APPROACH SUMMARY : CHILD/YOUTH RESILIENCE

1. Priority

Child/Youth Resilience[1] is a cross-cutting feature mainstreamed across all Save the Children programming. On Children on the Move it is relevant on appropriate care, addressing unsafe migration and action to tackle root causes, particularly in situations of forced displacement.

2. Geographical scope

In West and Central Africa (WCA) Save the Children has experience working on Child/Youth Resilience in humanitarian settings in Guinea, Mali and the Central African Republic. Currently the main ongoing example of Child/Youth Resilience work in this region is a DANIDA funded project in Northern Mali, Mali Burkina Faso and Senegal. With the support of Save the Children Denmark, trainings on resilience have been carried out for the staff of other country offices, such as Senegal and their local partners. In addition, Sierra Leone has plans to work on Child/Youth resilience from 2019.

3. Programmatic proposal

Background

Child protection systems stress the importance of prevention and care reform to protect children in both emergency and non-emergency situations; systems can be developed and strengthened in fragile states where the state may be weak. A strong child protection system is vital for building the resilience of children to mitigate against the protection risks they may face.

In 2010 Save the Children Denmark developed an approach called the Child Resilience Programme together with the Psycho-Social Centre of the International Federation of Red Cross and Red Crescent Societies. This was then further developed into the Youth Resilience Programme by Save the Children Denmark in 2015 on behalf of the Child Protection Global Initiative. For Save the Children, resilience is a nonclinical psychosocial and protection methodology that focuses on children's positive coping mechanisms and a psycho-educational and neuro-affective regulatory method with elements of Cognitive Behavioural Therapy approaches. It aims to increase children's confidence, their ability to handle stress, and their capacity to interact with their peers. It is used in forced displacement

[1] Resilience is the ability to navigate during periods of hardship, drawing on psychological, social, cultural and physical resources, which will support the person's wellbeing, thriving and daily functioning. Resilience is also about a person's or a group's ability to negotiate resources in a meaningful way – to the advantage of the person or the group (Save the Children Youth Resilience Programme Guidance Note, Save the Children Denmark 2015); Resilience is the ability of individuals (including children) households and countries to resist, to adapt and to manage change by maintaining or transforming living standards in the face of shocks or stresses, without compromising their long term prospects (Reducing Risks, Enhancing Resilience: Save the Children and Disaster Risk Reduction and Climate Change Adaptation, Save the Children, 2013).

situations and settings with a high prevalence of psychosocial and protection issues, like addressing unsafe migration. The approach involves working with parents and other duty bearers to address violence in the family and wider community, and to strengthen links to the child protection system.

Many of the protection risks children face in an emergency stem from disruption in the protective environment immediately around them in their family or community – their environments are no longer resilient enough to protect them. The lack of preventive and responsive services and an appropriate framework through which to provide protection in emergency situations can also make children more vulnerable. Applying a resilience-building lens as part of a systems-building approach can prevent protection problems arising and reduce the number, severity and complexity of protection cases. It also enables child protection work in emergencies to be aligned with, and contribute to, existing structures, especially in making them more resilient to future disasters.

Learning from our 2013-15 strategy demonstrated that children who are empowered with information and knowledge are effective partners in preventing violence. Strengthening children's resilience and participation is therefore extremely important in all areas of Save the Children's work. Alongside this, the Youth Resilience Programme has developed a resource kit which is currently being rolled out including: a theory and programmatic guide and two facilitators' handbooks: Life skills Workshops for Youth and Parents and Caregivers Meetings.

Save the Children's work on child protection will also help to inform planned programmes in 2016-2018 where we want to build on existing good practice and innovation through piloting and taking to scale child protection related 'signature programmes' on: 1.) A one-stop centre/strengthening child protection systems and 2.) Building resilience of children with disabilities.

Needs in West and Central Africa

Children account for over half of the 12 million West and Central African people on the move each year, with some 75% of them remaining in sub-Saharan Africa, and less than one in five heading to Europe.[2] In turn armed conflict in some areas disrupts basic services and livelihoods, hindering access and delivery of assistance, negatively impacting trade flows, and triggering displacement, as well as economic and pastoral migration. In WCA, Save the Children primarily intervenes in areas of protracted conflict and natural disasters. Developing Child/Youth Resilience is an essential component in migration and displacement programming by ensuring children and communities are adequately equipped to address the complex challenges of the contexts in which they live. In the short term it is important that the eight categorised emergencies Save the Children is responding to in the region (Niger, Mali, Mauritania, Sierra Leone, two in DRC and two in Nigeria) mainstream resilience into their programming. With crises increasingly needing a regional approach, resilience also needs to be mainstreamed in our cross border programming, as well as in child rights governance and protection programming including components addressing both origin and reintegration (Senegal, Côte d'Ivoire, Burkina Faso, Mali, Mauritania and DRC).

Experience in West and Central Africa

In WCA, Save the Children's Child/Youth Resilience programme has been implemented in Guinea, Mali and the Central African Republic. Strengthening the resilience of children is essential for supporting them during crises, in places of origin, transit as well as reintegration, the latter being more relevant than ever, as States in West Africa that were previously considered as countries of origin are also becoming transit and destination countries. Key activities Save the Children is working on to support Resilience include: encouraging children's and communities' participation in reducing risks, making their communities safer and better prepared and holding duty-bearers to account; workshops to

[2] 'In Search of Opportunities: Voices of Children on the Move' in West and Central Africa, UNICEF, July 2017

support children's knowledge and skills in order to build self-esteem and a sense of belonging, to improve cooperation and to empower young people to make healthy choices; workshops for parents and caregivers to raise awareness and understanding of the psychosocial and protective needs of their children and to support them as they transition from childhood to adulthood.

4. Relevance/Added Value

To date, Save the Children has implemented the Child/Youth Resilience programme in 16 countries in a variety of contexts, including development and humanitarian settings as well as low, middle- and high-in- come countries: Haiti, OPT, Iraq, Jordan, Lebanon, Yemen, Somalia, South Sudan, Ethiopia, Kenya, Mali, Central African Republic, Guinea, China, Bangladesh, Denmark. This programme is built on learnings and best practices from Save the Children's experience and other agencies' psychosocial support programming around the world such as the Regional Psychosocial Support Initiative. Save the Children has designed a Child/Youth Resilience monitoring and evaluation toolkit which is implemented in all our child resilience interventions. As evidenced by our experience globally implementing programmes on Child/Youth resilience, Save the Children is well positioned to adapt this approach to support the resilience of migrant and displaced children involved in migration in WCA. Moreover, with IOM focusing on returns and reintegration in the region, the Child/Youth resilience programme can integrate well with our work on Children on the Move in countries/areas of origin in order to mitigate against any traumatic experiences during transit.

5. Document our experience[3]

- **Mali:** The main current example of Save the Children's child/youth resilience work in the region is a DANIDA funded project in Mali. It aims to build the capacity of local civil society organisations to influence local decision-making processes, promote youth life-skills training, skills transfer and entrepreneurship, violence-free schools and strengthen child protection referral pathways, as well as providing concrete child/youth resilience interventions to support their protection. Through resilience building activities, children and youth will learn cooperation and enhance their cognitive skills and positive conflict resolution. This will help them to be prepared for a life in an insecure environment. Children, youth and communities will be more informed about their rights and more resilient and able to survive and thrive in the current crisis, and be protected from violence (incl. GBV and recruitment by armed groups) through increased access to quality education and child protection services (e.g. education, health and protection) *(Project Reference, SOF: 20800487).*

- **Senegal:** This project is working to prevent abuse of and protect 3,200 street children, working children and child survivors of violence, exploitation and sexual abuse by building the capacities of civil society organisations, children's organisations, local authorities and departmental and communal child protection mechanisms to integrate prevention, treatment, reintegration and reinsertion services for vulnerable children, including children who may be on the move. This includes training on child resilience. *(Project Reference, SOF: 75200765)*

[3] For further details on different projects in the region please refer to: Mapping of projects in West and Central Africa that reach migrant and forcibly displaced children, Save the Children - February 2018

6. Document References

Proposals/reports:

- SEN EuropeAid Protection 2016 2018 - Appui aux Organisations de la Société Civile pour une réduction de la violence, des abus et de l'exploitation des enfants vulnérables au Sénégal, SOF: 75200765
- Danida Lot HUM - Mali, Proposal to DANIDA, SOF: 20800487
- Renforcement de la résilience à l'insécurité alimentaire et nutritionnelle au Nord du Mali, Proposal to the EU, SOF: 52800277

General documents:

- Mapping of projects in West and Central Africa that reach migrant and forcibly displaced children, Save the Children - February 2018
- Working to End Violence against Children: Save the Children's Child Protection 2016-2018 Thematic Plan, 2016
- Child Rights Governance Thematic Plan 2016-2018, Save the Children
- Addressing Problems for Children through a Common Approach, Save the Children, May 2017
- Away from Home: Protecting and Supporting Children on the Move, Save the Children UK, 2008
- In Search of Opportunities: Voices of Children on the Move in West and Central Africa, UNICEF, July 2017
- Child Resilience Brochure, Save the Children Denmark, November 2015
- Save the Children Youth Resilience Programme Guidance note, Save the Children Denmark, 2015