



## **Dance4Life, Educational Strategy**

Optimizing safe sex education to help young adults  
to make healthy and informed decisions

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# Dance4Life, Educational Strategy

The mission at Dance4Life is to decrease three of the biggest sexual threats facing young adults: HIV, unwanted pregnancy and sexual violence. After years of developing and implementing successful programmes worldwide, the organisation decided to review their educational model and come up with an updated strategy to maximize their core expertise. Butterfly Works led a design research process, in collaboration with UvA, Dance4Life trainers and students, to identify strengths, weaknesses and opportunities to enhance the program.

## The Challenge

### Giving young boys and girls the confidence to take control over their sexual well-being

*Inspire, educate, activate and celebrate.* These are the pillars Dance4Life has used to encourage young people to challenge social norms and adopt safe and healthy sexual behavior. The educational pillar made use of an existing partner curriculum, which was taught by both teachers and peer educators. Because peer education is central to the Dance4Life model, Butterfly Works was asked to evaluate and strengthen the impact of peer learning. We conducted design research with the pedagogical department of UvA (University of Amsterdam) to determine the challenges of this approach and to find ways to move forward.

## Our Method

### Engaging peer trainers and students in the design research process

We initiated our research with the Dance4Life team survey to determine the core values of the program. During a desk research phase, we examined existing research to understand the success factors of Comprehensive Sexuality Education. By combining both general sexual education success factors and the Dance4Life core values, we had a solid foundation to facilitate design research to evaluate the existing model. We launched an exploration lab, our own participatory

research tool, that turns end users into researchers. The exploration lab was conducted in four countries (Indonesia, Kenya, Russia and Ghana), bringing together youth and peer educators.

## The Result

### Launching a new curriculum for youth empowerment

We took the findings from the survey, desk research and exploration lab to generate strategic advice and the practical tools needed to put this advice into action. During the annual Dance4Life meeting, we presented our outcomes and led the group through a team exercise to reflect upon the findings. We offered our strategic advice to provide peer educators with additional teacher training or to adjust the format so that trainers take on more of a facilitator role than educator role. A year after we delivered our report, Dance4Life co-created a new curriculum called Journey4Life together with young people to place greater emphasis on personal growth, individual needs and reaffirming power.

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<b>About</b>	Education, SRHR
<b>Location</b>	Indonesia, Kenya, Russia, Ghana
<b>Partners</b>	dance4life, UvA, Dance4Life youth and trainers
<b>Period</b>	2016
<b>Services</b>	Design research
<b>Outcomes</b>	participatory design research, strategic advise

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