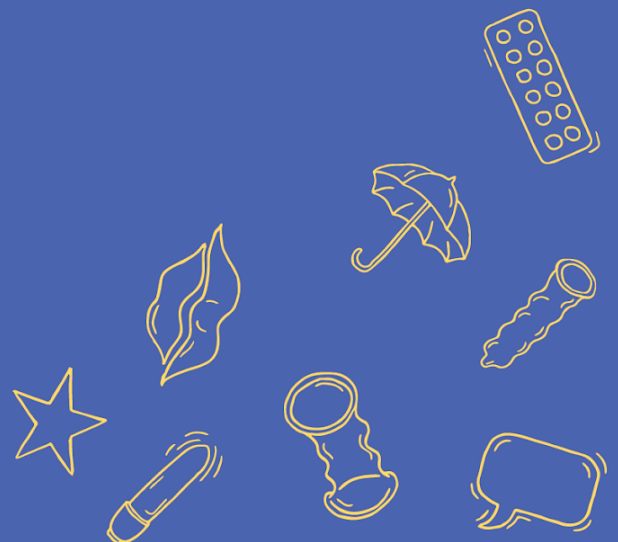




YSAFE Annual Report

2024



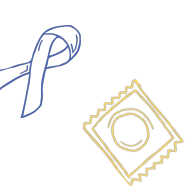


Table of Contents

Foreword	3
Steering Committee and Youth Networker.....	5
Podcast.....	7
Regional Youth Forum.....	10
Key External events.....	11
European Week of Action for Girls (EWAG), 2024.....	11
#AWorldWhere pop-up museum.....	11
YIELD Hub Live Event, 2024.....	12
YSAFE Projects.....	12
Small Projects grants.....	12





Foreword



What made 2024 an important year for SRHR and Youth?

2024 was a pivotal year for youth involvement in SRHR across Europe and Central Asia. In 2024 the role of youth advocates became more crucial than ever. At the same time, new spaces were opened for young people to shape conversations, lead projects, and represent their communities at national, regional, and global levels.

For YSAFE, 2024 was not only a year of political significance — it was also a year of structural and strategic transition. The recruitment of a new Youth Networker and the upcoming election of a new Steering Committee were major shifts that could have led to a period of inactivity. Instead, our network responded with

unity and purpose. With support from the IPPF EN Architects of Cooperation, the current Steering Committee extended its mandate to ensure continuity, and together we committed to maintaining an active, visible, and meaningful youth presence throughout the year.

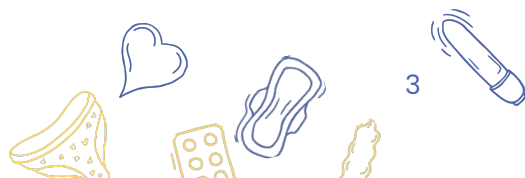
What were the main themes of 2024 when it comes to your engagement in YSAFE?

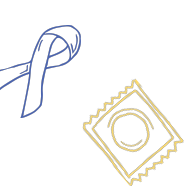
In 2024, our work in YSAFE was shaped by the themes of **youth leadership, community engagement, and visibility**. One of the most impactful projects was the fourth season of our youth-led podcast *Sex Positivitea*, which tackled issues like CSE, mental health, body image, endometriosis, and youth-led advocacy. The podcast not only brought educational content to new audiences, but it also gave a platform to the voices and lived experiences of young people in our network — ensuring that SRHR conversations remained inclusive, relatable, and relevant.

Another key moment was the **Regional Youth Forum** in Lisbon, where we connected, exchanged knowledge, and co-created new strategies. The forum also laid the groundwork for a youth-led research project on CSE, with the guiding question: “How/What/From whom do young people want to learn?” It was a powerful reminder of how young people are not only participants in change — they are the ones designing it.

Throughout the year, we worked to increase YSAFE’s digital presence, share youth-led narratives, and amplify the work of our network. Whether through social media, collaborative campaigns, or digital tools, we focused on making our work more visible, more accessible, and more engaging to young people across the region.

If 2024 taught us anything, it’s that **youth-led change is sustainable when it’s supported, interconnected, and values-driven**. We learned the importance of flexible structures — of being able to adapt quickly to change while staying rooted in our values. We learned that transitions are not pauses; they’re opportunities to reflect, grow, and imagine new possibilities. And most of all, we learned that even during uncertain times, when young

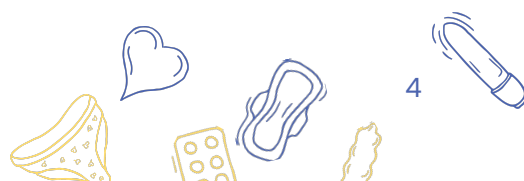




people are trusted with responsibility and given the tools to lead, they rise to the challenge with creativity, care, and courage.

As we move into 2025 with a new Steering Committee and a renewed sense of purpose, we carry with us the experiences, collaborations, and lessons of this past year. YSAFE will continue to be a space where youth lead boldly, challenge the status quo, and shape a future where SRHR is a right — not a privilege.

Erbol Tiukebaev - Reproductive Health Alliance of Kyrgyzstan (RHAK)





Steering Committee and Youth Networker

2024 was a year of transition for the YSAFE Network and its Steering Committee. While the recruitment process for a new Youth Networker was underway, the existing Steering Committee remained in place. To ensure continuity and maintain a minimum level of activity, their mandate was extended until the end of 2024, with additional support from the Architects of Cooperation at IPPF EN.

The Steering Committee plays a crucial role in guiding the strategic direction of YSAFE. It consists of dedicated youth advocates who oversee key areas such as advocacy, partnerships, internal and external communications. Their work ensures that YSAFE remains an active and effective network, amplifying youth voices in the field of Sexual and Reproductive Health and Rights.

The 2024 Steering Committee was comprised of the following members:



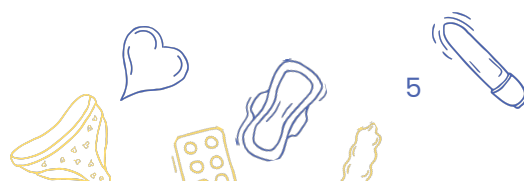
Līna Putāne, Chair (she/her): Lina is from the Latvian Member Association “Papardes zieds” where she is a board member, a volunteer and the youth volunteer coordinator. Within the Steering Committee, Līna has been leading the work of the partnerships and advocacy task force while also spearheading a new project on youth-lead research on CSE. As the chair, her responsibilities include representing the network in internal and external events and conferences and strengthening smooth cooperation and work within the Steering Committee



Azra Mehmedovic, Vice-Chair: Azra is a youth advocate with IPD from Sarajevo, Bosnia and Herzegovina, and Vice-Chair of the YSAFE Steering Committee. She is an integral part of the *Sex Positivitea with YSAFE* podcast project and plays a key role in representing the network at events and conferences. Her leadership helps maintain effective cooperation within the Steering Committee.



Dameli Tileshpayeva (she/her): Dameli is an SRHR youth advocate and peer educator from the Kazakhstan Association on Sexual and Reproductive Health (KMPA). She served as the lead of the Internal Communications Task Force, ensuring efficient communication among YSAFE members. She is also actively involved in the #AWorldWhere Campaign of Countdown 2030 Europe and the EWAG youth advocacy group. Additionally, she leads digital sex education projects on SRHR in Kazakhstan.





Erbol Tiukebaev (he/him): Erbol is a passionate advocate for SRHR and a peer educator with the Kyrgyzstan Association on Sexual and Reproductive Health and Rights (RHAK). As the lead of the External Communications Task Force, he worked to enhance YSAFE's visibility across various social media platforms, ensuring the network's messages reached a wider audience



Iphigenia Kamarotou, Youth Networker (she/her): Iphi joined IPPF as a Youth Networker in September 2024. She is an activist, youth worker, and campaigner with extensive experience working in gender equality, development, and youth empowerment.

Following the Regional Youth Forum in Lisbon, where interest was gathered for new Steering Committee positions, elections took place in late 2024. The newly elected Steering Committee officially assumed their roles in January 2025, ready to continue strengthening and advancing YSAFE's mission.





Podcast

The fourth season of *Sex Positivitea*, the youth-led podcast produced by YSAFE, continues to engage listeners with critical discussions on sexual and reproductive health and rights (SRHR), mental health, and feminist activism. This season brings fresh topics, inspiring youth-led initiatives, and diverse voices from across Europe and Central Asia. As a platform for young people to discuss issues that directly impact them, *Sex Positivitea* has maintained its commitment to providing valuable and accessible content to youth everywhere.

Season 4 of the *Sex Positivitea* podcast has been a significant milestone in our journey to educate and empower youth on sexual and reproductive health, mental health, and related topics. This season was filled with insightful discussions, expert guests, and, most importantly, a deeper connection with our audience. We've continued to break down stigma, bust myths, and provide valuable, evidence-based information, all while keeping the tone light and relatable for our target audience of young people.



Key Highlights of Season 4:

1. Increased Engagement and Reach:

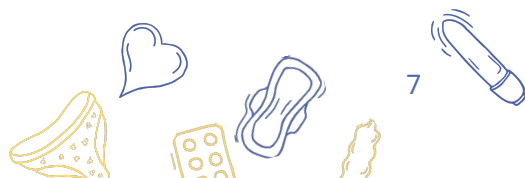
- This season saw a notable increase in both listenership and social media engagement. We connected with youth from across different regions, and the feedback has been overwhelmingly positive.
- We received numerous messages from listeners, particularly on platforms like Instagram and Twitter, with requests for specific topics, questions for our guests, and thanks for opening up challenging conversations.

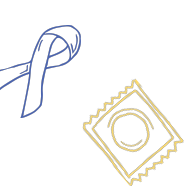
2. Diverse Guest Speakers:

- Season 4 featured a mix of expert voices, including psychologists, sexual and reproductive health advocates, and young activists working on the frontlines of SRHR.
-

3. Youth-Led Projects:

- In line with our mission to amplify youth voices, we dedicated episodes to discussing youth-led SRHR projects, with a special focus on those





spearheaded by members of YSAFE. These episodes provided a platform for young activists to share their initiatives and the challenges they face, contributing to a broader conversation on how youth are driving change in SRHR globally.

4. **Interactive Episodes and Audience Participation:**

- One of the new elements we introduced this season was interactive episodes where we answered listener-submitted questions. These questions were collected via social media and email, covering everything from self-care in sexual health to navigating relationships in the digital age.

Challenges:

- As with any season, there were a few logistical challenges, particularly around scheduling with international guests. However, these were swiftly overcome, and the final product was well worth the wait.
- We also had to ensure that our content remained sensitive to cultural differences while being inclusive of diverse sexual experiences. Striking the right balance between educational material and approachable, youth-friendly language proved to be a consistent challenge, but one we met head-on.

Plans for Future Seasons:

- Looking ahead, we plan to introduce more guest interviews, including experts in LGBTQ+ rights, mental health, and global SRHR policies.
- We're also considering a mini-series format where we dive deep into specific topics like "Sexual Empowerment" and "Reproductive Rights in Crisis Zones," providing in-depth analysis and fostering a global dialogue.
- Another exciting initiative is collaborating with international youth networks to create a more global, intersectional perspective on SRHR issues.



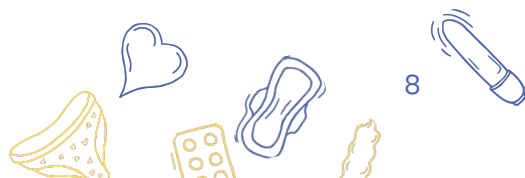
In this season, *Sex Positivitea* covers an array of timely and relevant topics that matter to today's youth:

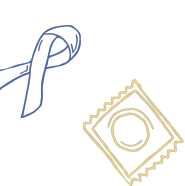
1. **Youth-Led Projects Across Europe and Central Asia**

This season highlights the power of youth-led projects, showcasing inspiring stories of young activists who are creating change in their communities. These activists are challenging social norms, advocating for SRHR, and taking leadership roles in advancing gender equality. Click here to listen to the episodes about projects in [Kazakhstan](#), [Serbia](#), [Bulgaria](#) and [Spain](#).

2. **Comprehensive Sexuality Education (CSE): Why It Matters**

Comprehensive sexuality education continues to be a central theme this season,





emphasizing why it is crucial for youth to have access to CSE, both within formal education systems and through non-formal, sex-positive spaces. The podcast explores how CSE empowers young people with the knowledge and tools to make informed decisions about their health and relationships. Here you will find [an intergenerational dialogue](#) on the importance of CSE.

3. **Eating Disorders: Myths vs. Realities**

The podcast takes a deep dive into the topic of eating disorders, breaking down common myths and highlighting the lived experiences of those affected. [This episode](#) seeks to challenge societal beauty standards and foster a more compassionate and realistic understanding of mental health related to body image.

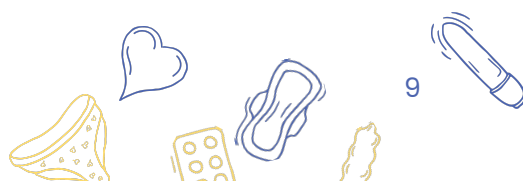
4. **Endometriosis: The Lived Experience**

This season also sheds light on endometriosis, a condition often underrepresented in mainstream discussions. [Through this candid conversation](#), YSAFers with lived experiences of endometriosis share their story raising awareness about the challenges of living with the condition and the importance of providing better support for those affected.

Conclusion

Season 4 of *Sex Positivitea* has been an incredible success, marked by increased engagement, diverse discussions, and impactful stories. We've continued to break down barriers and open conversations that matter to young people around the world. The feedback has been overwhelmingly positive, and we are more motivated than ever to continue expanding the conversation on sexual and reproductive health, mental health, and youth empowerment. We're excited for the future of the podcast and for the opportunity to continue amplifying youth voices in the SRHR movement.

Azra Mehmedovic - Institute for Population and Development (IPDBiH)





Regional Youth Forum



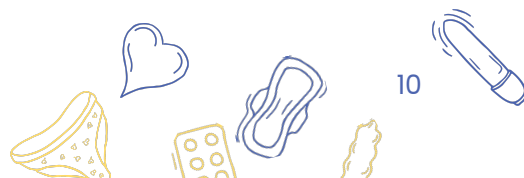
A testimony by Nino Maisuradze, YSAFER from HERA XXI (Georgia) The Youth Forum took place in Lisbon, Portugal, 25–26th of October 2024 as part of a larger Regional Forum organized by IPPF EN. The entire Regional Forum was a space very open to youth participation, in which YSAFERs had the opportunity to express their opinions on key topics regarding e.g. The Gender Policy of IPPF, the identity and values of the federation etc. After the closure of the Regional Forum, 28 youth members from the MAs and CPs stayed for the

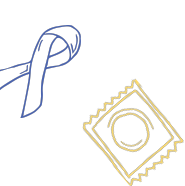
Youth Forum. In the testimony below, Nino (Youth Representative from HERA XXI) speaks about the event's agenda, but also its importance for young participants.

"Looking back, I clearly remember the feeling of excitement as I was about to meet young people from various countries, but with shared values and interests. The Regional Youth Forum was a space where we got to know each other closely, discussed our barriers regarding SRHR and CSE, and best practices that we could implement in our MA youth groups. We started off with the presentations of the activities of all youth groups represented in the Event, each of which was more and more interesting as we went in depth. This was followed by a living library, which created more of an open space for discussion of Small Project Grants. Sharing the outcomes of each activity contributed to innovative ideas for the next project call. While presenting my MA's project, I was trying my best to inspire others, and in return, I got inspired by their perspectives.

The second day was as interactive as the first one. We mainly concentrated on how YSAFE can expand its approach and launched a CSE Mapping Project, which can help us as a network to dive deep into young people's requirements regarding receiving quality CSE. To me, the opportunity to collaborate and discover new possibilities or values that YSAFE can bring to active youth was a chance of a lifetime. It was that time when I decided that I wanted to be involved more at an international level and signed up to join the Steering Committee of YSAFE, which was one of the best decisions I made in my life."

Nino Maisuradze, HERA XXI





Key External events

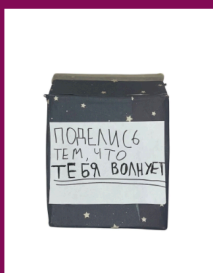
European Week of Action for Girls (EWAG), 2024



Dameli and Viktoria as YSAFers took part in the **European Week of Action for Girls (EWAG) 2024**, bringing youth voices directly to the heart of EU decision-making. As part of the EWAG Takeover, Dameli shadowed MEP Benedetta Scuderi for a day, joining meetings, learning about European Parliament and Committee on Women's Rights and Gender Equality (FEMM), and sharing her insights as a youth advocate for sexual and reproductive health and rights (SRHR) and comprehensive sexuality education (CSE). Meanwhile, Viktoria, from the Bulgarian Member Association, took part in high-level events at the Parliament, meeting with MEPs and other decision-makers to advocate for girls' rights and gender equality

#AWorldWhere pop-up museum

In 2024, Dameli took part in the Welcome to the #AWorldWhere pop-up museum — a global digital exhibition exploring what sexual and reproductive freedom means around the world. Dameli Tileshepayeva, a youth advocate from Kazakhstan, shared her perspective through a featured exhibit: a question box designed for young people to anonymously



Dameli Tileshepayeva |
Young advocate for sexual and reproductive health and rights, Kazakhstan

Box in which young people can submit questions about relationship and sexuality during youth-led peer education sessions

[Read More](#)

submit questions about relationships and sexuality during youth-led peer education sessions.





YIELD Hub Live Event, 2024.

On 8 March 2024, Dameli participated in the Instagram Live event "Count Her In!: Invest in Women and Youth" hosted by YIELD Hub, where she, as an SRHR youth advocate of C2030 Europe and YSAFE SC member, together with Karen Melchior, Member of European Parliament.

YSAFE Projects

Small Projects grants

In 2023, YSAFE funded **seven small project grants**, all implemented in 2024, empowering youth-led initiatives across Europe and Central Asia. These projects tackled critical topics in sexual and reproductive health and rights (SRHR) with creativity and care.

TartynbaFest, by **Kazakhstan and Kyrgyzstan** youth groups, created an inclusive festival platform to engage young people in conversations around gender, mental health, and sexuality through interactive art, music, and workshops.



One Click Away is a project implemented by the **Bulgarian youth group**. It focused on digital mental health support. The BFPA youth team developed an online platform offering free access to mental healthcare for young people, especially those struggling to find inclusive, non-judgmental SRHR services. The project included awareness campaigns and promoted self-help tools in a youth-friendly way.



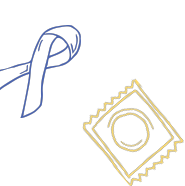
Believe in Consent - Consentimiento (Spain) was led by SEDRA-FPFE. The team mapped the reality of abortion access across Spain and, through a comms campaign highlighted gaps between law and practice. Alongside, they ran workshops on consent, targeting young people to break myths, build knowledge, and promote bodily autonomy.



Decriminalizing Abortion was also a key focus for Pro Familia's youth team in **Germany**. Through youth-centered campaigns, workshops, and storytelling spaces, they advocated for the full decriminalization of abortion and pushed for policy change grounded in the lived realities of young people.

Youth for Youth was a project implemented in **Georgia**. It featured six key activities, including a Regional Youth Forum, a





two-day training on communication and advocacy, and various advocacy campaigns. The project also produced a series of TV spots titled "Alternative Opinion" and developed advocacy fact sheets.



Breaking Taboos through Social Theater in Serbia. The project created four CSE theatre scenarios for youth from marginalized groups. Ten trained volunteers and five additional youth helped develop and deliver sessions. A total of 30 sessions were held, both in-person and online. The project ended with a knowledge-sharing event to raise awareness and support future CSE efforts.

Lastly, **an inclusive education toolkit**, was developed in **Estonia** from the youth group of ESHA. The young activists partnered with the Estonian Medical Students' Association (EstMSA) to develop and pilot an LGBTQI+ inclusive education toolkit, which received strong support from students and teachers, ensuring its continued use and refinement.

Dameli Tileshpayeva - Kazakhstan association on sexual and reproductive health (KMPA)



Metric	2024 Value
Number of MA Youth Groups	8
Number of External Partners	7
Direct Project Beneficiaries	672
Indirect Beneficiaries	260,500+

