



Introduction & Project Overview

Building Joyful Futures · Period One, January–April 2026



PLEASURE-BASED SEXUAL EDUCATION · PBSE INITIATIVE

Building Joyful Futures for Young Zimbabweans

Youth Development Initiative Trust (YDIT) is embarking on a new project focused on *Pleasure-Based Sexual Education*, anchored in Mutare, Zimbabwe.

ABOUT THIS NEWSLETTER · PERIOD ONE REPORT

From Disability-Inclusive SRHR to Pleasure-Based Sexual Education: Youth Development Initiative Trust (YDIT) Begins an Exciting New Chapter

Welcome to this edition of the Youth Development Initiative Trust (YDIT) Newsletter. We are thrilled to share with you a comprehensive update on our work, our progress, and the exciting new direction our organisation has taken as we step boldly into a new project phase dedicated to transforming how young Zimbabweans understand, experience and access sexual and reproductive health education.

Youth Development Initiative Trust (YDIT) has just completed its previous project, which centred on Sexual and Reproductive Health and Rights with a dedicated focus on People Living with Disabilities. In partnership with **Tariro Foundation Trust**, we worked tirelessly across communities to ensure that persons with disabilities in Zimbabwe had access to accurate, affirming and rights-based SRHR information and services — a population whose sexual health needs have long been overlooked and underserved by mainstream health programming.

That work produced meaningful, documented impact across our target communities, and we are immensely proud of what was achieved in partnership with Tariro Foundation Trust and the communities we served. We carry those lessons, relationships and commitments forward as we embark on this new chapter.

Youth Development Initiative Trust (YDIT) has now launched a new project — still firmly rooted in SRHR — but with an exciting and transformative new focus: **Pleasure-Based Sexual Education (PBSE)**. Our new project is called **Building Joyful Futures**, and it represents a bold, evidence-based shift in how we approach sexual health education for young people in Zimbabwe.

Building Joyful Futures moves away from the fear-based, risk-centred approach that has historically dominated sexual health programming, toward one that recognises pleasure, dignity and joy as central and legitimate dimensions of young people’s sexual lives and rights. The project is structured into four periods, each with its own set of targeted activities, and this newsletter covers **Period One** — our foundational quarter of January to April 2026.

Period One has been a transformative quarter of activity for Youth Development Initiative Trust (YDIT), encompassing an Inception Meeting, a Team Building Retreat, a Joint Meeting Workshop, and a PBSE Peer Educator Training Workshop. Each activity has built purposefully on the last, creating the foundational infrastructure of knowledge, commitment, skills and certified champions that the *Building Joyful Futures* initiative needs to achieve lasting, meaningful impact across Mutare and Zimbabwe.

“We are not just changing programming — we are changing the conversation about what young people deserve to know, feel, and experience in their sexual lives.”



Activity 01 — Inception Meeting

16 January 2026 · 2 Spathodia Ave, Murambi, Mutare



STAKEHOLDER ENGAGEMENT · PBSE FRAMEWORK LAUNCH · BUILDING JOYFUL FUTURES

Youth Development Initiative Trust (YDIT) Convenes Stakeholders to Launch Zimbabwe’s Pleasure-Based Sexual Education Initiative

On 16 January 2026, Youth Development Initiative Trust (YDIT) convened a landmark inception meeting at 2 Spathodia Ave, Murambi, Mutare. The gathering brought together sexual and reproductive health organisations, government representatives from the health, education, youth and media ministries, health service providers, and civil society actors from across the region, all assembled to formally introduce the Pleasure-Based Sexual Education framework to Zimbabwe’s broader SRHR ecosystem.

The session was expertly facilitated by a PBSE consultant and was designed not merely as an information-sharing exercise but as a genuine platform for co-creation and collective ownership. Participants were invited to interrogate the PBSE framework, examine its philosophical foundations, and explore how its principles could be meaningfully integrated into the sexual health initiatives already operating across Zimbabwe.

Central to the day was the presentation of Youth Development Initiative Trust (YDIT)’s comprehensive project roadmap and advocacy strategy, which outlined a phased approach built on focus group discussions with youth and communities, one-on-one interviews with key decision-makers, and strategic storytelling designed to amplify the voices of young people in the spaces where those voices have historically been excluded.

“Pleasure is not a peripheral concern — it is central to understanding young people’s sexual lives, rights, and health outcomes across Zimbabwe.”



PBSE Consultant presents to stakeholders · 2 Spathodia Ave, Murambi, Mutare · January 2026

By the close of the meeting, stakeholders from across Zimbabwe’s SRHR sector had not only deepened their collective understanding of the PBSE framework but had formally committed to championing pleasure-centred sexual education within their organisations and networks — a powerful early demonstration of the broad coalition that Youth Development Initiative Trust (YDIT) is building across Zimbabwe.

KEY OUTCOMES OF THE INCEPTION MEETING

Enhanced stakeholder awareness of the PBSE framework. Formal commitment from all stakeholders to support PBSE advocacy. Identification of collaboration and policy integration opportunities. A shared action plan for advancing the *Building Joyful Futures* project in Zimbabwe established collectively by Youth Development Initiative Trust (YDIT) and all partners.

Facebook: Youth Development Initiative Trust (YDIT) **Twitter:** @YDITrust **Instagram:** @yditrust
Email: yditrust@gmail.com **Phone:** +263 773 535 110



Activity 02 — Team Building Retreat

20–24 February 2026 · Legacy Accommodation & Camping, Mutare



The programme opened with a **Myth versus Fact Challenge**, inviting staff to surface and systematically dismantle misconceptions about sexuality and pleasure using evidence and shared experience. The **Spider Web game** demanded creative problem-solving and collective trust, while the **Trust Fall exercise** asked each participant to surrender physical control entirely into colleagues’ hands — a visceral embodiment of the relational trust all community PBSE work depends upon.

The **Rail Crossing challenge** reinforced that effective PBSE delivery is a collective endeavour. The dedicated **Strategic Storytelling workshop** equipped staff to craft narratives about pleasure and sexual health that meet communities where they are, honour existing cultural values, and open new conversational spaces with warmth and authenticity.

The **Iceland Scenario** and **Tore Challenge** placed staff in complex decision-making situations requiring them to apply PBSE principles under pressure. **Role Play and Communication Skills** sessions gave staff practice in handling resistance and navigating cultural objections with grace. **Volleyball** and **Go-Kart racing** brought joy and laughter, living demonstrations of the pleasure-centred philosophy that Youth Development Initiative Trust (YDIT) champions in all its programming.

By the close of the four days, every member of the Youth Development Initiative Trust (YDIT) team had demonstrated measurable, documented shifts in both knowledge and attitude toward PBSE, emerging with renewed confidence, deeper cohesion, and a shared commitment to Zimbabwe’s *Building Joyful Futures* initiative. The retreat produced a team visibly more confident, more cohesive, and more deeply committed to leading PBSE programming with skill, sensitivity, and genuine enthusiasm for the work ahead.

FULL LIST OF RETREAT ACTIVITIES

Spider Web Game · Trust Fall Exercise · Tyre Mania · Rail Crossing Challenge · Myth vs Fact Challenge · Role Play & Communication Skills · Strategic Storytelling Workshop · Iceland Scenario · Tore Challenge · Volleyball · Go-Kart Racing

“The retreat forged a shared vision, strengthened team cohesion, and built the confidence Youth Development Initiative Trust (YDIT) needed to address pleasure and sexual health with communities across Zimbabwe with skill, empathy and conviction.”



Activities 03 & 04 — Joint Meeting & Peer Educator Training

March & April 2026 · 2 Spathodia Ave, Murambi, Mutare

ACTIVITY 03 — JOINT MEETING WORKSHOP · 3 MARCH 2026 · 2 SPATHODIA AVE, MURAMBI, MUTARE

Joint Workshop Officially Launches Zimbabwe's Building Joyful Futures Project and Unites All Partners



Stakeholders engage in collaborative discussion · 2 Spathodia Ave, Murambi, Mutare · 3 March 2026

The Joint Meeting Workshop at 2 Spathodia Ave, Murambi, Mutare, served as the formal, official launch of the *Building Joyful Futures* project in Zimbabwe. Board members, external consultants, Youth Development Initiative Trust (YDIT) staff and a broad coalition of sector stakeholders aligned on the project's vision, objectives and implementation framework, marking the decisive transition from individual buy-in to collective institutional commitment.

PBSE Consultant Nyasha Dick facilitated a comprehensive presentation covering Zimbabwe's SRHR landscape, the PBSE framework, culture, faith and values, and integration mapping. The Four Pillars — **Knowledge, Consent and Agency, Satisfaction and Joy, and Safety** — were presented as practical organising principles for programming at every level of community engagement.

Youth perspectives were foregrounded throughout, underscoring Youth Development Initiative Trust (YDIT)'s commitment to ensuring that those most affected by this work remain at its very centre. The workshop concluded with the co-creation of an integrated action plan, bringing all stakeholders' contributions into a coherent, phased roadmap for advancing PBSE in Zimbabwe.

THE FOUR PILLARS OF PBSE

01. Knowledge — Accurate, evidence-based information about sexuality and pleasure for young people.

02. Consent & Agency — Empowering young people to make informed, autonomous, self-affirming choices.

03. Satisfaction & Joy — Recognising pleasure as a legitimate dimension of youth sexual health and wellbeing.

04. Safety — Ensuring all sexual experiences are safe, healthy, consensual and rights-based.

“Knowledge, consent and agency, satisfaction and joy, and safety — these four pillars guide every conversation we have with young people across Zimbabwe.”

ACTIVITY 04 — PBSE PEER EDUCATOR TRAINING · 23-24 APRIL 2026 · 2 SPATHODIA AVE, MURAMBI, MUTARE

Youth Development Initiative Trust (YDIT) Certifies a New Generation of PBSE Champions Ready to Reach Communities Across Zimbabwe

Over two intensive days facilitated by Nyasha Dick, peer educators built foundational PBSE knowledge through the **Unhu Agreement, Snowball Fight, Body Mapping** and **Consent Roleplay** on Day One, establishing a culture of trust and a shared, non-judgmental vocabulary rooted in Ubuntu values and Zimbabwe's cultural heritage.

Day Two translated understanding into practical community delivery skills through the **Neo-Vatete and Neo-Sekuru** facilitation session, the **Kutaura Kune Muto** (Talk Sexy) Pleasure Dictionary co-created in Shona and Ndebele, and the **Planting a Tree** action-planning exercise. Each participant publicly committed to one concrete community action before receiving their PBSE Certificate of Attendance.

🌟 CERTIFICATE CEREMONY · 24 APRIL 2026

Each participant received their PBSE Certificate of Attendance in a ceremony celebrating their courage, commitment and readiness to carry pleasure-centred sexual health education forward into communities across Zimbabwe.



Nyasha Dick facilitates training · Murambi, Mutare · April 2026



What Comes Next — Upcoming Period One Activities

Building Joyful Futures · Youth Development Initiative Trust (YDIT)

PERIOD ONE CONTINUES · BUILDING JOYFUL FUTURES · YOUTH DEVELOPMENT INITIATIVE TRUST (YDIT)

Period One has built a strong foundation. Youth Development Initiative Trust (YDIT) now moves forward with the remaining Period One activities, taking the Building Joyful Futures initiative directly into communities across Zimbabwe.

UPCOMING ACTIVITIES · STILL PART OF PERIOD ONE

Youth Development Initiative Trust (YDIT) Looks Ahead: Community Research, Strategic Storytelling, Podcasting and Sustained Monitoring Drive the Next Steps of Building Joyful Futures

Period One of Youth Development Initiative Trust (YDIT)’s *Building Joyful Futures* project has established a powerful foundation through the Inception Meeting, Team Building Retreat, Joint Meeting Workshop and Peer Educator Training. The activities detailed in this newsletter represent the first phase of a broader Period One programme. Youth Development Initiative Trust (YDIT) will now move forward with the remaining Period One activities, taking the initiative directly into communities, gathering evidence, and building the narrative infrastructure needed to drive lasting change in Zimbabwe’s SRHR landscape.

All upcoming activities listed here remain firmly within Period One of the *Building Joyful Futures* project. Youth Development Initiative Trust (YDIT) will maintain rigorous monthly Monitoring and Evaluation meetings throughout Period One to ensure the project remains responsive, evidence-informed and accountable to the communities it serves.

We invite all partners, stakeholders and supporters to continue walking this journey with Youth Development Initiative Trust (YDIT) as we work toward a Zimbabwe where every young person has access to the knowledge, rights, and joyful sexual health experiences they deserve.

“Period One has built the foundation. Now Youth Development Initiative Trust (YDIT) takes the conversation directly to the communities and the young people of Zimbabwe.”

01. Focus Group Discussions (FGDs)

02. One-on-One Interviews

03. Strategic Storytelling

04. Podcast

05. Monthly Monitoring & Evaluation Meetings

Facebook: Youth Development Initiative Trust (YDIT) **Twitter:** @YDITrust **Instagram:** @yditrust
Email: yditrust@gmail.com **Phone:** +263 773 535 110