

SUPPORTING SEXUAL AND REPRODUCTIVE SELF-CARE THROUGH SOCIAL AND BEHAVIOR CHANGE:

A CONCEPTUAL FRAMEWORK (SBC SELF-CARE FRAMEWORK)

BRIEF SUMMARY 2023



SELF-CARE
TRAILBLAZER
GROUP



WHY CREATE THIS TOOL?

Sexual and reproductive self-care is strongly influenced by the social, cultural, and structural context in which individuals and couples live. Knowledge, attitudes, policies, motivations, access, social norms, and individual agency play a key role in self-care, yet existing self-care frameworks do not dive deeply into these aspects, particularly the normative and attitudinal drivers. They also do not adequately address the potential benefits to self-care programming that can be achieved through incorporation of social and behavior change (SBC) theory. A framework was needed to highlight the drivers of self-care practice and articulate the ways in which SBC can support sexual and reproductive self-care efforts.

WHO IS THIS TOOL FOR?

The SBC Self-Care Framework is intended to inform policy and programmatic decisions that use SBC to promote and enable self-care for sexual and reproductive health – and to guide monitoring, evaluation, and learning from these decisions. The tool is designed for use by the following audiences:

Policymakers: may use this framework to discuss what drives self-care behavior in their countries, how to address those drivers through policy, and how SBC interventions should be included in costed implementation plans and guidelines for self-care

Donors: may use this framework to identify funding and advocacy gaps in SBC interventions for self-care, research, and product development

Government representative: may use this framework to identify SBC needs in self-care delivery and interventions, and advocate for these in national policies and guidelines

Implementers: may use this framework to identify self-care behavioral determinants and incorporate SBC approaches into their interventions

WHAT DOES THE FRAMEWORK DO?

The SCB Self-Care Framework outlines factors and groups that influence individual self-care behavior and provides guidance and examples of how SBC can be applied to make policy and programmatic decisions which will increase uptake and continuation of self-care. It intends to spark conversations and impact financial allocations and programmatic focuses towards SBC within self-care.

The framework considers behavior from a socio-ecological perspective, recognizing that individuals are grounded in a complex system of household, community, health systems, and national influences. At each level various factors and people can enable or hinder the individual's movement along their self-care journey, an active process which lasts a lifetime. Framework components include:

- Core actors influencing self-care
- SBC's role in supporting self-care behavior
- Social determinants of self-care
- Stages of change in self-care adoption and maintenance, including drivers at each stage.

The framework provides customizable, step-wise guidance on how different health practitioners can use the framework to create an enabling environment for individuals to adopt self-care behaviors.



WHAT'S NEXT?

Many questions about SBC in self-care remain unanswered. This framework provides additional opportunities for exploration and understanding, including further areas for work relating to behavioral and provider determinants. It calls for further work in multiple areas including: the identification of actors with influence on self-care behaviors; a better understanding of contexts in which different self-care methods are supported; and provider attitudes towards self-care products.

HOW HAS THIS TOOL BEEN USED?

The Delivering Innovation in Self-Care project is deploying user and provider behavior change interventions in Nigeria, Uganda & Malawi to sustainably scale up self-injection of DMPA-SC. Demand generation efforts focus on increasing confidence in women's agency and ability to self-inject. Empathy training with providers focuses on Trusting clients' ability to self-inject and patiently addressing clients' concerns.

WHERE CAN I FIND FURTHER INFORMATION?

- **Full resource – Supporting Sexual and Reproductive Self-Care Through Social and Behavioral Change: A Conceptual Framework**
- **Conceptual Framework for supporting sexual and reproductive self-care through social and behavior change**
- **Core Actors' Influence on Self Care Practice**
- **Self-Care Behavioral Determinants By Actor and Stage**

ABOUT THE SELF-CARE TRAILBLAZER GROUP AND ITS EVIDENCE AND LEARNING WORKING GROUP

This SBC Self-Care Framework is a product of the Self-Care Trailblazer Group (SCTG), a global coalition that aims to advance evidence-based SRH self-care policies and programs. The SCTG Evidence and Learning Working Group (ELWG) supports this work through the generation and synthesis of strategic evidence and learning products to strengthen the evidence base for SRH self-care programs, policies, and implementation. The SBC Self-Care Framework is one of many resources published by the ELWG to offer practical and theoretical tools to support increased awareness around sexual and reproductive self-care for health officials, health professionals, and researchers.

