



Association for
Development Cooperation
www.aktionregen.at

KNOWLEDGE AS A CHANCE!

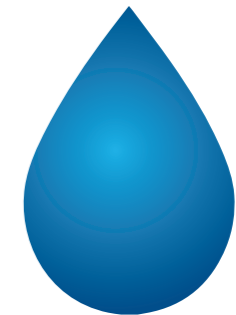
WORKSHOP MATERIALS ON

- Family Planning
- Reproductive Health
- HIV/AIDS Prevention
- Protection against FGM



This manual is dedicated to all our RAIN WORKERS who have successfully completed the AKTION REGEN training course and who through their engagement bring knowledge and motivation on the topic of family planning to the people in their countries.

THANK YOU FOR YOUR EFFORTS!



This manual belongs to:

Name

IMPRINT:

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We deeply apologize if we have missed something.

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Dear Rain Worker!

Thank you for your desire to become a Rain Worker!

I especially want to thank you, if this wish comes deep from your heart and you are aware of how important your commitment is and how important it is to pass on your knowledge to your surroundings.

Thereby it is not so important that you remember all the medical details, but that you pass on your learned knowledge in a motivated way. Your most important task is to convince your fellow human beings that they can achieve a healthy, beautiful, happy and peaceful life if their goal is the small, healthy family!

Yours, Dr. Maria Hengstberger

Dr. Maria Hengstberger, an Austrian gynaecologist and development worker has founded the Aktion Regen in 1989.



Mother's Love

- Fountain Of Great Families & Generations
- An Eagle's Eye That See's Far & Beyond
- Fountain Of Love & Compassion. Suppresses Sorrow, Comforts & Uplifts
- An Alternative Ear Which Listens To The Silent Cry.
- Stirs Up The Waves Of Ambitions & Expectancy
- A Well Of Counsel & Understanding. Brings Fallen Heroes Back To Life
- Heart Cry Of Every Child. Strengthens The Hopeless & Fainted In Spirit.
- A Song That All Creations Sing Loud.

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AKTION REGEN

In 1989, **Aktion Regen**, an Austrian association for development cooperation, was founded by **Dr. Maria Hengstberger**, a gynaecologist and development worker. The word “REGEN” (rain) symbolizes the knowledge, which has to reach the roots in order to improve the living conditions of those in need.

Aktion Regen has been committed to raise awareness and educate people about:

- 💧 Family planning
- 💧 Sexual and reproductive health
- 💧 Safe motherhood
- 💧 Mother and Child-Health
- 💧 HIV/AIDS
- 💧 Female Genital Mutilation (FGM)

Aktion Regen works according to the following **motto**:

EDUCATION Aktion Regen

- » Offers training courses which are tailor made for the individual need,
- » provides illustrative materials and pictures/graphics/charts,
- » has specific tools which are easily understood.

MOTIVATION Aktion Regen

- » Gives reason to empowerment and self-determination,
- » encourages/strengthens girls and women,
- » underlines the role of men in family planning.

INNOVATION Aktion Regen

- » Contributes to good health and well-being,
- » promotes gender equality,
- » reduces poverty and fosters prosperity.

If women AND men take over responsibility and participate actively in family planning, the easier it is to establish gender equality and subsequently a good life!

Family planning establishes and maintains prosperity, gender justice, and finally peace!

Family planning is a key element in reducing poverty!



INTRO- DUCTION

Rain Worker Training Program

Under the motto **“KNOWLEDGE AS A CHANCE”** workshops are held by qualified doctors and peer educators for interested people who are already working in the social, education and health sector.

The participants who finish the training program become so called RAIN WORKERS.



Rain Workers are counselors for body awareness and sexual and reproductive health!

Rain Workers serve as a bridge between experts and people!

Rain Workers spread their knowledge!

ACTIVITY FIELDS OF RAIN WORKERS



Sustainable Development Goals (SDGs)

Ending poverty, protecting the planet and ensuring prosperity for all!

The **Sustainable Development Goals** (SDGs) have been adopted by all United Nations Member States in 2015. The 17 goals seek to end poverty, ensure prosperity for all and protect the planet. They are an urgent call for action by ALL countries in a global partnership!

The AKTION REGEN program pursues the following SDG goals:

1. No poverty
2. Zero hunger
3. Good health and well-being
4. Quality education
5. Gender equality
17. Partnerships for reaching the goals



With Family Planning you can assure mutual Love in your family, Health, Peace, enough Food/Water and Education. Family Planning therefore is the key element in reaching goal number one – NO POVERTY!

SUSTAINABLE DEVELOPMENT GOALS



Fertility in Africa

“Africa’s high birth rate is keeping the continent poor”

(The Economist 22.09.2018)

In 2019, the fertility rate in Sub Saharan Africa was around 5 children per woman. In Europe, the average fertility rate is 1.6 children per woman, compared to a global average of 2.5 children.

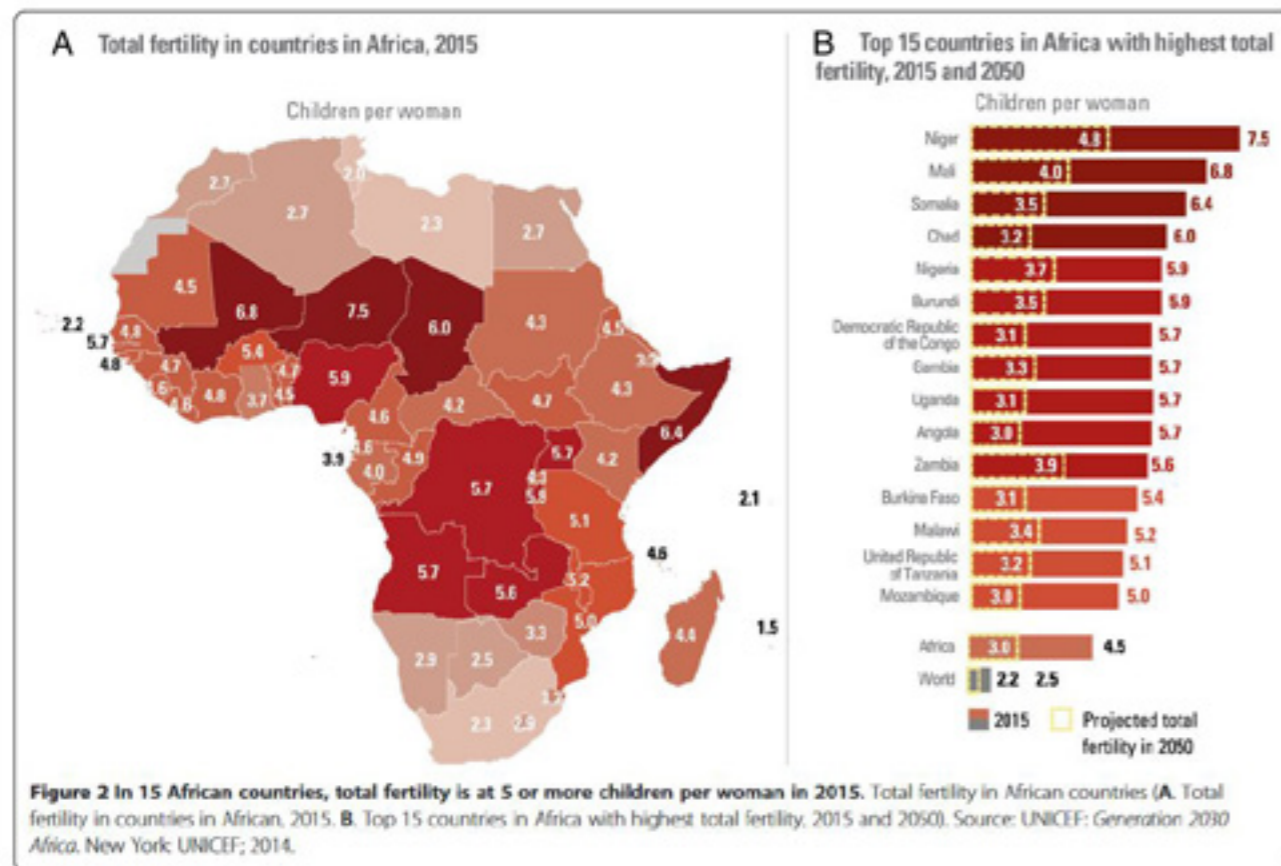


Figure 2 In 15 African countries, total fertility is at 5 or more children per woman in 2015. Total fertility in African countries (A. Total fertility in countries in African, 2015. B. Top 15 countries in Africa with highest total fertility, 2015 and 2050). Source: UNICEF: Generation 2030 Africa. New York: UNICEF; 2014.

The population of Africa grows rapidly:

- » The current population of Africa is five times its size in 1950!
- » Its inhabitants will double from 1.2 billion to 2.4 billion until 2050.
- » Many of the fastest growing populations are in the poorest countries, where population growth brings additional challenges in the effort to eradicate poverty, achieve greater equality, combat hunger and malnutrition and strengthen health and education systems.

Overpopulation

Human overpopulation is when there are too many people for the environment to sustain with food, drinkable water, breathable air, resources, etc.



© Lauren Manning

CONSEQUENCES OF OVERPOPULATION

- ♦ Exhaustion of natural resources
- ♦ Environmental destruction
- ♦ Shortage of food and water
- ♦ Increasing poverty
- ♦ Crime, social revolt, conflicts

Worldwide population growth is almost entirely due to developing countries. Three factors play a significant role:

» The young age structure of the population

Nearly half of the African population is under 15 years old. All of them are coming into reproductive age.

» More than two children per couple

If a couple has two children the population remains stable. If a couple has four, five, six, or even more children, the population of a country will double or be three times more within one generation!

» 43% of all pregnancies in countries of the Global South are unwanted

Although contraceptives are often available, many people do not use them since religious and/or traditional prejudices hinder them.

OVERPOPULATION



@howMany.org

ALL THREE VARIABLES CAN BE INFLUENCED BY FAMILY PLANNING!

Overpopulation is one of the biggest challenges humanity is facing and threatens the near future of the planet in economic, environmental and social terms!

Questions and discussions

- What has family planning to do with achieving the SDGs such as eradicating poverty, primary education for all, gender equality, improving mother's and child's health, and protection of the environment?
- Think of your family/your society/your country: How many children do you have? How many children do women usually have in your country? Can you see a correlation between families with many children and their well-being and prosperity?
- How can family planning solve the problem of overpopulation?
- How can family planning have a positive impact on your personal life – on the community – the development of the country?
- Find good and convincing arguments why fewer children will have a positive impact on our future!



**FAMILY
PLANNING**