

SPW IS NOW

**RESTLESS
DEVELOPMENT**
THE YOUTH-LED DEVELOPMENT AGENCY

State of the Youth in Tanzania



ANNUAL REPORT 2011 **Youth-led research in action**

Restless Development

Placing young people at the forefront of change and development

FIND OUT MORE

www.restlessdevelopment.org/tanzania
Find Restless Development on Facebook
Follow @RestlessDev on Twitter
liz@restlessdevelopment.org

"I see that we as youths are not being involved, but if we became involved we would bring development into the whole community"

Agnes, 15, Lilondo - Ruvuma

INTRODUCTION

We know young people will change the world... the question is, how will they change it?

50% of the world's population is under 25.

That's 3 billion people.

Young people are most affected by extreme poverty, lack of employment and poor health.

All too often they are also the group with the fewest opportunities to contribute to the decision making processes that could change this.

We know that the 'restless' energy of young people can drive positive change in communities, countries and the globe. We've seen it.

Young people are not only the leaders of tomorrow. They are leaders for **today**.

Young people *will* change the world. It's a fact.

Many examples in recent history from Syria to Kenya show that when young people are left out, they could make their choices without reference to society.

Young people are creative, open to change, energetic and resourceful. When we help young people to harness their potential - to have a voice and to lead - the impact is huge, positive and can result in benefits for all.

The question for us is *what can we do to help* to ensure their choices are positive.

We are on the cusp of change, the world is becoming more youthful. The UN Secretary General has announced the prospective appointment of a Special Advisor on Youth. Why does this matter to Tanzania?

Tanzania is already the 10th largest youth population. 47% of the population are under 15¹ and the 'youth boom' is expected in the next decade.

We need to prepare now for this shift.

Young people are burdened by three key challenges in their lives - staying healthy, achieving a sustainable income, and participating. We must learn now to **include and engage** young people in development and decision making.

This study explores the State of the Youth in Tanzania focusing on their sexual and reproductive health and rights, livelihoods and employment and civic participation. It lays out the facts about the issues facing young people and their own views on their ambitions and needs .

We have no doubt that young people will continue to change both Tanzania and the world.

With this study we aim to help young people, government, civil society, and donors to make the necessary changes in policies and programmes in Tanzania to ensure involvement and inclusion of young people, and to promote their development and leadership for the benefit of the whole population. We hope that you find the contents both challenging and inspirational!



Dilhani Wijeyesekera, Country Director

FIND OUT MORE

www.restlessdevelopment.org/tanzania

OUR APPROACH



“We have to be creative and plan different projects to be empowered. We can establish and join in small entrepreneurship groups and start our SACCOS by using our own contribution and planning an entrepreneurship project... We must start our selves.”

Female, 22, Lugalo – Iringa

WHY THIS REPORT

Tanzania has the tenth largest youth population globally. With 66% under the age of 25 already, and the figure set to rise significantly, understanding young people and their situation is critical in Tanzania.

Young people are heavily affected by Tanzania's urgent development issues with age and gender hierarchical societies reinforcing young people's exclusion in decision making from community to national level.

This report:

Outlines how young people see themselves, how they believe others view them, and their opinions on how they want to be involved and supported.

Provides key facts and data highlighting the current situation of young people in Tanzania.

Aims to inform and inspire young people, government, civil society and donors to do more to address the urgent needs of young people.

HOW WE DID IT

This is a youth-led research study. It was conducted in 2011 by young Tanzanian volunteer researchers and combined quantitative and qualitative research using desk and field research techniques. The data was complemented by recent Restless Development field studies and other research led by our youth volunteers.

5 young researchers

The team was made up of 4 young research volunteers and 1 young research advisor (all under the age of 30), and supported by our staff team.

9 youth led focus groups

Focus groups were conducted in Dar es Salaam, Iringa, Mbeya and Ruvuma with at least 10 15-24 year olds attending each and 50% female involvement.

4 regions

The field research covered urban and rural communities in Iringa, Ruvuma, Mbeya, and Dar Es Salaam, and includes national data from desk studies all conducted by the young researchers.

What the youth researchers say

“It was good for me to see that most of the young women in both rural and urban areas are free to talk and contribute without fear when they feel that there is a woman listening to their problem.”

“The best thing for me is that the research has made me gain confidence, the attitude and to know the kind of language that makes youth to feel free and to be the owner of the discussion.”

Devotha Kyamwangile, Youth Researcher
Sexual Health and Reproductive Rights

THE KEY FACTS



THE GENERAL POPULATION

Total population: 46,218,500
GDP per capita (PPP US\$): 1237
HIV prevalence total population 5.7%
HIV infections among women: 60%
Population living on less than 1.25USD per day: 67.9%
Life expectancy at birth (years): 53/58 (m/f)
Median age of total population (years): 17.5
Human Development Index (Rank 1 - 177): 148
30.4% seats in national parliament held by women²
Mobile phone subscribers per 100 population: 46.8
Internet users per 100 population: 11.0³

The youthful population

% of population under 25: 66%
% of population aged 15-24: 17.3%
% under the age of 15: 47.4%⁴

Young people and HIV and AIDS

HIV prevalence 15-24 year olds: 5.9% (MDG 6)⁵
Proportion of population aged 15-24 with correct knowledge of HIV and AIDS (MDG 6): 40.3 (m/f)⁶
% of young women living with HIV and AIDS among youth aged 15-24: 75%
% New infections among 15-24 year olds: 45%⁷

Young women and pregnancy

Adolescent fertility rate (births per 1000 women aged 15-19): 130⁸
44% of young women are mothers or pregnant with their first child by the age of 19

THE YOUNG POPULATION

(*national data currently not available on these MDG targets)

Young people and money

% of youth among unemployed: 53.3% (MDG 8)⁹
% youth living on less than 1.25USD: n/a (MDG 1)*
% of youth accessing microcredit: 4%

Young people and education

Literacy rate of 15-24 year olds: 77.4% (MDG 2)¹⁰
Ratio of girls to boys in primary, secondary, and tertiary education: n/a (MDG 3)*
Ratio of literate women to men, aged 15-24: n/a (MDG 3)*



“For self-employment, many youths have employed ourselves, but the problem is we have not got the knowledge on how to manage our strategies so that we can control our business and projects”

Fausta, 19, Mahognole - Mbeya

EMERGING TRENDS FOR YOUNG PEOPLE

LIVELIHOODS & EMPLOYMENT

Mkukuta II recognises unemployment as a key issue and has set ambitious targets to reduce rates from 10% (2008) to 5% by 2015. Young people are most affected making up 53.3% of the unemployed population of Tanzania, and it is likely that this will rise as the youth population grows. Unemployed women outnumber unemployed men by 33%¹¹. A recent study by Restless Development in the Southern Highlands showed that only 25%¹² of young girls were transitioning from primary to secondary school. As such, there needs to be significant investment to harness the potential of young women for development and economic productivity in Tanzania.

Agriculture remains the principle employer in Tanzania accounting for 62.3% and 68.5% of men and women respectively¹³. However, the sector produces only a quarter of Tanzania's Gross Domestic Product. For young people, agriculture is also the biggest employer. However, the sector is characterised by limited incentives (poor pay, job security and work conditions) and negatively affected by the impact of climate change⁵.

While the private sector is considered to be the engine of growth in Tanzania, the rate of job creation does not meet demand. The trend shows massive movement of unemployed youth from rural areas to the informal sector in urban areas in the hope to gain work in this sector. However, they are likely to end up being unemployed or work long hours earning low incomes, and facing risks to their health.

KEY TRENDS IDENTIFIED BY OUR RESEARCH

- Paid employment in rural areas is limited, resulting in increased rural-urban migration of young people⁶. As this is not met by supply of job, this increases the numbers of unemployed youth in urban areas.
- Agriculture is used for consumption more than income generation. Rural young people are often the 'working poor', with no salaries or salaries going direct to their elders.
- Young women face a triple burden. They are more affected by unemployment, they earn lower incomes where they are employed, and finally they face hostile conditions in seeking employment and within the workplace including sex bribes, harassment and negative stereotyping.
- Young people have few opportunities to learn skills to help them start and sustain enterprises.
- Access to financial support is extremely low with only 4% of young people having access to micro-credit. Youth businesses struggle to meet qualifying criteria for financial investment to start and grow their businesses.



“If you want to be employed you must offer a sex bribe... My friend decided to agree, and the boss signed a contract with her. But after some days the boss called her to the guest house for sex and she refused. The boss told her that he would stop her contract... She continues to work, but it is not comfortable.”

Female, 18, Kinondoni - Dar

WHAT YOUNG PEOPLE HAVE TO SAY ON LIVELIHOODS

OUR PERSONAL AMBITIONS

- To be self reliant and develop our skills and talents to be self employed**
- To come together in groups, come up with great plans and start projects**
- To have the resources for further education and become professionals**
- To create opportunities for other young people and the community**

OUR CHALLENGES

It's hard for us to get jobs, even for those with further education. Employers want several years experience; nepotism; financial or sexual favours are required.

We are affected by social problems like drugs, crime, alcoholism, depression prevents some youth from seeing jobs or enterprise as an option.

Working conditions are poor and often dangerous because the laws are not enforced.

We cannot access start up capital, as many government programmes are not implemented.

WHAT WE WANT FROM OTHERS

Training on how to start and grow businesses

Education on income management, and life skills

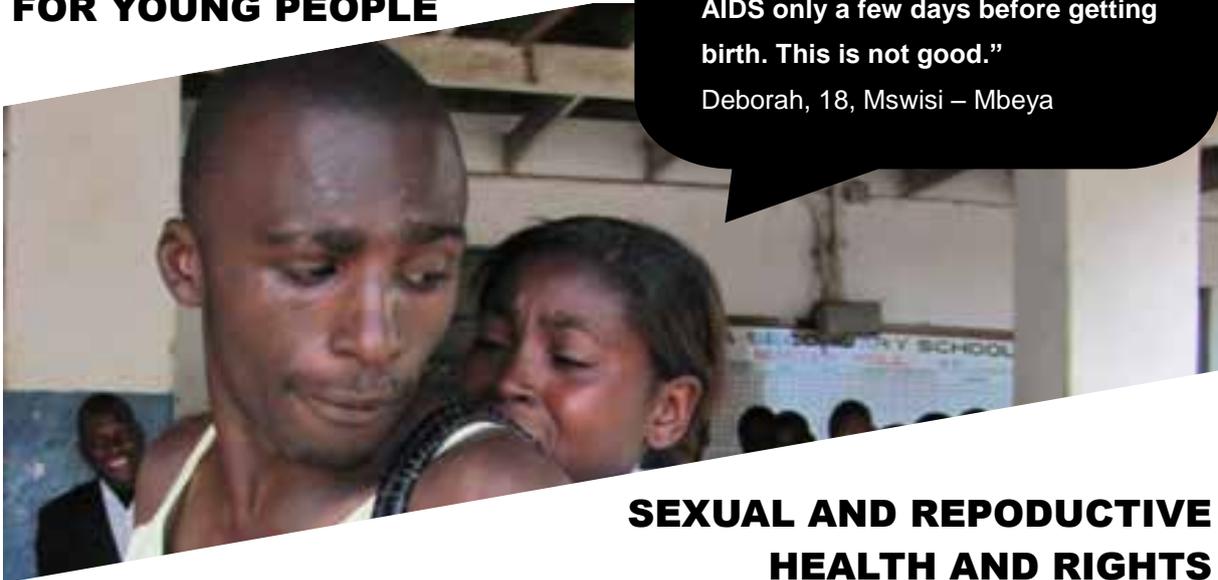
Support from local government and village leaders to access land

Our families and elders to support our plans and to help us access local resources for the benefit of our communities

Government to implement strategies for vocational training and incomes

Government to implement loan/credit schemes providing finance direct to youth groups

EMERGING TRENDS FOR YOUNG PEOPLE



“You go this month and they tell you there are no instruments for testing for HIV. You go again and they tell you there are no tools. So you find yourself being tested for AIDS only a few days before getting birth. This is not good.”

Deborah, 18, Mswisi – Mbeya

SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS

Young people become sexually active early, and many progress from sexual debut to parenthood between the ages of 15 and 24 as a result of multiple partners, transactional sex, inter-generational sex, and cultural norms.

This group is vulnerable to sexual exploitation and violence (especially women), contracting HIV and other sexually transmitted infections and unwanted pregnancies. In 2008 the percentage of youth aged 15-24 infected with HIV was 2.4%. However, today HIV prevalence among this group is 5.9% higher than the national average of 5.7%. 45% of new infections are among young people aged 15-24. Young women account for 75% of young people aged 15-24 living with HIV and AIDS.

Young women face further burdens through early marriage, teenage pregnancy, and their overall status within society. 44% of women are either mothers or pregnant with their first child by the age of 19. By age 15, 5% have started child bearing. This curtails young women's education, and results in morbidity, creating a loss to the potential of young people for Tanzania's growth and development.

Young people are poorly informed with regard to family planning and child spacing, and, young women especially, are not empowered to make behaviour choices even when they have knowledge.

Despite the Right to Return to School Policy for teenage mothers, a survey in 2011 conducted in 125 primary schools and 48 secondary schools, covering 67 villages in 16 districts of the Southern Highlands, showed that 90% of the 101 girls dropping out were refused return¹⁴.

KEY TRENDS IDENTIFIED BY OUR RESEARCH

- Young people are at highest risk of contracting HIV, and the problem is feminised.
- Education is not doing enough. 89% of young people aged 20-24 know that limiting sexual intercourse to one uninfected partner is a mode of HIV prevention, but 21% within this age range continue to have multiple sexual partners¹⁵.
- Gender hierarchies are preventing women from achieving the right to control their bodies. 30% of young women and 10% of young men believe a husband is justified to beat his wife if she denies him sex¹⁶.
- Economically and socially marginalised young women enter trans-generational or transactional sexual relationships at a young age as a means to secure income or basic necessities.
- Young people report negative attitudes and lack of staff and services at local health centres as deterrents to their uptake of sexual and reproductive health services.

WHAT YOUNG PEOPLE HAVE TO SAY ON SRHR



“About parents, they are failing to take their time to talk with their children when they reach the age so that they can know how to protect themselves... try to ask anyone here ‘what has your parent told you (about sex)’ they could not answer you.”

Baraka, 22, Lugalo - Iringa

OUR PERSONAL AMBITIONS

To stay healthy

To help other young people to avoid risky sex and negative behaviours

To help our communities to address the problem

OUR CHALLENGES

We struggle to access health services. Treatment is too expensive, when you attend doctors are not available, medication and equipment is not available or in short supply.

We are scolded by health staff at local health centres because they think we should not be needing HIV tests or advice on pregnancy, as a result we often decide not to return.

We cannot talk to our parents honestly about our sex and health concerns because we fear their reaction and they are not used to us talking about these issues.

We know the risks but we are not following the advice. This is because of economic and social issues affecting young people that lead to risky behaviour - sex for money, drug use, peer pressure and traditional practices resulting in early sexual debut and multiple partners.

We are being educated but not on everything we need to know. Often the focus is only on HIV and AIDS and not family planning or pregnancy, or the classes given are too short.

WHAT WE WANT FROM OTHERS

Education on sexual health and rights overall not just on HIV and AIDS

Support to be able to talk openly with families and communities

Training so young people have the confidence to implement what they know

Education programmes to be improved in schools so that teachers go into more depth on the subject

Doctors and nurses to be trained to deal with youth issues

EMERGING TRENDS FOR YOUNG PEOPLE



“We know that we are able to do things as we are trying to participate in anything they need us to, but they are the ones who discourage us from participating fully.

If we can do our things without being supervised, why can we not do those things that we are assigned to do by the government?”

Karim, 20, Kinondoni – Dar es Salaam

DECISION MAKING

Tanzania became a multi-party political system in 1995. This generation of young people are the first to have only lived through, or whose political living memory, is of an independent and democratic Tanzania. In this respect, today's young people are unique and more likely to demand for their rights.

The Government of Tanzania introduced the Youth Development Policy of 1997 to achieve young people's right to participate formally in decision making from local to national level. However, young people often perceive that they are left out of political and decision making processes and are yet to be active participants in local and central government and other decision making bodies.

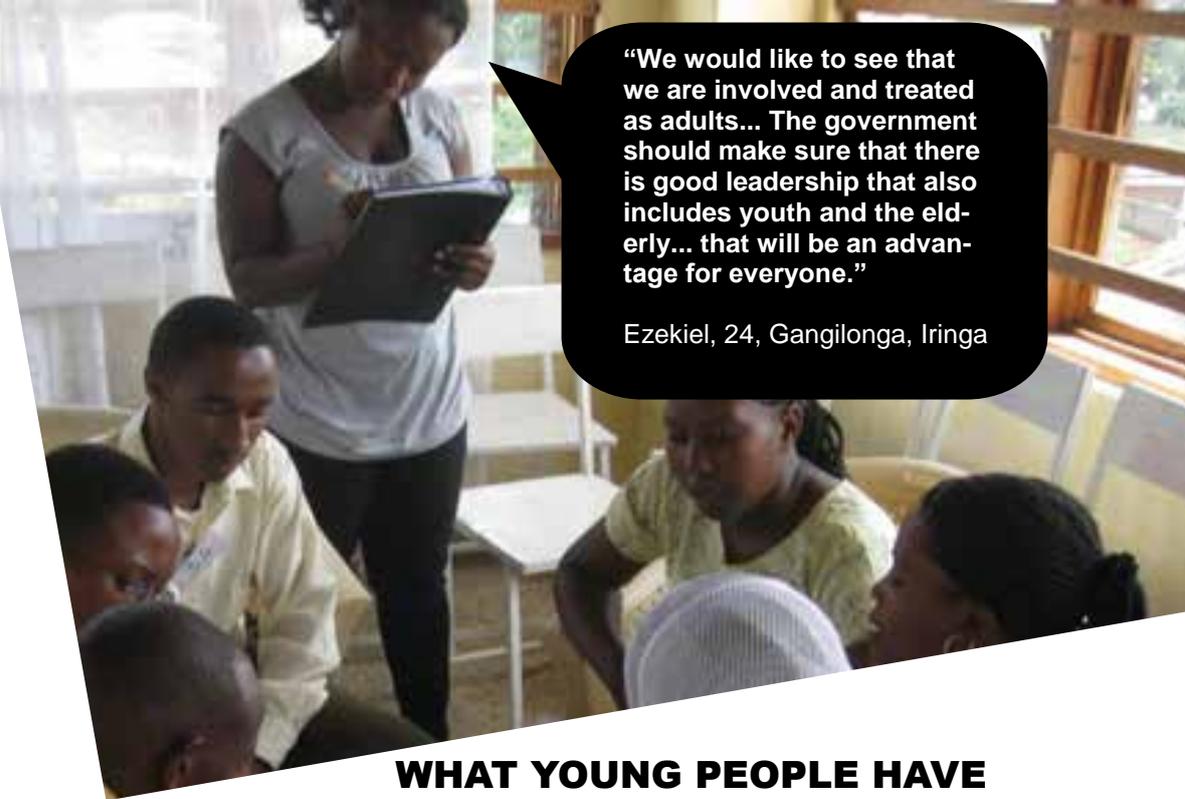
A number of national strategies and policies refer to young people, but as yet do not include young people in design, implementation or monitoring of progress.

A survey by Restless Development showed that young people's knowledge and participation in policy development, implementation and monitoring is low at 10.4% (Southern Highlands, Dar Es Salaam, and Dodoma), and awareness of key national policies including Mkukuta II was as low as 24% in some regions. The same study identified that only 3% of young people in the Southern Highlands (100 communities across 16 districts sampled) had participated in budget planning¹⁷.

New forms of youth communication technology, including mobile phone, community radio, online social media and forums, have given young people opportunities to access information, communicate and demand their rights to participate.

KEY TRENDS IDENTIFIED BY OUR RESEARCH

- There are few initiatives to monitor progress toward measuring achievement of policy aims affecting young, and hence there is limited data available.
- Young people have a limited understanding of participation. Qualitative studies illustrate clearly how elders marginalise youth in decision making. A recent study by TAMASHA found that young people understand “participation to mean the act of being present” and had nothing to do with whether or not they had “taken any part in influencing or making decisions”¹⁸.
- Young people have limited understanding of the laws and policies affecting them and therefore what the provisions are for them which holds them back from taking part in monitoring
- Young people are not aware of the structures for and the ways of becoming involved in decision making and therefore are simply not getting involved because they don't know how .



“We would like to see that we are involved and treated as adults... The government should make sure that there is good leadership that also includes youth and the elderly... that will be an advantage for everyone.”

Ezekiel, 24, Gangilonga, Iringa

WHAT YOUNG PEOPLE HAVE TO SAY ON DECISION MAKING

OUR PERSONAL AMBITIONS

For our families, communities and government to believe we are leaders

For our views and opinions to be heard, listened to and acted on

To improve the situation of our families, communities and country by influencing decisions and playing a recognised role in development

OUR CHALLENGES

We do not participate in decision making. We as young people are not being invited to or welcome at meetings, no systems are in place to ensure youth participation; corruption is seen as a major issue affecting participation; we are not aware of the forums; some youth have poor attitudes.

We do not know what policies benefit us. The policies are not brought to the communities or posted on the village and ward offices, the details of the policies are not given.

We are not seen as contributors. If we ask to attend a local meeting our leaders often tell us that the matter is not our concern and discourage our participation.

We do not know if the policies are being implemented. If we are aware there is supposed to be a programme benefitting us there is no information stating how we apply for funds, attend the event, or what the results are.

WHAT WE WANT FROM OTHERS

Civic education programmes so that young people understand the laws and structures, do not come into conflict with them, and can be active citizens

Positions on decision making bodies at all levels with open competition

Community leaders and national leaders to advocate for our involvement in all processes

More information on policies - content, implementation, and achievement



“If we get youths involved, we can help bring development to everyone in society.”

Sophia, 22, Lilono – Ruvuma

CALL TO ACTION:

WE MUST WORK TOGETHER FOR SUSTAINABLE CHANGE

The opportunity and challenge posed by the youth demographic is a cross-cutting theme affecting all development issues in Tanzania. To ensure sustainable and positive change, policy makers, civil society and development partners in every sector must work together to create an enabling environment for young people to actively participate in their own development and that of society.

Young people have the ambition, ideas, and energy to lead development. We must all work together to harness this precious resource for development targets to be met.

POLICY MAKERS

We call on policy makers to bridge the gap between policies as detailed on paper and implemented on the ground.

This includes:

- Creating formal roles for young people and youth organisations to participate in the development, implementation and monitoring of policies on youth and in other sectors
- Providing policy direction on issues affecting young people, supported by young people to identify the issues
- Ensuring that targets for young people are built into plans and strategies in all sectors, and are appropriately resourced and monitored

CIVIL SOCIETY

We call on civil society to respond to the issues facing young people as they identify they exist.

This includes:

- Working in partnership to advocate for youth participation in decision making processes
- Forming coordinated platforms and coalitions at national and local levels and ensuring participation of youth led and youth focused organisations
- Recognising youth as a cross cutting issue and ensure young people and youth organisations are represented in sector plans and strategies

DEVELOPMENT PARTNERS

We call on development partners to foster an enabling environment for young people and youth organisations .

This includes:

- Recognising youth as a cross cutting issue in your work and develop policies to respond this group
- Establishing mechanisms to formally consult young people in the development of country policies, strategies and programmes
- Ensuring youth targets are built into development plans and strategies and appropriately resourced



Numbered footnotes followed by source:

- 1,4,15,16—Tanzania Demographic and Health Survey 2010
- 2—Human Development Report Tanzania, UNDP, 2011
- 3,6,9,11—UNSTATS Millennium Development Goals, July 2011
- 5, 7—Tanzania AIDS Commission Report, 2008
- 8—UNAIDS, Tanzania Country Data, 2010
- 10—MDG Monitor Tanzania, 2008, UNDP
- 12,14,17—Restless Development Behavioural Surveillance Survey, Southern Highlands, 2011
- Restless Development Youth Friendly Services Survey, Southern Highlands, 2011
- 13—Mkukuta II, 2010
- 18—Tamasha, Richard Mabala, 2011
- UNICEF Adolescence: An Age of Opportunity, 2011
- UNGASS Progress Report 2010
- World Bank, Tanzania Country Data, 2010

The photos contained within this report are representative only

A WORD OF THANKS

Restless Development Tanzania would like to thank the four young research assistants responsible for conducting the desk research and focus groups for this study: Saulo Kayombo (Livelihoods), Devotha Kyamwangile (SRHR), Ebben Msuya (Civic Participation) and Pendo Michael (Civic Participation). In addition we thank Rupert Corbishley for coordinating and collating the research.

We and the research team would also like to thank the young Tanzanians who were so generous with their time and so willing to share with us. To them we extend our warmest gratitude for allowing us into their lives and sharing their opinions so openly. They have been an inspiration to us and we only hope that this report is an adequate representation of their voices, views and visions.

Finally, we must thank you the reader. In taking time to read this report you are showing your commitment to the young people of Tanzania. As I am sure you agree, young people need to be heard and helped. We thank you for lending us your ear and for all the support you provide.

To you all we say asante sana!

FIND OUT MORE

www.restlessdevelopment.org/tanzania
Find Restless Development on Facebook
Follow @RestlessDev on Twitter

HUNGRY FOR MORE?



ABOUT US

We are the leading youth-led development agency in Tanzania. Our mission is to place young people at the forefront of change and development.

We have been in Tanzania since 1993, delivering rights-based youth development in rural and urban communities through peer-to-peer education and capacity building led by national and community volunteers from across Tanzania and the communities we serve.

We work on the three biggest issues facing young people today - livelihoods and employment, sexual and reproductive health and rights, and civic participation. Today we cover the Southern Highlands and excluded areas of Dar Es Salaam and Dodoma reaching 100 communities and approximately 50,000 young people directly each year.

Independent evaluations of our work have shown statistically significant increases in young people's knowledge, confidence and skills across all our goal areas. This is owed to the fact that the young people we recruit, train and support in full-time professional opportunities are defined by a spirit and a drive that makes them natural leaders, and arguably the most valuable product of our work.

Our young leaders have gone on to affect change in communities and achieve great things for themselves – often contributing to our work with their growing experience, skills and networks, and serving as powerful advocates and groundbreakers for youth-led development in Tanzania and globally.

ABOUT THIS RESEARCH

This is the first year that Restless Development has conducted a research into the State of Youth. We plan this to be an annual study led by young people, and welcome the involvement of other youth-led, youth-focussed organisations and bodies.

If this would be of interest to your organisation, or if you are a young person who is interested in finding out more about being involved, please get in touch.

FIND OUT MORE

www.restlessdevelopment.org/tanzania
Find Restless Development on Facebook
Follow @RestlessDev on Twitter
Email: liz@restlessdevelopment.org