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**Adolescent well-being: cross-cutting findings**

**The invisibility of adolescents within the SDGs**

This GAGE report highlights the need for urgent action to address the limited visibility of young people in the SDG indicators, providing key priority actions in order to meet the SDGs.

‘A central pillar of Agenda 2030 is the pledge to “leave no one behind” – a pledge which must not be viewed as a separate course of action, but intrinsic to the achievement of the Agenda as a whole. Moreover, the United Nations (UN) member states made a commitment to reach those furthest behind first, and to fast-track them within the global agenda (United Nations, 2015). Nearly five years into implementation, and as the Inter-Agency and Expert Group on Sustainable Development Goal Indicators (IAEG-SDGs) prepares for the 2020 Comprehensive Review, we must consider progress against this pledge. Though the UN Statistical Commission (2019) has highlighted data disaggregation as a key priority, the indicator framework is not delivering sufficient granularity on age and gender differences to be able to measure progress among particular groups. With only 18 SDG indicators explicitly calling for disaggregation by gender and adolescent- or youth-specific age categories, too little data has been accrued on young girls’ and boys’ lives, which means that their specific needs and vulnerabilities remain largely invisible to policy and programme designers. Although the years between age 10 and 19 are increasingly recognised as a critical time in which to accelerate progress against poverty, inequity and discrimination and to foster positive development trajectories, this is not matched by global data generated across the SDGs. In the lead-up to the 2020 Comprehensive Review, we present recommendations to bridge this critical gap and highlight the ways in which young people should be considered more explicitly in order to deliver on the promise of the SDGs.’


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**Adolescent well-being in Jordan: exploring gendered capabilities, contexts and change strategies**

This GAGE synthesis report presents the findings from our baseline research in Jordan concerning adolescent girls’ and boys’ capabilities across the six key capability domains.

‘Situated at the crossroads of the Middle East and North Africa (MENA), Jordan has a long history of hosting the region’s refugees. Beginning with Palestine refugees in 1948, followed by Iraqi refugees in the 1990s and, since 2011, accepting hundreds of thousands of Syrians fleeing both drought and civil war, it is estimated that of Jordan’s approximately 10 million inhabitants, 1 in 3 is a refugee. Of those, more than 2 million are Palestinian (United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA), 2019b), just over 860,000 are Syrian, and nearly 100,000 are from Iraq, Yemen and Sudan (UNHCR, 2019). While the country is ranked ‘high’ in terms of human development (United Nations Development Programme (UNDP), 2019), Jordan has faced significant economic and social challenges in seeking to absorb its large refugee population. Drawing on GAGE’s mixed-methods research in Jordan, this report synthesises findings about adolescent girls’ and boys’ capabilities across six key domains: (1) education and learning; (2) health, nutrition, and sexual and reproductive health (SRH); (3) bodily integrity and freedom from violence; (4) psychosocial well-being; (5) voice and agency; and (6) economic empowerment. It concludes with policy and programming implications viewed through a multidimensional capability lens. GAGE is working in five governorates in Jordan – Amman, Mafraq, Irbid, Zarqa and Jerash – where most of the Syrian refugee population live. In order to explore the complexity of adolescent realities in refugee and host communities, we spread our sample across three very different contexts: host communities, informal tented settlements (ITSs), and United Nations (UN) refugee camps.’
Twice invisible: accounting for internally displaced children

This report presents global, regional and national estimates of the number of internally displaced children associated with violence and conflict and the impacts such displacement has on children.

‘Internally displaced children are twice invisible in global and national data. First, because internally displaced people of all ages are often unaccounted for. Second, because age-disaggregation of any kind of data is limited, and even more so for IDPs. This report presents the first estimates of the number of children living in internal displacement triggered by conflict and violence at the regional and national levels. It also presents some of the impacts of internal displacement children experience more often than adults, and it looks at policies and practices from around the world to identify options for supporting and protecting internally displaced children.’


Missing persons: refugees left out and left behind in the SDGs

This report highlights that adolescent refugees are consistently overlooked in SDG progress reports and excluded from national development planning, and offers recommendations on how to tackle this ‘SDG refugee gap’.

‘In 2015, 193 UN Member States came together to agree to a shared agenda for peace and prosperity. This agenda was centered on 17 Sustainable Development Goals (SDGs) to be achieved by all countries by 2030, coupled with a commitment to Leave No One Behind. At the 2019 SDG Summit, UN Member States will make their first comprehensive assessment towards achieving the goals. In 2018, the IRC and Overseas Development Institute sounded the alarm about how far fragile states were falling behind. The results were staggering: Four out of five fragile and conflict-affected states are off track to meet the SDGs. This year, the IRC took a closer look at how refugees in particular—given their concentration in fragile contexts and their unique vulnerabilities—are faring in relation to national populations. We found that 25.9 million refugees are being left out and left behind in the SDGs. Refugees are excluded from SDG-related data collection, monitoring frameworks, national reporting, and national development plans. Of 42 countries that submitted 2019 Voluntary National Reviews—an optional self-assessment of national progress toward SDGs—just 13 mentioned refugees as meriting specific attention. Not one VNR includes data on refugees to measure their progress towards the SDGs. Where there is data on refugees’ well-being, we found a bleak picture of their progress. In Lebanon, nearly 70 percent of Syrian refugees live below the national poverty line, compared to 26 percent of their Lebanese peers. In Ethiopia, just six percent of Eritrean children have reached reading fluency by grade 4, compared to 15 percent of Ethiopian children’.


For every child, every right: the Convention on the Rights of the Child at a crossroads

Together with illustrating the achievements and progress the world has made on children's rights, this report outlines selected issues requiring urgent attention and argues for the need for all stakeholders to increase their efforts and fulfil the promise of the CRC.

‘On 20 November 1989, the United Nations General Assembly adopted the Convention on the Rights of the Child, a landmark achievement that has since become the world’s most widely ratified human rights treaty. The Convention sets
strict standards for signatory governments to protect the rights of every child. Published in connection with the 30th anniversary of the Convention, this report is intended as an advocacy tool to both celebrate the achievements of the past three decades and generate dialogue on the critical work that remains – especially for children who have been left behind. Based on the latest available data, the report outlines a selected set of issues that need urgent attention. It also advocates for all stakeholders to recommit to the Convention, stepping up their efforts to fulfill its promise in the next 30 years. Where there is political will and determination, the report concludes, children's lives and well-being will improve.'


‘Even though I am blind, I am still human!’: the neglect of adolescents with disabilities’ human rights in conflict-affected contexts

This paper draws on GAGE’s qualitative research in Jordan and Palestine and explores the neglect of adolescents with disabilities in conflict-affected settings.

‘Drawing on qualitative research undertaken with adolescents with disabilities from refugee and host communities in Jordan and the State of Palestine, this article critically interrogates the framing of child neglect, which to date has situated the state as a protector rather than a perpetrator, the narrow understanding of adolescent needs and the responsibility of international actors for ensuring that the full range of human rights of adolescents with disabilities is supported. We frame our findings on adolescent neglect through a multidimensional capabilities lens and argue that although both adolescence as a distinct lifecycle stage and the rights of persons with disabilities have moved up the development agenda, adolescents with disabilities remain largely invisible, and especially so in conflict-affected contexts. Our findings highlight that adolescents with disabilities have limited access to schooling, skills building for economic empowerment and healthcare, due to accessibility challenges, cost and highly limited specialist provisioning. Moreover, adolescents with disabilities also have very little access to psychosocial support or opportunities to develop the independence which is a hallmark of adolescence and critical for successful transitions into early adulthood. Rather than working to meet those needs, the government and UN agencies tasked with provisioning in conflict-affected areas continue to miss opportunities to link young people with disabilities to existent services and tend to rely on NGOs to deliver small-scale, time-bound programming rather than assuming responsibility for appropriate programming at scale.’


The lives they lead: exploring the capabilities of Bangladeshi and Rohingya adolescents in Cox’s Bazar, Bangladesh

This GAGE brief presents mixed-methods data collected from Bangladeshi and Rohingya adolescent boys and girls in Cox’s Bazar, and summarises key findings across six main capability domains.

‘Since August 2017, more than 700,000 Rohingya crossed the border into Bangladesh, joining another half million that made similar journeys in previous years to escape decades of systematic discrimination and human rights violations in Myanmar. The nearly three-quarters of a million refugees who arrived in the autumn of 2017 – over half of whom were children under the age of 18 – have predominantly settled into 32 camps located in two flood-prone sub-districts of Cox’s Bazar, which is situated in Chittagong Division along Bangladesh’s border with Myanmar. These two sub-districts (Ukhia and Teknaf) now have populations that are 76% and 29% refugees respectively. In Cox’s Bazar, GAGE partnered with researchers from Yale University and the World Bank to implement the Cox’s Bazar Panel Survey (CBPS) in order to provide accurate data to humanitarian and government stakeholders involved in the response to the influx of refugees. Following the GAGE conceptual framework, we present brief headline findings across six core capability domains: education and
learning, health and nutrition, bodily integrity and freedom from age- and gender-based violence, psychosocial well-being, voice and agency, and economic empowerment and social protection. Future rounds of data collection will explore the experiences of adolescents in refugee and host communities over time.


### Education and learning

**Does non-formal education have lasting effects?**

This article explores the criteria necessary for non-formal education programmes to have long-lasting success across different contexts.

‘Non-formal education programmes to boost young people’s development are increasingly common in the Global South. There is clear evidence of short-term impacts but much less is known about how far they lead to lasting change. Longitudinal studies from the Global North provide insights into the long-term effects of participation in extra-curricular programmes, sometimes decades into adulthood, highlighting long-term educational, economic and mental health benefits. We compare insights concerning the nature and effects of these programmes in different contexts and reflect on transferable lessons. Impacts tend to be longest lasting where programmes build life-skills and connection to others in the community, are delivered by skilled facilitators with significant inputs from young people, and where young people participate for an extended period of time. We found a considerably stronger emphasis on gender equality in Southern programmes, a gap that Northern programmes are starting to fill.’

A gender-equitable school index for secondary schools in Nepal and beyond
This GAGE policy note illustrates the impacts that a gender-equitable school index for secondary schools can have on improving girls’ retention rates in school.

‘In Nepal, a complex set of interrelated social and structural barriers contribute to girls’ greater dropout, especially when they reach secondary school. These barriers include restrictions on girls’ movement during menstruation and lack of access to menstrual supplies due to taboos. These barriers not only prevent girls from attending school consistently, but also result in lower performance in exams compared to boys. Son preference is also widespread, which means that families are less likely to invest in their daughters’ education – particularly in poorer communities that rely on agricultural production, with which girls can help. Early marriage and pregnancy are also correlated with girls’ school dropout rates. Girls do not tend to marry while still studying, but because many families encourage early marriage, even in childhood, girls may come under pressure to leave school to do so. These issues present a number of challenges for development interventions concerned with promoting adolescent girls’ retention and performance in school. Drawing on data from research in Nepal, this policy note explores how a gender equitable school index for secondary schools could inform a multifaceted approach to developing the policies, programmes and infrastructure necessary for adolescent girls to stay in school – and reap the benefits it can provide, for themselves and their families.’


‘Maybe that’s how they learned in the past, but we don’t learn like this today’: youth perspectives on violent discipline in Lebanon’s public schools
This article illustrates the connection between poverty and violent discipline in Lebanon’s urban public schools to understand the intersection of violence in schools.

‘This paper explores students’ experiences of violent school discipline in three urban public schools in Lebanon. Despite being banned by Lebanon’s Ministry of Education and Higher Education, violent discipline, including corporal punishment and verbal humiliation, emerged repeatedly from student accounts as a key barrier to school engagement. Drawing on ethnographic data and a conceptual framework informed by postcolonial and critical peace research, we consider the interaction of various forms of violence in students’ experiences of schooling and embed these within Lebanon’s larger sociohistoric, legal, and policy contexts. The findings point to linkages between poverty and violent discipline, suggesting a schema for understanding the intersection of violence in schools.’


Bodily integrity and freedom from violence
Adolescent bodily integrity and freedom from violence in Chittagong, Bangladesh
This GAGE policy note presents the findings from our research on adolescent boys and girls in Chittagong, Bangladesh and focuses on age- and gender-based violence, child marriage and corporal punishment.

‘Most Bangladeshi adolescents have experienced at least one form of age- or gender-based violence. Levels of corporal punishment remain high, in schools and in homes, and boys are at risk of physical violence from peers and adults. Sexual harassment and assault is endemic, and one of the most influential factors shaping girls’ lives. While child marriage appears to be declining, this is uneven, and increasing fears for girls’ safety could potentially reverse this trend, as has happened in the Rohingya refugee camps. Reducing adolescents’ vulnerability to these threats depends not on legal frameworks, which already exist, but on more effective law enforcement. The trust that adolescents and their families have that the law will be upheld is threatened by the increasingly politicised nature of the legal system, particularly in slums,”
where mastaans (gangsters) mediate access to services (Devine and Wood, 2017). This brief discusses adolescents’ experiences of gender-based violence, child marriage, sexual harassment, physical and sexual violence, psychological and emotional violence, online violence, corporal punishment and bullying. It draws on evidence from GAGE (Gender and Adolescence: Global Evidence) – a unique longitudinal mixed-methods research and impact evaluation study focused on what works to support the development of adolescents’ capabilities during the second decade of life (10–19 years) (GAGE consortium, 2019 forthcoming).


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**What works to prevent violence against women and girls in conflict and humanitarian crisis: synthesis brief**

This report develops on the learning and information gaps presented in the 2016 report to provide an up-to-date state of evidence on violence against women and girls in conflict in addition to recommendations for further research areas, policy and programming.

‘Violence against women and girls (VAWG) is an important human rights concern and a pervasive issue affecting women and girls during times of conflict and humanitarian crisis. Over the last five years, the What Works to Prevent Violence Against Women and Girls research programme, funded by UK Aid, has been conducting research to expand the international community’s knowledge around VAWG and the effectiveness of programmes that seek to prevent and respond to this violence. This new brief synthesises the key results of What Works studies as well as other findings from contemporaneous research efforts published since 2015. It aims to provide an up-to-date resource for practitioners, policymakers and researchers on the state of evidence on VAWG in conflict and humanitarian settings and makes recommendations for VAWG policy, programming, and future research priorities.’


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**Child marriage: a form of violence against children**

This brief from Girls Not Brides summarises the current situation of child marriage and its harmful consequences, calls on governments to protect girls from the violence associated with early marriage and presents the Out of The Shadows Index to highlight gaps and good practices to address child sexual abuse.

‘Child marriage disproportionately affects girls around the world and denies their fundamental rights to health, safety, and education. Girls who are married before 18 are more likely to suffer from intimate partner violence, including sexual, physical, psychological and emotional violence.’


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**Interventions to reduce gender-based violence among young people living with or affected by HIV/AIDS in low-income and middle-income countries**

This study highlights that while sexual health and social empowerment interventions and gender sensitisation may be effective for gender-based violence (GBV) exposure and attitudes, such interventions saw no reduction in the perpetration of GBV.

‘This study explored the effectiveness of gender-based violence (GBV) interventions on young people living with or affected by HIV in low- and middle-income countries (LMICs). We pre-registered a protocol, then searched 13 databases
and grey literature. We screened randomized and quasi-experimental studies (n = 2199) of young people (aged 10-24) living with or affected by HIV in LMICs. Outcomes were GBV and/or GBV-related attitudes. We appraised the data for risk of bias and quality of evidence. Narrative syntheses and multilevel random effects meta-analyses were conducted. We included 18 studies evaluating 21 interventions. Intervention arms were categorized as: sexual health and social empowerment (SHSE; n = 7); SHSE combined with economic strengthening (n = 4); self-defence (n = 3); safer schools (n = 2); economic strengthening only (n = 2); GBV sensitization (n = 2) and safer schools and parenting (n = 1). Risk of bias was moderate/high and quality of evidence low. Narrative syntheses indicated promising effects on GBV exposure, but no or mixed effects on GBV perpetration and attitudes for self-defence and GBV sensitization interventions. Safer school interventions showed no effects. For SHSE interventions and SHSE combined with economic strengthening, meta-analyses showed a small reduction in GBV exposure but not perpetration. Economic-only interventions had no overall effect. SHSE, SHSE plus and self-defence and gender sensitization interventions may be effective for GBV exposure and GBV-related attitudes but not for GBV perpetration. However, the quality of evidence is poor. Future intervention research must include both boys and girls, adolescents living with HIV and key populations.


Exploring the role of evolving gender norms in shaping adolescents’ experiences of violence in pastoralist Afar, Ethiopia

This chapter explores how to tackle the social norms that encourage gender- and age-based violence in one of Ethiopia’s most disadvantaged regions – rural Afar – and argues that a detailed analysis of the gendered and generational experiences of violence is necessary to provide services tailored to local realities and specific vulnerabilities.

‘There is a growing recognition that social norms play a key role in perpetuating gender- and age-based violence, and that tackling social norms must be an integral component of prevention and response interventions to ensure meaningful progress towards the ambitious targets of eliminating gender-based violence (Sustainable Development Goal [SDG] Target 5.2) and violence against children (SDG 16.2) by 2030. However, existing research often fails to adequately capture life-course and context-specific complexities. To explore these challenges, this chapter focuses on adolescents’ vulnerabilities to violence in Afar, one of the Ethiopia’s most disadvantaged regions. Drawing on findings from the Gender and Adolescence: Global Evidence (GAGE) mixed-methods 2018 baseline research, and using a socio-ecological framework, the chapter highlights that while the patterning of violence experienced by adolescent girls and boys is shifting across generations at the micro-level, gender- and age-related social norms remain deeply entrenched in both migrating and settled pastoralist communities. At the meso-level, institutional barriers to addressing adolescents’ experiences of violence include a lack of basic infrastructure, a dearth of confidential reporting spaces, limited adolescent- and gender-friendly personnel within the police and justice sectors, and poor coordination. At the macro-level, the chapter underscores the significant disconnect between Ethiopia’s progressive national policies and adolescents’ experiences of violence, reflected in the availability and quality of prevention and response services. The chapter concludes that to adequately tailor services to local realities and tackle adolescents’ specific vulnerabilities, a fine-grained analysis of the gendered and generational experiences of violence in its diverse forms is critical.’

Safety first: time to deliver on commitments to women and girls in crisis

This report from the International Rescue Committee highlights the extremely high rates of sexual violence experienced by refugee and displaced women and girls and the lack of funding on GBV prevention.

‘Gender Based Violence is a global epidemic. The IRC estimates that 14 million refugees and displaced women and girls were subjected to sexual violence in 2019. However less than 0.2% of all global humanitarian funding between 2016-2018 was allocated to GBV prevention and response, and women and girls are often invisible in country’s action plans for the Sustainable Development Goals. This report highlights some of the links between GBV and key SDGs to show where GBV prevention and response needs to be integrated across sectors to address the double disadvantage faced by women and girls in crisis.’


Sexual and reproductive health

Sexual and reproductive health and rights: an essential element of universal health coverage

This background document for the Nairobi Summit on ICPD25 illustrates a comprehensive life course approach to sexual and reproductive rights that is cost-effective and affordable and promotes sexual and reproductive health and rights (SRHR) as an essential part of universal health coverage.

‘The Nairobi Summit on ICPD25 provided an opportunity to complete the unfinished business of the International Conference on Population and Development Programme of Action and also a chance to commit to a forward-looking sexual and reproductive health and rights agenda to meet the Sustainable Development Goals and targets by 2030. This background document for the Nairobi Summit on ICPD25 was conceived from the international commitments of several governments and organizations and in the context of the adoption of the Political Declaration of the High-Level Meeting on universal health coverage (A/74/RES/2) in 2019. Its purpose is to define and describe the key components of a comprehensive life course approach to sexual and reproductive health and rights. Furthermore, the ambition is to describe how countries can move towards universal access to sexual and reproductive health and rights as an essential part of universal health coverage and to provide inspiring examples from countries that have moved in this direction.’


‘Motherhood in childhood’: generational change in Ethiopia

This article explores the concept of marriage and motherhood in the current changing social and economic context in Ethiopia and argues that structural inequalities must be addressed.

‘This article explores the changing place of ‘motherhood’ in the lives of girls and young women in Ethiopia, from a generational, life course perspective. It focuses on ‘motherhood in childhood’ in the context of rapid social change, drawing on multi-generational narratives from young women, their mothers and grandmothers, as part of Young Lives, a fifteen-year study that has traced the life trajectories of a group of girls growing up in poverty. Marriage and motherhood in childhood in past generations was the norm but has increasingly come to be seen as incompatible with the expectations for modern female childhood. A growing discourse of female empowerment suggests significant expansion of ‘choice’ for girls, but closer inspection of girls’ lived experiences of marriage and motherhood suggests a more complex, uneven, picture. Girls face multiple, sometimes contradictory messages regarding the kinds of respectable life paths they should pursue. Their sense of expanded horizons in childhood is easily diminished when they become young mothers, highlighting the persistent influence of poverty and the feminisation of reproductive roles and the ambiguous nature of their agency across time.’
Interventions to reach married adolescents for increased contraceptive use in Niger

This technical brief from Pathfinder highlights the implementation and lessons learned from a project designed to increase contraceptive use among young married adolescent girls.

‘During adolescence and youth, individuals experience significant physical, emotional, and social changes. Notably, they begin to explore their sexuality. Sociocultural and structural barriers often make sexual and reproductive health and support services unavailable to adolescents and youth at a time when they need them most. This is particularly true for young, married adolescent girls in Niger—a country with the highest rate of early marriage and among the highest rates of adolescent fertility in the world. In 2016, Pathfinder International began implementation of the Bill & Melinda Gates Foundation-funded Reaching Married Adolescents—a project that draws upon past Pathfinder global experience to increase contraceptive uptake among married adolescents in Niger. The project intends to build upon past lessons learned by generating evidence on how these interventions work in the Nigerien context, the relative effectiveness of three different intervention approaches, and the cost effectiveness of these interventions. This technical brief explores the project’s strategy, experience, and findings, and offers lessons learned from Niger’s first cluster, randomized-controlled trial of interventions designed to increase contraceptive use among young, married adolescent girls.’


Adolescent women with unintended pregnancy in low- and middle-income countries: reasons for discontinuation of contraception

This study explores the contraceptive methods behind unintended pregnancies and the reasons for discontinuing use, arguing that long-acting contraceptive methods would have prevented the overwhelming majoring of unintended pregnancies.

‘Study Objective: To investigate the reasons for discontinuation of the last contraceptive method used among adolescent women with a current unintended pregnancy. Design: Demographic and Health, Cross Sectional, Surveys (DHS). Setting: 35 low- and middle-income countries. Participants: 2,173 girls aged 15-19 years with a current unintended pregnancy, selected by a multistage cluster random sampling method. Interventions: A questionnaire administered by trained interviewers, which included socio-demographic as well as individual maternal and contraceptive history was used to collect data. Main Outcome Measure(s): The prevalence of contraception utilization and the contribution of each reason for contraceptive discontinuation before the current unintended pregnancies. Results: Almost three fourth of adolescent women was not using any contraception prior to the current unintended pregnancy, and less than 1 in 100 was using a long-acting modern method. Among girls who last used a traditional method, 74.0% discontinued due to failure. Among girls who last used a long-acting modern method, 63.6% discontinued because of health concerns and side effect. Conclusion: This study highlights that around 80.0% of adolescent women with an unintended pregnancy in 35 low and middle-income countries were either non-users or using traditional methods. An additional 20.4% were using short-acting modern method. Long-acting methods would have prevented the overwhelming majority of unintended pregnancies, including the vast numbers from contraceptive failure.’

Health and nutrition

The state of the world’s children 2019: children, food and nutrition: growing well in a changing world

This report provides new data on the impact of malnutrition in undermining the potential of children, highlighting the triple burden which threatens the development of children, women and economies and perpetuates poverty across generations.

‘For the first time in 20 years, UNICEF’s flagship report examines the issue of children, food and nutrition, providing a fresh perspective on a rapidly evolving challenge. This 2019 edition of The State of the World’s Children (SOWC) examines the issue of children, food and nutrition, providing a fresh perspective on a rapidly evolving challenge. Despite progress in the past two decades, one third of children under age 5 are malnourished – stunted, wasted or overweight – while two thirds are at risk of malnutrition and hidden hunger because of the poor quality of their diets. At the center of this challenge is a broken food system that fails to provide children with the diets they need to grow healthy. This report also provides new data and analyses of malnutrition in the 21st century and outlines recommendations to put children’s rights at the heart of food systems.’


Nutritional status from 1 to 15 years and adolescent learning for boys and girls in Ethiopia, India, Peru, and Vietnam

This report examines the connections between children’s nutrition and adolescent cognitive development to show how these relationships, in some contexts, vary by gender and disadvantage girls.

‘There has been little examination of: (1) associations of early-life nutrition and adolescent cognitive skills, (2) if they vary by gender, (3) if they differ by diverse contexts, and (4) contributions of post-infancy growth to adolescent cognitive attainment. We use Young Lives data on 7687 children from Ethiopia, India, Peru, and Vietnam to undertake ordinary least squares estimates of associations between age-1 height-for-age z-score (HAZ) and age-15 cognitive outcomes (math, reading, vocabulary), controlling for child and household factors. Age-1 HAZ is positively associated with cognitive scores in all countries. Child gender-specific estimates for these coefficients either do not differ (math, reading) or favor girls (vocabulary). Augmenting models to include growth in HAZ between ages 1 and 15 years that was not predicted by HAZ at age 1 reveals that such improvements are associated with higher cognitive scores, but that sex-specific coefficients for this predictor favor boys in India and Peru. The results suggest that nutritional indicators at age 1 have gender-neutral associations with math and reading and favor girls for vocabulary achievement at age 15, but unpredicted improvements in HAZ by adolescence are associated with higher cognitive scores for boys than for girls. This evidence enriches our understanding of relationships between children’s nutritional trajectories during childhood and adolescent cognitive development, and how these associations vary by gender in some contexts to the possible disadvantage of girls.’


Global trends in insufficient physical activity among adolescents: a pooled analysis of 298 population-based surveys with 1.6 million participants

This article highlights the urgent need to scale up implementation to increase physical activity among adolescents. This will require interventions on the multiple causes and inequities perpetuating the low participation of adolescents, including gender differences.

‘Physical activity has many health benefits for young people...We describe current prevalence and trends of insufficient physical activity among school-going adolescents aged 11–17 years by country, region, and globally. We did a pooled analysis of cross-sectional survey data that were collected through random sampling with a sample size of at least 100
individuals, were representative of a national or defined subnational population, and reported prevalence of insufficient physical activity by sex in adolescents... We estimated the prevalence of insufficient physical activity in school-going adolescents aged 11–17 years (combined and by sex) for individual countries, for four World Bank income groups, nine regions, and globally for the years 2001–16... We used data from 298 school-based surveys from 146 countries, territories, and areas including 1.6 million students aged 11–17 years. Globally, in 2016, 81.0% (95% uncertainty interval 77.8–87.7) of students aged 11–17 years were insufficiently physically active (77.6% [76.1–80.4] of boys and 84.7% [83.0–88.2] of girls). Although prevalence of insufficient physical activity significantly decreased between 2001 and 2016 for boys (from 80.1% [78.3–81.6] in 2001), there was no significant change for girls (from 85.1% [83.1–88.0] in 2001). There was no clear pattern according to country income group: insufficient activity prevalence in 2016 was 84.9% (82.6–88.2) in low-income countries, 79.3% (77.2–87.5) in lower–middle-income countries, 83.9% (79.5–89.2) in middle–high-income countries, and 79.4% (74.0–86.2) in high-income countries. The region with the highest prevalence of insufficient activity in 2016 was high-income Asia Pacific for both boys (89.0%, 62.8–92.2) and girls (95.6%, 73.7–97.9). The regions with the lowest prevalence were high-income western countries for boys (72.1%, 71.1–73.6), and south Asia for girls (77.5%, 72.8–89.3). In 2016, 27 countries had a prevalence of insufficient activity of 90% or more for girls, whereas this was the case for two countries for boys.... Investment and leadership at all levels to intervene on the multiple causes and inequities that might perpetuate the low participation in physical activity and sex differences, as well as engagement of youth themselves, will be vital to strengthen the opportunities for physical activity in all communities."


Psychosocial well-being

Do restrictive gender attitudes and norms influence physical and mental health during very young adolescence? Evidence from Bangladesh and Ethiopia

This article uses GAGE data and finds significant association between restrictive gender attitudes and physical and mental health in Ethiopia and Bangladesh during adolescence. The article outlines the need to consider restrictive attitudes and norms in policies designed to improve adolescent health.

‘Adolescence is seen as a window of opportunity for intervention but also as a time during which restrictive gender attitudes and norms become more salient. This increasingly gendered world has the potential to profoundly influence adolescents’ capabilities, including their physical and mental health. Using quantitative data on 6,500 young adolescents (10–12) from the Gender and Adolescence: Global Evidence (GAGE) program, this paper analyses the association between restrictive gender attitudes (RGAs) at the individual level and restrictive gender norms (RGNs) at the community level and physical and mental health in Bangladesh and Ethiopia. We find significant associations between RGAs and RGNs and height-for-age z-scores, body mass index z-scores, self-reported health, adolescent hunger, psychological well-being, and self-esteem. We find no relationship between RGAs or RGNs and illness. We also find heterogeneity across country and urbanicity. We find surprisingly limited variation by gender, and the differences we do see point to important vulnerabilities for both boys and girls. Our results point to the powerful role that distal factors such as culture and beliefs, as manifested through RGAs and RGNs, can play in shaping health outcomes for both boys and girls and suggest important next steps for future research and policy.’

Road to recovery: responding to children’s mental health in conflict

This briefing paper by Save the Children shows the current situation of the mental health crisis for children living in conflict areas and highlights the multisectoral and integrated approach needed to respond to this mental health crisis.

‘The briefing paper sets out the scale of mental health effects on children living in conflict zones and the role of education in responding to them. Latest figures reveal that 142 million children are living in high intensity conflict zones. As set out in the report and based on WHO analysis, Save the Children estimates that approximately 24 million of those children could be experiencing high levels of distress and have mild to moderate mental health disorders, needing an appropriate level of care. Despite this, child protection in emergencies, education in emergencies and Mental Health and Psychosocial Support (MHPSS) are critically underfunded. Save the Children analysis has found that as a proportion of Overseas Development Assistance, mental health and psychosocial support programming accounted for just 0.14% of spend between 2015-2017. Children’s mental health can be impacted by conflict in various, overlapping ways – through direct exposure to violence conflict such as explosive weapons; the lack of access to basic services such as health, education and nutrition; the increased risk of violence in the home, at school and by peers; general insecurity, uncertainty and fear for the future; and the disruption conflict causes to children’s support networks and caregivers. Responding to children’s mental health in conflict can and should be multisectoral and integrated. However, education – specifically Education Cannot Wait – offers one concrete opportunity for impact. Education facilities – such as schools and child friendly spaces – can provide children with access to supportive relationships with peers, teachers and community members, as well as a sense of stability. Access to education and children’s mental health are closely related, with this report including some of the ways education can support children’s mental health and wellbeing. Beyond providing a protective environment and contact with peers, education programmes can provide a space to deliver curriculum based interventions, such as social and emotional learning, and to equip appropriate adults with the skills, knowledge and tools to support children’s recovery.’


Internet addiction among Lebanese adolescents. The role of self-esteem, anger, depression, anxiety, social anxiety and fear, impulsivity, and aggression—a cross-sectional study

This article explores internet addiction among Lebanese adolescents, finding that uncontrolled use of the internet may be associated with addiction and higher levels of such addiction are also connected with higher levels of aggression, depression, impulsivity and social fear.

‘The study objective was to evaluate the association between depression, anxiety, social anxiety and fear, impulsivity, and aggression and Internet addiction (IA) among Lebanese adolescents. This cross-sectional study, conducted between October 2017 and April 2018, enrolled 1103 young adolescents aged between 13 and 17 years. The Internet Addiction Test (IAT) was used to screen for IA. The results also showed that 56.4% of the participants were average Internet users (IAT score ≤49), 40.0% had occasional/frequent problems (IAT scores between 50 and 79), and 3.6% had significant problems (IAT scores ≥80) because of Internet use. The results of a stepwise regression showed that higher levels of aggression (β = 0.185), depression (Multiscore Depression Inventory for Children) (β = 0.219), impulsivity (β = 0.344), and social fear (β = 0.084) were associated with higher IA, whereas an increased number of siblings (β = −0.779) and a higher socioeconomic status (β = −1.707) were associated with lower IA. Uncontrolled use of the Internet can be associated with addiction and other psychological comorbidities.’

Healing when crisis strikes: mental health and psychosocial support in emergencies

As humanitarian crises become more protracted, they have a disproportionate effect on women and girls. This report details the SRHS, GBV and MHPSS work of UNFPA in humanitarian crises.

‘Humanitarian crises produce psychological suffering and trauma that threaten the health and well-being of affected people, and erode global efforts for peacebuilding and recovery. In 2019, nearly 143 million people needed humanitarian aid and protection. UNFPA estimates that more than 35 million are women and girls of reproductive age. UNFPA Country Offices are at the centre of efforts to provide integrated services for mental health and psychosocial support (MHPSS) to women and girls and other at-risk groups through a multisectoral response in emergencies. Their work is documented in the 2019 publication “Healing When Crisis Strikes”, produced by the UNFPA Humanitarian Office.’


Voice and agency

Child online safety: minimising the risk of violence, abuse and exploitation online

This report details the coordinated global approach needed to tackle the harm and risks children are exposed to online. The report shows the scale of the abuse and harassment for children online, and the threats associated with a lack of legal frameworks.

‘Affordable, reliable connectivity is now coming to more countries than ever. It has the potential to transform children’s lives, giving them access to previously unimagined educational, cultural, and economic opportunities. But too often, children cannot realize these opportunities, because the Internet is also a place, in which the vulnerable are exposed to the risk of serious harm...Children around the world are regularly exposed to risks and harms online, including: Sexual abuse, exploitation, and trafficking – ranging from grooming to rape, recorded or streamed by abusers. Online harassment, victimization, and cyberbullying; radicalization and recruitment by extremist organizations; exposure to misinformation and age-inappropriate content, such as pornography or violence; apps and games that are designed to encourage unhealthy habits and behaviors; falling victim to illegal or unethical data harvesting and theft; the normalization of gender-based violence through exposure to online abuse materials. To combat these harms and risks requires a coordinated and global approach, unfortunately, the fight against child online abuse and exploitation is neither unified nor pursued in a way that is consistent across all countries. Capabilities, legal frameworks, awareness, lack of allocated and dedicated resources and the will to act all vary widely between agencies and jurisdictions’.


Intergenerational capabilities development in mothers and adolescent daughters in nepal

This GAGE policy note highlights the interaction between mother and daughter capabilities in Nepal and illustrates the intergenerational change across specific capability domains.

‘Intergenerational capability development refers to the changes in capabilities that are experienced across and between different generations of women and girls. In Nepal, the lives of younger women compared with older women have changed dramatically in recent years. For example, compared to women aged 35–39 years, women aged 20–24 years are less likely to have been married before age 18 (40% versus 57%), to have had children by age 18 (16% versus 26%), or to have no schooling (6% versus 54%). However, the younger cohort are only slightly more likely to hold a professional job (7% versus 5%) (Ministry of Health, 2017). This shows that the barriers facing women are at the level of society rather than the individual; overcoming those barriers will therefore require broader structural transformation. Understanding intergenerational change enables us to identify opportunities for policy and programming to expand the capabilities of women and girls. This policy brief compares mothers’ and daughters’ capabilities in Nepal to assess where changes have
been strongest and weakest – and, importantly, the influence of maternal capabilities on daughters’ capabilities in several key domains. We conclude with recommendations about the implications of this research for policy and programming for adolescent girls.’


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**Global kids online comparative report**

This report surveys children and their caregivers in order to understand how to support their access, activities and skills, and how to support parents to tackle online risks.

‘The internet is often celebrated for its ability to aid children’s development. But it is simultaneously criticized for reducing children’s quality of life and exposing them to unknown and unprecedented dangers. There is considerable debate about when or how children’s rights – including the rights to expression, to privacy, to information, to play and to protection from harm, as set out in the United Nations Convention on the Rights of the Child – may be realized or infringed in the digital age. With more children around the world going online every day, it is more important than ever to clarify how the internet can advance children’s opportunities in life while safeguarding them from harm or abuse. This requires evidence, from children themselves, that represents the diversity of children’s experiences at the national and global level. By talking to children, we are better able to understand not only the barriers they face in accessing the internet, but also the opportunities they enjoy and the skills and competences they acquire by engaging in these activities. This allows us to enquire about children’s exposure to online risks and possible harms, and about the role of their parents as mediators and sources of support. In bringing children’s own voices and experiences to the centre of policy development, legislative reform and programme and service delivery, we hope the decisions made in these spheres will serve children’s best interests.’


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**Freedom from violence**

- Most adolescents have been violently punished by teachers.
- Peer violence is common.
- Boys are at higher risk of violence at the hands of teachers and peers than girls.

**Voice and agency**

- Only one-third of young adolescents have a role model.
- Few adolescents feel comfortable expressing an opinion to an adult.
- Girls’ have less mobility than boys.
- Some girls attempt suicide due to early marriage pressures.

*Graphic designed for adolescents to illustrate the GAGE baseline findings in Afar, Ethiopia. By Ottavia Pasta/GAGE 2019*
**Incorporating working children's views in policy interventions**

This joint policy briefing by Young Lives and Time to Talk includes working children's views and opinions in recommendations for policy interventions.

‘...Policies, legal frameworks and programmes are far more likely to secure positive changes for children if they engage with the realities of boys’ and girls’ lives. How can policy interventions addressing children’s work better reflect children’s views and lived realities? The paper includes recommendations for policies and measures to protect children from harmful work in relation to eight issues: Understand why children work, Children’s participation in decision-making, poverty as cause and a result of harmful children’s work, education as key to ending exploitation and to support working children, armed conflicts and environmental disasters, policies towards children’s work need to be age and gender sensitive, the links between harmful work and violence-affecting children and young people, mixed methods research involving children.’


**Economic empowerment**

**Girls' transitions to work through higher-quality TVET programs in Nepal**

This paper argues that education, the labour market and social norms remain significant barriers to girls using TVET programmes to their advantage and provides subsequent policy recommendations to improve girls’ participation in TVET programmes.

‘Technical and vocational education and training (TVET) is widely considered an important tool in strengthening the school-to-work transition, reducing poverty, and achieving economic growth. However, significant barriers prevent girls in Nepal from realizing such opportunities. This paper, drawing from field research and desk review, identifies three major factors—education, the labor market, and social norms—underlying why girls are not able to leverage TVET to their advantage. Overall, an underemphasis and underinvestment in TVET by families, schools, government, and the private sector pose the greatest challenge to improving girls’ participation in TVET and thus to girls’ transitions to work. Based on my study and professional experience working to enhance the right of children to education, this paper provides policy recommendations for government, private sector, and nongovernmental organizations to improve girls’ participation in TVET in order to improve their labor market outcomes and life prospects. The recommendations are concentrated in three different areas: improving girls’ access to TVET programs, enabling their completion of TVET programs, and facilitating their transition to work. Increasing investment in TVET—along with creating a gender-transformative approach that enables females to participate more fully in both TVET programs and the labor market—would meaningfully help to realize the promises of education in Nepal.’


**Supporting brighter futures: young women and girls and labour migration in South-East Asia and the Pacific**

This report explores the changes in the labour migration of young women and girls as a result of social changes, empowerment and ICT resources.

‘Supporting Brighter Futures: Young Women and Girls and Labour Migration in South-East Asia and the Pacific explores and critically examines the existing evidence base on key aspects of the topic so as to inform potential policy and programmatic responses designed to enhance labour migration impacts for young women and girls in South-East
Asia and the Pacific. This publication entails a desk-based review of the current published evidence base and provides a knowledge “stocktake” for those involved in the ongoing development, delivery and refinement of related policy and programmatic interventions in the region.


‘Child labour’ and children’s lives

This chapter explores the benefits of child labour and argues that age of employment does not necessarily equate to harmful work, and as a result may be damaging outcomes and opportunities in children's lives.

‘While child labour is often considered to be a problem of the Global South and largely overcome in the Global North, it is more useful to consider different approaches as relating to access to status and resources. Children's work can convey both benefits and harm; those with access to resources focus on risks of harm, whereas others are more concerned about risks of losing possible benefits, creating tension between different approaches with elites often imposing their perspectives on those who value the benefits of work. This chapter outlines benefits, which are often ignored in discourse and intervention relating to child labour. It goes on to discuss the concept of child labour, which conflates harmful work with work assessed by age of employment, resulting frequently in a mismatch between the protective aims of intervention and damaging outcomes in children's lives.’


Family-oriented cash transfers from a gender perspective: are conditionalities justified?

This policy brief from UN Women reviews conditional cash transfers and questions their positive impact on poor women's lives, supporting instead cash transfers that avoid conditionalities and are accompanied by public services and infrastructure investments.

‘Conditional cash transfers (CCTs) are an increasingly significant component of national social protection systems. CCTs have been associated with positive effects on poverty reduction, increased school attendance and use of health services as well as reductions in child labour; some claim that CCTs contribute to the empowerment of women and girls. Whether or not the conditionalities attached to these transfers play a role in producing these positive outcomes remains an open and much-debated question. Against this backdrop, the brief reviews a decade of feminist research on CCTs that has raised serious questions about the assumptions that underpin the use of conditionalities and their impact on poor women's lives. The brief highlights particular concerns about the detrimental effects that conditionalities may have in contexts where quality public services are lacking and where multiple and intersecting forms of discrimination mean that well-intended programme requirements easily slip into coercive and disempowering implementation practices. To avoid these dynamics, it is critical to avoid conditionalities where possible and ensure that cash transfer programmes are accompanied by investments in quality public services and infrastructure that help women and their families to thrive.’

SPECIAL ISSUE CALLS

**Child Abuse and Neglect**

**Special issues on strengthening data and evidence to realise street children’s rights**
Research on street children and the diverse realities of their lives will be featured in this special issue. It will include both empirical evidence and methodological approaches to collecting robust and ethically sound data from this vulnerable group. **Abstract deadline is 15 February 2020.**

Further information can be found [here](#).

**PLOS One**

**Health inequities and disparities research**
This collection will aim to take an interdisciplinary approach to provide an evidence base on local, national and international initiatives to reduce health inequalities. In particular, it will examine the socioeconomic patterning of health worldwide and providing knowledge on various risk factors that impact health inequalities. **Submit your proposal by 21 January 2020.**

Further information can be found [here](#).

**Children and Services Review**

**Psychosocial and developmental support services for children and youth in LMICs**
In this special issue interdisciplinary research will be used to understand the challenges and progress within psychosocial and developmental support services in low- and middle-income countries. Assessments of specific vulnerable groups or comparative assessments across sections are particularly required. **Submit your proposal by 1 February 2020.**

Further information can be found [here](#).

**Children and Services Review**

**Special issue on innovative initiatives in child development**
This special issue aims to examine innovative initiatives that target child development. Manuscripts should ideally focus on poverty, education, health, child welfare, domestic violence, and abuse and neglect, looking specifically at their intersection with child development. It aims to include scholarly papers that analyse innovative initiatives from a range of entities: governments, private companies, social enterprises, social impact bonds (pay-for-success initiatives), and non-government organisations. **Submit your paper online by 1 February 2020.**

Further information can be found [here](#).

**Child Abuse and Neglect**

**The rise of economic inequality its consequences for child protection**
This special issue aims to highlight emerging research on recent trends in inequality and that specifically look at the
association of this with rates of child maltreatment, in particular rates of child neglect. **Submit your proposal by 29 February 2020.**

Further information can be found [here](#).

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**EVENTS**

**GLOBAL REFUGEE FORUM**

**Course dates:** 17–18 December 2019  
**Location:** Geneva, Switzerland  
**Event outline:** This two-day global conference will be the first-ever Global Refugee Forum (GRF) and aims to bring together leaders and influential figures to generate impactful commitments and pledges to make long-term policy shifts to improve the lives of refugees and host communities around the world.

**More information** on the summit can be found [here](#).

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**CONFERENCES**

**EADI ISS CONFERENCE 2020: SOLIDARITY, PEACE AND SOCIAL JUSTICE**

**Date:** 29 June to 2 July 2020  
**Location:** The Hague, the Netherlands  
**Conference outline:** This conference’s central themes are solidarity, peace and social justice and aims to understand approaches to global development that address inequality, poverty and political marginalisation.

**More information** on the summit can be found [here](#) (deadline for paper proposals is 15 December 2019).

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**13TH POVERTY AND SOCIAL PROTECTION CONFERENCE [PSPC 2020]**

**Date:** 15–17 April 2020  
**Location:** Kathmandu, Nepal  
**Conference outline:** This conference will focus on social inequality and the eradication of poverty. It aims to address the importance of equal distribution of resources and social inclusion.

**More information** on the summit can be found [here](#) (deadline for paper proposals is 1 February 2020).

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**10TH INTERNATIONAL WORKSHOP ON HIV & WOMEN**

**Date:** 6–7 March 2020  
**Location:** Boston, United States  
**Conference outline:** This conference will focus on social inequality and the eradication of poverty. It aims to address the importance of equal distribution of resources and social inclusion.

**More information** on the summit can be found [here](#) (deadline for registering to the conference is 5 January 2020).

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**Send us your UPDATES!**

Please send us details of upcoming events, publications or opportunities which you would like featured in subsequent editions of the digest. You can email the details to Megan Devonald (m.deonald.gage@odi.org.uk).

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