



#1 NEWSLETTER

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Om Swastyastu

Welcome to the very first edition of our newsletter. With great enthusiasm and gratitude, we extend our warm greetings to friends, partners, and communities who have been an important part of this long journey.

Founded in 1959, PKBI Bali has been one of the pioneers in advancing sexual and reproductive health and rights (SRHR) in Indonesia, particularly on the Island of the Gods. With unwavering commitment, we carry the vision: "The realization of responsible and inclusive families and communities in Indonesia."

For more than six decades, we have carried out various initiatives focused on expanding access to reproductive and sexual health services, empowering young people, preventing gender-based violence, and promoting comprehensive sexuality education.



Through this newsletter, we hope to strengthen and sustain our connections with the community and partners, enhance public engagement in SRHR issues, and regularly share inspiring stories, activities, and the achievements of PKBI Bali. We envision this space as a warm, open, and meaningful bridge of communication.

In this inaugural edition, we will explore key issues related to adolescent reproductive health and nutrition. We highlight the close interconnection between the two through the BERAKSI program, and emphasize the urgency of breaking taboos surrounding open conversations on sexual and reproductive health education.

We also share PKBI Bali's initiatives in creating a healthy and inclusive city, organizational strategies to support youth movements, and the inspiring story of one volunteer who has become an essential part of change.

Thank you for being part of our journey. Let us continue moving forward together toward a healthier, more equal society, free from violence.

Om Shanti, Shanti, Shanti Om

Warm regards,
The PKBI Bali Team

From Mindless Eating to Smart Nutrition Action: **KISARA Invites Youth to Join BERAKSI**

Meet Sekar, a teenager still in the midst of growing up. At first, she paid little attention to what she ate: fast food, sugary drinks, and the habit of lying down after meals were part of her daily routine. But everything changed when she joined the BERAKSI program. Today, she is not only healthier but has also become a changemaker for her friends.

BERAKSI (Bersama Aku dan Kamu Sadar Gizi/Together, You and I Are Nutrition Aware) is a collaborative program initiated by Kisara PKBI Bali as part of Youth Nutritiative Batch II by the Rise Foundation, supported by GAIN Indonesia. The program was created to respond to a challenge often seen as minor but in fact urgent: adolescent nutrition.

Who is involved?

Adolescents are at the forefront, but they are not alone. The program is supported by local government, health centers (Puskesmas), schools, and community groups such as Kebun Berdaya, Jendranath, Teman Sayur, Makan Tengah, and Bibit Pusaka Bali. Youth organizations including the Bali Deaf Community, Bumi Setara, and the Denpasar Children's Forum also play an important role. This collaboration ensures that every voice, including those of adolescents with disabilities, is heard.

Throughout 2024, a variety of activities have taken place, culminating in the MANUSIA 3.0 Festival: Half Full, Fully Nourished on 22 December 2024.

The program has been implemented in West Denpasar District, with Tegal Kertha Village as its main focus, and involved five junior high schools and special schools for children with disabilities (SLB).

Why is this important?

Adolescence is a critical stage of growth. Yet today's lifestyle; fast food, lack of exercise, and limited knowledge about nutrition, poses serious risks to their health. Obesity, hypertension, and diabetes are no longer just adult illnesses, as recent reports increasingly show. BERAKSI seeks to transform adolescents' mindset and habits so they become more aware of the importance of balanced nutrition.



How we drive change

The program is built on three main steps: Learn, Create, and Impact. Adolescents are encouraged to learn directly in gardens, design real actions, and develop initiatives based on the needs of their communities. Digital campaigns, inclusive educational media, and the 30-Day Nutrition Awareness Challenge amplify the impact.

One of the most inspiring stories comes from Sekar, who experienced real change through the program. She not only learned for herself but also shared her knowledge with Deaf students at a special school. "With my background in Management, when I joined BERAKSI I realized I learned so many important things about nutrition for myself, from food systems to healthy food choices. I also joined BERAKSI Goes To School, and what made me happiest was visiting SLB 2, where I shared what I had learned in the garden with children with disabilities," she said. These small changes, when multiplied collectively, can lead to big impacts.

More than 500 adolescents have directly benefited, while over 60,000 have been reached through digital campaigns. This is only the beginning. Change does not happen overnight. It grows from small steps, the courage to begin, and the spirit of sharing.

Be part of the change.

For yourself. For our generation. For a healthier future.



Breaking the Silence on Menstruation

Kartika, 15 Years Old

Kartika, a 15-year-old, used to feel awkward whenever the topic of menstruation came up. It was considered taboo even in her own home. But everything changed when she joined the Period Power program. For the first time, she felt heard, understood, and empowered

What is Period Power?

Period Power is an initiative led by PKBI Bali through Kisara PKBI Bali, in collaboration with Perfect Fit and the Bali Children Foundation, and supported by fundraising efforts from Stella Worthington, a student at Green School Bali. This program was designed to address a rarely spoken but very real issue: period poverty.

Simply put, period poverty is when girls and young women lack access to proper menstrual products, clean spaces to change pads, and accurate information about menstrual health. It is not only about financial challenges but also about limited education, deep-rooted stigma, and feelings of shame. As a result, many girls are forced to miss school or feel uncomfortable every time their period comes.

The program has reached 507 adolescents across Bali, including Denpasar, Buleleng, and Tabanan. It provided education sessions and distributed 416 reusable cloth pad kits in seven schools, one orphanage, and three community events in Denpasar. Importantly,

boys were also included which helped to create a more supportive and inclusive environment for everyone.

Running from August to December 2024, the program focused on areas where access to information is limited and stigma is particularly strong. This included special schools for children with disabilities (SLB/Sekolah Luar Biasa), as every young person, regardless of background, has the right to understand their own body.





Why Period Power Matters

Many adolescents still lack access to safe menstrual products, feel ashamed to talk about their periods, or are even forced to skip school during menstruation. This is not just a “monthly problem”; it is a fundamental issue of health, education, and dignity.

Period Power goes beyond product distribution. It also provides comprehensive education on:

- How to maintain menstrual hygiene
- The benefits of eco-friendly products such as cloth pads
- Building confidence to talk openly about one's body
- And equally important, preventing sexual violence

Stories of Change

One participant, Kartika, now confidently uses cloth pads. Although she initially found it difficult to wash and dry them, especially during the rainy season, she feels proud to save money and contribute to protecting the environment.

Meanwhile, Nita, a Kisara volunteer since 2015 and a teacher, brought the program into her own classroom. At first, her students felt shy. But today, they can talk openly about menstruation without fear or embarrassment.

Looking Forward

Period Power is more than a program. It is a step toward creating safe, aware, and supportive environments for adolescents; where talking about menstruation is not shameful, but natural and necessary. Every young person deserves to grow up in a community that understands, cares, and supports them in navigating puberty with both physical and mental well-being.





A Healthy and Inclusive City Is Worth Fighting For

Imagine if you could not access health services simply because of your identity. Or when you need help, the world looks away just because you are different.

This is still the reality faced by some people, especially those living with HIV, as well as friends from diverse gender and sexuality backgrounds.

Through the IHCP (Indonesia Healthy Cities with PRIDE) program, Kisara PKBI Bali brings forward an initiative. Together with young people and various communities, IHCP seeks to create cities that are healthier, fairer, and more humane for everyone, without exception. The program is carried out in several regions in Indonesia, including Bali, Medan, Riau, West Java, Central Java, Samarinda, and Maluku. In Bali, Kisara works with the Government Health Office (Dinas Kesehatan), local partners, and five universities in Denpasar and Buleleng: Universitas Pendidikan Ganesha (Undiksha), Mediterranean Singaraja, Institut Pariwisata dan Bisnis (IPB) Internasional, Sekolah Tinggi Farmasi (STF) Mahaganesha, and Universitas Hindu Negeri (UHN) I Gusti Bagus Sugriwa Denpasar.

Why is this program important?

Even today, many people are still afraid to visit health services simply because of their HIV status. A lot of young people still dare not speak about sexual violence they experience in their campuses. Many still feel alone, not knowing where to go for protection. Yet health is not only about a strong body, but also about feeling safe, heard, and valued as a human being.

Since mid-2023, Kisara PKBI Bali has developed a range of activities through IHCP to change this situation. Trainings in five universities have produced champions or students trained to become drivers of change and companions for their peers. Workshops were also held for 125 lecturers and students who are part of the PPKS Task Force (Prevention and Handling of Sexual Violence), as well as training for 20 health workers to improve services for vulnerable groups. The program even extended into the policy sphere through advocacy with Government Health Offices, field research, and policy discussion forums with stakeholders.

Beyond training, Kisara also spread information through social media, reaching more than 31,000 people. Facilitator guides, training modules, and other educational media have been developed so that this message can continue to live on, even after the program ends. In 2025, the program will be strengthened with the development of an intersectionality handbook on issues and discriminatory policy analysis, which will be used for future education and advocacy. To conclude, the IHCP Exhibition will be held, a creative space for young people to express their hopes through artworks about the city they dream of: healthy, inclusive, and full of empathy.

Although the path is not always easy, with limited resources, strong stigma, and ever-changing policies, Kisara PKBI Bali does not stop. We believe that health is a right, and its fulfillment is worth fighting for. Because a healthy and inclusive city is possible, and we can start from today.

The Time for Youth Leadership Is Now

We often hear the phrase, "Youth are the leaders of the future."

But for PKBI Bali, young people are leaders today. This belief has guided PKBI Bali since its founding: to provide space and opportunities for youth to grow, express themselves, and contribute meaningfully to both the organization and the wider community. Only through genuine involvement can young people truly experience, question, search for answers, and ultimately understand the world they are living in.

Adolescence is a crucial period. It is the stage where identity begins to form, values are challenged, and life directions gradually take shape. Every experience, every opportunity, and every support provided during this time becomes the foundation of character and empowerment for the future. Youth are not just successors, they are changemakers in the here and now.

With this spirit, PKBI Bali launched the Youth Grand Design, a comprehensive strategy to ensure that adolescents play a central role in critical issues such as sexual and reproductive health and rights (SRHR), mental health, leadership, adaptation to the digital world, and multisectoral challenges. It is not merely a program but a long-term commitment to give young people the space, skills, and confidence to act, lead, and create change.

In Bali, this Grand Design is being implemented through PKBI Bali together with its two branches, PKBI Buleleng and PKBI Badung. From February to April 2025, intensive training was carried out in fun and interactive ways, led directly by youth facilitators trained at the national level. Thirty adolescents participated, gaining the skills to become facilitators, peer counselors, and leaders of youth movements in their own communities.

These training sessions were far from conventional classroom sessions. Instead, participants were encouraged to practice directly: learning public speaking, writing radio scripts, and analyzing real-life cases relevant to their experiences.

As Yuka, a participant from PKBI Badung, shared, "The activities were totally different. We didn't just receive material, we got to practice right away. Learning radio broadcasting, public speaking, and how to be a fun facilitator. It was so exciting, I wanted to keep joining every session!"



The program did not stop at training. These young people also carried out real actions: broadcasting on the radio, hosting Instagram Live sessions, visiting schools, orphanages, and study groups. One notable initiative came from Restu, a participant from PKBI Buleleng, who organized an event at Intaran Market, a place rarely associated with discussions on SRHR.

"Markets are usually noisy, crowded, and smelly. But this time it was different. At Intaran Market, we created a comfortable discussion space. We talked about reproductive health, adolescent issues, and it all felt so close to daily life," he said.

Experiences like these show that learning about critical issues does not have to be confined to classrooms. The voices of young people can come alive anywhere: at the market, on the radio, on social media, in small homes, and in public spaces across the community.

Through YOUTH POWER, PKBI Bali is building a supportive ecosystem where young people can grow into a generation that is critical, caring, and ready to face ever-changing challenges. The Youth Grand Design is not only about training but also about trusting adolescents as torchbearers of change, not tomorrow, but today. When youth are given space, listened to, and meaningfully involved, they do more than grow, they help transform the world.

They are ready to step up as young leaders today.



The Changemakers: Stories from Kisara Volunteers



Elsa first learned about Kisara not through social media or brochures, but through her sister. While still in junior high school, she often accompanied her sister to deliver outreach sessions in schools and orphanages. From those moments, a seed of curiosity began to grow.

From Observer to Changemaker

Elsa's first direct experience with Kisara came when she joined BISIK (Bincang Asik Kisara), a casual discussion series on adolescent issues held regularly by Kisara, together with peers. There, she met new people and started to feel the urge to become a volunteer. At the time, however, the moment was not yet right. That desire resurfaced more strongly when Elsa entered senior high school. She joined BISIK again, this time with a facilitator presenting on sex and gender. What had once felt like an unfamiliar subject suddenly became exciting and eye-opening, deepening her resolve to get involved.

Her journey continued with the IHCP (Indonesia Healthy Cities with PRIDE) program, where she met people with broad perspectives and the courage to speak out. That environment encouraged Elsa to finally join Kisara as an official volunteer.

Becoming part of Kisara brought a major change to Elsa. She admitted that she used to be shy and struggled to speak in front of others.

"I really couldn't talk to many people before, I was super quiet. After joining Kisara, I became braver and much better at communicating," Elsa shared.

Beyond building her confidence and communication skills, Kisara expanded her knowledge of reproductive health. She learned to distinguish between sex and gender, understand the menstrual cycle properly, and gain a clearer picture of how reproductive organs function. These were topics only briefly touched upon at school, but now she truly understood them.

For Elsa, Kisara is more than a place to share knowledge, it is a space to grow. From a shy teenager who only observed from the sidelines, she has transformed into a changemaker, confidently voicing issues of reproductive health and gender for her peers.

Thank You for Taking Action with Us

We believe that change cannot be achieved alone. It grows from collaboration, care, and the active involvement of communities and partners like you. If you feel inspired by our stories and activities, there are many ways you can support:

- Share information and education on sexual and reproductive health in your community
- Join our activities as a volunteer or community partner
- Contribute donations to sustain our programs



PKBI Daerah Bali | KISARA Bali | Klinik Catur Warga

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See you in the next edition!

#PKBIBali #EqualHealthForAll
#RightToHealth #HealthAndEqualityForAll
#EveryoneDeservesHealth