



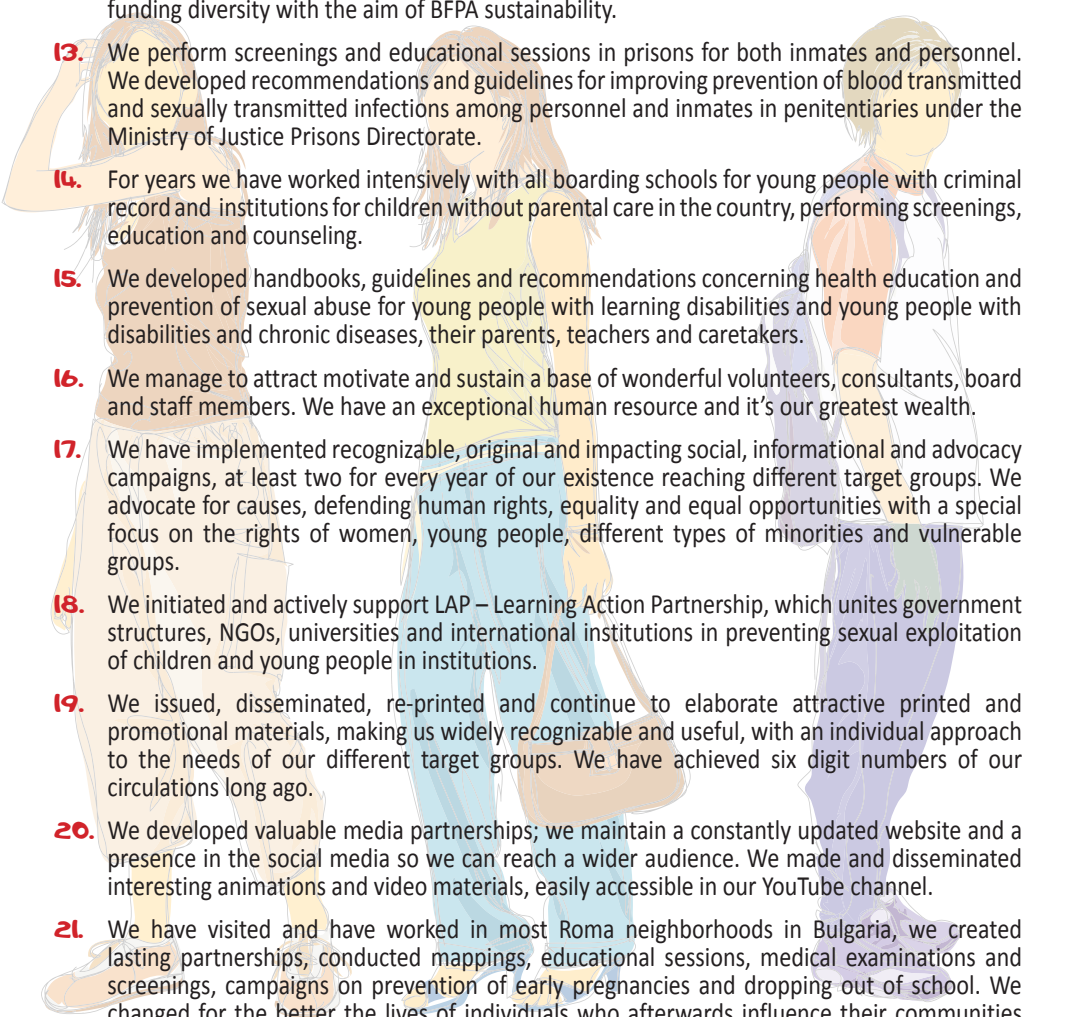
BULGARIAN  
FAMILY  
PLANNING AND  
SEXUAL  
HEALTH  
ASSOCIATION

[www.safesex.bg](http://www.safesex.bg)



## 25 of the things we did in 25 years:

1. We have reached over 1.5 mln people with our health services, trainings, informational materials and campaigns.
2. We implemented over 70 large scale projects in the fields of health prevention and education, in improving access to quality services and information, as well as in advocacy for marginalized groups.
3. We introduced the interactive training techniques in the field of health and sexuality education, in communication and working in a multiethnic environment, which are widely used today.
4. We introduced and implement the quality of care criteria and the concept of youth friendly services.
5. We introduced and implement the peer education model which is now used by a number of our partner institutions and organizations among adolescents and vulnerable communities.
6. We introduced the concept of mobile sexual and reproductive health services in hard-to-reach and distant locations and we are also assisting in the delivery of other mobile health services.
7. Together with our partners from the Ethnic Minorities Health Problems Foundation we introduced and supported the health mediators as a key figure in working with vulnerable communities and we transformed health mediation from NGO project to national policy.
8. We implemented the first project for social marketing of contraceptives in the country. We continue to work on marketing with cause initiatives.
9. We maintain key partnerships within a number of international networks and we are the Bulgarian member association of the International Planned Parenthood Federation (IPPF). We are working within other key partnerships globally as well as within the EU and on the Balkans.

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- 10.** We delivered reproductive health services to more than 120 000 clients, over 320 000 gynecological and contraceptive consultations and over 36 000 voluntary counseling and testing services for HIV, Hepatitis B and C, Chlamydia, Syphilis and other sexually transmitted infections.
  - 11.** We developed key partnerships with important institutions – governmental, ministries, Parliament, municipalities, NGO, business structures, schools, community centers, hospitals and health units, universities and we continue our paths together with shared goals.
  - 12.** We are working with more than 50 different donors and donor programs and have achieved funding diversity with the aim of BFPA sustainability.
  - 13.** We perform screenings and educational sessions in prisons for both inmates and personnel. We developed recommendations and guidelines for improving prevention of blood transmitted and sexually transmitted infections among personnel and inmates in penitentiaries under the Ministry of Justice Prisons Directorate.
  - 14.** For years we have worked intensively with all boarding schools for young people with criminal record and institutions for children without parental care in the country, performing screenings, education and counseling.
  - 15.** We developed handbooks, guidelines and recommendations concerning health education and prevention of sexual abuse for young people with learning disabilities and young people with disabilities and chronic diseases, their parents, teachers and caretakers.
  - 16.** We manage to attract motivate and sustain a base of wonderful volunteers, consultants, board and staff members. We have an exceptional human resource and it's our greatest wealth.
  - 17.** We have implemented recognizable, original and impacting social, informational and advocacy campaigns, at least two for every year of our existence reaching different target groups. We advocate for causes, defending human rights, equality and equal opportunities with a special focus on the rights of women, young people, different types of minorities and vulnerable groups.
  - 18.** We initiated and actively support LAP – Learning Action Partnership, which unites government structures, NGOs, universities and international institutions in preventing sexual exploitation of children and young people in institutions.
  - 19.** We issued, disseminated, re-printed and continue to elaborate attractive printed and promotional materials, making us widely recognizable and useful, with an individual approach to the needs of our different target groups. We have achieved six digit numbers of our circulations long ago.
  - 20.** We developed valuable media partnerships; we maintain a constantly updated website and a presence in the social media so we can reach a wider audience. We made and disseminated interesting animations and video materials, easily accessible in our YouTube channel.
  - 21.** We have visited and have worked in most Roma neighborhoods in Bulgaria, we created lasting partnerships, conducted mappings, educational sessions, medical examinations and screenings, campaigns on prevention of early pregnancies and dropping out of school. We changed for the better the lives of individuals who afterwards influence their communities through positive example and inspiration.
  - 22.** We educated and supported generations of young people, reached hundreds of thousands with our educational sessions, printed materials and campaigns. Our first trainees today are responsible parents and wonderfully adapted young people.

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- 23.** We conducted the only stigma index research, made among people living with HIV (PLHIV) by PLHIV and we are consistently working for the overcoming of stigma. We helped the birth of the first baby from a discordant couple (one of the parents is living with HIV) and we issued a 'Survival handbook' – the personal stories of PLHIV from their head-on collision with the healthcare system beyond the HIV specifics.
- 24.** We are among the founders of the Bulgarian Platform for International Development (BPID) which we provide with technical support and also and currently a BFPA representative is Chairman of its Board. We support its initiatives in the light of the policies for development. We have supplied aid for dozens of projects and initiatives in partnership with local NGOs in the Western Balkans, Central and Eastern Europe and the Black Sea region.
- 25.** We managed for 25 years to be here every day, to provide services, education and information, to be there for everyone WITH CARE FOR THE FUTURE.

## **25** things we want to achieve or to help happen without waiting another **25** years:

- 1.** Approval, adoption and implementation of a National Family Planning and Sexual Health Program with an approved action plan and allocated budget.
- 2.** All students to have access to modern interactive comprehensive health and sexuality education, which is a part of the school curriculum and is taught by teachers qualified by a modern university program.
- 3.** To produce a second 'episode' of the stigma index research for PLHIV made by PLHIV. To minimize stigma and discrimination towards PLHIV.
- 4.** To enhance and implement a reform in the healthcare system which will lead to a better access to quality health services for everyone and a better coverage of the people who need better access to healthcare.
- 5.** To build and inspire country-wide network of youth friendly services.
- 6.** To have a supportive non-profit law that supports NGOs and encourages donating and volunteering.
- 7.** To inspire goodwill and prevent hate speech.

8. To create a system for identification and reaction to fake news – especially on health topics, but also concerning other issues of public importance.
9. To demonstrate that the existence and activities of civil organizations is beneficial for everyone.
10. To continue attracting and sustaining competent, strong, motivated volunteers who are fond of our causes and see the meaning of being a part of the organization.
11. To help reduce early pregnancies and early school dropouts. To help multiply the good examples for youth especially for those in marginalized communities.
12. The change within the Roma communities to happen inside out, in partnership with the National Network of Health Mediators and other organizations.
13. All women to have access to informed choice and modern contraception, covered by the National Health Insurance Fund.
14. To establish sustainable partnerships with socially responsible businesses for supporting the activities of BFPA.
15. To utilize the power of performing arts for promoting our ideas and implementing our campaigns.
16. Part of the funds from revenue taxes from alcohol and tobacco sale as well as revenue from gambling to be reinvested by the MoH and MYS in NGO campaigns, upon transparent, meaningful and democratic rules.
17. To continue our series of animated health education films with new ones about puberty, gender, condoms, myths about growing up and other relevant topics.
18. To increase our participation in the initiatives on eradicating modern slavery – human trafficking for sexual and labor exploitation, domestic violence and sexual abuse.
19. To turn our attention to men as a target group – regarding healthcare, health prevention, as parents and as the demand side in violence prevention and sexual exploitation prevention campaigns.
20. Not to forget that women's rights and human rights in general are not guaranteed and should be supported and defended. To underline the real meaning of 'feminism' is neither offensive nor negative.
21. To adopt a law for international development cooperation so that the Bulgarian NGOs to be equal partners in the elaboration and implementation of development policies.
22. To keep finding a meaning in the things we do, in being together and continue helping, to discover and inspire and to be at the same time experts and innovators.
23. Not to take ourselves too seriously, to find reasons to smile, for happiness and joy.
24. Find time to relax – we shall not to neglect ourselves.
25. To be here every day, to provide services, education and information, to be there for everyone WITH CARE FOR THE FUTURE.

