

**Aim:** The aim of workshops is not simply conveying information about health and risks. The trainers should influence young people's values towards healthy options in ways which have as much appeal and attraction as the allure of the risk taking alternatives. For example, in considering health educational messages to cut down the incidence of unprotected casual sex in young people, traditional approaches which centre on urging general sexual restraint, are unlikely to be successful. Such approaches fail to address the reality and motivation of risk-taking behaviour in young people.

**Activities:** During the period from 2004 till our days hundreds of trainings have been performed.

1) The methodology of gender sensitive training games «The World of Girls and Women» and «The World of Men» created by SALUS trainers' team - to provide in playful way full, correct and comprehensive information on issues that are key for young people: sexual and reproductive health and rights, family planning, gender equality, violence, HIV and STIs, healthy life style, right choices in life, relations, some legal aspects of their lives and other. «The World of Men» training has been adjusted in 2004 with support of Elton John Foundation. «The World of Girls and Women» has been created in 2006 with support of Ukrainian Women Foundation.

2) The methodology of training exercise «When And How To Say NO» designed by SALUS trainers' team - to teach young people (especially girls) in playful way the basic skills of assertiveness, dignity, self-respect and respect to others, the ways to escape and solve conflict situations. The main objective of the training – visualisation of the gender and violence issues for young women (15-22) with the help of innovative interactive training methodologies. The training was created in 2010 with support of Feminist Review Trust (Great Britain).

3) The innovative approach to problems of violence within adolescents has been introduced and approbated in Lviv region and Western Ukraine since 2005 within the EU project "Development of Network of Innovating Social Services in UKRAINE for Women Victims of Trafficking". The project was developed in partnership with Secours Catholique Caritas France, ALC and Caritas Ukraine thanks to the support of the TACIS IBPP program. It was implemented in 2004-2005. Using the experience of ALC organization (France) "Grain de Sable" project was designed as a global programme for the prevention of violence to adolescent boys and girls. The project was of big success and of great demand in Ukraine. The recommendations and tutorial manual for educators have been developed.

Besides above mentioned interactive methodologies, SALUS Foundation has had extensive experience in providing health education concerning sexually transmitted infections (STIs) and HIV/AIDS prevention in Lviv and Lviv Region. As a result of this experience the organization has developed many professional and lay contacts.

In spring 2009 SALUS participated in pilot project of International AIDS Alliance in developing of the «Living Libraries». The «Living Libraries» were first launched in Ukraine thus SALUS gained a unique experience. More than 1000 participants took part in over 15 «Living Libraries» held in Lviv region. The most popular alive «books» were: HIV-positive woman, gay, disabled person, social outreach worker. The informational materials have been distributed within the action. Over 600 persons passed the HIV-tests due to «Living Libraries» motivation. As the result of the activities the informational level and the rate of tolerance within youth has increased by 9% and within adults – by 5%.

In 2001-2003 several Ukrainian NGOs participated in EU-USA project on HIV prevention among youth. The methodology of cascade trainings was used. The good partnership relations have been established.

The Community Centers for vulnerable groups (mostly women and girls) exist in 5 cities and were supported by different donors (UNICEF, International Alliance on HIV/AIDS in Ukraine, All-Ukrainian Network of PLWH).

**Conclusions:** The methodology of interactive trainings has proved its efficiency and success. The main objective of the trainings have been reached. They were as following:

- Increasing informational and educational level of participants,
- Popularization and teaching educators of innovative methods working with youth
- Forming tolerant attitude towards people living with HIV/AIDS and other vulnerable groups, fight with stigma and discrimination in the society
- Promotion of the healthy life style, informed decision making, responsibility towards own health and the health of others, decrease risk behavior
- Respect for moral and human values

While designing the programme of workshops and developing information materials for the project team and trainers will apply the main key points:

- Clear, realistic and measurable objectives
- Start with what young people already know and think
- Convey clear and accurate information
- Challenge and correct misinformation and prejudice
- Avoidance of over-reliance on mass media methods
- Use the language and imagery of youth
- Education sensitive to individual background and culture
- Personalise the risks
- Use fear appeals with caution
- Encourage appropriate use of legislation and political measures

The successes and outcomes of the projects are used and further developed: reintegration assistant and medical services, crisis Centre for persons in crisis situation, training seminars against domestic violence, introduction of sexual education for children, HIV and STIs preventive education for youth, fight stigma and discrimination of vulnerable towards HIV/AIDS groups in technical schools, "ART Against AIDS" program, "Living Library", "Mobile Ambulance" – motivation of youth to pass tests on HIV.

Liuba Ceban

**Crizele adolescenței ca si oportunități de dezvoltare personală**

Adolescența este o perioadă frumoasă în care copilul începe să experimenteze intens realitățile tentante ale vieții adulte. Totodată perioada aceasta de tranziție întâmpină familia, școala, societatea, cât și însuși copilul cu diferite provocări. Aceste momente complicate pot fi privite ca și un cadru de formare a personalității sau pot crea traume, ce vor avea ecouri pe parcursul vieții.

Calitățile importante, pe care își poate forma copilul în această perioadă sunt rezistența individuală în fața stresului și responsabilitatea pentru a avea grijă de sine, inclusiv și de stările sale emoționale.

Însă extremele luptelor adulților pentru menținerea autorității și luptelor adolescentului pentru așa numita de ei libertate pot absorbi și pierde din vizor prioritatea vârstei adolescenței: dezvoltarea personală a adolescentului, pregătirea lui pentru viața adultă.

Înțelegerea particularităților raportării la autoritate și libertate permite evitarea transformării celei mai frumoase vârste cu oportunități imense de formare individuală într-un teren continuu de lupte, cu trăiri emoționale grele de izolare, neajutorare, disperare și chiar ideea de suicidară.

Marea majoritate a adolescenților, care solicită susținere emoțională la Linia Verde pentru Prevenirea Suicidului, sunt în continuare căutare după ghidare și cadru pozitiv, în care ar putea procesa stările individuale și învăța cum să facă față dificultăților și stărilor emoționale, cu care se confruntă. Perioada adolescenței este o perioadă de învățare, formare a caracterului și dezvoltare personală, iar adolescenții și adulții ar fi bine să țină cont de aceasta.

**Cuvinte cheie:** adolescența, părinți de adolescenți, lucratori cu adolescenți, rezistența, responsabilitatea, reziliența, provocările relației părinte-copil, părinte-adolescent

**Adriane Martin Hilber**  
**REVIEW OF GLOBAL EVIDENCE ON EFFECTIVE HEALTH SERVICES AND COMPREHENSIVE SEXUALITY EDUCATION FOR ADOLESCENTS**  
**Swiss TPH, Doctor**

The world has more young people than ever before and a large number of them are adolescents between the ages of 10-19 in least developed countries. Today's young women and men have growing aspirations and many strive for better education, good health care and jobs to support themselves and their families.

Adolescents and youth face many health issues such as early pregnancy and childbirth, sexually transmitted infections, substance abuse, malnutrition and obesity, and unintentional injuries. Young peoples' rights have advanced, but building on the achievements and safeguarding these rights - particularly reproductive health rights and the rights of adolescent girls and young women - remains a major challenge.

The evidence on what works and does not work globally to foster the health and rights of young people is evolving. Thanks to an increased emphasis on high-quality monitoring and evaluation practices in recent years, we now know that a number of approaches in adolescent sexual and reproductive health (ASRH), some of which were promoted and implemented by global leaders in this field, do not fully meet their objectives. Other interventions are emerging, especially in the field of youth-friendly health services and comprehensive sexuality education, and show promising results, calling for a more global commitment and resources. We will present the latest evidence on which approaches have had an impact on young people's health and reflect on the necessary conditions for their implementation.

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ИСХОДЫ ЛЕЧЕНИЯ АНОМАЛЬНЫХ МАТОЧНЫХ КРОВОТЕЧЕНИЙ ПУБЕРТАТНОГО ПЕРИОДА  
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Проблема аномальных маточных кровотечений (АМК) в период полового созревания имеет довольно длительную историю изучения, однако и до сих пор привлекает пристальное внимание детских гинекологов, многие аспекты этой проблемы остаются недостаточно изученными и не в полной мере расшифрованными. Одним из таких вопросов является тактика лечения пациенток с АМК. Назначать ли сразу гормональный гемостаз, как принято в западных странах или пытаться достичь гемостаза негормональными средствами.

**Цель:** выяснение последствий применения гормональной и негормональной терапии у больных с аномальными маточными кровотечениями.

**Пациенты и методы.** Под наблюдением находилось 196 девочек-подростков в возрасте от 11 до 18 лет с АМК. Они были распределены на две группы. I гр. составили 131 девочка с впервые возникшим эпизодом кровотечения, II гр. - 65 девочек с рецидивирующим течением заболевания. У всех пациенток был достигнут гемостаз. Катамнестические наблюдения составили от 6 месяцев до 3-5 лет.

**Результаты и их обсуждение.** В процессе динамического наблюдения (от 1 до 3-5 лет) установлено, что у пациенток, у которых гемостаз был достигнут при применении расширенного арсенала негормональных препаратов, восстановление ритмичности и продолжительности менструального цикла происходит достоверно чаще, чем при использовании гормонотерапии. Так, при наблюдении удельный вес девушек с ритмичным менструальным циклом при дополнительном назначении мефенаминовой кислоты увеличивался в 1,2-1,3 раза и составлял на третьем году наблюдения 63-67 % в зависимости от клинического течения. Существенно уменьшался процент больных с рецидивами кровотечений. При использовании гормонального гемостаза мы ожидали восстановления менструальной функции в динамике наблюдения - так называемый „rebound effect” на отмену гормональных препаратов. Однако мы этого не обнаружили. Напротив, при