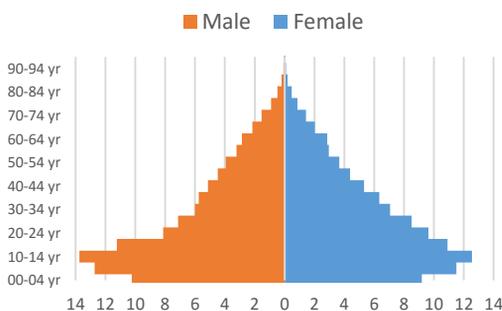


# DEMOGRAPHIC DIVIDEND

Never before have there been so many young people in Nepal. Never again is there likely to be such potential for economic and social progress. With falling fertility and mortality rates, leaving fewer dependents, the country has a one-time opportunity for rapid economic growth and stability. This demographic window of opportunity will only last for a few more decades. How we encourage young people to be actively involved and meaningfully contribute to the development of the country and how we meet their needs and aspirations will define our common future as we embark on the implementation of the Sustainable Development Goals.

Too many young people, especially from poor, rural, marginalized, excluded and high-risk groups, are unable to fully participate in society. To prepare for the future leaving no one behind, there is a need to provide the right opportunities and to empower them to achieve their full potential. This includes empowering them to claim their rights and fulfill their responsibilities towards their society, giving them a chance to participate in decisions affecting their lives, encouraging them to contribute and creating an enabling environment where human rights can be enjoyed and responsibilities can be shared.

Population Pyramid of Nepal 2011<sup>1</sup>



## EDUCATION

Access to quality, relevant education and skills that will enable young people to reach their full potential



## PARTICIPATION

Increased engagement in decision-making by young people as partners in development



## HEALTH

Access to services that enable young people to be healthy and productive



## PROTECTION

Enjoyment of all human rights



## EMPLOYMENT

Access to employment, decent work and livelihoods



Delivering a world where every pregnancy is wanted, every birth is safe, and every young person's potential is fulfilled.

# Youth in Nepal: UNFPA Response

## Supporting adolescent sexual and reproductive health services

UNFPA is supporting the Government of Nepal to provide universal access to age-appropriate sexual and reproductive health information, a range of safe and affordable contraceptive methods, sensitive counseling, quality obstetric and antenatal care for all pregnant women and girls and prevention and management of sexually transmitted infections, including HIV.

In order to support young people to make informed decisions affecting their lives, health and sexuality, we work with the government to implement comprehensive sexuality education, both in schools and through community-based training and outreach. Comprehensive sexuality education goes far beyond traditional 'sex education' it encompasses information and dialogue on health, puberty, relationships, gender issues, and other life skills relevant to young people.

## Preventing child marriage and other harmful practices

UNFPA Nepal is working to empower adolescent girls to resist early marriage and stay in school. By delivering a comprehensive life skills package to girls both in and out of school, UNFPA helps to increase their access to information on issues that are relevant to them such as health, gender issues, leaderships skills and basic finance and accounting skills. We also work with their parents, community members and religious leaders to create an encouraging environment. An important focus for UNFPA is also support to young girls who are already married, to ensure they can plan their pregnancies.

## Promoting youth participation

UNFPA is supporting Youth Networks at the national and sub-national levels that engage young people in providing peer-education on sexual and reproductive health and rights and HIV/AIDs, and in preventing gender-based violence and other harmful practices including child marriage.

UNFPA is also partner with young people, empowering them to influence youth-responsive policy-making, planning and budgeting to harness the demographic dividend and strengthening their ability to advance human rights and development issues as enshrined in the country's Constitution and in line with Post-ICPD Framework of Actions and Sustainable Development Goals.



Sources:  
1. National Population and Housing Census 2011

UNFPA — Because everyone counts.