



THE LIVES OF CHILDREN AND WOMEN IN BARBADOS

Multiple Indicator Cluster Survey 2012



unicef 

 MICS

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FOREWORD

The Multiple Indicator Cluster Survey (MICS) is becoming the reliable data source for many countries to monitor and evaluate the status of women and children around the world. It is also a tool for developing new policies and strategies related to women and children. We are proud to introduce this child-friendly version of the MICS 2012. Entitled 'The Lives of Children and Women in Barbados', it provides key information on the status of education, protection, participation and health and nutrition in the country.

The booklet is based on the 2012 Barbados MICS, which was carried out by the Barbados Statistical Service (BSS). Financial and technical support was provided by the United Nations Children's Fund (UNICEF), the Government of Barbados, UN Women and the United Nations Population Fund (UNFPA).

We would like to take this opportunity to thank the team involved in preparing this informative, entertaining and educational booklet. Covering topics such as early childhood education, literacy and education, child protection, HIV, access to mass media and the Internet, alcohol and tobacco use, child health, reproductive health, nutrition and water and sanitation, the booklet will inform young readers about the knowledge and skills that will improve their situation.

We hope that this child-friendly report enables children and young people to easily access the important information produced by the survey.

Permanent Secretary
Ministry of Social Care, Constituency Empowerment and Community
Development
Barbados

Aubrey Browne
Director
Barbados Statistical Service
Barbados

TO YOUNG READERS

CRC is 25!

Dear children and young people,

The booklet you are holding in your hands is very special. This version of the Barbados Multiple Indicator Cluster Survey (MICS) was specifically developed with you in mind. The MICS is a large survey conducted every few years in countries across the world with UNICEF support. It allows governments, including the Government of Barbados, to check whether they are achieving their targets on children for the Millennium Development Goals (MDGs) and other international commitments such as the Convention on the Rights of the Child (CRC).

I am delighted to share some of the findings of the Barbados MICS with the island's girls and boys. I hope this book will help you to better understand the situation of children and women in your towns and rural areas. I am certain that it will help you to know how to make society more equal and more child-friendly. I am also sure that it will guide you on how to ensure the rights of children as described in the CRC.

I wish you every success in your efforts to promote children's rights in Barbados!

Khin-Sandi Lwin
Representative
UNICEF Eastern Caribbean Area
Barbados

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INTRODUCTION

This booklet is designed for you, the children and young people of Barbados. It aims to help you understand your rights under the Convention on the Rights of the Child (CRC) and describes some of the results of a recent study – the Multiple Indicator Cluster Survey (MICS) – on the situation of children and women in the country.



This introduction provides a brief look at the CRC and what it means for you, and then explains what the MICS is all about. The rest of the booklet looks at the findings of the MICS in four main areas of rights under the CRC.

- 1 Education** – early childhood development, literacy and education
- 2 Protection** – child protection, HIV, sexual behaviour and orphans
- 3 Participation** – access to mass media and the Internet, alcohol use
- 4 Health and nutrition** – child health, water and sanitation, reproductive health, nutrition

What is the Convention on the Rights of the Child (CRC)?

About 25 years ago, world leaders decided that children needed a separate convention just for them because people under the age of 18 often need special care and protection. A convention is an agreement between countries to obey the same law. In 1989, the United Nations General Assembly adopted the Convention on the Rights of the Child (CRC), and almost every country in the world – including Barbados – has promised to put it into practice.

The CRC has 54 articles that describe the things that all children should be able to enjoy, such as the right to freedom of expression, protection, culture and play, education and health care. It is guided by four core principles: non-discrimination; the best interests of the child; the rights to survival, development and protection; and respect for the views of the child.

- Non-discrimination (article 2) means that all rights apply to all children without exception and no child should be treated unfairly on any basis.
- The child's best interests (article 3) means that adults should do what is best for children and should think about how the decisions they make will affect children.
- The rights to life, survival and development (article 6) means that children have a right to be alive, and governments should make sure they survive and develop.
- Respect for the views of the child (article 12) means that children have the right to express their opinions and that adults should listen and take these seriously.

What does the CRC mean for you?

All children have the same rights. No matter who you are, where you live or what you believe in, you have the right to grow up safe, happy and healthy. Many of your rights – for example, to education and health care – have to be provided by adults or by the government. But you can play your part by spreading the word about the CRC and campaigning to make leaders keep their promises to children. The CRC also says that you have responsibilities. One in particular is to respect the rights of others, especially your parents (article 29). Another example is that if you have a right to be educated, then you also have the responsibility to learn as much as you can and, where possible, share your knowledge and experience with others.



What is the Multiple Indicator Cluster Survey (MICS)?

The MICS is a large survey conducted every few years in countries across the world with support from the United Nations Children's Fund (UNICEF). It helps governments check how they are doing in keeping the promises they have made in international agreements such as the CRC and the Millennium Development Goals (MDGs). The eight MDGs are international targets for reducing poverty around the world and improving people's lives.

About 4,000 households from all over the island were involved in the 2012 Barbados MICS (a household is all the people who live together in one home). The survey asked people questions about a number of different things:

- ✓ nutrition
- ✓ child health
- ✓ water and sanitation
- ✓ reproductive health
- ✓ child development
- ✓ literacy and education
- ✓ child protection
- ✓ HIV, sexual behaviour and orphans
- ✓ access to mass media and Internet use
- ✓ use of alcohol and tobacco
- ✓ subjective well-being

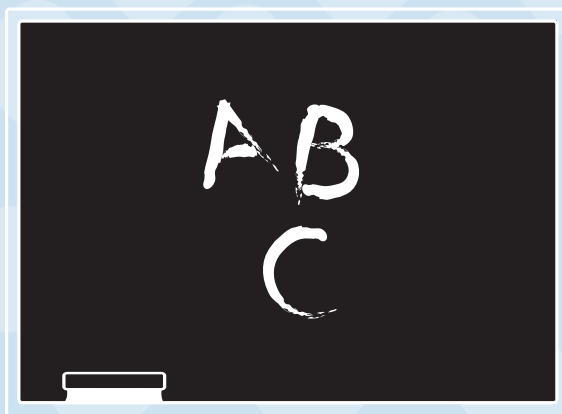
Why is the MICS important?

The MICS is important for three main reasons. First, it helps countries collect up-to-date information about children and women so governments know what action is needed to make people's lives better. Second, the results of the MICS have been used to make people think more about children's rights and what children want and need. And third, the information collected in different countries can be compared, and progress and performance can be assessed over time.

How to use this booklet

The survey findings are important to everyone in Barbados, and everyone can use this booklet. It has been developed in particular for young people (from age 11) and for use in schools, but other groups or individuals can also use it. You can read this booklet on your own or in a group (for example, school, class or community group). For each topic the main survey findings are given and then there are sections on what you can do, what adults can do, what you could tell your sisters and brothers about the subject and what you could tell your parents. You may have some other ideas too. If you are working in a class or in any kind of group, you can have a discussion to come up with new ideas.

CHAPTER 1. EDUCATION



Early childhood development

- ✓ The right to education begins at birth and is closely linked to young children's right to maximum development (CRC article 6).
- ✓ Education should develop the child's personality, talents and mental and physical abilities to their fullest potential (CRC article 29).



Your early childhood helped make you the person you are today – your intelligence, personality, behaviour and readiness to learn. It's a journey with milestones that mark how you develop physically, learn, play, speak and act at different ages. To help young children reach some of these milestones, it's important that parents play with them and provide them with books and toys (whether home-made or shop-bought). Older sisters and brothers can play an important role too. Going to a pre-school can prepare children for primary school. Children under age 5 should not be left alone or only with other children as this increases the risk of accidents.

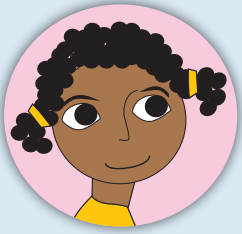
Key Findings

9 out of 10 children aged 3–5 attend an organized early childhood education programme.

9.5 out of 10 children aged 3–5 have adult family members playing with them and helping them to learn.

5 out of 10 children aged 3–5 play with their father.

1 in 100 children aged 0–5 are sometimes left with inadequate care.

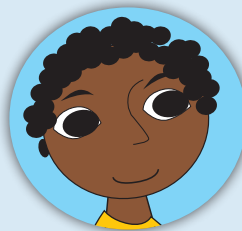


What can I do?

- ✓ Play with and read to my younger sisters and brothers.
- ✓ Let a responsible adult know if any of my friends are constantly left alone.

What adults should do

- ✓ Track your child's development milestones and talk to a doctor if you are concerned.
- ✓ Fathers should play with and read to their children.
- ✓ Don't leave young children alone or with only other children to mind them.
- ✓ Find out more about preschools in the community or neighbourhood



What could I tell my sisters and brothers?

- ✓ Spending time with the younger ones will help them learn about their world and develop skills.

What could I tell my parents?

- ✓ Books and toys are very important to children's early development.



Literacy and education

- ✓ You have the **right to a primary education**, which should be free and compulsory. Secondary education should be **available and accessible** to every child (CRC article 28).

Education is the foundation for building a better future. If you go to school, not only will you benefit but also your children and even their children. Education helps fight poverty, empower women, protect children from dangerous work and promote human rights. Going to a pre-school helps make young children ready for school. It's especially important for women to be literate (able to read and write) as then they are more likely to send their children, especially their daughters, to school and become more actively involved in the country's social, political and cultural life.



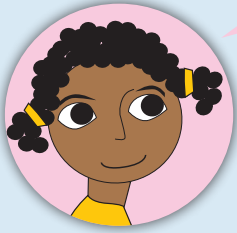
Key findings

10 out of 10 women aged 15–24 are literate (99 per cent).

8 out of 10 children in the first grade of primary school went to preschool the previous year.

9.9 out of 10 children of primary school age go to school.

9 out of 10 children of secondary school age go to school.



What can I do?

- ✓ Tell my parents that I want to go to school.
- ✓ Encourage my out-of-school friends to enrol in school.
- ✓ Not drop out but stay and graduate from secondary school.

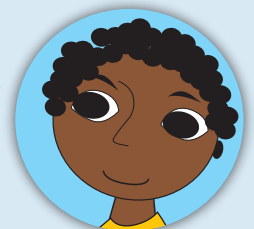


What adults should do

- ✓ Make sure all your children attend school when they are the right age.
- ✓ Plan ahead so that there is some money to pay for school uniforms, schoolbooks and transport to school and back.
- ✓ Plan household chores and other family work before or after school so that your children don't have to miss out on school.

What could I tell my sisters and brothers?

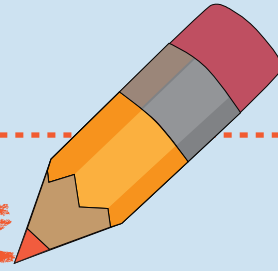
- ✓ Education is very important and you should stay in school.



What could I tell my parents?

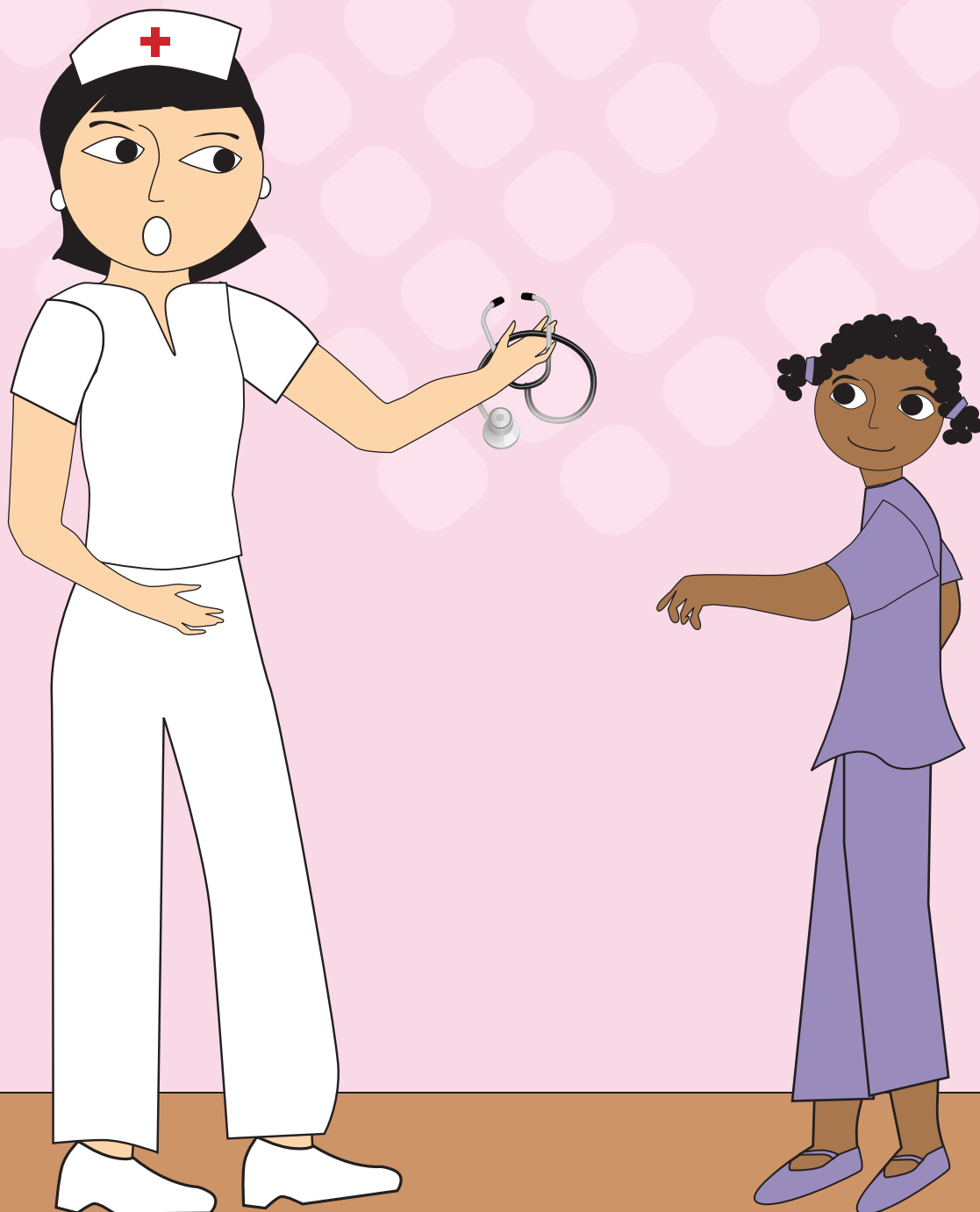
- ✓ Education leads to a better future for the family and community.

QUICK QUIZ



1. Why is it important for parents to play with their children?
2. How many children aged 3–5 attend an organized early childhood education programme?
3. How many children have adult family members who play with them?
4. Give one reason why it's important for women to be literate.
5. How many children of primary school age go to school?
6. How many children of secondary school age go to school?

CHAPTER 2. PROTECTION



Child protection

- ✓ You have the right to a **legally registered name** and to a nationality (CRC article 7).
- ✓ You should be **protected from work that is dangerous** or might harm your health or education (CRC article 32).
- ✓ You should be **protected from all kinds of physical or mental violence, abuse, neglect and exploitation** (CRC article 19).



It's very important that your birth is registered as otherwise you might not be able to go to school or get health care. A birth certificate is also a legal way to prove your age and is the basis for citizenship. Some kinds of work – such as doing household chores, helping in a family business or earning pocket money – can contribute to your development and your family's welfare. But you should not be made to do work that is dangerous or interferes with your schooling. You should also not be punished in a violent way. Early marriage (before age 18) can interfere with your education and may also increase the risk of partner violence.

Key findings

1 out of 100 children haven't been registered with the authorities.

1 out of 100 children under 5 don't have a birth certificate.

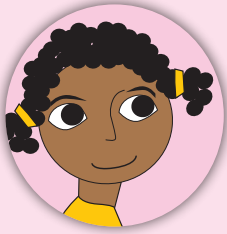
1 out of 50 children aged 5–14 do some form of work that adults are supposed to be doing.

7 out of 10 children experience physical or emotional punishment

1 out of 17 children experience violent physical punishment

1 out of 25 women were married or in union (living together but not married) before the age of 15

1 out of 30 women aged 15–19 believes a husband/partner is sometimes justified in beating his wife/partner.



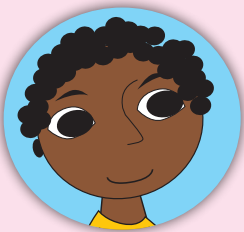
What can I do?

- ✓ Ask my parents if I have a birth certificate.
- ✓ Report any incidents of violence to my parents or teachers.
- ✓ Start or take part in campaigns to stop violence against children.



What adults should do

- ✓ Register all your children at birth.
- ✓ Schedule chores outside school hours and make sure your children have time to study.
- ✓ Use non-violent discipline (for example, explaining why a behaviour is wrong or taking away some of your child's privileges).
- ✓ Practice positive parenting, guiding your children on how to handle emotions or conflicts in a way that encourages them to make good decisions and take responsibility.



What could I tell my sisters and brothers?

- ✓ Hitting people is always wrong.

What could I tell my parents?

- ✓ Violent discipline is harmful to children.



HIV, sexual behaviour and orphans

✓ You have the right to **information to help you stay well** (CRC article 24).

HIV is a sexually transmitted infection that can lead to your death. HIV-infected mothers can pass HIV to their babies and you can also get HIV by using an injecting needle that was used by someone with HIV. You can get HIV through a blood transfusion if the blood used has not been tested. It can't be transmitted by sharing food with an infected person, by supernatural means or by mosquito bites. A person who looks healthy could still be infected with HIV. AIDS is when your immune system (that protects you from illness) is not working well because of HIV. Sometimes people treat others badly or say bad things about people with HIV or AIDS which is wrong because it's an illness not a punishment for bad behaviour.



Key findings

Almost **9.9 out of 10** women have heard of HIV and AIDS .

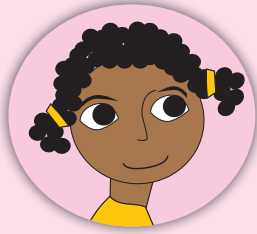
7 out of 10 women know how HIV is transmitted and how to prevent it.

1 out of 10 women do not have a discriminatory attitude towards people with HIV.

1 out of 4 women have been tested for HIV.

3 out of 10 children aged 0–17 live with both parents.

1 out of 12 children have one or both parents dead.



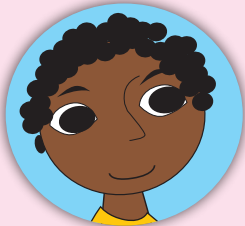
What can I do?

- ✓ Learn how to protect myself from HIV.
- ✓ Not discriminate against people with HIV.



What adults should do

- ✓ Talk to young people in the family about how HIV is transmitted.
- ✓ Be faithful to your partner.
- ✓ Get an HIV test at a health clinic.



What could I tell my sisters and brothers?

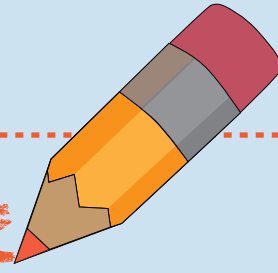
- ✓ Don't have sex before you're ready and always use a condom.



What could I tell my parents?

- ✓ Not discriminate against people with HIV.

QUICK QUIZ



1. Why is it important to have a birth certificate?
2. How many children under age 5 don't have a birth certificate?
3. How many children experience violent discipline?
4. What could I tell my sisters and brothers about violence?
5. Name two ways in which HIV is transmitted.
6. In what ways is HIV not transmitted?
7. How many women know how HIV is transmitted and how to prevent it?
8. How many women have been tested for HIV?

CHAPTER 3. PARTICIPATION



Access to mass media and the Internet

- ✓ You have the right to **get and share information** – through speech, writing or print, in the form of art or through any other media – as long as the information is not damaging to you or others (CRC article 13).
- ✓ You should have **access to information and material** from diverse national and international sources (CRC article 17).



There are lots of different media – newspapers, magazines, radio, TV and the Internet – that can help you learn new things and show you more about the world. Often children create their own school newspapers or radio programmes to express their views. However, the media can have a negative side too. For example, fashion magazines might make you feel bad about the way you look, and the violence on TV might make you think that's a good way to resolve conflicts. The Internet is exciting and can provide you with both information and entertainment, but it also comes with risks. You might see sexual content that is not suitable for your age. You might be bullied or threatened. You need to be careful that you don't reveal too much about yourself to people you don't know.

Key findings

9 out of 10 women watch TV each week.

9 out of 10 women listen to the radio each week.

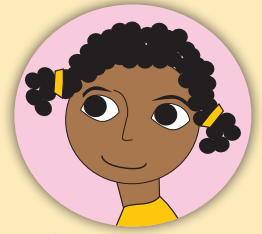
8 out of 10 women read a newspaper/magazine each week.

9 out of 10 women aged 15–24 used a computer during the last year.

9 out of 10 women aged 15–24 used the Internet in the last year.

What can I do?

- ✓ Get permission to set up a school newspaper or website with other students (or join in if these already exist).
- ✓ Visit only age-appropriate sites online.
- ✓ Be careful not to reveal too much about yourself to people you only know through the Internet or social media



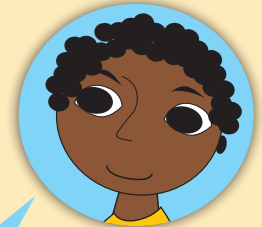
What adults should do

- ✓ Lobby the media to provide information that children can understand and to not promote materials that could harm children.
- ✓ Install an Internet filter and monitor what your children watch on TV.
- ✓ Know what your children are doing online and agree on some rules for Internet use.
- ✓ Don't let your children spend all their free time watching television or on the Internet.



What could I tell my sisters and brothers?

- ✓ Don't share personal information or photos online or by phone except with your friends.
- ✓ Don't post anything that might be embarrassing or upsetting to someone else.
- ✓ Never click on suspicious links.
- ✓ Never agree to get together with someone you've only "met" online.
- ✓ Tell an adult if you're being bullied. Don't bully others!



What could I tell my parents?

- ✓ Let's explore the Internet together.
- ✓ Use the parental guide feature on the television to protect children



Alcohol and tobacco use

- ✓ You have the right to protection from harmful drugs and from the drug trade (CRC article 33). Alcohol and tobacco are drugs that are bad for your health and can be addictive.

Some adults drink alcohol and it's often found in social settings, such as parties. You may choose not to drink when you're older or to have a drink occasionally, but alcohol abuse is always wrong.

If you drink too much there can be bad consequences for your health and safety. Alcohol can make you feel sick (like making you throw up, pass out or worse) and can also have long-term harmful effects on your brain and your health. Drinking can affect your ability to make good decisions. You might say things you don't mean, hurt someone or get into a risky situation. Alcohol abuse often leads to people getting injured or being violent, including beating their partner or child. Smoking can also damage your health – affecting your lungs, heart and brain – and shorten your life. Second-hand smoke (from someone else smoking) can be equally dangerous.



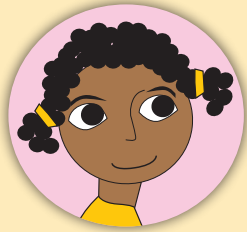
Key findings

1 out of 10 women drank alcohol before the age of 15.

1 out of 3 women had at least one drink of alcohol during the last month.

2 out of 10 women have never drunk any alcohol.

1 out of 4 women have used a tobacco product at some time.



What can I do?

- ✓ Not drink before the legal age.
- ✓ Never abuse alcohol (if I decide to drink when I'm older).

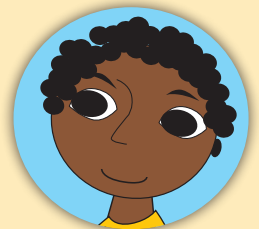


What adults should do

- ✓ Be a good role model and drink responsibly.
- ✓ Use the news, films or personal events to discuss appropriate drinking behaviour.
- ✓ Teach your children how to refuse a drink politely.
- ✓ Give up smoking.

What could I tell my sisters and brothers?

- ✓ Don't drink and drive, or ride with anyone who's been drinking.
- ✓ Don't take part in drinking games.
- ✓ Don't drink if you're pregnant.
- ✓ Don't start smoking - as well as hurting your health it will make your breath smell and your teeth turn yellow.



What could I tell my parents?

- ✓ Drinking too much is very bad for your health.
- ✓ Smoking kills.



Subjective well-being

- ✓ You have the right to a standard of living that is good enough to meet your physical and mental needs (CRC article 27) and to learn how to live peacefully, protect the environment and respect other people (CRC article 29).

‘Well-being’ means the quality of your life and ‘subjective well-being’ is how you feel about your life – regardless of how good or bad things really are. It includes how satisfied you are with your life as a whole (including your health, your friendships, where you live and how you look) as well as your day-to-day moods and emotions such as happiness or sadness. Low subjective well-being can lead to problems such as poor mental health. Often, children rate their well-being highly when they spend time with those they love (family and friends) and have plenty of things to do, especially outdoors.



Key findings

6 out of 10 women are generally satisfied with their life.

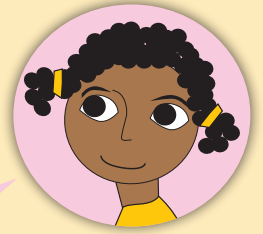
9 out of 10 women aged 15-24 are very or somewhat happy.

6 out of 10 women aged 15-24 think their life has improved over the last year.

9 out of 10 women aged 15-24 think their life will get better after one year.

What can I do?

- ✓ Get involved in sports or other forms of exercise.
- ✓ Do something creative (draw, write a poem or play an instrument).
- ✓ Talk to my parents about the things that matter to me.
- ✓ Help others – people who volunteer tend to be happier and healthier.



What adults should do

- ✓ Find activities that the family can do together.
- ✓ Encourage your children to be active indoor and outdoors.
- ✓ Help your children see their friends outside school.
- ✓ Listen to your children and value their thoughts and ideas.
- ✓ Teach your children how to cope with life's ups and downs.
- ✓ Make sure your children know you love them and are proud of them.



What could I tell my sisters and brothers?

- ✓ Be active – go for a walk or a run, play a game or dance.
- ✓ Don't spend time with people who make you feel bad about yourself.

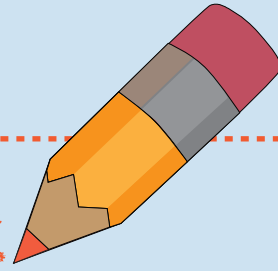


What could I tell my parents?

- ✓ Show an interest in how I'm doing in school.
- ✓ Make time to talk to me about any problems I might have.



QUICK QUIZ



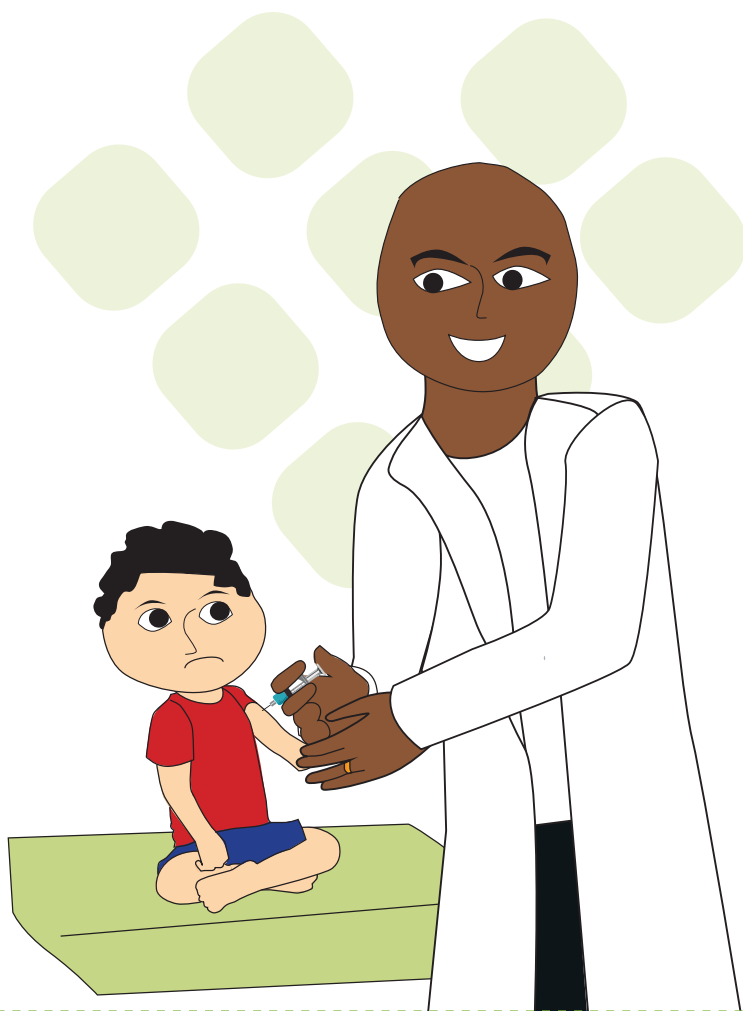
1. Name three types of media.
2. Mention one of the risks of using the Internet.
3. How many women watch TV each week?
4. What should you do if you're being bullied?
5. Name two of the bad effects of alcohol.
6. How many women have never drunk any alcohol?
7. What is second-hand smoke?
8. What is well-being?
9. How many women aged 15-24 are generally satisfied with their lives?

CHAPTER 4. HEALTH AND NUTRITION



Child health

✓ You have the right to the **best health care possible** (CRC article 24).



Every child should have a series of vaccinations (immunizations) during the first years of life to protect against serious diseases such as measles.

Tetanus can kill newborn babies, and pregnant women should be vaccinated against this.

Diarrhoea and pneumonia can also be deadly. If you have diarrhoea, you should drink plenty of liquids. Breast milk is the best liquid for a baby with diarrhoea, and she or he should be breastfed more often than usual. Oral rehydration solution (ORS) is the best liquid for older children, or you can also drink coconut water. Children with pneumonia should be taken to the health clinic and treated with antibiotics.

Key findings

1 out of 20 children under age 5 had diarrhoea in the two weeks before the survey.

1 out of 20 children under age 5 had suspected pneumonia in the two weeks before the survey.

1 out of 33 babies born in the last two years had low birth weight (less than 2,500 grams)



What can I do?

- ✓ Ask my parents if I've been vaccinated and if my sisters and brothers have been vaccinated.
- ✓ Tell my family what I've learnt about diarrhoea and how to look after a child who has diarrhoea.



What adults should do

- ✓ Ensure that all the children in your family are fully immunized.
- ✓ Spread the word about the importance of immunization in your community.
- ✓ If you're pregnant, eat nutritious food and ensure you're vaccinated against tetanus.
- ✓ Breastfeed babies with diarrhoea more often and treat older children with oral rehydration solution (ORS).
- ✓ Recognize the symptoms of pneumonia (fast breathing and difficult breathing) and take the child to the health clinic to be treated with antibiotics.
- ✓ Recognize the symptoms of pneumonia (fast breathing and difficult breathing) and take action.



What could I tell my sisters and brothers?

- ✓ Drink lots of liquids if you have diarrhoea.



What could I tell my parents?

- ✓ ORS or coconut water is good for treating diarrhoea in older children and adults.

Reproductive health

- ✓ You have the right to the **best health care possible**. Governments should ensure appropriate pre-natal and post-natal health care for mothers (CRC article 24).

Good reproductive health implies that people can have a satisfying and safe sex life and can choose if, when and how often to have children. This is the foundation for having healthy children, intimate relationships and happy families. Every child should be wanted and every birth should be safe. If you want to wait to get pregnant, or not get pregnant at all, then you need to practice abstinence (not have sex) or use some form of contraceptive. Having children before age 18 can lead to health problems for both the mother and the baby. To make sure she and the baby are healthy, every pregnant woman should have at least four antenatal check-ups during her pregnancy. Mothers and newborn babies also need health checks.



Key findings

1 out of 14 women aged 20-24 had a baby before age 18.

6 out of 10 women currently married or in a union (living together but not married) use contraception.

2 out of 10 women who are not using contraceptives would like to stop having children or postpone the next pregnancy for at least two years.

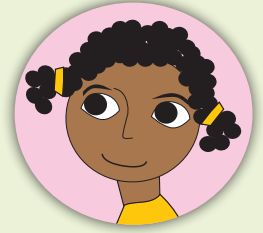
9 out of 10 pregnant women had at least four antenatal check-ups.

9.8 out of 10 babies had health checks after the birth.

9.7 out of 10 mothers had checks after the birth.

What can I do?

- ✓ Seek accurate information about reproductive issues from responsible adults (parents, teachers or school counsellors).



What adults should do

- ✓ Talk with your children about sex and sexuality (such as how male and female bodies work) from an early age.
- ✓ Support comprehensive, age-appropriate sexuality education in schools that is life-skills based.
- ✓ Ensure your children have access to counselling and reproductive services.
- ✓ Encourage pregnant women in your family to have antenatal check-ups.



What could I tell my sisters and brothers?

- ✓ If you have sex you might get pregnant, catch a sexually transmitted diseases or lose your reputation.



What could I tell my parents?

- ✓ It's better if you teach me about sex than if I learn about the wrong things from other people.



Water and sanitation

- ✓ You have the right to **clean drinking water** and a **clean and safe environment** (CRC article 24).



Safe drinking water is very important. Unsafe water can carry diseases or chemicals that are bad for your health.

To make sure your water is safe, it needs to be collected from an improved water source (for example, a tap, a covered well or a spring) or treated at home. Some water from an improved source may still need to be treated by boiling or other methods. It's also important to use a clean and properly made toilet. Many illnesses, especially diarrhoea, can be prevented by good hygiene. Washing your hands often and with soap will help protect you from getting sick.

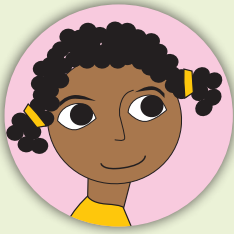
Key findings

10 out of 10 households use safe drinking water.

9.5 out of 10 households have a toilet that is not shared.

9.7 out of 10 households have a place for hand washing, with both water and soap available.

1 out of 4 children under age 2 have their faeces disposed of safely.



What can I do?

- ✓ Always use a clean toilet for defecation and urination.
- ✓ Wash my hands with soap and water after using the toilet, playing outdoors or coughing or sneezing and before eating.



What adults should do

- ✓ Wash your hands with soap and water after using the toilet and before preparing food, feeding a child or eating.
- ✓ Make regular hand washing a rule for everyone in the family.
- ✓ Keep drinking water safe by always storing it in clean and covered containers.
- ✓ Safely dispose of young children's faeces by letting the child use the toilet or by rinsing the stool into a toilet or latrine.



What could I tell my sisters and brothers?

- ✓ Washing your hands is the best way to avoid getting sick.



What could I tell my parents?

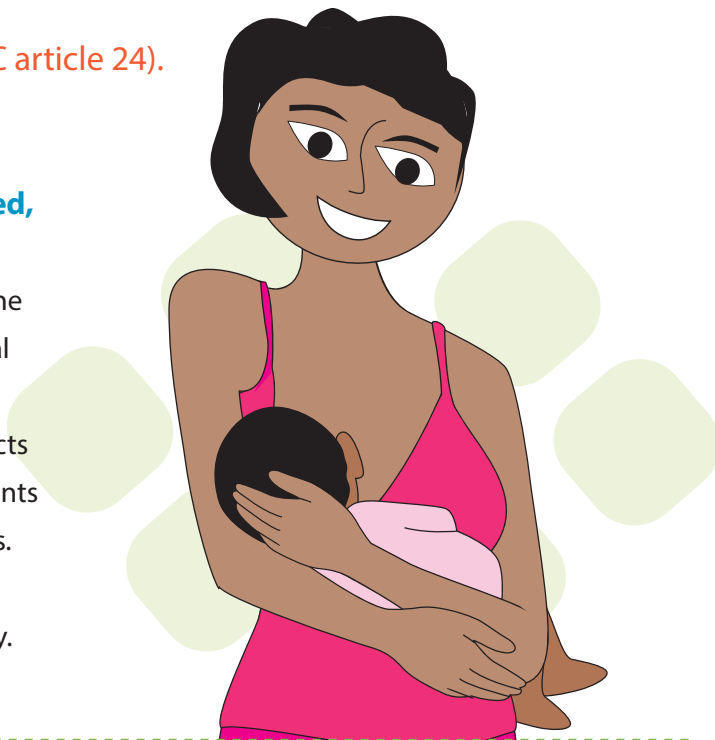
- ✓ Teaching us and being an example of good hand washing practices will help keep the family healthy.

Nutrition

✓ You have the right to **nutritious food** (CRC article 24).

Good nutrition means eating lots of healthy foods to help you grow. If you're well nourished, you're less likely to get sick and more able to learn.

When you're a baby, all you need for around the first 6 months of life is breast milk because it's an ideal source of nutrients. Babies should be fed within one hour of birth because the first milk (colostrum) protects them from disease and infection. After 6 months, infants should still be given breast milk as well as other foods. Sometimes supplements, such as iodine in salt, are needed to make sure you grow up strong and healthy.



Key findings

9 out of 10 children were breastfed at some time.

4 out of 10 babies were breastfed within one hour of birth.

3 out of 10 children under 2 years of age are given breast milk together with other foods.

8 out of 10 children aged 0–2 are bottle-fed.

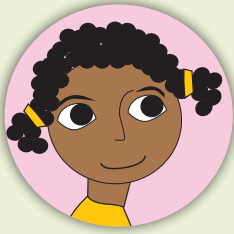
3 out of 100 children under 5 years of age are underweight (too light for their age).

3 out of 100 children under 5 years of age are stunted (too short for their age).

4 out of 100 children under 5 years of age are wasted (too thin for their age).

6 out of 100 children under 5 years of age are overweight or obese (too fat for their age).

1 out of 6 households use adequately iodized salt.



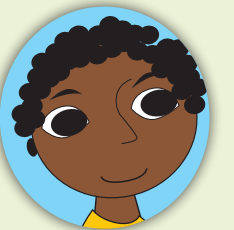
What can I do?

- ✓ Explain to pregnant women that breastfeeding within an hour of birth is like an immunization for new babies, protecting them against disease.
- ✓ Tell my family to eat fruits and vegetables rather than fast foods, chips and soda.
- ✓ Prepare my snack or lunch at home from fresh, local ingredients.



What adults should do

- ✓ Give breast milk only to your children under 6 months and give nutritious food three times every day, along with breast milk, to those aged 6-23 months.
- ✓ Prepare healthy meals for your family, with lots of fresh vegetables and fruits.
- ✓ Let your children help prepare meals, so that they learn about healthy eating.
- ✓ Plant fruit trees and vegetables around your house so that you have a supply of fresh, healthy food.
- ✓ Check that the salt you buy is sufficiently iodized.



What could I tell my sisters and brothers?

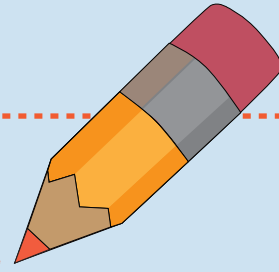
- ✓ Eating healthy food will help stop us getting sick.



What could I tell my parents?

- ✓ Breast is best for babies.
- ✓ I need healthy food to help me grow big and strong.

QUICK QUIZ



1. What are vaccinations for?
2. What should you do if you don't want to get (or make someone) pregnant?
3. Why is safe drinking water important?
4. How can you protect yourself from diarrhoea and other diseases?
5. What should you do if you have diarrhoea?
6. Give three examples of times when you should wash your hands with soap and water.
7. What is 'good nutrition'?
8. How many children aged 0–2 are bottle-fed?
9. Why should babies be fed breast milk within one hour of birth?

ANNEX: LIST OF INDICATORS

Indicators	Total	Girls	Boys	Rural	Urban
1. EDUCATION					
Early childhood development					
Support for learning	96.6%	96.5%	96.7%	99.4%	94.9%
Father's support for learning	45.9%	44.9%	46.8%	43.8%	47.1%
Learning materials: children's books	85.0%	85.1%	84.8%	85.1%	84.9%
Learning materials: playthings	75.7%	74.1%	77.1%	79.9%	73.4%
Early child development index	96.6%	98.6%	94.8%	96.2%	96.8%
Attendance at early childhood education	89.7%	91.2%	88.3%	88.0%	90.6%
Literacy and education					
Literacy rate among young women aged 15–24	100%	100%	NA	100%	100%
School readiness	77.9%	–	–	–	–
Net intake rate in primary education	93.8%	(91.4%)	(96.2%)	(87.2%)	96.7%
Primary school net attendance ratio (adjusted)	99.0%	98.5%	99.5%	99.0%	99.0%
Secondary school net attendance ratio (adjusted)	92.1%	90.9%	93.4%	93.1%	91.5%
Primary completion rate	107.4%	107.0%	107.7%	(116.4%)	103.3%
Transition rate to secondary school	92.5%	90.2%	95.1%	(90.7%)	93.8%
Gender parity index (primary school)	0.99	NA	NA	0.99	0.99
Gender parity index (secondary school)	0.97	NA	NA	0.98	0.97
2. CHILD PROTECTION					
Birth registration					
Birth registration	98.7%	98.7%	98.8%	99.5%	98.3%
Child labour					
Child labour	2.3%	2.1%	2.5%	1.5%	2.7%
Child discipline					
Violent discipline	75.1%	72.1%	78.1%	72.3%	76.7%
Early marriage					
Marriage before age 15 (women aged 15–19)	3.8%	3.8%	NA	4.0%	3.6%
Marriage before age 18 (women aged 20–49)	15.7%	15.7%	NA	15.6%	15.8%
Young women aged 15–19 currently married or in union	1.4%	1.4%	NA	0.9%	1.7%
Domestic violence					
Attitudes towards domestic violence (women aged 15–49)	3.3%	3.3%	NA	2.6%	3.7%
HIV and AIDS, sexual behaviour and orphans					
Comprehensive knowledge about HIV prevention (women aged 15–49)	72.6%	72.6%	NA	73.9%	71.8%
Comprehensive knowledge about HIV prevention (women aged 15–24)	67.5%	67.5%	NA	68.5%	66.9%
Knowledge of mother-to-child transmission of HIV	55.4%	55.4%	NA	57.7%	54.2%
Accepting attitudes towards people living with HIV	14.6%	14.6%	NA	11.6%	16.3%
Women who know where to be tested for HIV	95.8%	95.8%	NA	96.1%	95.7%
Women tested for HIV in the past year who know the results	23.4%	23.4%	NA	23.2%	23.5%
HIV counselling during antenatal care	59.2%	59.2%	NA	64.6%	56.0%
HIV testing during antenatal care	92.1%	92.1%	NA	91.3%	92.5%
Sex before age 15 among young women aged 15–24	9.4%	9.4%	NA	8.5%	10.0%
Children whose parents have both died	0.5%	0.7%	0.2%	0.4%	0.5%

Indicators	Total	Girls	Boys	Rural	Urban
3. PARTICIPATION					
Access to mass media and use of information and communications technology					
Exposure to mass media (women aged 15–49)	73.7%	73.7%	NA	79.7%	70.3%
Use of computers (women aged 15–24)	87.3%	87.3%	NA	88.4%	86.6%
Use of the Internet (women aged 15–24)	92.8%	92.8%	NA	93.0%	92.7%
Tobacco use					
Tobacco use (women aged 15–49)	2.8%	2.8%	NA	1.8%	3.3%
Alcohol use					
Alcohol use (women aged 15–49)	36.3%	36.3%	NA	33.8%	37.8%
Alcohol use before age 15 (women aged 15–49)	10.0%	10.0%	NA	11.5%	9.1%
Subjective well-being					
Life satisfaction (women aged 15–24)	57.7%	57.7%	NA	63.6%	54.2%
Happiness (women aged 15–24)	90.5%	90.5%	NA	92.8%	89.2%
Perception of a better life (women aged 15–24)	60.2%	60.2%	NA	55.1%	63.1%
4. HEALTH AND NUTRITION					
Child health					
Solid fuel use	0%	NA	NA	0%	0%
Water and sanitation					
Use of improved drinking water sources	99.7%	NA	NA	99.3%	99.9%
Use of improved sanitation	96.1%	NA	NA	96.1%	96.0%
Safe disposal of child's faeces	24.6%	NA	NA	18.8%	27.6%
Place for handwashing (water and soap)	97.1%	NA	NA	98.3%	96.4%
Reproductive health					
Early childbearing (before age 18 among women aged 20–24)	6.7%	6.7%	NA	6.5%	6.9%
Contraceptive prevalence rate	59.2%	59.2%	–	57.7%	61.8%
Unmet need for contraception	19.9%	19.9%	–	18.4%	20.8%
Antenatal coverage: at least once by skilled personnel	93.4%	93.4%	NA	91.7%	94.4%
Antenatal coverage: at least four times by any provider	87.9%	87.9%	NA	96.7%	82.7%
Institutional deliveries	100%	100%	NA	100%	100%
Post-natal health check for the newborn	98.4%	–	–	100%	97.5%
Post-natal health check for the mother	96.9%	96.9%	NA	98.5%	95.9%
Nutrition					
Under-5 underweight (low weight for age)	3.5%	4.7%	2.5%	1.8%	4.4%
Under-5 stunting (low height for age)	7.7%	6.4%	8.9%	7.2%	8.0%
Under-5 wasting (low weight for height)	6.8%	5.0%	8.3%	4.4%	8.1%
Under-5 overweight	12.2%	13.3%	11.3%	13.7%	11.4%
Children ever breastfed	93.2%	–	–	96.6%	91.2%
Early initiation of breastfeeding	40.3%	–	–	45.3%	37.4%
Exclusive breastfeeding under 6 months	(19.7%)	–	–	–	–
Bottle feeding	78.9%	74.2%	82.9%	75.4%	80.9%
Minimum meal frequency	60.7%	60.4	61%	(62.6%)	59.6%
Age-appropriate breastfeeding	36.0%	40.4%	32.3%	45.7%	30.3%
Iodized salt consumption	17.3%	NA	NA	15.3%	18.5%
Low birth-weight infants (below 2,500 grams)	2.5%	–	–	1.1%	3.2%

Notes: Figure in brackets based on 25–49 un-weighted cases; NA = not applicable; – data not provided.

