn health services. This includes implementing Maternal and Perinatal Death Surveillance and Response (MPDSR) as well as Quality Improvement (QI) within health facilities.

Efforts focus on strengthening and building the capacity of MPDSR teams at both provincial and district levels. At the same time, community health centers (puskesmas) receive mentoring to provide better care for low birth weight (LBW) infants, including those born to mothers with HIV, Syphilis, and Hepatitis B. This mentoring is designed to ensure that health facilities are ready to deliver comprehensive services—from prevention to advanced care.

Preventing and Treating Childhood Illnesses at the Grassroots Level

To improve the quality of child health services, the program also promotes stronger services at puskesmas, particularly through the IMCI-PSBI approach (Integrated Management of Childhood Illness Possible Serious Bacterial Infection). Health workers receive direct On-the-Job Training (OJT) to enhance their practical skills. In addition, systems for recording and reporting child health data are being reinforced to ensure greater accuracy and sustainability.

The program also reaches families by providing education on proper home care for infants and young children. Equally important, screening and management of Tuberculosis (TB) in children is being strengthened at the community level, while also promoting primary healthcare policies and systems that prioritize prevention and community-based TB care.

Improving Maternal and Newborn Health Services

One of the program's main focuses is strengthening maternal and newborn health services. This approach includes the implementation of Maternal and Perinatal Death Surveillance and Response (MPDSR) as well as Quality Improvement (QI) within health facilities.

Efforts are made to strengthen and build the capacity of MPDSR teams at both provincial and district levels. At the same time, community health centers (puskesmas) receive mentoring to provide better care for low birth weight (LBW) infants, including those born to mothers with HIV, Syphilis, or Hepatitis B. This support ensures that health facilities are prepared to deliver comprehensive services—from prevention to advanced care.

Preventing and Treating Childhood Illnesses at the Grassroots Level

To improve the quality of child health services, the program also strengthens primary healthcare delivery through the IMCI-PSBI approach (Integrated Management of Childhood Illness – Possible Serious Bacterial Infection). Health workers receive hands-on On-the-Job Training (OJT) to enhance their practical skills. In parallel, data recording and reporting systems for child health services are improved to ensure accuracy and sustainability.

The program also reaches families by providing education on proper home care for infants and young children. Equally important, screening and management of Tuberculosis (TB) in children is reinforced at the community level, while also promoting primary healthcare policies and systems that prioritize prevention and community-based TB care.

Voices from the Field: Changing Lives through Adolescent Health Posts

The impact of this program has been felt directly by many, including young people at the Juvenile Rehabilitation Center (LPKA). Ns. Rizky Marissa, S.Kep, shared her testimony on how the Adolescent Health Post (Posyandu Remaja) training carried out by PKBI successfully raised awareness among youth about the importance of health.

The incarcerated adolescents, who were trained as health post cadres, now have a deeper understanding of reproductive health, broader perspectives, and the ability to find solutions to the health challenges they face. They have become more aware of their own bodies and futures.

A New Direction for Child and Adolescent Health in Aceh

The collaboration between PKBI Aceh and UNICEF is more than just a program it is a movement. This movement demonstrates that when young people are given space and trust, they do not simply act they create impact.

The future of child and adolescent health in Aceh is now moving toward being more inclusive, creative, and sustainable.

Authors by: Wanti & Nissa

“With PKBI providing adolescent health post (Posyandu Remaja) training and involving the youth at LPKA as cadres, the program has been very helpful. The role of the health post within LPKA enables these young cadres to gain better knowledge about health and greatly benefits the incarcerated adolescents in exploring adolescent health issues more deeply. Through their roles, the cadres also develop a stronger understanding of reproductive health issues. Once they gain this knowledge, they become more insightful in finding solutions and in learning what health concerns are most important at their age—making them more aware and attentive to their own health.”

**— Staff of the Juvenile Rehabilitation Center (LPKA) Class II
Banda Aceh**



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