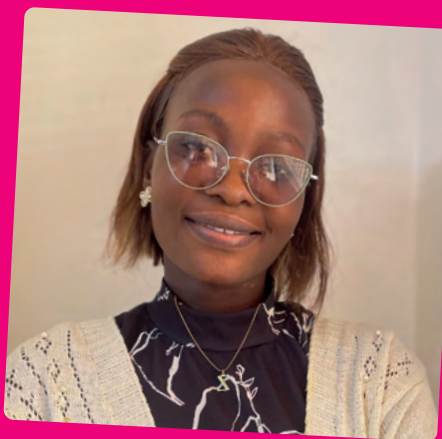




Youth Resilience

READY advocates and partners pose for a picture at the 3rd READY Academy in Pretoria, South Africa, July 2025 © 2025 Y+ Global



Zulfa, Mozambique

Welcome to the 15th edition of the READY newsletter! This issue focuses on youth resilience: the R in READY.

In the current era, marked by growing threats to human rights, youth resilience is a fundamental pillar for survival and progress. The READY movement is at the heart of this fight, promoting resilience among young people and their networks.

At Regional Psychosocial Support Initiative (REPSSI), we know that mental health and psychosocial support are crucial components of youth resilience. Peer support and safe spaces where young people can share their experiences and help each other are key to strengthening resilience.

As restrictive policies and funding cuts jeopardise progress in health and human rights, especially in the context of HIV, youth-led advocacy is needed more than ever. This not only empowers young people but also means that their perspectives and needs are taken into account in the decisions that affect their lives.

Recognising and embracing diversity within the READY movement is essential to develop strategies that cater for all voices and experiences. This ensures that approaches to resilience are inclusive and effective.

The READY movement is on the right track, showing that even in the face of adversity, collective resilience can create a better future for all.

Zulfa Domingos Inguane

Zulfa Domingos Inguane Albasini

**HEALTH FACILITY PEER SUPPORTER
LEAD, REPSSI MOZAMBIQUE**

Building resilience through Skills2Live

BY SEKAI MUKARO, SKILLS2LIVE COORDINATOR, YOUNG AFRICA

Under the Skills2Live programme, Young Africa, together with Frontline AIDS, supports young people in navigating life's challenges with strength and purpose. Through an approach that integrates vocational training, entrepreneurship, life skills and information about sexual and reproductive health and rights (SRHR), this collaboration is shaping a generation of resilient changemakers. The wellness centres have created safe, empowering spaces where young people can access psychosocial support, share experiences and take control of their future.

Hazel Khumalo, a 25-year-old woman from Hwange, Zimbabwe, has transformed her life through determination and support from Young Africa. After some setbacks earlier in her life, everything changed when Hazel learned that interviews were being held for peer supporters. She applied, was selected, and since then, has been providing peer support to other young people affected by HIV.

Hazel enrolled in a catering course at Young Africa's vocational training centre, where she is thriving. She speaks proudly of her progress:

“My life has changed. I am excelling in my course and my grandmother is happy because I'm now able to send money home to support our family of seven.”

Hazel credits the life skills programme at Young Africa for teaching her to stand up for herself and understand her rights. “Young Africa has given me a chance to focus on my studies. They even provide accommodation, meals and access to the wellness centre whenever we are unwell.”

Her dream is simple but powerful: to work hard, support her family and build a better future. Hazel is now on a path towards achieving that goal.



Hazel Khumalo proudly displays her culinary skills at the Young Africa centre in Zimbabwe. © 2025 Young Africa

Speaking up at the Commission on the Status of Women



Cindy Amaiza (R) speaks at a session at the Commission on the Status of Women in New York. © 2025 Y+ Global

BY CINDY AMAIZA, HER VOICE FUND COORDINATOR, GLOBAL NETWORK OF YOUNG PEOPLE LIVING WITH HIV (Y+ GLOBAL)

This year's Commission on the Status of Women (CSW), held in New York from 10 to 21 March, reviewed progress 30 years since the adoption of the Beijing Declaration and Platform for Action. It was an inspiring experience, reaffirming the power of young people in advancing gender justice, the HIV response and combating gender-based violence.

I had the privilege of speaking at two side events organised by Y+ Global and partners, where I shared insights on how youth-led organisations are filling critical gaps in advocacy and service delivery, despite shrinking resources. The first event focused on understanding the impact of US funding cuts for implementing organisations based in the South. I highlighted the vulnerabilities adolescent girls and young women face, including HIV and harmful gender norms. My key message was that achieving gender equality will remain out of reach unless we put adolescent girls and young women at the centre of the response, and back them with tangible resources. The second event took stock of a CSW resolution on women, the girl child and HIV. I used this space to directly engage government representatives, stressing that real change must happen at the national level.

Through these conversations, we not only elevated the urgency of sustained funding but also strengthened commitment to youth-centred policies, intersectional approaches and meaningful inclusion in decision-making spaces. Together, we ensured that young people are recognised as equal partners – not just beneficiaries – in driving change.

READY in 2025: resilience now more than ever



READY advocates take time out from their focal points planning session in Zimbabwe. © 2025 Y+ Global

BY PRISCILLA AMA ADDO, JUNIOR PROGRAMMES OFFICER: READY, Y+ GLOBAL

On 24–26 February, young leaders from Angola, Eswatini, Malawi, Mozambique, Zambia and Zimbabwe gathered in Harare, Zimbabwe for the READY focal point meeting. This was a powerful moment of connection, reflection and strategy development. These young advocates came together not only to celebrate progress but also to shape the future of youth-led advocacy across Southern Africa.

Their presence was more than symbolic, it was a testament to the importance of young people stepping into international

spaces to advocate for their health, rights and future. The meeting created a space where shared experiences, common challenges and collective aspirations sparked bold new ideas. Through storytelling, planning sessions and mutual support, these young leaders reaffirmed that their voices are not just relevant – they are essential.

The next steps are clear: country teams will refine their workplans for 2025, scale up the use of tools like the READY to Care scorecard and READY to Advocate module, and deepen collaboration with national partners to ensure youth priorities are reflected in policy and service delivery.

The energy from Harare doesn't end there. These advocates return to their countries more READY than ever to lead, hold decision-makers accountable and ensure young people remain at the heart of the HIV response.

Adapting through adversity



Mary Kachiwiya, peer supporter, Lilongwe

by US funding cuts and to learn about the challenges they face in accessing treatment and maintaining adherence.

Mary Kachiwiya, peer supporter at Bwaila/Lighthouse hospital in Lilongwe for MACRO's READY+ project, said, "USAID funding cuts have significantly impacted Malawi's antiretroviral therapy programmes, leading to medicine shortages, missed appointments and high viral loads. Many young people have discontinued treatment due to fear and misinformation. It's harder to reach and inspire others, but we've adapted through home visits, phone follow-ups and peer support."

We spoke to two peer supporters in Eswatini and Malawi to hear how young people have been affected

"Every dollar cut is a dollar taken from the future of young people living with HIV," said peer supporter, Bheki Mavuso, from Eswatini. "Funding cuts have shaken vital services, but peer supporters remain at the forefront, pushing through with limited resources."

We also talked to Yumnah Hattas, Lead: Gender Justice, Frontline AIDS. Yumnah added, "In a world shaken by injustice and exclusion, young people need to rise up, speak out and lead discussions for the future. There are serious challenges to HIV prevention and treatment programmes due to funding cuts to PEPFAR and others and even wider implications of ending support for family planning. We need to double down on calling for diversity, equity and inclusion. Imagine the future you deserve – just, inclusive and bold—and build it from today's chaos."

READY Academy



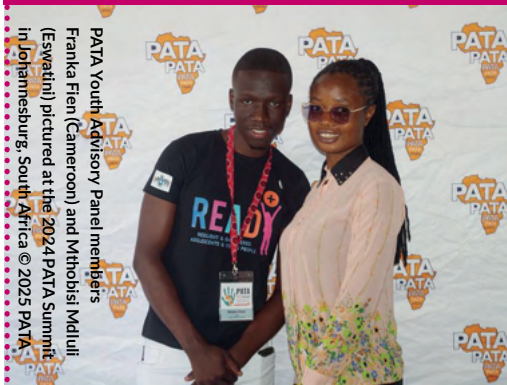
Youth advocates celebrate winning a seed grant at the 3rd READY Academy in Pretoria, South Africa, July 2025 © 2025 Y+ Global

We are excited to announce that the third READY Academy took place in Pretoria, South Africa on 9–14 June. This created a fantastic opportunity for young people across Eastern and Southern Africa to further develop their advocacy skills. Hosted by Frontline AIDS and Y+ Global, the theme this year was 'Beyond the funding crises: Empowering young leaders to hold national governments to account'.

This year's programme was designed by all partners under Pamunye, the Embassy of the Kingdom of the Netherlands in Mozambique's Regional SRHR and HIV programme. The READY Academy equipped young people with the knowledge, skills and confidence they need to hold policymakers accountable for filling gaps in funding through increased domestic financing. Young leaders learned how to advocate for sustainable solutions so that health systems can withstand shocks or disruptions from funding cuts, pandemics or other crises.

Check out this article for a full rundown of the Academy: <https://readymovement.org/ready-academy-3-pretoria-sa-2025/> and stay tuned to the READY movement social media pages for more updates!

Thriving together: young people and their healthcare provider



PATA Youth Advisory Panel members Franka Fien (Cameroun) and Mthobisi Mduli (Eswatini) pictured at the 2024 PATA Summit in Johannesburg, South Africa © 2025 PATA

BY HELEEN SOETERS, SENIOR PROGRAMMES MANAGER, AND ANGELITA SILVA, MARKETING AND COMMUNICATIONS MANAGER, PAEDIATRIC – ADOLESCENT TREATMENT AFRICA (PATA)

At PATA, we believe that healthcare providers and community stakeholders are key partners in building young people's resilience. It's not just about providing healthcare – it's about being someone young people feel they can trust for support and guidance. When healthcare providers create youth-friendly spaces where young people feel respected, seen and heard, they are empowered to take charge of their own health and wellbeing.

That's why PATA collaborated with Frontline AIDS, Y+ Global and READY+ partners on the My Healthcare Provider and Me campaign, launched at the PATA 2024 Summit. The campaign celebrates healthcare providers who offer adolescent-friendly services that are person-centred, non-judgmental and stigma-free – helping young people thrive, not just survive.

A critical part of adolescent-friendly care is making HIV and SRHR information and self-care tools accessible and appealing

in youth-friendly spaces. These resources give young people the power to make informed decisions about their sexual and reproductive health and wellbeing.

Three outstanding healthcare providers were recognised through the campaign for their role in building young people's confidence and resilience. PATA is proud to champion healthcare providers who are #DoingItRight #DoingItTogether and #DoingItNow because when young people feel supported, they're more likely to stay in care, support their peers and bounce back from any challenges. That's real resilience.



More on the My Healthcare Provider and Me campaign: <https://readymovement.org/my-healthcare-provider-and-me/>




This short video, produced under the Vibrant Young Voices "Engage us. Our rights. Our health" campaign, shows how healthcare providers can build resilience by sharing accessible information: <https://www.youtube.com/watch?v=2o46MqD8wpk&t=4s>



FOLLOW THE MOVEMENT! Dates for the diary

12 August	International Youth Day
1-3 October	International Workshop on Adolescence, SRHR & HIV, Gaborone, Botswana
11 October	International Day of the Girl Child
25–29 October	REPSSI Mental Health and Psychosocial Support Forum, Lusaka, Zambia
3–6 November	International Conference on Family Planning, Bogotá, Colombia
25 November–10 December	16 Days of Activism against Gender-based Violence

Support the READY movement by following these events and posting to:

 [READYMovement](#)  [@READY_Movement](#)  [@readymovement](#) using [#WeAreREADY](#). Visit <https://frontlineaids.org/ready>, readymovement.org and <https://www.yplusglobal.org/projects-ready-2.0> for news and updates.

Thank you!

Y+ Global and Frontline AIDS would like to say thanks to:

- All the young people at the forefront of this work.
- All the partners implementing READY projects: Ajuda de Desenvolvimento de Povo para Povo (ADPP), Malawi AIDS Counselling and Resource Organization (MACRO), Paediatric - Adolescent Treatment Africa (PATA), Regional Psychosocial Support Initiative (REPSSI) and Young Africa.
- All other organisations that are part of the READY movement.
- The Dutch Ministry of Foreign Affairs for its support.